



# WE'RE HERE FOR EVERYONE

Summer Program Guide 2021



## OUR MISSION

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

## 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.

## GRAND ISLAND YMCA

221 E South Front • 308.395.9622  
Grand Island Nebraska 68801  
[www.giymca.org](http://www.giymca.org)

# MEMBERSHIP

Membership Type	Facility Fee	Annual Fee	Monthly Bank Draft	Day Pass
Adult (ages 19 - 61)	\$35	\$455	\$40	\$10
Adult Couple	\$35	\$715	\$62.50	
Single Adult Household	\$35	\$625	\$55	
Household	\$35	\$740	\$65	\$25
Senior Adult (62+)		\$400	\$35	\$10
Senior Couple (two adults 62+)		\$570	\$50	
Senior Household (two seniors & grandchildren)		\$624	\$55	
College Student (12 credits)	\$35	\$340	\$30	\$10
Youth (ages 8 - 18)		\$235	\$20	\$5
Locker Rental		\$42	\$3.50	
Photo IDs required for everyone 18 & older. \$30 fee on returned checks.				

## FINANCIAL ASSISTANCE

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.

## CORPORATE MEMBERSHIPS

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

## PROGRAM REGISTRATION

Participants may register for programs

- at the Business Desk.
- on our app (Grand Island YMCA in your app store).
- online at [www.giymca.org](http://www.giymca.org). Some programs are excluded from online registration.

## NATIONWIDE MEMBERSHIP

Your Y membership goes with you! Members may visit any participating YMCA in the United States through membership at your "home" Y. We want you to reach your health and wellness goals wherever you live, work, or travel. This is one way we meet our mission to strengthen communities.

## 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 when a parent is deployed. Ask us for more information.

## CHILD WATCH

A safe environment for children while parents work out. Free for children 6 weeks to 7 years old. Time limit of 2 hours.

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.

## 100 DAYS FOR \$100

The Grand Island YMCA would like to help you accomplish your summer health and wellness goals. We are offering a summer membership starting May 1. The cost for adults is \$100 for 100 days. Some program discounts are available while the membership is in effect.



# 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 by providing ample opportunities to explore and learn through age appropriate activities. Preschool and school-year swim lessons are included in the weekly fee for 3, 4, and 5 year old children.

Hours are 6:00 am–6:00 pm

Full-time Weekly Rates:

Member:

- \$145 Infants / Walkers (6 wk–24 mo)
- \$140 Toddlers (24 mo–3 years)
- \$135 3–4 years old
- \$135 4–5 years old

Program Members:

- \$160 Infants / Walkers (6 wk–24 mo)
- \$155 Toddlers (24 mo–3 years)
- \$150 3–4 years old
- \$150 4–5 years old



## 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 experience arts, crafts, reading, field trips, swimming and other activities throughout the day. We also give back to our community through service learning projects.

Monday, May 24– Friday, August 6

6:00 am – 6:00 pm

Member: \$135 Weekly, \$1,485 Summer (paid by May 15) Daily Drop-in: \$30

Program Member: \$150 Weekly, \$1,650 Summer (paid by May 15) Daily Drop-in: \$50

**All-Summer Special through April 30\***

\$1,300 Member

\$1,500 Program Member

\*Applies to first 50 all-summer registrations

Pay for all summer and receive 50% off 2 YMCA programs.

> > **SPECIAL: 20% summer swim lesson discount for ages 3–12 who are enrolled in Y Child Care & Fun Club.** < < <

# 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.

## 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 aid young athletes in their athletic careers. Areas include, cardio training, light weights/ muscle build, and Plyometrics. Children can work individually or in a small group. Contact us 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 Y on Monday through Friday. Call the Y for more information.

## GROUP 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. See the schedule on our app, website or at the Y.

## BOOT CAMP

Information will be available on our website.



## 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.

# SPORTS

## ART CAMP

Kids in grades 2 & 3 will learn about Paul Cezanne. Kids in grades 4-6 will learn about George Seurat. Fee includes a \$10 material fee.

June 7-10 Monday - Thursday  
Grades 2-3 11:00-12:30 pm  
Grades 4-5 12:30-2:00 pm  
\$35 Member \$60 Program Member

## FOOTBALL CAMP

Learn the basics of football. Passing, catching, running, blocking, kicking, and tackling.

June 7-9 Monday - Wednesday  
Grades 1-4 5:30 pm-6:30 pm  
\$20 Member \$40 Program Member

## GYM AND SWIM

A combination of time in the gym and pool.

