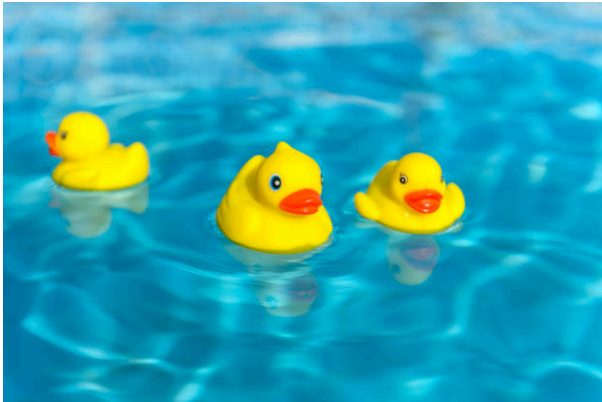




MONTHLY MEMBER FEATURE



MAY FUNDRAISER MAYHEM!

[LEARN MORE](#)

Bucket Raffle

- May 19-23
- \$20 for 10 Tickets
- Purchase at member services.

Toss your tickets into a variety of prize packages for the chance to win a parking spot, an annual membership, group training & much more! Proceeds support the health & wellness of youth, seniors & families in our community.

Chuck a Duck

- Sat May 3
- 1-4pm
- 5 for \$15

Toss your tiny ducks into the pool for a chance to win special prizes. Proceeds support health & wellness programs & services for kids in our community. Enjoy the Splash Center with your family for free during the event.

Bootcamp for Bucks

- Sat May 17
- 10am
- Free will donation for bootcamp participation.

Get ready to dig deep, push hard & make your sweat count! Register now for free & join us for a high-energy outdoor bootcamp where every rep brings us closer to a healthier community.

VIP Club Cardio

- Sat May 31
- 9-10:25am
- Free will donation for club entry.

Get ready to rock with the best Group Fitness instructors around at our high-energy, VIP-style dance party FUNdraiser! Boast your red, gold & black to match the theme & bring a free will donation to join the fun!



STRENGTHEN YOUR FISCAL FITNESS

START YOUR FREE WLL

As a valued friend of the Missouri Valley Family YMCA, we're excited to help you build a financially strong legacy. Through our partnership with FreeWill, you can create your legal will - 100% Free - in 20 minutes or less. Plus, you have the option to establish a revocable living trust at no cost. Secure your future and leave a lasting impact today!

PERSONAL & GROUP TRAINING

Whether you need the energy and encouragement of a group, or one on one focus and support, try a training program to find the motivation and accountability you need to see the results you want and reach your wellness goals. Register for personal or group training today to get on your way to being the best version of you!



Personal Training

Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you need to see the results you want. Our trainers can get you going on a workout plan, add variety to your exercise program or challenge the athlete inside. Train by yourself for one-on-one attention, or train with a friend to challenge & encourage each other.

Visit the Life Center or contact Kara at kara.colon@bismarckymca.org for more information.

Cardio Challenge

From May-August, members can cumulatively treadmill/elliptical/bike the

Bootcamps

Offered on an ongoing basis members can purchase small group training packages & register for sessions that best fit their schedules.

- \$100 for 8, 45 Minute Sessions

Total Body Knockout

- Mon & Wed 5:30am, 12:05 or 5:30pm
- Fri 5:30am
- This high-energy class combines kettlebells, dumbbells, resistance bands, TRX straps, body weight & more to deliver a full-body workout.

Core-Dio

- Mon, Wed & Fri 11am

Pi-Strength

- Tues & Thurs 8am
- This class combines the core principles of functional strength training with pilates like movements to create a well-rounded workout that enhances stability, mobility & overall strength.

Below the Belt

- Thurs 12:05pm
- An intense training class focused on toning & strengthening the lower body. Targeting the legs, glutes & hips, this workout builds power

364 miles equivalent to the width of North Dakota! Track your progress & claim your prize in September, when you complete this colossal cardio challenge.

Balance Boost

Our Balance Boost package is designed for actively aging adults looking to enhance their balance and coordination.

- \$70 for 3, 30 Minute Sessions

Life Center

LC Orientation
Life Fitness On Demand
Body Fat Analysis & Fitness Evaluation
Talk with a Fitness Associate for more information or to sign up.

REGISTER

- A high-energy fitness class that blends cardio with core-focused exercises, strengthening your abs while boosting endurance. Perfect for all fitness levels, this workout tones your core & elevates your heart rate in a fun, challenging session.

