

# WE'RE HERE FOR EVERYONE



## Grand Island YMCA

## PROGRAM GUIDE

September 2023–May 2024

# WELCOME

---

## OUR MISSION

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

### OPEN DOORS POLICY

No one is denied a membership because of an inability to pay. Financial assistance is available for membership for those who can demonstrate financial need. Financial assistance applications are available at the Business Desk. Scholarship assistance is based on family size and income.

### SPECIALTY MEMBERSHIPS

#### 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.

#### 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.

#### 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/spouse is deployed. Ask us for more information.

#### INSURANCE BASED MEMBERSHIPS

We support memberships for those with certain insurance benefits. If your insurance includes SilverSneakers, RenewActive, Active & Fit, Nebraska Total Care or Silver&Fit, you may be eligible for an insurance-based membership. To find out if you are eligible, or if an insurance plan not listed is covered, please visit with our Front Desk staff.

### MEMBER INFORMATION

#### MEMBERSHIP CARDS

Membership Cards Each member will receive a permanent membership card. Please present your card upon each visit. Membership cards are non-transferable.

#### NEW MEMBER FITNESS ORIENTATION

New members are invited to sign up for a FREE Fitness Orientation. Get ideas about setting up your exercise time, proper use of fitness equipment, class schedules and information about personal training options. Orientation sessions will last approximately one hour.

#### PROGRAM REGISTRATION

Participants may register for programs at the Business Desk. Online registrations are available at [www.giymca.org](http://www.giymca.org). A few programs are excluded from online registration.

#### YMCA PROGRAM REFUND POLICY

Some programs have minimum and maximum enrollment requirements. The YMCA reserves the right to cancel any class due to low enrollment. Cash refunds will not be given on program fees or memberships. A credit voucher toward another class or another type of membership may be issued under special circumstances. Full refunds will be allowed only when classes are cancelled by the YMCA. If the YMCA cancels one class in a session, we will offer a makeup date.

#### YOUTH BUILDING USAGE POLICY

- Children age 7 and under must be within arm's reach of a parent or legal guardian in all parts of the Y facilities.
- Children age 12 to 14 may use the strength and cardiovascular machines only under the direct supervision of a parent or legal guardian after they have completed a Wellness Orientation.
- Children age 15 and under must be directly supervised by a parent or a legal guardian in all parts of the Y facilities one hour before closing.

---

LIKE | FOLLOW | SHARE | COMMENT

Facebook – @Grand Island YMCA Website – [giymca.org](http://giymca.org)

App – 'Daxko', then search for Grand Island YMCA

Twitter – [GrandIslandYMCA](https://twitter.com/GrandIslandYMCA)

Instagram

# MEMBERSHIP

## MEMBERSHIP RATES

MEMBERSHIP TYPE	FACILITY FEE	ANNUAL FEE	MONTHLY BANK DRAFT
Adult	\$40	\$511	\$45
Adult Couple	\$40	\$776	\$68
Single Adult Household	\$40	\$681	\$60
Household	\$40	\$806	\$71
Senior Adult (62+)		\$456	\$40
Senior Couple		\$626	\$55
Senior Household		\$681	\$60
Seniors Over 80		\$291	\$25
College Student (12 credits)	\$40	\$396	\$35
Youth (under 19)		\$291	\$25
Locker Rental		\$45	\$3.75

Photo IDs required for everyone 18 & older. \$25 fee on returned checks. Fees are subject to change.

## HOLIDAY CLOSINGS

January 1	New Year's Day
March 31	Easter
May 27	Memorial Day
July 4	Independence Day
September 4	Labor Day
Nov 22, close 7:00 pm	Thanksgiving Holiday
November 23	Thanksgiving Day
December 24	Christmas Eve
December 25	Christmas
December 31	New Year's Eve

## 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. Child must be a member to use this service. If child is not a member, a \$5 per hour per kid fee will be applied.

