



>>>>>>THIS IS Y

Minot Family YMCA Monthly Newsletter

Summer is coming fast Tia!

School is wrapping up, the snow is melting (...again), and summertime planning is in full swing. We know that there are tons of summer fun options out there for you to choose from and here at the Y, there is no exception! We have all kinds of summer programming for kids and adults alike that we know you won't want to miss out on!

So go ahead, put the Y in those summer plans, we have all you need and more right here! Now you might be asking, 'what really is going on at the Y this summer?' Well, read on and find out!



ADVENTURE AWAITS

Spots are filling for summer Kinder & Day camps! Reserve a spot by registering today!

[MORE INFO](#)



IT'S BACK

We are teamed up with HESS again to bring your kids lots of FREE fun this summer!

[MORE INFO](#)



RELAX & REVIVE

Get mom a relaxing weekend away at Triangle Y Camp for Mother's Day! Register May 6!

[MORE INFO](#)

WHAT'S NEW?



YOUTH FOOTBALL CHANGES

Our 3rd & 4th grade league is now FLAG FOOTBALL! This transition was recommended by our Football Committee for safety reasons. We are excited to move forward with this program to provide the best football experience for your child!

[MORE INFO](#)



UPCOMING EVENTS

Triangle Y Camp Registration Jan 1 - July 21, 2019

Sign up your child for resident camp out by Lake Sakakawea! They will have an experience that lasts a lifetime!

[REGISTER](#)

Kinder & Day Camp Registration Jan 1 - Aug 4, 2019

Register your 3-11 year old in Kinder or Day camp! All the fun of camp but have them home at the end of the day!

[REGISTER](#)

Women's Wellness Weekend Registration May 6, 2019

Ladies 21+ can relax at scenic Triangle Y Camp for a weekend of yoga, food, horseback riding, climbing, kayaking, wine tasting, bonfires, and more!

[MORE INFO](#)

Summer I, II, & III Swim Lesson Registration May 13 - July 30, 2019

Register for swim lessons for all three Summer Sessions! Lessons run May 27- June 21, June 24-July 19, and July 22 - Aug 16, 2019.

[REGISTER](#)

Huff & Puff Registration April 8 - May 31, 2019

Adults 25-34 or 35+ can learn and play a variety of sports in this multi-sport league.

[MORE INFO](#)

Preschool Registration May 1 - Oct 1, 2019

Get your 4-5 year old ready to be in Kindergarten! Preschool is held M-F from 9 -11:30AM with the session Sept 2019 - May 2020.

[MORE INFO](#)



DID YOU KNOW?

Collectively, we have twelve televisions throughout the whole Training Center. We realize that not everyone has the same tastes in show! We have received feedback on our member survey, through our mobile app, and by word of mouth that members would like to tune in to different television channels. This has been an option, and it possible for everyone to do!

On the middle pillar closest to the wall of TVs, there is a shelf where we keep a cable remote at all times so that members can watch what they please during their workout.

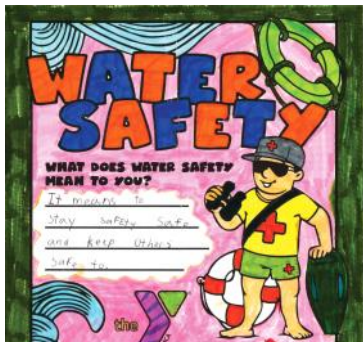
All you need to do is locate the remote on the shelf of the middle pillar at the south end of the training center; this one remote will change the channels on any of seven TVs on the south end wall. Once you grab the remote, just point it at the desired TV nearest to your selected piece of training equipment and push the channel + or - buttons.

The training center service desk has two remotes dedicated to the two floating TVs closest to the restrooms.

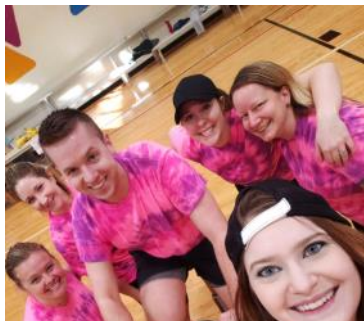
Also, on the east side of the training center, there are two TVs and the remotes are in the window sills adjacent to them. The Circuit Training Area also contains a TV, and the remote is along the window sills in that room as well.



Huge congratulations to the newly certified lifeguards who completed the Lifeguard Certification course this last weekend!

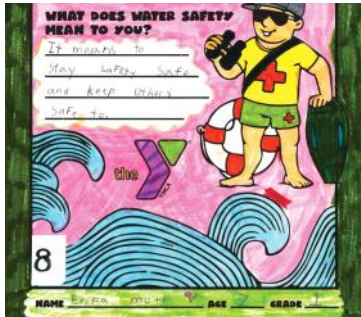


It was great to have the Minot High Fastpitch JV team in to take a LesMills Grit class!





We had booths at the HESS Health Fair and at the Wellington's Health Fair! Thanks to everyone who said hi when they stopped by!



Congrats to Erika from Sunnyside Elementary School for winning our Water Safety Coloring Contest



Youth and young adults learned the basics of self defense from Minot Martial Arts!



The Y had representatives from almost all departments on our team for the Souris Valley United Way Spin United Event!

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!



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