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Minot Family YMCA Monthly Newsletter

OUR IMPACT
A Look at the New Year

In 2017, your YMCA engaged in its first Annual Sustaining Drive. Among our goals, we really wanted to give our community an opportunity to be a part of something larger than themselves and to make a difference in people’s lives.

Your Y has a compelling and well documented case for support that shows how your contributions help to nurture the potential of children and teens, improve health and well-being, and support neighbors, emphasizing the impact on all individuals including those disadvantaged and underserved populations in the greater Minot area.

The Annual Fund Drive in the fourth quarter of 2017 was a success on many fronts. Along with the much needed monetary support, we had the opportunity to engage in meaningful conversation with literally thousands of people in our community about what the YMCA does. The surprise came when we discovered that we need to do a better job of telling our story.

To help accomplish sharing what we do and how we do it, we have initiated a monthly newsletter which needs a name! Please look over the information and offer feedback as to what you would like to see, and help us name our newsletter.

Thanks for a great 2017, and we look forward to sharing more about the Y ~ and please spread the word so others can benefit.

Roger Mazurek
Executive Director
Minot Family YMCA

[VIEW OUR 2018 PROGRAM CALENDAR!](#)

MINOT FAMILY YMCA 2018 PROGRAM CALENDAR

3515 16TH ST SW, MINOT ND 58701 | (701) 852-0141 | WWW.YMCAMINOT.ORG

ROCK CLIMBING CLASSES

Beginner/Intermediate

Ages: 10+

Registration: Jan 1—June 1

Session: 2nd Mon of the month 6-BPM

Advanced

Ages: 10+

Registration: TBA

Session: TBA

YOUTH BASKETBALL LEAGUES

Session 1 (2017-2018)

Grades: K-2nd Boys & Girls

Registration: Aug 2—Dec 22

Session 2

Grades: 3rd-6th Girls

Registration: Jan 2—Feb 8

Session 3

Grades: 3rd-6th Boys

Registration: Feb 12—March 19

Session 4

Grades: 3rd-6th Boys

Registration: April 7—May 12

Session 5 (2018-2019)

Grades: K-2nd Boys & Girls

Registration: TBA

Session: TBA

KAREN GRONINGER MEMORIAL

BASKETBALL TOURNAMENT

Grades: 3rd-6th Boys

Registration: Dec 6—Jan 4

Date: February 3

SPLASH, SPIN, & DASH TRIATHLON

Ages: 6+

Registration: Jan 1—April 2

Date: April 8

HIGH SCHOOL SUMMER BASKETBALL

Grades: 7-12 Boys & Girls

Registration: April 28—May 21

Games Start: June 4

ADULT SAND VOLLEYBALL

Ages: 18+

Registration: April 2—May 28

Season: June 5—July 13 (6 weeks)

Leagues:

Tuesday Co-Ed 6 vs 6

Wednesday Co-Ed 4 vs 4

Thursday Co-Ed 6 vs 6

YOUTH FOOTBALL LEAGUES

Flag Football

Grades: K—2nd Boys & Girls

Registration: July 30

Season: Sept 25—October 13

Tackle Football

Grades: 3rd—6th Boys & Girls

Registration: April 30—July 9

Season: Sept 8—Oct 13

MEN'S 5 ON 5 BASKETBALL LEAGUE

Ages: 18+

Registration: July 30—Sept 17

Season: Sept 25—Nov 15 (8 weeks)

RACQUETBALL FALL/WINTER LEAGUE

Spring League

Ages: All Ages

Registration: Feb 20—March 26

Season: TBA April—May

Fall/Winter League

Ages: All Ages

Registration: Aug 1—Sept 24

Season: Mon/Tues | Oct 2—Dec 30

MAGIC CITY GAMES RACQUETBALL TOURNAMENT

Ages: TBA

Registration: TBA

Date: Aug 10-12

MAGIC CITY GAMES 3 ON 3 BASKETBALL TOURNAMENT

Ages: TBA

Registration: TBA

Date: Aug 11

MAGIC CITY SAND VB TOURNAMENT

Ages: 18+

Registration: TBA

Date: Aug 11

SOVA—CROSSFIT COMPETITION

Ages: 15+

Registration: TBA

Date: Aug 11

BURN THE BIRD

Ages: 15+

Registration: Oct 1—Nov 22

Date: Nov 23

FOR MORE INFORMATION PLEASE CONTACT THE SERVICE DESK AT 701-852-0141

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WHAT'S NEW?

CROSSFIT KIDS

CrossFit Kids is an extension of our North Plains CrossFit programming, but is specifically designed for children. \$40/child/month (maximum amount \$120) Register at the Service Desk

Ages 3-6: Wed at 3:30PM & Sat at 12PM
Ages 7-12: Wed at 4:30PM & Sat at 11AM

BARRE FITNESS CLASS



Have you tried Barre yet? Here are 10 benefits to Barre Class

1. Hard on muscles, kind on joints
2. No experience required
3. Be worked from head to toe
4. Work muscles to failure
5. Modifications for every age and level
6. Increased flexibility
7. Never boring, always fun
8. Lose weight and inches
9. Greater range of motion and endurance for all other activities
10. Rapid results

Join us every Monday from 6:25-7:10 pm for Barre at the Y!

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!



Stay tuned on all our social media to find out what is changing soon for the Minot Family YMCA!



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](#)

Winter II Swimming Lesson Registration Jan. 29 - Feb. 3, 2018

Register for Winter II swim lessons for all ages! Session runs through Feb. 5 - March 10! You can register online or at the Service Desk at the Y during the registration dates.

[REGISTER](#)

Karen Groninger Memorial Basketball Tournament February 2 & 3, 2018

Come watch this 3rd through 6th Grade Boys Basketball Tournament hosted in memory of Karen Groninger.

SilverSneakers Brunch February 13, 2018

All of our SilverSneakers members can join us Tuesday after class at 10AM in the community room for a Valentine's Day Brunch.

Lifeguard Re-Certification February 17, 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](#)

Lifeguard Certification March 2-4, 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](#)

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](#)