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

## YMCA HOURS

221 E South Front St.	308.395.9622
Hours September 4, 2023 - May 25, 2024	
Monday - Thursday	5:00 am-10:00 pm
Friday	5:00 am-9:00 pm
Saturday	6:00 am-6:00 pm
Sunday	1:00 pm-5:00 pm
Monday - Friday	Pool opens 6:00 am
Saturday	Pool opens 7:30 am
Hours May 28, 2024 - September 2, 2024	
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



# MEMBERSHIP

## FREQUENTLY ASKED QUESTIONS

### What's included in my membership?

- Discounted pricing on programs.
- Free access to classes and exercise equipment.
- Use of swimming pool and gyms during open times.
- Access to hot tub, sauna, and steam room for those age 18 and older.

### May I bring guests?

Yes. Each member unit receives two free guest passes to the Grand Island Y to share with family, friends, and colleagues. Each guest must come to the Y with a Grand Island Y member. Guests must show photo ID at check in.

### May I visit other YMCAs?

Yes. Many YMCAs across the country participate in the Nationwide program, which allows members from other YMCAs to visit. It is recommended to call a location prior to visiting for specific policies.

### Do I have to pay an enrollment fee again if I am a previous member of the YMCA?

If you renew your membership within 30 days you do not have to pay the enrollment fee again. If your membership has been inactive for more than 30 days you will be charged the enrollment fee.

### What options do I have when changing my membership?

There are no contracts as a Y member. You have the option of upgrading, downgrading, freezing or cancelling your plan within two weeks of the payment coming due.

### How do I cancel my YMCA membership?

All monthly draft memberships must be cancelled in writing at least two weeks before your monthly draft. Please visit the Front Desk to fill out a cancellation form.

## BIRTHDAY PARTIES

One hour in the pool or gym and one hour in the party room. Party includes drinks and snacks and a YMCA gift for the birthday child. Parties are on Saturday or Sunday afternoon.

12 children and under

Member \$70

Program Member \$90

13 - 20 children

Member \$85

Program Member \$105

Call for information on after hours private parties.



## 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. Child must be a member to use this service. If child is not a member, a \$5 per hour per kid fee will be applied.

Monday - Friday 8:00 am - 11:30 am

Monday - Thursday 4:30 pm - 8:00 pm

Friday 4:30 pm - 7:00 pm

Saturday 8:00 am - 11:30 am

## 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 Beautiful Beginnings for Infants and Toddlers and 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 7:00 am – 6:00 pm

#### Weekly Rates:

AGE	MEMBER	PROGRAM MEMBER
Infant & Walker	\$150	\$165
Toddler	\$145	\$160
3 Years	\$145	\$160
4-5 Years	\$140	\$155

Prices subject to change.

## AFTER SCHOOL FUN CLUB

### AGES 5-10

The Grand Island YMCA is excited to offer our After School Fun Club for children ages 5-10. Your child will be in a safe environment, get help with homework, have the opportunity to swim (includes open swim) and enjoy a variety of activities. Transportation provided from Dodge, Gates, Jefferson, Starr, Stolley Park.

Monday – Friday	3:30-6:00
-----------------	-----------

#### Weekly Rates with Transportation:

Member	\$80
Program Members:	\$90

#### Weekly Rates without Transportation:

Member	\$70
Program Members:	\$80

## SCHOOL'S OUT FUN CLUB

### AGES 5 - 10

School's Out Fun Club provides a fun environment for youth ages 5-10. Children will have wonderful experiences with arts, crafts, swimming and physical activity throughout the day. We provide breakfast, lunch and a snack daily. Bring a bag with swim suit, towel, and tennis shoes. Stop by the YMCA to register. The registration packet and shot records are required prior to participation.

- School's Out Fun Club is included when you sign up for the weekly option for After School Fun Club.

- Our School's Out Fun Club follows the Grand Island Public School calendar.

