

THE PLACE TO BE

Grand Island YMCA • 221 E South Front • 308.395.9622 • giymca.org



ACTIVE



STRONG



EDUCATED



AMONG FRIENDS



SAFE



FIT



PLAYFUL



WELCOME



WINTER 2021



Welcome to the Y

OUR MISSION:

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

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.

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.

MEMBER BENEFITS

Open Door 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.

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.

No Contracts

or cancellation fees.

YMCA HOURS*

Monday – Thursday 5:00 am – 10:00 pm

Friday 5:00 am – 9:00 pm

Saturday 6:00 am – 5:00 pm

Sunday 1:00 pm – 5:00 pm

Monday – Friday Pool opens 6:00 am

Saturday Pool opens 7:30 am

*Subject to change due to the pandemic

CONNECT WITH US

Grand Island YMCA

221 E South Front St
308.395.9622

www.giymca.org

Grand Island YMCA app



HOLIDAY CLOSINGS

New Year's Day

Easter

Memorial Day

Independence Day

Labor Day

Thanksgiving Day

Christmas Eve closes 2 pm

Christmas

New Year's Eve closes 2 pm

Annual Shutdown (TBA)

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.

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.

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 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 (62+)		\$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

GROUP LAND & WATER FITNESS CLASSES

The Grand Island YMCA offers a wide variety of group fitness classes for all abilities 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.

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.

SENIOR FRIENDLY CLASSES

Our senior friendly classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. Senior friendly classes include Water Fitness, Deep Water Dynamics, SilverSneakers Classic, Stability and Yoga, Arthritis Foundation Aquatic Class, and Zumba Gold. See the schedule on our app or website.



Download the app from your app store. Search for "Daxko". In the app search for "Grand Island YMCA". The app label on your phone will be "Daxko". Our schedule is also online at gymca.org. Click "Schedules" in the link bar at the top of the page.

PRESCHOOL AGES 3-5

Group Swim	Class Dates	Days	Time
Water Babies	4/10 - 5/15	Saturday	10:20 am
Level 1	1/4 - 2/8	Monday	5:35 pm
Level 1	1/7 - 2/11	Thursday	6:15 pm*
Level 1	1/9 - 2/13	Saturday	9:00 am
Level 1	2/15 - 3/29	Monday	5:35 pm**
Level 1	2/18 - 4/1	Thursday	6:15 pm**
Level 1	2/20 - 4/3	Saturday	9:00 am**
Level 1	4/5 - 5/10	Monday	5:35 pm
Level 1	4/8 - 5/13	Thursday	6:15 pm
Level 1	4/10 - 5/15	Saturday	9:00 am

Level 2	1/4 - 2/8	Monday	6:15 pm
Level 2	1/7 - 2/11	Thursday	5:35 pm*
Level 2	1/9 - 2/13	Saturday	9:40 am
Level 2	2/15 - 3/29	Monday	6:15 pm**
Level 2	2/18 - 4/1	Thursday	5:35 pm**
Level 2	2/20 - 4/13	Saturday	9:40 am**
Level 2	4/5 - 5/10	Monday	6:15 pm
Level 2	4/8 - 5/13	Thursday	5:35 pm
Level 2	4/10 - 5/15	Saturday	9:40 am

Level 3	1/9 - 2/13	Saturday	9:00 am
Level 3	2/20 - 4/3	Saturday	9:00 am**
Level 3	4/10 - 5/15	Saturday	9:00 am

*Classes start 1 hour later on June 28
 **No class week of March 8

6 Lessons

YMCA Members \$27

Program Members \$54

Y Member registration opens 5 days before general public registration.

