



GRAND ISLAND YMCA

GREAT SUMMERS

START AT THE Y



SUMMER 2025 PROGRAM GUIDE

221 E South Front Street, Grand Island NE 68801

308.395.9622 • 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 Houseold	\$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. Prices are subject to change.
- Locker Rental Annual Fee \$45, Monthly Draft \$3.75

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 \$75 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 director at the Grand Island YMCA, call 308-395-9622, or email grandislandy@giymca.org 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 name 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 who are active members. Time limit of 2 hours. A parent must remain in the building while their child(ren) is(are) in child watch.

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

Monday - Thursday 4:30 pm-7:00 pm

Friday 4:30 pm-6:00 pm

Saturday 8:00 am-11:30 am

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.

Tuesday, May 27–Friday, August 8
7:00 am–5:30 pm

We are accepting registrations through April 30 for our “All-Summer Special.” Priority is given to the first 30 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 or group swim lessons (excludes private and Face Up First lessons).

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.



SUMMER FUN CLUB

WEEKLY RATE		ALL SUMMER RATE	
Member	Program Member	Member	Program Member
\$154.50	\$169.50	\$1,699*	\$1,864.50*
		All-Summer Special Now Thru April 30	
		\$1,450	\$1,600
Activity Fee: \$31 per child (Includes a shirt that will be used on Field Trips but will be sent home with the child at the end of the Summer.)			
*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
\$164.50 Infants/Walkers (6 wk-24 mo)	\$179.50 Infants/Walkers (6 wk-24 mo)
\$159.50 Toddlers (24 mo-3 years)	\$174.50 Toddlers (24 mo-3 years)
\$159.50 3 years old	\$174.50 3 years old
\$154.50 4-5 years old	\$169.50 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. All grades may be combined depending on numbers.

June 16-18 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 held by Grand Island Senior High Head Coach. Campers will learn the basics including bumping, hitting, serving, setting and receiving the ball. Camp will be held in the North Gym.

July 21-23 Monday-Wednesday

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

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

\$25 Member \$50 program member

Youth Running Club

Train for a 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 14 – August 18. Race Night is on August 18th at Eagle Scout Park. Members: \$25 Program Members: \$50

Basketball Camp #2

Campers will work on basketball skills including dribbling, shooting, passing, and defense. Camp will be held in the Y North Gym. All grades may be combined depending on numbers.

July 28-30 Monday-Wednesday

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

Grades 4-6 2:45-3:45 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 Fields, 1396 S. Webb Road.

June 23-25 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



FITNESS



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, toning, and 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! Boot Camp will be offered on Mondays and Wednesdays this summer.



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 2 - 23 July 7 - 28
Thursday	June 5 - 26 July 10 - 31
Monday thru Thursday	June 2 - 12 June 16 - 26 July 7 - 17 July 21 - July 31
No classes the week of July 4.	

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	6:55 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
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	6:55 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

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	10:15 am
6-12 yrs	Level 4	10:15 am

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.



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 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: \$25	1 Lesson: \$40
5 Lessons: \$100	5 Lessons: \$175
10 Lessons: \$175	10 Lessons: \$280



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.

Season Dates

Spring/Summer season starts April 21, 2025

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.

Quicksilver Swim Team Tryouts

May 5, 7, & 8 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.



Teams	Monthly Fees	Season Fees	Practice Days		Practice Times
Senior/Black	\$75	\$225	Apr 21-Jul 18	Mon thru Fri	4:00-5:30 pm
Silver	\$65	\$162.50	May 5-Jul 18	Mon thru Fri	5:30-6:45 pm
QS1	\$50	\$150	May 6-Jul 18	Tues thru Fri	5:30-6:30 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
Darla Burnham
Jerry Heidelk
Jessica Hoback
Mark Hughes
Jerry Janulewicz
Rashad Moxey
Patrick O'Neill
Cara Lemburg, CEO

SPECIAL EVENTS



YMCA #HalfityHalf

Saturday, October 18, 2025

Halfity run, BIG fun! Halfity Half is a fun and challenging event that will offer our runners the chance to try a nonconventional distance. Come and RUN with us in RAILSIDE!

- Halfity - 6.55 Miles or 2 Miles • Start @ Grand Island YMCA
- Finish @ AMUR Plaza Downtown Grand Island • Details at giymca.org

Facility Hours May 27-September 2

Mon-Thurs 5:00 am - 9:00 pm • Pool 6:00 am - 8:00 pm
Fri 5:00 am - 8:00 pm • Pool 6:00 am - 7:00 pm
Sat 6:00 am - 5:00 pm • Pool 7:30 am - 3:30 pm
Sunday Closed

Holiday Closings

May 26 Memorial Day
July 4 Independence Day
(Close 7pm July 3)
September 1 Labor Day

