

Summer is flying by!

As we all know, summer zooms past us in a blink of an eye; are you getting the most out of it? Young or old we have something for you this summer! Check out what's new below and maybe you will find something that will make your summer even better!

WHAT'S NEW?

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RIDE OUT THE
SUMMER

SPIN CLASS COMPETITION
JULY 5 - AUG 16

400
MILES
IN 6 WEEKS

First individual to reach the 400 mile goal in 6 weeks will receive a T-shirt and a free 1 Month Y Membership. Miles only count if they are in a cycle class with an instructor. 2nd-8th place will receive a T-shirt and an additional prize TBD.

THANK YOU TO
OUR SPONSOR

NORTHERN
Truck Accessories

WE'RE UNDER
CONSTRUCTION

FACILITY UPDATES
MEN'S & WOMEN'S HOT TUBS
ARE GETTING A FACE LIFT!
HOT TUBS & STEAM ROOMS WILL BE CLOSED FOR UPDATES
JUNE 25 (AFTER 1PM) TO JULY 5

DAY CAMP GARDENS



On the south side of our facility we have 2 new additions! Day Camp Gardens! Vivint volunteered their time to help fill the planters and the day campers planted their vegetables and tend to the garden! (Check out the bottom left hand corner of the collage below) If you haven't had a chance to look at our thriving garden, check it out!

BEST SUMMER EVER
WITH DAY & KINDER CAMPS

REGISTER

UNPLUG THIS SUMMER

SUMMER UNPLUGGED
2018 THEME SCHEDULE | WEDNESDAYS 1-4PM

JUNE 6 – Kick Off Picnic
JUNE 13 – Outdoor Fitness Fun

JULY 11 – CHALK it Up
JULY 18 – Fitness Field Day
JULY 25 – A Day with the Taube

SPORTS DEADLINES APPROACHING!

Tackle Football registration **ends July 9!** The season is September 8 - October 13.

Flag Football registration **begins July 30th!** The season is September 15 - October 13.

Men's 5 on 5 B-Ball League registration **begins July 30!** The season is September 25 - November 15th.



UPCOMING EVENTS

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.

REGISTER

Tackle Football Registration
April 30-July 9, 2018
Register for 3rd-6th grade girls and boys tackle football. Deadline is July 9. Season is 9. Sept 8 - Oct 13.

REGISTER

Little Learners Preschool Registration
May 1 - July 29, 2018
Register at the service desk for one of our two preschool classes:
Ages: 3-4
Time: T&Th 9:15AM-11:30AM
Ages: 4-5
Time: M,W,F 9:15AM-11:30AM

PRINT REGISTRATION

Summer III
Swim Lesson Registration
May 9-July 21, 2018
Registration for ALL SUMMER SWIM LESSONS! Lessons will take place as follows:

Summer III
Session: July 23 - August 17

REGISTER

Summer Unplugged Chalk It Up
July 11, 2018
This fun day is all about CHALK! Take turns on our life sized Chalk Board Game complete with a huge dice block, take a stab at our 2-D Chalk Obstacle Course, and more Check it out from 1PM-4PM

MORE INFO

Summer Unplugged Fitness Field Day
July 18, 2018
Kids can enjoy an Obstacle Course, Potato Sack Race, Frisbee Toss, the classic game "500", Free Throw Shoot Out, or play with our Giant Inflatable Bowling! Of course the day wouldn't be complete without giant bubbles and a bubble making station! Check it out from 1-4PM!

MORE INFO

Summer Unplugged A Day with the Taube
July 25, 2018
Bring those kiddos to the Y if you are interested in a fun day full of art inspired activities! We are partnering up with the Taube Museum of Art from 1-4PM Stay tuned for more information closer to the date!



Only a few more weeks left in our Summer Unplugged program sponsored by Hess Corporation! Make sure you don't miss out on all the fun with your kiddos! Click the picture and check out the schedule with all the descriptions!

[PRINT SCHEDULE](#)

WE WANT YOU!



Triangle Y Camp is looking for a volunteer Camp Nurse the week of July 8-14. As a thank you, your child can attend that session of Triangle Y Camp for FREE! If you have medical training and are interested please call or text Cindy at 701-720-7979 or email cmueller@ymcaminot.org



Why did you decide to work at the Y?

In May of 2012 I decided to apply to the Minot YMCA. I was going to be an LIT that summer at Triangle Y Camp, so I wanted to have a little experience guarding, and also a job to come back to in the fall.

How long have you been working at the Y?

A little over 6 years

What Department(s)?

Aquatics and Triangle Y Camp

What is your favorite thing about your job?

I love the people I work with, and all the members that come in daily. It has been awesome getting to know our members by name and visit with them all the time. The second greatest part about working at the Y is working with kids. Teaching swim lessons is always a blast and camp will always be a huge part of my life. It was such an exciting time to become staff in 2012 with 2 other girls that I had been attending camp with since we were 7 years old. Knowing how much I looked up to my counselors when I was a camper made it so much more special and easy to be a role model out at camp and the Y.

Name something you’ve done to help others in or outside of our community?

At my church, the Pursuit, I work with kids in our Kids Pursuit program. It’s such a blast to be a part of these kids’ lives and to watch them grow. I also give blood with United Blood Services, and anyone else who can should! Finally, the Y’s Autism swims program is something I hope to be involved in more this upcoming school year. Last year our schedules clashed to I’m very excited to help out with this awesome program.

What are your interests and/or hobbies?

I love being active. I’m a runner and I love hanging out upstairs with my North Plains CrossFit crew. We always have a blast. I love going to school and being a student, I love to learn! Finally, of course I love hanging out with kids!

What would be your ultimate dream job?

Well, if you are a member who comes to the pool, you probably know that I’ve changed my career path a couple times. I will be applying to the Occupational Therapy program this summer and hope to go to University of Mary. Among all the careers that went through my head, I just knew I needed to work with kids. I am always in a great mood whenever I am teaching lessons or babysitting, and I knew I could make a huge difference in kids’ lives, so that is what I hope to do!

Who has been the most influential person to you at the Y and why?

Cindy Mueller has definitely been the biggest role model for me here at the Y. Back in 2012, Cindy hired me when she was the aquatics director and she was also out at camp. We still talk whenever we can here at the Y and she is always available to listen or answer questions I have, and vice versa! I love Cindy’s stories. She also is one of the hardest workers I know. I’ve seen her working in the back of the pool, showing people around the Y, helping with youth programs, going out to camp, teaching swim lessons, mowing the lawn, and so much more. On top of this, she still gets her workouts in at the Y! Cindy even gone out of her way to allow me to present about camp at a Y meeting for a school assignment. She is such an amazing lady, and her love for the YMCA and hard work is something I very much look up to!

Want to be featured in our next newsletter?

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