

# WELCOME TO THE Y



## Y GENERAL INFORMATION

### YMCA BUILDING HOURS\*

Monday-Friday 5:30 am - 9:00 pm  
 Saturday 7:00 am - 6:00 pm  
 Sunday 11:00 am - 6:00 pm

\* Fitness center, gyms, racquetball courts & pool close 15 min early. \*

### LAP SWIM

Monday through Friday 5:45-8:30 am/11:30-1:30 pm  
 Monday & Friday 6:00-7:00 pm  
 Wednesday 6:30-7:30 pm  
 Saturday 7:00 - 8:55 am/12:00 - 1:30 pm  
 Sunday 12:00 - 1:30 pm

### OPEN/FAMILY SWIM

Monday & Friday 7:00-8:30 pm  
 Wednesday 7:30-8:30 pm  
 Saturday & Sunday 2:00 - 5:00 pm

### OPEN GYM

Gym availability varies based on our program schedules. Generally there is open gym time in at least one or both of our gymnasiums at any given time (some exceptions may occur). Please call the Y to confirm availability.

### RACQUETBALL & PICKLEBALL COURTS

Two courts are open daily. Call to reserve a time.

### Y AMENITIES

Your membership privileges include: use of two gymnasiums, racquetball courts, fitness center cardio/weight areas, locker rooms (adult, youth and family), track, and swimming pool. Programs and services available include: group fitness and water exercise classes, lap swim, open/family swim, and more. Tours are available any time.

### BIRTHDAY PARTIES & BUILDING RENTALS

Designated areas of the YMCA are available for gatherings, meetings and birthday parties. Please contact the Y for updated information on rental options.

### LOCKER RENTALS / PERSONAL ITEMS

Tall and kit lockers are available for rent and daily use at no charge. Yearly prices are \$65/tall locker & \$30/kit locker. Visit Member Services for details. Please lock any valuables in a locker (locks are available for \$6 at Member Services).

### YMCA CODE OF CONDUCT

Members and guests are required to follow the YMCA Code of Conduct which is posted online and in the facility.

## Y MEMBERSHIP INFORMATION

### MEMBERSHIP FEES

	Monthly	3 Months
Youth (7 years - High School)	\$35.00	\$105.00
Individual College/Military/Senior	\$53.55	\$160.65
Individual Adult (age 19+)	\$63.00	\$189.00
Family	\$96.00	\$288.00
Military Family	\$86.40	\$259.20
Single Parent Family/College Family	\$86.40	\$259.20
Senior Couple	\$76.80	\$230.40

\* A \$8.00 invoice fee is applied to one month memberships that are not on a bank draft or are enrolled for less than 3 months (some exceptions apply).

### NATIONWIDE MEMBERSHIP PRIVILEGES

Through the Nationwide Membership program, Y members can visit any participating YMCA in the U.S. and Puerto Rico, at no additional cost, through their home Y membership. (Some exceptions may apply - good for YMCA memberships only).

### TWO GREAT FACILITIES - ONE MEMBERSHIP

Your YMCA Membership includes general membership privileges at **Choice Health & Fitness**, giving you unlimited program choices!

### PROGRAM DISCOUNTS FOR MEMBERS

Most of our YMCA programs offer discounted prices to Y members, including sports, swim lessons, personal training, and more.

### INSURANCE INCENTIVE PROGRAMS

The Y supports SilverSneakers®, Silver&Fit® Renew Active/One Pass™ and other insurance member benefits. To find out if you qualify, check with your insurance provider or call the Y for assistance.

### PARTNER OF YOUTH SCHOLARSHIPS

Youth, adult and family membership & program financial scholarship assistance is available. Applications may be acquired at Member Services or on our web site.

### AGE REQUIREMENTS

**YMCA FACILITY:** Youth under age 10 must be accompanied and directly supervised by a parent or guardian age 14 and over. Youth age 10 and over may use designated areas unaccompanied such as the lobby, gymnasiums, racquetball courts, and boys and girls locker rooms.

**FITNESS CENTER:** Individuals age 15 and over have full access to the Fitness Center cardio and weight areas. Youth age 10-14 may use the Fitness Center when directly supervised by an adult. Youth age 10 and over must complete a Youth Fitness Orientation training to use approved fitness center equipment. Youth under age 15 must be directly supervised by a parent or guardian to use the Boxing area.

**POOL:** Age 6 months - 5 years: an adult must be with/next to the child at all times. Age 6-12: may be in the pool as long as a parent is in the building. Age 13 and over may use the pool any time unaccompanied.

