



January - May 2020

PROGRAM & MEMBERSHIP

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STRONGER 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 Front Desk.

FULL ACCESS to both YMCA locations is included in your membership, with the exception of the Express-Only 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, a 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

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. Ask for more information at the Front 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 while 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

Downtown YMCA

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

Northwest Express YMCA

2300 N Webb Rd 308.384.1299
Open 24/7 with limited access. See staff for details

Business Hours

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

HOLIDAY CLOSINGS

New Year's Day
Easter
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Christmas Eve Downtown closes 2 pm*
Christmas
New Year's Eve Downtown closes 2 pm*
Annual Shutdown (TBA)
*Express will close at end of business on previous day and is closed for the holiday.



HEALTHY LIVING

GROUP LAND & WATER 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. Our senior friendly classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. See the schedule on our app, website or at either Y location.

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. For a free orientation, please visit the Front Desk to sign up.

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 is right for you! Our trainer will take you through what a personal training session looks like and help assess your needs based on your fitness goals.

HEALTHY KIDS DAY

Saturday, April 18, 10:00 am
Downtown YMCA
A FREE Event!

The Y will celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids just before summer kicks off!

- Bounce Houses • Door Prizes • Games
- Family Fun • Open Swim • Snacks

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.

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 Front Desk at either location.

Type	Facility Fee	Annual	Monthly Bank Draft
Express-Only (Extras not included)	\$30	\$180	\$15
Adult	\$30	\$455	\$40
Adult Couple	\$30	\$715	\$62.50
Single Adult Household	\$30	\$625	\$55
Household	\$30	\$740	\$65
Senior Adult (62+)		\$400	\$35
Senior Couple		\$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



BASKETBALL LEAGUE

Players learn the basic fundamentals of dribbling, shooting and passing on camp nights and utilize these skills in weekly games promoting teamwork and fun.

K-3rd Grade

Monday practice nights: Grades K-3 will practice on Monday nights, January 13 – March 2

Tuesday game nights: Grades K-3 games will be on Tuesday nights January 28 – March 3

4th – 6th Grade

Monday practice nights: Grades 4 – 6 will practice on Monday nights, January 13 – March 2

Tuesday game nights: Grades 4 – 6 games will be on Tuesday nights, January 28 – March 3

Member - \$45 Program Member - \$70

SOCCKER LEAGUE

Ages 3-14

Age Groups:

Under 5, Under 6, Under 8, Under 10, Under 12, Under 14

Practices start the week of March 23. Season is on Mondays and goes from April 6 – May 11

Member - \$35 Program Member - \$60

VOLLEYBALL LEAGUE

Grades 3-7

Includes one practice per week and one game per week.

Practices start on the week of March 23.

Games held Saturdays, April 4 – May 16, 8:30 & 9:30 am

Member - \$45 Program Member - \$70

LEARNER LEAGUE VOLLEYBALL

Grades 1-3

Practices and weekly games teach players the basic fundamentals of serving, bumping, and setting. Includes one practice and one game per week.

Camp Nights: Thursdays, March 26 & April 2 at 5:30 pm. All participants attend.

Games: Thursdays, April 9 to April 30 at 5:30 pm & 6:30 pm

Member - \$35 Program Member - \$60

JUDO

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

Kids Judo: Tuesdays, 6:00 pm – 7:00 pm

Adult Judo: Thursdays, 6:00 pm – 8:00 pm

January 7 - April 16

Member - \$45 Program Member - \$75

SPEED AND AGILITY

A 10 week training program designed to increase athleticism in young athletes of all sport backgrounds. Program includes pre-test and post-test.

Tuesdays from March 17 to May 19

Rookies – Ages 7-11 / 5:30 pm to 6:30 pm

Developmental – Ages 12-14 / 6:30 pm to 7:30 pm

Prep – Ages 15-18 / 6:30 pm to 7:30 pm

Member - \$55 Program Member - \$85

MEN'S 3 ON 3 BASKETBALL

Games are played on Wednesdays from 6:30 pm–10:00 pm January 15 – March 18

Single Elimination Tournament on March 25

\$125 per team of all members

\$150 per team of mixed, members and program members

WINTER RALLY TOURNAMENT

CO-ED: Saturday February 15

Women's: Sunday February 16

The YMCA and Grand Island Parks and Rec Department will host the Winter Rally Volleyball Tournament for Adults 18 and older. Divisions include A through Rec. Register at GetMeRegistered.com.

