

## CHALLENGES

### Summer FITGO

Registration: June 1 – August 15, 2019

Session: June 1 – August 31, 2019

### Lazy Man's Triathlon

Registration: Sept 16–Oct 14, 2019

Session: Sept 30 – Oct 28, 2019

### 12 Days of Fitness

Registration: Dec 1 – Dec 11, 2019

Session: Dec 1 – Dec 22, 2019

## SPECIAL EVENTS

### Summer Unplugged

Events: Wednesdays 1–3PM

July 10 – Adventures in Art

July 17 – Build Your Future

July 24 – H2Overload

July 31 – Can You Sense It?

### Blood Drive

Registration: July 1–Aug 2

Event: Aug 2, 2019

### Women's Wellness Weekend

Registration: May 1 – Aug 23

Event: Aug 23 & 24, 2019

### Burn the Bird

Registration: Nov 1 – Nov 28, 2019

Event: Nov 29, 2019

### Halloween Fun Night

Ages: All Ages

Event: Oct 25, 2019

## CERTIFICATIONS

### Lifeguard

Ages: 15+

All classes TBA

### CPR

All classes TBA

## TRAINING CENTER

### Training Center Orientation

Registration: Year Round

Session: As scheduled

### Youth Exercise Orientation

Ages: 12 & 13

Registration: Year Round

Session: As scheduled

## TRINITY HEALTH

### Personal Training

Registration: Year Round

Session: As scheduled

### CrossFit

Ages: 14+

Registration: Year Round

Session: Monthly (pay/month)

Summer Hour Times:

M–Th: 6AM, 9:15AM, 11AM, 12PM, 1PM, 5:15PM

F: 6AM, 9:15AM, 11AM, 12PM, 1PM

Winter Hour Times:

M–Th: 6AM, 9:15AM, 11AM, 12PM, 1PM, 6PM

F: 6AM, 9:15AM, 11AM, 12PM, 1PM

## CLIMBING WALL

### Climbing Classes

Ages: 10+

Class Types: Regular or Advanced

Registration: Year Round

Classes: Saturdays 9–11AM

Wednesdays 8–10PM

### Vertical Mile Challenge

Registration: Year Round in Climbing Wall

Challenge: Climb the wall 150 times

Stay tuned for the  
spring & summer guide!



# FALL & WINTER PROGRAM GUIDE

July 1 – December 31, 2019

MINOT FAMILY YMCA | 3515 16TH ST SW | YMCAMINOT.ORG



## AQUATICS

### Swim Lessons

#### Summer III

Registration: May 13 - July 20, 2019

Session: July 22 - Aug 16, 2019

#### Fall I

Registration: Aug 12 - Aug 30, 2019

Session: Sept 2 - Oct 5, 2019

#### Fall II

Registration: Sept 30 - Oct 5, 2019

Session: Oct 7 - Nov 9, 2019

#### Holiday

Registration: Nov 4 - Nov 9, 2019

Session: Nov 11 - Dec 14, 2019

#### Winter 1

Registration: Dec 9 - Dec 28, 2019

Session: Dec 30 - Feb 1 2020

### All Kids Swim

Ages: 4-14

#### Fall I

Registration: Aug 12 - Aug 30, 2019

Session: Sept 2 - Oct 5, 2019

#### Fall II

Registration: Sept 30 - Oct 5, 2019

Session: Oct 7 - Nov 9, 2019

#### Holiday

Registration: Nov 4 - Nov 9, 2019

Session: Nov 11 - Dec 14, 2019

#### Winter 1

Registration: Dec 9 - Dec 28, 2019

Session: Dec 30 - Feb 1 2020

### Private Swim Lessons

Registration: Year Round (Waiting List)

