

# DO MORE

## B-DAY PARTIES & SMALL RENTALS

**Includes:** Activity area(s) , Community Room, T-Shirt for Birthday Child if applicable, & Free Chaperones unless participating

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

### Standard Party : 2 Hours, 10 participants

Fees: Members: \$100 Non-Mem: \$120 \$5/extra participant

Party Options:

Splash Party Gym Party Play Party

### Popular Party: 2.5 Hours, 10 participants

Fees: Members: \$120 Non-Mem: \$140 \$5/extra participant

Splash & Gym Splash & Play Play & Gym

Climb & Gym Climb & Play

### Premium Party Options: 3 Hours, 10 participants

Fees: Members: \$140 Non-Mem: \$160 \$5/extra participant

Splash, Gym, & Play Splash, Climb & Gym

Splash, Climb & Play Climb, Gym, & Play

## FACILITY & Y CAMP RENTALS

**YMCA:** Exclusive Access Fees/hour for up to 25 individuals

Break Room: \$10 Community Room \$25

Fitness Studio: \$60 Kid's Gym: \$70

½ Gym: \$70 ½ Pool or 2 lanes: \$80

Climbing Wall: \$80 Larger Rentals: Contact Y

**Triangle Y Camp :** Availability: June–September

Fees: Day Groups starting at \$20/person

Overnight Groups Starting at \$500 Base

Add-on's available

## CERTIFICATION COURSES

### CPR Certification \*

**Registration:** Jan 1 until full

**Time:** 10AM-2PM

**Courses:** Jan 21, 2023

Feb 18, 2023

Mar 11, 2023

Apr 15, 2023

May 13, 2023

### Lifeguard Certification \*

**Registration:** Jan 1 until full

**Time:** TBA

**Courses:** Jan 6-8, 2023

Feb 10-12, 2023

Mar 17-19, 2023

Apr 21-23, 2023

May 26-28, 2023

\*All courses are tentative dependent upon number of registrants.