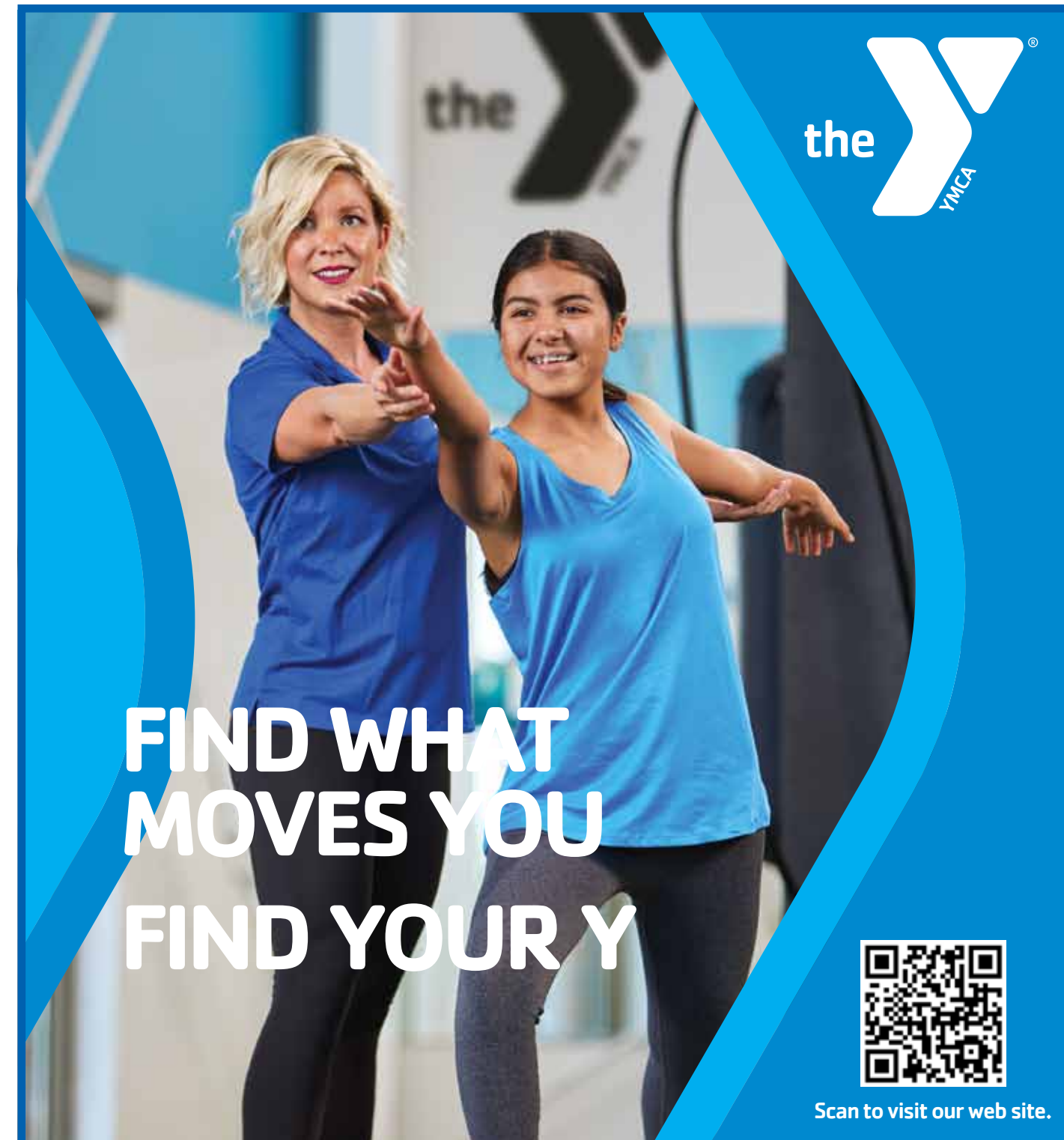
**TRACK:** Youth under age 12 must be accompanied/supervised by an adult.

**ALTRU FAMILY YMCA**  
 215 N 7th St  
 Grand Forks, ND 58203  
 P (701) 775-2586  
 F (701) 775-9611  
 E [gfymca@gfymca.org](mailto:gfymca@gfymca.org)  
 W [www.gfymca.org](http://www.gfymca.org)

Follow us on Facebook and Instagram!

