



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2020

PROGRAM GUIDE



BETTER TOGETHER

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.

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.

Membership Type	Facility Fee	Annual	Monthly Bank Draft
Adult (ages 19 - 61)	\$35	\$455	\$40
Adult Couple	\$35	\$715	\$62.50
Single Adult Household	\$35	\$625	\$55
Household	\$35	\$740	\$65
Senior+)		\$400	\$35
Senior Couple		\$570	\$50
Senior Household		\$625	\$55
College Student (12 credits)	\$35	\$340	\$30
Youth (ages 8 - 18)		\$235	\$20
Locker Rental		\$42	\$3.50

YMCA HOURS

221 E South Front St	308.395.9622
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

HOLIDAY CLOSINGS

September 7	Labor Day
November 26	Thanksgiving Day
December 24	Christmas Eve @ 2:00
December 25	Christmas
December 31	New Year's Eve @ 2:00
January 1	New Year's Day

SPECIALTY MEMBERSHIPS

SilverSneakers • Silver&Fit Membership
Renew Active • Nebraska Total Care

If your health plan or Medicare Supplement carrier offers SilverSneakers, Silver&Fit, or Renew Active, or if you are with Nebraska Total Care, a YMCA membership is available to you at no additional charge. Register at the YMCA check in each time you use the Y.

Military Outreach Initiative

Deployment can be a stressful time for our nation's service men and women 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.



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



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 Membership 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 or website, www.giymca.org.

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. 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.



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

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 be 1, 3, 5, 8 or 10 sessions.

More information is online at www.giymca.org/programs/adult_fitness/personal-training.html or stop by the Y.

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 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 the Y.

DO YOU HAVE THE Y APP?

Download the app from your app store. Search for "Daxko". in the app, search for "Grand Island YMCA". The app label will be Daxko.

See our schedule online at giymca.org. Click "Schedules" in the link bar at the top of the page.



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 31. Games are on Mondays, September 14-October 19. All games will be 3 on 3 to promote distancing.

\$35 member / \$60 program member

LEARNER LEAGUE VOLLEYBALL

1st - 3rd Grades

Your child will learn the basic fundamentals of volleyball. Camp Night: Thursday, Sept 10 5:30 p.m. All participants come to Camp Night. Games: Thursday, September 17 - October 15, 5:30 & 6:30 p.m. All games will be played with social distancing in mind.

\$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 7. Games are Saturdays, September 19 - October 31, 8:30 to 11:30 a.m. Games will be 4 on 4 to promote distancing.

\$45 member / \$70 program member

LEARNER LEAGUE BASKETBALL

K - 1st Grade

Boys and girls develop skills including dribbling, shooting, passing, and rebounding. Tuesdays, October 5 - October 26. All games will be played with social distancing in mind.

\$45 Member; \$70 Program Member

MIDDLE SCHOOL BASKETBALL

7th & 8th Grade

This league is designed to give participants the chance to develop their skills and knowledge of the game.

Saturdays, November 7 - December 12. All games will be played with social distancing in mind.

\$45 Member \$70 Program Member

Basketball leagues for other grades will be scheduled in the winter session.



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

SPORTS REGISTRATION DEADLINES

Soccer League - August 21

Learner League Volleyball - August 31

Volleyball League - August 31

Learner League Basketball - September 28

Middle School Basketball - October 19

Karate - September 4

Judo - Session 1: September 10

Men's 3 on 3 - September 21

\$10 late fee added after deadline

KARATE

This class is designed to develop the mind, body, and spirit of the class members. Special measures will be taken to ensure social distancing.

Youth Karate (ages 10-16):

Mondays, September 4*-December 7, 6:00 - 7:00 pm
\$45 Member \$70 Program Member

*Classes are held on Mondays with the exception of September 7, Labor Day. The first class will be held on Friday, September 4.

Adult Karate:

Wednesdays, September 9-December 9, 6:30-8:30 p.m.
\$45 member \$70 program member

JUDO

Students are taught basic Kodokan Judo, the number one self defense method practiced around the world. Students also work on dealing with bullies. Special measures will be taken to ensure social distancing.

Session I: Week of September 8 - December 8

Youth Judo:

Tuesdays, 6-7 p.m.

\$45 member / \$75 program member

Adult Judo:

Thursdays, 6:30-8:30 p.m.

\$45 member / \$75 program member

YOUTH DEVELOPMENT

SCHOOL AGE CHILD CARE

NEW THIS YEAR:

School's Out Fun Club is included when you sign up for After School Fun Club.

We now offer before-school and after-school care for your elementary-age student.

Our School's Out Fun Club includes both Northwest District and Grand Island Public School calendars.

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* (includes both lessons and open swim) and have fun participating in a variety of activities. Transportation provided from Dodge, Gates, Jefferson, Knickrehm, Shoemaker, Starr, and Stolley Park.

Full Time and Part Time (Up to 3 days per week) available. Must register by Thursday for the following every week.

