



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



September 2025-May 2026

# PROGRAM GUIDE

Grand Island YMCA  
[www.giymca.org](http://www.giymca.org)



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
Seniors Over 80	\$40	\$297	\$27
Seniors Over 80 Couple	\$40	\$517	\$47
Youth (Under 19)	\$40	\$297	\$27
Locker Rental		\$45	\$3.75

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. Prices subject to change.

HOLIDAY CLOSINGS 2025-2026	
September 1	Labor Day
Nov 26 closes @ 7:00 pm	Thanksgiving Holiday
November 27	Thanksgiving Day
Dec 24 closes @ 2:00 pm	Christmas Eve
December 25	Christmas
Dec 31 closes @ 2:00 pm	New Year's Eve
January 1	New Year's Day
April 5	Easter
May 25	Memorial Day
July 4	Independence Day

CHILD WATCH	
A safe environment for your child to play while parents work out. For children 6 weeks up to 7 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 child 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 2, 2025 - May 26, 2026	
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 27, 2026 - September 2, 2026	
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





# 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. Request a membership thru your Commanding Officer.

### • INSURANCE BASED MEMBERSHIPS

We support memberships for those with certain insurance benefits. If your insurance includes SilverSneakers, RenewActive, Active & Fit, FitOn, 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

Each member will receive a membership card. Cards can be sent free to your phone. There is a \$2 fee for replacement cards. 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.



# FAQ

## 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 four 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 two weeks prior to the payment coming due.

## How do I cancel my YMCA membership?

All monthly draft memberships must be cancelled in writing or online at least two weeks before your monthly draft. Please visit the Front Desk to fill out a cancellation form or go online to [gymca.org](http://gymca.org).

## 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	13 - 20 children
• Member \$75	Member \$90
• Program Member \$95	Program Member \$110
Call for information on after hours private parties.	



## CHILD WATCH

A safe environment for your child to play while parents work out. For children 6 weeks up to 7 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 child 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



# SPORTS

## FLAG FOOTBALL

K-2, 3-4, 5-7

Games in the Fall are played on Sunday afternoons  
Sept. 7th – Oct. 12th

Games in the Spring are played on Saturday  
afternoons. April 11th – May 16th.

## SOCCER

Ages 3-13

Games are on Monday Nights at 5:30 & 6:30

Fall Season – Sept. 8th – Oct. 13th

Spring Season – April 6th – May 11th

## LEARNER LEAGUE VOLLEYBALL

Fall season games will be moved to Saturday mornings  
Sept. 6th-Oct.18th. (No games Oct. 4th)

Spring Season games will stay on Thursday Nights.  
April 9th-May 14th.

## VOLLEYBALL LEAGUE

3rd-8th grade

Games held on Saturday mornings.

Fall Season – Sept. 6th – Oct. 18th. (No games Oct. 4th)

Spring Season – April 11th – May 16th

## LEARNER LEAGUE BASKETBALL

K-2nd grade

Games are played on Monday Nights

Fall Season – Nov. 3rd – Dec. 1st

Winter Season – Jan 5th – Feb 9th

## BASKETBALL LEAGUE

Games are held on Saturday Mornings.

Winter Season – Jan. 10th – Feb. 28th

No games on Jan. 24th due to Hoops Mania

**Sports Fees: Member \$40  
Program member \$80**

## ADULT DROP-IN PICKLEBALL

1:30 – 3:30 pm Monday & Friday

12:00 noon – 1:30 pm Tuesday & Thursday

FREE for members ; \$5.00 program members



## YOUTH JUDO

Classes typically start at 6:30 pm

Fall Season – Tuesday Sept. 2nd – Tuesday, Dec. 2nd

Winter Season – Tuesday, Jan. 6th – Tuesday, April 7th

## ADULT JUDO

Classes at 6:30 pm

Fall Season – Thurs, Sept. 4th – Thurs, Dec. 4th

Winter Season – Thurs, Jan 8th – Thurs, April 9th

**Judo Fees: Member \$45  
Program member \$90**

## SPORTS REGISTRATION DEADLINES

Flag Football	
Soccer	August 17
Learner League Volleyball	March 15
Volleyball	
Learner League Basketball	October 19 December 14
Basketball	December 14





