



MONTHLY MEMBER FEATURE



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STRONG KIDS CHALLENGE

The Strong Kids Challenge at the Y encourages children to stay active, build confidence & develop healthy habits that can last a lifetime. By making movement fun & rewarding, the program helps inspire kids to choose active lifestyles that support their physical, mental & emotional well-being. Through the generosity of community partners & donors, every participant also receives a free pair of athletic shoes, ensuring they have the support they need to stay active both during the program & beyond. The Strong Kids Challenge is more than a fitness program, it is an investment in healthier, happier futures for local youth.

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.

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.

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.

- 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 Sept 2, 12pm: Brain Games, East Lobby
- Wed Sept 9, 11:30am: Education Series, Skybox. Register Y360 or contact McKaela
- Wed Sept 16, 12pm: Bingo, Foreverwell Area
- Wed Sept 23, 11:30am: Education Series, Skybox. Register Y360 or contact McKaela
- Wed Sept 30, 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

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

- Jan 4 - Mar 24
Mon & Wed
5:30pm
- Jan 5 - Mar 25
Tues & Thurs
1:30pm
- May 4-Jul 22
Tues & Thurs
1:30pm
- 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

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

- Mar 10: Exploring Care & Support Services & 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!



Themed Zumba

- Sun Sep 13
- 10am
- Zumba through the Decades!

Join us for fun & festive fitness classes, always free for members!

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

Middle Eastern Dance

- Sun 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 waived 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

- Sept 8-Oct 1
- Tues & Thurs
- 4:30-5:10pm
- \$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

- Sept 8-Oct 1
- Tues & Thurs
- 5:15-5:45pm
- \$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.

Next Certification Course:
Sept 11-13
Oct 23-25

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

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**Volleyball K-3rd Grade**

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

- 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
- 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
- Oct 22, 23
- Nov 11
- 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

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

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 Teacher
- Youth Development Center Teaching Assistants

Full Time

- Custodian
- Lifeguard

Part Time

- Youth Development Center Daytime Teaching Assistants
- Youth Flag Football Officials
- Youth Cheerleading Coach

- environment
- Opportunities to learn, grow & advance!

Apply now & make a real impact with your work!

Part Time

- [After School Youth Leaders](#)
- [Lifeguards](#)

- Youth Volleyball Officials
- Swim Instructors
- Child Watch Caregiver
- Fitness Equipment Maintenance Technician
- Junior Chefs Instructor

REGISTER



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.

[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!

[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!



[Community CPR/First Aid Training](#)

- Sat 8am-12pm
- Oct 24
- Dec 12
- Mar 3
- Jun 5
- \$30 Per Participant

Visit our website for current information.

LEARN MORE

Comprehensive training designed to provide knowledge & skills to respond effectively in life-threatening situations.



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 programs or annual maintenance & repairs:

Closed Aug 15-Sept 8
Kerr Pool

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

Kerr Pool closed:

Sat Nov 14
5-7pm

For staff emergency response training.

Labor Day hours:

Mon Sept 7
7am-12pm

See web/social for modified program schedules. Enjoy your holiday with friends & family!

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

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