

Y FACILITY

RENTALS

Birthday Parties

Booking Requirements: Call the YMCA at 701-852-0141

Includes: Use of Community Room & Kitchenette

2 to 3 Program Areas: Rock Wall, Pool, Gyms, Racquetball Courts, Wallyball, Pickleball, Kids Gym, Outdoor Playground

Fees: \$5 per child (0-18)

\$10 for Chaperones* Participating in Activities

Free for Members and Non-Participating Chaperones

* Adults must immediately supervise children age 9 and under while in the facility. This includes being in the Climbing Wall area and in the water in the Pool.

Y's Men's Tent Rentals

Availability: As scheduled

Contact: minotysmenstents@gmail.com

YMCA BLOOD DRIVES

May 17 Blood Drive

Registration: Jan 1-May 16, 2021

Time: 9:30AM-2PM

Oct 1 Blood Drive

Registration: Jan 1-Sept 30 2021

Time: 9AM-2PM

MEMBER BENEFITS

- Access to Ys Across the Country
- FREE Group Exercise and Water Exercise Classes
- Youth, Adult, and Family Programs, Challenges, & Special Events
- Discounted Rates on Select Programming
- Pool & Hot Tubs/Steam Room & Sauna in Select Locker Rooms
- North Plains CrossFit through Trinity Health
- Priority In-Y Day Care
- Training Center with Cardio, Strength, & Free Weight Equipment
- Indoor Track and Outdoor Track with Fitness Park
- Outdoor Play Ground, Basketball Court, and Picnic Area
- Indoor Cycling Studio
- Racquetball Courts also offering Wallyball and Handball
- Two Gyms Offering Basketball and Pickleball
- Climbing Wall
- Access to Age Appropriate Locker Rooms
- Financial Assistance Opportunities
- Trinity Health Personal Training

ACTIVE ADULTS

ADULT SPORTS, FITNESS, & ORIENTATIONS

Co-Ed Softball Tournament

Ages: 18+ and Out of High School

Registration: July 1 - Aug 14, 2021

Event: Aug 22, 2021

Men's 5 on 5 Basketball League

Ages: 18+ and Out of High School

Registration: July 26 - Sept 13, 2021

Session: Sept 21 - Nov 11, 2021

Noon Basketball

Ages: 18+ and Out of High School

Times: 11:30AM-1PM Year Round

Training Center Orientation

Registration: Year Round (free)

Session: As scheduled

SMART Start

Description: 3 free sessions to help you set goals, learn your way around the Training Center, and consult with a personal trainer

Registration: Year Round

Volleyball Net Open

Fee: Free

Ages: All Ages

Times: Wednesdays 7-9PM Jun - Aug

MEMBER CHALLENGES

Summer FITGO

Registration: June 7- Aug 21, 2021

Session: June 7 - Sept 4, 2021

Lazy Man's Triathlon

Registration: Sept 27- Oct 11, 2021

Session: Sept 27 - Oct 25, 2021

Vertical Mile Challenge

Registration: Year Round in Rock Wall

Challenge: Climb the wall 150 times

50 Mile Swim Club

Registration: Year Round

Session: 6 months from sign up date

Climbing Classes

Registration: Year Round

Classes: Wednesdays 8-10PM

Trinity Personal Training

Registration: Year Round

Session: As scheduled

North Plains CrossFit

Registration: Year Round

Session: Monthly (pay/month)

CERTIFICATIONS*

Lifeguard Certification

Certification Course

Registration: May 1, 2021 until full

Events: May 14-15, 2021

June 11-12, 2021

July 9-11, 2021

Sept 10-11, 2021

Oct 8-9, 2021

Nov 12-13, 2021

Dec 17-18, 2021

Re-Certification Course

Registration: May 1, 2021 until full

Events: June 13, 2021

July 11, 2021

Sept 12, 2021

Oct 10, 2021

Nov 14, 2021

Dec 19, 2021

CPR Certification

Registration: May 1- Aug 13, 2021

Events: May 22, 2021

Jun 19, 2021

July 17, 2021

Aug 21, 2021

***All certification courses are tentative depending on amount of registrants.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING FOR EVERYONE

SUMMER PROGRAM GUIDE

MAY 1- AUGUST 30, 2021



MINOT FAMILY YMCA | YMCAMINOT.ORG |   

JUST FOR THE KIDS

YOUTH & HIGH SCHOOL SPORTS

Itty Bitty Sports

Ages: 3-5

Fee: Member: \$40 Non-Member: \$80

Summer I (4 weeks M/W)

Registration: May 1 - June 5, 2021

Session: June 7-30, 2021

Summer II (4 weeks M/W)

Registration: May 1 - July 3, 2021

Session: July 5-28, 2021

Summer III (4 weeks M/W)

Registration: May 1 - July 31, 2021

Session: Aug 2-25, 2021

Fall I (4 weeks M/W)

Registration: Aug 22-28, 2021

Session: Aug 30 - Sept 24, 2021

Youth Exercise Orientation

Description: Gain unsupervised access to the Training Center after the completion of this 1 hour orientation with our Physical Director.