DROP-IN PICKLEBALL

What is Pickleball? Pickleball is the fastest growing sport in the nation. This sport is easy on the body, great for social interaction, and fun to play!

January 2 – May 30

1:30 to 3:30 pm Mondays, Wednesdays, Thursdays, Fridays

7:30 pm to 10:00 pm on Mondays & Thursdays

Member – FREE Program Member Drop In - \$5

SPORTS REGISTRATION DEADLINES

Basketball League: December 20

Soccer League: March 6

Volleyball League: March 6

Learner League Volleyball: March 6

Judo: January 3

Speed and Agility: March 13

Men's 3 on 3 Basketball: January 10

LATE FEE FOR ALL PROGRAMS IS \$10



CHILD CARE

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. We have implemented the Hatch curriculum. This uses the Gold Assessment Standard and allows parents to track their child's development online. Preschool and swim lessons are included in the weekly fee for 3, 4, and 5 year old children. Hours are 7:00 am - 5:30 pm
Weekly Rates:

Member: Infants \$140; 18month - 5years \$130
Program Members: Infants \$155; 18month - 5years \$145

YMCA AFTER SCHOOL FUN CLUB

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* (including both lessons and open swim) and have fun doing a variety of activities. Transportation provided from Dodge, Gates, Starr and Stolley Park Elementary. Register by Thursday for the following week. Full-time only.
Hours: Monday, Tuesday, Thursday, Friday: 3:30-6:00
*Wednesday: 2:00-6:00
Rates with transportation:

Member \$55 per week; Program Member \$65 per week

SCHOOL'S OUT FUN CLUB

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 the 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, November 1	Monday, January 20
Wednesday, November 27	Thursday-Friday, February 13-14
Monday, December 23	Friday, March 6
Thurs-Fri, December 26-27	Monday-Friday, March 9-13
Monday, December 30	Friday, April 10
Thurs-Fri, January 2-3	Monday, April 13

BIRTHDAY PARTY AT THE Y

Swimming Party

Enjoy one hour in the Party Room and one hour in the Pool. Additional fee charged for over 20 participants.

Party 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.

Party Fee: \$60 Member
\$85 Program members

CHILD WATCH

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.

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

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.



LIKE | FOLLOW | SHARE | COMMENT

Facebook - @Grand Island YMCA Website - giymca.org
App - Grand Island YMCA Twitter - GrandIslandYMCA Instagram

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.

	GROUP SWIM	CLASS DATES	DAYS	TIME
PreSchool Ages 3-5	Water Babies	3/21 - 4/18	Saturday	10:20 am
	Water Babies	4/25 - 5/23	Saturday	10:20 am
	Level 1	1/6 - 2/3	Monday	5:35 pm
	Level 1	1/9 - 2/6	Thursday	6:15 pm
	Level 1	1/11 - 2/8	Saturday	9:00 am
	Level 1	2/10 - 3/9	Monday	5:35 pm
	Level 1	2/13 - 3/12	Thursday	6:15 pm
	Level 1	2/15 - 3/14	Saturday	9:00 am
	Level 1	3/16 - 4/13	Monday	5:35 pm
	Level 1	3/19 - 4/16	Thursday	6:15 pm
	Level 1	3/21 - 4/18	Saturday	9:00 am
	Level 1	4/20 - 5/18	Monday	5:35 pm
	Level 1	4/23 - 5/21	Thursday	6:15 pm
	Level 1	4/25 - 5/23	Saturday	9:00 am
	Level 2	1/6 - 2/3	Monday	6:15 pm
	Level 2	1/9 - 2/6	Thursday	5:35 pm
	Level 2	1/11 - 2/8	Saturday	9:40 am
	Level 2	2/10 - 3/9	Monday	6:15 pm
	Level 2	2/13 - 3/12	Thursday	5:35 pm
	Level 2	2/15 - 3/14	Saturday	9:40 am
Level 2	3/16 - 4/13	Monday	6:15 pm	
Level 2	3/19 - 4/16	Thursday	5:35 pm	
Level 2	3/21 - 4/18	Saturday	9:40 am	
Level 2	4/20 - 5/18	Monday	5:35 pm	
Level 2	4/23 - 5/21	Thursday	6:15 pm	
Level 2	4/25 - 5/23	Saturday	9:40 am	
Level 3	1/11 - 2/8	Saturday	9:00 am	
Level 3	2/15 - 3/14	Saturday	9:00 am	
Level 3	3/21 - 4/18	Saturday	9:00 am	
Level 3	4/25 - 5/23	Saturday	9:00 am	

