

AQUATICS

SWIMMING LESSONS

GROUP LESSON PROGRAMS | AGES 6mo+

PARENT/BABY OR CHILD: Members: \$50 | Non-Members: \$90
Ages 6mo-3 get comfortable in the water with a parent or guardian.

LEVELS 1-6: Members: \$50 | Non-Members: \$90
A fun atmosphere for ages 3-16 to learn to swim with new friends.

ALL KIDS SWIM: Members: \$30 | Non-Members: \$60
Ages 4-14 with special needs can learn to swim with Prairie Grit.

ADULT: Members: \$50 | Non-Members: \$90
Adults 17+ increase their comfortability or confidence in the water.

SCHOOL YEAR GROUP LESSONS

6 WEEKS | 45 MIN LESSONS | TUE or THUR 4-6:45PM • SAT 9-11:45AM
LESSONS: Parent/Baby, Parent/Child, Levels 1-6, Adult, AKS (not available Fall I)

Winter I: Reg: Dec 14, 2025 - Jan 3, 2026 Session: Jan 6- Feb 14, 2026

Winter II: Reg: Feb 15- 28, 2026 Session: Mar 3- Apr 11, 2026

Spring I: Reg: Apr 12 - Apr 25, 2026 Session: Apr 28 - Jun 6, 2026

Fall I: Reg: Aug 17-30, 2026 Session: Sept 1 - Oct 10, 2026

Fall II: Reg: Reg Oct 11-24, 2026 Session: Oct 27 - Dec 12, 2026

'27 Winter I: Reg: Dec 13, 2026 - Jan 2, 2027 Session: Jan 5- Feb 13, 2027

SUMMER GROUP LESSONS

6 WEEKS | 45 MIN LESSONS | SAT 9-10:30AM
OFFERED LESSONS: Parent/Baby, Parent/Child

Summer: Registration: May 24-June 6, 2026 Session: June 13-July 25, 2026

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 24-June 6, 2026 Session: June 15-19 2026

Summer II: Reg: May 24- June 13, 2026 Session: June 22-26, 2026

Summer III: Reg: May 24 - June 20, 2026 Session: July 6-10, 2026

Summer IV: Reg: May 24- June 27, 2026 Session: July 13-17, 2026

PRIVATE SWIM LESSON PROGRAMS | AGES 6mo+

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

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

PRIVATE LESSONS 5 LESSONS/MONTH | 30 MIN LESSONS | M-SAT
Registration 1-24 of prior month. Offered every month except Aug

SAFETY AROUND WATER

WATER SAFETY DAY

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

Jan 17, 2026 April 25, 2026 August 1, 2026 Dec 12, 2026

LIFEGUARD CERTIFICATION

LIFEGUARD CERTIFICATION | AGES 15+ | \$350

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

Registration: January 1—One week before class.

Jan 9-11, 2026	April 10-12, 2026	Oct 9-11, 2026
Feb 6-8, 2026	May 22-24, 2026	Nov 13-15, 2026
Mar 27-29, 2026	Sep 25-27, 2026	Dec 11-13, 2026

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 26 - Mar 30, 2026
Session: Apr 11 - May 16, 2026

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

2026 League

Kindergarten Co-Ed

Registration: Nov 3 - Dec 19, 2025
Session: Jan 10 - Feb 14, 2026

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

1-2 Grade Boys/Girls

Registration: Nov 3 - Dec 19, 2025
Session: Jan 10 - Feb 14, 2026

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

3-4 Grade Boys/Girls

Registration: Jan 2 - Feb 9, 2026
Session: Feb 21 - Mar 28, 2026
MEMBERS: \$75 | NON-MEMBERS: \$120

2027 League: Registration begins in Nov 2026

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: Minot North & TBD
Practices: 1-2/week as scheduled by Coach
Coaches Register: In-House or Online

Boys & Girls Junior Varsity & Varsity

Registration: Apr 20 - May 22, 2026
Session: June 2 - July 16, 2026
TEAM FEE: \$500

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 20 - Aug 3, 2026
Session: Sept 5 - Oct 10, 2026

MEMBERS: \$85 | NON-MEMBERS: \$130

3-4 Grade Boys & Girls

Registration: Apr 20 - Aug 3, 2026
Session: Sept 5 - Oct 10, 2026

MEMBERS: \$85 | NON-MEMBERS: \$130

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

5-6 Grade Boys/Girls

Registration: Apr 20 - Aug 3, 2026
Session: Sept 5 - Oct 10, 2026
Gear Pick Up: Aug 11-13, 2026

MEMBERS: \$220 | NON-MEMBERS: \$285

FOOTBALL SKILLS CAMP

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

Time: Sat 2-4PM
Registration: Apr 20 - Aug 3, 2026
Event: July 26, 2026

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



SOMETHING FOR EVERYONE

YOUTH PROGRAM GUIDE
2026 PROGRAMS & EVENTS

MINOT FAMILY YMCA | [YMCAMINOT.ORG](https://ymcaminot.org) | [f](#) [@](#) [v](#)

DAY & RESIDENT CAMPS

TRIANGLE Y CAMP

CAMP OPTIONS

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

MINI AGES 6–9 | FEE: \$400

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: \$570

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

EXPLORER AGES 10–15 | FEE: \$575

This camp is for kids who are interested in nature. Canoe trips, campouts, mountain biking, and hiking are just a few activities that campers will experience!

