



THIS IS Y

Minot Family YMCA Monthly Newsletter

BOARD MEMBERS

MEETING AGENDA

FINANCIAL REPORT

Huge thank you to everyone who made our impact in 2017 possible. We could not have done it without any of you!

2018 ANNUAL MEETING

On March 21, 2018 the Minot Family YMCA held it's 74th Annual Meeting. We recapped the lasting impact the Y had on the community, our members & guests, our staff, and more in 2017.

We also inducted a new Board President, Robi Buchholz, whom we are excited to work with for the next two years. We thanked our former Board President, Paul Kramer, for a wonderful two years of service. and welcomed him as our new Vice President.



WHAT'S NEW?



KAREN GRONINGER TOURNAMENT

Sign up your team of 3rd-6th grade girls by April 12 for this basketball tourney hosted in memory of Karen Groninger. The tournament will take place on April 21 & 22 and has a 3 game guarantee with the schedule released the day of the tournament.

NEW FITNESS CLASS

Butts & Guts on Fridays from 11:40-12:20 is now Bootcamp Xpress. It opens up the possibility of more intense movement, but is still for all levels. It's also a quick lunch time class, where you can get in, get a good sweat, and get back to work. It's primarily taught at the half track by Kari.

REGISTER FOR DAY & KINDER CAMP



Register today for both Day & Kinder camp, where trained and dedicated staff, field trips, age-appropriate activities, sports, team building, new themes, and crafts come together to make an unforgettable summer.

Kinder Camp is an indoor/outdoor play and learning adventure for preschool children. Located at the Minot Family YMCA, participants will enjoy companionship, fun, games, songs, and more under the direction of the staff.

Day Camp is an adventure that provides a camping experience with the advantage of returning home each day. The camp program includes a balance of fun, educational, and fellowship activities designed to meet important physical, emotional, & character growth needs.

[PRINT DAY CAMP FORM](#)

[PRINT KINDER CAMP FORM](#)

SOCIAL MEDIA BUZZ



Sen. Heidi Heitkamp
@SenatorHeitkamp

Follow

Dropped by the @MinotYMCA today for a wonderful tour—the Y plays an important role in strengthening our community and providing a space for North Dakotans to learn and grow.



We will be CLOSED on April 1 for Easter.



UPCOMING EVENTS

Triangle Y Camp Registration
Jan. 1 - July 22

Register for an experience that lasts a lifetime online or at our Service Desk. With a variety of camps to choose from, your child will learn life skills and values alongside their peers.

[REGISTER](#)

Day Camp Registration
March 1 - July 29, 2018

Register today for both Day & Kinder camp, where trained and dedicated staff, field trips, age-appropriate activities, sports, team building, new themes, and crafts come together to make an unforgettable summer.

[PRINT DAY CAMP FORM](#)

[PRINT KINDER CAMP FORM](#)

Spring II Swim Lesson Registration
April 9-14, 2018

Registration week for Spring II swimming lessons. Lessons take place April 16 – May 19

[REGISTER](#)

CPR Certification & Re-Cert
March 24, 2018

Red Cross CPR and AED training and certification meets the needs of workplace responders, professional rescuers school staffs, professional responders and healthcare providers, as well as the general public. Register at the front desk or online.

[REGISTER](#)

Splash, Spin, & Dash Indoor Sprint Triathlon
April 8, 2018

Come join us Sunday morning, April 8th, to swim, bike, and run your way around the Y. Youth and adults can compete as individuals or teams for their division title. Register at the front desk or online.

[REGISTER](#)

Y's Men's Pancake Breakfast
April 15, 2018

Mark your calendars for a free will donation Pancake Breakfast at the Moose Lodge! Put on by the Minot Y's Men, proceeds will go towards sending kids to Triangle Y Camp who may not have the funds to attend otherwise.

Karen Groninger Girls Basketball Tournament
April 21-22, 2018

This 3-6th grade girls tournament is in memory of Karen Groninger. Sign up your team today!

[REGISTER](#)

Lifeguard Certification
April 27-29, 2018

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Register at the front desk or online.

[REGISTER](#)

Lifeguard Re-Certification
May 5, 2018



Sen. Heidi Heitkamp

@SenatorHeitkamp

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4:45 PM - 20 Feb 2018



Senator John Hoeven

@SenJohnHoeven

Follow

Alina Olivares from @MinotYmca stopped by to outline how they're investing in the #Minot community by providing health care support & programs for youth.



3:03 PM - 7 Mar 2018



Sen. Heidi Heitkamp

@SenatorHeitkamp

Follow

Thankful to receive the @YMCA Congressional Champion Award from @MinotYMCA Alina Olivares for my work to address childhood trauma through legislation I introduced to mitigate the impacts trauma has on children particularly those in Indian country.



4:00 PM - 11 Mar 2018

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Lifeguard Re-Certification

May 5, 2018

The Review course takes place 9AM-5PM and is designed to review the lifeguarding skills and core knowledge points required to re-certify in lifeguarding. Register at the front desk or online.

REGISTER

SUNNYSIDE SCHOOL & WATER SAFETY

Our Aquatics Director, Alina, and our Physical Director, Tia, went to Sunnyside Elementary Safety Day to teach kids grades k-5 about water safety. We will be displaying all of their coloring pages from our Water Safety Coloring Contest!

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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