



# THIS IS Y

## Minot Family YMCA Monthly Newsletter

### Changes are coming!

Summer is in full swing and so are our plans for the fall! Many new things are coming to the Y later this year, including new membership categories, new youth programs, LesMills Choreography in select fitness classes, and more! Read on for more info!



#### MORE OPTIONS

Two new categories, College & 2 Person Household, will be in effect starting August 1!

[MORE INFO](#)



#### STAY IN THE KNOW

The Fall and Winter Program Guide is here with even more new and fun events!

[DOWNLOAD](#)



#### YOU COULD WIN PRIZES

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

[MORE INFO](#)



#### PLAY BALL

Football registration for 3-6 grade is still open until July 8 but K-2 flag football registration begins later this month on July 29! Get your registration in by the deadline to avoid a late fee!

[REGISTER](#)



#### DON'T LOSE CONNECTION

You asked, we answered! We have updated and expanded our WiFi throughout our building! This will result in faster internet in more areas during the busiest times of day!



Triangle Y Camp is underway! All the camps are FULL for the rest of the summer!



We had a very successful Summer Unplugged Kick-Off Picnic where we served nearly 500 people!



Huge thank you to City Serve for volunteering at the Y on June 7!



#### UPCOMING EVENTS

##### 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](#)

##### K-2 Flag Football Registration July 29 - Aug 30, 2019

Register your kiddo up for flag football! Deadline is August 30 and the season will go from September 23- October 12, 2019.

[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](#)

##### Summer Unplugged - Adventures in Art July 10

Join us, Hess, and the Taube Museum of Art for a fun day of making art and exploring the artists who make it!

[MORE INFO](#)

##### 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](#)

##### Blood Drive Aug 2, 2019

Join us and Vitalant from 9AM-2PM for a blood drive! Save a life by donating! Sign up for a time slot today!

[MORE INFO](#)

##### Women's Wellness Weekend Aug 23-24, 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](#)

Want to be featured in our next newsletter?  
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