



MONTHLY MEMBER FEATURE



SUMMER CARE & CAMP

Registration Now Open

Summer Camp at the Y is where excitement, learning & adventure come together! Campers explore the outdoors through hands-on activities, games & new adventures that build confidence, friendships & a love for learning—all while making unforgettable summer memories.

[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

Personal Training

Motivation, accountability, inspiration & success! A

Beginner Bootcamp

- Tues 12:05pm

- \$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.

Life Center

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

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 5:30am or 12:05pm
- Fri 5:30am

This high-energy class combines kettlebells, dumbbells, resistance bands, TRX straps, body weight & more to deliver a full-body workout.

Ladies Who Lift

- Tues & Thurs 12:05pm

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

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.

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.

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!

FOREVERWELL

This free community program empowers adults *55+ to stay active, connected & engaged through YMCA wellness programs that support healthy aging.

- Brain Games: Wed Feb 4, 12pm East/Main Lobby
- Bingo: Wed Feb 11, 12pm Foreverwell Area
- Learning Series: Wed Feb 18, 11:15am Skybox - Building Foundations of Caregiving (Registration Required)
- Potluck: Wed Feb 25, 12pm Foreverwell Area

**Alzheimer's Association
2026 Education Series:
The Empowered Caregiver**

A free community program that helps inform, educate & engage individuals about caring for those living with degenerative brain disease.

- Registration required
- Free & open to the community
- YMCA Skybox
- Feb 18: Building Foundations of Caregiving
- Apr 22: Supporting Independence
- Jul 22: Communicating Effectively
- Oct 14: Responding to Dementia-Related Behaviors

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.

Livestrong

- Various Days/Times
- Free & Open to the Community

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

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.

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.

- Wed Approx 8:30pm

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!



Yin Nidra Yoga

- Sun 2:30pm
- Mar 1
- April 12
- May 3

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

LEARN MORE

Themed Zumba Classes

- Latin Dance Lovers
- Sun Feb 15
- 10am
- Crazy for K Pop
- Sun Mar 22
- 10am

Enjoy great music & smooth moves in these high energy feel good workouts!

Ballroom Dance Pop Up Class

- Sun Feb 14
- 11:30am
- Register on Y360

Celebrate Valentine's Day with an Introduction to Ballroom Dance class!

Les Mills Launches

- Core - Feb 1

Get ready to move & groove! Our new Les Mills formats launch soon. High energy, fun & designed to boost your strength & stamina.

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!



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

- Feb 9-Mar 5
- Mar 16- Apr 9

Private/Dual Lessons

Available Daily, \$70-\$400 Packages

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

Lifeguard Certifications

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

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

- Apr 20- May 14
- \$69 Members
- \$109 Non

Fri or Sat 1x/Week for 6 Weeks

- Feb 20- Mar 28
- Apr 10- May 16
- \$52 Members
- \$82 Non

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

Flying Fish Club

- 4 Week Sessions
- Tues & Thurs
- 5-5:45pm
- \$69 Members
- \$109 Non

Refine swim skills build stamina & endurance, & gain confidence to advance your aquatic aptitude in this supportive instructional club for swimmers ages 6–18.

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.

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.

Next Certification Course: Mar 20-22

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!

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.

Youth Sports

2nd-6th Grade Boys Basketball

Program

- Feb 23-Apr 11
- Mon-Thurs
- 4:30 or 7pm
- Games Fri (Comp) Sat

Youth Sports

PreK-1st Grade Basketball

Program

- Apr 13-May 23
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

Register

- Feb 23-Mar 23 Member

Itty Bitty Activities

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

Basketball

Program:

- Apr 1-22
- Wed 9 10 or 11am

Register:

- Mar 2-23

Program:

Itty Bitty Activities

Football

Program:

- Mar 29-Apr 26
- Sun 2:30 3:30 or 4:30pm

Register:

- Mar 2-23

Soccer

Program:

