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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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2018 FALL PROGRAM GUIDE
BUTTE FAMILY YMCA
406.782.1266 | WWW.BUTTEYMCA.ORG

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FOR YOUTH DEVELOPMENT®
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HEALTHY COMMUNITY DAY



Y-TRIATHLON, 5K, COLOR RUN, BBQ
August 25, 2018, 8:00am-2:00pm
AT THE BUTTE FAMILY YMCA

Y-Tri, 8:00am Adult Sprint Course: 500 Yard Swim | 12.4 Mile Bike | 5K Run \$35

Kids Course: 100 Yard Swim | 1.25 Mile Bike | 1 Mile Run \$10

Must Pre-Register to guarantee T-Shirt

5K Run: 9:00am \$15/Adults, \$10/kids, Awards Given

Color Run: 10:00am \$10, Must Pre-Register to guarantee T-Shirt

Free Activities from 11:00am—2:00pm:

- Register for Fall Sports and After School Program
- Mini Group Exercise Classes—Give it a try!
- Swimming, Slides, and Water Volleyball
- Music, Dancing, Bounce House
- Drawings for Free Y Membership and Programs
- BBQ at 11:30am



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.

2018 FACILITY CLOSINGS

Labor Day, September 3
HLST Jamie Turner Memorial Swim Meet, October 13 - 14.
Mining City Classic Swim Meet, November 16 - 18
Thanksgiving Day, November 22
Butte/Helena Triangular Swim Meet, November 30th.
(Aquatics Center Only)
Butte High Invitational Swim Meet, December 8th.
(Aquatic Center Only)
Christmas Eve, December 24 (Early Closure)
Christmas Day, December 25
New Year's Eve December 31 (Early Closure)

2019 FACILITY CLOSINGS

New Year's Day, January 1
Snowball Classic Swim Meet, January 26-27

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	\$67	\$50
Youth (Children ages 10 & under must be accompanied by an adult)	\$18	\$0
Young Adult	\$31	\$50
Full-Time College Student	\$18	\$25
Adult	\$42	\$50
Adult Couple	\$58	\$50
Senior	\$37	\$50
Senior Couple	\$55	\$50

*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 AUTOPAY – 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 cancelled 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 2018

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 2018

50's Jitterbug Dance October 5, 12, & 19, 2018

More information is available on page 19.

YMCA Invitational Swim Meet, October 7

HLST Jamie Turner Memorial Swim Meet, October 13-14

Pumpkin Swim October 26, 2018

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 2018

Mining City Classic Swim Meet November 16 - 18, 2018

Turkey Work-Off November 23, 2018

Participants can take part in a series of 30 minute group exercise classes from 8:30 to 10:30 a.m. that will include a variety of different workouts. Group cycling will be offered from 10:30 to 11:30 a.m.

Butte/Helena Triangular Swim Meet November 30, 2018

DECEMBER 2018

Dual High School Swim Meet (Butte High and Helena)

December 1, 12:00-5:00pm

Butte High Invitational Swim Meet

December 8, 8:00am-3:00pm

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 14, 2018, 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 2019

