

2005

HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622



THANK YOU VOLUNTEERS

We would like to thank all the volunteers that have helped us this fall. To all the volunteers that made Cross Country, Tennis and Soccer a success. Also, to the volunteers at the Halloween Carnival and Haunted House. This years Halloween had a great turn out, we had over 400 participants. Thanks for all you help. Without your help we cannot run these successful programs and events.
Thanks-The YMCA

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

YMEMBERSHIP™

YMCA Closures

The YMCA will be closed for Thanksgiving **November 24**. The hours for **November 25** will be 8:00 a.m. to 5:00 p.m. We wish you and your family a Happy Thanksgiving.

YSPORTS™

2006 Winter Basketball

Registrations will begin on **November 7th** for the YMCA's 2006 Winter Basketball program. Program will start **January 9th and end March 4th, 2006**. Registrations will be taken through **January 3rd**. Participants will be placed on 8 person teams in four grade levels; Kind, 1st-2nd Grade, 3rd-4th Grade and 5th Grade. Girls and Boys teams will be formed in the 3rd-4th and 5th Grade levels. Coed teams will be formed in the Kindergarten and 1st-2nd Grades. Fees are \$30.00 for Members, \$50.00 for Non-members. A new Sports Package, whereby families can purchase three sports at one time at a tremendously reduced rate, is also offered. Please see our Membership Services Desk on this.

YCHILD CARE™

Kids Night Out

The fun night for kids is scheduled for **November 12**. Sign up by **November 9**. For more information please contact the YMCA.

Schools Out

Schools out will be **November 23**. This structured yet fun and safe environment will consist of planned field trips and activities, your child will be anything but bored. **NO CARE AVAILABLE ON NOVEMBER 24 AND 25**.

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**. All classes run Monday through Thursday between 6:30 and 8:00 p.m. A great early Christmas pre-

YTEENS™

Dances

November 19 is a night for teens to strut their stuff. Open to 6th through 8th, there will be dancing, drinks, and lots fun. Saturday from 7:00-10:00. Cost is \$3.00 with student ID. **NO GLOWSTICKS ALLOWED... SORRY!**

YHEALTH & FITNESS™

Mom & Miss

Moms, bring your daughters, ages 11-40, to work-out with you in a guided group fitness class. Strength training for you both is a terrific way to spend some quality time. Classes are held **each Saturday in November at 8:30 a.m.**

Got Holiday Stress???

Dr. Matthew Parliament will discuss stress management through the holiday season. Mark your calendar now, pack a lunch and join us in the Community Room to learn how to deal with this serious yet unseen health hazard. **November 15th @ 12:05 p.m.**

Intro to Belly Dancing

Novembers specialty class is an Introduction to Belly Dancing taught by Arwen “Ester” Cochran. This class is designed for the first time dancer and will emphasize toning, body awareness, core strength and flexibility. You know you’ve wanted to try it, now’s your chance. Classes will be **Monday & Wednesday** from 6:30 to 7:15 p.m.

Personal Training

The average American puts on 2-10 lbs from Halloween to New Years. You don’t have to be average! You can have a private coach to help you avoid those extra holiday pounds. Personal Training is available at a low, low cost. Leave your name and number at the Front Desk and one of our Personal Training Professionals will contact you.

NOVEMBER NEWS

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	Maintenance	Mom & Me 10 - 10:30	Maintenance	Maintenance	Maintenance	Swim Lessons (10-12:00)	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	6:30 - 7:30 Lessons 7:30 - 8:30 Water Aerobics	Swim Lessons	6:30 - 7:30 Lessons 7:30 - 8:30 Water Aerobics	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) Closed 5:00 pm	Open Gym (12-3:45) Closed 4:00 pm
2:00 - 5:00	Open Gym						
5:00 - 8:00	Youth Basketball					CLOSED	
8:00- 9:30							

** SCHEDULES SUBJECT TO CHANGE*