



FIND YOUR SUMMER FUN AT THE Y

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



MEMBERSHIP

| Membership Type | Facility Fee | Annual Fee | Monthly Bank Draft | Day Pass |
|--|--------------|------------|--------------------|----------|
| Adult (ages 19 - 61) | \$35 | \$475 | \$42 | \$10 |
| Adult Couple | \$35 | \$740 | \$65 | |
| Single Adult Household | \$35 | \$645 | \$57 | |
| Household | \$35 | \$770 | \$68 | \$25 |
| Senior Adult (62+) | | \$420 | \$37 | \$10 |
| Senior Couple (two adults 62+) | | \$590 | \$52 | |
| Senior Household (two seniors & grandchildren) | | \$645 | \$57 | |
| Seniors Over 80: | | \$255 | \$22 | \$5 |
| College Student (12 credits) | \$35 | \$360 | \$32 | \$10 |
| Youth (ages 8 - 18) | | \$255 | \$22 | \$5 |
| Locker Rental | | \$42 | \$3.50 | |
| Photo IDs required for everyone 18 & older. \$30 fee on returned checks. | | | | |

DOLLAR DAYS OF SUMMER

The Grand Island YMCA would like to help you accomplish your summer health and wellness goals. Our summer membership - May 15 through September - is \$105 for adults and \$60 for youth. Some program discounts are available while the membership is in effect.

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. 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.

CHILD CARE

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.

Tuesday, May 31–Friday, Aug 5 7:00 am–5:30 pm

Member: \$135 Weekly, \$1,350 Summer (paid by May 15) Weekly Drop in Rate \$150

Program Member: \$150 Weekly, \$1,500 Summer (paid by May 15) Weekly Drop in Rate \$165

All-Summer Special through April 30

(first 50 all-summer registrations)

\$1,150 Member

\$1,400 Program Member

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

We are accepting registrations through April 30 for our “All-Summer Special.” Priority is given to the first 50 registrations. After April 30, the remaining Fun Club slots will be filled based on the date we receive the registration.

All YMCA Summer Fun Club participants will fill out dates of attendance for the summer when they register. Participants must have a form of payment on file, which will be drafted weekly based on attendance dates given at registration.

There will be a \$30 fee assessed for any returned drafts. If more than two drafts are returned, childcare services will be suspended until full payment is made. If another incident of returned drafts occurs, childcare services will be terminated.

A parent handbook will be reviewed and signed at the time of registration.

| WEEKLY RATE | | ALL SUMMER RATE* | |
|-------------|----------------|---|----------------|
| Member | Program Member | Member | Program Member |
| \$135 | \$150 | \$1,350 | \$1,500 |
| | | SPRING SPECIAL NOW THRU APRIL 30 First 50 who pay the summer rate receive 50% discount. | |
| | | \$1,150 | \$1,400 |

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



SPORTS

BASKETBALL CAMP #1

Campers will work on basketball skills including dribbling, shooting, passing, and defense. Camp will be held in the Y North Gym.

June 13-15 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

BASKETBALL CAMP #2

Campers will work on basketball skills including dribbling, shooting, passing, and defense. Camp will be held in the Y North Gym.

July 25-27 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

ROOKIE SPORT CAMP

Learn the basics of several sports and work on footwork, passing, catching, and running. Camp will be held in the Y North Gym.

August 1-3 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

FOOTBALL CAMP

Learn the basics of football. Passing, catching, running, blocking, kicking, and tackling. Camp will be held at the Vet's Club, 1914 W Capital Avenue.

June 6-8 Monday - Wednesday

Grades 1-4 5:30 pm-6:30 pm

\$20 Member \$40 Program Member

ART CAMP

Kids in grades 2 & 3 will learn about Paul Cezanne. Kids in grades 4-6 will learn about George Seurat. Class will be held in the Y Art Room. Fee includes a \$10 material fee.

June 11-August 1 Mondays only

Grades 2-3 11:00-12:30 pm

Grades 4-5 12:30-2:00 pm

\$35 Member \$60 Program Member

SOCCER CAMP

Camp will be led by Benny Hanaphy. He will teach the basics of soccer including passing, dribbling, scoring, and defense. Camp will be held at the Webb Road Soccer Complex, 1396 S Webb Road.

June 27-30 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

VOLLEYBALL CAMP

Camp will be led by Grand Island Senior High Volleyball. Campers will learn the basics including bumping, hitting, serving, setting and receiving the ball. Camp will be held in the Y North Gym.

July 11-13 Monday-Wednesday

Grades 2-4 11:00 am-12:30 pm

Grades 5-7 12:30 pm-2:00 pm

\$25 Member \$50 Program Member

VOLLEYBALL: MIDDLE SCHOOL LEAGUE

Recreation Volleyball League.

June 2-30 Thursdays

Grades 6-8 5:00-8:00 pm

\$80 per team. Sign up as a team.

SWIM CAMP

Coming in August.

FENCING

Fencing is a recreational sport for any age. Learn to fence for fun, fitness, or competition. Class will be held in the multi-purpose room.

