

AQUATICS

SWIMMING LESSONS

GROUP LESSONS AGES 6mo+ | TIMES VARY

PARENT/BABY OR CHILD: Members: \$60 | Non-Members: \$120
Ages 6mo-3 get comfortable in the water with a parent or guardian.

LEVELS 1-6: Members: \$60 | Non-Members: \$120

A fun atmosphere for ages 3-16 to learn to swim with new friends.

ALL KIDS SWIM: Members: \$30 | Non-Members: \$60

Children ages 4-14 with special needs can learn to swim with PGAS.

ADULT: Members: \$60 | Non-Members: \$120

Adults 17+ increase their comfortability or confidence in the water.

PRIVATE LESSONS AGES 6mo+ | FLEXIBLE TIMES

Learn to swim in a one-on-one or two-person class.

INDIVIDUAL: Members: \$120 | Non-Members: \$200

BUDDY: Members: \$100/person | Non-Members: \$180/person

REGISTRATION DATES

GROUP LESSONS

8 WEEKS | 30 MIN LESSONS | TUE 4-6PM • THUR 4-6PM • SAT 9-11AM
LESSONS: Parent/Baby, Parent/Child, Levels 1-6, Adult, AKS (not available Fall 1)

Winter I: Reg: Dec 15, 2024 - Jan 4, 2025 Session: Jan 7- Mar 1, 2025

Spring I: Reg: Feb 1-25, 2025 Session: Mar 11- May 3, 2025

Fall I: Reg: Aug 10 - Aug 27, 2025 Session: Aug 30 - Oct 25, 2025

Fall II: Reg: Oct 1-25, 2025 Session: Oct 28 - Dec 20, 2025

8 WEEKS | 30 MIN LESSONS | SAT 9-10:30AM

OFFERED LESSONS: Parent/Child, Levels 1-4, Adult

Summer: Registration: May 5-24, 2025 Session: June 7-July 26 2025

SWIM LESSON CAMPS 1 WEEK | 45 MIN LESSONS | M-F 1-3PM

OFFERED LESSONS: Parent/Baby, Parent/Child, Levels 1-6

Summer I: Reg: May 5-24, 2025 Session: June 2-6 2025

Summer II: Reg: May 12-31, 2025 Session: Mar 11- May 3, 2025

Summer III: Reg: June 2-21, 2025 Session: Oct 28 - Dec 20, 2025

Summer IV: Reg: June 23 - July 12, 2025 Session: Oct 28 - Dec 20, 2025

PRIVATE LESSONS 5 LESSONS/MONTH | 30 MIN LESSONS | M-SAT

January: Registration: Dec 1-22, 2024 July: Registration: June 1-28, 2025

February: Registration: Jan 1-26, 2025 September: Registration: Aug 1-24, 2025

March: Registration: Feb 1-23, 2025 October: Registration: Sept 1-21, 2025

April: Registration: Mar 1-23, 2025 November: Registration: Oct 1-26, 2025

May: Registration: Apr 1-27, 2025 December: Registration: Nov 1-23, 2025

June: Registration: May 1-25, 2025 January: Registration: Dec 1-21, 2025

SAFETY AROUND WATER

GOLDEN K KIWANIS WATER SAFETY DAY | AGES 4-14

Free for families to learn water safety skills that help reduce the risk of drowning.

Mar 1, 2025 June 7, 2025 Sept 6, 2025 Dec 6, 2025

LIFEGUARD COURSES

LIFEGUARD CERTIFICATION | AGES 15+ | \$350

Receive a Lifeguarding with CPR/AED for Professional Rescuers & First Aid cert.

February 8: Reg: Jan 18-Feb 1, 2025 April 12: Reg: Mar 15 - Apr 5, 2025

March 8: Reg: Feb 15- Mar 1, 2025 May 10: Reg: April 12 - May 3, 2025

SPORTS & MORE

YOUTH SPORTS & FITNESS

SPORTS PROGRAMS

ITTY BITTY SPORTS

Perfect way to introduce young athletes to a variety of sports and new friends.

