



"We're Going On a Bear Hunt!"
Child Development Center
February 2019

LOOK TO THE Y FOR SUMMER FUN

Summer Program Guide 2019
Grand Island YMCA
308 395 9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y FOR ALL

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE

At the Y, strengthening the foundations of community is our cause. Every day, we work side-by-side with our community partners to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

OUR PLEDGE

At the Y, no child, family or adult is turned away. Opportunities are provided for those in need through our Open Doors financial assistance program.



YMCA HOURS

DOWNTOWN YMCA

221 E South Front Street 308 395 9622

Hours May 29–September 2

Monday–Thursday	5:00 am–9:00 pm
Friday	5:00 am–8:00 pm
Saturday	6:00 am–5:00 pm
Sunday	Closed
Monday–Friday	Pool opens 6:00 am
Saturday	Pool opens 7:30 am

NORTHWEST EXPRESS YMCA

2300 N Webb Road 308 384 1299

Monday–Friday	4:30 am–10:00 pm
Saturday	6:00 am–8:00 pm
Sunday	8:00 am–6:00 pm

HOLIDAY CLOSINGS

May 27	Memorial Day
July 4	Independence Day
September 2	Labor Day

DOLLAR DAYS OF SUMMER

The Grand Island YMCA would like to help you accomplish your summer health and wellness goals. We are offering a summer membership for adults and youth from May 15 through September 15. The cost for adults is \$105 and \$60 for youth. Some program discounts are available while the membership is in effect.

MEMBERSHIP CARDS

Each member will receive a permanent membership card. Please present your card upon each visit. Membership cards are non-transferable.

PROGRAM REGISTRATION

Participants may register for programs

- at the Business Desk.
- on our app (Daxko in your app store).
- online at www.giymca.org. Some programs are excluded from online registration.

OPEN DOORS POLICY

No one is denied a membership because of an inability to pay. Financial assistance is available for membership for those who can show financial need. Financial assistance applications are available at the Business Desk. Scholarship assistance is based on family size and income.

TRAVELING THIS SUMMER?

Your Y membership goes with you! Members may visit any participating YMCA in the United States at no charge.

CORPORATE MEMBERSHIPS

Do you work for a company that has 5 or more people interested in joining the YMCA? Contact AJ Farrand at the Grand Island YMCA to see how you and your company can benefit from a corporate membership.

Child Watch

A safe environment for your child while parents work out. Free for children 6 weeks to 7 years old. Time limit of 2 hours. Available at both locations.

Monday – Friday	8:00 am–11:30 am
Monday – Thursday	4:00 pm–8:00 pm
Friday	4:00 pm–7:00 pm
Saturday	8:00 am–11:30 am

Child will need to be a member to use this service. If child is not a member, a \$5 daily fee will be applied.

JOIN THE Y

Membership Type	Facility Fee	Annual Fee	Monthly Bank Draft	Day Pass
Express-Only (Extras not included)	\$30	\$180	\$15	
Adult (ages 19 - 61)	\$30	\$455	\$40	\$10.00*
Adult Couple	\$30	\$715	\$62.50	
Single Adult Household	\$30	\$625	\$55	
Household	\$30	\$740	\$65	\$25.00
Senior Adult (62+)		\$400	\$35	\$10.00*
Senior Couple (two adults 62+)		\$570	\$50	
Senior Household (two seniors & grandchildren)		\$624	\$55	
College Student (12 credits)	\$30	\$340	\$30	\$10.00*
Youth (ages 8 - 18)		\$235	\$20	\$5.00
Locker Rental		\$42.00	\$3.50	

*Half price when accompanied by a member. Photo IDs required for everyone 18 & older.
\$30 fee on returned checks

HEALTH & FITNESS

WELLNESS ORIENTATION

To ensure a safe and effective exercise program, all members are encouraged to meet with a Y Personal Trainer for a FREE Wellness Orientation. Our friendly, certified staff will discuss how to properly use the cardio and strength equipment. Wellness Orientations are held every week and are free of charge. Visit the Business Desk to sign up for the time that works best for you.

FITNESS ASSESSMENT

Our FREE fitness assessments give you the opportunity to try a 1 on 1 session with one of our certified personal trainers to see if personal training right for you! Here, our trainers will take you through what a 1 on 1 personal training session looks like and help assess your needs based on your own fitness goals.

CERTIFIED PERSONAL TRAINING

A YMCA certified Personal Trainer will help track progress, provide motivation and give guidance in regards to exercise techniques and healthy lifestyle choices. The Personal Trainer and the client will work together to develop a workout plan. Visit our website for personal training rates and packages.

