

Time to put on the costumes!

October is an exciting time here at the Y. As you all know, October is the month that includes a holiday favorite...HALLOWEEN! It's a fun time where you can dress up and be whoever you want! We at the Y have been dressing things up...but it isn't temporary! Check it out in our Letter from the Executive below!

Our looks might be changing but we are still the same on the inside...our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

What does all of that mean? Well it means many things are going on or coming up in October! Adult Basketball is in full swing, the Y's Men's Rodeo is almost here, Youth Football Leagues are wrapping up, we are gearing up for Youth Basketball season with instructional camps, and of course, who can forget our annual Halloween Fun Night?! Read on to find out more!



While you were gone doing your summer thing, the Y has been getting ready for your return.

The most notable change will be the new Kinetics Flooring we have added to your facility. The new generation flooring will be installed in four different phases, with Phase One and Two being complete. Phase Three will be the adult locker rooms, and the final phase will take care of the administration areas.

The product we used to cover the floors is called Kinetex. Kinetex® is an advanced textile composite flooring that combines the feel of a soft-surface floor covering with the durability of the Commercial Vinyl Tile that has been on our floors for 18+ years.


Ray and his staff have done a great job keeping the floors shinned up, but looks aren't everything. Kinetex's Tile is actually one of the most slip resistant flooring surfaces ever tested, wet or dry. Reducing the potential for slip and fall injuries was a true concern. As a matter of fact, Kinetex is the first wall-to-wall interior floor covering to be certified as a High Traction surface by the National Floor Safety Institute.

Maintenance of Kinetex is simple compared to that of hard-surface flooring, and that too was a concern for us. The upside is that there is no need for stripping and waxing twice a year, or a concern for wear layer application or buffing, and this saves both time and maintenance costs.


Finally for those concerned about the flooring, this is the product used in our new Middle School, as well as in Soldier Field where the Chicago Bears Play. Imagine the food, drink, and snow that their Kinetics Flooring must see.

Of course we have readied the facility in many ways for your return. Along with a fresh coat of paint, please check out the new graphics we have used to bring some color to our walls.

Thank you for your support and participation, and we look forward to seeing you back at the Y in your endeavor to stay fit and health in 2019.



# WHAT'S NEW?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FLU & PNEUMONIA SHOTS

OCT 2 | 9:30-11AM

YMCA COMMUNITY ROOM

SPECIAL THANKS TO THE  
FIRST DISTRICT HEALTH UNIT

## FLU SHOT CLINIC

Staying Healthy Starts with You

Join us at the Minot Family YMCA for a night of tricks and treats Friday, October 26th!!

Event starts at 5pm and goes till 7pm, we'll have games, a haunted house, and an obstacle course don't forget Dizzy the Clown!!

Hot Dogs & Chips \$2.00  
Admission is \$3 per child or \$15 per family

Come dressed in your favorite costume and join the fun!

Special thanks to our event sponsor:

Y's Men's Rodeo is this weekend!



UPCOMING EVENTS

Instructional Basketball Camp  
Registration  
Sept 18 - Oct 19, 2018

Sign up for the Instructional Basketball Camp for grades K-6! Camp is geared toward teaching the fundamentals, sportsmanship, and the basic skills of basketball.

REGISTER

Fall II  
Swim Lesson Registration  
Oct 1 - Oct 6, 2018

Register for swim lessons for all ages and abilities! Lessons will take place Oct 8 - Nov 10, 2018.

REGISTER

Flu & Pneumonia Shots  
Oct 2, 2018

Stay healthy this flu season with Flu & Pneumonia shots from the First District Health Unit. They will be set up in our Community Room from 9:30-11AM

Y's Men's Rodeo  
Oct 5-7, 2018

See the best cowboys and cowgirls in the Dakota Region duke it out against bulls, broncs, and the clock!

GET TICKETS

Zumba Party  
Oct 13, 2018

Join us wearing PINK from 10am-12N on Saturday for a fun Zumba Party to benefit Tough Enough to Wear Pink!

Members \$5 | Non-Members \$10

Sign up at the service desk to get your receipt to gain access to the South Gym for the Party!

Halloween Fun Night  
Oct 26, 2018

Come to the Y from 5-7PM for some Halloween fun sponsored by Blue Cross & Blue Shield of ND. We'll have games, a haunted house, and an obstacle course don't forget Dizzy the Clown!!

Hot Dogs & Chips \$2.00  
Admission:  
\$3 per child or \$15 per family

Magic Day of Giving  
Success







The Y's Men's Rodeo will be held this weekend October 5-7, 2018. It's the Badlands' best cowboys matching up against beasts then times their size, and cowboys and cowgirls working with their horse for its best performance. Witness the dogged determination and pure grit of the American cowboy!

[MORE INFO](#)

**the Y YMCA**

**ZUMBA party**

**EASY AS 1-2-3**

1. Wear PINK!
2. ZUMBA!
3. Have FUN!

All proceeds benefit Tough Enough to Wear Pink

MEMBERS \$5 | NON-MEMBERS \$10

**SATURDAY OCTOBER 13**

10AM-12PM | SOUTH GYM

- TETWP Shirts \$15 each
- Ages 14 & under must be accompanied by an adult
- Daycare available \$3 for first child \$1.50 additional

SIGN UP AT THE MINOT FAMILY YMCA SERVICE DESK!

**A Night of Tricks & Treats**

**SCARY AMOUNTS OF FUN**

**HALLOWEEN FUN NIGHT**

MINOT FAMILY YMCA

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Want to be featured in our next newsletter?

[EMAIL US](#)

Be featured in **Member Spotlight** or get all your fitness questions answered in our **Ask the Trainer** column!



Minot Family YMCA | 3515 16th St SW | Minot, ND | 701-852-0141  
[Unsubscribe](#)



We were fortunate to have both Swanston Equipment and Pro IT here at the Y on September 14 for the Magic Day of Giving. Swanston Equipment helped us remove some trees and add rock in our front parking lot. Pro IT helped us paint the gyms with some fun colors!

Thank you so much to both Swanston Equipment & Pro IT!



**BE THE CHANGE**

**VOLUNTEER & MAKE THE DIFFERENCE**



We are in need of volunteers to help teach our Y kids swimming lessons! Lessons go from 5-7PM M-F and 9-11AM Saturdays. You do not need to be certified or available the entire listed times to volunteer! If you want more information or have questions please click the button below to contact our Aquatics Director!

[I WANT TO VOLUNTEER](#)