Ages: 12 & 13

Fee: Free

Registration: Year Round

Session: As scheduled

Climbing Classes

Ages: 10+

Fee: \$15

Class Types: Regular or Advanced

Registration: Year Round

Classes: Wednesdays 8-10PM

Vertical Mile Challenge

Ages: 5+

Fee: Free

Registration: Year Round in Climbing Wall

Challenge: Climb the wall 150 times

High School Basketball League

Grades: 9-12 (Boys & Girls Leagues)

Registration: Mar 15 - May 17, 2021

Session: June 1 - July 15, 2021

Youth Basketball Leagues

K-2 Grade Co-Ed League

Registration: Sept 6 - Oct 18, 2021

Session: Nov 6 - Dec 18, 2021

(Off Nov 27)

3-6 Grade Girls League

Registration: Nov 9 - Dec 17, 2021

Session: Jan 8 - Feb 12, 2022

3-6 Grade Boys League

Registration: Dec 27 - Jan 31, 2022

Session: Feb 19 - Mar 26, 2022

7-8 Grade Girls/Boys Leagues

Registration: Feb 21 - Mar 21, 2022

Session: Apr 9 - May 14, 2022

Football Leagues

Tackle Football

Grades: 5 & 6

Registration: Apr 19 - July 15, 2021

Season: Sept 11 - Oct 16, 2021

Flag Football

Grades K-2

Registration: July 12 - Aug 23, 2021

Season: Sept 18 - Oct 16, 2021

Grades 3 & 4

Registration: Apr 19 - July 15, 2021

Season: Sept 11 - Oct 16, 2021

**WATCH FOR
THE WINTER
PROGRAM GUIDE
LATER THIS FALL**

YOUTH OPEN GYMS

Co-Ed Basketball Open Gym

Fee: Free

3-4 Grade

Dates: June - August

Time: Wednesdays 4-5PM

5-6 Grade 10+

Dates: June - August

Time: Wednesdays 5-6PM

Volleyball Net Open

Fee: Free

Ages: All Ages

Times: Wednesdays 7-9PM Jun - Aug

IN-Y DAYCARE

In-Y Daycare

Daily Drop-In (2 Hours)

Ages: 0-8

Fee: \$3 for one child

\$1.50 per additional child

Monthly Unlimited (2 Hours)

Ages: 0-8

Fee: \$30/month for one child

\$10/month per additional child

Hours

Monday-Thursday 9AM-2PM

5PM-8PM

Friday 9AM-2PM

Saturday 9AM-2PM

SUMMER PROGRAMS

Summer Unplugged

Ages: All ages - geared towards ages 3-14

Fee: Free

Time: Wednesdays 1-3PM

Events: TBA

CAMPS

School Out Days

Registration: Oct 1, 2021 - March 1, 2022

Events: TBA

Kinder Camp

Ages: 4-6

Fee: Member: \$75 Non-Member: \$100

Registration: Jan 1 - July 23, 2021

Sessions: June 1-4, 2021: Race through Space

June 7-11, 2021: Lego Mania

June 14-18, 2021: Star Wars

June 21-25, 2021: Christmas in July

June 28 - July 2, 2021: Glow Week

July 12-16, 2021: Buggin Out

July 19-23, 2021, Wacky Tacky

July 26-30, 2021, Camp Carnival

Day Camp

Ages: 7-10

Fee: Member: \$130 Non-Member: \$155

Registration: Jan 1 - July 23, 2021

Sessions: June 1-4, 2021: Race through Space

June 7-11, 2021: Lego Mania

June 14-18, 2021: Star Wars

June 21-25, 2021: Christmas in July

June 28 - July 2, 2021: Glow Week

July 12-16, 2021: Buggin Out

July 19-23, 2021, Wacky Tacky

July 26-30, 2021, Camp Carnival

Triangle Y Camp

Ages: 6-16

Fee: Varies (see website)

Registration: Jan 1 - July 18, 2021

Sessions: June 13-18, 2021

June 20-25, 2021

June 27 - July 2, 2021

July 11-16, 2021

July 18-23, 2021

July 25-30, 2021

Aug 1-6, 2021

AQUATICS

SWIMMING LESSONS

Group Swim Lessons

Ages: All Ages

Weekday Lessons Fee: Member: \$40 Non-Member: \$80

Saturday Lessons Fee: Member: \$25 Non-Member: \$50

Summer I (2 weeks M-TH)

Registration: June 6-19, 2021

Session: June 21 - July 1, 2021

Summer II (2 weeks M-TH)

Registration: June 6 - July 10, 2021

Session: July 12-22, 2021

Summer III (2 weeks M-TH)

Registration: June 6 - July 31, 2021

Session: Aug 2-12, 2021

Fall I (4 weeks M/W, T/Th, or Sat)

Registration: Aug 22-28, 2021

Session: Aug 30 - Sept 24, 2021

All Kids Swim

Description: An adaptive swim lesson designed specifically for those with diverse abilities, including physical and learning.

Ages: 4-14

Fee: Member: \$40 Non-Member: \$80

Fall I (4 weeks T/Th 4PM)

Registration: Aug 22-28, 2021

Session: Aug 30 - Sept 24, 2021

Individual Private Swim Lessons

Description: Five 30min swim lessons for 1 individual.

Ages: All Ages

Fee: Member: \$125 Non-Member: \$200

Registration: Year Round (Waiting List)

Session: As scheduled

Small-Group Private Swim Lessons

Description: Five 30min swim lessons for 2-3 individuals.

2 Individuals Fee: Member: \$113/person Non-Member: \$185/person

3 Individuals Fee: Member: \$75/person Non-Member: \$150/person

Ages: All Ages (preferably individuals the same age or swim skill level)

Registration: Year Round (Waiting List)

Session: As scheduled