June 8-July 1 - Session 1 Tue-Thur  
July 6-29 - Session 2 Tue-Thur  
Ages 3-6 9:30-10:45 am  
\$25 Member \$50 Program Member

## ROOKIE SPORT CAMP

Learn the basics of several sports and work on footwork, passing, catching, and running

June 14-16 Monday-Wednesday  
Grades K-1 10:00 am-10:45 am  
Grades 2-4 11:00 am-11:45 am  
\$20 Member \$40 Program Member

## BASKETBALL CAMP

Campers will work on basketball skills including dribbling, shooting, passing, and defense.

June 14-16 Monday-Wednesday  
Grades 1-3 1:00 pm-2:00 pm  
Grades 4-6 2:30 pm-3:30 pm  
\$20 Member \$40 Program Member



## SOCCER CAMP

Camp will be lead by Benny Hanaphy. He will teach the basics of soccer including passing, dribbling, scoring, and defense.

June 28-July 1 Monday-Thursday  
Ages 3-7 6:00 pm-6:45 pm  
Ages 8-14 7:00 pm-8:00 pm  
\$25 Member \$50 Program Member

## BRITISH SOCCER CAMP

Register at [challengersports.com](http://challengersports.com). A \$10 late fee is applied to all registrations received within 10 days of camp. Monday-Friday

June 14-18, Webb Soccer Complex  
TinyTykes 4-6 yrs 8:00-9:30 am \$85  
Half Day 7-14 yrs 9:30 am-12:30 pm \$147  
Full Day 7-14 yrs 9:30 am-4:00 pm \$167

## VOLLEYBALL CAMP

Campers will learn the basics including bumping, hitting, serving, setting and receiving the ball.

July 6-8 Tuesday-Thursday  
Grades 2-4 11:00 am-12:30 pm  
Grades 5-7 1:00 pm-3:00 pm  
\$25 Member \$50 Program Member

## WES WILKINSON BASKETBALL CAMP

July 12-14 Monday-Wednesday  
Grades 3 & 4 1:00-2:30 pm  
Grades 5 & 6 3:00-4:30 pm

July 15-17 Thursday-Saturday  
Grades 7 & 8 1:00-2:30 pm  
Grades 7-12 3:00-4:30 pm  
\$25 Member \$50 Program Member

## RACQUETBALL CAMP

Learn the basics of racquetball

July 19-22 Monday-Thursday  
Grades 3-4 10:00-11:00 am  
Grades 5-6 11:00-12:00 noon  
\$25 Member \$50 Program Member

## FENCING

Fencing is a recreational sport for any age. Learn to fence for fun, fitness, or competition.

August 2-23 Mondays & Wednesdays  
5:30-7:00 pm  
\$35 Member \$60 Program Member

# SPORTS



## JUDO

### YOUTH

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

May 25-August 3, Tuesdays

6:00-7:00 pm

\$45 Member \$70 Program Member

### ADULT

May 27- August 5, Thursdays

6:30-8:30 pm

\$45 Member \$70 Program Member

## KARATE

### YOUTH

May 24-August 2 Mondays

6:00-7:00 pm

\$45 Member \$70 Program Member

### ADULT

May 26-August 4 Wednesdays

6:30-8:30 pm

\$45 Members \$70 Program Member

## MEN'S 5 V 5 TOURNAMENT

Put your team together and sign up for the Men's 5 on 5 Basketball Tournament. Sign up before Monday, April 5. Round robin play on Saturday. Single elimination tournament on Sunday.

April 10 - 11 Saturday & Sunday

\$200 per team

## MEN'S 5 ON 5 LEAGUE

Are you interested in a 5 v 5 basketball league? Let Seth know at [sethw@giymca.org](mailto:sethw@giymca.org) or call the Y at 308-395-9622.

## ADULT KICKBALL LEAGUE

Kickball is a great sport for anyone. Teams are co-ed and must have 10 per team

July 9 - August 13

\$125 Member \$150 Program Member

## SELF DEFENSE

Gain confidence and skill to defend yourself.

May 15 - 22 Saturdays

FREE to Members \$25 Program Members

## DROP-IN PICKLEBALL

June-August

1:30 - 3:30 pm Mon-Fri

7:30 - 8:30 pm Mon Tues & Thurs

1:00 to 4:30 pm Saturdays (must call ahead)

FREE Members \$10 Program Members

REGISTER • LIKE • FOLLOW • SHARE • COMMENT

YMCA Website - [giymca.org](http://giymca.org)

App - Grand Island YMCA

Facebook - @Grand Island

Twitter - GrandIslandYMCA



819 N. Diers Ave. Suite 6 Grand Island, NE

308.382.5500 • [www.CCIGI.com](http://www.CCIGI.com)



You're  
Invited!  
Aug 27 - Sep 6

[Statefair.org](http://Statefair.org)



