

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: 701-839-1133 OR minotysmenstents@gmail.com

YMCA BLOOD DRIVES

October 22 TETWP Blood Drive

Registration: July 1-Oct 22, 2020

Time: 9AM-1PM

CERTIFICATIONS*

Lifeguard Certification

Certification Course

Registration: July 1 - Oct 2, 2020

Events: Aug 21-22

Oct 9-10

Re-Certification Course

Registration: July 1 - Oct 30, 2020

Events: July 11, 2020

Sept 12, 2020

Nov 7, 2020

CPR Certification

Registration: July 1-Nov 6, 2020

Events: July 18, 2020

Aug 8, 2020

Sept 19, 2020

Oct 17, 2020

Nov 14, 2020

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

ACTIVE ADULTS

ADULT SPORTS, FITNESS, & ORIENTATIONS

Men's 5 on 5 Basketball League

Registration: July 29 - Sept 16, 2020

Session: Sept 24 - Nov 14, 2020

Racquetball League - Fall

Registration: Sept 1 - 21, 2020

Session: Sept 28 - Dec 15, 2020

Co-Ed Softball Tournament

Registration: June 19 - Aug 14, 2020

Session: Aug 23, 2020

Dodgeball Tournament

Registration: Oct 5 - Nov 13, 2020

Event: Nov 21, 2020

Wallyball Tournament

Registration: Sept 28 - Oct 30, 2020

Event: Nov 14, 2020

Splash, Spin, & Dash Triathlon

Registration: Dec 21 - Feb 10, 2021

Event: February 27, 2021

Noon Basketball

Ages: 18+ and Out of High School

Times: 11:30AM-1PM Year Round

MEMBER CHALLENGES

World Fit Tour

Registration: July 1- Aug 15, 2020

Session: July 1- Aug 31, 2020

Lazy Man's Triathlon

Registration: Sept 14 - Oct 12, 2020

Session: Sept 14 - Oct 26, 2020

12 Days of Fitness

Registration: Dec 1-11, 2020

Session: Dec 1-22, 2020

Trinity Delay the Disease

Registration: Sept 1, 2020

Session: Sept 22 - Dec 22, 2020

Trinity Personal Training

Registration: Year Round

Session: As scheduled

North Plains CrossFit

Registration: Year Round

Session: Monthly (pay/month)

