



MONTHLY MEMBER FEATURE



YOUTH SPORTS

At the Y, youth sports are so much more than games. They're a powerful way to help kids grow, connect & thrive all year long. Through every season, we offer a variety of programs that give kids the chance to build confidence, learn teamwork & develop lifelong healthy habits in a positive, supportive environment. Whether they're stepping onto the court for the first time or sharpening their skills, kids gain resilience, sportsmanship & a sense of belonging that extends far beyond the field. With an emphasis on encouragement over competition, Y youth sports ensure every child feels valued, included & inspired to reach their full potential, season after season.

[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](#)

[Personal Training](#)

[Total Body Knockout](#)

- 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.

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.

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

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.

REGISTER

- 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.

Ladies Who Lift

- Mon & Wed
- 7:30am
- Tues & Thurs
- 12:05pm

Build strength, confidence & community in this women-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.

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.



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.

- Jun 3 - 12pm Brain Games (East Lobby)
- Jun10 - 11:30am-12:45pm Education Session: Planning Ahead Without the Pressure: When Is the Right Time to Consider Independent Living? (Skybox Meeting Room) Registration required on YMCA360 app or email mckaela.halvorson@bismarckymca.org
- Jun 17 - 12pm Bingo (ForeverWell Area)
- Jun 24 - 12pm Potluck (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
- 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!



Themed Zumba

- Sun 10am
- Jun 14: Cinematic Zumba! Jam out to music from movies, tv shows & even Broadway!

A fun & festive music & dance workout!

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

- Jun 1-25 (Reg May 1)
- 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

Flying Fish Club

Private/Dual Lessons

Available Daily, \$70-\$400 Packages

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

Adaptive Swim

- Jun 5-27
- Jul 10-Aug
- Fri 10:30-11am or 11-11:30am
- Sat 9-9:30am
- Free for Qualifying Participants

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

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.

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

- 2 Week Sessions
- Jun 1-11
- Jun 15-25
- Jul 6-16
- Jul 20-30
- Mon-Thurs
- 11-11:40am
- \$69 Members
- \$109 Non-Members

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.

in Sep when you complete this colossal swim challenge. Registration required free for members.

Dakota Drift Aqua Fitness Challenge

From Aug 1-Dec 31 members enjoy an exciting water fitness walking challenge as they travel 180 miles across North Dakota in the water! Registration required free for members.

REGISTER

Adult Swilling Lessons

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

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

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

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

Sports

Program:

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

Youth Sports

T-Ball

Program

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

Register

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

Register:

- Apr 27-May 25

Program:

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

Register:

- Apr 27-Jun 29

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

Fees

- \$55 Member
- \$97 Non

Youth Sports

7th & 8th Grade Volleyball

Program

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

Register

- Jun 1-22

Fees

- \$55 Member
- \$97 Non

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

Register:

- Apr 27-Jun 29

REGISTER

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



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.

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.

Open Volleyball

Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- 9am-5pm
- 1 Session
- Fri Jun 5
- Sat Jul 11

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

Strong Beginnings

- 3, 30 Minute Personal Training Sessions
- Ages 11-15

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

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

- \$70 Per Person

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

spend the day laughing & playing with your kids.

REGISTER

BioGirls

A community program hosted at the YMCA.

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

Register at biogirls.org.

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

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

REGISTER

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@bismarckymca.org or 701-751-9706

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)

CHANGE LIVES INCLUDING YOURS

FEATURED JOBS

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

PART TIME

- Custodian
- Youth Development Center Food Service Assistant
- Youth Development Center Afternoon Teaching Assistants

- Fun, flexible, rewarding work environment
- Opportunities to learn, grow & advance!

Assistants

- Itty Bitty Sports Instructors

APPLY

Apply now & 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.

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!



YMCA Game Night with the Bismarck Larks

- Wed Jun 3
- 6:35pm
- Tickets \$35 at the Y

Exclusive tailgate tickets include deck seating, food, drinks & fun! Proceeds support YMCA youth programs. Play ball!

Tasty Tuesdays

- Tues 4-7pm
- Jun-Aug
- Open to the Community

Join us for Tasty Tuesdays at the Y! Feed your whole family with delicious food from Das

Campfire Across America

- Wed Jul 22
- 6:30pm
- Free for the Community

Join us as we come together around the (pretend!) campfire to share stories, reflect & be present with one another. Families enjoy arts & crafts, games & activities, prizes for kids, snacks & beverages & much more!

Visit our website for current information.

LEARN MORE

Mountain, Hensley's Tasty Truck, FOMO 1040 & Luigi's Ice Cream.



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!

Modified Gym Schedule:

- Johnson & McDowell Gyms closed for Cross Training Camp
- Jun 8-11
- 9-11:30 am
- 1-4 pm
- Jun 15-18
- 1-4 pm
- Jun 22-24
- 9-11:30 am
- 1-4 pm
- Jun 25
- 1-4 pm
- Jun 29-Jul 2
- 1-4 pm
- Jul 13
- 4:30-7:30 pm
- Jul 14-16
- 8:45am-4:45 pm

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](https://www.bismarckymca.org)

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