



## MONTHLY MEMBER FEATURE



### STAR MY FISCAL FITNESS PLAN

### TAKE CARE OF YOUR FISCAL FITNESS

August is National Make-A-Will Month, the perfect time to begin your fiscal fitness journey. Creating or updating your will helps protect your loved ones, document your wishes & build a lasting legacy. Through our partnership with FreeWill, you can create a secure, legally valid will online in as little as 20 minutes at no cost. As you plan for the future, please consider including the Missouri Valley Family YMCA in your estate plans to help strengthen our community for generations to come.

## 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.

**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.

**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](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-12:50pm
- Tues & Thurs
- 6pm-6:45pm

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.

**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 Aug 5, 12pm: Brain Games, East Lobby
- Wed Aug 12, 11:30am: Education Series, Skybox. Register Y360 or contact McKaela
- Wed Aug 19, 12pm: Bingo, Foreverwell Area
- Wed Aug 26, 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
- 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.

- Sept 7-Dec
- Jan 4-Mar
- Wed Approx 8:30pm
- \$20 Member
- \$30 Non

## 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!



## Body Format Launches

- 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**

## Themed Zumba

- Aug 9: Passport to Zumba! Travel around the world by dancing to music from all across the globe.
- Sep 13: Zumba through the Decades!

Sun at 10am, join us for fun & festive fitness classes, always free for members!

## Middle Eastern Dance

- Sundays
- Aug 16
- Sept 27
- 11:05am
- Studio 1

Free for members, registration required through the YMCA360 app.



# 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-Thurs 4x/Week for 2 Weeks

- Sept 7-Oct 1
- Oct 12-Nov 5
- Nov 16-Dec 17
- \$69 Members
- \$109 Non

## Private/Dual Lessons

Available Daily, \$80-\$420 Packages

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

## Adaptive Swim

## Lifeguard Certifications

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

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

Certification fees are waved when you work for the Y!



Sat or Sun 1x/Week for 6 Weeks

- Sept 4-Oct 10
- Oct 23-Dec 5
- \$52 Members
- \$82 Non Members

### Flying Fish Club

- 2 Week Sessions
- 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.

- Free for Qualifying Participants

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

### Adult Swimming Lessons

- \$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.

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

### 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**

# 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!



Give your child the opportunity to learn, grow & have fun through Youth Sports! From building confidence & teamwork to developing skills, staying active & making new friends, youth sports help kids thrive both on & off the field. Sign up today & let the fun begin!

### Youth Sports

#### **Flag Football K-3rd Grade**

Program

- Sept 13-Oct 18
- Sun 1-5pm

### Youth Sports

#### **Cheerleading K-3rd Grade**

Program

- Sept 13-Oct 18
- Sun 1-5pm

Register

- Jul 27-Aug 24 - Member
- Jul 30-Aug 24 - Non

Fees

- \$36 - Member
- \$56 - Non

#### **Volleyball K-3rd Grade**

### Itty Bitty Activities

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

#### **Volleyball**

Program:

- Sept 13-Oct 4
- Sun 2:30 3:30 or 4:30pm

Register:

- Aug 10-31

Program:

- Jan 31-Feb 21
- Sun 3:30 or 4:30pm

Register:

- Jan 4-25

### Itty Bitty Activities

#### **Sports**

Program:

- Nov 8-Dec 6
- Sun 2:30 3:30 or 4:30pm

Register:

- Oct 5-26

Program:

- Nov 11-Dec 2
- Wed 9 10 or 11am

Register:

- Oct 5-26

Program:

