



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KICK INTO FALL

2022 FALL PROGRAM GUIDE  
BUTTE FAMILY YMCA  
406.782.1266 | [WWW.BUTTEYMCA.ORG](http://WWW.BUTTEYMCA.ORG)



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ORTHODONTIC SPECIALIST · LIVING & PRACTICING IN BUTTE

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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AFTER SCHOOL



## AFTER SCHOOL PROGRAM BUTTE FAMILY YMCA



The YMCA helps build brighter, stronger futures for kids by providing a fun, safe, and active atmosphere with a focus on the core values of caring, honesty, respect and responsibility.

### After School Schedule:

- Healthy snack
- Daily homework or reading time
- At least 1 hour of physical activity (sports, games, swimming, volleyball, water polo)
- Weekly STREAM Challenge
- Weekly art, craft or service learning project



### Days and Times:

School days, Monday through Friday, 2:15 - 6:00pm



**Ages:** Kindergarten through 5th grade. 6th grade with approval from youth development director.

MEMBER RATE	DAILY	\$45	WEEKLY	\$103	MONTHLY	\$250	TRANSPORTATION
NON-MEMBER	DAILY	\$60	WEEKLY	\$144	MONTHLY	\$354	\$65/MONTH

*Transportation: The YMCA picks up from all Butte School District #1 Elementary Schools. Monthly \$65 Transportation fee for all schools except Margaret Leary.*

# WELCOME TO THE BUTTE FAMILY YMCA

## OUR MISSION

The Butte Family YMCA builds relationships, impacts lives and strengthens our community through youth development, healthy living and social responsibility.

## YOUR MEMBERSHIP

When you join the Y, you join a community of men, women and children who are dedicated to building a healthy mind, body and spirit. Whether you are interested in being fit, making friends, supporting your community, or all three, the Y can help you reach those goals. Our staff is committed to providing you and your family with classes, programs, and events designed to help you learn, grow and thrive.

## FINANCIAL ASSISTANCE

Our programs and memberships are designed for everyone. It is the goal of the YMCA to be affordable to all. As a result, a financial assistance program is offered. Financial assistance is made possible by generous support of members, individuals, foundations, and businesses through the "Annual Partners with Youth Campaign." Financial assistance applications are available at the Welcome Center. Swimming and Sports Scholarships may be available.

## NATIONAL MEMBERSHIP

Members are always welcome at the Y. When you are traveling, your exercise routine can remain uninterrupted. National membership gives you access to more than 2,400 branches of the Y, free of charge. All we need from you is a picture I.D, and a Waiver signed at the Welcome Center.

## GUEST POLICY

We encourage Adult Members 18 years and over to introduce family and friends to the Y. Our guest policy has been adopted to protect our members and assure safety.

- YMCA member ID is required
- Guests must show a photo ID and sign a waiver of liability
- Guests under 18 must be accompanied by a parent or legal guardian who must sign a waiver of liability and remain in the facility for the entire visit
- All guests must follow YMCA policies and procedures
- Guests are limited to one visit

## EMPLOYMENT OPPORTUNITIES

For employment opportunities, please stop by our Welcome Center in the lobby, or call 406.782.1266.

## FACILITY HOURS

Monday – Friday	5:00am – 9:00pm
Saturday	8:00am – 6:00pm
Sunday	12:00pm – 6:00pm

\*Aquatic Center closes 1/2 hour before closing time

\*The Butte Family YMCA makes every effort to comply with the Americans with Disabilities Act. If you require special assistance, reasonable accommodations are available upon request.

## COMMUNITY DAYS

Two days a month, the 1st Tuesday and the 3rd Friday, anyone in the community can come to swim for only \$5 per family or \$2 per individual.

## 2022 FACILITY CLOSINGS

Labor Day, September 5  
Thanksgiving Day, November 24  
Christmas Eve, December 24 (Early Closure)  
Christmas Day, December 25  
New Year's Eve December 31 (Early Closure)

## 2023 FACILITY CLOSINGS

New Year's Day, January 1

## FACILITY MAINTENANCE AND UPGRADE CLOSINGS

It is necessary from time to time to close YMCA areas and/or the building for short periods due to facility improvements and construction. The Y does not provide refunds or credits due to occasional building or specific facility area closings.

## VOLUNTEER OPPORTUNITIES

The Y is a cause for strengthening communities, committed every day to youth development, healthy living, and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change in your own neighborhood. No matter what your special talents, interests, or schedule, you can impact the lives of others as a YMCA Volunteer.



