

Happy Holidays!

December is here and at the Y we are up to our ears in holiday spirit! Soon our Christmas Tree will be up in our lobby, the holiday parties will be underway, and joyful music will fill our facility. Then soon after the new year will be upon us and with it comes new changes. Read on to find out what they are!



Your Minot Family YMCA is very grateful for the tremendous community support that we have received over the years, and we hope that you view your membership as an investment in your personal well being, and the communities we serve. We’re committed to being the best stewards of our resources, and our goal is to continue to offer our valued members, the absolute best facility, programs and services.

In order to maintain our level of service and help us support the needs of the entire community, the following changes have been approved by the YMCA Board of Directors effective January 1, 2019:

MEMBERSHIP TYPE	OLD RATE	NEW RATE
YOUTH	\$12	\$13
HIGH SCHOOL	\$18	\$20
YOUNG ADULT	\$40.50	\$41
ADULT	\$55.50	\$56
1 PARENT HOUSEHOLD	\$65	\$66
HOUSEHOLD	\$75	\$76
SENIOR ADULT	\$47	NO CHANGE
SENIOR HOUSEHOLD	\$65	NO CHANGE

- New Rates effective January 1, 2019.
- Beginning January 1, 2019, all memberships that are being withdrawn from a debit or credit card will be charged a \$3 convenience fee. Avoid the fee by switching to a checking or savings account before January 1, 2019.

FAQ

12 DAYS OF FITNESS

IN JUST 4 EASY STEPS GET FIT & RECEIVE A CHANCE TO WIN PRIZES!

1

Grab a workout card at the Service Desk for only \$2

2

Complete the day and get a stamp from the Training Center staff

3

Complete the workout card any time between Dec 1 & 21

4

Return card to the service desk to get entered into the drawing

GET YOUR CARD DEC 1ST

LET’S GET FIT! Buy your 12 Days of Fitness card today at the Service Desk! Finish all 12 days and get entered into the drawing for PRIZES! Check the Event listing on the right for more info!

POTLUCK

Christmas PARTY

DEC. 4, 11:30AM

IF YOUR LAST NAME STARTS WITH

A-L

bring a side dish

M-Z

bring a dessert

COLLECTING ITEMS FOR OUR DAYCARE

BABY WIPES, DIAPERS, SWINGS, ROCKERS, BOOKS, NEW OR LOVED TOYS, ETC.

the

Y

YMCA

MAIN DISH PROVIDED BY THE MINOT FAMILY YMCA

Free will donation to benefit YMCA Annual Campaign

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

UPCOMING EVENTS

For a Better Us Campaign
Nov 1 - Dec 31, 2018

Every day, the Y supports kids, adults, seniors, and families with programs that protect, teach, connect, heal, nourish, and encourage. Everything we do helps communities and the "us" who live in them thrive. We can't do it alone. Donate for a better us.

GIVE

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, 2019

REGISTER

12 Days of Fitness Challenge
Dec 1-21, 2018

Starting Dec1, buy your 12 Days of Fitness card for only \$2 at the Service Desk. When you finish your workout of the day bring it to the Training Center Staff to get a stamp! Complete the card anytime between Dec 1-21 and bring it back to the service desk to get entered in the prize drawings! Last day to buy your card is Dec 10!

Fitness Potluck Christmas
Party
Dec 4, 2018

Bring a side dish or a desert to the Annual Fitness Potluck. We will be collecting donations for our daycare as well as a free will donation for the main dish. All proceeds benefit our Annual Campaign.

MORE INFO

Holiday Swim Lesson
Registration
Dec 10 - 29, 2018

Register for swim lessons for all ages! Lessons run Dec 31, 2018 – Feb 2, 2019.

REGISTER

Prairie Grit Adaptive Sports
Adaptive Swim Meet
Dec 15, 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

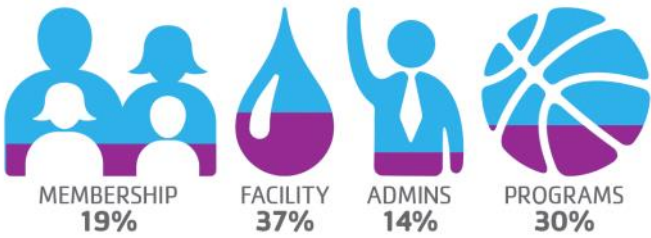
The annual Fitness Christmas Party potluck is taking place this Tuesday, December 4! Bring the dish that coincides with your last name along with some items to donate to our daycare and meet us in the South Gym!

We are providing the main dish for a free will donation. All proceeds benefit our Annual Campaign.

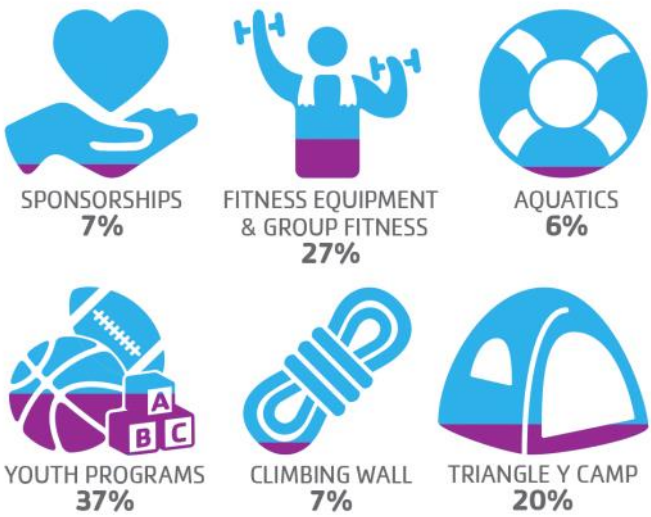
See you there!