Cosmic Swim Night January 19, 2019

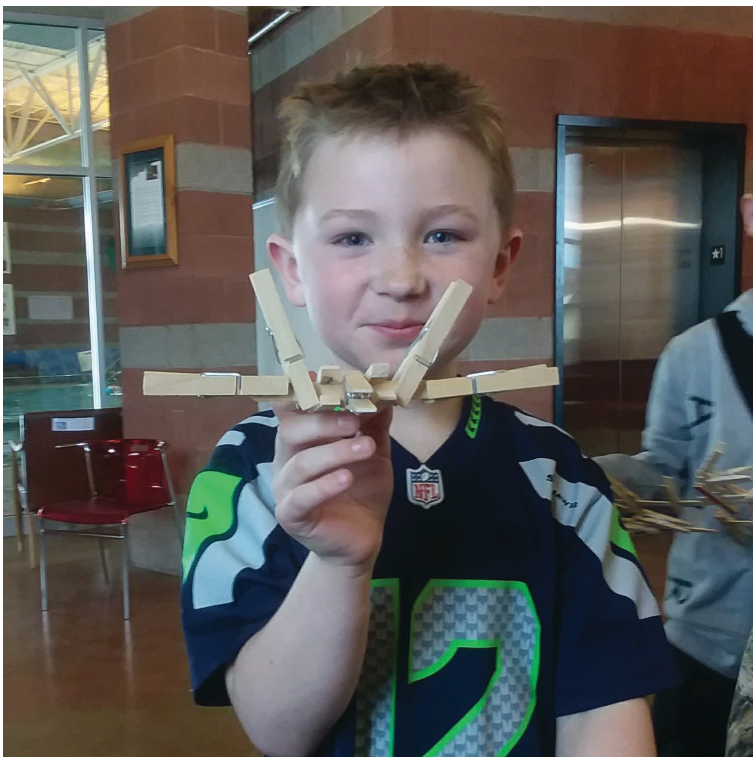
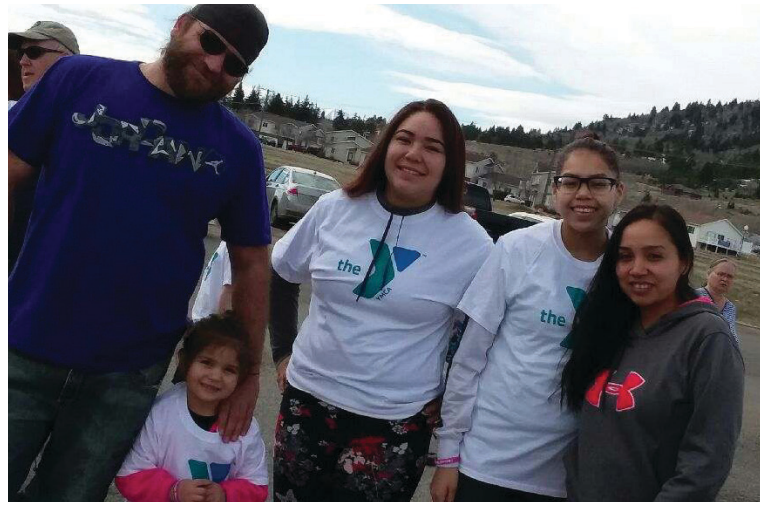
Bring the whole family to have fun and light up the pool as you splash and swim together! The YMCA will provide glow sticks.

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

Snowball Classic Swim Meet January 25-27, 2019



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.

Age: Kindergarten through 5th grade

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

Fee:

Member: \$110/month, \$42/week, \$20/day

Non-Member: \$180/month, \$60/week, \$20/day

Transportation: The YMCA picks up from all Butte School District #1 elementary schools. \$25 monthly transportation fee for all schools except Margaret Leary.

After School Schedule:

- Healthy snack made possible by Hennessy Market
- Daily homework or reading time
- At least 1 hour of physical activity (sports, games, swimming, volleyball, water polo)
- Weekly STEM Challenge
- Weekly "Move It, Move It" fitness class
- Weekly art, craft or service learning project



LITTLE LEARNERS

Ages: 3-5 years*

Preschool aged children build their skills as they explore new concepts through active play, art, science, and music. Little learners practice new skills like writing their name, number and letter recognition, counting, and learning the days of the week. Role play helps them develop socially, be creative, and build self-confidence. Our program helps prepare children to be successful in a structured learning environment as they enter Kindergarten. A healthy snack is provided.

***Please note children must be potty-trained.**

Session 1: September 4-27

Theme Weeks: All About Me, Outer Space, Super Heroes, Under the Sea

Session 2: October 2-25

Theme Weeks: I Can Create, Dinosaurs, Music, Halloween

Session 3: October 30-November 29 (No class Nov. 20-22)

Theme Weeks: Fall, Pilgrims, Thanksgiving, Big & Small

Session 4: December 4-13 (2 week session, fee is half)

Theme Weeks: Let It Snow, Christmas

Days and Time: Tuesday, Wednesday, and Thursday
9:00am to 12:00pm

Fee For 1 Session: \$85 for Members, \$120 for Non-Members

Weekly Fee: \$30 for Members, \$50 for Non-Members

Swim Lessons and Swimming included. Swim Lessons on Thursday and swimming on Tuesday every week. Please send your child with their swim suit and goggles in their backpack on Tuesday and Thursday. We provide a towel.



