



Happy May Day!

Summer is just around the corner which means your summer plans will be filling up! What's even better news is that the YMCA has a bunch of new and exciting things happening during the next few months! We have a new swim program for all ages, summer camps for kids, youth and adult sports registrations, and even a brand new and **FREE** community summer program, just to name a few. You can learn about all these and more below!

WHAT'S NEW?

NEW SWIM LESSON PROGRAM



Our new swim program is sure to make a splash beginning this summer! The program makes it easy to find which class is perfect for your swimmer of any age or skill level!

This program is being used by many other YMCA's all across the nation which makes it easy to transition lessons from one Y to another

Click the buttons below to learn more about our new program!

LESSON SELECTOR

PROGRAM STAGES

WEBSITE



Introducing our new & FREE community program, Summer Unplugged, sponsored by Hess Corporation. From 1-4PM each Wednesday, beginning June 6 - August 8, we invite all the children and their families in the community for a few hours of non-stop fun!

Themed activities such as a field day and cookout, water fun, outdoor fitness, & even partner days with the Taube Museum of Art and the Roosevelt Park Zoo are open to youth of all ages! Our aim to turn off the screens and turn up the play in a safe, inclusive, and nurturing environment.

Stay tuned for more information and the schedule to come out later this month!



Triangle Y Camp spots are filling up fast! Don't miss out on giving the kids in your life an experience that lasts a lifetime! But if you need some more convincing and want to see the life changing and fun things available at camp, watch the video [here!](#)

REGISTER

HIGH SCHOOL BASKETBALL SUMMER LEAGUE KICKS OFF SOON



Time is running out to register your team for the High School Basketball Summer leagues! The purpose of this 5 on 5 league is to allow high school teams to play together in the summer to strengthen their basketball skills.

Teams will compete against other high schools from around the area. Team standings and scores will be kept. Following the league there will be a single elimination tournament for each division.

If you want to be involved or want to know more visit our website or contact schristiansen@ymcaminot.org.

REGISTER



SUMMER HOURS BEGIN
AFTER MEMORIAL DAY!
(MAY 28TH)

M-F: 4AM-12AM
SAT&SUN: 6AM-7PM



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

Adult Sand VB Registration
April 2 - May 28, 2018

Sign up for the adult sand volleyball league this summer! Games start on June 5 and there will be 6 weeks worth of games, excluding the week of 4th of July.

REGISTER

High School Basketball Summer League Registration
April 28-May 21, 2018

Summer league registration for all High School teams is underway! Boys and Girls leagues available. Games begin June 4!

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 I, II, & III
Swim Lesson Registration
May 9-14, 2018

Registration for ALL SUMMER SWIM LESSONS! Lessons will take place as follows:

Summer I
Session: May 28 - June 22
Summer II
Session: June 25 - July 20
Summer III
Session: July 23 - August 17

REGISTER

Lifeguard Re-Certification
May 5, 2018

The Review course takes place 9AM-5PM and is designed to review the lifeguarding

REGISTER FOR TACKLE FOOTBALL



Is your little football player itching to get back on the field? You're in luck! Registration for Tackle football is going on now until July 9. Don't Delay because there is a \$50 late fee for ALL late registrants. We work hard to put the teams and equipment together and need all the time we can get!

REGISTER

SAND VOLLEYBALL REGISTRATION



It's that time of year again! Adult sand volleyball kicks off on June 5! There are two leagues to choose from and games will take place a NEW LOCATION! For more information visit our website under Adult Programs or register below!

REGISTER

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
[Unsubscribe](#)

skills and core knowledge points required to re-certify in lifeguarding. Register at the front desk or online.

REGISTER

Lifeguard Certification
May 18-20, 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



The 2018 North Dakota Racquetball Championships were held on the 7th and 8th of April at the Minot Family YMCA. Here are the local player results:
Open Singles:
2nd - Brian Knowles
3rd - Jeff Jackson
4th - Andrew Gessner
Open Doubles:
1st - Brian Knowles/Steve Knowles
2nd - Andrew Gessner/Roger Mazurek
Elite/A Singles:
1st - Eli Lewis
2nd - Mike Gessner
3rd - Bud Hornaday
Elite/A Doubles:
1st - Bud Hornaday/Vivek Chaturvedi
2nd - Mike Gessner/Joe Elvrum
3rd - Eli Lewis/Tom Rostvedt