



LOCATIONS

YMCA

1608 N Washington St., Bismarck, ND

FAMILY WELLNESS

2700 46th Ave. SE, Mandan, ND

HOURS OF OPERATION

Monday-Friday 5:00am-11:00pm

Saturday 6:00am-7:00pm

Sunday 9:00am-7:00pm

HOLIDAY HOURS

CLOSED

Easter, July 4, Christmas Day

ADJUSTED

Memorial Day, Labor Day, Thanksgiving,
Christmas Eve, New Year's Eve/Day

CONTACT INFORMATION

Y Phone: 255-1525

FW Phone: 751-9800

YDC Phone: 255-6122

YDC North 751-9700

Y Website: bismarckymca.org

FW Website: familywellnessbisman.org

NETWORK POLICIES

- One time joining fee paid upon sign up
- Cancellations must be submitted in person before the last day of the month
- Continuous membership rates use automatic monthly withdrawal
- Annual rates are available for all memberships
- Memberships are non refundable



**MISSOURI VALLEY
FAMILY YMCA**
You Belong Here

MEMBERSHIP GUIDE

MEMBERSHIP FEES

MEMBERSHIP TYPE	MONTHLY RATE	FITNESS LOCKER ROOM	JOINING FEE
Youth (ages 0-18)	\$28	N/A	\$20
Young Adult (19-25)	\$39	\$51	\$20
Adult (26-64)	\$51	\$63	\$50
Family/Household	\$64	\$84	\$50
Senior Adult (65+)	\$48	\$60	\$50
Senior Family/ Household	\$61	\$81	\$50



YMCA MEMBER BENEFITS

- Family Splash Center
- Online virtual Y access
- Child-watch drop-off care
- Over 100 **FREE** group fitness classes weekly
- **FREE** Wellness Orientation
- TWO state-of-the art wellness centers with over 400 pieces of cardio and strength training equipment
- 2 pools, 4 gymnasiums, 4 indoor tracks and 4 racquetball courts
- Youth and family programming including Family Fun Gym Time, aquatics, sports and more
- Child care, preschool and school age care
- **TWO great locations:** The Y in Bismarck and Family Wellness in Mandan
- **Member priority and pricing** on programs
- **No contracts** or long-term commitments
- **Nationwide Membership** provides access to Y's throughout the US!

GUEST FEES

Pass Type	DAILY RATE
Youth (ages 0-18)	\$8
Adult	\$20
Adult Fitness Locker Room	\$30
Family/Household	\$30

* Membership rate increase effective September 1, 2022.

CHILD WATCH FEES

MONTHLY	CARE RATE
1 Child	\$21
2 or More Children	\$26

CHILD WATCH HOURS

Monday-Friday
8:00 AM-1:00PM

Monday- Thursday
4:00 PM-8:00 PM

Saturday
8:00 AM-12:00 PM

- 8 weeks to 10 years
- Members only
- Contact Member Services to reserve spots daily



FINANCIAL ASSISTANCE

Your Y & Family Wellness believe everyone deserves a safe & welcoming place to belong. It is our mission to never turn anyone away, regardless of their financial situation. In order to give access to the Y & Family Wellness to anyone who needs it, we offer membership financial assistance for those who qualify. Stop by the Member Services desk or visit Bismarckymca.org for an application or more information.