



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO SWIM AND FIND FITNESS IN THE NEW YEAR

2022 WINTER/SPRING PROGRAM GUIDE
BUTTE FAMILY YMCA
406.782.1266 | WWW.BUTTEYMCA.ORG

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND THE BEST YOU IN 2022



We're Much More than a Gym.
We're a Cause.
Butte Family YMCA



Join us in January!

Anyone who joins will have their processing fee waved:

NO PROCESSING FEE!

Also by joining in January you are eligible to participate
in our New Year New You Weight Loss Challenge!

Details available at The Welcome Center

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

New Year's Day, January 1

Invitational Swim Meet (Aquatics Center Only) January 8

Mining City Invitational, January 22

Butte Invitational, January 28

Active Teens St. Patrick's Day Party, March. 17

Close at 5:00p.m.

Easter Sunday, April 17

Memorial Day, May 30

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
- Discount rates for programs
- 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 new 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

19-61 years old, Same Household

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 (Two adults between the ages 26-61)	\$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).
4. 50% of the Processing Fee will be deferred for as long as you are enrolled in Auto pay.

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

JANUARY 2022

Cosmic Swim Night, TBD

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

The facility will remain open, but the Aquatic Center will be closed for the below swim meets.

Butte Invitational Swim Meet, January 8, 2022 Montana

Classic High School Swim Meet, January 22, 2022

(Aquatics Center Only)

Butte Stopover Invite Swim Meet, January 28, 2022

MARCH 2022

Fritz Apostel Begins MADE POSSIBLE BY

THE BUTTE SKI CLUB FOUNDATION

The Fritz Apostel Dream Third Grade Water Safety Program provides 1 hour of classroom instruction and 3 hours of hands on, in the water training over the course of 3 days. This program offers basic swimming skills as well as more advanced swimming skills, rescue skills, safe boating practices including life jacket safety, and many more water safety practices to every 3rd grader in Butte area elementary schools.

More information is available on page 14.

Active Teens St. Patrick's Day Party, March 17, 2022

On St. Patrick's Day, the Y opens its facility to teenagers for the purpose of providing a safe and positive atmosphere as an alternative to the festivities involving alcohol in a town known for its celebration of the Irish holiday. Jr. High age kids enjoy swimming, laser tag, ping pong, games, dancing, pizza, pop, socialization, and other activities. Kids just want to have fun, and we provide a safe and healthy avenue for kids to do just that!

APRIL 2022

Easter Swim TBD

\$5.00 each child - limit 1 pool toy. During the Easter Swim, kids choose 1 floating pool toy and enjoy an evening of splashing and sliding wet fun! After swimming, enjoy a healthy snack and laser tag for prizes. This event fills quickly. Preregister for to guarantee your pool toy. Pool sections will be by swim band color, not by age. Lap pool will be open to green bands only. All kids will enter the pool at the same time so please arrive on time.

MAY 2022

HEALTHY KIDS DAY, TBD

YMCA Healthy Kids Day® is the Y's largest national initiative, bringing children and families together and providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun, and healthy habits.

Join the Y and other like-minded community organizations (call for a booth if you would like to reach out to kids in Butte) at the Butte Family YMCA to discover activities offered in our community to keep your kids moving and learning all summer long. As part of our commitment to addressing critical gaps in health and education, at Healthy Kids Day, the Y is kicking off efforts to encourage kids to stay physically and intellectually active over the summer. Register for summer camp, and sports programs/camps at Healthy Kids Day to receive a free gift!

Montana Youth and Government

Montana YMCA Youth and Government Nearly 350 delegates and advisors participate in a five day program that encompasses most aspects of state government. Delegates are privileged to use the actual state legislature and judicial chamber; the only youth program allowed to use the capitol chambers. Youth & Government is for high school students, grades 9-12.

YMCA 2021-2022 MISSION IMPACT

- 5,803 individuals in Butte area participated in YMCA Membership and Programs with the help of Financial Aid
- 88% of our budget is spent on programs and services we provide to our communities
- 792 volunteers spent 7,584 hours finding joy in helping others
- 2028 learned the life saving skill of swimming at your YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

let's get
active
every day

NEW YEAR

NEW YOU

CHALLENGE

BUTTE FAMILY YMCA **THE REAL YOU CHALLENGE**

Starts January 3rd. Registration Deadline January 31st. Designed to help members succeed with their healthy living goals.

- ⇒ INDIVIDUALIZED PROGRAM STRUCTURE
- ⇒ ENCOURAGE PEER ACCOUNTABILITY
- ⇒ PROMOTE HEALTHY CHOICES
- ⇒ EXPLORE NEW OPTIONS
- ⇒ HELP MEMBERS SUCCEED TO CREATE, MAINTAIN, AND SUSTAIN PERSONAL GOALS.