# Y MEMBERSHIPS

## MEMBERSHIP

### The Benefits of Membership include:

- A wholesome, family oriented environment
- Knowledgeable fitness staff
- Free Scheduled Fitness Orientation
- 60+ hours of weekly group exercise classes
- 30+ hours of weekly aquatics fitness classes
- Full access to pools and hot tub
- Family/recreation swim time
- Dance classes
- Sports Leagues and Camps
- KidZone (We watch your child while you work out)
- Discount rates for programs
- Free Rock Climbing at The Peak at designated days and times (Sept.-Oct.)
- National Membership privileges
- Guest Privileges

### Facility Features Include:

- A State of the Art Aquatics Center with an 8 lane 25 yard indoor lap pool and warm water pool
- Aquatics exercise equipment
- Fitness Center with strength and cardio equipment
- Free weights
- Men's, Women's, and Family locker rooms with swim suit dryers

## MEMBERSHIP TYPES

### FAMILY

Parent(s) and dependent children 18 years and younger (or dependent children 23 years and younger if enrolled as full-time students)

### YOUTH

4-18 years old

### YOUNG ADULT

19-25 years old

### FULL-TIME COLLEGE STUDENT

### ADULT

26-61 years old

### ADULT COUPLE

Two adults between the ages 26-61 years old

### SENIOR

62 years & up

### SENIOR COUPLE

Two adults, one over 62 years of age

## FAMILY MEMBERSHIP

Additional membership benefits include discounted youth sports leagues, after school, summer camp, schools out camp, little learners, and reduced program and event fees.

## MEMBERSHIP FEES\*

Type	Monthly	Processing
Family	\$70	\$60
Youth (Children ages 10 & under must be accompanied by an adult)	\$19	\$0
Young Adult	\$33	\$60
Full-Time College Student	\$19	\$30
Adult	\$44	\$60
Adult Couple	\$60	\$60
Senior	\$39	\$60
Senior Couple	\$57	\$60

\*Ask about our income-based fee schedule. No one is turned away for inability to pay for membership. Medicare supplemental insurance plans may pay for your Y Membership. Proof of income required.

## DAILY USE FEES

Type	
Youth	\$5
Young Adult/Senior	\$8
Adult	\$10
Family (2 Adults and up to 4 children, additional children \$2 each)	\$20

## METHODS OF PAYMENT

### A. MONTHLY AUTO-PAY - AS EASY AS 1-2-3

Continuous membership through payment of a low monthly fee.

1. Complete a membership application form
2. Complete and sign authorization for bank or credit card company to make monthly membership payment to YMCA.
3. Provide YMCA with a voided check/credit card number and a down payment (first month and joining fee).

**Cancellation must be in writing before the last day of the month.**

### B. 1-Month, 3-Month, 6-Month, or ANNUAL PAYMENT

Membership is a subscription and will continue monthly until canceled in writing.

Dues must be paid in full upon joining. Payment is accepted via cash, check, credit or debit card.

Note: New members and accounts must be activated by the Welcome Center before access to facility.

## PROCESSING

Initial membership and processing fees are collected at time of registration. For those suspending membership, the processing fee is waived for up to 120 days if their membership is re-activated in that time. Exceptions are for suspension of membership due to medical issues which would be held for the length of the expected recovery period.

# SAVE THE DATES EVENT CALENDAR

## SEPTEMBER 2022

### Active Teens Orientation

Anytime is a great time for all Butte 6th, 7th & 8th graders to use their free membership they received at the beginning of their 6th grade year, after completing instruction on using the facility and its equipment safely.

Active Teens enjoy all membership privileges.

**More information is available on pages 12.**

## OCTOBER 2022

### HLST Jamie Turner Memorial Swim Meet, October 8 – 9

#### Pumpkin Swim October 21, 2022

Wave 1, 5:00pm – 6:30pm, Wave 2, 6:45pm – 8:30pm

150 kids max per wave

\$5.00 each child – limit one pumpkin

During the pumpkin swim the kids find the perfect pumpkin in the water. After choosing a pumpkin, kids can decorate it, pose for a photo with it, and enjoy a yummy treat! Bring the whole family for a night to remember!

This event fills quickly. Preregister for the Wave of your choice to guarantee your pumpkin. Pool sections will be by swim band color, not by age. Lap pool will be open to green bands only. All kids in each Wave will enter the pool at the same time so please arrive at the beginning of your Wave.

## NOVEMBER 2022

### Mining City Classic November 5–6th, 2022

## DECEMBER 2022

### Butte High Invitational Swim Meet December 9th

#### Giving Tree

Help families in need at Safe Space and in our community celebrate Christmas. Select a tag from the Christmas Tree. Purchase the gift. Wrap it, tape the tag to the gift, and return it to the Y Welcome Center. We will deliver the gifts.

#### Holiday Movie Swim & Pictures with Santa

##### December 16, 2022, 6:00pm – 8:00pm

Bring the entire family and enjoy an evening of swimming and watch a movie in the pool on a big screen! Santa Claus is coming to the Y to take a picture with you as you arrive and the movie will begin at 6:30.

## JANUARY 2023

### Cosmic Swim Night TBD

Bring the whole family to have fun and light up the pool as you splash and swim together! The YMCA will provide glow sticks. Outside glow sticks are not allowed. It's free!

