



MONTHLY MEMBER FEATURE

STRONG KIDS WEEK

Every year, your Missouri Valley Family YMCA provides more than \$443,000 in wellness programs & services, that support the health & fitness of over 5,100 youth, seniors & families, right here in our community. With the support of area businesses, members & staff and individual donors, your Y offers outstanding opportunities that foster the full potential of our participants & create a stronger, safer, healthier Bismarck Mandan.

Dance for Donations

- Sat Mar 21
- 9am
- Free Will Donation

Dress ready to bust a move in this Hip Hop BDay Party & celebrate 175 years of the YMCA!

Chuck a Duck

- Sun Mar 22
- 3pm
- \$15/5 Ducks

Get your ducks closest to the target & win a special prize. Guests enjoy Family Splash Center open swim.

[Breakfast with the Bunny](#)

Plank & Pull Up Challenge

- Mar 23-27
- \$5/Event

Crush this timed strength challenge competition. Hold your plank the longest or complete the most pull ups & win some sweet Y swag.

Bake Sale

- Mar 23-27
- YMCA Lobby

Enjoy some tasty treats in support of strong kids in our community.

Hoppin Hoops

- Fri Apr 3

- Sat Mar 28
- 8–9:30am or 10–11:30am
- \$5/Person

Enjoy tasty treats, a coloring contest, inflatable fun, the bouldering wall, play center adventures & a photo with the Easter Bunny.

- 9am
- \$50/Team

Fun & festive 3 on 3 youth basketball tournament for kids grades 3-8. Have fun with your friends & compete for prizes.

[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.

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

This high-energy class combines kettlebells, dumbbells, resistance bands,

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.

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

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.

TRX straps, body weight & more to deliver a full-body workout.

strength & deep glute muscles for a powerful & balanced lower body.

Ladies Who Lift

- Tues & Thurs 12:05pm

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

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.

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.

Adult Noon Basketball

Recreational pickup games free for members.

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

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
- Apr 22: Building Foundations of Caregiving
- Jul 22: Supporting Independence
- Oct 14: Communicating Effectively
- Jan 13: Responding to Dementia-Related Behaviors
- Mar 10: Exploring Care & Support Services

Livestrong

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

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

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

Prenatal Training

Initial personal consultation & 45 minute training session:

- \$50

Additional 30 minute sessions available:

- 1 for \$30

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

- 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.

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
- 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.

Themed Zumba Classes

- Crazy for K Pop
- Sun Mar 22
- 10am

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

LEARN MORE

Swiftie Cycle Class

- Sun Mar 22
- 11am
- Cycle Studio

Come feel All too Well after an Enchanted cycle workout with music exclusively by Taylor Swift!

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](#)

[Private/Dual Lessons](#)

[Lifeguard Certifications](#)

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

- Mar 16- Apr 9
- Apr 20- May 14
- \$69 Members
- \$109 Non

Fri or Sat 1x/Week for 6 Weeks

- 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.

Available Daily, \$70-\$400 Packages

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

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

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

Adaptive Swim
Free for Qualifying Participants

Certification fees are waved when you work for the Y!

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

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

Next Certification Course: Mar 20-22

Parent/Child Adaptive Swim

Free for Qualifying Participants

Swim Lessons Evaluation

- Last Sat Monthly
- 9am
- Free

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.

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!

Aquatics Amnesty Day

- Fri Mar 20

REGISTER

Please help keep our registration & membership costs down by bringing back any pool toys that may have accidentally been taken home. Return missing aquatics supplies/materials to the pool deck & get a sweet treat!

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.

Itty Bitty Activities

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

Itty Bitty Activities

Sports

Program:

- Mar 4-25
- Wed 9 10 or 11am

Youth Sports

Basketball

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
- Feb 26-Mar 23 Non

Fees

- \$55 Member
- \$97 Non

Program:

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

Register:

- Mar 2-23

Program:

- Apr 27-Mar 19
- Mon or Tues 4:30 5:30 or 6:30pm

Register:

- Mar 23-Apr 20

Register:

- Feb 2-23

Football

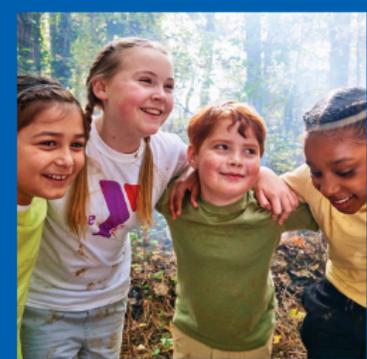
Program:

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

Register:

- Mar 2-23

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!

Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- Fri Sat 9am-5pm
- Sun 12-6pm
- 1 Session
- 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:
- 1 Child \$40
- 2 Children \$50
- 3+ Children \$60
- Mar 13
- Apr 10

Future caregivers get great training & earn a certification

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
- 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
- Mar 5-26
- Apr 9-30

A culinary class for aspiring foodies ages 11-14.

Strong Beginnings

- 3, 30 Minute Personal Training Sessions

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 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.

Open Volleyball

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

Birthday Parties

in AED/CRP/First Aid.

- Ages 11-15
- \$70 Per Person

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.

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.

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

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

- Children ages 4 & 5
- Registration OPEN
- Program Runs Jun 1-Aug 7
- 9am-12pm

Adventure Camp

School Days Out/For School Age Children

- 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

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!

CHANGE LIVES INCLUDING YOURS

FEATURED JOBS

- Youth Development Center Teachers
- Youth Development Center Teaching Assistants

PART TIME

- Lifeguards
- Youth Development Center Substitute Teaching Assistants

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.

Baked Goods Donations Needed

- Fri Mar 20
- Member Services

Please consider a donation of some homemade tasty treats for our bake sale benefiting Y community wellness programs & services.

Breakfast with the Bunny Volunteers

- Sat Mar 28
- 6:30-7:30am Set Up
- 7:30-10:30am Session 1
- 10:30am-1:30pm Session 2

Please join us in setting up, running & tearing down our Breakfast with the Bunny fundraiser: a fun & festive family activity benefiting Y community wellness programs.

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

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

LF Connect/Y360 Webinar

Make the most of your membership experience by learning all the ins & outs of your amazing Life Fitness Connect/YMCA360 app!

- Thurs Mar 5
- 12pm
- [REGISTER](#)

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

You received this because you are subscribed to emails from the Y.
[Manage Email Preferences](#)