



## MONTHLY MEMBER FEATURE



### SPECIALTY WELLNESS

At the Y, we offer a wide variety of specialty wellness programs designed to support all ages and abilities, creating meaningful opportunities for healthy living and helping our members build lasting wellness habits. Whether you're looking for personalized support through Hybrid or Prenatal Training, helping your child get started with Strong Beginnings, or exploring wellness options for seniors and those managing chronic conditions like MS or Parkinson's, there's something here for everyone. We're committed to helping our entire community live healthier, stronger lives. Visit our website to learn more and find the program that's right for you!

[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

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

**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](mailto:kara.colon@bismarckymca.org) for more information.

**Ladies Who Lift**

- Tues & Thurs
- 12:05-12:50pm
- Life Center Platforms
- 1 Session \$20
- 4 Sessions \$60
- 8 Sessions \$100

Build strength, confidence & community in this women-focused training program.

**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.

**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, 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.

**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 &

**REGISTER**

information or to sign up.

elevates your heart rate in a fun, challenging session.



# 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
- 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 Aug 6, 12pm East/Main Lobby
- Bingo: Wed Aug 20, 12pm
- Senior Social Area
- Potluck: Wed Aug 27, 12pm
- Senior Social Area SLOPPY JOES

## Lift & Learn

Build strong bones in this strength training program designed to offset & prevent osteoporosis.

- Wed Aug 13
- 10am

## 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 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,

## 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.

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

## Adult Racquetball League

Fun & competitive sports program registration dates & rates apply.

- Sept 8-Dec
- Jan 5- Mar
- Wed Approx 8:30pm
- \$20 Members
- \$30 Non

## 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

- \$15

stamina & endurance in cancer survivors.

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.

### 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.

## 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!



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

**Mon & Wed or Tues & Thurs 2x/Week for 4 Weeks**

- Sept 3-29
- Oct 6-30
- Nov 3-Dec 4
- \$69 Members
- \$109 Non Members

### Private/Dual Lessons

Available Daily, \$70-\$400 Packages

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

### Adaptive Swim

Free for Qualifying Participants

### Lifeguard Certifications

\$250  
(+\$35 Red Cross Fee)  
Next Course: Sept 5-7

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

Certification fees are waved when you work for the Y!



**Fri or Sat 1x/Week for 6 Weeks**

- Sept 5-Oct 11
- Oct 24- Dec 6
- \$52 Members
- \$82 Non Members

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

**REGISTER**

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.

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

**Swim Lessons Evaluation**

- Last Sat Monthly
- 9am
- Free

Let us help your child find the best swim lesson level for their skills & knowledge so they can make the most of their next session!

# 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.

**Youth Sports****K-3rd Grade Flag Football****Program**

- Sept 7-Oct 12
- Sun 1-5pm

**Register**

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

**Fees**

- \$55 Member
- \$97 Non

**Youth Sports****K-3rd Grade Volleyball****Program**

- Sept 8-Oct 25
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

**Register**

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

**Fees**

- \$55 Member
- \$97 Non

**4th-6th Grade Volleyball****Program**

- Oct 27-Dec 13

**Itty Bitty Activities**

3-5 Years  
\$42 Member  
\$62 Non

**Volleyball****Program:**

- Sept 7-28
- Sun 2:30 3:30 or 4:30pm

**Register:**

- Aug 11-Sept 1

**Basketball****Program:**

- Sept 15-Oct 7
- Mon or Tues 4:30 5:30 or 6:30pm

**Register:**

- Aug 11-Sept 1

**Program:****Itty Bitty Activities****Football****Program:**

- Oct 5-26
- Sun 2:30 3:30 or 4:30pm

**Register:**

- Sept 8-29

**Sports****Program:**

- Nov 2-23
- Sun 2:30 3:30 or 4:30pm

**Register:**

- Oct 6-27

**Program:**

- Nov 5-26
- Wed 9 10 or 11am

**K-3rd Grade  
Cheerleading**

## Program

- Sept 7-Oct 12
- Sun 1-5pm

## Register

- Jul 28-Aug 25 Member
- Jul 31-Aug 25 Non

## Fees

- \$36 Member
- \$56 Non

- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

## Register

- Sept 15-Oct 13 Member
- Sept 18-Oct 13 Non

## Fees

- \$55 Member
- \$97 Non


- Oct 13-Nov 4
- Mon 4:30 5:30 or 6:30pm
- Tues 9 10 or 11am

## Register:

- Sept 8-29

## Register:

- Oct 6-27

**REGISTER**


# 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.

**REGISTER****Strong Beginnings**

- 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.

**Babysitter Training**

- Ages 11-14
- \$85 Members
- \$100 Non
- Fri Sat 9am-5pm
- Sun 12-6pm
- 1 Session
- Sat Aug 30
- Fri Oct 17
- Sun Nov 16

Future caregivers get great training & earn a certification in AED/CRP/First Aid.

**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.

**Family Play Center**

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!

# 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 Care

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**

## Adventure Camp

For School Age Children

- Registration Open Aug 4
- Sept 22
- Oct 16 & 17
- Oct 31
- Nov 11
- Dec 26, 29, 30 & 31
- Jan 2, 5
- Jan 19
- Feb 16 & 17
- Mar 13, 16
- Apr 6
- 6:30am-6pm
- Breakfast, Lunch & Snack Included

# 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

## **CHANGE LIVES INCLUDING YOURS**

### **Featured Jobs**

#### **Full Time**

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

## **Part Time**

- Youth Development Center Receptionist
- Youth Development Center Afternoon Teaching Assistant
- Youth Development Center Substitute Teaching Assistants
- Swim Instructors
- Fitness Associates

- Opportunities to learn, grow & advance!

### Part Time

- After School Youth Leaders
- Personal Trainer
- Lifeguards

**APPLY**

**Apply now and make a real impact with your work!**



## 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](mailto: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!





**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!

**Pool Cleaning Closures:**

- Kerr Pool: Jul 25-Aug 10
- Family Splash Center: Aug 13-Sept 7

**Visit our website for current information.**

**LEARN MORE**

**Floor Refinishing Closures:**

- Family Play Center: Jul 28-Aug 12
- Cycle Studio: Jul 28-Aug 12
- Room 17 - Aug 4-19
- Studio 1 - Aug 4-19
- Johnson Gym - Aug 11-26
- McDowell Gym - Aug 25-Sept 9



# 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**

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Connect with us on:



Missouri Valley Family YMCA  
[Bismarckymca.org](https://Bismarckymca.org)

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