# SWIM LESSONS

	GROUP SWIM	CLASS DATES	DAYS	TIME
Preschool Ages 3-5	Water Babies	6/10 - 7/8	Thur.	6:50 pm
	Water Babies	7/15 - 8/12	Thur.	6:50 pm
	Level 1	6/7 - 6/17	Mon-Thur	9:00 am
	Level 1	6/7 - 7/5	Monday	5:35 pm
	Level 1	6/10- 7/8	Thursday	6:15 pm
	Level 1	6/21 - 7/1	Mon-Thur	9:00 am
	Level 1	7/5 - 7/15	Mon-Thur	9:00 am
	Level 1	7/12 - 8/9	Monday	5:35 pm
	Level 1	7/15 - 8/12	Thursday	6:15 pm
	Level 1	7/19 - 7/29	Mon-Thur	9:00 am
	Level 1*	8/2 - 8/11	Mon-Thur	9:00 am
	Level 2	6/7 - 6/17	Mon-Thur	9:40 am
	Level 2	6/7 - 7/5	Monday	6:15 pm
	Level 2	6/10 - 7/8	Thursday	5:35 pm
	Level 2	6/21 - 7/1	Mon-Thur	9:40 am
	Level 2	7/5 - 7/15	Mon-Thur	9:40 am
	Level 2	7/12 - 8/9	Monday	6:15 pm
	Level 2	7/15 - 8/12	Thursday	5:35 pm
	Level 2	7/19 - 7/29	Mon-Thur	9:40 am
	Level 2*	8/2 - 8/11	Mon-Thur	9:40 am
	Level 3	6/7 - 6/17	Mon-Thur	9:00 am
	Level 3	6/10 - 7/8	Thursday	6:15 pm
	Level 3	6/21 - 7/1	Mon-Thur	9:00 am
	Level 3	7/5 - 7/15	Mon-Thur	9:00 am
	Level 3	7/15 - 8/12	Thursday	6:15 pm
	Level 3	7/19 - 7/29	Mon-Thur	9:00 am
	Level 3*	8/2 - 8/11	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

Members \$27      Program Members \$54  
All evening classes are 5 weeks

7 Lessons

Members \$38      Program Member \$76

8 Lessons

Members \$43      Program Members \$86

	GROUP SWIM	CLASS DATES	DAYS	TIME
School Age Ages 6 & Older	Level 1	6/7 - 6/17	Mon-Thur	9:40 am
	Level 1	6/7 - 7/5	Monday	6:15 pm
	Level 1	6/10- 7/8	Thursday	5:35 pm
	Level 1	6/21 - 7/1	Mon-Thur	9:40 am
	Level 1	7/5 - 7/15	Mon-Thur	9:40 am
	Level 1	7/12 - 8/9	Monday	6:15 pm
	Level 1	7/15 - 8/12	Thursday	5:35 pm
	Level 1	7/19 - 7/29	Mon-Thur	9:40 am
	Level 1*	8/2 - 8/11	Mon-Thur	9:40 am
	Level 2	6/7 - 6/17	Mon-Thur	9:00 am
	Level 2	6/7 - 7/5	Monday	5:35 pm
	Level 2	6/10- 7/8	Thursday	6:15 pm
	Level 2	6/21 - 7/1	Mon-Thur	9:00 am
	Level 2	7/5 - 7/15	Mon-Thur	9:00 am
	Level 2	7/12 - 8/9	Monday	5:35 pm
	Level 2	7/15 - 8/12	Thursday	6:15 pm
	Level 2	7/19 - 7/29	Mon-Thur	9:00 am
	Level 2*	8/2 - 8/11	Mon-Thur	9:00 am
	Level 3	6/7 - 6/17	Mon-Thur	9:40 am
	Level 3	6/10- 7/8	Thursday	6:55 pm
	Level 3	6/21 - 7/1	Mon-Thur	9:40 am
	Level 3	7/5 - 7/15	Mon-Thur	9:40 am
	Level 3	7/15 - 8/12	Thursday	6:55 pm
	Level 3	7/19 - 7/29	Mon-Thur	9:40 am
	Level 3*	8/2 - 8/11	Mon-Thur	9:40 am
	Level 4	6/7 - 6/17	Mon-Thur	9:40 am
	Level 4	6/10- 7/8	Thursday	6:55 pm
	Level 4	6/21 - 7/1	Mon-Thur	9:40 am
	Level 4	7/5 - 7/15	Mon-Thur	9:40 am
	Level 4	7/15 - 8/12	Monday	6:55 pm
	Level 4	7/19 - 7/29	Mon-Thur	9:40 am
	Level 4*	8/2 - 8/11	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.

Registration ends three days before the session begins. Members receive one week priority for registration over program members.



# SWIM TEAM

## FACE UP FIRST SWIM LESSONS

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

Classes start the weeks of June 7 and July 5.