YOUTH PERSONAL TRAINING

Your child/ren will work one on one with a Certified Personal Trainer on three areas designed to aide young athletes in their athletic careers. Areas include, cardio training, light weights/ muscle build, and Plyo metrics. Children can work individually or in a small group. Contact the YMCA for more information.

ROCK STEADY BOXING

Rock Steady Boxing gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. Classes are held at the Downtown YMCA on Monday, Tuesday, Thursday, and Friday. Call the Downtown YMCA for more information.

GROUP FITNESS CLASSES

The Grand Island YMCA offers a wide variety of group fitness classes for all abilities at both locations from 5:15 a.m. through early evening. We offer strength training and toning as well as cardio classes in a setting that is welcoming and encouraging to all. See the schedule on our app, website or at either Y location.

BOOT CAMP

Summer Boot Camp is coming in June. Bootcamp is a challenging and rewarding way to boost your fitness and see results on your body. Boot Camp is for all levels of fitness, from beginner to extreme. Our certified trainers have years of experience to provide you with the most beneficial experience and in a fun atmosphere. Bootcamp is for all fitness levels. Registration will open in April with camp starting the first week of June on Mondays and Wednesdays and concluding on August 7th. We will not have Boot Camp on the week of the 4th of July.

SENIOR FRIENDLY CLASSES

Join a community of seniors and older adults for classes that are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. Classes are available at either Y location.

SPORTS

BRITISH SOCCER CAMP

The most popular soccer camp returns to Grand Island, Webb Road Sports Complex, 1212 S Webb Road. Register at ChallengerSports.com. Late fee \$10 after May 19.

June 3–June 7, Monday–Friday

TinyTykes	4–6yrs	8:00 am–9:30 am	\$85
Half-Day	7–14yrs	9:30 am–12:30 pm	\$145
Full-Day	7–14yrs	9:30 am–4:00 pm	\$165

YOUTH SPEED & AGILITY CAMP

A 9 week / 18 session training camp designed to increase speed and agility in young athletes of all sport backgrounds. Program includes pre-test and post-test.

Session 1 – June 3 to June 28

Session 2 – July 8 to August 2

Monday, Wednesday, and Friday

Rookie – Ages 7–11 / 1:30 pm to 2:30 pm

Devo – Ages 12–14 / 2:30 pm to 3:30 pm

Prep – Ages 15–18 / 2:30 pm to 3:30 pm

Member: \$60 Program Member: \$100 (per session)

YOUTH ROOKIE SOCCER CAMP

Your child will have the opportunity to learn and enhance their soccer skills. Coached by Maria Delgado. Soccer Camp is held at the Webb Road Sports Complex.

June 10–14, Monday–Friday

Ages 3–5 6:00 pm–6:45 pm

Ages 6–11 6:00 pm–7:30 pm

Member: \$35 Program Members: \$60

YOUTH ROOKIE VOLLEYBALL CAMP

Your child will learn the basic skills of playing volleyball such as bumping, setting, hitting, and serving. Held at north gym of the Downtown YMCA.

June 4–June 28, Tuesdays & Fridays

Ages 3–5 9:00 am–9:45 am

Ages 6–9 9:45 am–10:30 am

Members: \$45 Program Members: \$65

YOUTH ROOKIE FOOTBALL CAMP

Your child will learn the basic skills of playing football such as throwing, catching, hand-eye coordination, and agility. Held at Gl Central Catholic soccerpractice field, 1200 Ruby Ave.

July 9–August 2, Tuesdays & Fridays

Ages 3–5 9:00 am–9:45 am

Ages 6–9 9:45 am–10:30 am

Members \$45 Program Members \$65

REGISTRATION DEADLINES

Register online, on the app, or at either Y location.

Speed and Agility	Session 1: May 31 Session 2: July 5
Rookie Soccer Camp	June 7
Rookie Volleyball Camp	June 3
Rookie Football Camp	July 5
Adult Judo	May 1
Pickleball Tournament	June 7



DROP-IN PICKLEBALL

June–August

1:30 to 3:30 pm on Mon, Wed, Thurs, Fri

7:30 to 10:00 pm on Mon, Tues & Thurs

1:00 to 5:00 pm on Saturdays (must call ahead)

Member: FREE Program Member: \$5

ADULT JUDO

Judo develops discipline, manners, strength, stamina and confidence.

