

# AQUATICS

## SWIMMING LESSONS

### GROUP LESSONS AGES 6mo+ | TIMES VARY

PARENT/BABY OR CHILD: Members: \$60 | Non-Members: \$120  
Ages 6mo-3 get comfortable in the water with a parent or guardian.

LEVELS 1-6: Members: \$60 | Non-Members: \$120

A fun atmosphere for ages 3-16 to learn to swim with new friends.

ALL KIDS SWIM: Members: \$30 | Non-Members: \$60

Children ages 4-14 with special needs can learn to swim with PGAS.

ADULT: Members: \$60 | Non-Members: \$120

Adults 17+ increase their comfortability or confidence in the water.

### PRIVATE LESSONS AGES 6mo+ | FLEXIBLE TIMES

Learn to swim in a one-on-one or two-person class.

INDIVIDUAL: Members: \$120 | Non-Members: \$200

## REGISTRATION DATES

### GROUP LESSONS

8 WEEKS | 30 MIN LESSONS | TUE or THUR 4-6PM • FRI 9-11AM • SAT 9-11AM  
LESSONS: Parent/Baby, Parent/Child, Levels 1-6, Adult, AKS (not available Fall I)

Winter I: Reg: Dec 15, 2024 - Jan 4, 2025 Session: Jan 7- Mar 1, 2025

Spring I: Reg: Feb 1- 25, 2025 Session: Mar 11- May 3, 2025

Fall I: Reg: Aug 10 - Aug 27, 2025 Session: Aug 30 - Oct 25, 2025

Fall II: Reg: Oct 1-25, 2025 Session: Oct 28 - Dec 20, 2025

### SUMMER GROUP LESSONS

8 WEEKS | 30 MIN LESSONS | SAT 9-10:30AM

OFFERED LESSONS: Parent/Child, Levels 1-4, Adult

Summer: Registration: May 2-24, 2025 Session: June 7-July 26 2025

### SUMMER SWIM LESSON CAMPS

1 WEEK | 45 MIN LESSONS | M-F 1-3PM

OFFERED LESSONS: Parent/Baby, Parent/Child, Levels 1-6

Summer I: Reg: May 2-24, 2025 Session: June 2-6 2025

Summer II: Reg: May 2- 31, 2025 Session: June 9-13, 2025

Summer III: Reg: May 2 - June 21, 2025 Session: July 7-11, 2025

Summer IV: Reg: May 2-July 12, 2025 Session: July 21-25, 2025

### PRIVATE LESSONS 5 LESSONS/MONTH | 30 MIN LESSONS | M-SAT

January: Registration: Dec 1-22, 2024 July: Registration: June 1-28, 2025

February: Registration: Jan 1-26, 2025 September: Registration: Aug 1-24, 2025

March: Registration: Feb 1-23, 2025 October: Registration: Sept 1-21, 2025

April: Registration: Mar 1-23, 2025 November: Registration: Oct 1-26, 2025

May: Registration: Apr 1-27, 2025 December: Registration: Nov 1-23, 2025

June: Registration: May 1-25, 2025 January: Registration: Dec 1-21, 2025

## LIFEGUARD CERTIFICATION

### LIFEGUARD CERTIFICATION | AGES 15+ | \$350

Receive a Lifeguarding with CPR/AED for Professional Rescuers & First Aid cert.

February 8: Reg: Jan 18-Feb 1, 2025 April 17-19: Reg: Mar 15 - Apr 9, 2025

March 8: Reg: Feb 15- Mar 1, 2025 May 9-11: Reg: Mar 15 - May 3, 2025

# SPORTS & MORE

## YOUTH SPORTS & FITNESS

### SPORTS PROGRAMS

#### ITTY BITTY SPORTS

Perfect way to introduce young athletes to a variety of sports and new friends.

Times: Ages 3-4: Sat 12-1PM

Ages 5-6: Sat 1-2PM

Where to Register: In-House or Online

Registration: Jan 20 - Mar 29, 2025

Session: Apr 5 - May 17 - No class 4/19

MEMBERS: \$50 | NON-MEMBERS: \$90

### BASKETBALL PROGRAMS

#### BASKETBALL LEAGUES

##### JR NBA/WNBA LEAGUES

Players learn the basics of basketball and sportsmanship while developing their skills with their friends in this team-based league.

