



Is summer really over?

Can you believe it? The kids (and even some adults) are back at school and the weather will be cooling down before you know it! All the fun activities that kept you busy all summer long are winding down and we are looking to get all of our loyal members back into their exercise routine with some changes! Read more to find out what's new, what's coming back, and more!

WHAT'S NEW?



If you as members know active duty military, veterans, seniors, law enforcement, & first responder personnel, tell them about this exciting offer!

At the Y, we know how much they all have done for our country - We want to give back!

Join the Y during September 1-8 and receive the entire month of September FREE! No contracts or hidden fees.

Applicable monthly membership fees will begin October 1, 2018. In order to qualify you must provide proof of service or be 60+ years of age.

To sign up, stop at the YMCA service desk!

Drop Off Your Winter Items Here!



We are a drop off location for Coats for Kids from Sept 5-28! Help support the Salvation Army and Minot Board of Realtors and share the warmth this season!

Calling All 12-13 Year Olds!

It is the YMCA's Facility Usage Guidelines that youth ages 10-13 be within arm's length of a parent or guardian when using the training center. However, youth ages 12-13 can earn unsupervised access into the fitness center after completing the Youth Exercise Orientation with the Physical Director.

During an orientation, they will learn YMCA policies, proper fitness etiquette, exercise safety, and use of the cardio and weight equipment.

This orientation is FREE for YMCA members and must be set up by the child's parent or guardian.

Click the picture below to view more!



UPCOMING EVENTS

Preschool Registration

May 1-Oct 1, 2018

ONLY A FEW SPOTS LEFT!

Register at the service desk for one of our two preschool classes:

Little Learners

Ages: 3-4

Time: T&Th 9:15AM-11:30AM

Pre-K

Ages: 4-5

Time: M,W,F 9:15AM-11:30AM

PRINT REGISTRATION

Annual Pool Maintenance

Aug 18-Sept 3, 2018

The pool will be closed starting August 20th for annual maintenance. Please be aware of these dates and plan your schedule and workout accordingly.

Adult 5-on-5 Basketball

July 31 - Sept 17, 2018

At the Y, our 5 on 5 recreational basketball league is all about having fun and meeting new people! Season is Sept 25-Nov 30.

REGISTER

Operation Appreciation

Sept 1-8, 2018

All active duty military, veterans, seniors, law enforcement, & first responder personnel get September for FREE if they sign up September 1-8th!

MORE INFO

Fall Membership Drive

Sept 9-16, 2018

Join the Y from September 9-16th and we will waive the enrollment fee! That's a savings of up to \$50! No Contracts. No Enrollment Fee. Discover your Y!

MORE INFO

Carpet Installation

Sept 10, 2018

We will begin installing carpet on our main floor starting September 10. The installation will be held in phases.

Welcoming Week

Sept 14-23, 2018

Stay tuned for some events that will celebrate the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community!

Fall II

Swim Lesson Registration

Oct 1 - Oct 6, 2018

Register for swim lessons for all ages and abilities! Lessons will take place Oct 8 - Nov 10, 2018.

REGISTER

Y's Men's Rodeo

Oct 5-7, 2018

See the best cowboys and cowgirls in the Dakota Region duke it out against bulls, broncs, and the clock!



[REGISTER YOUR CHILD](#)



the Y YMCA

FALL MEMBERSHIP DRIVE

MINOT FAMILY YMCA
SEPTEMBER 9-16, 2018

\$0 ENROLLMENT FEE
NO CONTRACTS. NO JOIN FEE IN SEPTEMBER. DISCOVER YOUR Y.

Y NOT JOIN! OUR CAUSE?

WANT TO HELP PROVIDE **MORE OPPORTUNITIES FOR COMMUNITY MEMBERS, FAMILIES, & YOUTH?**

ROUND UP YOUR MEMBERSHIP!
Ask the front desk how today!

All Kid's Swim is Available All Year!



We are now holding All Kid's Swim every session starting with our Fall II session! This class is all encompassing for every child with diverse abilities ages 4 to 14. This class will also incorporate children on the Autism spectrum, and will replace our current Autism Swim class.

[MORE INFO](#)

Y's Men's Rodeo is Coming!



The Y's Men's Rodeo will be held October 5-7, 2018. It's the Badlands' best cowboys matching up against beasts then times their size, and cowboys and cowgirls working with their horse for its best performance. Witness the dogged determination and pure grit of the American cowboy!

[MORE INFO](#)



Are you ready for something new?

We are replacing all the tile floors on our main floor with a commercial carpet! The carpet is the same type as in our entry way and Community Room and will be installed in phases.

Our projected installation start date is **SEPTEMBER 10th**

During this time there may be some alternate routes that must be taken to avoid the installation areas. We would like to thank you in advance for your patience during the installation process!

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!



Blake, Amy, and Stella selling raffle tickets at the Sabre Dogs game on August 4! Thanks to everyone for the support!



The Roosevelt Park zoo came out for Summer Unplugged on August 1st! They had some fun animal biofacts and more that the kids really enjoyed!



We had a huge turnout for our final Summer Unplugged event sponsored by HESS! The theme was Water Works! Thanks to everyone for a fun summer!



Congratulations to one of our group fitness instructors, Sara Meda, for winning 2018-19 Teacher of the Year!



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