

### It's your time to shine Tia!

Summer is here and at the Y our summer programming is already in full swing! We have a brand new member fitness challenge, Summer Unplugged for families, camps, swim lessons, youth and adult sports, and even the chance to win a FREE ONE MONTH MEMBERSHIP! Want to find out how? Read on!



**MEMBER CHALLENGE**  
Bingo your way to health this summer and maybe even win a free month membership!

[MORE INFO](#)



**IT'S BACK**  
We are teamed up with HESS again to bring your kids lots of FREE fun this summer!

[MORE INFO](#)



**DONATIONS NEEDED**  
We are looking for any new or used art supplies you have lying around!

[MORE INFO](#)

## WHAT'S NEW?



	<b>JUNE 5</b>	Picnic & Giant Games	11AM-3PM
	<b>JUNE 12</b>	Feel the Rhythm	1-3PM
	<b>JUNE 19</b>	Furry Friends	1-3PM
	<b>JUNE 26</b>	Y Tie Dye?	1-3PM
	<b>JULY 10</b>	Adventures in Art	1-3PM
	<b>JULY 17</b>	Build Your Future	1-3PM
	<b>JULY 24</b>	H <sub>2</sub> Overload	1-3PM
	<b>JULY 31</b>	Can You Sense It?	1-3PM

### FREE SUMMER FUN

Are you ready for summer? Summer Unplugged is coming back once again courtesy of HESS! Click the picture to print the schedule!

[MORE INFO](#)



## BEST SUMMER EVER WITH DAY & KINDER CAMPS



### KEEP THE KIDS ENTERTAINED THIS SUMMER

Day & Kinder Camp are in full swing and there is still time to sign your kiddos up for our weekly camps! They will learn & play all at the same time!

[MORE INFO](#)



### UPCOMING EVENTS

#### Triangle Y Camp Registration Jan 1 - July 21, 2019

Sign up your child for resident camp out by Lake Sakakawea! They will have an experience that lasts a lifetime!

[REGISTER](#)

#### Kinder & Day Camp Registration Jan 1 - Aug 4, 2019

Register your 3-11 year old in Kinder or Day camp! All the fun of camp but have them home at the end of the day!

[REGISTER](#)

#### Women's Wellness Weekend Registration May 6, 2019

Ladies 21+ can relax at scenic Triangle Y Camp for a weekend of yoga, food, horseback riding, climbing, kayaking, wine tasting, bonfires, and more!

[MORE INFO](#)

#### Summer I, II, & III Swim Lesson Registration May 13 - July 30, 2019

Register for swim lessons for all three Summer Sessions! Lessons run May 27-June 21, June 24-July 19, and July 22 - Aug 16, 2019.

[REGISTER](#)

#### Preschool Registration May 1 - Oct 1, 2019

Get your 4-5 year old ready to be in Kindergarten! Preschool is held M-F from 9 -11:30AM with the session Sept 2019 - May 2020.

[MORE INFO](#)

#### Summer Unplugged Picnic June 5, 2019

Join us from 11-3 for a picnic in our parking lot and giant games for the whole family!

[MORE INFO](#)

## TIPS FROM THE TRAINER



**TRINITY HEALTH**  
CHANGE UP YOUR RUNS

**Kendra Eerdmans**  
Certified Trinity Personal Trainer

Have you ever got to the place where you feel you have plateaued and are going no place with your running? There are different types of run that you can implement into your running routine to help you grow stronger and faster as a runner. [Read More...](#)



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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!



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