Training Center Orientation

Registration: Year Round

Session: As scheduled

SMART Start

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

Registration: Year Round

Climbing Classes

Registration: Year Round

Classes: Wednesdays 8-10PM

**WATCH FOR THE SPRING & SUMMER
PROGRAM GUIDE LATER THIS WINTER**

MINOT FAMILY YMCA | YMCAMINOT.ORG |



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING FOR EVERYONE

2020 FALL & WINTER PROGRAM GUIDE

JULY 1 - DECEMBER 31, 2020



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JUST FOR THE KIDS

YOUTH & HIGH SCHOOL SPORTS

Itty Bitty Sports

Ages: 3-5

Summer I

Registration: June 14 – June 20, 2020
Session: June 22 – July 18, 2020

Summer II

Registration: July 19 – July 25, 2020
Session: July 27 – Aug 22, 2020

Fall I

Registration: Aug 23 – Aug 29, 2020
Session: Aug 31 – Oct 3, 2020

Fall II

Registration: Oct 4 – Oct 10, 2020
Session: Oct 12 – Nov 14, 2020

Fall III

Registration: Nov 15 – Nov 21, 2020
Session: Nov 23 – Dec 26, 2020

Climbing Classes

Ages: 10+

Class Types: Regular or Advanced

Registration: Year Round

Classes: Wednesdays 8-10PM

Football Leagues

Tackle Football

Grades: 5 & 6

Registration: Apr 20 – July 13, 2020
Season: Sept 12 – Oct 17, 2020

Flag Football

Grades 3 & 4

Registration: Apr 20 – July 13, 2020
Season: Sept 12 – Oct 17, 2020

Grades K – 2

Registration: July 13 – Aug 24, 2020
Season: Sept 19 – Oct 17, 2020

Trinity Kinetics Camp

Grades: 3 – 6

Registration: Apr 20 – July 13, 2020
Event: Aug 10, 2020

Breakthrough Basketball Camps

Shooting & Ball Handling Camp

Grades 5-12

Registration: Feb 19 until full (60 spots)
Event: July 10-12, 2020

Essential Skills & Decision Making Camp

Grades 4-9

Registration: Feb 19 until full (60 spots)
Event: July 31 – Aug 2, 2020

Basketball Tournaments

Karen Groninger Memorial – Girls

Grades 3-6

Registration: Oct 26 – Dec 2, 2020
Event: Dec 12, 2020

Karen Groninger Memorial – Boys

Grades 3-6

Registration: Oct 26 – Dec 2, 2020
Event: Dec 19, 2020

Youth Basketball Leagues

K-2 Grade Co-Ed League

Registration: Nov 11 – Dec 20, 2020
Session: Jan 11 – Feb 15, 2020

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

Registration: Year Round

Session: As scheduled

Vertical Mile Challenge

Ages: 5+

Registration: Year Round in Climbing Wall

Challenge: Climb the wall 150 times

50 Mile Swim Club

Ages: 9+

Registration: Year Round

Session: 6 months from sign up date

EARLY LEARNING

Preschool

Ages: 4-5

Registration: May 1 – Oct 1, 2020

Session: Sept 2020 – May 2021
M-F 9:00-11:30AM

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

Schedule

Monday-Thursday 9AM-1:30PM
5PM-8PM

Friday 9AM-1:30PM

Saturday 9AM-12N

SUMMER PROGRAMS

Summer Unplugged in a Bag

Ages: All ages- geared towards ages 3-12

Pickup Time: 12-2PM

Delivery Time: 12-5PM

Events: July 1, 2020 – Animal Planet
July 8, 2020 – Minute to Win It
July 15, 2020 – Mad Scientist
July 22, 2020 – Sensory Discovery
July 29, 2020 – Imagination Station

CAMPS

Kinder Camp

Ages: 4-6

Registration: Jan 1 – July 26, 2020

Sessions: July 6 – 10, 2020 – Sports Mania
July 13 – 17, 2020 – STEM Week
July 20 – 24, 2020 – Wet & Wild
July 27 – 31, 2020 – All About the USA
Aug 3-7, 2020 – Creation Station

Day Camp

Ages: 7-10

Registration: Jan 1 – July 26, 2020

Sessions: July 6 – 10, 2020 – Sports Mania
July 13 – 17, 2020 – STEM Week
July 20 – 24, 2020 – Wet & Wild
July 27 – 31, 2020 – All About the USA
Aug 3-7, 2020 – Creation Station

School Out Days

Registration: Oct 1, 2020- March 12, 2020

Days: Thursday, Oct 22, 2020

Wednesday, Nov 11, 2020

Monday, Jan 18, 2021

Monday, Feb 15, 2021

Wednesday, Mar 10, 2021

SPECIAL EVENTS

Dodgeball Tournament

Ages: 11-15

Registration: Oct 5 – Nov 13, 2020

Event: Nov 21, 2020

Halloween Fun Night

Ages: all ages – geared towards ages 2-12

Event: October 23, 2020

Splash, Spin, & Dash Triathlon

Registration: Dec 21 – Feb 10, 2020

Event: February 27, 2021

AQUATICS

SWIMMING LESSONS

Classic Swim Lessons

Ages: All Ages

Summer I

Registration: June 14 – June 20, 2020
Session: June 22 – July 18, 2020

Summer II

Registration: July 19 – July 25, 2020
Session: July 27 – Aug 22, 2020

Fall I

Registration: Aug 23 – Aug 29, 2020
Session: Aug 31 – Oct 3, 2020

Fall II

Registration: Oct 4 – Oct 10, 2020
Session: Oct 12 – Nov 14, 2020

Fall III

Registration: Nov 15 – Nov 21, 2020
Session: Nov 23 – Dec 26, 2020

All Kids Swim

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

Ages: 4-14

Fall I

Registration: Aug 23 – Aug 29, 2020
Session: Aug 31 – Oct 3, 2020

Fall II

Registration: Oct 4 – Oct 10, 2020
Session: Oct 12 – Nov 14, 2020

Fall III

Registration: Nov 15 – Nov 21, 2020
Session: Nov 23 – Dec 26, 2020

Private Swim Lessons

Ages: All Ages

Registration: Year Round (Waiting List)

Session: As scheduled