## CONTACT INFORMATION

Bob McWilliams Janine Jorgenson Curt Kotrba Adam Sorum Patti McEnroe Danny Ray Ann Vossekuil Kari Riel Chad Peterson	President/CEO Child Care Director Building & Grounds Director Healthy Living Director Membership/Marketing Director Sports & Camp Director Member Services Coordinator Payroll/Accounts Payable Admin Childcare & Membership Billing	<a href="mailto:bmcwilliams@gfymca.org">bmcwilliams@gfymca.org</a> <a href="mailto:jjorgenson@gfymca.org">jjorgenson@gfymca.org</a> <a href="mailto:ckotrba@gfymca.org">ckotrba@gfymca.org</a> <a href="mailto:asorum@gfymca.org">asorum@gfymca.org</a> <a href="mailto:pmcenroe@gfymca.org">pmcenroe@gfymca.org</a> <a href="mailto:dray@gfymca.org">dray@gfymca.org</a> <a href="mailto:avossekuil@gfymca.org">avossekuil@gfymca.org</a> <a href="mailto:kriel@gfymca.org">kriel@gfymca.org</a> <a href="mailto:cpeterson@gfymca.org">cpeterson@gfymca.org</a>
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# FIND WHAT MOVES YOU FIND YOUR Y



Scan to visit our web site.

## WINTER/SPRING 2025

[www.gfymca.org](http://www.gfymca.org)  
701.775.2586



**TWO GREAT FACILITIES - ONE MEMBERSHIP**  
Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.

# SPORTS

Contact Danny Ray  
dray@gfymca.org

## YOUTH SPORTS



**Itty Bitty Golf**  
Feb 22-March 15 • Saturdays • Age 3-4  
9:00-9:30 am  
\$52 Members / \$62 Non-members

**Mighty Mite Golf**  
Feb 22-March 15 • Saturdays • Age 5-6  
9:40-10:10 am  
\$52 Members / \$62 Non-members

**Boys YBL (Youth Basketball League)**  
Jan 30 - March 13 • Tuesdays & Thursdays  
Gr 2-3: 5:30-6:30 pm  
Gr 4-6: 6:30-7:30 pm  
\$75 Members / \$90 Non-members

**Happy Feet Indoor Soccer**  
Mar 22- Apr 12 • Saturdays • Age 5-7  
9:00-9:45 am  
\$52 Members / \$62 Non-members

**Itty Bitty Indoor Soccer**  
Mar 22- Apr 12 • Saturdays • Age 3-4  
9:30-10:10 am  
\$52 Members / \$62 Non-members

**Mighty Mite Basketball**  
Jan 25-Feb 15 • Saturdays • Age 5-6  
Girls: 9:00-9:50 am  
Boys: 10:00-10:50 am  
\$52 Members / \$62 Non-members

**Itty Bitty Basketball**  
Jan 25-Feb 15 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$52 Members / \$62 Non-members

**Itty Bitty Whiffleball**  
Feb 22-March 15 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$52 Members / \$62 Non-members

**Karate**  
Youth age 6-12 / Wed., Fri., Sat.  
Classes are ongoing.  
Members \$30/month  
Non-members \$35/month



## SPORTS ACADEMIES

Football • Basketball • Volleyball  
Sports Performance • Athletic Movement

**Football Camp** Youth: Feb. 2, 9, 16  
WR: Feb. 6, 13, 20  
OL: Feb. 16, 23, Mar 2  
OL: Feb. 27, Mar 6, 13  
Feb. 20, 25, Mar 6

**Volleyball**  
Contact Adam Sorum: asorum@gfymca.org

## ADULT SPORTS

**Adult Noon Pick Up Games**  
Basketball M-F • Volleyball T/Th

**Pickleball**  
Mini Gym - Call to reserve court time.

**Racquetball**  
Court reservation encouraged.

**Adult Volleyball League**  
• League runs from Feb 3 to April 16.

### EVENTS

- BZ Purpose Workshop - March 4
- Live to 100: Secrets of the Blue Zones viewing at the Empire, 6 pm - March 12
- YMCA Online Silent Auction - April 22-29
- Firecracker 5K/10K, 8:00 am - July 4

# FITNESS

Contact Adam Sorum  
asorum@gfymca.org

## FITNESS CENTER

Y Group Fitness classes feature cardio, strength, stretching, mind/body, dance-based, group cycling, boxing, water exercise, SilverSneakers and more. Enjoy yoga in our heated studio. Group fitness schedules are published monthly. Contact Sonia Kraft.



## GROUP FITNESS

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, boxing, and dedicated Olympic strength areas, including wheelchair accessible equipment - all within easy access to the Nautilus strength circuit - providing a wide variety of choices for members and guests of all fitness levels and abilities. Contact Adam Sorum.

The Y also features two gymnasiums, a walk/run track, raquetball courts, locker rooms (youth, adult & family) and more!