5:30 – 7:30pm: Open for everyone

7:30 – 9:30pm: Open or Active Teens only

### Montana Classic High School Swim Meet, January 7, 2023 (Aquatics Center Only)

### Butte High School Invitational Swim Meet, January 21, 2023

### Butte High January Splash, January 27, 2023







# YOUTH DEVELOPMENT

## AFTER SCHOOL PROGRAM

The YMCA helps build brighter, stronger futures for kids by providing a fun, safe, and active atmosphere with a focus on the Core Values of Caring, Honesty, Respect and Responsibility. Will pick up on early dismissal days.

**Age:** Kindergarten through 5th grade

**Days and Times:** School days, Monday through Friday, 2:15 – 6:00 p.m.

**Fee:**

Member: \$250/month, \$103/week, \$45/day

Non-Member: \$354/month, \$144/week, \$60/day

**Transportation:** The YMCA picks up from all Butte School District #1 elementary schools. \$65 monthly transportation fee for all schools except Margaret Leary.

**After School Schedule:**

- Healthy snack
- Daily homework or reading time
- At least 1 hour of physical activity (sports, games, swimming, volleyball, water polo)
- Weekly STREAM Challenge
- Weekly art, craft or service learning project



## YMCA SCHOOL'S OUT CAMP

When public school is out, the Y is in! On PIR days or other breaks, the Y has a fun day planned for your child including active play, educational activities, swimming, sports and other fitness activities, crafts, and a healthy snack. Please pack your kids a cold sack lunch, swim suit, water bottle and tennis shoes, and we will provide the adventure!

**When:** Butte School District #1 Non-Scheduled Days,

**Dates:** October 20, 21, and November 11th

**NO WINTER BREAK CAMP**

**Time:** 7:30am – 6:00pm

**Fee:** Contact the Welcome Center for details.



Why fit in  
when you  
were born  
to stand  
out  
– Dr. Seuss



# JOIN IN SEPTEMBER!



## CHOOSE BETWEEN

**TWO SESSION OF  
PERSONAL TRAINING**

**ONE SESSION OF  
SWIM LESSONS**

**ONE SESSION OF  
YOUTH SPORTS**

**ALL NEW  
MEMBERS ALSO  
QUALIFY FOR AN  
ORIENTATION**



# YOUTH DEVELOPMENT

## YOUTH SPORTS

Future athletes start at the Y! Children will enjoy learning a new sport or developing their skill in a familiar one.

### FLAG FOOTBALL LEAGUE

Dates	Ages	Days & Times
Sept. 19 - Oct. 26	Kindergarten - 3rd grade	Games are on Monday & Wednesday evenings
REGISTRATION DEADLINE: Sept. 5		
\$50 w/ Family Membership	\$95 Non-Member	

### BASKETBALL LEAGUE

Dates	Ages	Days & Times
Dec. - Feb.	Pre-K - 4th grade	Games/Practices are held Mon.-Sat.
\$50 w/ Family Membership	\$95 Non-Member	



To play is  
in the mind.  
To win is in  
the heart.





**YOUTH DEVELOPMENT**

# **GIVE A LITTLE... GIVE A LOT....**

**JOIN THE Y TEAM AS A VOLUNTEER!**



## **AS A VOLUNTEER COACH....**

**You don't just help out a team; you teach lifelong lessons that support youth development.**

## **TOGETHER WE ARE STRONGER...**

**Each of us has individual talents and strengths that can support our community. Whatever your talent or time frame, we would love to have you on-board helping us achieve our mission for a healthy mind, body and spirit for all. Please consider bringing your talents to the Y.**

## **BE INVOLVED...**

**We have a list of current volunteer opportunities available. Please contact Angie at 782-1266 or [angie.harrison@butteymca.org](mailto:angie.harrison@butteymca.org)**

# YOUTH DEVELOPMENT

## ACTIVE TEENS

The YMCA's Active Teens Program is extended to all sixth, seventh, and eighth graders in Butte – Silver Bow County. It all starts with sixth graders when YMCA staff visit each elementary school where team-building, self-esteem, and healthy eating instruction are provided creating a foundation of understanding for the three-year program. The following day, students visit the YMCA where they participate in five exercise and group fitness stations and then utilize the Y's Aquatic Center for swimming instruction including basic strokes and treading water, intro to water polo and volleyball. Upon completion of the two-day process, students are given a free YMCA Youth Membership for a full three years. The membership allows access to YMCA staff and facility assisting in developing healthy habits and placing them in a positive environment.

The objectives of the program are:

- Increase physical activity which will help decrease obesity rates, heart disease, high blood pressure, and diabetes.
- Conduct recreational activities geared toward outdoor adventures such as rock climbing, mountain biking, and hiking on Butte's trail systems, further establishing physical activity that will last a lifetime.
- Add key partnerships and collaborate with East Middle School, Butte High School, Butte Central and associated extracurricular groups to enhance student participation increasing academic performance and graduation rate of Butte kids.
- Collaborate with T.A.S.C, T.I.P., Butte Cares, and other similar groups and organizations to decrease use of alcohol and drugs among Butte kids.

