

Spring has sprung!

At the Y, we are so excited that the warm weather is upon us! That means we are gearing up for our summer programming! We have created an exciting new program and even made some changes to our current programs but you will have to read ahead to find out.

Oh! And if you don't want to miss out on all the fun things going on this spring, download our NEW APP! It is our main form of communication for all schedule updates and it's so user friendly that even new smart phone users can navigate easily! Learn more below!

INTRODUCING
YOUR NEW YMCA
MOBILE APP

1. SEARCH FOR DAXKO
2. DOWNLOAD APP
3. SEARCH MINOT

HUFF & PUFF
ADULT MULTI-SPORT LEAGUE

PLAY A VARIETY OF SPORTS OVER 8 WEEKS
PICKLEBALL RACQUETBALL DODGEBALL
WALLYBALL BADMINTON KICKBALL

UPHOLSTERER
NEEDED

TIME FOR AN UPDATE

Switch to our new mobile app by April 12 to stay up to date and connected with schedule changes, events, and more!

NEW ADULT PROGRAM

We will be having multi-sport league for adults starting this summer! Stay tuned for info on registration this month!

UPHOLSTERY REPAIR

We are looking for someone to re-upholster our fitness equipment padding. Email Tia for more information.

[DOWNLOAD APP](#)

[MORE INFO](#)

[EMAIL FOR MORE INFO](#)

WHAT'S NEW?

SAFETY AROUND WATER

The world is 71% water,
Children are 100% curious.

PROTECT YOURSELF

With summer coming up, the pool here at the Y will start getting busy! Here is a friendly reminder of our pool and hot tub rules to keep all our members and guests safe!

[READ MORE](#)

PRESCHOOL CHANGES

Preschool registration begins in May, and we have made some changes to the program! There will be one Pre-K class that will meet M-F 9AM-11:30AM for 4 & 5 year olds. This class will focus on preparing them for Kindergarten through nurturing and fun activities.

[MORE INFO](#)

BEST SUMMER EVER
WITH DAY & KINDER CAMPS

SPOTS ARE FILLING UP

Day & Kinder Camps are always full of fun, learning, & adventure! Spots are filling for our summer day camps so make sure to reserve your child's spot in their favorite themed week (or weeks) by registering today!

[MORE INFO](#)



UPCOMING EVENTS

Triangle Y Camp
Registration

Jan 1 - July 21, 2019

Sign up your child for resident camp out by Lake Sakakawea! They will have an experience that lasts a lifetime!

[REGISTER](#)

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](#)

PGAS Wheelchair
Basketball

April 6, 2019

Sign your child up for youth basketball league. Players will learn the basics of basketball. Season is from April 6 - May 11, 2019

[MORE INFO](#)

Spring II Swim Lesson
Registration

April 8-13, 2019

Register for swim lessons for all ages!
Lessons run April 15 – May 18, 2019

[REGISTER](#)

Huff & Puff Registration

April 8 - May 31, 2019

Adults 25-34 or 35+ can learn and play a variety of sports in this multi-sport league.

[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](#)

TIPS FROM THE TRAINER

New Section 1 Page 1



INDOOR TO OUTDOOR RUNNING

Kendra Eerdmans

Certified Trinity Personal Trainer

We have all felt a little cooped in this winter, especially if you are a runner. You are probably asking when will I be able to get my runs in outside! Well as runner training for a marathon myself I have a few tips for you to keep in mind as you transition to running outside again. [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!



Minot Family YMCA | 3515 16th St SW | Minot, ND | 701-852-0141
[Manage Email Preferences](#)