	GROUP SWIM	CLASS DATES	DAYS	TIME
School Age Ages 6 & Older	Level 1	1/6 - 2/3	Monday	6:15 pm
	Level 1	1/9 - 2/6	Thursday	5:35 pm
	Level 1	1/11 - 2/8	Saturday	9:40 am
	Level 1	2/10 - 3/9	Monday	6:15 pm
	Level 1	2/13 - 3/12	Thursday	5:35 pm
	Level 1	2/15 - 3/14	Saturday	9:40 am
	Level 1	3/16 - 4/13	Monday	6:15 pm
	Level 1	3/19 - 4/16	Thursday	5:35 pm
	Level 1	3/21 - 4/18	Saturday	9:40 am
	Level 1	4/20 - 5/18	Monday	6:15 pm
	Level 1	4/23 - 5/21	Thursday	5:35 pm
	Level 1	4/25 - 5/23	Saturday	9:40 am
	Level 2	1/6 - 2/3	Monday	5:35 pm
	Level 2	1/9 - 2/6	Thursday	6:15 pm
	Level 2	1/11 - 2/8	Saturday	9:00 am
	Level 2	2/10 - 3/9	Monday	5:35 pm
	Level 2	2/13 - 3/12	Thursday	6:15 pm
	Level 2	2/15 - 3/14	Saturday	9:00 am
	Level 2	3/16 - 4/13	Monday	5:35 pm
	Level 2	3/19 - 4/16	Thursday	6:15 pm
	Level 2	3/21 - 4/18	Saturday	9:00 am
	Level 2	4/20 - 5/18	Monday	5:35 pm
	Level 2	4/23 - 5/21	Thursday	6:15 pm
	Level 2	4/25 - 5/23	Saturday	9:00 am
	Level 3	1/9 - 2/6	Thursday	6:55 pm
	Level 3	1/11 - 2/8	Saturday	9:40 am
	Level 3	2/13 - 3/12	Thursday	6:55 pm
	Level 3	2/15 - 3/14	Saturday	9:40 am
	Level 3	3/19 - 4/16	Thursday	6:55 pm
	Level 3	3/21 - 4/18	Saturday	9:40 am
	Level 3	4/23 - 5/21	Thursday	6:55 pm
	Level 3	4/25 - 5/23	Saturday	9:40 am
Level 4	1/9 - 2/6	Thursday	6:55 pm	
Level 4	1/11 - 2/8	Saturday	9:40 am	
Level 4	2/13 - 3/12	Thursday	6:55 pm	
Level 4	2/15 - 3/14	Saturday	9:40 am	
Level 4	3/19 - 4/16	Thursday	6:55 pm	
Level 4	3/21 - 4/18	Saturday	9:40 am	
Level 4	4/23 - 5/21	Thursday	6:55 pm	
Level 4	4/25 - 5/23	Saturday	9:40 am	

Ages 6 & Older 35 minute lessons

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

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.

5 Lessons

YMCA Members \$27

Program Members \$54

Registration ends three days before the session begins.

SPRING SPECIAL!

Sign up for more than one swim lesson and receive 20% off additional swim lessons for anyone in the same household. Offer good for Group Lessons Session 1 only. Must register in person.