KIDZONE

Time spent in our KidZone drop-in child care is a fun and caring environment where your little one can stay active with many activities while you take a class or workout in the facility.

Hours: Monday-Thursday, 8:30am-12:00pm. Friday: 8:30-11:00am

KidZone Ages and time limit:

6 weeks-24 months (1 ½ hours)

25 months-8 years old (2 hours)

Staff are CPR/First Aid certified

YOUTH DEVELOPMENT

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, Winter Break

Dates: October 18 – 19, 2018
November 2, 2018

Time: 7:30am – 6:00pm

Fee: Contact the Welcome Center for details.



“Under direct supervision kids learn all aspects of climbing and build team work and confidence.” – Tina.K



BIRTHDAY PARTIES

Celebrate the big day in a big way at the YMCA! There are three options:

POOL PARTIES (Option 1 and 2)

All Pool Parties include: Up to 2 hours of pool time followed by 1 hour in a party area. Volleyball or water polo net can be requested.

Option 1: Choose a day and time: Friday 5:00–8:00pm, Saturday 1:00–4:00pm, or Sunday 1:00–4:00pm

Members: \$75 for a maximum of 15 swimmers

Non-Members: \$125 for a maximum of 15 swimmers

Additional Swimmers: \$4 per swimmer

Cleaning Deposit: \$50 will be returned at departure after inspection of cleaned party area

Option 2: Private Party Rental, Saturday 5:30–8:30pm

5:30–7:30pm: Pool Time; 7:30–8:30pm: Party Area

Must Register at least 2 weeks prior to date of Party

Members: \$225 for a maximum of 15 swimmers

Non-Members: \$275 for a maximum of 15 swimmers

Additional Swimmers: \$4 per swimmer up to a maximum of 30 children

Cleaning Deposit: \$50 will be returned at departure after inspection of cleaned party area

Party supplies can be purchased from the Y Store at the Welcome Center.

ROCK CLIMBING PARTIES (Option 3)

Rock Climbing Party includes: 1 hour of climbing and 1 hour in the party area. Limit 10 climbers with no certified belayers or 20 climbers with at least one certified belayer.

Option 3: Rock Climbing Party, Friday 5:30–7:30pm

September–October only: Weather permitting

Must Register at least 1 week prior to date of Party

Location: The Peak, 111 Airport Rd.

Members: \$125

Non-Members: \$175

Cleaning Deposit: \$50 will be returned at departure after inspection of cleaned party area

All fees and deposit are due at the time of Party registration. You must check in at the Welcome Center the day of your party to pick up swimmer's wrist bands.

“Janelle makes climbing fun and supports my goals” – Michael. S

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.

SOCCER PROGRAM

Dates	Ages	Days & Times
Sept. 17 - Oct. 18 REGISTRATION DEADLINE: Sept. 10	3 yrs. - 6th grade	Games are on Tuesday & Thursday evenings
\$20 w/ Family Membership	\$45 w/ Youth Membership	\$65 Non-Member

FLAG FOOTBALL LEAGUE

Dates	Ages	Days & Times
Sept. 10 - Oct. 24 REGISTRATION DEADLINE: Sept. 3	Kindergarten - 3rd grade	Games are on Monday & Wednesday evenings
\$20 w/ Family Membership	\$45 w/ Youth Membership	\$65 Non-Member

BASKETBALL LEAGUE

Dates	Ages	Days & Times
Dec. - Feb.	Pre-K - 4th grade	Games/Practices are held Mon.-Sat.
\$45 w/ Family Membership	\$65 w/ Youth Membership	\$90 Non-Member



COMING TO THE Y THIS SCHOOL YEAR

ADULT COED DODGEBALL TOURNAMENT

Date: TBD

YOUTH DODGEBALL TOURNAMENT

"Have you mastered the 5 d's of dodgeball "dodge, duck, dip, dive and dodge?"

