

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)

\$15 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: minotysmenstents@gmail.com

YMCA BLOOD DRIVES

Oct 1 TETWP Blood Drive

Registration: Jan 1-Sept 30, 2021

Time: 9AM-2PM

MEMBER BENEFITS

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

ACTIVE ADULTS

ADULT SPORTS, FITNESS, & ORIENTATIONS

Men's/Women's B-Ball Tourney

Ages: 18+ and Out of High School

Fee: \$180/team

Registration: Sept 1 - Oct 8, 2021

Session: Oct 23, 2021

Splash, Spin, & Dash Triathlon

Fee: Individual: \$25 Team: \$60

Registration: Dec 20 - Feb 10, 2021

Event: February 26, 2022

Noon Basketball

Ages: 18+ and Out of High School

Times: 11:30AM-1PM Year Round

SMART Start

Description: Set goals, learn your way around the Training Center.

Registration: Year Round

Climbing Classes

Registration: Year Round

Fee: \$15

Classes: As scheduled

MEMBER CHALLENGES

Lazy Man's Triathlon

Registration: Sept 13- Oct 15, 2021

Session: Sept 27 - Oct 25, 2021

12 Days of Fitness

Registration: Dec 1-11, 2021

Session: Dec 1-22, 2021

Commit to Fit

Registration: Dec 31- Feb 9, 2022

Session: Dec 31 - Feb 25, 2022

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

Training Center Orientation

Registration: Year Round (free)

Session: As scheduled

Trinity Delay the Disease

Registration: Sept 13 - Dec 31, 2021

Session: Sept 20 - Jan 5, 2022

Trinity Personal Training

Registration: Year Round

Session: As scheduled

North Plains CrossFit

Registration: Year Round

Session: Monthly (pay/month)

CERTIFICATIONS*

Lifeguard Certification

Certification Course

Registration: May 1, 2021 until full

Courses: Sept 10-11, 2021

Oct 8-9, 2021

Nov 12-13, 2021

Dec 17-18, 2021

Re-Certification Course

Registration: May 1, 2021 until full

Courses: Sept 12, 2021

Oct 10, 2021

Nov 14, 2021

Dec 19, 2021

CPR Certification

Registration: May 1- Aug 13, 2021

Courses: May 22, 2021

Jun 19, 2021

July 17, 2021

Aug 21, 2021

Sept 18, 2021

Oct 23, 2021

Nov 20, 2021

Dec 18, 2021

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOMETHING FOR EVERYONE

FALL PROGRAM GUIDE

AUGUST 1 - DECEMBER 31, 2021

MINOT FAMILY YMCA | YMCAMINOT.ORG |   

JUST FOR THE KIDS

YOUTH & HIGH SCHOOL SPORTS

Itty Bitty Sports

Ages: 3-5

Fee: Member: \$40 Non-Member: \$80

Times: M/W 9:30-10:15AM

Fall I

Registration: Aug 22 - Aug 28, 2021

Session: Aug 30 - Sept 22, 2021

Fall II

Registration: Sept 19-25, 2021

Session: Sept 27 - Oct 20, 2021

Fall III

Registration: Oct 17-23, 2021

Session: Oct 20 - Nov 17, 2021

Fall IV

Registration: Nov 14-20, 2021

Session: Nov 22 - Dec 15, 2021

Splash, Spin, & Dash Triathlon

Ages: 6+

Fee: Individual: \$15 Team: \$35

Registration: Dec 20 - Feb 10, 2021

Event: February 26, 2022

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+

Fee: \$15

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

50 Mile Swim Club

Ages: 9+

Registration: Year Round

Challenge: Swim 50 miles in 6 months

Football Leagues

Tackle Football

Grades: 5 & 6

Fee: Member: \$170 Non-Member: \$190

Registration: Apr 19 - July 15, 2021

Season: Sept 11 - Oct 16, 2021

Flag Football

Grades K-2

Fee: Member: \$35 Non-Member: \$70

Registration: July 12 - Aug 23, 2021

Season: Sept 18 - Oct 16, 2021

Grades 3 & 4

Fee: Member: \$35 Non-Member: \$70

Registration: Apr 19 - July 15, 2021

Season: Sept 11 - Oct 16, 2021

Youth Basketball Leagues

K-2 Grade Co-Ed League

Fee: Member: \$45 Non-Member: \$90

Registration: Aug 23 - Oct 8, 2021

Session: Nov 6 - Dec 18, 2021

(Off Nov 27)