Times: Ages 3-4: Sat 12-1PM

Ages 5-6: Sat 1-2PM

Where to Register: In-House or Online

Registration: Jan 20 - Mar 29, 2025

Session: Apr 5 - May 17 - No class 4/19

MEMBERS: \$50 | NON-MEMBERS: \$90

BASKETBALL PROGRAMS

BASKETBALL LEAGUES

JR NBA/WNBA LEAGUES

Players learn the basics of basketball and sportsmanship while developing their skills with their friends in this team-based league.

Games: Sat 8AM-2:30PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

Kindergarten Co-Ed

Registration: Sept 15 - Oct 14, 2025

Session: Nov 1 - Dec 13, 2025 - No games 11/29

MEMBERS: \$65 | NON-MEMBERS: \$110

1-2 Grade Boys/Girls

Registration: Sept 15 - Oct 14, 2025

Session: Nov 1 - Dec 13, 2025 - No games 11/29

MEMBERS: \$65 | NON-MEMBERS: \$110

3-4 Grade Boys/Girls

Registration: Nov 10 - Dec 15, 2025

Session: Jan 10 - Feb 26, 2026

MEMBERS: \$75 | NON-MEMBERS: \$120

HIGH SCHOOL SUMMER LEAGUE

A competitive league for teams wanting to keep their skills during the summer months.

Games: MTW 6-10PM - 1 hour games

Location: YMCA or Minot North High School

Practices: 1-2/week as scheduled by Coach

Coaches Register: In-House or Online

Boys & Girls Junior Varsity & Varsity

Registration: Apr 14 - May 16, 2025

Session: June 2 - July 17, 2025 - No games 4/5

TEAM FEE: \$425

FITNESS PROGRAMS

YOUTH EXERCISE ORIENTATION

Learn the Training Center equipment, proper form, fitness etiquette, and more to gain access to Training Center without parental supervision.

Ages: 12-13 Fee: Free

Where to Register: In-House or Online

FOOTBALL PROGRAMS

FOOTBALL LEAGUES

FLAG FOOTBALL

Players learn the basics of football and sportsmanship while developing their skills with their friends in this team-based league.

Games: Sat 9AM-1PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

K-2 Grade Boys & Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

MEMBERS: \$70 | NON-MEMBERS: \$115

3-4 Grade Boys & Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

MEMBERS: \$70 | NON-MEMBERS: \$115

TACKLE FOOTBALL

Players develop their football skills with their friends while learning teamwork, sportsmanship, and having fun on the field.

Games: Sat 9AM-1PM - 1 hour games

Practices: 1-2/week as scheduled by Coach

Where to Register: In-House or Online

3-4 Grade Boys/Girls

Registration: Apr 14 - Aug 8, 2025

Session: Sept 6 - Oct 11, 2025

Gear Pick Up: Aug 12-14, 2025

MEMBERS: \$220 | NON-MEMBERS: \$240

FOOTBALL SKILLS CAMP

Kids develop their football skills with local coaches and MSU athletes in this day camp.

Time: Sat 2-4PM

Registration: Apr 14 - Aug 8, 2025

Event: Aug 23, 2025

MEMBERS: \$50 | NON-MEMBERS: \$70



SOMETHING FOR EVERYONE

YOUTH PROGRAM GUIDE 2025 PROGRAMS & EVENTS

MINOT FAMILY YMCA | YMCAMINOT.ORG |

DAY & RESIDENT CAMPS

TRIANGLE Y CAMP

CAMP OPTIONS

Nestled on scenic Lake Sakakawea near Garrison, ND, Triangle Y Camp offers a variety of camp options for children ages 6-15 during the summer months.

MINI AGES 6-9 | FEE: \$395

Designed specifically for first time campers, this 3 day camp will make your child feel right at home with fun activities!

RESIDENT AGES 7-15 | FEE: \$565

Our traditional camp filled with fun and nonstop excitement. Campers experience a bit of everything TYC has to offer!

EXPLORER AGES 10-15 | FEE: \$570

This camp is for kids who are interested in nature. Canoe trips, campouts, and hiking are just a few they'll experience!

CLIMBERS AGES 10-15 | FEE: \$570

Focusing on climbing the 50ft alpine tower, this camp encourages teamwork and campers learn that there are different ways to achieve the same goal!

HORSEMANSHIP AGES 10-15 | FEE: \$670

Spend the week paired with a horse; developing a bond with it while also learning about western riding, difference in tack, horse care, and more!

