

Grand Island YMCA

FUN FOR EVERYONE



Summer 2023

MEMBERSHIP

Membership Type	Facility Fee	Annual Fee	Monthly Bank Draft	Day Pass
Adult (ages 19 - 61)	\$40	\$511	\$45	\$10
Adult Couple	\$40	\$776	\$68	
Single Adult Household	\$40	\$681	\$60	
Household	\$40	\$806	\$71	\$25
Senior Adult (62+)		\$456	\$40	\$10
Senior Couple (two adults 62+)		\$626	\$55	
Senior Household (two seniors & grandchildren)		\$681	\$60	
Seniors Over 80:		\$291	\$25	\$5
College Student (12 credits)	\$40	\$396	\$35	\$10
Youth (ages 8 - 18)		\$291	\$25	\$5
Locker Rental		\$45	\$3.75	
Photo IDs required for everyone 18 & older. \$25 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 1 through August 31 - is \$105 for adults and \$60 for youth. Some program discounts are available while the membership is in effect. This is a temporary membership and is valid for new members only.

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, under the named DAXKO).
- 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 4:30 pm-8:00 pm

Friday 4:30 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 per hour per kid fee will be applied.

CHILD CARE

SUMMER FUN CLUB

Ages 5 (entering Kindergarten) – 10

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 30–Friday, August 7

7:00 am–5:30 pm

Member: \$140 Weekly, \$1,350 Summer (paid by May 15) Weekly Drop-in Rate \$150

Program Member: \$155 Weekly, \$1,500 Summer (paid by May 15) Weekly Drop-in Rate \$165

All-Summer Special through April 30 (first 25 all-summer registrations) \$20 Activity Fee (per child)

\$1,250 Member \$1,450 Program Member

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

We are accepting registrations through April 30 for our "All-Summer Special." Priority is given to the first 25 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
\$140	\$155	\$1,350	\$1,500
		SPRING SPECIAL NOW THRU APRIL 30	
		\$1,250	\$1,450

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 7:00 am–6:00 pm

Full-time Weekly Rates:

Member:

\$150 Infants / Walkers (6 wk–24 mo)

\$145 Toddlers (24 mo–3 years)

\$145 3–4 years old

\$140 4–5 years old

Program Members:

\$165 Infants / Walkers (6 wk–24 mo)

\$160 Toddlers (24 mo–3 years)

\$160 3–4 years old

\$155 4–5 years old



SPORTS

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 Tuesday - Thursday
Grades 1-4 5:30 pm-6:30 pm
\$22 Member \$44 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 5-8
Grades 2-3 11:00-12:30 pm
Grades 4-6 12:30-2:00 pm
\$35 Member \$60 Program member

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 12-14 Monday-Wednesday
Grades 1-3 1:00 pm-2:00 pm
Grades 4-6 2:30 pm-3:30 pm
\$22 Member \$44 Program Member

PICKLEBALL CAMP

Campers will work on Pickle ball skills. Camp will be held in the Y South Gym. Grades 4-6

June 5-7 Monday-Wednesday
9:00 am-10:00 am
\$22 Member \$44 Program Member

RACQUETBALL CAMP

Campers will work on Racquet ball skills. Camp will be held in the Y Racquet ball courts. Grades 4-6

Fridays 5:30-6:30 starting June 2nd
\$22 Member \$44 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 10-12 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

SOFTBALL/BASEBALL CLINIC

Youth will learn the basics of throwing catching and hitting. Grades 1-6

Saturday and Sunday, July 22nd- 23rd
\$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 24-26 Monday-Wednesday
Grades 1-3 1:30 pm-2:30 pm
Grades 4-6 2:45 pm-3:45 pm
\$22 Member \$44 Program Member

VOLLEYBALL: MIDDLE SCHOOL LEAGUE

6 weeks of double headers from June 29th through July 27th.

Youth going into 7th-8th graders only. Teams sitting out will ref and keep score.
\$80 per team sign up.