The Butte Family YMCA works through this program to provide support and mentorship to young people at a time when peer pressure has the most negative impact.



DENNIS & PHYLLIS  
WASHINGTON  
FOUNDATION  
[WWW.DPWFOUNDATION.ORG](http://WWW.DPWFOUNDATION.ORG)

## OPENING DOORS, OPENING MINDS

**EDUCATION IS THE MOST POWERFUL  
DETERMINE IN THE FUTURE OF OUR SOCIETY**



**ONLY 26.1%**  
of high school students  
participate in at least 60  
minutes per day of physical  
activity on all 7 days of the  
previous week



[www.communitiesthatcare.net](http://www.communitiesthatcare.net)

# COMMUNITIES THAT CARE

## SILVER BOW COUNTY

**PREVENTION SCIENCE + DIGITAL TOOLS + SUPPORT = SUCCESSFUL KIDS**

### How It Works



Communities That Care guides communities through a proven five-phase change process. Using prevention science as its base, CTC promotes healthy youth development, improves youth outcomes, and reduces problem behavior.

### Prevention Process



CTC helps communities prevent problems before they develop. Many communities see dramatic reductions in levels of youth alcohol & tobacco use as well as decreases in crime & violence.

### 5 Phases of CTC



Communities That Care is an ongoing process. When communities follow the phases, their young people flourish. 1. Getting Started 2. Getting Organized 3. Developing a Community Profile 4. Creating a Community Action Plan 5. Implementation & Evaluation.

### Opportunities. Skills. Recognition.



Providing young people with opportunities, skills and recognition strengthens bonding with family, school and community. Strong bonds motivate young people to adopt healthy standards for behavior. This strategy has been tested and proven effective. It is a foundation of CTC.



## YOUTH DEVELOPMENT

# JOIN OUR RIPTIDE SWIM CLUB



## SWIM CLUB (USA Swimming Registry Required)

The swim club is designed for more advanced swimmers. Emphasis is placed on perfecting stroke technique, building endurance, and to strive to beat their personal best. Swimmers must be able to swim 100 yards unassisted in two strokes.

**Time:** 4:15pm – 6:15pm

**Days:** Practices are held on **Monday – Friday STARTING THE WEEK OF AUGUST 29TH**

**Fees:** \$85/month (MUST BE A YMCA MEMBER)

## 2-DAY OPTION (USA Swimming Registry Required)

This option is designed for beginners. Attention is focused on stroke development, endurance, team building, and having fun! Swimmers must be able to swim 25 yards unassisted in two strokes.

**Time:** 4:15pm – 6:15pm

**Days:** Practices are held with a 2-day option **Tuesday and Thursday**

**Fees:** \$65/month (MUST BE A YMCA MEMBER)

## PRE COMPETITIVE CLUB – AGES 5 – 17

### (No USA Swimming Registry Required)

Pre-Competitive Club is for kids who can swim 25 yards on their front and back without help. Emphasis is placed on proper stroke and kick techniques.

**Time:** TBD

**Days:** TBD

**Fees:** \$65/month (MUST BE A YMCA MEMBER)

Financial Assistance and scholarships may be available. Inquire at the Welcome Center.



# YOUTH DEVELOPMENT

## YOUTH SWIM LESSONS

There is a reason why the YMCA is referred to as America's Favorite Swim Instructor. In Y classes, not only are you taught in a caring way how to swim, but you also learn about yourself, about safety and rescue skills, and about water activities you can enjoy for a lifetime.

### PRESCHOOL LESSONS (AGES 9 MOS – 5)

YMCA preschool swimming begins with water adjustment, and stresses safety and confidence in the aquatic environment.

Under 3 yrs.	Mom/Tot join the Pike Class
Pike:	Water adjustment
Eel:	Beginning skills
Ray:	Intermediate skills
Starfish:	Advanced skills

### YOUTH LESSONS (AGES 6 & UP)

This program begins with water adjustment and progresses toward competency in all strokes with an emphasis on safety and self-esteem.

Skill Level	
Polliwog:	Beginner
Guppy:	Moderate Beginner
Minnow-Fish:	Intermediate
Flying Fish-Shark:	Advanced

### PRIVATE/SEMI-PRIVATE LESSONS (AGES 3 & UP)

Private and Semi-Private lessons are designed for those who want extra attention, have difficult schedules, or wish to learn with a sibling or friend.



## AQUATICS SESSION TIMES

Each session is 4 weeks long (unless otherwise noted) and includes 8 lessons that last 45 minutes each. Monday/Wednesday or Tuesday/Thursday 10:00am, 4:00pm, 4:45pm & 5:30pm.

