

2008

HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



HOLIDAY HOURS

The Helena Family YMCA will be closed on Christmas and New Year's Day. The YMCA will be open on December 24th and December 31st until 1:00 p.m. The YMCA will also be open from 8:00 a.m. until 5:30 p.m. on Friday, December 26th, and Friday, January 2nd.



The Helena Family YMCA – "Connecting our Community!"

YMEMBERSHIP

The YMCA's Annual *Winter Open House* will be held on Saturday, January 3rd, 2009. Free gifts for those that tour our YMCA during this day, and give-away incentives for those that join on the 3rd.

The YMCA will also open its doors **FREE** for any guests who wish to work-out, take a class, swim, or sit in our Hot Tub during the Holiday Weeks (December 20, 2008-January 2, 2009).

Holiday Stocking Stuffers can be purchased from our Membership Services Desk during the month of December. Stocking Stuffers can be used for Swim Lessons, Youth Sports, a month's membership, or any other YMCA activity. Please see our staff at the Membership Services Desk!

Coming in 2009...we will be changing our Sunday hours. New hours will be 1:00 p.m. to 6:00 p.m. And, we will be offering only two membership rates; an Individual and Family rate. Please our Membership Staff regarding these and more exciting changes!

YSPORTS

Winter Basketball

January 5th – February 29th

Kindergarten – 5th grade

We are still accepting registrations for our Winter Basketball Program. Registration period will be open until December 19, 2008. Participants will be placed by age in one of 6 divisions: Kindergarten (coed teams), 1st/2nd grade (coed teams), 3rd/4th grade (all boys and all girls) & 5th grade (all boys and all girls). Games will begin on Saturday, January 17th and will run every Saturday for 6 weeks except over President's Day weekend. Fees are \$45.00 members/\$65.00 non-members

YAQUATICS

Swim Lessons

Registrations are now being accepted for the YMCA's 2009 Winter I & Winter II Swim Sessions. Dates for the Winter I are December 8-18, 2008, and January 5-29, 2009 for Winter II Fees are;

30 min lessons : \$35.00 for members
\$50.00 for all others
45 min lessons : \$50.00 for members
\$65.00 for all others

Master Swim

Tuesday and Thursday 12:00-1:00

Water Polo

Fridays 12:00-1:00

Lions Swim Team

Tuesday and Thursday 4:00-4:45 p.m.

YHEALTH & FITNESS

Winter Wellness Challenge

Our annual Winter Wellness Challenge will be offered starting in January 2009! Goals and hours will be tracked with results posted. Individuals can sign-up at our Membership Services Desk.

New Equipment

Check out our new Precor "Universal Machine" in our downstairs Fitness Center. One of our staff can set-up a time to orient you on it if you like.

New Staff

Congratulations to Heather McKay who has accepted the position of Health & Fitness Coordinator. Heather will officially assume her new role January 2, 2009.

DECEMBER 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 lap's 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					Recrea- tion swim	12-1 Lap Swim	
2:00-3:00	Recreational Swim	Maintenance	Recreational Swim	Maintenance	Recrea- tional Swim		1-3:45 Rec swim	
3:00-4:00		Lions Swim Team	Swim Les- sons	Lions Swim Team				
4:00-5:15	Swim lessons							
5:15 - 6:00	Lap Swim							
6:00 - 7:15		Swim Lessons		Swim Lessons				
7:15 - 9:45	Recreational Swim							

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						Youth Basketball Games	YMCA Closed
12:00 – 2:00	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	↓	
1:30-3:00						↓	
3:00-5:00						Open Gym (Y Closes at 4:45)	
5:00-6:30	Judo (1/2 gym)	Youth BB Practice (until 8:00)	Youth BB Practice (until 8:30)	Youth BB Practice (until 8:30)	Judo (1/2 gym)	YMCA Closed	YMCA Closed
6:30-9:45	Youth BB Practice (until 8:00)				Youth BB Practice (until 8:30)	YMCA Closed	YMCA Closed

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