**Seals** Emphasizes back float and propelling yourself to safety on your back. Ages 6 – 35 months. Ratio 1:1.

Mon, Tues, Wed or  
Thurs Mornings 9:15, 9:30, 9:45  
Monday Evenings 5:35, 5:50  
Thursday Evenings 9:15, 9:30, 9:45

**Seahorses** Emphasizes back skills and safety. Learn four swim strokes: Freestyle, Backstroke, Butterfly and Breast stroke. Ages 3 and up. Ratio 3:1. Classes are 30 minutes long.

Mon, Tues, Wed or  
Thurs Mornings 9:00, 9:40  
Monday Evening 5:35  
Thursday Evening 6:15

**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.

Monday Evenings 6:15 pm

**Adults** – Classes are 30 minutes long.  
Monday Evening 7:00 pm

### 4 Lessons

**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](mailto: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](mailto:melanieh@giymca.org) to schedule your private swim lesson. Private swim lesson specials are offered in May, August and December.

Member: 1 Lesson: \$16

5 Lessons: \$75

10 Lessons: \$145

Program Member: 1 Lesson: \$32

5 Lessons: \$125

10 Lessons: \$225

## YMCA QUICKSILVER SWIM TEAM

Swim team is designed for kids ages 5 – 18 who are advanced swimmers and wish to pursue competitive swimming in a fun and positive environment.

### PRACTICE TIMES:

#### SENIOR & BLACK

May 3-July 29 Y Pool M-F 4:00-5:30 pm

June 7-July 29 Morning practice info TBD

#### SILVER

May 3-July 29 Y Pool M-F 5:30-6:30 pm

June 4-July 29 Morning practice info TBD

#### QS1

May 3-July 29 Y Pool M-F 5:30-6:30 pm

Senior/Black \$65/month \$195

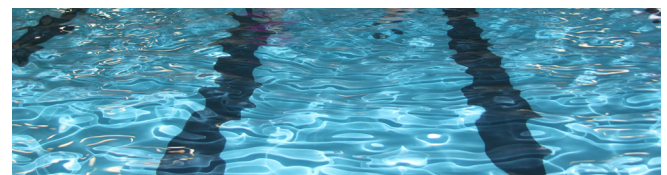
Silver \$58/month \$174

QS1 \$45/month \$135

To be a member of the YMCA Quicksilver Swim Team, you must be a YMCA member. Swimmers must purchase a US Swim Registration. There may be an additional fee for morning practices.

## QUICKSILVER SWIM TEAM TRYOUTS

May 3, 4 & 6 at the YMCA. Times are scheduled individually every 15 minutes beginning at 5:45 pm. Coaches will evaluate the swimmer to determine which group is appropriate for the swimmer. Call the Y Front Desk at 308-395-9622 to secure your tryout day and time.



## BIRTHDAY PARTY AT THE Y

### SWIMMING OR SPORTS PARTY

One hour in the pool or gym followed by one hour in the party room. Parties include pop, Hostess cupcakes, and a t-shirt for the birthday child.

Saturday or Sunday afternoon

12 children and under

\$65 members \$85 program members

13 to 20 children

\$80 members \$100 program members

### AFTER HOURS PRIVATE PARTY

\$110 per hour for members

\$130 hour for program members

Visit with our staff for more details.



## GRAND ISLAND YMCA

221 E South Front Street  
Grand Island NE 68801  
308.395.9622  
[www.giymca.org](http://www.giymca.org)

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### YMCA Board of Directors

Jaye Monter, President  
Cathy Allen  
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Andrew Brugman  
Jerry Heidelk  
Jessica Hoback  
Trent Mettenbrink  
Rashad Moxey  
Patrick O'Neill  
Melissa Reed  
Tom Reisdorph  
Cara Lemburg, CEO

## SPECIAL EVENTS



### STATE FAIR MARATHON

Saturday, August 28 • Nebraska State Fair Grounds

Marathon, Half-Marathon, Marathon Relay, 5K and 1-Mile Kids Run. See the State Fair Marathon website for more details, [www.statefairmarathon.org](http://www.statefairmarathon.org).



### TAILGATE PARTY — NEW Fundraising Event

Saturday, September 18 •

Stay tuned for location & details coming on the Grand Island YMCA website. [www.giymca.org](http://www.giymca.org)



### #RunRailside

Saturday, October 9 • Downtown Grand Island

15K, 5K and 1 Mile Run. See the Grand Island YMCA website for more details.

## FACILITY HOURS

Hours June 1-September 4

Monday-Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	6:00 am - 5:00 pm
Sunday	Closed

Pool opens at 6:00 am
Pool opens at 6:00 am
Pool opens at 7:30 am

## HOLIDAY CLOSINGS

April 4	Easter
May 31	Memorial Day
July 4	Independence Day
September 6	Labor Day