# ACTIVE ADULTS

## ADULT SPORTS, FITNESS, & ORIENTATIONS

### YMCA Blood Drives

**Ages:** 16+ **Time:** 11AM-3PM

**Date:** Jan 4, 2023 Aug 23, 2023

Apr 26, 2023 Dec 13, 2023

### Training Center Orientation

**Registration:** Year Round (free)

**Session:** As scheduled

### Splash, Spin, & Dash Triathlon

**Ages:** 6+

**Fee:** Individual: \$25 Team: \$75

**Registration:** Jan 15 – Mar 15, 2023

**Event:** March 26, 2023 **Heat Times:** TBA

### Personal Training

**Registration:** Year Round

**Session:** As scheduled

**Individual Training – 30 Minute Sessions**

1 Session: \$25\*

4 Session Package: \$100\*

8 Session Package: \$200\*

12 Session Package: \$300\*

16 Session Package: \$400\*

**2-Person Training – 60 Minute Sessions**

1 Session: \$30/person\*

4 Session Package: \$120/person\*

8 Session Package: \$240/person\*

12 Session Package: \$360/person\*

16 Session Package: \$480/person\*

\*A YMCA membership or daily guest pass required to participate

## MEMBER CHALLENGES

### Commit to Fit

**Ages:** 14+

**Registration:** Jan 1 – Feb 6, 2023

**Challenge Dates:** Jan 1 – Mar 4, 2023

**Challenge:** Commit to a weekly workout tier

### 500/1000lb Club

**Ages:** 14+ **Registration:** Year Round

**Challenge:** Bench, squat, & deadlift equal or over 500lbs (female) or 1000lbs (male)

### Women's Wellness Weekend at TYC

**Ages:** Females 21+

**Fee:** Members: \$100 Non-Members: \$120

**Registration:** May 7 – Aug 3, 2023

**Event:** Aug 11-13, 2023

### Climbing Programs

**Vertical Mile Challenge**

**Ages:** 5+ **Fee:** Free

**Challenge:** Climb the rock wall 150 times

**Belay Certification Class**

**Ages:** 14+

**Fee:** Member: \$25 Non-Member: \$50

**Registration:** Year Round as scheduled

**Lead OR Multi-Pitch Climbing Classes**

**Ages:** 16+ (Lead) 18+(Multi-Pitch)

**Fee:** Member: \$45 Non-Member: \$90

**Registration:** Year Round as scheduled

### Parkinson's Exercise Program

**Class Fee:** \$5\*

**Punch Card:** \$50\*

**Classes:** M/W 1:30PM & T/Th 1PM

**Registration:** Year Round

### North Plains CrossFit

**Registration:** Year Round

**Class Fee:** \$10\* **Trial week:** Free

**Monthly Fee:** Individual: \$60 Family: \$90

Jan-Feb 1 Fees Only: Individual: \$40 Couple: \$50



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOMETHING FOR EVERYONE

## SPRING & SUMMER PROGRAM GUIDE

JAN 1 – JUNE 30, 2023

MINOT FAMILY YMCA | YMCAMINOT.ORG |



# JUST FOR THE KIDS

## YOUTH & HIGH SCHOOL SPORTS

### Youth Exercise Orientation

**Ages:** 12-13 looking to gain unsupervised access in Training Center

### Climbing Programs

#### Vertical Mile Challenge

**Ages:** 5+ **Fee:** Free

**Challenge:** Climb the rock wall 150 times

#### Belay Certification Class

**Ages:** 14+

**Fee:** Member: \$25 Non-Member: \$50

**Registration:** Year Round as scheduled

#### Lead Climbing Class

**Ages:** 16+

**Fee:** Member: \$45 Non-Member: \$90

**Registration:** Year Round as scheduled

### Football Leagues

#### Tackle Football

##### Grades: 5 & 6

**Fee:** Member: \$170 Non-Member: \$190

**Games:** Saturdays 9AM-3PM

**Registration:** Apr 1 - July 14, 2023

**Season:** Sept 9 - Oct 14, 2023

#### Flag Football

##### Grades K-2

**Fee:** Member: \$45 Non-Member: \$90

**Games:** Saturdays 9AM-4PM

**Registration:** Apr 1 - July 14, 2023

**Season:** Sept 16 - Oct 14, 2023

##### Grades 3 & 4

**Fee:** Member: \$45 Non-Member: \$90

**Games:** Saturdays 9AM-3PM

**Registration:** Apr 1 - July 14, 2023

**Season:** Sept 9 - Oct 14, 2023

### Basketball Leagues

#### 2022-2023 Youth Leagues

##### Girls Grades 3 - 6

**Fee:** Member: \$60 Non-Member: \$100

**Games:** Saturdays 9AM-3PM

**Registration:** Oct 17 - Dec 2, 2022

**Session:** Jan 7 - Feb 11, 2023

##### Boys Grades 3 - 6

**Fee:** Member: \$60 Non-Member: \$100

**Games:** Saturdays 9AM-3PM

**Registration:** Dec 5 - Jan 13, 2023

**Session:** Feb 18 - Mar 25, 2023

#### Karen Groninger Memorial High School Boys & Girls Leagues

##### Grades: 9-12

**Fee:** \$400/team

**Games:** M/T/Th 6-10PM

**Registration:** Mar 1 - May 14, 2023

**Session:** May 29 - July 13, 2023

### Breakthrough Basketball Camp

#### Scoring, Shooting, & Ball Handling

**Grades:** 5-12

**Registration:** Feb 18 until full

**Dates:** June 16-1, 2023

**Time:** 9AM-3PM

#### Essential Skills & Decision Making

**Grades:** 3-8

**Registration:** Feb 18 until full

**Dates:** July 7-9, 2023

**Time:** 9AM-3PM

### YMCA Basketball Camp

#### Grades: K-6

**Fee:** Members: \$20 Non-Members: \$40

**Registration:** Aug 1 - Oct 6, 2023

**Dates:** Oct 21-22, 2023

## IN-Y DAYCARE

### In-Y Daycare

#### Hours

Mon-Fri 9AM-2PM (Stay tuned for evening)

#### Daily Drop-In (2 Hours)

**Ages:** 0-8

**Daily Fee:** \$10 for one child

\$3 per additional child

#### Punch Card (2 Hours)

**Fee:** \$30 \$3 punches : 2 for 1st child & 1/additional

#### Monthly Unlimited (2 Hours)

**Ages:** 0-8

**Fee:** \$60/month for one child

\$10/month per additional child

## DAY & OVERNIGHT CAMPS

### School Out Days

**Ages:** 5-11 **Time:** 8AM-4PM

**Fee:** Member: \$25 Non-Member: \$50

**Registration:** Oct 1, 2022 - Mar 24, 2023

**Days:** Jan 16, 2023 Mar 9, 2023

Feb 20, 2023 Apr 7, 2023

### Day & Kinder Camp

#### Kinder Camp

**Ages:** 4-6 **Time:** 9AM-1PM

**Fee:** Member: \$80 Non-Member: \$100

#### Day Camp

**Ages:** 7-10 **Time:** 9AM-4PM

**Fee:** Member: \$150 Non-Member: \$175

**Registration:** Jan 1 - July 30, 2023

#### Sessions:

June 5-9, 2023 (Wacky Science)