May 2–August 8, Thursdays,

6:30 pm–8:30 pm

Member: \$45 Program Member: \$75

YMCA PICKLEBALL TOURNAMENT

Saturday, June 15 at the Downtown Y. Check-in at 8 am.

Mixed Doubles only; 2.0–3.0 and 3.5–4.0

3–game guarantee; winners of tournament receive medals

\$30 per team; Tournament is for individuals aged 50 and over

CHILD CARE

SUMMER FUN CLUB

Ages 5 (entering Kindergarten) – 12

Summer Fun Club provides a fun learning environment with age appropriate activities guided by great role models. Children will have awesome experiences with arts, crafts, reading, field trips, dance, swimming and other physical activities throughout each day. We also give back to our community through service learning projects.

They will receive breakfast, lunch and a snack daily. Tennis shoes are required. Bring a swim suit and towel on swim days.

No drop-ins accepted. Pre-register the Thursday before in order to attend the following week.

Tuesday, May 28 - Friday, August 9; 7:30 am – 6:00 pm (closed for Independence Day)

Members: \$135 Weekly, \$1,250 Summer (paid before May 17) plus \$10 Shirt; \$30 Field Trip Only

Program Members: \$145 Weekly, \$1,350 Summer (paid before May 17) plus \$15 Shirt; \$40 Field Trip Only

Sample Field Trips (subject to change):

- Omaha Zoo
- Lock In
- Trampoline Park
- Water park
- Skating
- Scavenger Hunts
- Library
- Pizza Hut
- Kids Kingdom
- Humane Society
- Museums
- Outdoor Swimming Pool

CHILD DEVELOPMENT CENTER

Infant – 5 years

Our child care center provides a safe and secure environment as we nurture children's natural desire to learn by providing ample opportunities to explore and learn through age appropriate activities. Preschool and swim lessons are included in the weekly childcare fee for 3, 4, and 5 year old children.

Hours are 7:00 am–5:30 pm

Weekly Rates:

Member: Infants \$132; 18 month–5 years \$125

Program Members: Infants \$142; 18 month – 5 years \$135



REGISTER | LIKE | FOLLOW | SHARE | COMMENT

YMCA Website - giymca.org
App - Grand Island YMCA

Facebook - [@Grand Island](https://www.facebook.com/GrandIslandYMCA)
Twitter - [GrandIslandYMCA](https://twitter.com/GrandIslandYMCA)

AQUATICS

Preschool Ages 3-5	GROUP SWIM	CLASS DATES	DAYS	TIME	NO CLASS
	Water Babies	6/6 - 7/6	Thur.	6:50 pm	
	Water Babies	7/11 - 8/8	Thur.	6:50 pm	
	Level 1	6/3 - 6/13	Mon-Thur	9:00 am	
	Level 1	6/3 - 7/1	Monday	5:35 pm	
	Level 1	6/6- 7/6	Thursday	6:15 pm	*
	Level 1	6/17 - 6/27	Mon-Thur	9:00 am	
	Level 1	7/1 - 7/11	Mon-Thur	9:00 am	7/4
	Level 1	7/8 - 8/5	Monday	5:35 pm	
	Level 1	7/11 - 8/8	Thursday	6:15 pm	
	Level 1	7/15 - 7/25	Mon-Thur	9:00 am	
	Level 1	7/29 - 8/8	Mon-Thur	9:00 am	
	Level 2	6/3 - 6/13	Mon-Thur	9:40 am	
	Level 2	6/3 - 7/1	Monday	6:15 pm	
	Level 2	6/6- 7/6	Thursday	5:35 pm	
	Level 2	6/17 - 6/27	Mon-Thur	9:40 am	
	Level 2	7/1 - 7/11	Mon-Thur	9:40 am	7/4
	Level 2	7/8 - 8/5	Monday	6:15 pm	
	Level 2	7/11 - 8/8	Thursday	5:35 pm	
	Level 2	7/15 - 7/25	Mon-Thur	9:40 am	
	Level 2	7/29 - 8/8	Mon-Thur	9:40 am	
	Level 3	6/3 - 6/13	Mon-Thur	9:00 am	
	Level 3	6/6- 7/6	Thursday	6:15 pm	
	Level 3	6/17 - 6/27	Mon-Thur	9:00 am	
	Level 3	7/1 - 7/11	Mon-Thur	9:00 am	7/4
	Level 3	7/11 - 8/8/9	Thursday	6:15 pm	
	Level 3	7/15 - 7/25	Mon-Thur	9:00 am	
	Level 3	7/29 - 8/8	Mon-Thur	9:00 am	

Water Babies: 6 months to 3 years, water exploration and beginning swimming skills. Parents will accompany child in the pool.