Date: TBD

KIDS NIGHT

Kids Night is for YMCA basketball and flag football participants at a Butte High, Butte Central or Montana Tech game.



YOUTH DEVELOPMENT



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.

ACTIVE TEENS FALL EVENTS

Back to School Dance (September)
Sports Tournaments: (TBD)
Game Night (Dates TBD)
Swim Night (TBD)

ACTIVE TEENS CLUBS

Art Club
Robotics Club
Comic Book Club



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OPENING DOORS, OPENING MINDS

EDUCATION IS THE MOST POWERFUL
DETERMINATE IN THE FUTURE OF OUR SOCIETY



SOCIAL RESPONSIBILITY

GIVE A LITTLE... GET A LOT.

JOIN THE Y TEAM AS A VOLUNTEER!

With a focus on youth development, healthy living and social responsibility, Y volunteers give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure.

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 posted on the bulletin board in the Y lobby.

"Do it for the kids!"
Kadin LeCoure



"I enjoy volunteering for the Y because it gives me an opportunity to be a part of a great community and surround myself with wonderful people." Brooke Marzolf

VOLUNTEER OPPORTUNITIES

Special needs children
Floor monitors - Fitness Center
Youth Sports Coach & Referees
Swim Lessons Assistant
Building & Property Maintenance

For more information, contact Angie Harrison our Volunteer Coordinator at 782-1266 or angie.harrison@butteymca.org

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: 4:00pm - 6:00pm

Days: Practices are held on **Monday - Friday**

Fees: \$65/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: 4:00pm - 6:00pm

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

Fees: \$50/month (MUST BE A YMCA MEMBER)

PRE CLUB (No USA Swimming Registry Required)

Pre-Swim 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: 4:30pm - 5:30pm

Days: **Monday and Wednesday**

Fees: \$55/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. 10 – Oct 4

Fall Session 2: Oct. 8 – Nov. 1

Fall Session 3 Nov. 5 – Nov. 29

(No lessons Nov. 22, Thanksgiving) (Make-up date provided.)

Fall Session 4: Dec.3 – Dec.13

(2 Week Session, Fee is Half)

AQUATIC LESSON FEES (4 WEEKS, 8 LESSONS)

\$55 for Members

\$65 for Non-Members

SATURDAY SESSION: (6 WEEKS)

This session is held when there are 8 or more kids registered. Contact the Welcome Center to sign up.

Session 1: Sept.15 – Oct. 20

Session 2 Oct. 27 – Dec. 2

Fee: \$41.25 for Members

\$48.75 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.

“The Staff’s dedication and concern for members safety and well-being makes this YMCA a treasure.” – Peggy. W

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.



**IN MONTANA,
DROWNING IS
THE #1 CAUSE
OF DEATH TO
CHILDREN AGE
14 AND UNDER.**

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.

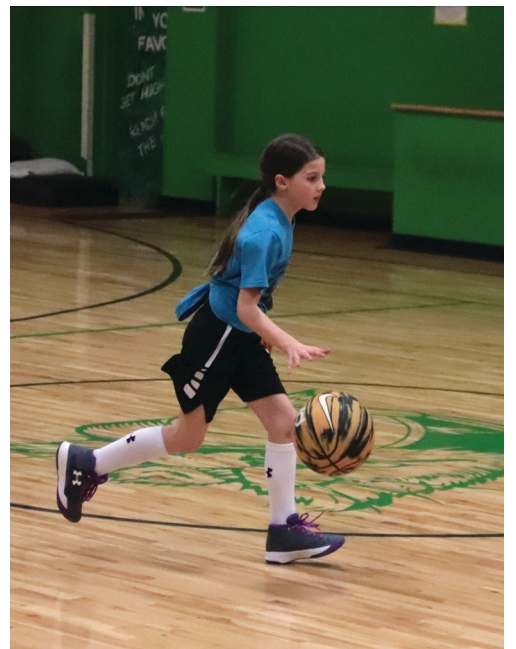
Fee: \$100 with Family Membership
\$125 with Youth Membership
\$150 Non-Members

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: \$60 for Members
\$75 for Non-Members

“The YMCA is a safe family environment to bring my kids. I learned to swim at the uptown YMCA and want my boys to have that same experience.”
Jessica Hyndman, YMCA Member



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.