- Jan 3-24

**Register**

- Jul 27-Aug 24 - Member
- Jul 30-Aug 24 - Non

**Fees**

- \$55 - Member
- \$97 - Non

**4th-5th Grade****Program**

- Sept 13-Oct 18
- Sun 5:30pm

**Register**

- Jul 27-Aug 24 - Member
- Jul 30-Aug 24 - Non

**Fees**

- \$55 - Member
- \$97 - Non

**REGISTER****Program**

- Sept 14-Oct 31
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

**Register**

- Jul 27-Aug 24 - Member
- Jul 30-Aug 24 - Non

**Fees**

- \$55 - Member
- \$97 - Non

**Volleyball 4th-6th Grade****Program**

- Nov 2-Dec 19
- Mon-Thurs 4:30, 5:30 or 6:30pm
- Games Sat

**Register**

- Sept 14-Oct 12 - Member
- Sept 17-Oct 12 - Non

**Fees**

- \$55 - Member
- \$97 - Non

**Basketball****Program:**

- Sept 14-Oct 6
- Mon or Tues 4:30 5:30 or 6:30pm

**Register:**

- Aug 10-31

**Program:**

- Oct 12-Nov 3
- Mon 4:30 5:30 or 6:30pm
- Tues 9 10 or 11am

**Register:**

- Sept 7-28

**Football****Program:**

- Oct 11-Nov 1
- Sun 2:30 3:30 or 4:30pm

**Register:**

- Sept 7-28

**Baseball****Program:**

- Jan 7-28
- Thurs 9 10 or 11am

**Register:**

- Dec 7-28

**Program:**

- Feb 2-23
- Tues 9 10 or 11am

**Register:**

- Jan 4-25

- Sun 2:30 3:30 or 4:30pm

**Register:**

- Dec 7-28

**Program:**

- Feb 28-Mar 21
- Sun 2:30 3:30 or 4:30pm

**Register:**

- Feb 1-22

**Soccer****Program:**

- Jan 5-26
- Tues 9 10 or 11am

**Register:**

- Dec 7-28

**Program:**

- Feb 4-25
- Thurs 9 10 or 11am

**Register:**

- Jan 4-25

**[High School Basketball League](#)**

For athletes grades 9-12. A great way to keep your skills sharp during the off season while still hanging out with your friends.

- Jan 6-Feb 24
- Wed
- Approx 8:30pm
- Reg Nov 30



# 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!

## Jr. Chefs

- Mon or Tues 6:15-7:30pm
- Oct 5-29
- Nov 2-17
- Nov 30-Dec 15
- Oct: \$68 Member \$98 Non
- Nov - Dec: \$52 Member \$82 Non

A fun culinary class For aspiring foodies ages 6-10.

## Master Chefs

- Thurs 6:15-7:30pm
- Oct 8-29
- Nov 5-19
- Dec 3-17
- Oct: \$88 Member \$118 Non
- Nov - Dec: \$72 Member \$102 Non

A fun culinary class For aspiring foodies ages 6-10.

## Strong Beginnings

- 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.

## Open Volleyball

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

## Parents Night Out

- Ages 3-10
- \$40-\$60 Members
- \$50-\$70 Non
- Fri 6-9pm
- Sept 11
- Oct 9
- Nov 13
- Dec 11
- Jan 8
- Feb 12
- Mar 12
- Apr 9

Kids enjoy pizza, arts & crafts & active play, while parents enjoy an evening away!

## Babysitter Training

- Ages 11-14
- \$85 Members
- \$100 Non
- 9am-4pm
- 1 Session
- 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.

## 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.

## 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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## 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.

**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!



## Adventure Camp

Exciting, fun & enriching care for little learners grades K-5 on school days off!

- Sept 21
- Oct22, 23
- Nov11
- Dec 21, 22, 23, 28, 29, 30, 31
- Jan 4
- Jan 18
- Feb 15, 16
- Mar 4, 5
- Mar 29
- \$47/day members
- \$67/day non members
- 6:30am-6pm

## Before & After School Care

Exciting & educational 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

## **CHANGE LIVES INCLUDING YOURS**

### **FEATURED JOBS**

#### **Full Time**

- **Youth Development Center Teaching Assistants**

#### **Part Time**

#### **Full Time**

- Youth Development Center Teachers

#### **Part Time**

- Swim Instructors
- Member Services Representative
- Fitness Associates
- Youth Volleyball Officials



- environment
- Opportunities to learn, grow & advance!

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

- **After School Youth Leaders**
- **Lifeguards**

- Youth Flag Football Officials
- Youth Cheerleading Coach

**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.

### 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.

### 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.**

### Bismarck Marathon Volunteers

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

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

**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!



### Tasty Tuesdays

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

### Youth Triathlon

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

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.

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!

**Members please note the following closures for annual maintenance & repairs:**

**Visit our website for current information.**

**LEARN MORE**

Closed Aug 3-18  
McDowell Gym  
M&B Studio

Closed Aug 10-25  
Room 22

Closed Aug 15-Sept 8  
Kerr Pool

Closed Aug 17-Sept 1  
Y Gym/Family Play Center  
Cycle Studio



## 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**

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Connect with us on:



Missouri Valley Family YMCA  
[Bismarckymca.org](https://Bismarckymca.org)

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