

2006

# HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622



## Happy New Year!

The YMCA will once again host its annual Open House on Saturday, January 7, from 9:00 am to 4:00 pm. Bring family and friends to check out all the new activity areas and get a first hand look at the new things planned for 2006! *No Joiners Fee for the month of January.*

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

### YMEMBERSHIP™

#### Facility Closure

The YMCA will be closed **January 16** in observance of Martin Luther King Jr. Day.

### YSPORTS™

#### Middle School Swim Team & Ping Pong

Registrations are still being taken for the Middle School Swim Team & Ping Pong programs. 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**. K-5th Grades.

#### Middle School Volleyball & Flag Football

Registrations will begin **January 23** for the YMCA's Middle School Girl's Volleyball and Boy's Indoor Flag Football programs. Teams will be set up in two grade divisions; 6th and 7th-8th grades. Participants will be placed on teams according to skill level. Skill clinics will be offered in both sports the week of **February 13**, with practices beginning the week of **February 20**. Cost per participant is \$40.00. Subsidy is available for those students on the Free/Reduced Lunch Program. Sign-ups will be taken at both C.R. Anderson and Helena Middle Schools and at the YMCA.

### YAQUATICS™

#### Swim Lessons

Kick off the New Year with a splash! Our 2006 Swim Lessons begin **January 9**. Weekday and weekend sessions available. Sign up now at our Front Desk.

### YCHILD CARE™

#### Kids Night Out

The fun night for kids is scheduled for **January 7**. Sign up by **January 4**. For more info contact the YMCA.

### YTEENS™

#### Teen Dance

**January 21** 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™

#### Winter Wellness Challenge

The spirit of competition has gotten a hold of Carrie Ann so you had better get your team together now, plan your strategy and hold on (she doesn't like to lose). Registrations are currently being taken at the Front Desk for the Winter Wellness Challenge. Teams are encouraged but individual registrations will be accepted.

#### Teen Fitness

Registrations are currently being taken for the January teen fitness class. This class, designed for students ages 11-14, will be held on Mon. & Wed. @ 3:30. Class dates are **January 9-February 1**. Class is limited to 6 students, so sign up now.

#### BOSU

Bowhat? You know BOSU! What is BOSU? This is one of the amazing classes we offer at your YMCA. This class is designed to strengthen your core, improve your balance, and strengthen your body. Check the Group Fitness schedule for times. Oh, by the way, BOSU stands for Both Sides Up. You've got to try it.

#### Chiropractic Care. Why & What?

Dr. Matthew Parliament will share the topic of Chiropractic Care with us for the January Brown Bag Discussion. Set you "Palm Pilot" now to include Tuesday, January 10 @ 12:15 p.m. This discussion will cover what chiropractic care is and why it is so important for our overall health.

JANUARY 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					<b>CLOSED</b>	<b>C L O S E D</b>	
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)	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)	<b>C L O S E D</b>	
2:00 - 3:00	Recreation Swim							
3:00 - 4:00	Middle School Swim Team				Rec. Swim			
4:00 - 5:30	Dolphins Swim Team					<b>C L O S E D</b> At 4:45 PM	<b>C L O S E D</b> AT 3:45 PM	
5:30 - 6:30	Prime Time Adult Laps							
6:30 - 8:00	Swim Lessons	6:30 - 7:30 Lessons	Swim Lessons	6:30 - 7:30 Lessons	Recreation Swim	<b>C L O S E D</b> At 4:45 PM	<b>C L O S E D</b> AT 3:45 PM	
		7:30 - 8:30 Aquaerobics		7:30 - 8:30 Aquaerobics				
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					<b>CLOSED</b>	
12:00- 2:00	Adult Business Basketball					Youth Basketball (8 - 5:00)	Open Gym (12-3:45)
2:00 - 5:00	Open Gym						
5:00 - 8:00	Youth Basketball					<b>CLOSED</b>	
8:00- 9:30							

*\* SCHEDULES SUBJECT TO CHANGE*