

2005



HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622



Merry Christmas and a Happy New Year

The YMCA will be closed for Christmas **December 25 and 26**. We will also be closed **January 1 and 2** for New Years. We will also close at 1:00 p.m. on **December 24 and 31**. We wish you and your family a very Merry Christmas and a Happy New Year! Looking forward to a great **2006**.

“The Helena Family YMCA – “The FAMILY place to be!”

DECEMBER NEWS

YMEMBERSHIP™

Bathroom Renovations

The upstairs bathrooms will be closed **December 10-11** for renovations. The YMCA's Property Committee will be installing new walls, new fixtures and new lights.

YSPORTS™

Middle School Swim Team & Ping Pong

Registrations will be taken starting **December 12** for the Middle School Swim Team & Ping Pong programs. Participants will practice twice a week, with HMS students practicing Mondays & Wednesdays and CRA students practicing Tuesdays & Thursdays. Both programs will start **January 9**. Registrations are limited to 25 students in Swim Team and 12 students in Ping Pong from each school. Students cannot sign up for both. Cost for each program is \$40.00. Financial assistance is available.

2006 Winter Basketball

Registrations are still being taken for the 2006 Winter Basketball program. Program will start **January 9 and end March 4, 2006**. Registrations will be taken through **January 3**. K-5th Grades.

YAQUATICS™

Swim Lessons

Sign up now for the last session of swimming lessons this year! The Fall III session runs December 5 through December 15. Classes run Monday thru Thursday between 6:30 and 8:00 p.m. A great early Christmas present.

YCHILD CARE™

Kids Night Out

The fun night for kids is scheduled for **December 10**. Sign up by **December 7**. For more information please contact the YMCA.

Holiday Camp

Holiday Camp will be **December 23, 27-30**. Registrations need to be in by **December 19**. Fees are \$85/Member and \$95/Program Participant for this session.

YTEENS™

Teen Dance

December 17 will be the next Teen Dance. Open to 6th thru 8th grade. Cost is \$3.00 with **student ID**. Saturday from 7:00-10:00. **NO ADMITTANCE WITHOUT STUDENT ID**.

CHYLL Program

Middle School students can come and CHYLL at the YMCA. CRA—M/W and HMS—T/TH. We'll pick 'em up from school & bring them to the Y for fun in the gym and pool. Pick up at the Y is no later than 5:00 p.m. Cost is free for members and \$20.00 for participants.

YHEALTH & FITNESS™

Core Strength

For the entire month you can work on achieving those six pack abs you've always wanted. Margy Bartley will be teaching a core strengthening class designed to firm you up in the mid section. She will include back exercises for muscle balance and flexibility training. Pop in for a cardio free workout (but not sweat free) and get to know Margy.

Winter Wellness Challenge

The YMCA is sponsoring a Winter Wellness Challenge. Teams of four will compete by earning "points" through various activities. Register your team at the Front Desk between **December 19 and January 7**. Competition begins **January 8**. For more info contact Carrie Ann.

Goal Setting for the New Year

Dr. Parliament will be sharing with us helpful hints on setting our New Year's Resolutions. Mark you calendar now for **December 13** at 12:15 p.m. Meet in the community room with your brown bag lunch and a short list of possible resolutions we can revise together.

Personal Training

Trainers are available for your hire. Imagine how good it feels to work out with a trained, experienced professional whose goal is to get you to your goal. Prices are reasonable. Please leave your name and number with the Front Desk and one of our Personal Trainers will contact you to set up an interview.



POOL SCHEDULE

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	
5:30 - 7:00	Early Bird Laps					CLOSED	C L O S E D	
7:00 - 9:00	Morning Adult Laps							Adult Lap Swim (8-10)
9:00 - 10:00	Water Aerobics							
10:00 - 11:00	Adult Laps	Mom & Me 10 - 10:30	Adult Laps	Maintenance	Adult Laps	Swim Lessons (10-12:00) Ends Dec. 3	Lap Swim (12-1) Rec. Swim (1-3:45)	
11:00 - 1:00	Noon Adult Laps							
1:00 - 2:00	Water Aerobics					Recreation Swim (12-4:45)	C L O S E D	
2:00 - 4:00	Recreation Swim							
4:00 - 5:30	Dolphins Swim Team							
5:30 - 6:30	Prime Time Adult Laps					C L O S E D At 4:45 PM	C L O S E D AT 3:45 PM	
6:30 - 8:00	Swim Lessons Ends Dec. 15	6:30 - 8:00 Lessons Ends Dec. 15 7:30 - 8:30 Aquaerobics	Swim Lessons Ends Dec. 15	6:30 - 8:00 Lessons Ends Dec. 15 7:30 - 8:30 Aquaerobics	Recreation Swim			
8:00 - 9:45	Recreation Swim	8:30 - 9:45 Rec Swim/ SCUBA	Recreation Swim	8:30 - 9:45 Rec Swim/ SCUBA	Recreation Swim			

GYM SCHEDULE

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:30 - 12:00 pm	Open Gym					CLOSED	
12:00- 2:00	Adult Business Basketball					Youth Basketball (8 - 5:00) Ends Dec. 17	Open Gym (12-3:45)
2:00 - 5:00	Open Gym						
5:00 - 8:00	Youth Basketball Ends Dec. 17					CLOSED	
8:00- 9:30	Open Gym starting Dec. 19						

** SCHEDULES SUBJECT TO CHANGE*