- Feb 5-26

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|---------------------------------------|-----------------------------|--|--------------------------------------|
| (Rec) | • Feb 26-Mar 23 Non | • Apr 27-Mar 19 Mon or Tues 4:30 5:30 or 6:30pm | • Thurs 9 10 or 11am |
| Register | | | Register |
| • Dec 29-Feb 9 Member | Fees | Register: | • Jan 5-26 |
| • Jan 1-Feb 9 Non | • \$55 Member • \$97 Non | • Mar 23-Apr 20 | Baseball |
| Fees | REGISTER | Sports | Program: |
| • \$55 Member, \$97 Non (Rec) | | Program: | • Feb 3-24 • Tues 9 10 or 11am |
| • \$75 Member, \$117 Non (Comp) | | • Mar 1-22 • Sun 2:30 3:30 or 4:30pm | Register: |
| | | Register: | • Jan 5-26 |
| | | • Feb 2-23 | |
| | | Program: | |
| | | • Mar 4-25 • Wed 9 10 or 11am | |
| | | Register: | |
| | | • Feb 2-23 | |



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!

Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- Fri Sat 9am-5pm
- Sun 12-6pm
- 1 Session
- Sun Feb 15
- Fri Mar 13
- Mon Apr 6

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

Parents Night Out

- Fri 6-9pm
- Ages 3-10
- Members:

Jr. Chefs

- Mon 6:15-7:30pm
- \$66 Member \$96 Non
- Mar 2-23
- Apr 6-28
- Tues 6:15-7:30pm
- \$66 Member \$96 Non
- Feb 3-24
- Mar 3-24
- Apr 7-28

A culinary class for aspiring foodies ages 6-10.

Master Chefs

- Thurs 6:15-7:30pm
- \$86 Member \$116 Non
- Feb 5-26

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.

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- 1 Child \$40
- 2 Children \$50
- 3+ Children \$60
- Feb 13
- Mar 13
- Apr 10

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

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.

- Mar 5-26
- Apr 9-30

A culinary class for aspiring foodies ages 11-14.

Strong Beginnings

- 3, 30 Minute Personal Training Sessions
- Ages 11-15
- \$70 Per Person

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

Open Volleyball

Join us for fun, recreational volleyball open to all ages & abilities! Sun 11:30am free for Y members.

Birthday Parties

Plan your child's next party in our fun Family Play Center or Family Splash Center! The perfect place for kids to celebrate their special day with family & friends.

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!



Summer Care & Camps

Summer Care & Camp at the Y is pure fun & adventure for kids! From outdoor games & activities to friendships & new experiences it's the place where summer memories are made!

Day Camp Nakota

- Children Entering 1st-7th Grade
- Registration OPEN
- Program Runs Jun 1-Aug 7
- 8am-4pm
- Extended Care
- Available 7:30-8am & 4-5:30pm

Y Explorers

- Children Entering 1st-4th Grade
- Registration OPEN
- Program Runs Jun 1-Aug 7
- 7:30am-5:30pm

Kinder Camp

Adventure Camp

School Days Out/For School Age Children

- Feb 16 & 17
- Mar 13, 16
- Apr 6
- 6:30am-6pm
- Breakfast, Lunch & Snack Included

Before & After School Care

AM & PM Care/For School Age Children

- Registration OPEN
- Aug 20, 2026-May 27, 2027
- Before 6:30-7:30am
- After 2:20-6pm
- Some Transportation Available

Infant/Toddler/Pre School Care

We currently have limited openings available for infants, toddlers & preschool age kids. High quality care in a safe & welcoming educational environment!

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

REGISTER

- Children ages 4 & 5
- Registration OPEN
- Program Runs Jun 1-Aug 7
- 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

- **Youth Development Center Teachers**
- **Youth Development Center Teaching Assistants**

PART TIME

- Youth Development Center Substitute Teaching Assistants
- Lifeguards

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.

YSO Tents Volunteers

Help our dedicated team of volunteers set up & take down special event tents, the rental of

Visit our website for current information.

which supports Y community wellness programs.

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!



CPR & First Aid Training

Join us for a comprehensive First Aid & CPR training session designed to empower you with the knowledge and hands-on skills to respond effectively in life-threatening situations.

- Sat 1-4pm
- Apr 25
- Ages 13+
- Under 16 w/Parent Only
- \$30 Per Person

Giving Hearts Day

With your generous gift on Giving Hearts Day, your YMCA can continue to ensure the health and wellness of the thousands of youth, seniors and families we serve, when they need us most.

- Thurs Feb 12
- Day of Online Giving
- Show Your Y Some Love!

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



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](https://bismarckymca.org)

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