SOCCER CAMP

Camp will be led by Bryan Ramallo. 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.

Date to be announced.
Ages 3-7 6:00 pm-6:45 pm
Ages 8-14 7:00 pm-8:00 pm
\$25 Member \$50 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 Tuesday-Thursday
Grades K-1 10:00 am-10:45 am
Grades 2-4 11:00 am-11:45 am
\$22 Member \$44 Program Member

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 2-23 Wed & Fri 5:30-7:00 pm
\$35 Member \$60 Program Member

WRESTLING

Kids in grades K-6 will learn the basics of wrestling. This camp will be led by Zach Schroder at GICC.
July 10-12; Monday-Wednesday; 5:00-6:00 pm
Price \$22 member and \$44 non member

MARATHON KIDS RUN CLUB

Train for the Nebraska State Fair 5k or 1 Mile and condition your running gradually. This 6 week program will help you build up to run 3 miles (5K) on a regular basis.

Meet at the Grand Island YMCA and run locally Weekly, Mondays at 6 pm July 17-August 21
Graduation: Saturday, August 26, Nebraska State Fair Marathon

Free to YMCA Members. Receive a \$5 discount on the Nebraska State Fair Marathon 5k or 1 Mile.

SWIM CAMP

Camp led by Grand Island Swim team coach Brian Jensen. Campers will learn basic swim strokes and get an understanding of a normal workout with the Y Quicksilver swim team.

August 7-10 Monday-Thursday

Level 3 swimmers and up 5:30 pm 6:30 pm
(Must be able to swim length of the pool)

\$25 Member \$50 Program Member



ADULT NOON BALL

Monday-Wednesday-Friday

12 noon - 1 pm

FREE Members \$10 Program Members

ADULT 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 \$5 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 regard 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.

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 noncontact boxing-based fitness curriculum. Call the Y for more information.

BOOT CAMP

More info coming soon.

SWIM LESSONS

GROUP SWIM LESSON

LESSON	MEMBER	PROGRAM MEMBER
4 Group Lessons	\$25	\$50
8 Group Lessons	\$50	\$100
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 5 - 26 and July 10-31
Tuesday	June 6 - 27 and July 11- Aug 1
Wednesday	June 7 - June 28 July 12 - Aug 2
Thursday	June 8 - 29 July 13 - August 3
Monday thru Thursday	June 5 - 15 June 19 - 29 July 10 - 20 July 24 - August
No classes the week of July 4	

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.

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

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 may be offered in May, August and December depending on staff availability.

Member: 1 Lesson: \$20
5 Lessons: \$90
10 Lessons: \$175

Program Member:
1 Lesson: \$35
5 Lessons: \$160
10 Lessons: \$280

AQUATICS

FACE UP FIRST SWIM LESSONS

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

Classes start the weeks of June 5 and July 10. 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 \$35

Program Members \$70

Any questions? Contact our Aquatic Director at 308.395.9622 or aquatics@giymca.org

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.

QUICKSILVER SWIM TEAM TRYOUTS

May 2, 3, & 5 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.

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) of 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.

SEASON DATES

Spring/Summer Season Starts April 17

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 is required for the Nebraska YMCA Youth Swim League registration.

TEAMS	MONTHLY FEES	SEASON FEES	PRACTICE DAYS		PRACTICE TIMES
Senior/Black	\$70	\$245	Apr 17-Jul 21	Mon thru Fri	4:00-5:30 pm
Silver	\$60	\$180	May 1-Jul 21	Mon thru Fri	5:30-6:30 pm
QS1	\$47.50	\$142.5	May 1-Jul 21	Tue thru Fri	5:30-6:30 pm
Practices on Wednesdays for all groups is 5:30-6:30.					



GRAND ISLAND YMCA

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

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SPECIAL EVENTS



STATE FAIR MARATHON

Saturday, August 26, 2023 • 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.



FACILITY HOURS Hours May 30-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

May 28 & 29 Memorial Day
July 4 Independence Day
September 4 Labor Day