OUTDOOR EDUCATION AGES 11-15 | FEE: \$570

Learn about North Dakota's ecology and earn your Hunters Safety certification from a ND Game and Fish Instructor.

STEM AGES 10-15 | FEE: \$595

Campers engage in a variety of STEM focused activities such as programming robots, experimenting with circuit boards, problem solving, and more!

FAMILY CAMP ALL AGES | FEE: \$100-175/PERSON

Camp out with your family over Labor Day weekend sitting around the campfire, hiking, swimming, horseback riding, archery, climbing, kayaking, and more out at Triangle Y Camp.

LEADERS IN TRAINING

The LIT program is for those ages 15+ who are interested in developing leadership and camp counselor skills.

Ages: 15-16 (Must be 15 by May 31, 2025)

Where to Apply: TriangleYCamp.org

Applications Open: Jan 1 - May 1, 2025

Fee: \$230 | Due prior to Staff Training

REGISTRATION DATES

TRIANGLE Y CAMP

Where to Register: In-House or online at TriangleYCamp.org

Sponsorships are available - Visit TriangleYCamp.org for more info

Early Bird Registration: Oct 1-31, 2025 | 10% off with code TYC25

Registration: Oct 1, 2024 - Jul 14, 2025

CAMP SESSIONS:

Session 1: June 8-13, 2025 Theme: Circus

Resident, Horsemanship, Beginner Explorers, STEM

Session 2: June 15-20, 2025 Theme: Galaxy Far, Far Away

Resident, Horsemanship, Intermediate Explorers, Mini

Session 3: June 22-27, 2025 Theme: Jungle Jamboree

Resident, Horsemanship, Advanced Explorers, Mini, Outdoor Ed

Session 4: July 6-11, 2025 Theme: Disney

Resident, Horsemanship, Beginner Explorers, Mini, Climbers

Session 5: July 13-18, 2025 Theme: Survivors

Resident, Horsemanship, Intermediate Explorers, Mini

Session 6: July 20-25, 2025 Theme: Christmas In July

Resident, Horsemanship, Advanced Explorers, Mini, Climbers

Session 7: July 27-Aug 1, 2025 Theme: TYC Games

Resident, Housemasters, Outdoor Ed

LABOR DAY FAMILY CAMP

Where to Register: In-House or online at TriangleYCamp.org

Registration: Jan 1 - Aug 22, 2025

Session: Aug 29 - Sept 1, 2025

DAY CAMP PROGRAMS

SUMMER DAY CAMPS

KINDER CAMP AGES 4-6 | M-F 9AM-1PM

An indoor and outdoor play and learning adventure for little ones.

Participants will enjoy companionship, fun, games, songs, and more!

MEMBERS: \$90 | NON-MEMBERS: \$120

DAY CAMP AGES 7-10 | M-F 9AM-4PM

A Summer Adventure that includes a balance of fun, educational, and social activities with trips to local kid-friendly spots & Triangle Y Camp.

MEMBERS: \$160 | NON-MEMBERS: \$190

REGISTRATION DATES

Early Bird Registration: Jan 1-31, 2025 | 20% off with promo code CAMP25

Registration: Jan 1, 2025 - Jul 14, 2025

Camp Sessions:

1: Circus: Jun 2-6, 2025

2: Galaxy Far, Far Away: Jun 9-13, 2025

3: Jungle Jamboree: Jun 16-20, 2025

4: Disney: Jun 23-27th, 2025

5: Survivors: Jul 7-11, 2025

6: Christmas in July: Jul 14-18, 2025

7: Open Season: Jul 21-25, 2025

8: Color Wars: Jul 28 - Aug 1, 2025

ONE DAY CAMPS

STEM MINI CAMP AGES 11-16 | 8AM-12PM

Engage in a variety of fun and educational activities focused on math, science, technology, and engineering at this day camp.

Date: June 12, 2025 Registration: May 1- June 8, 2025

MEMBERS: \$15 | NON-MEMBERS: \$20

CLIMBING MINI CAMP AGES 9-12 | 9AM-4PM

Love to climb? This day camp is full of fun activities at the Rock Wall!

