

2009

# HELENA FAMILY YMCA

1200 North Last Chance Gulch (406) 442-9622

www.helenaymca.com



## Friends of Youth Campaign

*"Let The Good Times Roll!"*

The Helena Family YMCA Friends of Youth (FOY) Campaign will kick-off on March 4th and continue through the month. The FOY annually raises money to assist financially challenged families participate in one or more YMCA programs. This year's goal is \$115,000.



The Helena Family YMCA – "Connecting our Community!"

## YMEMBERSHIP™

Starting April 2009, the YMCA will offer new Spinning Classes and a combination of spinning exercise related activities. Please see our April Fitness Class schedule for days and times.



### New Member Orientation

Our March New Member Orientation will be offered on Tuesday, March 31st, 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, March 28, to 9:00 a.m. Sunday, March 29, 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.

### New Water & Snacks for Sell

The YMCA is now selling Vitamin water and healthy snacks. Proceeds benefit the YMCA's Service Club and to help send kids to camp. See our Membership Services Desk.

## YSCHOOL AGE™

We build strong kids, strong families, strong communities.

Registrations are now being taken for the YMCA's Spring Day Camp program. Spring Day Camp will be offered April 6-10, 2009, from 7:30 a.m. to 5:30 p.m. for students in Kindergarten through 5th grades. Spring Day campers will meet at the YMCA, then travel to various locations throughout the week.

Fees for Spring Day Camp are;  
**\$100.00 Y-Members**  
**\$120.00 Y-guests**

## YAQUATICS™

### Swim Lessons

Registrations are now being accepted for the YMCA's 2009 Spring II Swim Lesson Session. Dates for Spring II are April 13-23, 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™

2009 Spring Soccer  
*April 13-June 6, 2009*

Registrations are now being taken through March 27th. for the YMCA's exciting Spring Soccer Program

YMCA Soccer is for children 3 years old through 5th grade. YMCA Soccer teaches basic soccer techniques and skill, while focusing on teamwork and fun. Volunteer coaches are needed.

Games begin April 25th. Fees Spring Soccer are;  
**\$45.00 Y-members**  
**\$65.00 Y-guests**

MARCH 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 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