Games: Sat 8AM-2:30PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

##### Kindergarten Co-Ed

Registration: Sept 15 - Oct 14, 2025

Session: Nov 1 - Dec 13, 2025 - No games 11/29

MEMBERS: \$65 | NON-MEMBERS: \$110

##### 1-2 Grade Boys/Girls

Registration: Sept 15 - Oct 14, 2025

Session: Nov 1 - Dec 13, 202 - No games 11/29

MEMBERS: \$65 | NON-MEMBERS: \$110

##### 3-4 Grade Boys/Girls

Registration: Nov 10 - Dec 15, 2025

Session: Jan 10 - Feb 26, 2026

MEMBERS: \$75 | NON-MEMBERS: \$120

#### HIGH SCHOOL SUMMER LEAGUE

A competitive league for teams wanting to keep their skills during the summer months.

Games: MTW 6-10PM - 1 hour games

Location: YMCA or Minot North High School

Practices: 1-2/week as scheduled by Coach

Coaches Register: In-House or Online

##### Boys & Girls Junior Varsity & Varsity

Registration: Apr 14 - May 16, 2025

Session: June 2 - July 17, 2025 - No games 4/5

TEAM FEE: \$425

### FITNESS PROGRAMS

#### YOUTH EXERCISE ORIENTATION

Learn the Training Center equipment, proper form, fitness etiquette, and more to gain access to Training Center without parental supervision.

Ages: 12-13 Fee: Free

Where to Register: In-House or Online

### FOOTBALL PROGRAMS

#### FOOTBALL LEAGUES

##### FLAG FOOTBALL

Players learn the basics of football and sportsmanship while developing their skills with their friends in this team-based league.

Games: Sat 9AM-1PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

##### K-2 Grade Boys & Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

MEMBERS: \$70 | NON-MEMBERS: \$115

##### 3-4 Grade Boys & Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

MEMBERS: \$70 | NON-MEMBERS: \$115

##### TACKLE FOOTBALL

Players develop their football skills with their friends while learning teamwork, sportsmanship, and having fun on the field.

Games: Sat 9AM-1PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

##### 3-4 Grade Boys/Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

Gear Pick Up: Aug 12-14, 2025

MEMBERS: \$220 | NON-MEMBERS: \$240

#### FOOTBALL SKILLS CAMP

Kids develop their football skills with local coaches and MSU athletes in this day camp.

Time: Sat 2-4PM

Registration: Apr 14 - Aug 8, 2025

Event: Aug 23, 2025

MEMBERS: \$50 | NON-MEMBERS: \$70



# SOMETHING FOR EVERYONE

YOUTH PROGRAM GUIDE  
2025 PROGRAMS & EVENTS

MINOT FAMILY YMCA | YMCAMINOT.ORG |   



# DAY & RESIDENT CAMPS

## TRIANGLE Y CAMP

### CAMP OPTIONS

Nestled on scenic Lake Sakakawea near Garrison, ND, Triangle Y Camp offers a variety of camp options for children ages 6-15 during the summer months.

#### MINI AGES 6-9 | FEE: \$395

Designed specifically for first time campers, this 3 day camp will make your child feel right at home with fun activities!

#### RESIDENT AGES 7-15 | FEE: \$565

Our traditional camp filled with fun and nonstop excitement. Campers experience a bit of everything TYC has to offer!

#### EXPLORER AGES 10-15 | FEE: \$570

This camp is for kids who are interested in nature. Canoe trips, campouts, and hiking are just a few they'll experience!

#### CLIMBERS AGES 10-15 | FEE: \$570

Focusing on climbing the 50ft alpine tower, this camp encourages teamwork and campers learn that there are different ways to achieve the same goal!

#### HORSEMANSHIP AGES 10-15 | FEE: \$670

Spend the week paired with a horse; developing a bond with it while also learning about western riding, difference in tack, horse care, and more!

#### OUTDOOR EDUCATION AGES 11-15 | FEE: \$570

Learn about North Dakota's ecology and earn your Hunters Safety certification from a ND Game and Fish Instructor.

#### STEM AGES 10-15 | FEE: \$595

Campers engage in a variety of STEM focused activities such as programming robots, experimenting with circuit boards, problem solving, and more!