August 3-24 Wednesdays and Fridays

5:30-7:00 pm

\$35 Member \$60 Program Member

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

NOON BALL

Monday-Wednesday-Friday

12 noon - 1 pm

FREE Members \$10 Program Members

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. A YMCA certified 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 aide 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.

YOUTH SUMMER RUNNER TRAINING

Train for a 1 mile or 5K race. More info coming soon.



GROUP FITNESS CLASSES

We offer a wide variety of group fitness classes for all abilities from 5:15 a.m. through early evening. We offer strength training, cardio, and toning as well as water fitness classes in a setting that is welcoming and encouraging to all. See the schedule on our app, website, or at the Y.

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.

FIGHTING PARKINSON'S WITH 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. Call the Y for more information.

BOOT CAMP

Watch for more information.

REGISTER | LIKE | FOLLOW | SHARE | COMMENT

YMCA Website - giymca.org
App - Grand Island YMCA

Facebook - @Grand Island
Twitter - GrandIslandYMCA

SWIM LESSONS

GROUP SWIM LESSON

| LESSON | MEMBER | PROGRAM MEMBER |
|--|--------|----------------|
| 4 Group Lessons | \$22 | \$44 |
| 8 Group Lessons | \$43 | \$86 |
| All evening classes are 4 weeks. Registrations end four days before the session begins. Members receive one week priority for registration over program members. | | |

| SESSION TYPE | SESSION DATES |
|-------------------------------|---|
| Monday | June 6 - 16 June 6 - 27 July 11 - August 1 July 11 - 21 |
| Thursday | June 9 - 30 July 14 - August 4 |
| Monday thru Thursday | June 6 - 16 June 20 - 30 July 11 - 21 July 25 - August 4 |
| No classes the week of July 4 | |

| AGE RANGE | CLASS | MON |
|------------|--------------|----------|
| 3-5 yrs | Level 1 | 5:35 pm |
| 3-5 yrs | Level 2 | 6:15 pm |
| 3-5 yrs | Level 3 | 5:35 pm |
| 6-12 yrs | Level 1 | 6:15 pm |
| 6-12 yrs | Level 2 | 5:35 pm |
| 6-12 yrs | Level 3 | 6:15 pm |
| 6-12 yrs | Level 4 | 6:55 pm |
| AGE RANGE | CLASS | THURS |
| 6 mo-3 yrs | Water Babies | 6:50 pm |
| 3-5 yrs | Level 1 | 5:35 pm |
| 3-5 yrs | Level 2 | 6:15 pm |
| 3-5 yrs | Level 3 | 5:35 pm |
| 6-12 yrs | Level 1 | 6:15 pm |
| 6-12 yrs | Level 2 | 5:35 pm |
| 6-12 yrs | Level 3 | 6:15 pm |
| 6-12 yrs | Level 4 | 6:55 pm |
| AGE RANGE | CLASS | MON-THUR |
| 3-5 yrs | Level 1 | 9:00 am |
| 3-5 yrs | Level 2 | 9:40 am |
| 3-5 yrs | Level 3 | 10:15 am |
| 6-12 yrs | Level 1 | 9:40 am |
| 6-12 yrs | Level 2 | 9:00 am |
| 6-12 yrs | Level 3 | 9:40 am |
| 6-12 yrs | Level 4 | 9:00 am |

INFANT & PRESCHOOL

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.

SCHOOL AGE AGES 6 & OLDER

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.

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 6 and July 11. No classes the week of July 4.

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

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

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 9:00, 9:35
Monday or Thursday 5:35

4 Lessons

Members \$33

Program Members \$66

If times and dates don't work for you, contact our Aquatic Director at 308.395.9622 or aquatics@giymca.org

PRIVATE SWIM LESSONS

Private swim lessons are available for adults or children who want one-on-one instruction. We provide a certified instructor who works with you to find the right day and time. Come to the Y to register. Contact the Aquatic Director at 395-9622 or aquatics@giymca.org if you have questions. Private swim lesson specials are offered in May, August and December.

Member: 1 Lesson: \$20

5 Lessons: \$90

10 Lessons: \$175

Program Member:

1 Lesson: \$35

5 Lessons: \$160

10 Lessons: \$280

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

April 18 - July 22 Y Pool M-F 4:00-5:30 pm

June 6 - July 22 Morning practice info TBD

SILVER

May 2 - July 22 Y Pool M-F 5:30-6:30 pm

June 6 - July 22 Morning practice info TBD

QS1

May 3-July 22 Y Pool T-F 5:30-6:30 pm

Senior/Black \$63/month \$220

Silver \$55/month \$165

QS1 \$42/month \$126

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 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 drink, snack, and a gift 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.



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www.giymca.org

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SPECIAL EVENTS



STATE FAIR MARATHON

Saturday, August 27 • 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.



#RunRailside

Saturday, October 15
Downtown Grand Island

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

Thank you to our program guide sponsors:



FACILITY HOURS

Hours May 31–September 3

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 17 | Easter |
| May 30 | Memorial Day |
| July 4 | Independence Day |
| September 5 | Labor Day |