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

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: 6:00 am to 6:00 pm

	Member	Program Member
Before & After School - Weekly Rates	\$70	\$80
Before OR After School - Weekly Rates	\$60	\$70
Before & After School - Part Time Rates	\$45	\$50
Before OR After School - Part Time Rates	\$35	\$45
School's Out Only Daily Rates	\$30	\$40

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: Monday - Friday, 6:00 am - 6:00 pm

Weekly Rates: Member: Infants \$140 18 month - 5 years \$130

Program Member: Infants \$155 18 month - 5 years \$145



GROUP SWIM LESSONS

	CLASS NAME	CLASS DATES	DAYS	TIME	NO CLASS
PreSchool Lessons	Water Babies	9/19 - 10/24	Sat	10:20 am	
	Level 1	9/14 - 10/19	Mon	5:35 pm	
	Level 1	9/17 - 10/22	Thur	6:15 pm	
	Level 1	9/19 - 10/24	Sat	9:00 am	
	Level 1	10/26 - 12/7	Mon	5:35 pm	11/23
	Level 1	10/29 - 12/10	Thur	6:15 pm	11/26
	Level 1	10/31 - 12/12	Sat	9:00 am	11/28
	Level 2	9/14 - 10/19	Mon	6:15 pm	
	Level 2	9/17 - 10/22	Thur	5:35 pm	
	Level 2	9/19 - 10/24	Sat	9:40 am	
	Level 2	10/26 - 12/7	Mon	6:15 pm	11/23
	Level 2	10/29 - 12/10	Thur	5:35 pm	11/26
	Level 2	10/31 - 12/12	Sat	9:40 am	11/28
	Level 3	9/19 - 10/24	Sat	9:00 am	
Level 3	10/31 - 12/12	Sat	9:00 am	11/28	
School Age Lessons	Level 1	9/14 - 10/19	Mon	6:15 pm	
	Level 1	9/17 - 10/22	Thur	5:35 pm	
	Level 1	9/19 - 10/24	Sat	9:40 am	
	Level 1	10/26 - 12/7	Mon	6:15 pm	11/23
	Level 1	10/29 - 12/10	Thur	5:35 pm	11/26
	Level 1	10/31 - 12/12	Sat	9:40 am	11/28
	Level 2	9/14 - 10/19	Mon	5:35 pm	
	Level 2	9/17 - 10/22	Thur	6:15 pm	
	Level 2	9/19 - 10/24	Sat	9:00 am	
	Level 2	10/26 - 12/7	Mon	5:35 pm	11/23
	Level 2	10/29 - 12/10	Thur	6:15 pm	11/26
	Level 2	10/31 - 12/12	Sat	9:00 am	11/28
	Level 3	9/17 - 10/22	Thur	6:55 pm	
	Level 3	9/19 - 10/24	Sat	9:40 am	
	Level 3	10/29 - 12/10	Thur	6:55 pm	11/26
	Level 3	10/31 - 12/12	Sat	9:40 am	11/28
	Level 4	9/17 - 10/22	Thur	6:55 pm	
	Level 4	9/19 - 10/24	Sat	9:40 am	
	Level 4	10/29 - 12/10	Thur	6:55 pm	11/26
	Level 4	10/31-12/12	Sat	9:40 am	11/28

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 \$32.50
Program Members \$65
 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:

September 14 - October 8

October 12 - November 5

November 9 - December 10

(No class the week of November 23)

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

Age 6 - 35 months	9:15, 9:30, 9:45
Mon, Wed or Thurs Mornings	

Age 6 - 35 months	5:35, 5:50
Monday or Thursday Evenings	(Mon) 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.

Age 3 & Up	9:00, 9:40
Mon, Wed or Thurs Mornings	

3 & Older	5:35 (Mon)
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.

Monday Evenings	6:15 pm
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Adults - Thursday Evenings	7:20 pm
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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.

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 14- Nov 13	M/ F	4:00 - 5:30 pm
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Nov 16 - Mar 12	M/ T / Th/F	5:30 - 6:45 pm
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Silver

Sept 28 - Mar 12	Mon - Fri	5:30 - 6:30 pm
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Q51

Oct 5 - Mar 12	T/Th/F	5:30 - 6:30 pm
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Practices on Wednesdays for all groups is 5:30-6:30.

FEES

Senior / Black	\$60/month	\$360
Silver	\$53/month	\$318
Q51	\$40/month	\$240
High School	3 months	\$180

To be a member of the YMCA quicksilver Swim Team, you must be a YMCA member. Swimmers must purchase a US Swim Registration. An additional \$10 fee is required for the Nebraska YMCA Youth Swim League registration.

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.

Member: 1 Lesson: \$16

5 Lessons: \$75

10 Lessons: \$145

Program Member: 1 Lesson: \$32

5 Lessons: \$125

10 Lessons: \$225

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.

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.

Member \$60

Program members \$85

Members may register for the next session on the last day of the previous session. Program members may register for the next session one week before the next session begins.





GRAND ISLAND YMCA

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



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15K • 5K • 1 MILE KIDS RUN Saturday, August 29 at the Grand Island YMCA Presented by the Grand Island YMCA

The race begins and ends at the Y. Races begin at 7:00 a.m. with staggered starts to help with social distancing.

Check out the details on our website giymca.org/special-events/run-railside and register at GetMeRegistered.com.

DECEMBRRR DASH 5 MILE - 2 MILE - 1 MILE KIDS RUN Saturday, December 5 Community Fieldhouse

The Decembrrr Dash is a recreational run to help stock Hope Harbor's food pantry and bring winter fitness fun to 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 15 will receive a 1/4 zip.

