

HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622

2005



HALLOWEEN PARTY/HAUNTED HOUSE

Kids of all ages come one come all to the YMCA Halloween Carnival and Haunted House. We will have games such as the ghost walk, Lake Ellen's Erie Fishing, Pumpkin Toss and lots of prizes. The scariest day of the year scheduled for October 29, 2005 from 3-6 pm. The Carnival/Haunted House is \$2.00 per person. See You There! Volunteers are needed, please call the YMCA.

"The Helena Family YMCA – "The FAMILY place to be!"

YSPORTS™

Middle School Sports Lineup

Basketball

Middle School Basketball registrations are now being taken until Saturday, **October 15**. This is for girls and boys in the 6-8 grades. Season starts the week of **October 17**. NEW THIS YEAR! Expanded game schedule, mandatory coaches training, and more practices. If you are interested in coaching or being a referee, please contact the YMCA.

Tennis

Tennis wraps up with matches scheduled **October 3rd** through **October 6**. Come support these great kids and watch their vast improvement.

Cross Country

With almost 100 runners in our program, these kids are off and running. The next meet will be held at Fort Harrison on **October 5**, while the cross town meet will be held at Bill Roberts on **October 12**. Come out and support these kids.

Fall Youth Basketball

The YMCA is taking registrations now through **October 19**. Sign up for one of the most enriching sports the Helena Family YMCA has to offer. Season starts October 24 and continues until December 17. Fall basketball is for girls and boys in the K-5 grades. Registrations for school associated teams are on a first-come first-serve basis.

Financial Assistance is available!

Coed Volleyball

This adult league is for people over 15. Teams can field a maximum of 6, and no less than 4, on a court at a time. Only 8 times will be accepted. Games start **October 24**. Cost is \$100 per team.

YAQUATICS™

Swim Lessons

The Fall Session II swim lessons start **October 17**. Register today to enroll you child in our new swim lesson programs. **Registrations end October 14**.

YTEENS™

Dances

October 15 is a night for teens to strut their stuff. Open to 6th through 8th, there will be dancing, pop, and lots of fun. Saturday from 7:00-10:00. Cost is \$3.00 per person. **Student ID must be presented to get in the door.**

C.H.Y.L.L

New after school program for 6-8 grades that include organized pool/gym activities and exciting enrichment activities. Transportation is provided by the YMCA from school and on field trips. Session I (Oct. 24-Nov 18) is covering Drama. Session II (Nov. 28-Dec 22) is covering Photography. CRA M/W and HMS T/TH. Fees are free for Members and \$25 for Non-Members.

Teen Fitness

A fun and exciting class geared for teens, between the ages of 11 and 14. Teens will learn how to use free weights, weight machines, and cardio-vascular machines. They will also have discussions on the importance of working out and learn how to design work out program which includes nutrition and self-image. Tuesdays and Thursdays from 3:45-4:45. **October 4** through **October 27**.

Kids Night Out

This fun night for kids is scheduled **October 8**. For more information please contact the YMCA.

YHEALTH & FITNESS™

DAD & DUDE

NEW CLASS: For Dads and their teen or pre-teen boys. This group fitness class is a progressive strength training program led by YMCA trained personnel. Meet in the Fitness Center @ 8:30 a.m. on Saturdays. Working out together is a terrific way to spend some quality time with your Pop (and maybe show him up a little).

PILATES IN PINK

Being offered by the YMCA as part of October's Breast Cancer Awareness Month. A specialty class designed for the first time Pilates participant with an emphasis on stretching and toning for the Breast Cancer Survivor. Classes are Monday & Wednesday @ 6:30 p.m. in the aerobic studio. No cost to YMCA members and Breast Cancer Survivors.

OCTOBER 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 - 3:00	Recreation Swim							
3:00 - 4:00	Middle School C.H.Y.L.L.							
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	Swim Lessons	6:30 - 7:30 Lessons	Recreation Swim			
8:00 - 9:45	Recreation Swim	7:30 - 9:45 Rec Swim/ SCUBA	Recreation Swim	7:30 - 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					Open Gym (8 - 4:45) Closed 5:00 pm	Open Gym (12-3:45) Closed 4:00 pm
2:00 - 5:00	Open Gym						
5:00 - 8:00						CLOSED	
8:00- 9:30						CLOSED	

** SCHEDULES SUBJECT TO CHANGE*