## AQUATICS SESSION DATES

Fall Session 1: Sept. 5 – Sept. 29 (Make-up dates provided.)  
Fall Session 2: Oct. 3 – Oct. 27  
Fall Session 3: Oct. 31 – Nov. 24  
(No lessons Nov. 24, Thanksgiving) (Make-up date provided.)  
Fall Session 4: Nov. 28 – Dec. 8  
(2 Week Session, Fee is Half)

## AQUATIC LESSON FEES (4 WEEKS, 8 LESSONS)

\$60 for Members  
\$90 for Non-Members

## CHILD CARE & SCHOOL GROUPS

Regular scheduled lessons are available, however, the Y welcomes requests from home school, child care and school groups for group lessons in the morning or early afternoon. Please contact the Welcome Center to arrange a time.



# YOUTH DEVELOPMENT

## SWIM TEST PROGRAM (TEST.MARK.PROTECT)

Our test program promotes safety of children in our community. This not only helps us to identify non-swimmers who are at greater risk for drowning, but gives parents better awareness of their child's ability to swim. Unfortunately in 10 states - Alaska, Arizona, California, Florida, Hawaii, Montana, Nevada, Oregon, Utah and Washington drowning surpasses all other causes of death to children age 14 and under. 86 percent of children who are victims of drowning are found after 10 minutes. Together we can become more educated about the dangers of unsafe swimming and perhaps save a life.

1. **Test** the swimming ability of every child under 15 years old who enters our pools. Anyone not tested should be automatically marked as a non-swimmer.
2. **Mark** every child entering our pools using green, yellow or red wristbands according to their swimming ability. This allows lifeguards to know everyone's swimming ability, and to identify non-swimmers and give them the attention they need.
3. **Protect** all non-swimmers' ability in the pool, and encourage registration for swim lessons. In water chest deep or less, non-swimmers should be within arm's reach of an adult. If they choose to wear a life jacket, ensure they wear a properly fitted, Coast Guard approved personal flotation device at all times. The presence of YMCA life guards does not replace the need to take these measures.



## AMERICAN RED CROSS LIFEGUARD CERTIFICATION

Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification.

**Fee:** \$125 with Family Membership  
\$150 with Youth Membership  
\$175 Non-Members

## AMERICAN RED CROSS CPR/AED CERTIFICATION

From assessing needs and making decisions to providing care, this program provides the skills you need through discussion, video and hands-on training based on real-life rescue scenarios. Course covers adults, children and infants CPR, sudden illness and other debilitating emergencies. Successful completion results in a 2-year certification.

**Fee:** \$70 for Members  
\$85 for Non-Members

**DROWNING IS  
THE #1 LEADING  
CAUSE OF DEATH  
AGES 1-4  
3,400 PEOPLE  
DROWN EACH  
YEAR  
10 PEOPLE  
DROWN EVERY  
DAY**







# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## AQUATICS CLASSES

The Y offers a wide variety of swimming options for the whole family. Our two indoor heated pools operate year round. Our water exercise classes are designed to build strength, flexibility, and cardiovascular fitness. These classes take advantage of the body's buoyancy in the water which reduces impact on joints and provides a natural resistance for an effective workout using just the body or limited equipment.

### WATER AEROBICS

This is an energetic, fun, shallow water fitness class with low impact designed for any level of fitness. Get a full-body workout, including cardiovascular, strength, abdominal work, and cool down.

### WATER FIT AND WATER WORKOUT

Combining light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength, and flexibility.

## WATER WALKING

This class provides you the opportunity to work out sore joints and aches and pains for gentle toning to enhance joint mobility. A series of stretches will improve core strength. Excellent for those with arthritis, fibromyalgia, osteoarthritis, or other muscle or joint issues. Also great during pregnancy. Water shoes are recommended but not required.

## ADULT PRIVATE LESSONS

For non-swimmers, beginners or advanced swimmers – whatever your goals may be, your instructor will help you develop and refine your swimming skills.



## BENEFITS OF AQUA AEROBICS

- **Cardiovascular Health.** Water aerobics is an excellent way to get into shape....
- **Joint Health.** Unfortunately, it's the sad truth that over 30% of adults aged 45-64 have some
  - Joint pain....
  - Muscular Endurance....
  - Weight Loss....
- **Increased Flexibility and Mobility....**
  - Interaction....
  - Cooling Effect....
  - Enjoyment





# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## BEGINNING LINE DANCE

In this class, learn many different line dances to all genres of music such as Country, Top 40, Hip Hop, Ballroom, Blues, Funky, Latin, Irish, Swing and much more with YMCA instructor Colleen Klobucar.

No partner needed, but feel free to bring friends and get exercise without realizing you're exercising. Please bring clean shoes that will not damage the floor.

A study at the Albert Einstein Medical Center in the Bronx, N.Y. found dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia, including Alzheimer's disease. Other studies have shown Line Dancing Lessons, in particular, to be a great help in areas of memory, balance, cardiovascular and vertigo. And it's a ton of fun!