CLIMBERS AGES 10–15 | FEE: \$575

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: \$700

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: \$575

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

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, & more out at Triangle Y Camp.

GROUP RENTALS ALL AGES | FEE: UPON REQUEST

From weddings to team building, you can rent out TYC today!

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 April 1, 2026)

Where to Apply: [TriangleYCamp.org](https://www.triangleycamp.org)

Applications Open: Jan 1 – May 1, 2026

Fee: \$230 | Due prior to Staff Training

REGISTRATION DATES

TRIANGLE Y CAMP

Where to Register: In-House or online at [TriangleYCamp.org](https://www.triangleycamp.org)

Sponsorships are available – Info on [TriangleYCamp.org](https://www.triangleycamp.org)

Early Bird Registration: Oct 1–31, 2026 | 10% off with code TYC26

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

2027 Registration: Oct 1, 2026 – July 12, 2027

CAMP SESSIONS:

Session 1: June 7–12, 2026 Theme: Cowboys & Campfires

Resident, Horsemanship, Beginner Explorers

Session 2: June 14–19, 2026 Theme: Witches & Wizards

Resident, Horsemanship, Intermediate Explorers, Mini

Session 3: June 21–26, 2026 Theme: Jaws & Paws

Resident, Horsemanship, Advanced Explorers, Mini, Outdoor Ed

Session 4: July 5–10, 2026 Theme: Back to the 90's

Resident, Horsemanship, Beginner Explorers, Mini, Climbers

Session 5: July 12–17, 2026 Theme: Adventure Mode

Resident, Horsemanship, Intermediate Explorers, Mini

Session 6: July 19–24, 2026 Theme: Heroes & Villains

Resident, Horsemanship, Advanced Explorers, Mini, Climbers

Session 7: July 26–July 31, 2026 Theme: TYC Games

Resident, Housemasters, Outdoor Ed

LABOR DAY FAMILY CAMP

Where to Register: In-House or online at [TriangleYCamp.org](https://www.triangleycamp.org)

Registration: Jan 1 – Sept 1, 2026

Session: Sept 4–7, 2026

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, 2026 | 20% off with promo code CAMP26

Registration: Jan 1, 2025 – Jul 14, 2026

CAMP SESSIONS:

1: Mission Impossible: Jun 1–5, 2026

5: Stargazers: Jul 6–10, 2026

2: Amazing Race: Jun 8–12, 2026

6: Mythical Creatures: Jul 13–17, 2026

3: Master Chef: Jun 15–19, 2026

7: Art Explosion: Jul 20–24, 2026

4: Water Wonders: Jun 22–26, 2026

8: Carnival Games: Jul 27 – Jul 31, 2026

ONE DAY CAMPS

CLIMBING YOUTH 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!

2025–2026 Dates: Oct 17, Nov 11, Jan 19, Feb 16, Mar 13, & Apr 3

2026–2027 Dates: Available once MPS School Calendar is approved

Registration: Sep 15, 2025–One week before event

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!

2025–2026 Dates: TBD

2026–2027 Dates: TBD

Registration: TBD

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

BABY SITTING CERTIFICATION AGES 11+ | SAT 8AM–5PM

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

Dates: TBD Registration: TBD

CLASS FEE: \$85

FAMILY

FAMILY FUN EVENTS

HEALTHY KID'S DAY ALL AGES | APRIL 18 | TIME TBA

This FREE event aims to inspire kids and families to keep their minds and bodies active throughout the summer months and beyond.

SUMMER UNPLUGGED ALL AGES | WED IN JULY 1–3PM

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

July 8: BBQ Bash

July 15: Amazing Art

July 22: Sensory Explorers

July 30: Water Wonders

HALLOWEEN FUN NIGHT ALL AGES | OCT 23, 2026 | 4–7PM

Halloween themed carnival games, bounce houses, food, and more!

Fee: \$5/child or \$25/family

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

CPR CLASSES

Registration: Jan 1—One week before class begins

Jan 17, 2026 Feb 21, 2026 Mar 21, 2026 Apr 18, 2026

May 9, 2026 Jun 20, 2026 Jul 18, 2026 Aug 15, 2026

Sep 19, 2026 Oct 17, 2026 Nov 21, 2026 Dec 19, 2026

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: \$140 NON-MEM: \$160
Splash Party Gym Party Play Party

POPULAR PARTY | 2.5 HOURS | MEMBERS: \$160 NON-MEM: \$180
Splash & Gym Splash & Play Play & Gym
Climb & Gym Climb & Play

PREMIUM PARTY | 3 HOURS | MEMBERS: \$180 NON-MEM: \$200
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