3-6 Grade Girls League

Fee: Member: \$60 Non-Member: \$100

Registration: Oct 18 - Dec 3, 2021

Session: Jan 8 - Feb 12, 2022

3-6 Grade Boys League

Fee: Member: \$60 Non-Member: \$100

Registration: Dec 6 - Jan 14, 2022

Session: Feb 19 - Mar 26, 2022

7-8 Grade Girls/Boys Leagues

Fee: Member: \$60 Non-Member: \$100

Registration: Jan 24 - Mar 4, 2022

Session: Apr 9 - May 14, 2022

OPEN GYMS

Basketball Shooting Machine Open

Fee: Free

Ages: All Ages

Times: Wednesdays 3-5PM

Dates: Sept 15 - Oct 27, 2021

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

Hours

Monday-Thursday 9AM-2PM

5PM-8PM

Friday 9AM-2PM

Saturday 9AM-2PM (Date restarting TBA)

SPECIAL EVENTS

Membership Drive

Ages: All ages

Drive: Sept 1-30, 2021

Halloween Fun Night

Ages: All ages - geared towards ages 2-12

Event: Oct 22, 2021

Time: 5-7PM

TETWP Zumba Party

Ages: All ages

Event: Oct 9, 2021

Time: 10AM - 12PM

CAMPS

School Out Days

Ages: 5-11

Fee: Member: \$25 Non-Member: \$50

Registration: Sept 21, 2021 - March 1, 2022

Time: 8AM-4PM

Days: Oct 21 - Halloween Spooktacular

Nov 11 - Lumberjack Festival

Jan 17 - Winter Wonderland

Feb 21 - Cabin Fever

Mar 10 - Camp Sick

Triangle Y Camp

Ages: 6-150

Fee: Varies (see website)

Registration: Early Bird: Oct 1-31, 2021

Nov 1 - Jul 29, 2022

Sessions: Jun 12-17, 2022

Resident, Horsemanship, STEM

Jun 19-24, 2022

Resident, Horsemanship, Mini,

Explorers

Jun 26 - Jul 1, 2022

Resident, Horsemanship, Mini,

Explorers

Jul 10-15, 2022

Resident, Horsemanship, Mini,

Explorers, Climbers

Jul 17-22, 2022

Resident, Horsemanship, Mini,

Explorers, Hunter Safety

Jul 24-29, 2022

Resident, Horsemanship, Mini,

Explorers, Climbers, Hunter Safety

Jul 31 - Aug 5th, 2022

Resident, Horsemanship,

Hunter Safety

**WATCH FOR THE SPRING & SUMMER
PROGRAM GUIDE LATER THIS YEAR!**

AQUATICS

SWIMMING LESSONS

Group Swim Lessons

Ages: All Ages

Weekday Lessons Fee: Member: \$40 Non-Member: \$80

Saturday Lessons Fee: Member: \$25 Non-Member: \$50

Fall I (4 weeks | 30 min lessons | 4-6:15PM | M/W, T/TH, or Sat)

Registration: Aug 22 - Aug 28, 2021

Session: Aug 30 - Sept 25, 2021

Fall II (4 weeks | 30 min lessons | 4-6:15PM | M/W, T/TH, or Sat)

Registration: Sept 26 - Oct 2, 2021

Session: Oct 4-30, 2021

Fall III (4 weeks | 30 min lessons | 4-6:15PM | M/W, T/TH, or Sat)

Registration: Oct 31 - Nov 6, 2021

Session: Nov 8 - Dec 4, 2021

All Kids Swim

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

Ages: 4-14 | **Fee:** Member: \$40 Non-Member: \$80

Fall I (4 weeks | 30 min lessons | T/Th | 4PM)

Registration: Aug 22 - Aug 28, 2021

Session: Aug 30 - Sept 25, 2021

Fall II (4 weeks | 30 min lessons | T/Th | 4PM)

Registration: Sept 26 - Oct 2, 2021

Session: Oct 4-30, 2021

Fall III (4 weeks | 30 min lessons | T/Th | 4PM)

Registration: Oct 31 - Nov 6, 2021

Session: Nov 8 - Dec 4, 2021

Private Swim Lessons

Individual Private Swim Lessons

Description: Five 30min swim lessons for 1 individual.

Ages: All Ages | **Fee:** Member: \$125 Non-Member: \$200

Registration: Year Round (Waiting List)

Session: As scheduled

Small-Group Private Swim Lessons

Description: Five 30min swim lessons for 2-3 individuals.

2 Individuals Fee: Member: \$113/person Non-Member: \$185/person

3 Individuals Fee: Member: \$75/person Non-Member: \$150/person

Ages: All Ages (preferably individuals the same age or swim skill level)

Registration: Year Round (Waiting List)

Session: As scheduled