

2006

HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622



Superbowl Mile Swim!

The YMCA will once again host its annual Mile Swim, on Sunday, **February 5**, from 6:30 am to 2:30 pm. Cost for the swim is \$12 (includes a towel) or raise \$25 in sponsors and swim for free! Individuals and relays welcome! To volunteer to help or to sign up, contact the front desk.

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

YMEMBERSHIP™

Facility Closure

The YMCA will be closed **February 20** in observance of Presidents Day.

Cans For Kids

The Helena Y Service Club is now accepting donations of cans for the YMCA in the recycling dumpster next to the YMCA. You can also take your cans to Pacific Hide & Fur. Let them know you would like your donation to go to the Helena Y Service Club. These monies go to help support activities for kids.

YSPORTS™

Middle School Volleyball & Flag Football

The YMCA will be taking registrations for its Middle School Volleyball and Indoor Flag Football programs through **February 10**. Seasons for both sports, with a series of Skills Clinics, will begin the week of **February 13**. Practices begin the week of **February 20**. Volleyball is for girls in the 6-8 grades, while Flag Football is for boys in the 6-8 grades. Participants will be placed on teams according to skill level. Cost for each program is \$40.00. Financial Assistance is available for those students on the Free/Reduced Lunch Program through a grant by America's Promise. Volunteer coaches are needed in both sports.

Floor Hockey

Registrations for the YMCA's 2006 Floor Hockey program began last month and will end Friday, **March 3**. Teams will be formed in three different age/grade categories: Pre-Kindergarten-Kindergarten, 1-2 Grade, and 3-4 Grade. All practices and games will be held at the YMCA Monday-Friday. No weekends! Practices begin the week of **March 6**. Fees are \$25 for Y-members and \$50 for Non-members. Volunteer coaches are needed. Please see our Membership Services Desk for more information.

YAQUATICS™

Swim Lessons

Swimming lessons are running through February. The next weekday session begins **March 6** and runs for 3 weeks. The next weekend session begins **March 4** and runs for 6 weeks.

YCHILD CARE™

Kids Night Out

This fun night for kids is scheduled for **February 11**. Sign up by **February 8**. For more info contact the YMCA.

YTEENS™

Teen Dance

February 18 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.**

Ski Trips

Ski trips are still taking place the first and third Friday of February and March. Cost is \$20 per trip and include equipment rental and lift ticket. Due to space, numbers are limited and no personal equipment is permitted.

YHEALTH & FITNESS™

Teen Fitness

Registrations are currently being taken for the March Teen Fitness Class. This class will be held on Mon. & Wed. @ 3:30. Class dates are **March 6-March 29**. Teens, ages 11-14 must successfully complete Teen Fitness in order to use the equipment in both the Fitness Center and Cardio Room. Sign up early since class is limited to 6 students. Cost of the class is \$25 for members and \$40 for non-members.

“Workout Nutrition”

Since you're already working out regularly you should do everything to get the greatest benefits from your time and efforts. Learn what you should be eating in order to get the most from your workout. Dr. Parliament will be discussing with us “Workout Nutrition” on **February 14** at 12:15 p.m. in the Community Room. Bring a sack lunch, nutrition questions and a notebook to keep quick notes.

Winter Wellness Challenge

The Winter Wellness Challenge is halfway through and several teams have taken this competition to heart. Most teams have accumulated tremendous points and are having fun doing it. Keep up the good work.

FEBRUARY 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	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)	C L O S E D	
2:00 - 3:00	Recreation Swim							
3:00 - 4:00	Middle School Swim Team (Until February 9)				Rec. 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	Swim Lessons	6:30 - 7:30 Lessons	Recreation Swim			
		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					CLOSED	
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					CLOSED	
8:00-9:30							

** SCHEDULES SUBJECT TO CHANGE*