YMCA SPLASH

This class is designed for the active older adult to enhance each individual's quality of life and daily function. YMCA SPLASH utilizes the physical properties of water to enhance agility, range of motion, and cardiovascular conditioning. No swimming ability is required.

WATER ARTHRITIS

This class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water will help you gain strength and flexibility. Excellent for beginning or returning exercisers, and strengthening for pre-surgery and post-surgery.

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.



“In reality my family has all been huge YMCA supporters from my dad, mom, and sons all being part of the YMCA at different points in their lives. The YMCA is in my blood and volunteering is what i do as my contribution to ensuring guests are welcome and cared about.”

- Sarah DeMoney Water Instructor



HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

DANCE

An introductory class to dance, tumbling, rhythm and music, beginning turns, leaps, footwork and tumbling skills to encourage confidence, creativity, flexibility and self-expression.

Ages: 4-10 years old

When: January TBD

Fee: \$25 for Members
\$35 for Non-Members



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

50's JITTERBUG DANCE

Jitterbug is a fast-paced swing dance useful for many styles of up-tempo music, including country western and big band music.

When: October 5, 12, 19

Time: 7:30 to 9:00pm

Fee: \$30 for Members, \$40 for Non-Members, \$75/couple

ADVANCED REGISTRATION AND PAYMENT IS REQUESTED!
Minimum 15 required.



VENI. NATAVI. VICA.

(I CAME. I SWAM. I CONQUERED.)



100 MILE SWIM CLUB

LESLIE ALLEN DAVID ARMSTRONG

MAVIS BENTLEY DAN BOYLE

COLLEN COONEY JOANN FARROW

BILL DORNBOS RICH WORTHEM

KEVIN MCKEE DOT WARNER

MATT PELLETIER KELLY FERRITER

MARY STOSICH GREG BLACK

JOHN HABEGER BRIAN SULLIVAN

STANLEY KORZEB MARY DEAN

JIM DOWNEY CHRIS HARDESTY

PAUL SIDDOWAY EDDI WALKER

DAVE KNIGHT PAT MOHAN

LISA NOWAK DEBBIE SWIATKOWSKI

TURKI ALMULHIM KRISS DOUGLASS

KRISTEN DAUGHERTY

Looking for a way to stay motivated in your swim workout? Join the 100-mile swim club! Simply write down the laps you swim during each workout at the Y, and turn your card at the Welcome Center. When you reach 100 miles, you will receive a 100-mile Club T-Shirt and recognition. Please register at the Welcome Center so we can keep track of your miles!

JOIN THE 100 MILE SWIM CLUB!

300 LEGEND SWIM CLUB

GREG BLACK EDDIE WALKER

KEVIN MCKEE DAN BOYLE

STAN KORZEB JOHN HABEGER

BILL DORNBOS BRIAN SULLIVAN

MATT PELLETIER MARY STOSICH

20 DOT WARNER PAUL SIDDOWAY

200 MILE SWIM CLUB

LESLIE ALLEN DAVID ARMSTRONG

MAVIS BENTLEY DAN BOYLE

COLLEN COONEY JOANN FARROW

BILL DORNBOS RICH WORTHEM

KEVIN MCKEE DOT WARNER

MATT PELLETIER MARY STOSICH

GREG BLACK JOHN HABEGER

BRIAN SULLIVAN BILL PANATANO

STANLEY KORZEB JIM DOWNEY

PAUL SIDDOWAY EDDI WALKER

DAVE KNIGHT CHRIS HARDESTY

PAT MOHAN KELLY FERRITER

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: \$25/session
\$35/session for 2 people
\$45/session for 3 people

Sessions range from 30 - 60 minutes depending on individual needs. Additional group rates available upon request. **Purchase a 10 pack of personal training sessions for \$225.**

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.