Incinerator Circuit

- Thurs 11am
- Tues & Thurs 6pm
- A fast-paced, 8-station HIIT workout combining bodyweight & kettlebell exercises. With varying intervals, you'll build strength, endurance & agility while torching calories. Get ready to sweat & push your limits!

Beginner Bootcamp

- Tues 12:05pm
- A perfect introduction to small group training! Get the same fat-burning, sweaty workout as our advanced classes at a slower pace with modified movements. Ideal for beginners, actively aging adults, or those returning from injury.

& stability, offering effective results for all fitness levels.

Core & More

- Fri 12:05pm
- Experience exercises targeting the key muscles of your core, including the rectus abdominis, transverse abdominis, obliques, & erector spinae. Work on pelvic floor muscles essential for stability & overall core strength & deep glute muscles for a powerful & balanced lower body.

Compound Strength 101

- Sat 11am
- Build full-body strength & stability with foundational compound lifts. This circuit-style class features five key movement performed in 60-second work intervals with 60 seconds of rest. Perfect for improving power, control & overall fitness!



SPECIALTY WELLNESS

Work on your wellness, build strength, stamina and endurance and improve your overall quality of life, with our specialty wellness programs! With classes and sessions designed to support specific individuals and activities available to the whole community, a wide variety of health and wellness opportunities are offered for all ages and abilities. Come in and be the change you want to see in yourself!

Custom Program Design

Parkinson's Wellness

Adult Noon Basketball

Designed for those who feel at home in the gym but want a structured plan, our Custom Fitness Design Program offers a 6-week, 4-day exercise split tailored just for you.

- \$200
- Members Only

Alzheimer's Association 2025 Education Series

A free community program that helps inform, educate and engage individuals about living with degenerative brain disease.

- Maximum 18 participants
- Registration required
- Free & open to the community
- Weds 11:30am-12:30pm
- YMCA Skybox
- May 14: 10 Warning Signs
- Aug 13: Dementia Conversations
- Oct 22: Healthy Living for Your Brain & Body

Primetime Wellness

Find community, keep your mind & body active & work on your wellness. Free & open to the community.

- Brain Games: Wed May 7, 12pm East/Main Lobby
- Bingo: Wed May 21, 12:30pm McDowell Gym
- Potluck: Wed May 28, 12pm Senior Social Area (Hot Dogs)

- Mon, Wed & Fri Advanced 1:15-2pm
- Beginner 2:05-2:50pm
- Free & Open to the Community

This is a community wellness program that addresses the daily needs of individuals living with Parkinson's disease.

MStrong!

- TBD
- Free & Open to the Community

This is a specialty wellness program designed specifically to improve the health & fitness of people living with Multiple Sclerosis.

Livestrong

- Tues & Thurs 1:30-2:45pm
- Free & Open to the Community

This is a free wellness program that builds strength, stamina & endurance in cancer survivors.

YMCA360

A free online platform for members including group fitness classes, trainer tips, recipes, family programs, senior activities and more. Watch the website for details.

Recreational pickup games free for members.

- Mon Tues Thurs & Fri
- 11am-1pm
- Johnson Gyms

Adult Pickleball

Fun & active recreational program free for members.

- Mon-Fri
- Free Play 5-7am
- Beginner 7-10am
- Intermediate 10:30am-12:30pm
- Advanced 12:30-3pm
- McDowell Gyms

Prenatal Training

Initial personal consultation & 45 minute training session:

- \$50

Additional 30 minute sessions available:

- 1 for \$30
- 2 for \$50
- 3 for \$70

Personalized program for women at any stage of their pregnancy to work one on one with a certified Pre & Post Natal Exercise Design Specialist & establish a safe & effective exercise plan to support both mom & baby's health.

REGISTER

GROUP FITNESS

You can feel the burn in a fiery BodyCombat class, relax and unwind with gentle yoga, or take a quick spin in the cycle studio. With something for all levels and abilities, our certified instructors lead hundreds of fun group fitness classes each month, at all times of day, to keep you moving, healthy and active. Group fitness classes are always free for members!



Yin Nidra Yoga

This slow, gentle form of yoga uses relaxing postures with props to encourage elongation within the connective tissues, alleviate tension & cultivate wellness. Free for members.

- Sun 2:30-4pm
- May 4

Check the mobile app & website for full schedule & class info: dozens of formats available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

LEARN MORE



AQUATICS

Individuals who take swimming lessons learn much more than how to do the butterfly or backstroke. They gain valuable, life saving knowledge and skills, that will protect them while they enjoy exciting water activities and recreation. Find the fun and confidence in the water you've been looking for and sign up for swimming lessons now!

