



Turkey Day is upon us!

Even though many of us would much rather still be soaking up the hot summer sun, November is here to remind you that the holidays are coming! Time to pull out the decorations, find the perfect turkey, buy gifts, and prepare for a house full of family and friends!

Don't worry, we know that before we start playing Christmas music and decorating the lobby Christmas tree, we have the whole month of November to get through. We have so many events and fun things planned for you and even some chances to **WIN PRIZES!** But as always, you will have to read on to find out what is in store!



November is the start of our Annual Campaign which means that we have some fun events planned to get you involved in more ways than you can imagine! Keep reading to find out!



Did you know that every 2 seconds someone in the US needs blood?

That is exactly why we are hosting a Blood Drive TOMORROW November 2 with Vitalant (formerly United Blood Services) from 10am-2pm!

And just in case you needed another reason to give blood tomorrow...



**YOU WILL BE ENTERED
IN A DRAWING FOR A
HUGE
GIFT BASKET**

There are only 30 spots available to give blood so that is potentially a maximum 30 chances at winning the prize IF (and only if) everyone also donates to the Y. If you want to make a difference and save a life, sign up today!

[SIGN UP TO DONATE](#)



Burn off that Thanksgiving bird with us at the YMCA! Participate in 5 different 20 minute class samples for a chance to **WIN PRIZES!**

\$15 for members; \$25 for non-members.

Register at the front desk by November 5th to be guaranteed a t-shirt.

Check-in starts at 9am day of event; classes begin at 9:30am. Childcare is available for the normal 2 hour drop in fee.

All proceeds go to our annual campaign. See you there!

[REGISTER](#)



UPCOMING EVENTS

**YMCA Campaign Blood Drive
Nov 2, 2018**

With the help of Vitalant (formerly United Blood Services), we are hosting a blood drive in our South Gym on Nov 2. Anyone who donates blood AND to the YMCA campaign get entered into a chance to win a huge gift basket! Only 30 spots available!

[SIGN UP TO DONATE](#)

**Holiday Swim Lesson
Registration**

Nov 5 - Nov 10, 2018

Register for swim lessons for all ages! Lessons run Nov 12 - Dec 15, 2018.

[REGISTER](#)

**Prairie Grit Swim Meet
Nov 10, 2018**

The Minot Y and Prairie Grit Adaptive Sports are offering an Adaptive Swim Meet on Saturday, November 10th! The event is for ages 4 and up with any type of disability. The swim meet is FREE of charge!

[REGISTER](#)

**K-2 Grade Basketball League
Registration**

Nov 9 - Dec 22, 2018

Sign your child up for youth basketball league. Players will learn the basics of basketball. Season is from January 13 - February 17, 2018

[REGISTER](#)

**Burn the Bird
Nov 23, 2018**

Get those calories burning after the big meal! Stop in from 9AM-12PM to enjoy a great workout with friends! Get competitive while doing at least 5 fitness classes to get entered into the drawing for prizes!

[REGISTER](#)

**Recreation & Resource Fair
Nov 29, 2018**

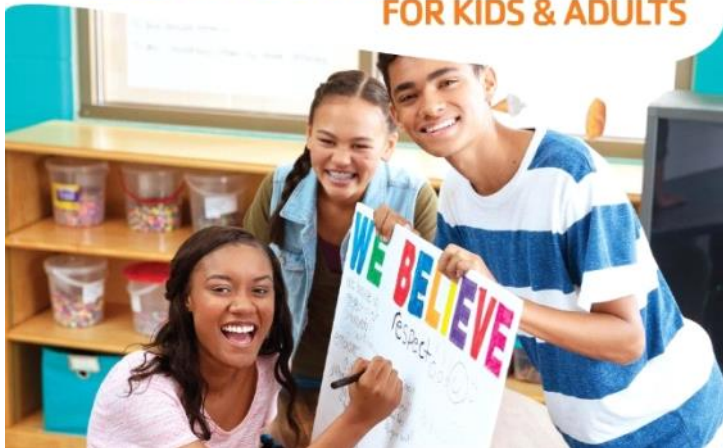
Join us at the YMCA from 2-6pm for a free community event full of resources for both kids and adults in the Minot area. We will have organizations from around the community all in one place to bring YOU the best information about the resources available in our community.



We had a huge turnout on October 13 for our Zumbathon in our gym! A special thanks to Eric Ganes who opted to pay for walk in registrations up to \$500! All of the proceeds benefited TETWP and the

RECREATION AND RESOURCE FAIR

FOR KIDS & ADULTS



Join us at the YMCA on November 29 from 2-6PM for a free community event full of resources for both kids and adults in the Minot area. We will have organizations from around the community all in one place to bring YOU the best information about the resources available in our community.

This is a kid friendly event so bring the kiddos!

If your organization is interested in being a vendor please fill out the registration form below!

BE A VENDOR



We would like to thank Prairie Federal Credit Union for their contribution to Tough Enough To Wear Pink. The proceeds benefit the Trinity Health Cancer Exercise Rehabilitation Program located here at the YMCA. More than 525 patients have participated in this program free of charge thanks to the funds that are raised.

HOLIDAY HOURS

MINOT FAMILY YMCA

THANKSGIVING

November 22, 2018 **7AM-12PM**

BLACK FRIDAY

November 23, 2018 **4AM-12AM**

CHRISTMAS EVE

December 24, 2018 **4AM-1PM**

CHRISTMAS

December 25, 2018 **CLOSED**

NEW YEAR'S EVE

December 31, 2018 **6AM-6PM**

NEW YEAR'S DAY

January 1, 2019 **10AM-4PM**



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!

We are also looking for volunteers for All Kids Swim held on Tuesdays & Thursdays from 4-5PM. 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!



We had a huge turnout on October 13 for our Zumbathon in our gym! A special thanks to Eric Ganes who opted to pay for walk in registrations up to \$500! All of the proceeds benefited TETWP and the total amount that was raised was \$1037! Thanks to everyone who came out and danced the day away!



We decorated a YMCA cake for the Power of Pink event that is sponsored by Marketplace Foods! We really love being part of such a meaningful event, especially since it helps fund the Trinity Health Cancer Rehab program here at the Y!



We had so much fun at our Halloween Fun Night on Friday, October 26th! We had nearly 1300 kids and parents come out to enjoy the fun!



Four of our climbing wall staff (Dave, Layn, Megan and Zach) attended the PCIA Climbing Wall Instructor course at Minot State University on October 6th, 7th and 8th, and all received their Climbing Wall Instructor (with Lead) certifications. Way to go guys!



[I WANT TO VOLUNTEER](#)



Congratulations to Addyson T. for completing the Vertical Mile on our Rock Wall!

Want to be featured
in our next newsletter?

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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

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