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Minot Family YMCA Monthly Newsletter

Fall is here Tia!

We have pumpkins outside our door, the weather is getting cooler, and all of our fall programming is in full swing! New programs, fundraisers, annual events, and spooky fun are all in store for you this October! Read on to find out more!



BEAT BREAST CANCER
Join us for the TETWP Blood Drive on October 15! Donate for a cause!

[MORE INFO](#)



TRICKS & TREATS
Our annual Halloween Fun Night is drawing near! Find out what is in store this year!

[MORE INFO](#)



NEW PROGRAM ALERT
When school is out, the YMCA is in! First School Out Day is on October 17!

[MORE INFO](#)

WHAT'S NEW?



GIVE BACK AND HAVE FUN!

We have a brand new opportunity for Teens ages 13-18! The Teen Volunteer program is a place where local teens can come together and give back to their community in a fun, safe, and engaging way during the school year.

[MORE INFO](#)



LEARN A LIFE SAVING SKILL

CPR is an important skill that can save lives and you can get certified right at your YMCA on October 19!

[MORE INFO](#)



CAMP CONQUERORS WITH CARSON WENTZ

Out at TYC, Carson Wentz's AO1 Foundation puts on Camp Conquerors. It was created to provide children with physical challenges, life-threatening illnesses (past and present) and the undeserved opportunity to experience the outdoors like they never have before. Huge thanks to Carson for coming out and utilizing camp!

VERSE OF THE MONTH

JOHN 17:26

Jesus said, Father, I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them."

The rest of the story...Why the Y? Most everyone has, at least, heard of the YMCA. The Y has always been built on Christian opportunities for everyone to be together, and encourage physical health.

Did you know Y has always included a place for all to be together in Christ. He wants the love of our heavenly Father to be in us



UPCOMING EVENTS

Fall II

Swim Lesson Registration Sept 30-Oct 9, 2019

Register for swim lessons for all ages! Lessons run Sept 2 - Oct 5, 2019

[REGISTER](#)

Fall II Itty Bitty Sports Registration

Sept 30-Oct 9, 2019

Register for Itty Bitty Sports for ages 3-5! They will learn new sports like basketball, kickball, and more! The program runs Oct 7 - Nov 9, 2019.

[REGISTER](#)

Lazy Man's Triathlon Sept 30-Oct 28, 2019

Want to do a triathlon but not all in one day? The Lazy Man's Triathlon is for you!

[MORE INFO](#)

Prairie Grit Swim Meet Oct 12, 2019

A swim meet for all abilities! Join us and Prairie Grit for a free program for swimmers of all skills!

[MORE INFO](#)

TETWP Blood Drive Oct 15, 2019

Join us for the TETWP Blood Drive From 10AM-2PM! Save a life by giving blood! We will be selling Tough Enough to Wear Pink items!

[SIGN UP TO DONATE](#)

CPR Certification Course Oct 19, 2019

Learn a lifesaving skill from 12-5pm on Saturday October 19. Register today!

[MORE INFO](#)

7-8 Grade 3- On-3 Basketball Tournament Registration Oct 21, 2019

Register your 7-8 grader for the 3-on-3 Basketball Tournament at the YMCA! The tournament is on November 23!

[MORE INFO SOON](#)

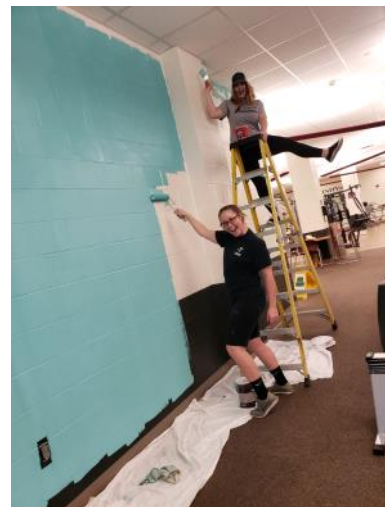
Halloween Fun Night Oct 25, 2019

Time for some tricks and treats at our annual Halloween Fun Night! Join us for treats, games, bouncy house, Dizzy the Clown, food by Panini's Plus, & so much more!

[MORE INFO](#)

as well. Jesus prays that all of us may believe in Him in John 17:20.

May His love be with you and in you as you consider "why the Y" for you!



Last Friday we added a pop of color to the Training Center! More colorful fun to come the fall and winter!



Huge Thanks to Home Depot & MAFB for volunteering during the Magic Day of Giving!

Your Y team was out picking and washing pumpkins and gourds for our annual pumpkin fundraiser to help send kids to Triangle Y Camp! You can purchase them at the service desk while they last!



Thanks YMCA! You're the best part of my day! #yncaminot



We got some brand new carpet in our Adult & Universal Locker Rooms!



One of our members was BANANAS for the bananas we gave away during our Member Appreciation Month!

CALLING ALL ADVENTURE MOTORCYCLE RIDERS

Did you know that some of the most scenic by ways are right here in our State of North Dakota. Next summer we are planning a ride on the Lewis and Clark Trail starting at the Triangle Y Camp. [Read more...](#)

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!



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