

2009

HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



PRESIDENT'S DAY

The Helena Family YMCA will be closed on Monday, February 16, 2009, in observance of President's Day. We will open on Tuesday, February 17th, at our regular hours. Thank you for your support and have a great President's Day.



The Helena Family YMCA – "Connecting our Community!"

YMEMBERSHIP™

As of January 2, 2009, the YMCA will be offering only 3 levels of membership; Student, Adult Individual, and Family. Monthly Rates will be;

\$22.00 Student (grades K-College with valid ID)

\$35.00 Individual

\$65.00 Family (\$3 increase)

Annual Rates will be;

\$280.00 Student

\$450.00 Individual

\$800.00 Family

All annual rates will be prorated to December 31st.

New Member Orientation

Our February New Member Orientation will be offered on Tuesday, February 24th, 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.

Kid's Nite Out

Kid's Nite Out will be offered from 7:00 p.m. Saturday, February 28, to 9:00 a.m. Sunday, March 1, 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.

Drop-in Hours Extended

The YMCA's early morning Drop-in Hours will be extended Tuesday-Thursday from 9:00 a.m. to 1:30 p.m. beginning February 3rd.

New Staff

We would like to welcome Halie Hash to the YMCA's staff team. Halie will be working in our Drop-in area.

YAQUATICS™

Swim Lessons

Registrations are now being accepted for the YMCA's 2009 Spring I Swim Lesson Session.. Dates for Spring I are March 2-26, 2009. 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

Registration are being taken for the YMCA's NEW Spring Splash, offered April 6-10. This program will include a 45-minute structured swim lesson, plus supervised free time, organized water sports, boating safety & rescue skills. Snacks are included. Fees for Spring Splash are;

\$30.00 Y-members

\$75.00 Y-guests

YSPORTS™

Registrations are being taken for the YMCA's exciting Floor Hockey and Youth Volleyball programs. Floor Hockey is a program for pre-Kindergarten through 2nd graders and will include weekday practices and games. Participants will use soft foam sticks and pucks.

Youth Volleyball is for 3rd-5th graders and will introduce participants to competitive volleyball with modified rules, lower nets, no-sting volleyballs, and basic skill orientation.

Both programs will be offered March 2nd-April 3rd.

Fees for both programs are;

\$35.00 Y-members


\$55.00 Y-guests

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 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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