Session: As scheduled

### 50 Mile Swim Club

Registration: Year Round in Pool Area

Session: 6 months from sign up date

Challenge: Swim 50 miles in 6 months

## EARLY LEARNING

### Preschool

#### Pre K

Ages: 4-5

Registration: May 1 - Oct 1, 2019

Session: Sept 2019—May 2020

M-F 9:00-11:30AM

## CHILDCARE

### In-Y Daycare

#### Daily Drop In (2 Hour)

Ages: 0-8

Fee: \$3 for one child

\$1.50 per additional child

#### Monthly Unlimited (2 Hour)

Ages: 0-8

Fee: \$30/month for one child

\$10/month per additional child

#### Schedule

Monday-Thursday 9AM-1:30PM & 5-8PM

Friday 9AM-1:30PM

Saturday 9AM-12N

## YOUTH PROGRAMS

### School Out Days - NEW

Description: Fun programming for kids on school vacation days! More Info to come!

Registration: TBA

Days: TBA

### Parents Day/Night Out - NEW

Description: Have a date while your kids have fun at the Y! More Info the come!

Registration: TBA

Days: TBA

## HS SPORTS

### Dodgeball Tournament

Grades: 9-12

Registration: Nov 4 - Dec 11, 2019

Event: Dec 14, 2019

## YOUTH SPORTS

### Itty Bitty Sports

Ages: 3-5

#### Summer III

Registration: May 13 - July 20, 2019

Session: July 22 - Aug 16, 2019

#### Fall I

Registration: Aug 12 - Aug 30, 2019

Session: Sept 2 - Oct 5, 2019

#### Fall II

Registration: Sept 30 - Oct 5, 2019

Session: Oct 7 - Nov 9, 2019

#### Holiday

Registration: Nov 4 - Nov 9, 2019

Session: Nov 11 - Dec 14, 2019

#### Winter 1

Registration: Dec 9 - Dec 28, 2019

Session: Dec 30 - Feb 1 2020

### B-Ball Leagues, Tourneys, & Camps

#### 7th & 8th Grade 3-on-3 Basketball

Registration: Oct 21 - Nov 15, 2019

Event: Nov 23, 2019

#### K-2 Grade League

Registration: Nov 11 - Dec 20, 2019

Session: Jan 11 - Feb 15, 2020

#### K-6 Instructional Basketball Camp

Registration: Sept 16- Oct 14, 2019

Session: Oct 26- Nov 29, 2019

### Football Leagues & Camps

#### Tackle Football - Grades 5&6

Registration: Apr 29- July 8, 2019

Season: Sept 7 - Oct 12, 2019

#### Flag Football - Grades 3&4

Registration: Apr 29- July 8, 2019

Season: Sept 7 - Oct 12, 2019

#### Flag Football - Grades K-2

Registration: July 29- Aug 30, 2019

Season: Sept 14 - Oct 12, 2019

#### Trinity Kinetics Camp - Grades 3-6

Registration: Apr 29- July 8, 2019

Dates: Aug 5, 7, 9, & 12

### Dodgeball Tournament

Grades: 6-8

Registration: Nov 4 - Dec 11, 2019

Event: Dec 14, 2019

## ADULT SPORTS

### Racquetball League - Fall

Ages: 18+

Registration: Sept 1- Sept 23, 2019

Session: Sept 30 - Dec 15, 2019

### Dodgeball Tournament

Ages: 19+

Registration: Nov 4 - Dec 11, 2019

Event: Dec 14, 2019

### 5-on-5 Basketball League

Ages: 19+

Registration: Nov 4 - Dec 11, 2019

Event: Dec 14, 2019

## CAMPS

### Kinder Camp

Ages: 4-6

Registration: Jan 1 - Aug 4, 2019

Sessions: July 8 - 12, 2019

July 15 - 19, 2019

July 22 - 26, 2019

July 29 - Aug 2, 2019

Aug 5 - 9, 2019

### Day Camp

Ages: 7-10

Registration: Jan 1 - Aug 4, 2019

Sessions: July 8 - 12, 2019

July 15 - 19, 2019

July 22 - 26, 2019

July 29 - Aug 2, 2019

Aug 5 - 9, 2019

### Triangle Y Camp

Ages: 6-15

Registration: Jan 1-July 21, 2019

Sessions: July 7-12, 2019

July 14-19, 2019

July 21-26, 2019