FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019
PROGRAM GUIDE

GRAND ISLAND YMCA

308 395 9622 GIYMCA.ORG

WELCOME TO THE Y

OUR MISSION

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

MEMBER BENEFITS

OPEN DOORS POLICY guarantees that no one is denied membership because of an inability to pay. Open Door financial assistance applications are available at the Business Desk.

FULL ACCESS to both YMCA locations is included in your membership.

FREE NEW MEMBER ORIENTATION gives you the chance to learn the history and mission of the Y, tour the facility, learn about wellness programs and fitness classes as well as the basics of the fitness equipment.

FREE CHILDWATCH for up to 2 hours while you work out (with family membership).

DISCOUNTED PROGRAM FEES for youth and adult programs.

WE HAVE NO CONTRACTS or cancellation fees.

SPECIALTY MEMBERSHIPS

SilverSneakers or Silver&Fit Membership

If your health plan or Medicare Supplement carrier offers SilverSneakers or Silver&Fit, YMCA membership is available to you at no additional charge. Register at either YMCA location and just check in each time you use the Y.

Military Outreach Initiative

Deployment can be a stressful time for our nation's service men and momen and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer membership to eligible military families and personnel to give them extra support during this difficult time. Inquire at the Business Desk.

Help us connect with you.
Get updates & information.
Follow us on Facebook & Instagram.

CHILD WATCH & PLAY ZONE

A safe environment for your child to play supervised by responsible and caring adults while parents work out. For children 6 weeks up to seven years old. Time limit of 2 hours. Available at both locations. FREE for members. Child will need to be a member to use this service. If child is not a member, a $5 fee will be applied.

Monday - Saturday: 8:00 am–11:30 am

Monday - Thursday: 4:00 pm–8:00 pm

Friday: 4:00 pm–7:00 pm

Play Zone is open to family members from 8 am - 8 pm. Parents must remain in the room to supervise children ages 8 and under except during supervised hours. The Child's Play Zone is accessible for Y members, ages 10 and under only.

YMCA HOURS EFFECTIVE LABOR DAY THRU MEMORIAL DAY

Downtown YMCA

221 E South Front St 308.395.9622

Monday - Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	6:00 am - 6:00 pm
Sunday	1:00 pm - 5:00 pm
Monday - Friday	Pool opens 6:00 am
Saturday	Pool opens 7:30 am

Northwest Express YMCA

2300 N Webb Rd 308.384.1299

Monday - Thursday	4:30 am - 11:00 pm
Friday	4:30 am - 10:00 pm
Saturday	6:00 am - 8:00 pm
Sunday	8:00 am - 6:00 pm

HOLIDAY CLOSINGS

September 2	Labor Day
November 28	Thanksgiving Day
December 24	Christmas Eve Downtown & Express Closes 2 pm
December 25	Christmas
December 31	New Year's Eve Downtown & Express Closes 2 pm
January 1	New Year's Day

HEALTHY LIVING

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.

FITNESS ASSESSMENT
Our FREE fitness assessments give you the opportunity to try a one on one session with one of our certified personal trainers! The Trainer will take you through a personal training session and help assess our needs based on your ability and goals!

SENIOR FRIENDLY CLASSES
Join a community of seniors and older adults for classes that are designed to increase flexibility, joint stability, balance, coordination, agility, strength and cardiovascular endurance!

FIGHTING PARKINSON'S?
Rock Steady Boxing gives people with Parkinson's disease hope by improving quality of life through a non-contact boxing-based fitness curriculum. Interested in joining? Call Grand Island Physical Therapy for an evaluation and to get set up with the equipment you need. Classes are held at the Downtown YMCA. See the schedule on our app, website or at either location.

CERTIFIED PERSONAL TRAINING
Our trainers have nationally recognized certifications and are here to give you guidance, track your progress, and provide motivation to help you meet your fitness goals. They can work with all ages and abilities. They can help you recover from an injury, work on fitness goals and hold you accountable! Sessions include 30- 45- and 60-minute sessions for 1 person or groups up to 6 people and may be1, 3, 5, 8 or 10 sessions. Purchase any multi-session package and receive 20% off your total purchase.
See our rates online at www.giymca.org/programs/adult_fitness/personal-training.html or come to either location for more information.

