

ALTRU FAMILY YMCA MEMBER NEWS



ALTRU FAMILY YMCA
215 N 7th St • Grand Forks, ND 58203
www.gfymca.org • (701) 775-2586
July 2026

Start Off Your July Fourth With Us JOIN US FOR THE FIRECRACKER 5K/10K & FREE KIDDIE RUN



Join us for Grand Forks' Fourth of July kick off event! The 5K run/walk and 10K run start at 8:00 am sharp, with the free Kiddie Run following. Prizes will be awarded to top finishers and all 5K/10K participants will receive a t-shirt. Contact Adam Sorum: asorum@gfymca.org

NO-COST SWIM LESSONS STILL AVAILABLE



The YMCA Swim Lesson Grant funds are still available. To apply, download an application at www.gfymca.org or stop in and pick up a printed copy at the Y. Contact Freddie Brown for details.

CAMPFIRE ACROSS AMERICA - JULY 22



Campfire Across America is a nationwide YMCA initiative happening on Wednesday, July 22, 2026, bringing together over 1,200 locations to celebrate community and belonging. Watch for details on our celebration via Facebook and our website.

CELEBRATE HEALTHY KIDS



Healthy Kids Day is a national initiative celebrated at Ys across the country to help inspire healthy habits in kids, families and the community. Celebrate healthy kids with us on July 30th at University Park featuring vendors, games, music, activities, and more.

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The Y is closed on Saturday, July 4th. Join us at the Firecracker 5K/10K!

- WE ARE HIRING**
- CHILDCARE TEACHERS**
Infant, Toddler, Preschool
- LIFEGUARDS & SWIM INSTRUCTORS**
Applications available at Y Member Services.

NO PLACE



Like This Place



YMCA STAFF ENJOY SPITFIRES NIGHT OUT



<https://northwoodsleague.com/grand-forks-spitfires/>

YMCA staff enjoyed a fun night out at the Grand Forks Spitfires Softball game at Albrecht Field on June 22. The evening was co-sponsored by the Altru Family YMCA and Choice Health and Fitness. The Grand Forks Spitfires are a Northwoods League softball team based in Grand Forks. The games create a family-first entertainment experience focused on community togetherness in an exciting, positive environment.

OPENINGS AVAILABLE IN ADVENTURE CAMP



Keep the kids busy this summer! While Wilderness Club has a waiting list, there are still openings in Adventure Camp!

Contact: Breon Quintero / bquintero@gfymca.org



Parents Night Off Kids Night In

July 10 / Aug 7

Ages 3-12 • 6:00-8:45 pm • Must be potty trained. (\$26 - additional child \$13)



Sports Academy



SUMMER ATHLETIC MOVEMENT TRAINING

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

VOLLEYBALL ACADEMY

Gr 1 & 2 July 7-9 3:30-4:30 pm
 Gr 3 & 4 July 14-16 3:30-4:30 pm
 Gr 7 & 8 July 6-9 6:00-7:00 pm
 Gr 7 & 8 July 11,12 5:30-7:00 pm

FOOTBALL ACADEMY

Youth Pre-flag Camp • July 12, 19, 26
 Gr 1-5 • 1:00-1:50 pm @ Sports /Advantage
 Youth Pre-season Camp • July 19, 26
 Gr 1-5 • 1:00-1:50 pm @ Sports /Advantage
 \$40

Gr 4-6 July 18, 19 5:30-7:00 pm
 Gr 4-6 July 21-23 6:00-7:00 pm
 Gr 7,8 July 28-30 3:30-4:30 pm
 Gr 7,8 Aug 4-6 3:30-4:30 pm

Lifeguard, WSI, CPR, First Aid, AED



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

CPO FUSION (\$350) CPO RECERT (\$152)

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
 Visit www.elearning.heart.org training info.



PROGRAM SCHEDULES

Youth Sports

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

Swim Lessons

Please call the Y or stop in to register.

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 6-13 • 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

No-Cost Swim Lessons Grant Available

Apply at the Y. Contact Freddie Brown for info.

The Y: America's Swim Instructor