



November marks the season of giving and being thankful for what we have and who surrounds us. Here at the Y we want to say THANKS for all that you do for us, whether it be attending a group fitness class, sponsoring a kid to participate in Y programming, or simply just coming in to our building every day and smiling. No matter what it is, YOU are the reason we do what we do! And this month we are doing A LOT! Check it all out below!



Calling all law enforcement, first responders, active duty military, veterans, & seniors!

NOMINATE SOMEONE OR HELP TO SPONSOR A MEMBERSHIP FOR A PERSON OR FAMILY IN NEED.

Join us for fitness on the day after Thanksgiving! Do 5 fitness classes to be eligible for prizes!

MORE INFO

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Monday Bootcamp 10:30-11:30 (new time)
Tuesday Lean & Mean 10:15-11:15
Wednesday Bootcamp 10:30-11:30
Thursday Lean & Mean 10:15-11:15
Friday Lean & Mean 10:30-11:30

MORE INFO



Dodgeball Tournament Registration

Get a team together or sign up as an individual for the Annual Dodgeball Tournament!

MORE INFO SOON



We have a brand new opportunity for Teens ages 13-18! The Teen Volunteer program is a place where local teens can come together and give back to their community in a fun, safe, and engaging way during the school year.

MORE INFO



Way beyond just providing physical activity, rock climbing for kids can also work mental and emotional wonders!

CONTINUE READING

ROMANS 15:7

"Therefore welcome one another as Christ has welcomed you, for the glory of God"

Thankfully, God is a welcoming God! Not because of anything in us that is so great or deserving, but because He is so great and deserving, in spite of who we are. He could have said, "I am starting over with someone else". Rather, He says, "welcome to you, sin and all, weakness and all, shortcomings and all". You see, He took all of our iniquities to the cross where Jesus bore it all FOR YOU.

So, to you, our Bible study on **Wednesdays at 11:30 AM** (corner room by the pool) says, "because God welcomed us, we welcome you"

Fall II
Swim Lesson Registration
Nov 4-9, 2019

Register for swim lessons for all ages! Lessons run Nov 11 - Dec 14, 2019

REGISTER SOON

K-2 Basketball Registration

Register you K-2nd grader for the Y basketball league!

REGISTER SOON

Fall II Itty Bitty Sports Registration

Register for Itty Bitty Sports for ages 3-5! They will learn new sports like basketball, kickball, and more! The program runs Nov 11 - Dec 14, 2019

REGISTER SOON

Prairie Grit Swim Meet
Nov 2, 2019

A swim meet for all abilities! Join us and Prairie Grit to cheer on these swimmers of all skillsets!

Out of School Day
Nov 11, 2019

It's a Lumberjack Festival at School
Out day on November 11.

MORE INFO

7-8 Grade 3-On-3 Basketball Tournament

Nov 23, 2019
Register your 7-8 grader for the 3-on-3 Basketball Tournament at the YMCA! The tournament is on November 23!

REGISTER

Burn the Bird
Nov 29, 2019

Time for some tricks and treats at our annual Halloween Fun Night! Join us for treats, games, bouncy house, Dizzy the Clown, food by Panini's Plus, & so much more!

MORE INFO

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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