Ages 3 – 5 Uses a flotation device. 35 minute lessons

Level 1: Water exploration and adjustment. Beginning swimming on front and back.

Level 2: Combined stroke using arms and legs on front, back and side.

Level 3: Combined stroke on front, back, and side without a flotation device. Intro to treading, breaststroke and elementary backstroke.

5 Lessons **YMCA Members** \$22.50
Program Members \$45.00
7 Lessons **YMCA Members** \$31.50
Program Members \$63.00
8 Lessons **YMCA Members** \$36.00
Program Members \$72.00

Registration ends four days before the session begins.

*July 4 lessons move to July 6 morning.

School Age Ages 6 & Older	GROUP SWIM	CLASS DATES	DAYS	TIME	NO CLASS
	Level 1	6/3 - 6/13	Mon-Thur	9:40 am	
	Level 1	6/3 - 7/1	Monday	6:15 pm	
	Level 1	6/3- 7/1	Monday	6:55 pm	
	Level 1	6/6- 7/6	Thursday	5:35 pm	
	Level 1	6/17 - 6/27	Mon-Thur	9:40 am	
	Level 1	7/1 - 7/11	Mon-Thur	9:40 am	7/4
	Level 1	7/8 - 8/5	Monday	6:15 pm	
	Level 1	7/8 - 8/5	Monday	6:55 pm	
	Level 1	7/11 - 8/8	Thursday	5:35 pm	
	Level 1	7/15 - 7/25	Mon-Thur	9:40 am	
	Level 1	7/29 - 8/8	Mon-Thur	9:40 am	
	Level 2	6/3 - 6/13	Mon-Thur	9:00 am	
	Level 2	6/3 - 7/1	Monday	5:35 pm	
	Level 2	6/3- 7/1	Monday	6:55 pm	
	Level 2	6/6- 7/6	Thursday	6:15 pm	
	Level 2	6/17 - 6/27	Mon-Thur	9:00 am	
	Level 2	7/1 - 7/11	Mon-Thur	9:00 am	7/4
	Level 2	7/8 - 8/5	Monday	5:35 pm	
	Level 2	7/8 - 8/5	Monday	6:55 pm	
	Level 2	7/11 - 8/8	Thursday	6:15 pm	
	Level 2	7/15 - 7/25	Mon-Thur	9:00 am	
	Level 2	7/29 - 8/8	Mon-Thur	9:00 am	
	Level 3	6/3 - 6/13	Mon-Thur	9:40 am	
	Level 3	6/6 - 7/6	Thursday	6:55 pm	
	Level 3	6/17 - 6/27	Mon-Thur	9:40 am	
	Level 3	7/1 - 7/11	Mon-Thur	9:40 am	7/4
	Level 3	7/11 - 8/8	Thursday	6:55 pm	
	Level 3	7/15 - 7/25	Mon-Thur	9:40 am	
	Level 3	7/29 - 8/8	Mon-Thur	9:40 am	
	Level 4	6/3 - 6/13	Mon-Thur	9:40 am	
	Level 4	6/6 - 7/6	Thursday	6:55 pm	
	Level 4	6/17 - 6/27	Mon-Thur	9:40 am	
	Level 4	7/1 - 7/11	Mon-Thur	9:40 am	7/4
	Level 4	7/8 - 8/5	Monday	6:55 pm	
	Level 4	7/15 - 7/25	Mon-Thur	9:40 am	
	Level 4	7/29 - 8/8	Mon-Thur	9:40 am	

Ages 6 & Older 35 minute lessons

Level 1: Beginning swimming on front and back. Intro to crawl stroke and backstroke. Swim-Float-Swim.

Level 2: Stroke Development. For kids who can swim crawl stroke and backstroke 20 feet.

Level 3: Stroke improvement. Intro to breaststroke, elementary backstroke, sidestroke and butterfly.

Level 4: Stroke refinement. Build endurance through swimming laps and learn how to make swimming a lifetime activity.

AQUATICS

FACE UP FIRST SWIM LESSONS

Swimmers progress from learning to float face up to learning competitive swim strokes.

Classes start the weeks of June 3 and July 8.

Seals Emphasizes back float and propelling yourself to safety on your back. Ages 6 - 35 months. Ratio 1:1. Classes are 10 minutes long.

