



THIS IS Y

Minot Family YMCA Monthly Newsletter

Start your new year off right!

Happy New Year! Are you excited to kick off your new year healthy and motivated?! Then the Y has just what you need! Read on to find out more! Also, stay tuned on social media for even more membership promos coming up in January!



DON'T PAY FULL PRICE
Find out how you can save 20% off on the rest of your monthly fees in 2020!

[MORE INFO](#)



STAY MOTIVATED
Commit to your resolutions and have accountability with this fun member challenge!

[MORE INFO](#)



SAVE THE DATES
Our annual Spring & Summer program guide is available for 2020!

[VIEW](#)

WHAT'S NEW?



2020 CAMP REGISTRATION IS OPEN
Whether you send your camper to Triangle Y Camp near Garrison or to the Y for Day or Kinder Camp, they will learn and grow in a fun and safe environment!

[REGISTER](#)



UPCOMING EVENTS

Karen Groninger Memorial Boys Basketball Tournament Dec 23-Jan 27, 2019

Register your team for our annual boys basketball tournament in memory of Karen Groninger which takes place on Feb 8, 2020.

[MORE INFO](#)

3-6 Grade Girls Basketball League Registration Dec 30-Feb 3, 2020

Visit the Vitalant Blood Drive Bus from 4-7PM on January 2! With a shortage on donations we are looking at filling the entire 17 spot schedule! Sign up for your time slot right now!

[REGISTER](#)

Splash, Spin, & Dash Triathlon Registration Dec 20 - Feb 5, 2020

Swim, bike, & run around the Y! Youth & adults of all skills & abilities can compete as individuals or teams for their division title.

[REGISTER](#)

Vitalant Bus Blood Drive Jan 2, 2020

Visit the Vitalant Blood Drive Bus from 4-7PM on January 2! With a shortage on donations we are looking at filling the entire 17 spot schedule! Sign up for your time slot right now!

[REGISTER](#)

Commit to Fit Registration Jan 1-Mar 4, 2020

Stick with your New Year's resolution goals by making a commitment to working out a set amount of days per week! Reach your weekly goal & get entered in to win some sweet prizes!

[REGISTER](#)

Triangle Y Camp Registration Jan 1-July 24, 2020

Register your camper for overnight camp out on scenic Lake Sakakawea!

[REGISTER](#)

Day & Kinder Camp Registration Jan 1-July 26, 2020

Your child will love the fun and interactive activities of camp at the Y all while coming home every night! Register them in January using the Promo Code CAMP20 to receive 20% off the registration price!

[MORE INFO](#)

Winter II Swim Lesson Registration Jan 27-Feb 1, 2020

Register for swim lessons for all ages! Lessons run Feb 3 - March 7, 2020

UNLOCK YOUR POTENTIAL

ONE FREE FITNESS ASSESSMENT AND ONE FREE PERSONAL TRAINING CONSULTATION
COURTESY OF TRINITY HEALTH EXERCISE PHYSIOLOGY

Offer valid for all new YMCA Members who sign up for a membership January 13-18, 2020.

JOIN US FOR A NEW ADAPTIVE EVENT: Y BIKE

AN INDOOR ADAPTIVE BIKE RIDING EXPERIENCE

Adaptive athletes ages 3-18 can now work on bicycling skills that could get lost during the winter season! Just bring your bikes and helmets to the Y and ride around the North Gym with the guidance of our volunteers!

January 5, 2020
AGES 3-8: 1-2PM AGES 9-18: 2-3PM

MEMBERS: FREE NON-MEMBERS: \$5
SPONSORSHIPS AVAILABLE

REGISTER AT THE YMCA OR VISIT WWW.YMCAMINOT.ORG

[REGISTER](#)





TRIATHLON REGISTRATION IS OPEN!

Swim, bike, & run around the Y! Youth & adults of all skills & abilities can compete as individuals or teams for their division title.

[MORE INFO](#)



NEW FITNESS CLASS ALERT

High Fitness takes old school aerobics to the next level with modern fitness techniques such as HIIT training, plyometrics, intervals of strength and cardio, and more. This class will take place on Fridays at 10:30AM!

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
[Manage Email Preferences](#)

[MORE INFO](#)

Winter II Swim Lesson Registration

Jan 27-Feb 1, 2020

Register for swim lessons for all ages! Lessons run Feb 3 - March 7, 2020

[REGISTER SOON](#)

Fall II Itty Bitty Sports Registration

Jan 27-Feb 1, 2020

Register for Itty Bitty Sports for ages 3-5! They will learn new sports like basketball, kickball, and more! The program runs Feb 3 - March 7, 2020.

[REGISTER SOON](#)