AQUATICS

FACE UP FIRST SWIM LESSONS

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

Classes start the week of: January 6, February 3, March 2, March 30 & April 27	
Seals Ages 6 - 35 months. Emphasizes back float and propelling yourself to safety on your back. Ratio 1:1. Classes are 10 minutes long.	
Seals Mornings	9:15, 9:30, 9:45 Mon, Wed or Thurs Mornings
Seals Evening	5:35, 5:50 (Mon) Monday or Thursday Evenings 6:05 (Thurs)
Seahorses Age 3 & Up. Build on Seals skills and learn four swim strokes: backstroke, freestyle, butterfly and breast stroke. Ratio 3:1. Classes are 30 minutes long.	
Seahorses Morning	9:00, 9:40 Mon, Wed or Thurs Mornings
Seahorses Evenings	5:35 (Mon) Monday or Thursday Evening 6:15 (Thurs)
Barracudas Ages 3 to 12. Able to complete one length of the pool freestyle and one length backstroke. Emphasis is placed on swimming technique. Ratio 6:1. Classes are 30 minutes long.	
Barracudas - Monday Evenings	6:15 pm
Adults Monday	7:00 pm Classes are 30 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. Contact the Aquatic Director to schedule your private swim lesson.

- 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. Participants must be able to complete 1 length (25 meters) on the freestyle and backstroke. Coaches will determine with which group the swimmer will train.

For times and levels of winter swim team, please contact the Aquatic Director. Swimmer can start anytime during the year.

PRACTICE TIMES: SPRING / SUMMER

SENIOR / BLACK		
April 20-July 24	Monday - Friday	4:00 - 5:30 pm
SILVER		
May 4-July 24	Monday - Friday	5:30 - 6:30 pm
QS1		
May 5-July 24	Tuesday - Friday	5:30 - 6:30 pm
FEES:		
Senior / Black	\$65/month	\$277
Silver	\$58/month	\$203
QS1	\$45/month	\$157

QUICKSILVER SWIM TEAM TRYOUTS

May 5, 6 & 8 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.

LIFEGUARD CLASS

This course will certify individuals in Red Cross lifeguard skills. CPR for the Professional Rescuer, First Aid Basics, and AED essentials are also included with this class. Need to be age 15 by the end of class. Must attend all classes. No exceptions. Limit of 12 in each session.

Session 1: March 4, 5, 6, 7
 March 4, 5, 6 6:00-10:00 pm
 March 7 8:00 am-6:00 pm

Session 2: April 27, 29, 30, May 4, 6, 7
 Monday, Wednesday, Thursday 6:00-10:00 pm

Members: \$125 Program Members: \$150

HEALTHY HOLIDAY CHALLENGE

November 18 - January 4

During this 7 week challenge, we would like to bring the Y community together to help each other maintain healthy living during the holidays. This program will provide you with weekly challenges, guest speakers that will provide vital information pertaining to healthy living, and we will utilize social media in order to give you the tools to reach your fitness goals over the holidays.

The Healthy Holiday Challenge will end with a celebration at our annual YMCA New Year's Fitness Bash. Register by November 15. For Y members only. There is no fee...it's free for Y members.

NEW YEAR'S FITNESS BASH

January 4 join us at the YMCA as we celebrate the new year with our New Year's Fitness Bash! Whether you're a current member or looking to try the Y and experience a classroom setting, join us to try new classes, fun activities, door prizes, drawings, and treats! Space is limited for certain classes so a registration will be available to reserve your spot.

THE GIVING TREE



The Giving Tree will be available again this year. Pick a tag to allow a child or family to experience a Y program. Your gift is given to a child or family who otherwise could not afford it.

Your generosity can give an experience of soccer camp, basketball league, swim lessons, child care or any other Y program.

Select a tag from the tree at either Y location and purchase the gift at the business desk. All gifts are tax deductible.

DECEMBRRR DASH

5 MILE - 2 MILE - 1 MILE KIDS RUN

Saturday, December 7; Start/Finish at the Community Fieldhouse, 525 E Fonner Park Road

The Decembrrr Dash is a recreational run to help Hope Harbor and bring winter fitness fun to Grand Island! Registration available at packet pick-up and on-site on race day.

8:30 am - 5 Mile, 2 Mile & Kids Run

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

Everyone registered before November 15 will receive a 1/4 zip.

STATE FAIR MARATHON

Saturday, August 29, State Fairgrounds

The State Fair Marathon includes a full 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.

Marathon website - statefairmarathon.org

Facebook - @State Fair Marathon

Register after February 1 at GetMeRegistered.com

CONTACT US

GRAND ISLAND YMCA

221 E South Front Street

Grand Island NE 68801

308.395.9622

Facebook - @Grand Island

YMCA Website - giymca.org

App - Grand Island YMCA

Twitter - GrandIslandYMCA