

YOUTH SPORTS

SPORTS ACADEMIES



Youth Dodgeball
June 6-27 • Age 6-11 • YMCA
Saturday • 11:00-11:45 am
\$45

Itty Bitty Soccer
June 9-30 • Age 3-4 • Elks Park
Tuesday • 5:30-6:10 pm
Member \$50 / Non-member \$60

Itty Bitty Whiffleball
July 7-28 • Age 3-4 • YMCA
Tuesdays • 5:30-6:10 pm
Member \$50 / Non-member \$60

Itty Bitty Basketball
July 11 - Aug 1 • Age 3-4 • YMCA
Saturday • 9:30-10:10 am
Member \$50 / Non-member \$60

Mighty Mite Basketball
July 11 - Aug 1 • Age 5-6 • YMCA
Saturday • 10:00-10:50 am
Member \$50 / Non-member \$60

Youth Kickball
Aug 8-29 • Age 6-11 • Park TBA
Saturday • 11:00-11:45 am
\$45

Private Golf Lessons
Instructor: Danny Ray
All ages & skill levels. Call to schedule.
Sessions: 1 (\$50), 3 (\$120), 5 (\$175) 45 min.
Contact Breon Quintero to schedule.

Summer Youth Golf
Monday/Wednesday • June 1 - July 29
Valley Golf Course • Two-week Sessions
8:00-8:50 am (Gr 5, 6) / 9:00-9:50 am
(Gr 2,3,4) / 10:00-10:50 am (Gr K & 1) \$150

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

Contact Adam Sorum: asorum@gfymca.org

Summer Athletic Movement Training
Session 1: June 1 - 25 \$125
Session 2: June 29 - July 16 \$125
Session 3: July 20 - August 6 \$100
Whole summer: June 1 - August 6 \$300

Youth Football Skills Showcase
Sunday, June 7 • Gr 2+ • 1:00-2:30 pm
Fun skill based drills to showcase skills.

Anchor OL Clinic Showcase
Sunday, June 7 • Gr 8-12 • 3:00-4:30 pm
Specific development for college play.

Workhorse RB Clinic Showcase
Sunday, June 14 • Gr 8-12 • 2:30-4:00 pm
High level RB development for college play.

DL Frontline Clinic Showcase
Sunday, June 14 • Gr 8-12 • 4:30-6:00 pm
Core skills and fundamentals for confidence.

Youth Volleyball Camps
Gr 3 & 4: June 9 & 11 / 3:30-4:30 pm / \$40
Gr 1 & 2: June 16 & 18 / 3:30-4:30 pm / \$40
Gr 5 & 6: June 23 & 25 / 3:30-4:30 pm / \$40

ADVENTURE CAMP Contact Breon Quintero **WILDERNESS CLUB** Contact Janine Jorgenson

- **UNLICENSED CAMP / JUNE 1 - AUGUST 14**
- For children 6-12 years old. 7:30 am - 5:30 pm.
- Weekly registration gives options for families.
- The bus leaves at 9:00 am and returns at 4:30 pm.
- Explore Grand Forks communities and parks.



PLEASE NOTE: Registration is currently closed as rosters are full with a waiting list. An announcement will be made if spots open up.
LICENSED CHILDCARE / JUNE 2 - AUGUST 12

- For children who have completed kindergarten through the month they turn 12 years old.
- 6:30 am - 6:00 pm Monday through Friday.



FITNESS CENTER

GROUP FITNESS

PERSONAL TRAINING

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio and strength equipment, wheelchair accessible equipment, stretching areas, boxing area, a complete Nautilus strength circuit, and a dedicated Olympic strength weight room, 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, racquetball courts, pickleball courts, locker rooms (youth, adult & family) and more!

Y Group Fitness classes serve people of all ages, including 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.



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

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.

