



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# READY. SET. SUMMER

Grand Island YMCA

## SUMMER 2024 PROGRAM GUIDE

Grand Island YMCA • 221 E South Front, Grand Island NE 68801 • 308.395.9622

MEMBERSHIP TYPE	FACILITY FEE	ANNUAL FEE	MONTHLY DRAFT
Adult	\$40	\$517	\$47
Adult Couple	\$40	\$770	\$70
Single Adult Household	\$40	\$682	\$62
Household	\$40	\$803	\$73
Senior Adult (62+)	\$40	\$462	\$42
Senior Couple	\$40	\$627	\$57
Senior Household	\$40	\$682	\$62
Over 80	\$40	\$297	\$27
Over 80 Couple	\$40	\$517	\$47
Youth (Under 19)	\$40	\$297	\$27

Photo IDs required for everyone 18 & older. There is a \$25 fee on returned checks. A 3% processing fee will be added to all credit/debit card transactions.

## DOLLAR DAYS OF SUMMER

The Grand Island YMCA would like to help you accomplish your summer health and wellness goals. Our summer membership begins May 1st - 100 Days for \$100 (Adult) 100 Days for \$75 (Youth). Your 100 days will begin on the day you sign up. The last day to sign up for this promotion is June 15th. 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 director 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](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 4:30 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 child 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 28–Friday, August 9

7:00 am–5:30 pm

We are accepting registrations through April 30 for our “All-Summer Special.” Priority is given to the first 40 registrations. After April 30, the remaining Fun Club slots will be filled based on the date we receive the registration.

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

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 \$25 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.



SUMMER FUN CLUB			
WEEKLY RATE		ALL SUMMER RATE	
Member	Program Member	Member	Program Member
\$147	\$162	\$1,450*	\$1,600*
		All-Summer Special Now Thru April 30	
Activity Fee: \$25 per child		\$1,300	\$1,450
*Paid by April 30			



## 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

CHILD DEVELOPMENT CENTER	
FULL-TIME WEEKLY RATES	
Member	Program Member
\$157 Infants / Walkers (6 wk-24 mo)	\$172 Infants / Walkers (6 wk-24 mo)
\$152 Toddlers (24 mo-3 years)	\$167 Toddlers (24 mo-3 years)
\$152 3-4 years old	\$167 3-4 years old
\$147 4-5 years old	\$162 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 24-26 Monday-Wednesday

Grades 1-3 1:00 pm-2:00 pm

Grades 4-6 2:30 pm-3:30 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 8-10 Monday-Wednesday

Grades 2-4 2:00 am-3:30 pm

Grades 5-7 3:30 pm-5:00 pm

\$25 Member \$50 Program Member

## Swim Camp

Check our Facebook page and website as more information becomes available.

## 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 29-31 Monday-Wednesday

Grades 1-3 1:30 pm-2:30 pm

Grades 4-6 2:45 pm-3:45 pm

\$25 Member \$50 Program Member

## Soccer Camp

Camp will be led by Cesar Duran. 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 24-26 Monday-Wednesday

Ages 3-7 6:00 pm-6:45 pm

Ages 8-14 7:00 pm-8:00 pm

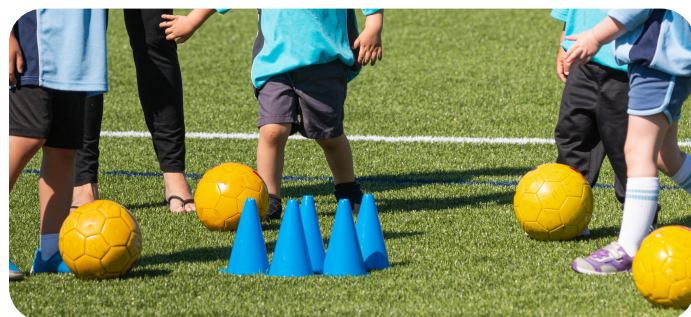
\$25 Member \$50 Program Member

## Adult Noon Ball

Monday-Wednesday-Friday

12 noon - 1 pm

FREE Members • \$10 Daily Fee for Program Members





# FITNESS

## Youth Running Club – Nebraska State Fair 5K & 1 Mile Training

Train for the Nebraska State Fair 5K or 1 mile. This 6-week program will help you build up to run 1 mile or 3.1 miles (5K) on a regular basis. Ages 5 to 13. Mondays at 6 pm July 15 – August 19. Race Day is on August 24th at the Nebraska State Fair. Members: \$25 Program Members: \$50

**NEW THIS YEAR – race registration is included with this program!**



## 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 for 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.

## 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

Boot Camp is a fun, non-traditional way to get in shape and feel great! Boot Camp is designed to give you the platform to push yourself and get the significant benefits that you deserve, which means increases in fitness, increases in strength, and decreases in body fat. The only fitness level required to participate in YMCA Boot Camp is the one you have right now! Monday and Wednesdays May 29 – July 3. Y Members: \$35 Program Members: \$90\*  
\*Program member fee includes a 2-month temporary membership

# SWIM LESSONS

## GROUP SWIM LESSON

Lessons	Member	Program Member
4	\$25	\$50
8	\$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 Date
Monday	June 3 - 24 July 8 - 29
Thursday	June 6 - 27 July 11 - August 1
Monday thru Thursday	June 3 - 13 June 17 - 27 July 8 - 18 July 22 - August 1
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 the child to the pool.

**Ages 3 – 5** Uses a flotation device—35-minute lessons.

**Level 1:** Water exploration and adjustment. Begin swimming on the front and back.

**Level 2:** Combined stroke using arms and legs on the 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 - 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 a 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.

MONDAY		
Age Range	Class	Time
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

THURSDAY		
Age Range	Class	Time
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

MONDAY-THURSDAY		
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





# AQUATICS

## 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](mailto:aquatics@giymca.org) if you have questions. Private swim lesson specials may be offered in May, August, and December depending on staff availability.

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

## 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

\$50 for an extra hour

### Room/Facility Rentals:

Call Megan for details, 308-395-9622



## 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. The swimmer can start anytime during the year. For times and levels of the winter swim team, please contact the Aquatic Director. There may be an additional fee for the use of Island Oasis during the summer season.

## Quicksilver Swim Team Tryouts

May 7, 8, & 9 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.

### Season Dates

Spring/Summer season starts April 22, 2024

### 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 22-Jul 19	Mon thru Fri	4:00-5:30 pm
Silver	\$60	\$180	May 6-Jul 19	Mon thru Fri	5:30-6:45 pm
QS1	\$47.50	\$142.50	May 6-Jul 19	Tues thru Fri	5:30-6:45 pm

Practices on Wednesdays for all groups are 5:30-6:30.



## GRAND ISLAND YMCA

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

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

### YMCA Board of Directors

- Jaye Monter, President
- Dale Beckman
- Andrew Brugman
- Darla Burnham
- Jerry Heidelk
- Jessica Hoback
- Mark Hughes
- Jerry Janulewicz
- Rashad Moxey
- Patrick O'Neill
- Cara Lemburg, CEO

## State Fair Marathon

Saturday, August 24, 2024 • 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).



### Facility Hours May 28–September 3

Monday–Thursday 5:00 am – 9:00 pm Pool opens at 6:00 am  
 Friday 5:00 am – 8:00 pm Pool opens at 6:00 am  
 Saturday 6:00 am – 5:00 pm Pool opens at 7:30 am  
 Sunday Closed

### Holiday Closings

May 27 Memorial Day  
 July 4 Independence Day  
 September 2 Labor Day

