



MONTHLY MEMBER FEATURE



The Learn and Grow Family Play Center—our exciting "Jungle Gym"—is a thrilling and enriching space where children can climb, explore, and play in a vibrant jungle-themed environment! Designed for toddlers through age 10, this dynamic play area features slides, tunnels, ladders, lookouts, soft flooring, a dedicated toddler space, and engaging sensory components, all created to inspire imagination and active fun. Best of all, this amazing feature is completely free for YMCA members, making it an incredible added benefit for families looking to keep their kids active, engaged, and social in a safe and welcoming space.

FAMILY PLAY CENTER

[LEARN MORE](#)

4th of July Personal Training Sale

Jun 30-Jul 3 Only

Save \$50 on 12, 30 or 45 minute personal training packages!

**Be Your Very Best By Working With a
Certified Personal Trainer**

LEARN MORE



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!



Kick Start

- 3, 45 Min Sessions
- \$100

Build strength & confidence with our Intro to Weights program! Work one-on-one with a certified personal trainer to learn how to use machines, free weights & strength equipment in a positive & supportive environment.

Hybrid Training

- 3, 45 min Sessions
- \$250

This program combines the benefits of a customized workout plan with the support of one-on-one personal training to ensure proper form, accountability & progression.

Custom Program Design

- 6 Weeks, 4 Days/Week
- \$200

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.

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

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.

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,

Take the guesswork out of your workouts! Designed for those who feel at home in the gym but want a structured exercise plan tailored just for them.

Tiered Training Discounts

- Expert Trainers
- Built-in Accountability
- Custom Discounts Based on Your Commitment

Transform your body, transform your life! Kickstart your fall fitness with big savings from your summer grind. Train Jun 1–Aug 31 & save up to 20% off next season's personal training packages.

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.

- 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

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!

glutes & hips, this workout builds power & 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!

REGISTER



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!

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

Parkinson's Wellness

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

This is a community wellness program that addresses the daily needs of individuals

Adult Noon Basketball

Recreational pickup games free for members.

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

Adult Pickleball

Fun & active recreational program free for members.

- Free & open to the community
- Wed 11:30am-12:30pm
- YMCA Skybox
- 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 Jul 2, 12pm East/Main Lobby
- Bingo: Wed Jul 9, 12pm Senior Social Area
- ***NEW!*** Show & Tell: Wed Jul 16, 12pm, Skybox Meeting Room
- Potluck: Wed Jul 23, 12pm Senior Social Area

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.

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
- Sep 2 - Nov 20
Tues & Thurs 9:30-10:45am
Family Wellness
- Sept 2- Nov 20
Tues & Thurs 1:30-2:45pm
YMCA
- Sept 3 - Nov 24
Mon & Wed 5:30-6:45pm
YMCA

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

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

Lift & Learn

Strength training for older active adults.

- Wed Jul 16
- 10am
- \$15

Join us for an educational workshop & workout designed to teach you how strength training supports bone health.

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!



Stars & Stripes Cycle Class


Check the mobile app & website for full schedule & class info: dozens of formats

- Sat Jul 5
- 9am
- Cycle Studio

available & hundreds of sessions offered each month. Regular group fitness classes are free for members!

Ride for the red white & blue. 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
- Jul 7-31
- \$69 Members
- \$109 Non Members

4x/Week for 2 Weeks

- Mon-Thurs
- Jul 7-17
- Jul 21-31
- \$69 Members
- \$109 Non Members

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

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.

Parent/Child Adaptive Swim

Free for Qualifying Participants

Specialized lessons that focus on creating a supportive & inclusive environment where children & parents can develop comfort & confidence in the water while learning essential swimming & water safety skills.

Lifeguard Certifications

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

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

Certification fees are waved when you work for the Y!

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

REGISTER

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.

REGISTER

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

Itty Bitty Activities

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

Soccer

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

Itty Bitty Activities

Sports

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

Baseball

- 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!

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

Family Splash Center

With colorful water features, slides, toys, water sports & plenty of comfortable deck space, the First International Bank & Trust Family Splash Center is the perfect place to spend the day laughing & playing with your kids.

Strong Beginnings

A COMMUNITY PROGRAM
PROUDLY HOSTED BY THE

Family Play Center

- Ages 11-15
- \$75 for 5, 60 Min Sessions
- Mon & Wed 10am & 1pm

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

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

With the Learn & Grow Family Play Center "Jungle Gym" children ages toddler to 10 years enjoy slides, tunnels, ladders, lookouts, soft flooring, a toddler space & sensory components, all in a joyful jungle theme!

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

REGISTER

Childcare Openings

For Infants, Toddlers & Preschoolers

Program

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

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

Summer Care & Camps

Camp Nakota

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

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!

Featured Jobs

Full Time

- Youth Development Center Teachers
- Youth Development Center Teaching Assistants
- Custodian

Part Time

- Child Watch Caregivers
- Youth Development Center Receptionist

Apply



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.

Youth Triathlon Volunteers

- Sat Aug 16
- 8:15-11:15am

Volunteers will help register participants, guide athletes on course routes & hand out medals at the finish line. Email amberrae.bernhardt@bismarckymca.org to participate.

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

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

Summer Sweat Challenge

Stay active, social & strong all summer with 3 workouts a week at the Y, on the app & outdoors, free for members!

All in the app!

- 1 workout at the Y or Family Wellness
- 1 on-demand Y360 workout
- 1 outdoor sweat session (walk, run, bike — your choice!)
- Hit your 150 minutes/week
- Get local event & activity tips

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!

4th of July Facility Closure

- Y & FW Closed Fri Jul 4

Pool Cleaning Closures:

- Kerr Pool: Aug 1-Aug 16 (12pm)
- Family Splash Center: Aug 4-31

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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