# 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. We have implemented the Beautiful Beginnings for Infants and Toddlers and Experienced Early Learning 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	\$164.50	\$179.50
Toddler	\$159.50	\$174.50
3 Years	\$159.50	\$174.50
4-5 Years	\$154.50	\$169.50
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 Wasmer, Gates, Starr, and Stolley Park. Monday - Friday 3:30 - 6:00 pm

WEEKLY RATES	
Member	\$95
Program Members:	\$110

## School's Out Fun Club

Ages 5 (entering Kindergarten) – 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 are 7:00 am to 6:00 pm

	MEMBER	PROGRAM MEMBER
Daily Rate	\$40	\$65
Weekly Rate	\$162	\$175
Fri, Aug 29		Fri, Jan 30
Mon, Sept 22		Thu-Fri, Feb 12-13
Thu-Fri, Oct 9-10		Fri, Feb 27
Fri, Oct 31		Mon-Fri, Mar 9-13
Fri, Nov 7		Fri, Mar 27
Wed, Nov 26		Fri, Apr 3
Mon-Tues, Dec 22-23		Mon, Apr 6
Mon-Tues, Dec 29-30		Fri, May 1
Mon-Tues, Jan 5-6		
School age fun club schedules are based on the Grand Island Public School's calendar and are subject to change.		





# FITNESS

- **WELLNESS ORIENTATION**

To ensure a safe and effective exercise program, all members are encouraged to meet with a trained Y staff member for a free Wellness Orientation. Our friendly, trained 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.

- **ACTIVE OLDER ADULTS**

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 Go 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).

- **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 the Wellness Director 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 trainers work with athletes on sports-specific exercises, weight training, and strength and conditioning to better enhance athletic potential. Focus on form and safety is essential 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.



# SWIM LESSONS

## GROUP SWIM LESSON

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.

Session Type	Session Date
Monday	**September 8 – September 29 **October 6 – October 27 *November 3 – December 8 *January 12 – February 9 *February 16 – March 23 *April 6 – May 4
Thursday	**September 11 – October 2 **October 9 – October 30 *November 6 – December 11 *January 15 – February 12 *February 19 – March 26 **April 9 – May 7
Saturday	**September 6 – September 27 **October 11–November 1 *November 8–December 13 *January 17–February 14 *February 21– March 28 *April 11–May 9
*No classes November 24–29, March 9–14, March 30–April 4	

Lessons	Member	Program Member
**4 Group Lessons	\$25	\$50
*5 Group Lessons	\$31	\$62
Registrations end four days before the session begins.		

### 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.

MONDAY		
Age Range	Class	Time
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
THURSDAY		
Age Range	Class	Time
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
SATURDAY		
Age Range	Class	Mon–Thur
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	10:20 am
6–12 yrs	Level 1	9:40 am
6–12 yrs	Level 2	9:00 am
6–12 yrs	Level 3	10:20 am
6–12 yrs	Level 4	10:20 am

### School Age – 6 & older

LEVEL 1: LEARN to be comfortable in water, get face wet, blowing bubbles, beginner crawl stroke, backstroke, elementary backstroke, & introductory dives.

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

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

LEVEL 4: KNOWS crawl stroke, breaststroke, elementary backstroke. LEARN sidestroke and butterfly stroke, & flipturns. Swim lengths of the pool.



# SWIM LESSONS

## FACE UP FIRST SWIM LESSON

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

LESSON	MEMBER	PROGRAM MEMBER
*3 Face Up First Lessons	\$30	\$60
4 Face Up First Lessons	\$40	\$80
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.

