



FAQs

Following are questions we are frequently asked. If you would like more information or if you would like our Membership Director to contact you, please email us at membership@giymca.org or call 308-395-9622.

What is the process for my company to become a Healthy Living Partner?

The Y's Membership Director will set up a meeting to discuss the options available.

How much do companies contribute as Healthy Living Partners?

The company has the flexibility to choose whether to invest toward the employees' memberships and what amount. Some companies invest 100 percent. The Y's accounting department will generate a monthly invoice for only the employees who wish to become a member, in the amount chosen by the company.

What programs can the Y provide to companies that are Healthy Living Partners?

Many programs are available, including onsite group exercise classes, healthy living challenge programs, wellness seminars on various topics, and more. The Membership Director will go over the options in detail based on your company interest and need.

Is the YMCA of Grand Island a charity?

The YMCA of Grand Island is a 501(c) 3 nonprofit organization. That means that any revenue brought into the Y goes back to the members and the community in programs and services, financial assistance is provided for people not able to afford the monthly fees, and the Y is governed by a board of directors made up of community volunteers.

How old is the Y?

The Y founded in London, England, in 1844. The YMCA of Grand Island was started in 1885. During our history, the Y has started, nurtured and shared many programs. Organized swim lessons, the game of basketball, and Father's Day all started at a Y.

Do you offer personal trainers at the Y?

Yes. As a benefit of your membership, you can take advantage of the Wellness Coaching Program, which will provide you a health assessment, fitness orientation, and a personal training session. Additional personal training packages are available for a fee.

I will need child care while I work out. What does the Y offer?

Y membership centers provide Child Watch free of charge with your household membership for your child ages 6 weeks to 8 years old. Care is available for up to two hours while you are in the Y facility. Your child will be engaged in active play during their time in Child Watch. We put safety first with a sign in and out procedure practiced at all times.