Hours: 7:00 am to 6:00 pm

	MEMBER	PROGRAM MEMBER
<b>Daily Rate</b>	\$30	\$50
<b>Weekly Rate*</b>	\$140	\$155

Friday, September 1	Monday, January 15
Friday, September 22	Friday, February 9
Thur-Fri, Oct 12-13	Thu-Fri, Feb 15-16
Friday, October 27	Friday, March 1
Monday, November 6	Mon-Fri, March 4-8
Mon-Wed, Nov 20-22	Friday, March 29
Thu-Fri, Dec 21-22	Monday, April 1
Wed-Fri, Dec 27-29	Friday, April 19
Tue-Wed, January 2-3	

**School age fun club schedules are based on the Grand Island Public School's calendar and are subject to change.**



# SWIM

The Y offers group swim lessons for kids ages 6 months old through adult. We teach safety around the water, drowning prevention strategies, and progressive swim lessons.

## GROUP SWIM LESSON

LESSON	MEMBER	PROGRAM MEMBER
4 Group Lessons	\$24	\$48
5 Group Lessons	\$30	\$60
6 Group Lessons	\$35	\$70
Registration ends four days before the session begins.		

SESSION TYPE	SESSION DATES
Monday	*September 11 - October 16 *October 23 - December 4 January 8 - February 12 *February 19 - March 25 April 8 - May 6
Thursday	*September 14 - October 19 *October 26 - November 30 **January 11 - February 15 *February 22 - April 4 April 11 - May 9
Saturday	*September 16 - October 28 *November 4 - December 9 January 13 - February 17 *February 24 - April 6 April 13 - May 11
*No classes Oct 7; Nov 20-25; Dec 7; Jan 8 & Feb 1 evenings; March 4-9; March 29-April 1; **4 Lessons	

### INFANT & PRESCHOOL

**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:

**LEVEL 1:** Uses flotation devices. LEARN to get comfortable in the water. LEARN to get their faces wet, learn beginner strokes for front and to get comfortable on the back.

**LEVEL 2:** KNOWS beginner stroke, back float, and gets face wet comfortably and blows bubbles. LEARN the backstroke, beginning crawl stroke, kneeling dives, and progress to smaller floats.

**LEVEL 3:** KNOWS backstroke and arm pulls. LEARN crawl stroke, backstroke, breaststroke, elementary backstroke, do lengths of pool, and progress to swimming without a float.

AGE RANGE	CLASS	MONDAY
3-5 yrs	Level 1	5:35 pm
3-5 yrs	Level 2	6:15 pm
6-12 yrs	Level 1	6:15 pm
6-12 yrs	Level 2	5:35 pm
6-12 yrs	Level 3	6:55 pm
6-12 yrs	Level 4	6:55 pm
AGE RANGE	CLASS	THURSDAY
3-5 yrs	Level 1	6:15 pm
3-5 yrs	Level 2	5:35 pm
6-12 yrs	Level 1	5:35 pm
6-12 yrs	Level 1	6:55 pm
6-12 yrs	Level 2	6:15 pm
6-12 yrs	Level 2	6:55 pm
AGE RANGE	CLASS	SATURDAY
6 mo-3 yrs	Water Babies*	10:20 am
3-5 yrs	Level 1	9:00 am
3-5 yrs	Level 2	9:40 am
3-5 yrs	Level 3	9:00 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	9:40 am
*Fall and Spring Only		

### SCHOOL AGE AGES 6 & OLDER

**LEVEL 1:** LEARN to be comfortable in the water, get face wet along with blowing bubbles, beginner crawl stroke, beginner backstroke, beginner elementary backstroke, and introductory dives.

**LEVEL 2:** KNOWS back float, arm pulls, gets face wet with blowing bubbles. LEARN intermediate crawl stroke, intermediate backstroke, intermediate elementary backstroke, diving and beginner breaststroke. Swim lengths of the pool.