**When:** TBD

**Fee:** Free for Members

\$5.00 per class for Non-Members



## HEALTH BENEFITS OF DANCING

- Improved condition of your heart and lungs.
- Increased muscular strength, endurance and motor fitness.
- Increased aerobic fitness.
- Improved muscle tone and strength.
- Weight management.
- Stronger bones and reduced risk of osteoporosis.
- Better coordination, agility and flexibility



# MEET THE TRAINERS



**LAURIE  
PETERSON**

## **SPECIALTY**

I work with any and all ages. I focus on full body workouts with cross training and intervals. I am race ready and sports ready training as well.

## **PASSION**

My passion is to educate and put a passion inside of people for a healthier fitter lifestyle. I just wanted people to realize how great it feels inside and out to be physically active.

## **PHILOSOPHY**

Fit is not a destination. It is a way of life!

## **MY START**

I started working out so much after childbirth that I was offered a job at our local gym. The rest is history.

## **EDUCATION**

Personal Training Certification and Yoga Certification through AAISMA. Group Fitness Training Certification through YMCA. Sports and Nutrition Consultant Certification as well as Strength Conditioning and Weight Training Consultant through AAISMA. La Blast Certified through Life Fitness as well.



**AMBERLEIGH  
HENSLEY**

## **SPECIALTY**

I have 15 years experience. I have worked with a wide variety of ages and handicapped individuals, bringing me more knowledge of how to work with all. I have done a fitness competition, so I know how to train for one.

## **PASSION**

I found out how much exercise helps the mind & body and I want to help other people achieve the same goals.

## **PHILOSOPHY**

Motivation is what gets you started. Habit is what keeps you going. All progress takes place outside the comfort zone.

## **MY START**

I started working out to help with depression and quickly realized how much more it helped with. I went to a lot of classes and then was offered a job.

## **EDUCATION**

Personal Training Certification through AAISMA. Group Fitness Training through YMCA. I have also been certified in numerous fitness classes over the years.



**SAM  
JOYCE**

## **SPECIALTY**

My specialty is in strength training, but I am willing to work with all age groups that wish to achieve their desired fitness goals.

## **PASSION**

My hobbies include working out, spending time with family, morning walks with my dog playing basketball, and writing/journaling.

## **PHILOSOPHY**

You're not always going to be motivated; you must learn to be disciplined.

## **MY START**

I was born and raised in Butte, MT. I always had a passion for sports & athletics but never took fitness seriously until after high school. This is my first job working in a gym as a trainer, so I am continuously learning new things with the experience.

## **EDUCATION**

ACE Certified Personal Trainer (2022). B.S. Kinesiology (in progress)



**PARTNERS WITH YOUTH**

# **TURN YOUR GIFT INTO THEIR FUTURE...**

**\$18 A MONTH ALLOWS A CHILD TO BECOME A Y MEMBER**

**\$37 A MONTH PROVIDES A MEMBERSHIP FOR A SENIOR**

**\$60 A MONTH ALLOWS 6 KIDS TO LEARN TO SWIM**

**\$75 A MONTH PROVIDES 5 YOUTH TO PARTICIPATE IN  
YOUTH SPORTS.**

**\$134 A MONTH ALLOWS 2 FAMILIES A Y MEMBERSHIP  
AND ITS BENEFITS THAT WILL IMPACT THEM FOR A  
LIFETIME.**

The Y has been listening and responding to our communities' most critical needs for more than 100 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations and advocating for healthier communities, the Y fosters the care and respect all people need and deserve. At the Y, strengthening community is our cause. Our staff and volunteers are kids, parents, grandparents, neighbors and local leaders who are all personally committed to understanding what our neighborhoods need. Together we can build stronger, more inclusive communities, provide support for families and promote change overall.

# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## PERSONAL TRAINING

At the Butte Family YMCA, a Personal Trainer is a coach, motivator, educator and inspirational leader who can help you determine your goals and design a program specific to your needs. Personal Training is not just about lifting weights, you can improve flexibility, balance, and cardio.

**Fee: Individual Personal Training:** Must be a member  
\$30/30-Minute Session - \$300/10 PACK  
\$45/60-Minute Session - \$450/ 10 PACK

**2-Person Personal Training:** Must be a member  
\$40/30-Minute Session (new)  
\$60/60-Minute Session (new)

Sessions range from 30 - 60 minutes depending on individual needs. Additional group rates available upon request. NO DISCOUNTS ON 10 PACKS ANYMORE.

## PERSONAL FITNESS ASSESSMENT & BODY COMPOSITION ANALYSIS

Assessments include heart rate, blood pressure, body composition, cardiorespiratory fitness, muscle strength, muscle endurance, and flexibility. The results can be used as a baseline for starting exercise and also for measuring progress. Assessments will establish a level of fitness. Tests and results are done by Fitness Specialist, Connie Taverna, by appointment only.



