

Y FACILITY

RENTALS

Birthday Parties

Booking Requirements: Call the YMCA at 701-852-0141 to schedule at least 72 hours in advance

Includes: Community Room & Kitchenette

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

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

\$10 for Chaperones* Participating in Activities

Free for 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 Pool.

Y's Men's Tent Rentals

Availability: As scheduled

Contact: minotysmenstents@gmail.com

MEMBER BENEFITS

BENEFITS OF MEMBERSHIP

- Access to Ys Across the Country
- FREE Group Exercise Classes
- Year-Round Pool with Hot Tub and Water Exercise classes
- Trinity Health Personal Training
- North Plains CrossFit through Trinity Health
- Priority In-Y Day Care
- Training Center with Cardio, Strength, & Free Weight Equipment
- Indoor Track
- 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
- Youth, Adult, and Family Programs
- Discounted Rates on Select Programming
- Access to Age Appropriate Locker Rooms
- Hot Tubs, Steam Room, and Dry Sauna in Select Locker Rooms
- Member Challenges and Special Events
- Financial Assistance Opportunities

ACTIVE ADULTS

ADULT SPORTS, FITNESS, & ORIENTATIONS

Noon Basketball

Ages: 18+ and Out of High School

Times: 11:30AM-1PM Year Round

Racquetball League – Spring

Registration: Jan 1– 31, 2020

Session: Feb 3 – March 27, 2020

Racquetball Tournament

Registration: Dec 1– Jan 3, 2020

Event: Jan 10–12, 2020

Climbing Classes

Registration: Year Round

Classes: Wednesdays 8–10PM

Splash, Spin, & Dash Triathlon

Registration: Dec 20 – Feb 5, 2020

Event: February 22, 2020

Trinity Personal Training

Registration: Year Round

Session: As scheduled

MEMBER CHALLENGES

Commit to Fit

Registration: Jan 1–Feb 26, 2020

Session: January 1–March 4, 2020

US Fit Tour

Registration: June 1– Aug 15, 2020

Session: June 1–Aug 31, 2020

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

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

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 help you set goals, learn your way around the Training Center, and consult with a personal trainer

Registration: Year Round

CERTIFICATIONS*

Lifeguard Certification

Certification Course

Registration: Jan 1 – June 10, 2020

Events: Feb 28–29

Mar 27–28

Apr 3–4

Apr 24–25

May 1–2

May 22–23

June 5–6

June 12–13

Re-Certification Course

Registration: Jan 1 – May 7, 2020

Events: Feb 8, 2020

Mar 14, 2020

Apr 11, 2020

May 9, 2020

CPR Certification

Registration: Jan 1– Jun 18, 2020

Events: Feb 15, 2020

Mar 21, 2020

Apr 18, 2020

May 16, 2020

June 20, 2020

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOMETHING FOR EVERYONE

2020 SPRING & SUMMER PROGRAM GUIDE
JANUARY 1 – JUNE 30, 2020



MINOT FAMILY YMCA | YMCAMINOT.ORG |   

JUST FOR THE KIDS

YOUTH & HIGH SCHOOL SPORTS

Itty Bitty Sports

Ages: 3-5

Winter II

Registration: Jan 27 – Feb 1, 2020
Session: Feb 3 – Mar 7, 2020

Spring I

Registration: Mar 2 – Mar 7, 2020
Session: Mar 9 – Apr 11, 2020

Spring II

Registration: Apr 6 – Apr 11, 2020
Session: Apr 13 – May 16, 2020

Summer I

Registration: May 11 – May 23, 2020
Session: May 25 – June 19, 2020

Summer II

Registration: May 11 – June 20, 2020
Session: June 22 – July 17, 2020

Summer III

Registration: May 11 – July 18, 2020
Session: July 20 – Aug 14, 2020

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

Basketball Tournaments

Karen Groninger Memorial – Boys

Grades 3-6
Registration: Dec 23 – Jan 27, 2020
Event: February 8, 2020

Karen Groninger Memorial – Girls

Grades 3-6
Registration: TBA
Event: TBA

Youth Basketball Leagues

K-2 Grade Co-Ed League

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

3-6 Grade Girls League

Registration: Dec 30 – Feb 3, 2020
Session: Feb 22 – Mar 28, 2020

3-6 Grade Boys League

Registration: Feb 11 – Mar 18, 2020
Session: Apr 4 – May 9, 2020

High School Basketball League

Grades: 7-12

Registration: Mar 16 – May 18, 2020

Session: June 1 – July 16, 2020

Splash, Spin, & Dash Triathlon

Ages: 6+

Registration: Dec 20 – Feb 5, 2020

Event: February 22, 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

Climbing Classes

Ages: 10+

Class Types: Regular or Advanced

Registration: Year Round

Classes: Wednesdays 8-10PM

Vertical Mile Challenge

Ages: 5+

Registration: Year Round in Climbing Wall

Challenge: Climb the wall 150 times

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

Ages: All ages – geared towards ages 3-14

Time: 1-3PM

Events: June 3, 2020 – Kick Off Picnic

June 10, 2020 – Dinosaur Dig

June 17, 2020 – Tie It & Dye It

June 24, 2020 – Music Makers

July 1, 2020 – Imagination Station

July 8, 2020 – Summer Olympics

July 15, 2020 – Mad Science

July 22, 2020 – Splashtopia

July 29, 2020 – Animal Planet

CAMPS

School Out Days

Registration: Oct 1, 2019 – March 12, 2020

Days: Monday, Jan 20 – Winter Wonderland
Monday, Feb 17 – Cabin Fever
Thursday, March 12 – Camp-Sick

Kinder Camp

Ages: 4-6

Registration: Jan 1 – July 26, 2020

Sessions: June 1 – 5, 2020 – Mad Scientist
June 8 – 12, 2020 – Blast from the Past
June 15 – 19, 2020 – Arts in the Park
June 22 – 26, 2020 – Going Green
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: June 1 – 5, 2020 – Mad Scientist
June 8 – 12, 2020 – Blast from the Past
June 15 – 19, 2020 – Arts in the Park
June 22 – 26, 2020 – Going Green
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

Triangle Y Camp

Ages: 6-15

Registration: Jan 1-July 24, 2019

Sessions: June 14-19, 2020
June 21-26, 2020
July 5-10, 2020
July 12-17, 2020
July 19-24, 2020
July 26-31, 2020

AQUATICS

SWIMMING LESSONS

Classic Swim Lessons

Ages: All Ages

Winter II

Registration: Jan 27 – Feb 1, 2020
Session: Feb 3 – Mar 7, 2020

Spring I

Registration: Mar 2 – Mar 7, 2020
Session: Mar 9 – Apr 11, 2020

Spring II

Registration: Apr 6 – Apr 11, 2020
Session: Apr 13 – May 16, 2020

Summer I

Registration: May 11 – May 23, 2020
Session: May 25 – June 19, 2020

Summer II

Registration: May 11 – June 20, 2020
Session: June 22 – July 17, 2020

Summer III

Registration: May 11 – July 18, 2020
Session: July 20 – Aug 14, 2020

All Kids Swim

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

Ages: 4-14

Winter II

Registration: Jan 27 – Feb 1, 2020
Session: Feb 3 – Mar 7, 2020

Spring I

Registration: Mar 2 – Mar 7, 2020
Session: Mar 9 – Apr 11, 2020

Spring II

Registration: Apr 6 – Apr 11, 2020
Session: Apr 13 – May 16, 2020

Private Swim Lessons

Ages: All Ages

Registration: Year Round (Waiting List)

Session: As scheduled