#### FAMILY CAMP ALL AGES | FEE: \$100-175/PERSON

Camp out with your family over Labor Day weekend sitting around the campfire, hiking, swimming, horseback riding, archery, climbing, kayaking, and more out at Triangle Y Camp.

### LEADERS IN TRAINING

The LIT program is for those ages 15+ who are interested in developing leadership and camp counselor skills.

Ages: 15-16 (Must be 15 by May 31, 2025)

Where to Apply: TriangleYCamp.org

Applications Open: Jan 1 - May 1, 2025

Fee: \$230 | Due prior to Staff Training

### REGISTRATION DATES

#### TRIANGLE Y CAMP

Where to Register: In-House or online at TriangleYCamp.org

Sponsorships are available - Info on TriangleYCamp.org

Early Bird Registration: Oct 1-31, 2025 | 10% off with code TYC25

2025 Registration: Oct 1, 2024 - Jul 14, 2025

2026 Registration: Oct 1, 2025 - Jul 13, 2026

#### CAMP SESSIONS:

**Session 1: June 8-13, 2025** Theme: Circus

Resident, Horsemanship, Beginner Explorers, STEM

**Session 2: June 15-20, 2025** Theme: Galaxy Far, Far Away

Resident, Horsemanship, Intermediate Explorers, Mini

**Session 3: June 22-27, 2025** Theme: Jungle Jamboree

Resident, Horsemanship, Advanced Explorers, Mini, Outdoor Ed

**Session 4: July 6-11, 2025** Theme: Disney

Resident, Horsemanship, Beginner Explorers, Mini, Climbers

**Session 5: July 13-18, 2025** Theme: Survivors

Resident, Horsemanship, Intermediate Explorers, Mini

**Session 6: July 20-25, 2025** Theme: Christmas In July

Resident, Horsemanship, Advanced Explorers, Mini, Climbers

**Session 7: July 27-Aug 1, 2025** Theme: TYC Games

Resident, Housemasters, Outdoor Ed

#### LABOR DAY FAMILY CAMP

Where to Register: In-House or online at TriangleYCamp.org

Registration: Jan 1 - Aug 22, 2025

Session: Aug 29 - Sept 1, 2025

## DAY CAMP PROGRAMS

### SUMMER DAY CAMPS

#### KINDER CAMP AGES 4-6 | M-F 9AM-1PM

An indoor and outdoor play and learning adventure for little ones.

Participants will enjoy companionship, fun, games, songs, and more!

**MEMBERS: \$90 | NON-MEMBERS: \$120**

#### DAY CAMP AGES 7-10 | M-F 9AM-4PM

A Summer Adventure that includes a balance of fun, educational, and social activities with trips to local kid-friendly spots & Triangle Y Camp.

**MEMBERS: \$160 | NON-MEMBERS: \$190**

#### REGISTRATION DATES

Early Bird Registration: Jan 1-31, 2025 | 20% off with promo code CAMP25

Registration: Jan 1, 2025 - Jul 14, 2025

#### Camp Sessions:

1: Circus: Jun 2-6, 2025

5: Survivors: Jul 7-11, 2025

2: Galaxy Far, Far Away: Jun 9-13, 2025

6: Christmas in July: Jul 14-18, 2025

3: Jungle Jamboree: Jun 16-20, 2025

7: Open Season: Jul 21-25, 2025

4: Disney: Jun 23-27th, 2025

8: Color Wars: Jul 28 - Aug 1, 2025

### ONE DAY CAMPS

#### STEM MINI CAMP AGES 11-16 | 8AM-12PM

Engage in a variety of fun and educational activities focused on math, science, technology, and engineering at this day camp.

**Date:** June 12, 2025 **Registration:** May 1- June 8, 2025

**MEMBERS: \$15 | NON-MEMBERS: \$20**

#### CLIMBING MINI CAMP AGES 9-12 | 9AM-4PM

Love to climb? This day camp is full of fun activities at the Rock Wall!

**Date:** Dec 29, 2025 **Registration:** Dec 1-25, 2025

**MEMBERS: \$30 | NON-MEMBERS: \$50**

#### SCHOOL'S OUT DAYS AGES 5-11 | 8AM-4PM

When school is out, the Y is IN! Kids can enjoy a fun filled day of

climbing, swimming, creating, and more at the YMCA while you work!