BOOT CAMP
Boot Camp is a challenging and rewarding way to boost your fitness and see results! It is for all levels of fitness and encourage all those who want something different to give it a try! The trainers will plan fun workouts in various locations with "bootcamp equipment"! Six-week sessions will be announced throughout the year!

GROUP FITNESS CLASSES
The Grand Island YMCA offers a wide variety of group fitness classes for all abilities at both locations from early morning through evening. We offer strength training and cardio classes in a setting that is welcoming and encouraging. We are adding new classes all the time! See the schedule on our app, website or at either Y location.

MEMBERSHIP

OUR OPEN DOORS POLICY guarantees that no one is denied membership because of an inability to pay. Open Door financial assistance applications are available at the Business Desk at either location.

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

YOUTH & ADULT SPORTS

SOCCER LEAGUE
Ages 3 - 13

Age groups: Under 5, Under 6, Under 8, Under 10, Under 12, Under 14 Practices start the week of August 26. Games are on Mondays, Sept 9 - Oct 14

$35 member / $60 program member

LEARNER LEAGUE VOLLEYBALL
1st – 3rd Grades

Your child will learn the basic fundamentals of volleyball. Camp Night: Thursday, Sept 12 5:30 p.m. All participants come to Camp Night. Games: Thursday, Sept 17 – Oct 24, 5:30 & 6:30 p.m.

$35 member / $60 program member

VOLLEYBALL LEAGUE
3rd – 8th Grades

Includes one practice and one game per week. Practices start on the week of September 2nd. Games are Saturdays, Sept 21st – Oct 26th, 8:30 to 11:30 a.m. (No Games, Oct 5th Harvest of Harmony)

$45 member / $70 program member

BASKETBALL LEAGUE
Boys & Girls K - 3rd Grade, 4th - 6th grade

Includes one practice and two games per week Monday practices held Oct 7th-Nov 25th from 5:30-8:30pm Tuesday games held Oct 22nd-Nov 26th from 6-8pm; 2 games per night

$45 member / $70 program member

YOUTH DANCE
Ages 3-7

This is a beginner's dance class that will focus on the basics of different genres of dance. The overall goal is to help students with musicality, balance, and creativity while not forgetting to have fun!

Saturdays, Sept. 7th – Nov. 2nd (no class Oct. 5th)
Ages 3-4 will meet from 10:00am-11:00am
Ages 5-7 will meet from 11:00am-12:00pm

$45 member / $60 program member

SPEED AND AGILITY

A 7 week training program designed to increase speed and agility in young athletes of all sport backgrounds. Program includes pre-test and post-test for each session.

Thursdays from Oct 31st - December 19th (no class on Thanksgiving)

Rookie – Ages 7-11 / 5:30pm to 6:30pm
Devo – Ages 12-14 / 6:30pm to 7:30pm
Prep – Ages 15-18 / 6:30pm to 7:30pm
$45 member / $75 program member

FLATWATER ROUNDBALL TOURNAMENT

The YMCA will host its 7th Annual Flatwater Roundball Basketball Tournament on December 14th for Boys and December 15th for Girls in 4th – 8th grades. Each team is guaranteed three games. Fee: $130 per team. Sign up by November 30th to guarantee a spot.

JUDO

Kids Judo: Tuesdays, 6-7 p.m.
Adults: Thursdays, 6:30-8:30 p.m.
Session I: Week of Sept 10 – Dec 10
Session II: Week of Jan 7 – April 7

$45 member / $75 program member

MEN'S 3 ON 3 BASKETBALL

Games are played on Wednesdays from 6 - 10pm
October 2nd - December 11th (bye on week of Thanksgiving)
Single Elimination Tournament on December 18th

$125 per team of all members
$150 per team of both members and program members

SPORTS REGISTRATION DEADLINES

Soccer League - August 20th
Volleyball League - August 24th
Learner League Volleyball - August 31st
Youth Dance - September 7th
Judo - Session 1: Sept 10th / Session 2: Jan 7th
Men's 3 on 3 - September 21st
Basketball - September 28th
Speed and Agility - October 31st
Flatwater Roundball Tournament - November 30th
$10 late fee added after deadline

YOUTH DEVELOPMENT

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 $140 18 month – 5 years $130
Program Member: Infants $155 18 month – 5 years $145

AFTER SCHOOL FUN CLUB
Grades K – 5

The Grand Island YMCA is excited to offer our After School Fun Club for children ages 5–12. Your child will be in a safe environment, get help with homework, have the opportunity to swim* (time includes both lessons and open swim) and have fun participating in a variety of activities. Transportation provided from Dodge, Gates, Starr, and Stolley Park Elementary.

