



# MONTHLY MEMBER FEATURE



## PICK A PERK

Keep your membership active during the months of May, Jun & Jul and Pick a Perk this Aug as a reward for your hard work & dedication to your personal wellness!

[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

### Personal Training

Motivation, accountability, inspiration & success! A Certified Personal Trainer can give you the support you need to see the results you

### Ladies Who Lift

- Tues & Thurs
- 12:05pm

Build strength, confidence & community in this women-

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.

### Cardio Across ND

From May-Aug members can cumulatively treadmill/elliptical/bike 364 miles, the equivalent of the distance from Beach to Fargo! Track your progress & claim your prize in Sept when you complete this colossal cardio challenge. Registration required, free for members.

### 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.

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.

### 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

### **Express Circuit**

- Mon Wed & Fri
- 5:30am

Designed for efficiency & impact, this 30-minute Trainer-led workout delivers a complete training experience—so you can build strength, boost energy & move confidently into your day.

### **Total Body Knockout**

- Mon Wed & Fri
- 12:05pm

Transform your fitness routine with this HIIT based program! This high-energy class combines kettlebells, dumbbells, resistance bands, TRX straps, body weight & more to deliver a full-body workout at any level.

focused training program. Learn proper form, lift heavy & leave feeling strong & proud.

### **Active Aging Strength**

- Tues & Thurs
- 10:15am

Low-impact, 45-minute small group training designed to improve strength, balance, flexibility & confidence. Trainer-led sessions follow a progressive format, helping you safely build strength & stability over time.

### **HIIT & Hills**

- Sat
- 8am

Outdoor HIIT class combining hill sprints & strength training. Progressive, trainer-led workouts designed to build strength, improve endurance & increase running speed.

**Bootcamp Super Sale**  
Purchase 8 Small Group Training Sessions  
**GET 2 FREE!**  
**Apr 6-12 Only!**

**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 Apr 1, 12pm East/Main Lobby
- Bingo: Wed Apr 8, 12pm Foreverwell Area
- Potluck: Wed Apr 29, 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
- 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

## Parkinson's Wellness

- Various Days/Times
- 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
- 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

- Sun 10am
- Apr 19: Hip hop! Experience the flow of music in this beat heavy class.
- May 10: Mama's gotta dance! Celebrate mother's day in style.
- Jun 14: Cinematic Zumba! Jam out to music from movies, tv shows & even broadway!

A fun & festive music & dance workout!

## Body Format Launches

- BodyAttack 130 - Apr 6
- BodyCombat 106 - Apr 13
- BodyCore 61 - Apr 20
- BodyPump 136 - Apr 27

New music & moves keep these challenging Les Mills workouts fun & fresh!

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**

- Apr 20-May 14
- Jun 1-25 (Reg May 1)

## 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)

- Jul 6-30 (Reg Jun 1)
- \$69 Members
- \$109 Non

**Mon-Thurs 4x/Week for 2 Weeks**

- Jun 1-11 (Reg May 1)
- Jun 15-25 (Reg May 1)
- Jul 6-16 (Reg Jun 1)
- Jul 20-30 (Reg Jun 1)
- \$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.

**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.

**Adult Swilling Lessons**

- Mon & Wed
- 8:30-9am
- Jun 1-26
- Jul 6-31
- \$69 Members
- \$109 Non Members

Our adult swim lessons are a fun, supportive way to improve your skills, get fit & feel safer in the water.

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:

- May 15-17

**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!

**Swim the Missouri River Challenge**

From May-Aug members can cumulatively swim the 87 miles (3,045 laps) equivalent of the ND portion of the Missouri River! Track your progress & claim your prize in Sep when you complete this colossal swim challenge. Registration required free for members.

**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**

**PreK-1st Grade Basketball**

**Youth Sports**

**7th & 8th Grade Volleyball**

Program

- Jul 6-Aug 13
- Mon-Wed 6 or 7pm
- Games Thurs

**Itty Bitty Activities**

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

**Sports**

Program:

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

**T-Ball**

Program

- Jun 2-Jul 16
- Tues & Wed 5:30 or 6:30pm
- Games Thurs

Register

- Apr 27-May 18 Member
- Apr 30-May 18 Non

Fees

- \$55 Member
- \$97 Non

Register

- Jun 1-22

Fees

- \$55 Member
- \$97 Non

[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:

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

Register:

- Mar 23-Apr 20

**Soccer**

Program:

- Jun 1-24
- Mon or Wed 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-May 25

Program:

- Jul 6-29
- Mon or Wed 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-Jun 29

- Jun 2-23
- Tues 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-May 25

Program:

- Jul 7-28
- Tues 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-Jun 29

**Baseball**

Program:

- Jun 4-25
- Thurs 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-May 25

Program:

- Jul 9-30
- Thurs 10 or 11am 5:30 or 6:30pm

Register:

- Apr 27-Jun 29

**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
- Mon Apr 6
- Fri Jun 5
- Sat Jul 11

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
- 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.

## Jr. Chefs

- Mon 6:15-7:30pm
- \$66 Member \$96 Non
- Apr 6-28
- Tues 6:15-7:30pm
- \$66 Member \$96 Non
- Apr 7-28

A culinary class for aspiring foodies ages 6-10.

## Master Chefs

- Thurs 6:15-7:30pm
- \$86 Member \$116 Non
- 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.

## 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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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

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**

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

## Adventure Camp

School Days Out/For School Age Children

- 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  
a.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!

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

## CHANGE LIVES INCLUDING YOURS

### The Best Summer Jobs Place

#### Seasonal:

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

### Job Opportunities: Full Time

- Youth Development Center Teachers
- Youth Development Center Teaching Assistants

### Part Time

- Fitness Associates
- Child Watch Caregivers
- Youth Development Center Afternoon Teaching Assistants

**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 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!



### 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

### Hoppin Hoops

- Fri Apr 3
- 9am
- \$50/Team

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

**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!

### Holiday Hours

- Closed
- Sun Apr 5
- In observance of Easter

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](http://Bismarckymca.org)

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