June 12-16, 2023 (Jurassic World)

June 19-23, 2023 (Fun with Food)

June 26-30, 2023 (Blast Off)

July 10-14, 2023 (Creation Station)

July 17-21, 2023 (Spy Kids)

July 24-28, 2023 (Crazy Creatures)

July 31-Aug 4, 2023 (Color Wars)

## SPECIAL EVENTS

### Splash, Spin, & Dash Triathlon

#### Ages: 6+

**Fee:** Individual: \$25 Team: \$75

**Registration:** Jan 15 - Mar 15, 2023

**Event:** March 26, 2023 **Heat Times:** TBA

### Summer Unplugged

**Ages:** All ages - geared towards ages 3-12

**Events:** July 5, 12, 19, & 26, 2023

**Time:** 1-3PM

### Halloween Fun Night

**Ages:** All ages - geared towards ages 2-12

**Event:** Oct 27, 2023 **Time:** 4-7PM

# AQUATICS

## SWIMMING LESSONS

### Group Swim Lessons

**Ages:** All Ages

**Weekday Fee:** Member: \$50 Non-Member: \$100

**Saturday Fee:** Member: \$40 Non-Member: \$80

**Parent Child Fee:** Member: \$25 Non-Member: \$50

**Spring I** 4 weeks | 30/45 min lessons | 9AM-12PM | Sat

**Registration:** Jan 1-7, 2023 **Session:** Jan 12 - Feb 4, 2023

**Spring II** 4 weeks | 30/45 min lessons | 4:50-6:15PM or 9AM-2PM | TBA

**Registration:** Feb 5-11, 2023 **Session:** Feb 16- Mar 11, 2023

**Spring III** 4 weeks | 30/45 min lessons | 4:50-6:15PM or 9AM-2PM | TBA

**Registration:** Mar 12-18, 2023 **Session:** Mar 23 - Apr 15, 2023

**Spring IV** 4 weeks | 30/45 min lessons | 4:50-6:15PM or 9AM-2PM | TBA

**Registration:** Apr 16-22, 2023 **Session:** Apr 27 - May 20, 2023

**Summer I, II, III, & IV** 2 weeks | 30 min lessons | 4-6:15PM | M-Th

**Registration:** May 21 - Jul 29, 2023

**Summer I:** May 29 - June 9, 2023 **Summer II:** Jun 19-30, 2023

**Summer III:** July 10-21, 2023 **Summer IV:** July 31 - Aug 11, 2023

### All Kids Swim

An adaptive lesson for those with physical & learning diverse abilities.

**Ages:** 4-14 | **Fee:** Member: \$35 Non-Member: \$70

**Spring I** 4 weeks | 45 min lessons | 4-4:45PM | Thursdays

**Registration:** Jan 1-7, 2023 **Session:** Jan 12 - Feb 4, 2023

**Spring II** 4 weeks | 45 min lessons | 4-4:45PM | Thursdays

**Registration:** Feb 5-11, 2023 **Session:** Feb 16- Mar 11, 2023

**Spring III** 4 weeks | 45 min lessons | 4-4:45PM | Thursdays

**Registration:** Mar 12-18, 2023 **Session:** Mar 23 - Apr 15, 2023

**Spring IV** 4 weeks | 45 min lessons | 4-4:45PM | Thursdays

**Registration:** Apr 16-22, 2023 **Session:** Apr 27 - May 20, 2023

### Private Swim Lessons

#### Individual Private Swim Lessons

Description: Five 30min 1-on-1 swim lessons for 1 individual.

**Ages:** All Ages | **Fee:** Member: \$125 Non-Member: \$200

**Registration:** Year Round (Waiting List) **Session:** As scheduled

#### Small-Group Private Swim Lessons

Description: Five 30min 1-on-2/3 swim lessons for 2-3 individuals.

2 Individuals Fee: Member: \$113/person Non-Member: \$185/person

3 Individuals Fee: Member: \$75/person Non-Member: \$150/person

**Ages:** All Ages (preferably individuals the same age or swim skill level)

**Registration:** Year Round (Waiting List) **Session:** As scheduled

STAY TUNED FOR POP UP EVENTS FOR  
ALL AGES IN THE SPRING & SUMMER