Seals (Age 6 - 35 months) - 9:00, 9:15, 9:30, 9:45
Morning
Mon, Tues, Wed or Thurs Mornings

Seals (Age 6 - 35 months) 5:35, 5:50
Monday or Thursday Evenings 6:15 (Thurs)

Seahorses Build on Seals skills and learn four swim strokes: Freestyle Backstroke, Butterfly and Breast stroke. Ages 3 and up. Ratio 3:1. Classes are 30 minutes long.

Seahorses (Age 3 & Older) 9:00, 9:40
Mon, Tues, Wed or Thurs Mornings

Seahorses (3 & Older) - Evenings 5:35
Monday or Thursday Evening 6:15 (Thurs)

Barracudas Able to complete one length of the pool freestyle and one length backstroke. Emphasis is on swimming technique. Ages 3 to 12. Ratio 6:1. Classes are 30 minutes long.

Barracudas - Monday Evenings 6:15 pm

Adults - Thursdays; Classes are 30 7:20 pm minutes long.

4 Lessons

YMCA Members \$32

Program Members \$64

If times and dates don't work for you, contact our Aquatic Director at 308.395.9622 or melanieh@giymca.org

PRIVATE SWIM LESSONS

Private swim lessons are available for adults or children who want one-on-one instruction. The YMCA provides the certified swim instructor and works with you to find the right day and time. Contact the Aquatic Director at 395-9622 or melanieh@giymca.org to schedule your private swim lesson. Private swim lesson specials are offered in May, August and December.

1 Lesson: Member: \$16 Program Member: \$32

5 Lessons: Members Only: \$75

10 Lessons: Members Only: \$145

YMCA QUICKSILVER SWIM TEAM

Our youth swim team is designed for kids ages 5 through 18 who are advanced swimmers and wish to pursue competitive swimming in a fun and positive environment. Coaches will determine with which group the swimmer will train.

PRACTICE TIMES:

SENIOR & BLACK

April 22-May 23	YMCA Pool	M/Th	4:00-5:30 pm
April 22-May 24	YMCA Pool	T/W/F	4:30-6:30 pm
May 28-July 26	Water Park	Mon-Fri	6:15-8:15 am
May 28-July 25	YMCA Pool	M/T/W/Th	4:00-5:30 pm
There will be 5 challenge practices of extended length TBA.			

SILVER

May 6-July 25	YMCA Pool	M/T/Th	5:30-6:45 pm
May 6-July 26	YMCA Pool	W/F	5:30-6:30pm
June 3-July 25	Water Park	T/W/Th	6:15-7:45 am

QS1

May 7-July 26	YMCA Pool	T/W/Th/F	5:30-6:30 pm
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FEES:

Senior	\$60/month	\$210
Black	\$60/month	\$210
Silver	\$53/month	\$185.50
QS1	\$40/month	\$120

To be a member of the YMCA quicksilver Swim Team, you must be a YMCA member. Swimmers must purchase a US Swim Registration. There will be a fee for the Senior/Black/Silver group to use the Water Park.

BIRTHDAY PARTY AT THE Y

SWIMMING PARTY

One hour in the party room (2:30-3:30) followed by one private hour in the pool (3:30-4:30). Additional fee charged for over 20 participants. Saturdays Only.

Fee: \$95 Member \$120 Program members

YOUTH SPORTS PARTY

Enjoy an hour of sports and games in the YMCA gym and up to one hour in a party room. Additional fee charged for over 20 participants. Saturdays only.

Fee: \$60 Member \$85 Program members

QUICKSILVER SWIM TEAM TRYOUTS

May 7, 8 & 10 at the YMCA. Times are scheduled individually every 10 minutes beginning at 5:40 pm. Coaches will evaluate the swimmer to determine which group is appropriate for the swimmer. Call or text 308-380-8396 to secure your tryout day and time.



GRAND ISLAND YMCA

221 E South Front Street
Grand Island NE 68801
308.395.9622
www.giymca.org



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STATE FAIR MARATHON

The Grand Island YMCA, partnering with the Nebraska State Fair to Strengthen Community.

Saturday, August 24, Nebraska State Fair Grounds

Marathon, Half-Marathon, Marathon Relay, 5K and 1-Mile Kids Run. The Marathon is a Boston qualifier. All races start and end on the Nebraska State Fair Grounds.

See the State Fair Marathon website for fees and more details: www.statefairmarathon.org.

HEALTHY KIDS DAY

Saturday, April 27

Join us at the Downtown Y as we celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids before summer kicks off!

Come join us for family-friendly fun including bounce houses, games, snacks and prizes!

**Saturday, April 27,
10 am – 12 noon**