Youth Swimming Lessons

2x/Week for 4 Weeks

- Mon/Wed or Tues/Thurs
- Jun 2-26
- Jul 7-31
- \$69 Members
- \$109 Non Members

4x/Week for 2 Weeks

- Mon-Thurs
- Jun 2-26
- Jun 16-26
- Jul 7-17
- Jul 21-31
- \$69 Members
- \$109 Non Members

Private/Dual Lessons

Available Daily, \$60-\$375 Packages

Enjoy one on one or small group sessions for additional attention & better focus.

Adaptive Swim

Free for Qualifying Participants

A special swim program designed specifically for children with down syndrome, autism and sensory disorders.

Swim Challenge

From May-August, members can cumulatively swim the 87 miles (3,045 laps) equivalent

Lifeguard Certifications

\$250
(+\$35 Red Cross Fee)

Recertifications
\$150
(+\$35 Red Cross Fee)

Certification fees are waived when you work for the Y!

Learn to save lives & love your job as a certified Red Cross lifeguard at the Y.

REGISTER

Learn critical water safety & swim skills in a fun, exciting & safe environment for all levels.

of the ND portion of the Missouri River! Track your progress & claim your prize in September, when you complete this colossal swim challenge.

YOUTH SPORTS

When children participate in youth sports, they do far more than develop athletic abilities. They learn the value of teamwork, sportsmanship and responsibility, on and off the court or field. Support your child in gaining self confidence by registering them for one of our great youth sports programs today!



Competitive & recreational sports programs to teach young people athletic knowledge, skills & teamwork.

T-Ball

Program

- Jun 3-Jul 17
- Tues & Wed 5:30 or 6:30pm

Games Thurs

Register

- Apr 28-May 19 Member
- May 1-19 Non

Fees

- \$55 Member
- \$97 Non

7-8 Grade Girls Volleyball

Program

- Jul 7-Aug 14
- Mon Tues or Wed 6 or 7pm

Games Thurs 5:30pm

Register

- Jun 2-23

Fees

- \$55 Member
- \$97 Non

REGISTER

Itty Bitty Activities

3-5 Years
\$36 Member
\$56 Non

Sports

- Jun 3-24
- Tues 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-May 26
- Jul 8-29
- Tues 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30

Soccer

- Jun 2-25
- Mon or Wed 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-May 26
- Jul 7-30
- Mon or Wed 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30

Itty Bitty Activities

3-5 Years
\$36 Member
\$56 Non

Baseball

- Jun 5-26
- Thurs 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-May 26
- Jul 10-31
- Thurs 10 or 11am or 5:30 or 6:30pm
- Register: Apr 28-Jun 30



YOUTH & FAMILY

Your kids don't need more toys or friends, they need more time with you! Enjoy fun and exciting family activities, including swimming in the Splash Center, climbing the bouldering wall, bouncing on the inflatable, playing volleyball or shooting hoops. Many of our family activities are free with your membership!

Parent's Night Out

- May 9
- Fri
- 6-9pm
- Ages 3-10
- Members:
- 1 child \$40
- 2 children \$50
- 3+ children \$60

Kids enjoy pizza, arts & crafts & active play, while parents enjoy an evening away!

Child Watch

Child Watch is a fun & safe place for your kids to play with their friends while you get in a great workout! Available to members only, check out the schedule & pricing on our website.

BIOGirls

- Registration May 6
- Tues 6:30-8pm at the Y
- Jul 8 - 1st Session
- Sept 20 - Bismarck Marathon 5k (Final Event)
- Sept 23 - Final Session

A COMMUNITY PROGRAM PROUDLY HOSTED BY THE YMCA. A 12-session program for girls grades 2-6, combining life-skills curriculum, small group mentoring & physical activity in a positive, inclusive environment.

Strong Beginnings

- Ages 11-15
- \$75 for 5, 60 Min Sessions

This program is designed to equip young members with the knowledge & skills necessary to navigate the gym safely & effectively.

Family Splash Center

A fabulous aquatic facility with slides, play features and swim toys, always free for members. Birthday party packages are available for a fee.

Family Splash Center

A fabulous aquatic facility with slides, play features and swim toys, always free for members. Birthday party packages are available for a fee.