WATER SAFETY

SWIM LESSONS



FULL LIFEGUARD CLASSES
American Red Cross Lifeguard
Sat: 8 am-5 pm / Sun: 8 am-completion.
May 16-17 / June 6-7 / July 11-12
Must be 15 years of age. (\$230)

RECERT LIFEGUARD CLASSES
Sun: 8:00 am - completion.
May 17 / June 7 / July 12
Must be 15 years of age. (\$110.00)

WSI (Water Safety Instructor)
Sat: 8 am-5 pm / Sun: 8 am-completion.
May 23-24 / June 13-14 / July 18-19
Must be 16 years of age. (\$230)

CERTIFIED POOL OPERATOR
Feb 21-22 / Mar 21-22 / Apr 25-26 /
May 30-31 / June 26-27 / July 25-26 /
Aug 22-23 / Sept 19-20 / Oct 7-8
CPO FUSION (\$350) **CPO RECERT** (\$152)

American Red Cross
Life Jacket Check-Out
Infant - 90 lbs + / Free

PRE-SCHOOL
Mon, Tues, Wed, Thurs • Age 3-5 • Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
June 1-11 / June 15-25 / June 29-July 9 / July 13-23 / July 27-Aug 6 / Aug 10-20
Member: \$81, Non-Member: \$114

SCHOOL AGE
Mon, Tues, Wed, Thurs • Age 6-12 • Levels 1-6
5:20-5:50 pm & 6:00-6:30 pm
June 1-11 / June 15-25 / June 29-July 9 / July 13-23 / July 27-Aug 6 / Aug 10-20
Member: \$81, Non-Member: \$114

PARENT & ME
Saturdays Wednesdays
10:00-10:30 am 6:00-6:30 pm
June 6-27 June 3-24 / July 8-29
Member: \$50, Non-Member: \$63

No-Cost Swim Lessons Grant Available
Apply at the Y. Contact Freddie Brown for info.

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

HEARTSAVER CPR, FIRST AID, AED
5/7, 6/4, 7/9, 8/6
6 pm (\$83)

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED
5/14, 6/11, 7/16, 8/13
6 pm (\$83)

CPR (BLS)
Basic Life Support / AHA
5/4, 6/1, 7/13, 8/3
6 pm (\$47)

E-LEARNING
Test in-house. Call the Y for details and to set up an appointment for testing.
With card fees BLS: \$45
With card fees Heartsaver: \$50

PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

BABY BAY

PRE-SCHOOL

TOT TOWN

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



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.

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.

Coming Soon...

Safety Around Water	May 27-29	Campfire Across America	July 22
Outdoor Water Exercise Starts	June 8	Healthy Kids Day - Univ Park	July 30
Firecracker 5K/10K	July 4	Adult Dodgeball Tournament	Mid August
Adult Kickball Tournament	Late July	Parents Night Off, Kids Night In	First Friday/Mo

WELCOME TO THE Y

www.gfymca.org
701.775.2586

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

Mon/Wed/Fri 5:45-8:30 am/11:30-1:30 pm
Tues/Thurs 5:45-8:30 am/11:30-1:00 pm
Monday 6:45-8:00 pm
Wednesday 7:00-8:00 pm
Friday 4:00-6:00 pm
Saturday 7:00 - 9:00 am/12:00 - 1:30 pm
Sunday 12:00 - 1:30 pm

OPEN/FAMILY SWIM

Monday through Friday 2:00-3:00 pm
Tuesday & Thursday 6:45-8:00 pm
Friday 6:00-8:00 pm
Saturday & Sunday 2:00 - 5:00 pm

Times effective
June 1

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 for details.

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.

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.

CONTACT INFORMATION

Dan Fjestad
Janine Jorgenson
Curt Kotrba
Adam Sorum
Patti McEnroe
Breon Quintero
Ann Vossekuil
Kari Riel
Chad Peterson
Freddie Brown

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
Youth Development/Aquatics Director

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Celebrating 140 Years of Service in Grand Forks,
and 175 Years of Service in the U.S.!

140
YEAR ANNIVERSARY

175
YEAR ANNIVERSARY

ALTRU FAMILY YMCA
SUMMER 2026



TWO GREAT FACILITIES.
ONE MEMBERSHIP.

Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.