

2010

# HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



## Boot camp 2010

Get off the couch and give me 20!

We have an active duty army officer from Fort Harrison who will be leading you through 8 weeks of basic training. The program will balance, cardio, weight, aerobic and toning exercises. Starting *January 18th*

Cost: \$59.00 Members

\$99.99 Y-Guests

Time: 6:45 AM—7:45 AM (Monday, Wednesday and Friday)

The Helena Family YMCA – “Connecting our Community!”

## YMEMBERSHIP™

### Fall open house

*Jan 4th—10th*

During this week please feel free to bring friends and family members to the YMCA at no cost.

### New daily rates

Children	(0-5)	Free
Children	(6 –15)	\$4.00
Students	(15—College)	\$5.00
Adult		\$6.00

## YSCHOOL AGE™

We build strong kids, strong families, strong communities.

### Kids Nite Out

*Kid's Nite Out* will be offered from 7:00 p.m. Saturday, January 23, to 9:00 a.m. Sunday, January 24, 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.

### Message from the CEO

Every day people walk into the YMCA with a positive attitude. That makes this one of the best places to work—really, either kids are coming in for swim lessons, or our Silver Sneakers are doing their water aerobics (followed by social time and cookies). In these and so many other ways, people are maintaining their commitment to a healthy lifestyle. I have enjoyed my first three months on the job—the best part is getting to know the members and getting to enjoy the gift of health. In 2010 the YMCA will continue to work with youth programs, with an eye into expanding into new areas. Finally, our aging facility keeps us challenged, but we appreciate your support and patience.

-David

## YAQUATICS™

### Swim Lessons

Registrations are now being accepted for the YMCA's 2010 Winter I Swim Lesson Session. Dates for Winter I are January 11th—Feb 4th Mornings, Afternoons and evenings available. Fees are;

30 min lessons : \$35.00 Y-members

\$55.00 Y-guests

45 min lessons: \$45.00 Y-members

\$65.00 Y-guests

## YHEALTH & FITNESS™

### ZUMBA

The Zumba program is a high energy class that fuses international dance moves to help you create a fitness program that will **keep** you moving. The YMCA offers Zumba 8 times a week. *Come join the party.*

## YSPORTS™

YMCA youth sports programs are busy all year long. There is something for everybody to keep healthy, active and learn a few life skills along the way. **January 4<sup>th</sup>** starts our winter basketball session followed by youth volleyball and floor hockey in March. Registration for youth volleyball and hockey begins **January 18<sup>th</sup>** at the YMCA front desk. Volleyball is an 8-week season for boys and girls ages 3<sup>rd</sup> to 5<sup>th</sup> grade. Fees are \$45.00 for Y-members and \$65.00 for program participants. Floor hockey (also called “softie hockey”) is a 5-week program for boys and girls Pre-K to 2<sup>nd</sup> grade. Fees are \$35.00 for Y-members and \$55.00 for program participants. All participants in both programs receive a YMCA player's jersey and a participation medal.

JANUARY NEWS

# POOL & GYM SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-9:00	<b>"Early Bird" Lap Swim</b>						
9:00-10:00	<b>Aquaerobics</b>					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	<b>Lap Swim</b>						
12:00 1:00	watersculpt	master swim	Aquajog	master swim	Water polo	12-4:45	
1:00-2:00	<b>Aquaerobics</b>					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 Lessons	Swim Lessons	Swim Lessons	Swim Lessons			
5:00 - 6:00	<b>Family Swim</b>						
6:00 - 7:15	Recreational Swim	Swim Lessons	Recreational Swim	Swim Lessons			
7:15 - 9:45	<b>Recreational Swim</b>						

*Lap Lane open all day, except during Maintenance and some swim lesson times.*

## 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	Judo (starts @ 10 a.m.)	YMCA Closed
12:00-2:00	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Open Gym	Open @ 1:00 PM
1:30-3:00							Family Time
3:00-5:00						(Y Closes at 4:45)	Family Time
5:00-7:00	Floor Hockey/ V'ball Practice/Judo (1/2 gym)	Floor Hockey/ V'Ball Practice	Floor Hockey/ V'Ball Practice	Floor Hockey/ V'Ball Practice	Floor Hockey/ V'Ball Practice	YMCA Closed	Family Time (Y Closed @ 5:45 pm)
7:00-9:45	Open Gym		Open Gym		Open Gym (after 8:00)	YMCA Closed	YMCA Closed