

2009

HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



Summer Sign-up/Healthy Kids Day

Saturday, April 25th

The Helena Family YMCA's annual Summer Sign-up/Healthy Kids Day will be Saturday, April 25, from 9:00 a.m. to 1:00 p.m. This is your first chance to sign-up for one of the many exciting YMCA summer programs. Games, prizes, physical and dental check-ups will all be part of Healthy Kids Day.



The Helena Family YMCA – "Connecting our Community!"

YMEMBERSHIP™

The Spin Bikes are in! Classes are now being scheduled during the mornings, afternoons, and evenings. If you are interested in teaching please Heather McKay, YMCA Fitness Coordinator.



New Member Orientation

Our April New Member Orientation will be offered on Tuesday, April 28, from 5:30 to 6:30 p.m. Food will be served. Those in attendance receive a free YMCA t-shirt and a gift. Please confirm your attendance with one of our Membership Services staff.

Life Water For Sale

The YMCA is now selling Life Water for \$1.75 per bottle. Proceeds benefit the YMCA's Service Club and to help send kids to camp. See our Membership Services Desk to purchase yours.

YSCHOOL AGE™

We build strong kids, strong families, strong communities.

Spring Day Camp

Spring Day Camp will be offered April 6-10. Participants will meet at the YMCA every morning and travel to different parts of the city. Swimming at the Y will also be offered.

Kid's Nite Out

Kid's Nite Out will be offered from 7:00 p.m. Saturday, April 25, to 9:00 a.m. Sunday, April 26 at the YMCA. Cost for *Kid's Nite Out* is \$25 for Members, \$30 for all others. Please sign-up at the Membership Services Desk

YAQUATICS™

Swim Lessons

Registrations are still being accepted for the YMCA's 2009 Spring II Swim Lesson Session. Dates for Spring II are April 13-23 (Monday-Thursday only). Fees are;

30 min lessons : \$35.00 Y-members
\$55.00 Y-guests

45 min lessons : \$45.00 Y-members
\$65.00 Y-guests

Spring Splash

Our new Spring Splash will run April 6-10. Participants will be divided into two grade groups; Kindergarten-2nd Grade and 3rd-6th grade. K-2nd program will be offered from 9 am to noon, while 3rd-6th grade will participate 1 to 4 pm. Structured swim lessons, organized water sports, boating safety, and rescue skills will all be a part of this exciting new activity. **NOTE: The pool will be closed from 10 am to noon and 2 to 4 pm during the week for Spring Splash.**

YSPORTS™

2009 Summer T-Ball *June 15-July 30, 2009*

Registrations are now being taken through June 5th for the YMCA's exciting Summer T-Ball Program

YMCA T-Ball is for children 3 years old through 2nd grade. YMCA T-Ball teaches basic baseball techniques and skills, while focusing on teamwork and fun. Volunteer coaches are needed. Games begin week of June 22nd. Fees for T-Ball are;

\$45.00 Y-members
\$65.00 Y-guests







APRIL NEWS

POOL & GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00	"Early Bird" Lap Swim						
9:00-10:00	Aquaerobics					8-10 Lap swim	
10:00-10:30	Half lessons/ half lap	Mom & Me	Half lessons/ half laps			Half les- sons Half Half les- son's Half Rec swim	
10:30-11:00							
11:00-12:00	Lap Swim						
12:00 1:00	watersculpt	master swim	Aquajog	master swim	Water polo	12-4:45	
1:00-2:00	Aquaerobics					Recreation swim	
2:00-3:00	Recreational Swim	Maintenance	Recreational Swim	Maintenance	Recrea- tional Swim		
3:00-4:00		Lap Swim/ Open Swim		Lap Swim/ Open Swim			
4:00-5:00	Swim		Swim				
5:00 - 6:00	Family Swim						
6:00 - 7:15	1/2 Swim Lessons/ Recreational Swim	1/2 Swim Lessons/ Recreational Swim	1/2 Swim Lessons/ Recreational Swim	1/2 Swim Lessons/ Recreational Swim			
7:15 - 9:45	Recreational Swim						

Pool Closed 10am-noon & 2-4 pm week of April 6-10 for Spring Splash. Lap Lane open most of the day. .

Gymnasium

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45-7:30						YMCA Closed	YMCA Closed
7:30-9:00						8:00 AM YMCA opens	YMCA Closed
9:00-12:00	Mommy & Me 10:00		Mommy & Me 10:00	Mommy & Me 10:00	Mommy & Me 10:00	Open Gym 	YMCA Closed
12:00-2:00	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball		Open @ 1:00 PM
1:30-3:00	Open Gym 	Open Gym 	Open Gym 	Open Gym 	Open Gym 		Family Time
3:00-5:00						(Y Closes at 4:45)	Family Time
5:00-6:00	Family Time/Judo (until 6:30)	Family Time	Family Time	Family Time	Family Time/Judo (until 6:30)	YMCA Closed	Family Time (Y Closed @ 5:45 pm)
6:00-9:45	Open Gym	Women's V'ball	Open Gym	Women's V'Ball	Open Gym	YMCA Closed	YMCA Closed