**LEVEL 3:** KNOWS crawl stroke, backstroke, elementary backstroke, breaststroke. LEARN sidestroke, treading water, racing starts and beginning butterfly. Swim lengths of the pool.

**LEVEL 4:** KNOWS crawl stroke, breaststroke, elementary backstroke. LEARN sidestroke and butterfly stroke, and flippers. Swim Lengths of the pool.

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

## FACE UP FIRST SWIM LESSON

LESSON	MEMBER	PROGRAM MEMBER
3 Face Up First Lessons	\$27.50	\$55
4 Face Up First Lessons	\$35	\$70
Registrations end four days before the session begins.		

**Seals:** Ages 6mo-3yrs. LEARN back float, blowing bubbles, getting face wet, getting comfortable in the water and kicking to safety.

**Seahorses:** Ages 3 and up. Introduces swimming on the back to provide more comfort in the water. LEARN back float, kick on back, beginner backstroke, and elementary backstroke.

**Barracudas:** Ages 5 to 12. KNOWS how to back float, kick on back, beginner backstroke and elementary backstroke. LEARN crawl stroke, breaststroke, butterfly, and sidestroke. Swimming one length of crawl stroke, and one length of backstroke.

**Adults:** Swimmers of all abilities will see improvement in stroke development.

		SEALS	SEAHORSES	BARRACUDA
DAY	SESSION DATES	TIME	TIME	TIME
Mondays	September 11 - October 2 October 9 - October 30 November 6 - December 4 January 8 - 29 February 5 -26 March 11 - April 8 April 15 - May 6	9:15 am 9:30 am 9:45 am 5:35 pm 5:50 pm	9:00 am 9:35 am 5:35 pm	
Wednesday	September 13 - October 4 October 11 - November 1 November 8 - December 6 January 10 - 31 February 7 -28 March 13 - April 3 April 10 - May 1	9:15 am 9:30 am 9:45 am	9:00 am 9:40 am	NO CLASSES Oct 7; Nov 20-25; Dec 7; March 4-9; March 29-April 1
Thursday	September 14 - October 5 October 12 - November 2 *November 9 - 30 (3 classes)* February 8 -29 March 14 - April 4 April 11 - May 2	9:15 am 9:30 am 9:45 am 5:35 pm 5:50 pm 6:05 pm	9:00 am 9:40 am 6:15 pm 5:35 pm	*No January Thursday evening lessons due to high school home swim meets.

If times and dates don't work for you, contact our Aquatic Director at 308.395.9622 or [aquatics@giymca.org](mailto:aquatics@giymca.org).

## 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:	\$22	Program Member:	1 Lesson:	\$37
	5 Lessons:	\$90		5 Lessons:	\$160
	10 Lessons:	\$175		10 Lessons:	\$280

# SWIM TEAM

## 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 during the summer season.

**REGISTER ONLINE AT [GYMCA.ORG](http://GYMCA.ORG)**

### SEASON DATES

Fall/Winter Season Starts September 11

### AGES

5-18

### NEED TO KNOW

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 has been added on for the Nebraska YMCA Youth Swim League registration.

### QUICKSILVER SWIM TEAM TRYOUTS

September 11, 12, 13 & 15

TEAMS	MONTHLY TEAM FEES	SEASON TEAM FEES	PRACTICE DAYS		PRACTICE TIMES
WINTER/FALL					
Senior/ Black	\$70	\$430	Sep 11-Nov 10	Mon & Fri	4:00-5:30 pm
			Nov 13-Mar 8	Mon/Tues/Thurs/Fri	5:30-6:45 pm
Silver	\$60	\$370	Sep 25-Mar 8	Mon thru Fri	5:30-6:30 pm
QS1	\$47.50	\$295	Oct 3-Mar 8	Tues/Wed/Thurs/Fri	5:30-6:30 pm
GISH	3 months	\$220			
Practices on Wednesdays for all groups is 5:30-6:30.					





