



# MONTHLY MEMBER FEATURE




## LIFE CENTER

Discover everything you need to support your total wellness in our state-of-the-art Life Center! Featuring hundreds of pieces of top-quality equipment, our fully equipped fitness space offers something for every age, ability & fitness level. Enjoy a dedicated stretching area, indoor turf space, spacious locker rooms, free weights, machine weights, cardio equipment & so much more all designed to help you move, strengthen, recover & feel your best. Whether you're starting your fitness journey or taking your workouts to the next level, the Life Center is here to help you achieve your goals in a welcoming & motivating environment.

[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.

### PERSONAL TRAINING SALE

Jul 1-8 only

Save \$50 on 12, 30 or 45 minute personal training packages!

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.

### NEW TRAINER SALE Jun 14- Jul 14 Only

Save \$25 on 6, 30 min PT sessions when you book with one of our new Personal Trainers (Dylan or Justin)!

Contact [Allie.Elliott@bismarckymca.org](mailto:Allie.Elliott@bismarckymca.org) to claim your discount & set up your consultation.

### 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.

- 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.

## 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.

- Wed Jul 1, 12pm: Brain Games, East Lobby
- Wed Jul 8, 11:30am: Trends in Fraud & Scams, Skybox. Register Y360 or email McKaela
- Wed Jul 15, 12pm: Bingo, Foreverwell Area
- Wed Jul 22, 11:30am: Supporting Independence, Skybox. Register Y360 or email McKaela
- Wed Jul 29, 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

## 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

- Behaviors
- Mar 10: Exploring Care & Support Services

# 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!




**Body Format Launches**

- BodyAttack - Jul 12
- BodyPump - Jul 19
- BodyCombat - Jul 26
- Core - Aug 2

Join us for new Les Mills formats, free for members, featuring fresh moves, new music & high-energy fun to keep your workouts exciting & motivating!

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

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

Mon-Thurs 4x/Week for 2 Weeks

- Jul 6-16 (Reg Jun 1)
- Jul 20-30 (Reg Jun 1)
- \$69 Members
- \$109 Non

**Private/Dual Lessons**

Available Daily, \$70-\$400 Packages

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

**Adaptive Swim**

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

**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**

**Flying Fish Club**

- 2 Week Sessions
- Jul 6-16
- Jul 20-30
- Mon-Thurs
- 11-11:40am
- \$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.

**REGISTER**

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

**Adult Swimming Lessons**

- Mon & Wed
- 8:30-9am
- 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.

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.

**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.

# 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**

**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

**Itty Bitty Activities**

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

**Soccer**

Program:

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

Register:

- Apr 27-Jun 29

**REGISTER**

**Sports**

Program:

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

Register:

- Apr 27-Jun 29

**Baseball**

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

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

## Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- 9am-4pm
- 1 Session
- Sat Jul 11
- Fri Aug 7
- Mon Sept 21
- Thurs Oct 22
- Wed Nov 11
- Mon Jan 18
- Mon Feb 15
- Mon Mar 29
- Fri Apr 23

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

**REGISTER**

## Strong Beginnings

- Session 1 Jul 7, 9, 14
- Session 2 Jul 21, 23, 28
- Session 3 Aug 4, 6, 11
- 11-11:45am or 3-3:45pm
- Ages 11-15
- \$75 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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# 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

## 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!

## CHANGE LIVES INCLUDING YOURS

### FEATURED JOBS

#### FULL TIME

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

### PART TIME

- Youth Development Center Afternoon Teaching Assistants
- Swim 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.

### Youth Triathlon Volunteers

- Sat Aug 15
- 8:15-11:15am

Support Y staff to help register participants, guide athletes on course routes & hand out medals at the finish line.

### Bismarck Marathon Volunteers

- Sat Sept 19
- 10:15am-1:15pm

### 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**

Join your YMCA in supporting the participants of the Bismarck Marathon as part of our water station team!

# 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!



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

## 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!

## Youth Triathlon

- Sat Aug 15
- 9am
- \$15 Per Participant

Young people ages 6-16 enjoy the challenge of an exciting non competitive swim/bike/run event at the Y!

**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!

### **Modified Gym Schedule:**

- Johnson & McDowell Gyms closed for Cross Training Camp
- Jul 13

### **Holiday Closures:**

- YDC closed Fri Jul 3
- YMCA closed Sat Jul 4

- 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://Bismarckymca.org)

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