**“When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out.”**

## CARDIAC REHAB

Cardiac rehabilitation is a comprehensive program designed to improve the physical and emotional health of people with heart disease. The program improves quality of life while reducing the risk of another cardiac event or helping prevent an existing heart condition from getting worse. Members are checked by specialists taking blood pressure, O<sub>2</sub>, and heart rate. Then they perform their designated exercise program, and check out with post-exercise BP, HR, and O<sub>2</sub> measurements. See Connie if this program could help you!

## MEDICAL PERSONAL TRAINING, EXERCISE THERAPY AND WATER REHAB THERAPY

Designed to help those recovering from injuries, struggling with a joint issue, chronic conditions, and other health issues. Also for individuals who have completed Physical Therapy and need to continue to maintain muscle strength and progress to a more functional level, or have been referred by their Physician, or are seeking supervised exercises. Exercise Therapy & Water Rehab can aid in the increase of muscular strength, cardiovascular conditioning, and flexibility for better joint range of movement. Schedule by Appointment with Connie.

**Medical PT Fee: Individual Personal Training:**

\$25/30-Minute Session - 1 person

\$35/60-Minute Session - 2 person





# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## GROUP EXERCISE

### CROSS TRAINING

Varied exercises at various levels. Exercise set for specific amounts of time or numbers. Includes a full body workout to challenge and strengthen the participant.

### TABATA

Tabata training is one of the most popular forms of high-intensity interval training(HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval with 30 second recovery time. A light fun filled workout to energizing beats !!

### BUTTS AND GUTS

Butts and Guts is the perfect combination for targeting your most common problem areas. A challenging variety of abdominal and core exercises will tone and strengthen your midsection while gluteal focused moves work your backside. Through very isolated movements using primarily body weight, your butt and gut will soon be your best assets!

### CARDIO KICKBOXING

For all fitness levels, this upbeat class is a combination of martial arts and boxing set to powerful music. You control the intensity. Shadow boxing and kick-boxing moves into cardio routines provides an awesome fat burning workout that will improve your speed and enhance your agility. Weights will be added one class per week to build and tone muscles.



## PILATES/YOGA

Pilates includes core stretching and strengthening exercises created to control breath, concentration and centering. Learn how to initiate energy from the "powerhouse"(abdomen, low back, hips, and glutes). Yoga focuses on basic yoga postures, alignment principles and breathing techniques that help balance, strengthen and stretch the body. This class is recommended for those wishing to improve flexibility, balance, strength and relaxation skills using various postures and breathing techniques. A great calming and energizing workout!!

## PILATES

Strengthen your core muscles in your back, waist, hips, and abdominals! This class uses your body weight as resistance, aiding in low-back health and better posture!

**AVAILABILITY ON ALL CLASSES  
VARIES MONTHLY**

**"Becoming isn't  
about arriving  
somewhere  
or achieving a  
certain aim. I  
see it instead as  
forward motion, a  
means of evolving,  
a way to reach  
continuously  
toward a better  
self. The journey  
doesn't end."**



# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## WATER AEROBICS

Water exercise breaks through the typical confines of land-based classes to help you move your body differently. Water aerobics in the pool is an ultra-low impact combination of cardio, strength and stretching exercises. Instructors are given freedom to infuse their individual style into classes that build muscle, improve balance and burn calories in an environment that reduces stress on joints and muscles.

## WATER WALKING

This is a very basic, low-impact, light-intensity workout using the natural resistance of the water to strengthen core musculature, increase balance, coordination and flexibility. Water walking is appropriate for those just starting an exercise program or those interested in water exercise.

## GROUP CYCLING

For those who love to ride, this class gives you the cardio workout you are looking for. From beginner to advanced anyone can enjoy the non-impact workout this class gives. Bikes are limited so sign-up prior to class.





# HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

## ACTIVE OLDER ADULT FITNESS

### YOGA BALL

Overall fitness goals: increase flexibility and range of motion, improve balance and core strength, increase muscular endurance, reduce stress, use breath more effectively, improve one's sense of well-being in a group setting.

### SEATED YOGA

Staying strong through our lives is vital to ensure our independence. Through this class you will increase your metabolism, improve bone density, and strengthen your muscles through the use of a variety of strength resistance equipment in our studios. This class is based on progressive resistance that gradually increase the training load as your muscles become stronger. Strength training is recommended on non-consecutive days to accommodate muscle recovery.

### SEATED WEIGHTS/CARDIO

This class includes cardio, stretching, and strength training at a steady pace that is easy to follow. This all-in-one class is for all ages and allows you to work out to your ability.



**“I have enjoyed coming to the Y for years! The new upgrades to the weights and equipment are very much appreciated. The new rug and upgrades upstairs look amazing”**  
**– Cathy L.**



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# YMCA POLICIES

## FOOD AND DRINK

Food and drink are allowed in lobby and vending area only. Water may be used throughout the facility, in unbreakable containers only.

## MEMBERSHIP CARDS

Each member receives a coded membership card. Your membership identification card is required for access into the facility. If you forget your card, you will be required to show a picture ID at the Welcome Center. All members are required to have a photo on file. A replacement card is \$5.

