



We build strong kids, strong families, strong communities.

Helena Family YMCA Gym Schedule Jan. 4th – Feb. 27th

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45- 9:00						YMCA Closed	YMCA Closed
9:00-10:00				9:00-10:30 QuickStart Tennis		Youth Basketball Games (8:00-3:00)	
10:00-11:00	10:00-11:00 Explore School*	10:00-11:00 Explore School*	10:00-11:00 Explore School*				
11:00-12:00							OPEN Gym 1:00-5:45
12:00 – 2:00 PM	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball	Adult Basketball		
2:00-3:30 PM							
3:30-5:00		Indoor Soccer			Indoor Soccer		
5:00 PM	Youth Basketball & JUDO	Youth Basketball & FENCING	Youth Basketball	Youth Basketball	Youth Basketball & JUDO	YMCA Closed	
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM				Women's Volleyball			YMCA Closed

*Explore School is a collaboration with the Helena School District, Exploration Works, and the YMCA. Homeschool Students in the Helena area must register with the Helena School District for classes.