

2008

NOVEMBER NEWS

HELENA FAMILY YMCA

1200 North Last Chance Gulch
(406) 442-9622



THANKSGIVING HOURS

The Helena Family YMCA be closed on Thursday, November 27th, in observance of Thanksgiving. The YMCA will be open on Friday, November 28th from 8:00 a.m. to 5:30 p.m., and during normal operational hours on Saturday and Sunday, November 29-30. **HAPPY THANKSGIVING!**



The Helena Family YMCA – *“Connecting our Community!”*

YMEMBERSHIP™

Our New Member Orientation will be offered on Tuesday, November 25, from 5:30 to 7:00 p.m. New and current members are invited to attend. Pizza and soda will be served. Those in attendance will receive a FREE YMCA Member t-shirt. Please RSVP with John Hicks at the Membership Services Desk.

Drop-in Hours are changing as of November 1st. Please see our Membership Desk for a new schedule.

YSPORTS™

Winter Basketball January 5th – February 29th Kindergarten – 5th grade

We are now taking registrations for our Winter Basketball Program. Registration period is from November 3 to 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

YSCHOOL AGE™

We build strong kids, strong families, strong communities.

November Kid’s Nite Out will be offered on Saturday, November 22 through Sunday, November 23. Drop-off is from 7 to 8 p.m. on Saturday. Pick-up between 8 & 9 a.m. on Sunday. Fees are \$20 for members, \$25 for participants. Deadline for sign-up is November 19th. Sign-up at the Membership Services Desk.

YAQUATICS™

Swim Lessons

Registrations are now being accepted for the YMCA’s Fall III Swim Session. Dates for Fall III are November 10-20 (8 lessons M-Th)

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.

Eagle Mount Swim

Tuesday 4:45-5:30 p.m.

YHEALTH & FITNESS™

Fit-n-Tone

Tuesday & Thursday, 5:15-6:10 p.m.

This class is all about cardio and muscle. You will be “fit-n-tone’d” in no time..

Bellydancing

Tuesday, 6:15—7:45 p.m.

For all ages, this is a great way to work your core muscles, while having fun dancing the night away.

Salsa Aerobics

Thursday, 6:15-7:10 p.m.

Exercise class that combines salsa techniques with cardio moves.

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 | | Lions Swim Team | | | |
| 4:00-5:15 | Swim lessons | | Swim Les- sons | | | | |
| 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 | | Youth VBall (4:00- 5:30) | | Youth VBall (4:00- 5:30) | | Open Gym (Y Closes at 4:45) | |
| 5:00-6:30 | Judo \$ (1/2 gym) | | | | Judo \$ (1/2 gym) | YMCA Closed | YMCA Closed |
| 6:30-9:45 | Youth BB Practice (until 8:00) | Youth BB Practice (until 8:00) | Youth BB Practice (until 8:30) | Youth BB Practice (until 8:30) | Youth BB Practice (until 8:30) | YMCA Closed | YMCA Closed |

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