## MEMBER REFERRALS

Satisfied members are our best advertisement! When a friend referred by you joins our YMCA, you get 50% off one month of your membership after your friend completes their first three months paid membership! Thank you!

## GENERAL POLICIES

All youth 10 years and under must be supervised by an adult when using the YMCA facility. To assure all feel welcome within our YMCA, access through the halls, workout areas, and to exercise equipment and program. Safety is a priority. Members should report any injury sustained in the YMCA to a staff person or Welcome Center when it occurs. YMCA staff will provide first aid or call for emergency assistance depending on the nature of the injury. To assure safety and quality, specific rules and regulations are posted in the program areas. Please abide by posted and printed rules.

## LOCKER ROOMS

Locker rooms are available to all members and guests. Children age four (4) and older must use appropriate gender locker rooms. Locker are available for daily use only unless otherwise registered and paying for monthly locker rental.

## GYM BAGS

For your safety & avoidance of potential safety hazards, personal items including gym bags, purses, extra clothing, etc. are prohibited on the gym floor. Please store items in the locker rooms or in your personal vehicles.

## LOST OR STOLEN ITEMS

We encourage you to leave your valuables at home. When using a locker, we recommend you use a lock to secure your items. The YMCA is not responsible for lost or stolen items. Any lost or stolen personal items should be reported immediately to the Welcome Center. Found items are held in our lost and found for 14 days.

## MEMBERSHIP FEES/RATES

The processing fee is a one-time fee for as long as your YMCA membership remains current. Memberships discontinued 120 days+ will be charged a processing fee.

The YMCA reserves the right to change all membership rates with 30-day written notice. Written notice may be posted in lobby of YMCA.

## FITNESS CENTER RULES

For your own safety, athletic shoes must be worn upstairs. No sandals or flip flops allowed. No strollers or babies in car seats allowed upstairs. Age requirement to be upstairs is 14 years old or an Active Teens member, unless accompanied by YMCA staff.

## PAYMENT OPTIONS

Monthly Draft: A convenient way to pay through automatic withdrawal from a checking or savings account, or by credit or debit card.

Payments made in advance using cash, credit, or debit card. Non-monthly draft must be made in 1-month, 3-month, 6-month, or 12-month installments.

## PROGRAM/SESSION FEES

All Session fees must be paid in full at time of registration. Payments are accepted by cash, check, bank debit card with Master Card or Visa logo, or credit card Master Card or Visa. Memberships must be current through length of program in order to receive associated discounts.

Exceptions are for suspension of membership due to medical issues which would be held for the length of the expected recovery period.

## NON-SUFFICIENT FUNDS

Your personal check and ACH draft is welcome here at the YMCA. If your check or draft is returned for non-sufficient funds (NSF), it will be collected electronically and you will be charged a \$25 NSF fee. If the account has NSF a second time or has been closed, the YMCA has the right to suspend the membership until all fees have been reconciled.



# YMCA CODE OF CONDUCT

The Butte Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines behaviors not allowed but is not intended to be an all-inclusive list of behaviors considered inappropriate or prohibited in our facilities or programs.

- Using or possessing alcohol or illegal drugs chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Smoking on YMCA property – The YMCA and its property is a smoke-free environment.
- Carrying or concealing a firearm or weapon on YMCA property.
- Harassment or intimidation by words, gestures, body language, or any type of unwelcome behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior, or any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Transferring membership cards.
- Loitering within or on the grounds of the YMCA.

The YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any violent crime or offense related to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person on duty.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked. The YMCA will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the YMCA if in its discretion a violation of the YMCA Member's Code of Conduct has occurred.

# BOARD OF DIRECTORS BUTTE FAMILY YMCA

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## LEADERSHIP STAFF

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MEDIA TO IMPRESS  
PEOPLE.  
USE IT TO IMPACT  
PEOPLE”**



**WWW.BUTTEYMCA.ORG**





*Our brightest days  
are ahead of us.*

Family. It can be a close relative or the company you keep close. The people with whom you share something in common and who share your sense of place. This place. As family, we believe in supporting all that is most important to you – in creating more jobs, more opportunities, more chances to be together. More ways to stay a family.

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ENJOY FAMILY TIME  
MAKE NEW FRIENDS

**DON'T MISS THESE GREAT YMCA PROGRAMS**

AFTER SCHOOL.....PAGE 3  
Y MEMBERSHIP.....PAGE 5  
SAVE THE DATE CALENDAR.....PAGE 6  
CHILD CARE/PARTIES.....PAGE 8  
YOUTH SPORTS.....PAGE 10  
ACTIVE TEENS.....PAGE 12  
AQUATICS.....PAGE 14-18  
DANCE.....PAGE 19  
PERSONAL TRAINING.....PAGE 20, 22  
GROUP EXERCISE.....PAGE 23-25  
YMCA POLICIES.....PAGE 28  
CODE OF CONDUCT.....PAGE 29