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

		SEALS	SEAHORSES	
Day	Session Dates	Time	Time	
Mondays	September 8- September 29 October 6 - October 27 November 3 - December 1 January 12- February 2 February 9- March 2 March 16 -April 13 *April 20 - May 4	9:15 am 9:30 am 9:45 am 5:35 pm 5:50 pm	9:00 am 9:35 am 5:35 pm	*Only 3* lessons
Wednesdays	September 10- October 1 October 8 - 29 November 5 - December 3 January 14 - February 4 February 11 - March 4 March 18 - April 15 *April 22 - May 6	9:15 am 9:30 am 9:45 am	9:00 am 9:35 am	No classes  Nov 24-29 March 9-14 March 30-April 4
Thursdays	September 11 - October 2 October 9 - 30 November 6 - December 4 January 15 - February 5 February 12 - March 5 March 19 - April 16 *April 23 - May 7	9:15 am 9:30 am 9:45 am 5:35 pm 5:50 pm 6:05 pm	9:00 am 9:35 am 5:35 pm 6:10 pm	

## 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.

Member: 1 Lesson: \$25 Program Member: 1 Lesson: \$40

5 Lessons: \$100

10 Lessons: \$175

5 Lessons: \$175

10 Lessons: \$200

# YMCA QUICKSILVER SWIM TEAM

Our youth swim team is designed for kids ages 5 to 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 8

## 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.

Teams	Months	Season Fees*	Practice Days		Practice Times
<b>WINTER/FALL</b>					
Senior/Black	6 months	\$440	Sep 8-Oct 31	Mon thru Fri	4:00-5:30 pm
			Nov 10-Mar 6	Mon/Tues/Thurs/Fri	5:30-6:45 pm
Silver	5½ months	\$380	Sep 22-Mar 6	Mon thru Fri	5:30-6:45 pm
QS1	5½ months	\$300	Sep 30-Mar 7	Tues/Wed/Thurs/Fri	5:30-6:30 pm
GISH	3 months	\$230			
Practices on Wednesdays for all groups are 5:30-6:30.					
*Season fees can be prorated and set up on a monthly payment or can be paid in full					

## Quicksilver Swim Team Tryouts

September 8, 9 & 10. Call 308-395-9622 to secure your tryout day and time.





# SPECIAL EVENTS

- **YMCA HALFITY HALF**

Halfity Run . . . BIG FUN!

October 18, 2025

Register for the Halfity (6.55 Miles) or the 2 Mile run at: <http://getmeregistered.com/HalfityHalf>

This race will be a fun and challenging event that will offer runners the chance to try a nonconventional distance. Start at the Grand Island YMCA and finish at AMUR Plaza in downtown Grand Island. Celebrate with us at the finish line with music, food and beverages and an awards ceremony.



- **DASHING FOR DONUTS**

1 MILE FUN RUN

Saturday, December 6, 2025 Grand Island YMCA

Dashing for Donuts brings people together for winter fitness fun as well as supporting others in need in our community. Join us for dashing and delicious donuts in downtown Grand Island! Four-legged friends are welcome and participate for free! Register in person up until event day.

- **SNOW BEAST CHALLENGE**

• Walk • Run • Swim • Cycle • Work-Out --- a Marathon OR MORE in February

Starting February 1, 2026

Complete a fitness-style challenge in February. YOU choose when and where you do your miles and how many a day. Stay tuned for more info including fees, details, and options.

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## HOG WILD FOR THE Y

Hog Wild Party!

Friday, March 20, 2026, from 6 pm – 9 pm at the Barn Bar on the Fonner Park Campus.

Fantastic food, live entertainment, silent auction, unique live auction items and raffles.

Tickets will be available after January 1.

Stay tuned 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  
Dale Beckman  
Darla Burnham  
Larry Glazier  
Jerry Heidelk  
Jessica Hoback  
Dr. Mark Hughes  
Jerry Janulewicz  
Rashad Moxey  
Dr. David Lofgreen



### Facility Hours September 3 - May 27

Monday-Thursday 5:00 am - 10:00 pm Pool opens at 6:00 am  
Friday 5:00 am - 9:00 pm Pool opens at 6:00 am  
Saturday 6:00 am - 5:00 pm Pool opens at 7:30 am  
Sunday 1:00 pm - 5:00 pm