REGISTER

CHILDCARE & CAMPS

When your child receives early education from the "Best of the Best" preschool and childcare programs in the area, they will learn, grow and thrive in a safe, welcoming environment. Different childcare, camp and location options are offered throughout the year, from infant to school age, so your child can experience a variety of enriching educational activities, while having fun with their friends!



Before & After School

For School Age Children

- Registration Now Open
- Aug 19-May 21

Childcare Openings

For Infants, Toddlers & Preschoolers

Program

Summer Care & Camps

Camp Nakota

- 6:30-7:20am
- 2:20-6pm
- Based on BPS Calendar/Subject to Change

- Limited Spots Available
- 6 Weeks to 5 Years
- Full Days, Year Round

Contact Alyssa at
alyssa.yantzer@bismarckymc
a.org or 701-751-9706

- Kids Entering 1st-7th Grade
- Jun 2-Aug 8
8am-4pm
Extended Care
Available 7:30-8am &
4-5:30pm

REGISTER

Y Explorers

- Kids Entering 1st-4th Grade
- Jun 2-Aug 8
- 7:30am-5:30pm

Kinder Camp

- Kids Ages 4 & 5
- Jun 2-Aug 8
- 9am-12pm

CAREERS

A career at the Y is more than just a job, it's an opportunity to be a part of something more. It's the chance to bring about meaningful change, not only in your community but in yourself too. The Y offers seasonal, part-time and full-time job opportunities.



Y Employees Enjoy:

- A unique culture & employment experience unlike any other!
- Free YMCA membership
- Excellent benefits for full time (36+ hrs) and tier 1 part time (30-35 hrs)
- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Apply now and make a real impact with your work!

CHANGE LIVES INCLUDING YOURS

FEATURED JOBS Seasonal Summer Opportunities

- **Summer Program Counselors**
- **Day Camp Counselors**
- **Lifeguards**
- **Swim Instructors**
- **Pool Attendants**

APPLY

Full Time

- Maintenance Technician
- Youth Development Center Teachers
- Youth Development Center Teaching Assistants

Part Time

- Youth Development Center Receptionist
- Fitness Associates
- Child Watch Caregivers
- Birthday Party Host
- Member Services Representative



Y SERVICE ORGANIZATION

If you're looking for exciting, entertaining volunteer opportunities, where you can get on your feet, work with your hands and give back to your community in a BIG WAY, then look no further than the YMCA Service Organization! This group of enthusiastic volunteers, of all ages and abilities, work together on Y fundraising programs that support the health and wellness of youth, seniors and families, right here in Bismarck Mandan.

YSO Tents Volunteers

Help our dedicated team of volunteers set up & take down special event tents, the rental of which supports Y community wellness programs.

Visit our website for current information.

VOLUNTEER

SPECIAL EVENTS

We are always working on something special, to keep our community connected, safe and healthy. Please join us for these fun and exciting activities for a wonderful, welcoming wellness experience!



Pick a Perk

Keep your membership active for the months of May, June & July, and you'll receive a digital coupon to claim your reward in August!

Plenty of Perks!

- 3 Free Guest Passes
- \$10 Off Any Program
- 1 Free Personal Training Session

Summer Sweat Challenge

Use YMCA360 for your workout 12 times during each summer month & be automatically entered in a special series of prize drawings!

Feel the benefits of the burn!

- 1 drawing & 1 winner in May, June & July
- Winners get 1 free month of membership
- We'll track your progress you enjoy the Y360 app & your Summer Sweat Challenge

National Senior Health & Fitness Day

- Wed May 21
- 9am-12pm
- Free & open to the community.

Adults over age 55 enjoy vendors, demonstrations & education in a community setting.

Youth Triathlon

- Sat Aug 16
- 9am
- \$15 per person.

Kids enjoy an exciting & non competitive swim bike run to earn a sense of strength, pride & accomplishment!

Visit our website for current information.

LEARN MORE



FACILITIES

We work hard to give you the greatest member experience possible, by making sure our facilities and equipment are always clean and in good repair. When we are making improvements to a space, we appreciate your patience and understanding and will always do our best to provide alternatives, so you never miss out on your workout or program!

Visit our website for current information.

LEARN MORE



FAMILY WELLNESS

As a YMCA member, you also have full access to Family Wellness in Mandan. Be sure to visit their website to see all the wonderful programs and services available to you throughout our network, including additional group fitness class, training sessions, recreation and sports opportunities and much more!

Visit the Family Wellness website or see their latest newsletter for program & service information.

WEBSITE

NEWSLETTER

Connect with us on:



Missouri Valley Family YMCA
Bismarckymca.org

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