

YOUTH SPORTS

SPORTS ACADEMIES



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

Karate

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

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

Pool Basketball

Sept 5-26 • Saturdays
11:00 am - 12:00 pm
All Ages • \$45

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

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

Volleyball Academy

Gr 7,8 July 28-30 3:30-4:30 pm
Gr 7,8 Aug 4-6 3:30-4:30 pm
\$40

Basketball Academy
Offensive Flow

August 22-23
Age 7-12 • 6:00-8:00 pm \$50
August 29-30
Age 13-18 • 6:00-8:00 pm \$50

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 make if spots open up.

LICENSED CHILDCARE /JUNE 2 - AUGUST 12
• For children who have completed kindergarten through the month they turn12 years old.
• 6:30 am - 6:00 pm Monday through Friday.



FITNESS

Adam Sorum • asorum@gfymca.org

FITNESS CENTER

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, raquetball courts, pickleball courts, locker rooms (youth, adult & family) and more!

GROUP FITNESS

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 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, 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.

AQUATICS & SAFETY

Freddie Brown • fbrown@gfymca.org

WATER SAFETY



FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Sat: 8 am-5 pm / Sun: 8 am-completion.
Aug 8-9 / Oct 3-4 / Dec 5-6
Must be 15 years of age. (\$230)

RECERT LIFEGUARD CLASSES

Sun: 8:00 am - completion.
Aug 9 / Oct 4 / Dec 6
Must be 15 years of age. (\$110.00)

WSI (Water Safety Instructor)

Sat: 8 am-5 pm / Sun: 8 am-completion.
Aug 15-16 / Oct 10-11 / Dec 12-13
Must be 16 years of age. (\$230)

CERTIFIED POOL OPERATOR

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



SWIM LESSONS

PRESCHOOL

Mon, Tues, Wed, Thurs • Age 3-5 • Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
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
Aug 10-20 • Member: \$81, Non-Member: \$114

FALL Preschool & School Age

Tuesdays & Thursdays
8/25-9/17 • 9/29-10/22 • 10/27-11/19
• 12/1-12/17
Member: \$81, Non-Member: \$114

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.

FALL Parent & Me

Saturdays Wednesdays
10:00-10:30 am 6:00 -6:30 pm
9/12-10/3 9/2-9/23
10/10-10/31 9/30-10/21
11/7-12/5 10/28-11/18
Member: \$50, Non-Member: \$63

No-Cost Swim Lessons Grant Available

Apply at the Y. Contact Freddie Brown for info.

HEARTSAVER CPR, FIRST AID, AED

8/6
6 pm (\$83)

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED

8/13
6 pm (\$83)

PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

CPR (BLS)

Basic Life Support / AHA
8/3, 9/14, 10/5, 11/2, 12/7
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

CHILD CARE

Janine Jorgenson • jjorgenson@gfymca.org

BABY BAY

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



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.

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.

Coming Soon...

Parents Night Off 1st Fridy/Mo
Birthday Club August 19
Adult Volleyball Social August 25

YMCA Golf Tournament

September 10
Contact Dan Fjestad to register your team! Proceeds support Partner of Youth scholarships.



© 2026 ALTRU FAMILY YMCA • INFORMATION IS SUBJECT TO CHANGE. Printed: 07/27/26

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

Swim times will
change mid-late
August

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 exeptions 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, raquetball 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.

the Y

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

Follow us on Facebook and Instagram!

CONTACT INFORMATION

Dan Fjestad	President/CEO	dfjestad@gfymca.org
Janine Jorgenson	Child Care Director	jjorgenson@gfymca.org
Curt Kotrba	Building & Grounds Director	ckotrba@gfymca.org
Adam Sorum	Healthy Living Director	asorum@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Breon Quintero	Sports & Camp Director	bquintero@gfymca.org
Ann Vossekui	Member Services Coordinator	avossekui@gfymca.org
Kari Riel	Payroll/Accounts Payable Admin	kriel@gfymca.org
Chad Peterson	Childcare & Membership Billing	cpeterson@gfymca.org
Freddie Brown	Youth Development/Aquatics Director	fbrown@gfymca.org

the Y

NO PLACE

Like This Place

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

ALTRU FAMILY YMCA
AUGUST 2026

the Y

TWO GREAT FACILITIES.
ONE MEMBERSHIP.

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

140
YEAR ANNIVERSARY

175
YEAR ANNIVERSARY