SCHOOL AGE AGES 6 & OLDER

Group Swim	Class Dates	Days	Time
Level 1	1/4 - 2/8	Monday	6:15 pm
Level 1	1/7 - 2/11	Thursday	5:35 pm*
Level 1	1/9 - 2/13	Saturday	9:40 am
Level 1	2/15 - 3/29	Monday	6:15 pm**
Level 1	2/18 - 4/1	Thursday	5:35 pm**
Level 1	2/20 - 4/3	Saturday	9:40 am**
Level 1	4/5 - 5/10	Monday	6:15 pm
Level 1	4/8 - 5/13	Thursday	5:35 pm
Level 1	4/10 - 5/15	Saturday	9:40 am

Level 2	1/4 - 2/8	Monday	5:35 pm
Level 2	1/7 - 2/11	Thursday	6:15 pm*
Level 2	1/9 - 2/13	Saturday	9:00 am
Level 2	2/15 - 3/29	Monday	5:35 pm**
Level 2	2/18 - 4/1	Thursday	6:15 pm**
Level 2	2/20 - 4/3	Saturday	9:00 am**
Level 2	4/5 - 5/10	Monday	5:35 pm
Level 2	4/8 - 5/13	Thursday	6:15 pm
Level 2	4/10 - 5/15	Saturday	9:00 am

Level 3	1/7 - 2/11	Thursday	6:55 pm*
Level 3	1/9 - 2/13	Saturday	9:40 am
Level 3	2/18 - 4/1	Thursday	6:55 pm**
Level 3	2/20 - 4/3	Saturday	9:40 am**
Level 3	4/8 - 5/13	Thursday	6:55 pm
Level 3	4/10 - 5/15	Saturday	9:40 am

Level 4	1/7 - 2/11	Thursday	6:55 pm
Level 4	1/9 - 2/13	Saturday	9:40 am
Level 4	2/18 - 4/1	Thursday	6:55 pm
Level 4	2/20 - 4/3	Saturday	9:40 am
Level 4	4/8 - 5/13	Thursday	6:55 pm
Level 4	4/10 - 5/15	Saturday	9:40 am

*Class starts at 7:15
 **No class week of March 8

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.

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.



FACE UP FIRST SWIM LESSONS

Swimmers progress from learning to float face up to learning competitive swim strokes. Classes start the week of: January 4, February 1, March 1, April 5.

January 28 evening classes will start 1 hour later. No classes the week of March 8.

SEALS

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

Mornings: Mon, Wed or Thurs
9:15, 9:30, 9:45

Evenings: Monday 5:35, 5:50 or
Thursday 5:35, 5:50, 6:05

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.

Mornings: Mon, Wed or Thurs
9:00, 9:40

Evenings: Monday 5:35 or Thursday
5:35, 6:15

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.

Evenings: Monday, 6:15 pm

ADULTS

Classes are 30 minutes long.
Evenings: Monday, 7:00 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@gymca.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. 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. Swimmer can start anytime during the year.

For times and levels of winter swim team, please contact the Aquatic Director. There may be an additional fee for the use of Island Oasis.

PRACTICE TIMES: SPRING / SUMMER

SENIOR / BLACK

April 19-July 23	Monday – Friday	4:00 – 5:30 pm
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SILVER

May 3-July 23	Monday – Friday	5:30 – 6:30 pm
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QS1

May 4-July 23	Tuesday – Friday	5:30 – 6:30 pm
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FEES:

Senior / Black	\$65/month	\$227
Silver	\$58/month	\$174
QS1	\$45/month	\$135

QUICKSILVER SWIM TEAM TRYOUTS

May 4, 5, & 7 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 the Y for more information about scheduling a 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 3, 4, 5, 6

March 3, 4, 5 6:00-10:00 pm

March 6 8:00 am-6:00 pm

Session 2: April 26, 28, 29, May 3, 5, 6

Monday, Wednesday, Thursday 6:00-10:00 pm

Members: \$125 Program Members: \$150

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.

Member: 1 Lesson: \$16

5 Lessons: \$75

10 Lessons: \$145

Program Member: 1 Lesson: \$32

5 Lessons: \$130

10 Lessons : \$225

WES WILKINSON BASKETBALL CLINIC

3rd - 8th grades
Saturday thru Tuesday
December 19 - 22
\$25 member
\$50 program member
Watch for a Wes Wilkinson
Basketball Clinic this spring.