**2024-2025 Dates:** Oct 18, Nov 11, Dec 27, Jan 20, Feb 17, & Mar 7

**2025-2026 Dates:** Available once MPS School Calendar is approved

**Registration:** Oct 1- Mar 1, 2025

**MEMBERS: \$35 | NON-MEMBERS: \$60 (Late Fees May Apply)**

#### PARENTS' NIGHT OUT AGES 4-10 | 5:30-8:30PM

Want to enjoy a night away while your kids play? Drop off your children for an evening of arts and crafts, games, and pizza at the Y!

**2024-2025 Dates:** Dec 6, Dec 20, & Feb 14

**2025-2026 Dates:** Available once MPS School Calendar is approved

**Registration:** Oct 1- Feb 12, 2025

**MEMBERS: \$25 | NON-MEMBERS: \$35**

# FAMILY

## SUMMER UNPLUGGED

### SUMMER UNPLUGGED ALL AGES | WED 1-3PM

This FREE summer program is packed full of themed activities for kids and families in the community and sponsored by HESS.

July 9: BBQ Kick-Off Bash

July 16: Color Explosion

July 30: Out of This World

July 30: Wacky Water

## CHILD WATCH

### CHILD WATCH AGES 0-8 | M-F 9AM-2PM & M-TH 5-8PM

A drop-in, babysitting service for family members who are in the facility utilizing the Y. There is a 2 hour time limit.

Daily Drop-In: \$10 for one child \$3 per additional child

Punch Card: \$30 (\$3 punches : 2 for 1st child & 1/additional)

Monthly Unlimited: \$60/month for one child \$10/month/additional child

## BABYSITTING COURSES

### BABYSITTING CERTIFICATION AGES 11+ | SAT 8AM-5PM | \$85

This American Red Cross Course will prepare student to be great babysitters. Plus students receive a Pediatric CPR Certification.

Mar 22: Reg: Mar 1-15, 2025

Aug 30: Reg: Aug 1-23, 2025

Apr 26: Reg: Apr 1-19, 2025

Sept 27: Reg: Sept 1-20, 2025

May 31: Reg: May 1-24, 2025

Oct 25: Reg: Oct 1-18, 2025

July 26: Reg: July 1-19, 2025

Nov 29: Reg: Nov 1-22, 2025

## SAFETY AROUND WATER

### GOLDEN K KIWANIS WATER SAFETY DAY

Free & interactive family event to learn skills to reduce drowning risks

Apr 26, 2025 June 7, 2025 Sept 6, 2025 Dec 6, 2025

## BIRTHDAY PACKAGES

### BIRTHDAY PARTIES ALL AGES | AS SCHEDULED

Looking for a place to host a birthday party for your kids? You can splash, climb, and play with your friends at the YMCA!

**How to Register:** Online Inquiry Form or Call 701-852-0141

**Includes:** Activity area(s) for 10 participants any age, Community Room, T-Shirt for Birthday Child, & Free Chaperones

**Additional Participants:** \$5

**Activity Areas:** Gym (½ Gym) Play (Kid's Gym - ages 0-8 only)  
Splash (Pool) Climb (Climbing Wall)

**STANDARD PARTY | 2 HOURS | MEMBERS: \$100 NON-MEM: \$120**

Splash Party Gym Party Play Party

**POPULAR PARTY | 2.5 HOURS | MEMBERS: \$120 NON-MEM: \$140**

Splash & Gym Splash & Play Play & Gym  
Climb & Gym Climb & Play

**PREMIUM PARTY | 3 HOURS | MEMBERS: \$140 NON-MEM: \$160**

Splash, Climb & Gym Splash, Climb, & Play Splash, Gym, & Play  
Climb, Gym, & Play

# CLIMBING WALL

### BELAY CERTIFICATION | AGES 14+

Learn how to belay and be certified to belay at our Y. Members: \$25 | Non-Members: \$50

### VERTICAL MILE CLUB | ALL AGES | FREE

Climb the wall 150 times and receive a free shirt!

### PRIVATE CLIMBING LESSONS | AGES 7+

Learn to climb in a one-on-one or two-person lesson.

**INDIVIDUAL:** Members: \$120 | Non-Mem: \$200

**BUDDY:** Members: \$100/person | Non-Mem: \$180/person

**TRIO:** Members: \$80/person | Non-Mem: \$160/person