## PERSONAL TRAINING

Personal Fitness Training is available for individuals, groups and families. Physical assessments, including body fat analysis are also available. Contact Sonia Kraft, Adam Sorum, or Al Hager.

## SPECIAL PROGRAMS

The Y offers specialty programs like:

- Med Fit
- Parkinson Wellness
- Rock Steady Boxing
- LIVESTRONG at the YMCA
- Cardiac/Pulmonary Phase 3

Contact Adam Sorum or Patti McEnroe.

# AQUATICS & SAFETY

## WATER SAFETY



### FULL LIFEGUARD CLASSES

American Red Cross Lifeguard  
Jan 11-12/Feb 15-16/Mar 15-16/Apr 5-6, 26-27/May 17-18/June 7-8  
Saturday & Sunday / 8:00-5:00  
Must be 15 years of age. \$230

### RECERT LIFEGUARD CLASSES

Jan 12/Feb 16/Mar 16/Apr 6/May 18/June 8  
8:00 am - completion.  
Must be 15 years of age. \$110.00

### WSI (Water Safety Instructor)

Jan 25-26/Feb 22-23/Mar 22-23/Apr 12-13  
May 3-4, June 14-15  
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm



### CERTIFIED POOL OPERATOR

Feb 1-2/Mar 29-30/May 10-11 \$350  
CPO RECERT \$152 CPO FUSION \$131  
Feb 2/Mar 30/May 11

## SWIM LESSONS

Swim Lesson Registration  
Opens January 2, 2025

### PRESCHOOL

Tuesday & Thursday • Age 3-5  
Levels 1-3  
4:00-4:30 pm & 4:40-5:10 pm  
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8  
Member: \$81, Non-Member: \$114

### SCHOOL AGE

Tuesday & Thursday • Age 6-13  
Levels 1-6  
5:20-5:50 pm & 6:00-6:30 pm  
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8  
Member: \$81, Non-Member: \$114

### PARENT & ME

Saturdays  
10:00-10:30 & 10:30-11:00 am  
Jan 25-Feb 15 / Feb 22-Mar 15 / Mar 22-April 12 / April 19-May 10  
Wednesdays  
6:00-6:30 pm  
Jan 22-Feb 12 / Feb 19-Mar 12 / Mar 19-April 9 / April 16-May 7  
Member: \$50, Non-Member: \$63

### ADULT

Saturday & Sunday / 11:00-11:55 am  
Mar 15-30  
Thursday / 6:45-7:30 pm  
Jan 30-Mar 6 / April 3-May 8  
Member: \$67, Non-Member: \$87

### LEVELS 1-6

Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics. **Level 1-2:** little to no experience, cannot swim in deep end, can't tread water. **Level 3:** some experience, can't swim in deep end without life jacket (age 6+). **Level 4-6:** experienced, can do most strokes, can swim in deep end without lifejacket.

### AGE GROUPS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for detailed information.

## CPR & FIRST AID

### CPR (BLS)

Basic Life Support / AHA 6 pm \$45  
1/6, 2/3, 3/3, 4/7, 5/5

### HEARTSAVER CPR, FIRST AID, AED COMBO

1/8, 2/5, 3/5, 4/9, 5/7 6 pm \$80

### PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

1/15, 2/12, 3/12, 4/16, 5/14 6 pm \$80

### E-LEARNING

Test in-house. Call the Y for details and to set up an appointment for testing.  
With card fees BLS: \$44  
With card fees Heartsaver: \$48  
Visit [www.elearning.heart.org](http://www.elearning.heart.org) for additional course fees.



# CHILD CARE

Contact Janine Jorgenson  
jjorgenson@gfymca.org

## YMCA EDUCATIONAL CENTER

### BABY BAY

Your infant's day is tailored to suit his/her individual schedule and needs. Age 6 weeks-12 months.

### TOT TOWN

A rich sensory toddler environment offers opportunities to see, hear, touch, and manipulate and provides children the basis for developing knowledge and independence. Ages 1-3 years.

### PRESCHOOL

Creative Curriculum lesson plans and activities develop social, emotional, physical and cognitive skills for school readiness. Children participate in up to two 30 minute swimming lessons per week, taught by Certified Water Safety Instructors. Ages 3-5 years.



### Homeschool P.E.

Feb 5-April 30  
Wednesdays, 2:00-3:00 pm  
Ages 5 - 17 years.  
First Child \$90 (additional child \$80)

### Parents Night Off Kids Night In

Fridays: Feb 7 / Mar 7 / April 4 / May 2  
Ages 3-12 / 6:00-8:45 pm  
Must be potty trained.  
\$26 (additional child \$13)