Fee: \$25



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, O₂, and heart rate. Then they perform their designated exercise program, and check out with post-exercise BP, HR, and O₂ 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.

Fee: \$25/Half Hour
\$225/10 Pack

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GROUP EXERCISE

CHISELED

Chiseled is a powerful strength training class designed to develop muscular strength, endurance, and overall athletic performance. Learn to use proper technique and form with free weight exercises to build a toned and healthy body!

THE SPARTAN-STRONG WORKOUT

Inspired by the popular obstacle-course race, this circuit boosts mental and physical strength, improves conditioning and agility, and burns fat. The following circuit is intended to help you perform better on the race course and in everyday activities. It ranges from medium to high intensity – but keep in mind that intensity is relative to individual fitness levels. Trainers offer modification in class or in the gym, it's up to you to pay attention to your body so you can ride the line between "just right" and "too much."

FULL BODY FITNESS

Designed to work legs, including quadriceps, hamstrings and calves; core, which includes the abdominals, lower back and glutes; chest; back; shoulders; and arms using weights and your own body resistance to develop muscle tone for strength and conditioning, and a sleek, healthy-looking body.

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.

GET READY TO POUND!®

Rockout. Workout®

Pound® uses Ripstix, lightly weighted drumsticks engineered specifically for exercising. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio-inspired movements. This class is designed for all fitness levels and appeals to men and women of all ages. Cinch the waistline, slim the thighs, and strengthen connective tissue and infrastructural muscles. Numerous studies have proven the powerful brain boosting, stress-relieving effects of drumming. The rhythms increase higher-level thinking and decision-making skills, boost the immune systems, and lower blood pressure.

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.

IT'S NOT ABOUT HAVING TIME, IT'S ABOUT MAKING TIME.



HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

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!

OULA®

Oula is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy, and total inspiration! OULA is Dancemania for the Soul. You never know what OULA’s up to next ... which is why it’s so FUN! Check out OULA for fresh weekly choreography, inspiring movement and awesome music. funnest. workout. ever.™

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.

Group Cycling is offered Monday - Saturday



“I love being a member of the YMCA. I feel like the YMCA is an extended family. I always get a good workout and the classes are always challenging and dependable.” – Elisa. L

HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

ACTIVE OLDER ADULT FITNESS

SILVERSNEAKERS®-MSROM (MUSCULAR STRENGTH AND RANGE OF MOVEMENT)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand weights, elastic tubing with handles, and a ball are offered for resistance and chairs are used for seated and/or standing support. Your insurance or Medicare plan may pay this program. For more information please visit www.silversneakers.com.

SILVER SNEAKERS® YOGA STRETCH

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.



SENIOR STRETCH

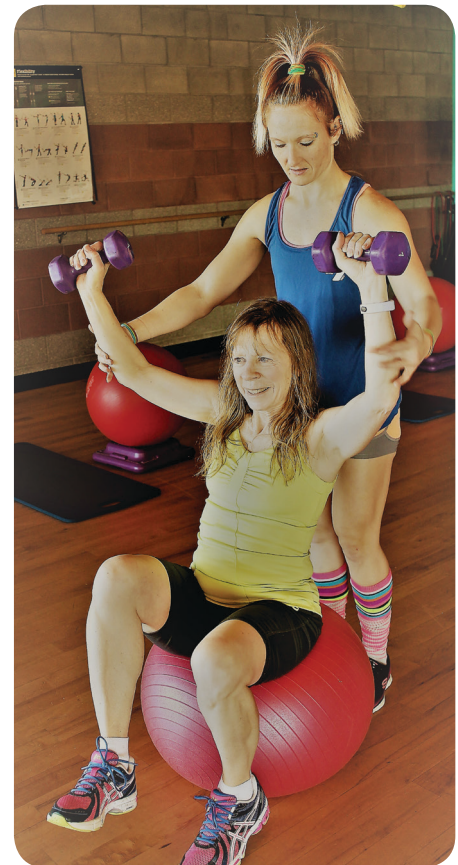
A full body workout focusing on movement, upper body strength, and stretching. There is no cardio in this class, and it is ideal for seniors and others who are rehabilitating or just getting back into an exercise routine.

