

2010

HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



Super Mile swim

Super Bowl Sunday February 7th

6 am—2 pm

\$12.00 gets you in the water with \$20.00

Or more your name will be entered into
a Grand Prize Drawing



The Helena Family YMCA – “Connecting our Community!”

YMEMBERSHIP™

We are open regular Hours on Presidents Day

Employee Spotlight

Congratulations to **Joey Stetzer** for being selected as February employee of the month. Joey is a lifeguard who has been working at the YMCA for over 6 months. He is a student at Helena High School after graduation he plans to join the coast guard. Joey plans to work at the YMCA until he graduates. Thank you Joey for your dedication to the YMCA. Joey's Quote: “the life you save”.

YAQUATICS™

Swim Lessons Winter Session II

Registration is now being accepted for Winter swim lessons session II. The dates are February 8th—March 3rd

30 min Lessons: \$35.00 Y-Members
\$55.00 Y-Guests
45 min Lessons: \$45.00 Y-Members
\$65.00 Y-Guests

YSCHOOL AGE™

We build strong kids, strong families, strong communities.

The Helena Family YMCA School Age Recreation Program is an afterschool program held Monday through Friday at the Eastgate School in East Helena. We take kids in kindergarten through 5th grade. Our hours are from 3PM to 6PM. We currently have several openings. Call the YMCA for information on rates and registration.

YSPORTS™

Ladies Volleyball Night

You've asked for it you've got it! The YMCA gym is now open for drop-in volleyball action Thursday nights from 8:00-9:45. Women age 15 and up are encouraged to join us for an evening all your own. No experience necessary, just a love for the game or a desire to learn something new. For those interested, league play will begin in the spring. Watch this newsletter, ask at the front desk, or contact Teri at teriwright@helenaymca.com for more info.

Youth Volleyball

This Spring the YMCA will continue to offer youth volleyball for boys and girls ages 3rd-5th grade. This program is designed to introduce the sport of volleyball in a fun, friendly environment. All equipment and rules are designed to teach proper skills and technique to volleyball participants 10 years and younger. We will use small sided games, light-weight volleyballs, lower nets, and smaller courts as we bring this fast paced and exciting game to Helena's youth! Registration is going on now through Feb. 21st. The fee is \$45.00 for Y-members, \$65.00 for non-members. There is a \$10.00 late fee after Feb. 21st

Youth Floor Hockey

The YMCA Spring Floor Hockey season is set to “Face off” March 1st and run through April 3rd! Registration ends February 21st. All registrations will be taken at the YMCA front desk. Sign-ups are on a first-come, first-served basis so don't delay, get registered today!!


Participants will be placed by age in one of 2 divisions: PreK/K & 1st/2nd grade. Coed teams will be formed in both divisions. Coaches will act as referees in all divisions. All games and practices are held on week-nights. Therefore, there are no weekend commitments. The final week of the season will be exclusively game play. Fees are \$35.00 Y-members and \$55.00 non-members.

FEBRUARY 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 swim 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		Lions Swim Team		Lions Swim Team			
4:00-5:00	Swim Lessons		Swim Lessons				
5:00 - 6:00	Family Swim						
6:00 - 7:15	Recreational Swim	Swim Lessons	Recreational Swim	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	Mommy & Me 10:00		Mommy & Me 10:00	Mommy & Me 10:00	Mommy & Me 10:00	Youth Basketball Games	YMCA Closed
12:00-2:00	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball		Open @ 1:00 PM
1:30-3:00							Family Time
3:00-5:00						Open Gym (Y Closes at 4:45)	Family Time
5:00-6:30	Family Time/Judo (1/2 gym)	Family Time	Family Time	Family Time	Family Time/Judo (1/2 gym)	YMCA Closed	Family Time (Y Closed @ 5:45 pm)
6:30-9:45	Youth BB Practice (until 8:00)	Youth BB Practice (until 8:00)	Youth BB Practice (until 8:00)	Youth BB Practice (until 8:00)	Youth BB Practice (until 8:30)	YMCA Closed	YMCA Closed

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