# 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.

## 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 YMCA. See the schedule on our app or website, [www.giymca.org](http://www.giymca.org).

## LIFEGUARD CLASS

Lifeguard classes will be offered in March, April, and May. Please email [aquatics@giymca.org](mailto:aquatics@giymca.org) for more information and to be put on a class list.



## NUTRITION COACHING

Perfect for your demanding schedule. Includes unlimited access to a nutrition coach via email, one 45 min phone or zoom call each week, and regular feedback on your nutrition/activity log for maximum accountability and success. Enjoy the flexibility to access nutrition guidance when and where you need it. Contact Megan for more information.

## SMALL GROUP TRAINING

Small Group Training Sessions are led by a certified personal trainer and each session focuses on a specialized format such as strength training, endurance, or core. Participants will use ropes, kettlebells, bars, TRX equipment and more encouraging individual progression and skill development. Contact Megan for more information.

## GROUP LAND & WATER FITNESS

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.

## 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, help you recover from an injury, work on fitness goals, and hold you accountable! Sessions include 30- 45- and 60-minute sessions.

## ATHLETIC TRAINING

Our certified trainers work with athletes on sports-specific exercises, weight training, and strength and conditioning to better enhance their athletic potential. We focus on form and safety in order to teach young athletes how to avoid injury in the weight room and on the field/court. This option is available either one-on-one or with a small group. Athletic Training is available for volleyball, basketball, swimming, and running.



# SPORTS

## SOCCER LEAGUE

### AGES 3 – 13

Age groups: U5, U6, U8, U10, U12, U14.

Soccer will be held in a fall and spring format.

**Fall Season:** Mon. Sept 11-Oct 16

**Spring Season:** Mon. Apr 8-May 13

\$50 member; \$100 program member; \$10 late fee after August 21 for fall, March 18 for spring.

\$35 members; \$70 program members for Spring sign-up only. \$10 late fee after August 14 for fall, March 15 for spring.

## LEARNER LEAGUE VOLLEYBALL

### 1ST – 3RD GRADES

Learn the fundamentals of volleyball.

**Fall Season:** Thur. Sept 7-Oct 12. Camp Nights: Sept 7 & 14. All participants come to Camp Night.

**Spring Season:** Thur. Apr 11-May 16. Camp Nights: April 11 & 18. All participants come to Camp Night.

\$35 member; \$70 program member; \$10 late fee after August 14 for fall, March 15 for spring.

## VOLLEYBALL LEAGUE

### 3RD – 8TH GRADES

Includes one practice and one game per week.

**Fall Season:** Sat. Sept 9 – Oct 21. No games on Oct 7.

**Spring Season:** Sat. Apr 13 – May 18.

\$35 member; \$70 program member; \$10 late fee after August 14 for fall, March 15 for spring.

## FLAG FOOTBALL

Learn the fundamentals of Football. Teams will be drafted based on grade: K-2, 3-4, 5-6.

**Fall Season:** Sat. Sept 10 – Oct 21. Teams will be drafted based ages of youth, K-2 3-4 5-6. No games Oct 7.

**Spring Season:** Sat. Apr 16 – May 11. Teams will be drafted based ages of youth, K-2 3-4 5-6.

\$35 member; \$70 program member; \$10 late fee after August 14 for fall, March 15 for spring.

## LEARNER LEAGUE BASKETBALL

### K – 2ND GRADE

Boys and girls develop skills including dribbling, shooting, passing, and rebounding.

**Fall Season:** Mon. Nov 6 – Dec 4 (5 days) including camp nights Nov 6 and 13. \$30 Member; \$60 Program Member

**Winter Season:** Mon, Jan 8 – Feb 12 (6 days) including camp nights, Jan 8 & 15.

\$35 Member; \$70 Program Member

\$10 late fee after Oct 20 for fall, Dec 15 for winter.