SENIOR STRENGTH

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.

EASY DOES IT

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 forced myself here everyday for myself. Every person at the Y has encouraged me with kindness and humor! Thank you all!” - Pam Diamond



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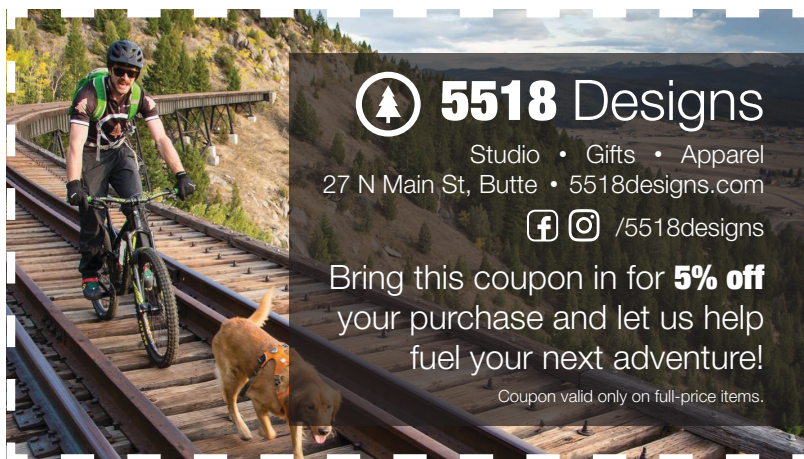





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PARTNERS WITH YOUTH

TURN YOUR GIFT INTO THEIR FUTURE...

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 positive change overall.



SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

Your Gift of...

\$134 a month allows 2 families a Y membership and its benefits that will impact them for a lifetime

\$75 a month provides 5 youth to participate in youth sports

\$60 a month allows 6 kids to learn to swim

\$37 a month provides a membership for a senior

\$18 a month allows a child to become a YMCA Member



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.

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 12 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.

CODE OF CONDUCT CONT'D

- 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 MEMBERS BUTTE FAMILY YMCA

Matt Pelletier	Kara Howard
Tyler Shaffer	Henry Klobucar
Cullen Gilbreath	John Nordhagen
Bob Whelan	Josh Peck
Paul Babb	Michelle St. Pierre
Serena Brewer	Cassie Wick
Janet Coe	Dick Wright
Colleen Cooney	Phillip Borup

LEADERSHIP STAFF

EXECUTIVE DIRECTOR, CEO

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THE Y FOR ALL

Every day we work side-by-side with our neighbors to make sure that everyone regardless of age, income or background, has the opportunity to learn, grow, and thrive. When you are a part of the YMCA you are helping to strengthen our community.

The YMCA has three areas of focus:

Youth Development – nurturing the potential of every child and teen

Healthy Living – improving the nation's health and well-being

Social Responsibility – giving back and providing support for our neighbors

To promote healthy living in our community, the Butte Family YMCA recognizes Hennessy Market as our Partner in Nutrition. Making healthy food choices goes hand in hand with keeping the body moving, which will lead to less disease and a better quality of life.



Nurturing Community– Hennessy Market boasts Butte's widest variety of local and organic products, by which we are encouraging the growth of our sustainable local food systems!

Healthy Living – Our bulk foods and healthy snack options are great to keep your child fueled up and ready for their day!

Giving Back – Through our partnership with the Y, we provide nutritious foods to help kids in their various programs be healthier and happier!

**32 E. GRANITE ST • UPTOWN BUTTE
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WE'RE A CAUSE.**

**IMPROVE & MAINTAIN YOUR FITNESS LEVEL
ENJOY FAMILY TIME
MAKE NEW FRIENDS**

DON'T MISS THESE GREAT YMCA PROGRAMS

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