Date: Dec 29, 2025 Registration: Dec 1-25, 2025

MEMBERS: \$30 | NON-MEMBERS: \$50

SCHOOL'S OUT DAYS AGES 5-11 | 8AM-4PM

When school is out, the Y is IN! Kids can enjoy a fun filled day of climbing, swimming, creating, and more at the YMCA while you work!

2024-2025 Dates: Oct 18, Nov 11, Dec 27, Jan 20, Feb 17, & Mar 7

2025-2026 Dates: Available once MPS School Calendar is approved

Registration: Oct 1- Mar 1, 2025

MEMBERS: \$35 | NON-MEMBERS: \$60 (Late Fees May Apply)

PARENTS' NIGHT OUT AGES 4-10 | 5:30-8:30PM

Want to enjoy a night away while your kids play? Drop off your children for an evening of arts and crafts, games, and pizza at the Y!

2024-2025 Dates: Dec 6, Dec 20, & Feb 14

2025-2026 Dates: Available once MPS School Calendar is approved

Registration: Oct 1- Feb 12, 2025

MEMBERS: \$25 | NON-MEMBERS: \$35

FAMILY

SUMMER UNPLUGGED

SUMMER UNPLUGGED ALL AGES | WED 1-3PM

This FREE summer program is packed full of themed activities for kids and families in the community and sponsored by HESS.

July 9: BBQ Kick-Off Bash

July 16: Color Explosion

July 30: Out of This World

July 30: Wacky Water

CHILD WATCH

CHILD WATCH AGES 0-8 | M-F 9AM-2PM & M-TH 5-8PM

A drop-in, babysitting service for family members who are in the facility utilizing the Y. There is a 2 hour time limit.

Daily Drop-In: \$10 for one child \$3 per additional child

Punch Card: \$30 (\$3 punches : 2 for 1st child & 1/additional)

Monthly Unlimited: \$60/month for one child \$10/month/additional child

BABYSITTING COURSES

BABYSITTING CERTIFICATION AGES 11+ | SAT 8AM-5PM

This American Red Cross Course will prepare student to be great babysitters. Plus students receive a Pediatric CPR Certification.

Mar 22: Reg: Mar 1-15, 2025

Aug 30: Reg: Aug 1-23, 2025

Apr 26: Reg: Apr 1-19, 2025

Sept 27: Reg: Sept 1-20, 2025

May 31: Reg: May 1-24, 2025

Oct 25: Reg: Oct 1-18, 2025

July 26: Reg: July 1-19, 2025

Nov 29: Reg: Nov 1-22, 2025

BIRTHDAY RENTALS

BIRTHDAY PARTIES ALL AGES | AS SCHEDULED

Looking for a place to host a birthday party for your kids? You can splash, climb, and play with your friends at the YMCA!

How to Register: Online Inquiry or Call 701-852-0141

Includes: Activity area(s) for 10 participants any age, Community Room, T-Shirt for Birthday Child, & Free Chaperones

Additional Participants: \$5

Activity Areas: Gym (1/2 Gym) Play (Kid's Gym - ages 0-8 only)

Splash (Pool) Climb (Climbing Wall)

STANDARD PARTY | 2 HOURS | MEMBERS: \$100 NON-MEM: \$120

Splash Party Gym Party Play Party

POPULAR PARTY | 2.5 HOURS | MEMBERS: \$120 NON-MEM: \$140

Splash & Gym Splash & Play Play & Gym

Climb & Gym Climb & Play

PREMIUM PARTY | 3 HOURS | MEMBERS: \$140 NON-MEM: \$160

Splash, Climb & Gym Splash, Climb, & Play Splash, Gym, & Play

Climb, Gym, & Play

CLIMBING WALL

BELAY CERTIFICATION CLASS | AGES 14+

Learn how to belay and be certified to belay at our Y. Members: \$25 | Non-Members: \$50

VERTICAL MILE CLUB | ALL AGES | FREE

Climb the wall 150 times and receive a free shirt!

PRIVATE CLIMBING LESSONS | AGES 7+

Learn to climb in a one-on-one or two/three-person lesson. INDIVIDUAL: Members: \$120 | Non-Mem: \$200

BUDDY: Members: \$100/person | Non-Mem: \$180/person

TRIO: Members: \$80/person | Non-Mem: \$160/person