LEARNER LEAGUE BASKETBALL LEAGUE

K - 2nd Grade
Includes one practice & game per
week.
Tuesdays, January 19-February 23
K-1 at 5:30; 2nd at 6:30
\$35 Member
\$60 Program Member

BASKETBALL LEAGUE

3rd-6th Grade
Includes one practice & game per
week.
Saturdays, January 16-February 27
\$35 Member
\$60 Program Member

SOCCER LEAGUE

Ages 3-14
U5, U6, U8, U10, U14
Games are Mondays from
April 5 - May 10
\$35 Member
\$60 Program Member

LEARNER LEAGUE VOLLEYBALL

Grades K-3
Includes one practice & game per week.
Camp Nights: Thursdays, March 25
& April 1 at 5:30 pm.
Games: Thursdays, April 8 to April
29 at 5:30 pm & 6:30 pm
\$35 Member
\$60 Program Member

VOLLEYBALL LEAGUE

Grades 3-7
Includes one practice & game per
week.
Games held Saturdays, April 10 -
May 15, 8:30 & 9:30 am
\$35 Member
\$60 Program Member

HOMESCHOOL P.E.

K - 6th Grade
Tuesdays & Fridays
January 5 - February 26
March 2 - April 23
FREE for members
\$60 program members

FENCING

Ages 5 - Adult
Mondays & Wednesdays
November 2 - 23
\$35 member
\$60 program member

SELF DEFENSE CLASS

All Ages
Saturdays February 13 & 20
FREE for members
\$20 program member

YOUTH JUDO

Tuesdays, January 5 - April 13
6:00 pm - 7:00 pm
\$45 Member
\$70 Program Member

FLAG FOOTBALL

Saturdays, April 17 - May 22
\$35 member
\$60 program member

YOUTH & ADULT KARATE

Mondays & Wednesdays
Monday, January 4-April 14
\$45 Member
\$70 Program Member \$70

ADULT JUDO

Thursdays, January 7 - April 15
\$45 member
\$70 program member

ADULT DODGEBALL TOURNAMENT

Monday and Tuesday
December 14 & 15
\$70 per team

DROP-IN PICKLEBALL

January 4 - May 29
Call for available times.
FREE to members
\$10 program member drop-in fee

MEN'S 3 ON 3 BASKETBALL

Wednesdays
January 20 - March 17; single
elimination tournament March 24
\$125 all players Y members
\$150 member/program member
mix

**For more information about these
programs, please visit giymca.org**

REGISTRATION DEADLINES

Basketball - Youth Leagues: December 12
Basketball - Men's 3 on 3: January 11
Basketball - Wes Wilkinson Clinic: December 19
Dodgeball Tournament: December 9
Homeschool P.E.: January 4
Judo: January 4
Karate: December 30
Self Defense Class: February 10
Soccer League: March 8
Volleyball League: March 5
Volleyball - Learner League: March 10
After the deadline, the fee will increase \$10.

**If Hall County returns to Phase 1, we will adjust
our youth sports programs to follow DHHS
Daycare Guidelines. The Program Guide on the
website will be updated with any changes.**

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

CONNECT WITH US



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GET THE APP

Look for "Daxko" in your app store. In the app, search for "Grand Island YMCA."

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 OWL curriculum for our preschoolers. Preschool and swim lessons are included in the weekly fee for 3, 4, and 5 year old children.

Hours are 6:00 am – 6:00 pm

Weekly Rates:

Member: Infants & Walkers \$140; 18month – 5years \$130

Program Members: Infants \$160; 18 month – 5years \$150

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 6

Monday, January 18

Wednesday, November 25

Thursday-Friday, February 18-19

Monday, November 30

Monday-Friday, March 8-12

Mon-Wed, December 21-23

Friday, April 2

Mon-Wed, December 28-30

Monday, April 5

Monday, January 4

Friday, April 23





GRAND ISLAND YMCA

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

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The Y. Community Starts Here. JOIN US FOR \$1

Join December 26, 2020,
through January 31, 2021
and pay \$1 for January

The Y offers affordable health and wellness solutions. We're committed to helping you reach your goals. For a stronger, healthier and more connected life, join us and start your Y journey today.

Not sure you can afford a membership? We offer financial assistance to ensure that no one is turned away due to income.

Your January membership fee is \$1. Your first regular membership payment will begin in February.

THE GIVING TREE

Pick a tag and give a YMCA experience to a child or family who otherwise would not be able to afford a Y program. Programs include soccer camp, basketball league, swim lessons, child care or any other program the YMCA offers.

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