Full time and Part time (3 days only) available. Must register by Thursday for the following every week.

Hours: Monday, Tuesday, Thursday, Friday: 3:30–6:30;
*Wednesday: 2:00–6:30

Full Time Rates with transportation:
Member $55.00 per week
Program Member $65.00 per week

BIRTHDAY PARTY AT THE Y

Swimming Party
One hour in the pool and up to one hour in a party room. Additional fee charged for over 20 participants.
Party Fee: Member $95 Program members $120

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.
Party Fee: Member $60 Program members $85

Help us connect with you.
Check class schedules, register for programs and get closing alerts.
Get our app – Grand Island YMCA

SCHOOL'S OUT FUN CLUB
Ages 5 – 12

School's Out Fun Club provides a fun environment for youth ages 5 – 12. Children will have wonderful experiences with arts, crafts, swimming and physical activity throughout each day. Children are provided breakfast, lunch and a snack daily. What to bring: a bag w/swim suit, towel, and tennis shoes. Stop by the YMCA to register. The registration packet and shot records are required prior to participation.

Hours: 7:30 to 5:30

Fees: Members: Daily $35; Program Members: Daily $50

ALL SCHOOLS ARE WELCOME DURING THESE DATES:
Friday, Aug 30
Monday, Sep 30
Thurs–Fri, Oct 17–18 (field trip)
Friday, Nov 1
Wednesday, Nov 27
Monday, Dec 23
Thurs–Fri, Dec 26–27
Monday, Dec 30
Thurs–Fri, Jan 2–3 (field trip)
Monday, Jan 20
Thurs–Fri, Feb 13–14
Friday, Mar 6
Mon–Fri, Mar 9–13 (field trip)
Friday, Apr 10
Monday, Apr 13

GROUP SWIM LESSONS

	CLASS NAME	CLASS DATES	DAYS	TIME	NO CLASS
Preschool Ages 3–5	Water Babies	9/7 - 10/19	Sat	10:20 am	10/5
	Level 1	9/7 - 10/19	Sat	9:00 am	10/5
	Level 1	9/9 - 10/14	Mon	5:35 pm	
	Level 1	9/12 - 10/17	Thur	6:15 pm	
	Level 1	10/21 - 12/2	Mon	5:35 pm	11/25
	Level 1	10/24 - 12/5	Thur	6:15 pm	11/28
	Level 1	10/26 - 12/7	Sat	9:00 am	11/30
	Level 2	9/7 - 10/19	Sat	9:40 am	10/5
	Level 2	9/9 - 10/14	Mon	6:15 pm	
	Level 2	9/12 - 10/17	Thur	5:35 pm	
	Level 2	10/21 - 12/2	Mon	6:15 pm	11/25
	Level 2	10/24 - 12/5	Thur	5:35 pm	11/28
	Level 2	10/26 - 12/7	Sat	9:40 am	11/30
	Level 3	9/7 - 10/19	Sat	9:00 am	10/5
	Level 3	10/26 - 12/7	Sat	9:00 am	11/30
School Age Ages 6 & Older	Level 1	9/7 - 10/19	Sat	9:40 am	10/5
	Level 1	9/9 - 10/14	Mon	6:15 pm	
	Level 1	9/12 - 10/17	Thur	5:35 pm	
	Level 1	10/21 - 12/2	Mon	6:15 pm	11/25
	Level 1	10/24 - 12/5	Thur	5:35 pm	11/28
	Level 1	10/26 - 12/7	Sat	9:40 am	11/30
	Level 2	9/7 - 10/19	Sat	9:00 pm	10/5
	Level 2	9/9 - 10/14	Mon	5:35 pm	
	Level 2	9/12 - 10/17	Thur	6:15 pm	
	Level 2	10/21 - 12/2	Mon	5:35 pm	11/25
	Level 2	10/24 - 12/5	Thur	6:15 pm	11/28
	Level 2	10/26 - 12/7	Sat	9:00 pm	11/30
	Level 3	9/7 - 10/19	Sat	9:40 am	10/5
	Level 3	9/12 - 10/17	Thur	6:55 pm	
	Level 3	10/24 - 12/5	Thur	6:55 pm	11/28
	Level 3	10/26 - 12/7	Sat	9:40 am	11/30
	Level 4	9/7 - 10/19	Sat	9:40 am	10/5
	Level 4	9/12 - 10/17	Thur	6:55 pm	
	Level 4	10/24 - 12/5	Thur	6:55 pm	11/28
	Level 4	10/26-12/7	Sat	9:40 am	11/30