## BASKETBALL LEAGUE

### 3RD-6TH GRADE

Includes one practice & one game per week.

**Winter Season:** Sat. Jan 13 – Feb 24.

\$35 Member; \$70 Program Member; late fee \$10 after Dec 15.

## JUDO

Students are taught basic Kodokan Judo, the number one self-defense method practiced around the world. Students also work on dealing with bullies.

### YOUTH JUDO

**Fall Season:** Tues. Sept 5-Dec 12

**Winter Season:** Tues. Jan 9-Apr 16

\$45 member; \$90 program member

### ADULT JUDO

**Fall Season:** Thurs. Sept 7-Dec 14

**Winter Season:** Thurs. Jan 11-Apr 18

FREE to members; \$90 program members

## FENCING

### AGE 6 THRU ADULT

**Fall Season:** Wed and Fri, Oct 5-26

\$35 member; \$70 program member

**Winter Season;** Wed and Fri, Feb 2-23

\$35 member; \$70 program member

## SPORTS REGISTRATION DEADLINES

Flag Football	August 14
Soccer League	August 18
Learner League Volleyball	March 15
Volleyball League	
Learner League Basketball	October 20
Basketball League	December 15
Men's 3 on 3 Basketball	September 8
	January 13
Late fee after these dates is \$10.	

**Competitive Basketball League Coming Soon**



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**

## MEN'S 3 ON 3 BASKETBALL

**Fall Season:** Wednesdays starting September 20

**Winter Season:** Wednesdays starting January 17

FREE member; \$50 program member

A spring season available upon request, 6 team minimum.

## ADULT SUNDAY BASKETBALL

Pick-up games, Sundays, 1 pm - 3 pm

**Fall Dates:** October 1 - November 5

**Winter Season:** January 28-March 17; no games  
February 11

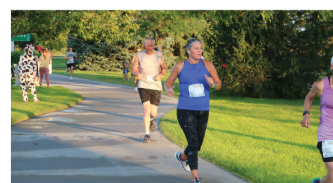
FREE member; \$50 program member

## ADULT DROP-IN PICKLEBALL

1:30 - 3:30 pm Monday - Friday

12 noon - 1:30 pm Tuesday - Thursday

FREE members; \$5 Program Members





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



NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
GRAND ISLAND, NE  
PERMIT NO. 118

## SUPPORT OUR CAUSE

### STATE FAIR MARATHON

**MARATHON • HALF MARATHON • 5K • 1 MILE  
KIDS RUN**

Saturday, August 26, 2023

Saturday, August 24, 2024

Join us on the beautiful fairgrounds, hike and bike trail and residential streets around Grand Island for an awesome run on the fastest, flattest course in the nation! This is a Boston qualifier. See [www.statefairmarathon](http://www.statefairmarathon) for more details.

### SNOWBEAST CHALLENGE

**• WALK • RUN • SWIM • CYCLE • OR • WORK-OUT •  
A MARATHON IN FEBRUARY**

Starting February 1, 2024

Complete a fitness-style marathon in February. YOU choose when and where you do your miles and how many a day. More info including fees coming soon.

### DASHING FOR DONUTS

**1 MILE FUN RUN**

Saturday, December 2, Grand Island YMCA

Dashing for Donuts is a way to bring together the community for winter fitness fun. Join us for dashing and delicious donuts downtown! Register in person up until race day.

### HOG WILD FOR THE Y

**HOG WILD TAILGATE PARTY**

Saturday, March 23, 2024, at the Barn Bar on the State Fairgrounds

This event will include a tailgate party with games, live band, silent auction and one raffles. Tickets will be available after January 1.

**CHECK OUT RACE DETAILS ON OUR WEBSITE  
[GIYMCA.ORG/SPECIAL-EVENTS](http://GIYMCA.ORG/SPECIAL-EVENTS) AND REGISTER AT  
GETMEREGERED.**