


## MONTHLY MEMBER FEATURE



**CHILDCARE SCHOLARSHIPS**

The Y offers Childcare & Camp Scholarships to help ensure every child has access to safe, enriching programs, regardless of a family's financial circumstances. These programs provide children with opportunities to learn, grow, stay active, build confidence & friendships, and create lasting memories in a supportive environment while giving parents peace of mind & reliable care.

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

**Total Body Knockout**

- Mon Wed & Fri
- 12:05pm-12:50pm

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.

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.

- 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



**FOREVERWELL**
This free community program empowers adults *55+ to stay active, connected & engaged through YMCA wellness programs that support healthy aging.

- Wed Nov 4, 12pm: Brain Games, East Lobby
- Wed Nov 11, 11:30am: Education Series, Skybox. Register Y360 or contact McKaela
- Wed Nov 18, 12pm: Bingo, Foreverwell Area
- Wed Dec 2, 12pm: Bingo, Foreverwell Area
- Wed Dec 9, 11:30am: Education Series, Skybox. Register Y360 or contact McKaela
- Wed Dec 16, 12pm: Brain Games & 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
- 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**

- Jan 4 - Mar 24 Mon & Wed 5:30pm
- Jan 5 - Mar 25 Tues & Thurs 1:30pm
- May 4-Jul 22 Tues & Thurs 1:30pm
- Sep 14-Dec 2 Mon & Wed Evening
- Sept 15-Dec 3 Tues & Thurs Morning & Afternoon
- Free & Open to the Community

This is a free wellness program that builds strength, stamina & endurance in cancer survivors.

**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

**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.

- Jan 4-Mar
- Wed Approx 8:30pm
- $20 Member
- $30 Non

**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.

# 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
- 2:30-4pm
- Nov 22
- Dec 20
- Feb 21
- Mar 21
- Apr 18

A relaxing class centered on the Full Moon, a time for reflection, release & reconnecting with yourself.

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!

**Themed Zumba**

- Sun 10am
- Nov 15: Bollywood!
- Dec 13: Christmas Surprise!

Fun beats & fresh moves make these high energy workouts a great time for everyone!

**Middle Eastern Dance**

- Sun 11:05am
- Nov 29
- Dec 27

Shake it up with special sessions while you work on shimmies & layer them over basic movements!

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-Thurs 4x/Week for 2 Weeks

- Nov 16-Dec 17
- $69 Members
- $109 Non

Mon & Wed or Tues & Thurs 2x/Week for 4 Weeks

**Private/Dual Lessons**

Available Daily, $80-$420 Packages

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

**Adaptive Swim**

**Flying Fish Club**

- 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

- Feb 8-Mar 4
- Mar 15- Apr 8
- Apr 19- May 13
- $69 Members
- $109 Non

Sat or Sun 1x/Week for 6 Weeks

- Jan 8-Feb 13
- Feb 26- Apr 3
- Apr 16- May 22
- $52 Members
- $82 Non Members

REGISTER

- Free for Qualifying Participants

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

**Adult Swimming Lessons**

- 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.

supportive instructional club for swimmers ages 6–18.

**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.

# 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**

**Girls 2nd-6th Grade Basketball**

Program

- Jan 4-Feb 13
- Mon-Thurs 4:30 or 6:30pm Rec, 5:30 or 7:30pm Comp

Games

- Comp - Fri, Rec - Sat

Register

**Itty Bitty Activities**

3-5 Years
$42 Member
$62 Non

**Volleyball**

Program:

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

Register:

- Jan 4-25

**Baseball**

Program:

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

Register:

- Dec 7-28

Program:

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

Register:

- Dec 7-28

- Nov 17-Dec 15 - Member
- Nov 20-Dec 15 - Non

Fees

- Comp - $75 Member,
- $117 - Non
- Rec - $55 - Member, $97 - Non

**Boys 2nd-6th Grade Basketball**

Program

- Feb 22-Apr 10
- Mon-Thurs 4:30 or 6:30pm Rec, 5:30 or 7:30pm Comp

Games

- Comp - Fri, Rec - Sat

Register

- Dec 28-Feb 8 - Member
- Dec 31-Feb 8 - Non

Fees

- Comp - $75 Member,
- $117 - Non
- Rec - $55 - Member, $97 - Non

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

Register:

- Jan 4-25

**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

REGISTER

Program:

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

Register:

- Feb 1-22

**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
- Nov 2-17
- Nov 30-Dec 15
- Jan 4-26
- Feb 1-23
- Mar 1-23
- Apr 5-27
- Jan-Apr: $68 Member $98 Non

**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
- Nov 13

**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

- Nov-Dec: $52 Member $82 Non

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

**Master Chefs**

- Thurs 6:15-7:30pm
- Nov 5-19
- Dec 3-17
- Jan 7-28
- Feb 4-25
- Mar 4-25
- Apr 8-29
- Jan-Apr: $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.

- 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
- 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.

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 spend the day laughing & playing with your kids.

**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




**Adventure Camp**

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

- 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 environment
- Opportunities to learn, grow & advance!

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

## CHANGE LIVES INCLUDING YOURS

**FEATURED JOBS**

**Full Time**

- Youth Development Center Teachers
- Youth Development Center Teaching Assistants

APPLY

**Part Time**

- Youth Development Center Daytime Teaching Assistants
- After School Youth Leaders
- Youth Volleyball Officials
- Swim Instructors
- Youth Development Center Receptionist
- Fitness Associates



# 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.

VOLUNTEER

**Visit our website for current information.**

# 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
- Dec 12
- Mar 3
- Jun 5
- $30 Per Participant

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

**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!

**Kerr Pool closed:**
Sat Nov 14
5-7pm

For staff emergency response training.

**Holiday hours:**
Thurs Nov 26
7am-12pmpm

For Thanksgiving holiday.

**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**

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Connect with us on:

Missouri Valley Family YMCA
Bismarckymca.org

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