Parent/Child

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

Pre-School Ages 3 – 5 Uses a flotation device. 35 minute lessons. Ratio 6:1

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.

School Age Ages 6 & Older
35 minute lessons

Level 1: Beginning swimming on front and back. Intro to crawl stroke and backstroke. Swim-Float-Swim. Ratio 8:1

Level 2: Stroke Development. For kids who can swim crawl stroke and backstroke 20 feet. Ratio 8:1

Level 3: Stroke improvement. Intro to breaststroke, elementary backstroke, sidestroke and butterfly. Ratio 12:1

Level 4: Stroke refinement. Build endurance through swimming laps and learn how to make swimming a lifetime activity. Ratio 12:1

6 Lessons
YMCA Members $27
Program Members $54
Registration ends four days before the session begins.

SWIM LESSONS & SWIM TEAM

FACE UP FIRST SWIM LESSONS

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

Classes start these weeks:
Classes start these weeks:
September 9 - October 3
October 7- October 31
November 4 - December 5 (No class week of November 25)

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) - Morning	9:15, 9:30, 9:45
Mon, Wed or Thurs Mornings	
Seals (Age 6 - 35 months) - Evening	5:35, 5:50
Monday or Thursday Evenings	6:05 (Thurs)

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

Seahorses (Age 3 & Up) - Morning	9:00, 9:40
Mon, 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 placed on swimming technique. Ages 5 to 12. Ratio 6:1. Classes are 30 minutes long.

Barracudas - Monday Evenings	6:15 pm
Adults - Thursdays	7:20 pm

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. We provide an instructor who works with you to find the right day and time. Contact the Aquatic Director to schedule your private swim lesson. Private swim lesson specials are offered in May, August & December.
1 Lesson: Member: $16 Program Member: $32
Members Only: 5 Lessons: $75; 10 Lessons: $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

Sept 23- Nov 8	M/ F	4:00 - 5:30 pm
Nov 11 - Mar 13	M/ T / Th/F	5:30 - 6:45 pm

Silver

Sept 30 - Mar 13	Mon - Fri	5:30 - 6:30 pm

QS1

Oct 7 - Mar 13	T/Th/F	5:30 - 6:30 pm

FEES

Senior / Black	$60/month	$360
Silver	$53/month	$318
QS1	$40/month	$240
High School	3 months	$180

Practices on Wednesdays for all group is 5:30-6:30.

To be a member of the YMCA quicksilver Swim Team, you must be a YMCA member. Swimmers must purchase a US Swim Registration.

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

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IT'S THE GIVING SEASON

Select a gift tag from the Giving Tree starting November 15, and give a great Y experience to someone who might not be able to afford it. Gifts include youth sports leagues, swim lessons, child care or many other Y programs. Purchase the gift at the business desk.

NEBRASKA STATE FAIR MARATHON

Saturday, August 24 State Fairgrounds

Register on GetMeRegistered. More information is available at statefairmarathon.org or the State Fair Marathon Facebook page.

DECEMBRRR DASH
5 MILE – 2 MILE – 1 MILE KIDS RUN

Saturday, December 7 Community Fieldhouse

The Decembrrr Dash is a recreational run to help stock Hope Harbor's food pantry and bring winter fitness fun to downtown Grand Island! Register up until race day.

8:30 am – 5 Mile, 2 Mile & Kids Run

$35 for all races, or runners may donate non-perishables to receive $1 off registration fee (up to $5).

All participants registered before November 14 will receive a 1/4 zip.