

YOUTH SPORTS

SPORTS ACADEMIES



Build Better Basketball Itty Bitty

Sept 12-Oct 3 • Age 3-4 • YMCA
Saturdays • 10:00-10:45 am
Members \$50/Non-members \$60

Build Better Basketball

Sept 12-Oct 3 • Age 5-8 • YMCA
Saturdays • 11:00-11:45 am
Members \$50/Non-members \$60

Active Play Team Tag Games

Sept 12-Oct 3 • Age 5-11
Saturdays • 11:15 am-12:00 pm
Members \$45/Non-members \$50

YBL Youth Basketball League

Starts Oct 6
Boys: Mon/Wed • Girls: Tues/Thurs
5:30-8:00 pm • Location TBA
Fees TBA.

Karate

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

Active Play

Indoor Snowball Wars – Itty Bitty

Saturdays • 10:00-10:45 am • Ages 3-4
Nov 7-28 • YMCA
Members \$45/Non-members \$50

Active Play

Indoor Snowball Wars

Saturdays • 11:00-11:45 am • Ages 5-11
Nov 7-28 • YMCA
Members \$45/Non-members \$50

Coming Soon!

Golf Simulator, Family Putt-Putt, & Neon Putt

Combining the golf simulator's realistic courses with the family putt-putt course encourages laughter, teamwork, and quality time. Booking will be available after 6:30 pm. Details TBA.

ESPORTS

We are pleased to announce the addition of ESPORTS to our fall and winter season! We are looking for 6-12 grade youth interested in competing on our club team in the spring with Fenworks. Details TBA.

Homeschool P.E.

Sept 9 – Nov 18
Wednesdays, 2:00-3:00 pm
Ages 5 – 17 years.
First Child \$90 (additional child \$80)



Contact Adam Sorum: asorum@gfymca.org

- FOOTBALL
- BASKETBALL
- VOLLEYBALL

Information TBA.

ADULT SPORTS

Adult Noon Pick Up Games

Basketball M-F • Volleyball T/Th

Pickleball

Mini Gym – Call for available times.

Racquetball

Court reservation encouraged.

Golf – Trackman IO Simulator

Call to reserve tee time. * Available TBA*

Adult Volleyball League

- Starts September 23.
- Social: Wed., Aug 26, 6:30-9:00 pm.
- Registration Deadline: Thurs., Aug 27.

FOREVERWELL®

Promoting Healthy Aging

We're here to help you learn healthy skills, improve physical function, prioritize your health and wellbeing, and feel connected to the Y and the community. Contact Adam Sorum for more information.



PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

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, raquetball 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.

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WATER SAFETY

SWIM LESSONS



FULL LIFEGUARD CLASSES

American Red Cross Lifeguard

Sat: 8 am-5 pm / Sun: 8 am-completion.

Oct 3-4 / Dec 5-6

Must be 15 years of age. (\$230)

RECERT LIFEGUARD CLASSES

Sun: 8:00 am – completion.

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

Aug 22-23 / Sept 19-20 / Oct 7-8 / Nov 7-8 / Dec 15-16

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



Life Jacket Check-Out
Infant – 90 lbs + / Free



PRESCHOOL

Tuesdays & Thursdays • Age 3-5 • Levels 1-3

4:00-4:30 pm & 4:40-5:10 pm

8/25-9/17 • 9/29-10/22 • 10/27-11/19

• 12/1-12/17

Member: \$81, Non-Member: \$114

SCHOOL AGE

Tuesdays & Thursdays • Age 6-12 • Levels 1-6

5:20-5:50 pm & 6:00-6:30 pm

8/25-9/17 • 9/29-10/22 • 10/27-11/19

• 12/1-12/17

Member: \$81, Non-Member: \$114

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

9/2, 10/7, 11/4, 12/2
6 pm (\$83)

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED

9/9, 10/14, 11/11, 12/9
6 pm (\$83)

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PARENT & ME

Saturdays

10:00-10:30 am

9/12-10/3

10/10-10/31

11/7-12/5

Member: \$50, Non-Member: \$63

Wednesdays

6:00-6:30 pm

9/2-9/23

9/30-10/21

10/28-11/18

ADULT

Sunday • 11:00-11:50 am

9/27-11/15

Member: \$70, Non-Member: \$90

BABY BAY

PRESCHOOL

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...

YMCA Golf Tournament Thursday, September 10, King's Walk

Birthday Club Wednesday, September 16 – noon at the Y

Pumpkins for Parkinson's Wed., October 7 – all day, noon luncheon & dessert contest

Hoot 'N Howl Halloween Bash October 25 / 4:00-6:00 pm at the Y



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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	5:40–8:30 am / 11:30–1:30 pm
Monday	6:00–7:25 pm
Wednesday	6:45–8:30 pm
Friday	6:00–7:00 pm
Saturday	7:00 – 8:55 am / 12:00 – 1:30 pm
Sunday	12:00 – 1:30 pm

OPEN/FAMILY SWIM

Monday	4:00–5:00 pm / 7:30–8:30 pm
Tuesday	6:45–8:30 pm
Wednesday	4:00–5:00 pm
Thursday	6:45–8:30 pm
Friday	7:00–8:30 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 exeptions may occur). Please call the Y to confirm availability.

RACQUETBALL & PICKLEBALL COURTS

Call for available times.

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, 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.

CONTACT INFORMATION

Dan Fjestad
Janine Jorgenson
Curt Kotrba
Adam Sorum
Patti McEnroe
Breon Quintero
Ann Vossekui
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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NO PLACE



Like This Place

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
SEPTEMBER 2026



TWO GREAT FACILITIES.
ONE MEMBERSHIP.

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



Follow us on Facebook and Instagram!