MEMBERSHIP DOLLARS AT WORK



CAMPAIGN DOLLARS AT WORK



Do you know where your money is going at the YMCA?

Here's a breakdown of the difference between where your membership dollars & your gift to our Annual Campaign will go!

Give today and make a difference in our Y zip code!

[GIVE](#)

A graphic for the Dodgeball Tournament. It features a silhouette of a person in a dynamic pose, holding a dodgeball. The text "DODGEBALL TOURNAMENT" is written in large, bold, orange and yellow letters. Below this, it says "\$80 PER TEAM | AGES 18+ & OUT OF HIGH SCHOOL | 3 GAME GUARANTEE". At the bottom, it says "SATURDAY, DEC 15 • 10AM - 2PM • YMCA NORTH GYM". There is also a section for registration: "REGISTER AT MINOT FAMILY YMCA 6 TO 8 PEOPLE ON ROSTER & MUST HAVE AT LEAST 2 FEMALES LIMITED SPOTS AVAILABLE". At the very bottom, it says "MINOT FAMILY YMCA | YMCAMINOT.ORG | 701.852.0141 | 3515 16TH ST | MINOT, ND".

Get the squad together for our Dodge Ball Tournament Saturday December 15! Deadline is December 7!

[REGISTER](#)

A graphic for Adaptive Swim Meets. It features a silhouette of a person swimming. The text "ADAPTIVE SWIM MEETS" is written in large, bold, black letters. Below this, it says "NOVEMBER 10 & DECEMBER 15 12-1:30PM". There is a button that says "Multiple events to choose from! Free swimming afterwards for participants & families!". Below this, it says "FOR AGES 4 AND UP | FREE | ANY DISABILITY WELCOME". At the bottom, it says "REGISTER AT YMCAMINOT.ORG OR AT THE YMCA SERVICE DESK". There are also logos for "PRAIRIE GRIT ADAPTIVE SPORTS" and "the Y YMCA".

TIPS FROM THE TRAINER

Your body is designed to move. The purpose of your muscles is to hold the skeletal structure together. The stronger those muscles are, the less chance and risk of injury. When your body does the same motion continuously, day after day, you do not challenge it. To get results. You have to change it. Here are a few things you can do to get the most out of your workout routine.

ABS
To get six pack abs so many ask me about, here's a perfect analogy. Imagine your skin as a t-shirt, if you have a baggy t-shirt, you cannot see the fitted body beneath. If you wear a fitted shirt, you will clearly see the shape of you body. The skin is the t-shirt on those muscles. If you have a saggy abdomen, on that has excess fat, you will not see the nice muscles below. **Muscles are made from strength and the outer lay of the abdomen is made in the kitchen.** Hence why strengthening and nutrition is so important.



Attention Members & Guests:

In light of the recent thefts and vandalism in our parking lot, our Board of Directors have made the decision to purchase and install surveillance cameras in our front parking lot. Installation will begin mid-December. Plans to install cameras in the playground and back of our facility are currently underway.

To ensure the safety of our members and their belongings, we ask that you please do not leave valuables in your vehicles.

Thank you!
Both Adult Locker Rooms will be CLOSED for ceiling repair tomorrow Dec 1 - Saturday Dec 8. Please use the Universal Locker Room or Family Locker Rooms for Shower and Pool Access.

You will still be able to access your lockers.

Thank you for your patience during this update!



Effective Dec 1, 2018

The new age requirement for the Climbing Wall is 5. Any children younger than 5 can use the mini rock wall in the Kid's Gym with a guardian present.

Reminder: Children 8 and under MUST be accompanied by a parent or guardian in the rock wall area.

A graphic with the text "BE THE CHANGE" in large, bold, blue letters. Below it is the text "VOLUNTEER & MAKE THE DIFFERENCE" in purple. Above the text are several colorful hand icons in blue, orange, green, and purple.

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!

[I WANT TO VOLUNTEER](#)

JOINTS

To keep those joints healthy, you need to keep those muscles strong! Unless you have an injury to a ligament, tendon, or muscles, your joints will be supported by your muscles. If those muscles get weak, it will only make that support worse. To avoid surgery or medicine remedies in the future, start supporting your skeletal structures! Here are some tips how:

- Improve your posture (and your back) by pulling in your bellybutton with everything you do! This will engage your core.
- Wear good shoes to protect your body from head to toe.
- your body is designed to move! If you sit at a desk for your job, travel a lot, or simply watch TV for extended hours, you put yourself at risk for weakened muscles. Stretch your muscles and weight train to keep those muscles strong.
- Fuel your body with healthy carbohydrates (fresh fruits and veggies), healthy fats, and healthy proteins! Exercise and nutrition are the perfect combination!

TANYA GILLEN
PERSONAL TRAINER
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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!



Minot Family YMCA | 3515 16th St SW | Minot, ND | 701-852-0141
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