

2008

HELENA FAMILY YMCA

1200 North Last Chance Gulch

(406) 442-9622



Annual Halloween Carnival

The Helena Family YMCA will host its annual Halloween Carnival on Saturday, October 25, from 11:00 am to 3:00 pm. Activities will include carnival booths, games, prizes, a cake walk, and a costume contest at 1:00 p.m. All ages are welcome. Fees for this year's Carnival are \$3.00 per youth or \$2.50 for two or more children in a family. Fees benefit the YMCA's Afterschool Programs.



The Helena Family YMCA – "Connecting our Community!"

YMEMBERSHIP™

October is *Fall Back Into The YMCA* month, where new members can join with no Joining Fee! Membership Orientations are now scheduled for the last Tuesday of every month. Fitness evaluations/orientations can be scheduled through the Membership Services Desk. Personal Fitness is available as well

YAQUATICS™

Swim Lessons

Registrations are now being accepted for the YMCA's Fall Session II & III Swim Lessons.

Fall II: October 6-30 (8 lessons MW or TTh)

Fall III: 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

YSPORTS™

Fall Basketball

October 20th – December 13th

Kindergarten – 5th grade

We are still taking registrations for our Fall Basketball Program. Early Bird Registrations end October 3rd. 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 November 1st and will run every Saturday for 6 weeks except over Thanksgiving weekend. Fees are \$45.00 members/ \$65.00 non-members

Orientation Nights:

October 13th 6:00 (Kindergarten, 1st/2nd grade)

October 14th 6:00 (3rd/4th & 5th)

Winter Basketball

January 5th – February 29th

Kindergarten – 5th grade

Registration ends December 19th. Games will begin on Saturday, January 17th, and will run every Saturday for 6 weeks except over President's weekend. Fees are \$45.00 members/ \$65.00 non-members

YHEALTH & FITNESS™

Self Defense Workshop

Saturday, October 18th

11:00-1:00 p.m.

This exciting one-day workshop offered to individuals of all ages teaches basic self-defense techniques confidence building. Registration is on-going until the day before the class. Fees are **FREE** to Y members & \$10.00 for others.

Intro to Youth Health & Wellness

Tuesday and Thursday, October 7–28

3:45-5:00 p.m.

Students 10-12 years old will learn the importance of working out safely and effectively. Nutrition, food servings and body image are also discussed. Students will also receive 1-on-1 instruction with a certified trainer. Games and fieldtrips will be integrated with cardiovascular fitness Register now until full. Limit of ten students. Fees are \$30.00 for Y Members and \$45.00 for all others.

Meet Your Staff

Betty Anderson has assumed the new Office Manager position at our YMCA.

OCTOBER 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						
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					12-4:45	
12:00 1:00	watersculpt	master swim	Aquajog	master swim	Water polo		
1:00pm-2:00	Aquaerobics					Recrea- tion swim	12-1 Lap Swim
2:00pm-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 AM						YMCA Closed	YMCA Closed
7:30-9:00 AM						8:00 AM YMCA opens	YMCA Closed
9:00- 12:00 PM							YMCA Closed
12:00 – 2:00 PM	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball	Adult Bas- ketball		
1:30-3:00 PM							
3:00-5:00 PM		Youth VBall (4:00- 5:30)		Youth VBall (4:00- 5:30)		4:45 YMCA Closes	
5:00-6:30 PM	Judo \$ (1/2 gym)				Judo \$ (1/2 gym)	YMCA Closed	YMCA Closed
6:30-9:45 PM	Youth BB Practice (until 8:30)	Adult VBall Open Gym (7:00-9:00)	Youth BB Practice (until 8:30)	Adult VBall League\$ (6:00-9:00)	Youth BB Practice (until 8:30)	YMCA Closed	YMCA Closed

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Youth Basketball Practices start Week of October 20 and will continue through December 19, 2008