Members only w/ \$30 sign-up. Staff will be on site to do weigh-ins and digital BMI measurements. We utilize this information to help members structure their personalized plan with realistic and individualized goals.

Details and information available at the Welcome Center.

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: \$230/month, \$94/week, \$40/day

Non-Member: \$325/month, \$132/week, \$56/day

Transportation: The YMCA picks up from all Butte School District #1 elementary schools including Butte Central. \$60 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



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



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!

Dates: February 21-22, 2-DAY CAMP (MONDAY-TUESDAY)
March 10-11, 2-DAY CAMP (THURSDAY-FRIDAY)
April 11-15, SPRINK BREAK CAMP (MONDAY-FRIDAY)

Time: 7:30am - 6:00pm

Fee: Contact the Welcome Center for details.



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.

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.



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.

BASKETBALL

Dates	Ages	Days & Times
March - April REGISTRATION STARTS MID JAN.	Pre-K - 4th grade boys/girls	Games/Practices are held Mon-Thurs
\$49 w/ Family Membership	\$94 Non-Member	



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 WINTER/SPRING EVENTS

Cosmic Swim Night, January TBD, 7:30-9:30pm

St. Patrick's Day Party, March 17, 2022

Game Night (Dates TBD)

DENNIS & PHYLLIS
WASHINGTON
FOUNDATION
WWW.DPWFOUNDATION.ORG

OPENING DOORS, OPENING MINDS

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



“A HEALTHY OUTSIDE STARTS
FROM THE INSIDE”

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 of your choice.

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.

SWIM LESSON TIMES

Each session is 4 weeks long (unless otherwise noted) and includes 8 lessons that last 45 minutes each.
Monday/Wednesday 4:30pm, & 5:15pm and
Tuesday/Thursday 9:00am, 4:00pm, 4:45pm, & 5:30pm.

SWIM LESSON DATES

Winter Session 1: January 3 – January 27
Winter Session 2: January 31 – February 24
Winter Session 3: February 28 – March 24
Spring Session 1: April 4 – April 28
Spring Session 2: May 2 – May 27

SWIM 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

FRITZ APOSTEL DREAM THIRD GRADE WATER SAFETY PROGRAM

Thanks to the generous donation from the Butte Ski Club Foundation in behalf of the Fritz Apostel Dream, each school year all 3rd graders from Butte area elementary schools learn basic swimming skills and water safety practices at the YMCA's state-of-the-art aquatics facility. It was Fritz Apostel's dream to ensure all children learn to swim; allowing them to safely enjoy Montana's surrounding lakes and rivers. In Montana, drowning is the #1 cause of death to children age 14 and under.

The Fritz Apostel Water Safety Program provides 1 hour of classroom water safety instruction and 3 hours of hands on, in the water training over the course of 3 days. This program offers basic swimming skills as well as more advanced swimming skills, rescue skills, safe boating practices including life jacket safety, swimming in the powerful current of the waterslide, and many more water safety practices. Students participate in this program during spring, just in time to send them splashing into the summer months.

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: \$75 for Members
\$100 for Non-Members

“swimming is good for health and wellbeing at any age.”

3+ Months (It helps children develop more quickly)
18+ Years (It helps adults reduce stress and improve overall health)
65+ Years (It helps older people stay mentally and physically agile)



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

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

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 WALKING

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.

100 MILE SWIM CLUB

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 in our newsletter. Please register at the Welcome Center so we can keep track of your miles!

Keep going! Swim 200 miles to join the Masters Club. Swim 300 to join the Legends Club.

Date: One year from START DATE



**EXCELLENCE IS THE
GRADUAL RESULT OF
ALWAYS STRIVING TO DO
BETTER.**



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 (new)
\$45/60-Minute Session (new)

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. **Purchase a 6 pack of personal training sessions for \$180 and 6 pack of hour personal training sessions for \$270.**

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 fitness baseline and for measuring progress. Assessments will establish a level of fitness. Results are interpreted on a computerized printout provided with the assessment. All tests and results are done by fitness specialist, Connie Taverna, and are by appointment only.



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 check in by 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. This information is charted and made available to their physicians. See Connie if this program could help you!

MEDICAL PERSONAL TRAINING

Designed to help those recovering from injuries, struggling with joint issue, chronic conditions, and other health issues. Also for individuals who have completed physical therapy, pre & post-surgery conditions 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 can aid in the increase of muscular strength, cardiovascular conditioning, and flexibility for better joint range of movement. Schedule by APPT. with Connie.



EXERCISE IN THE MORNING BEFORE YOUR BRAIN FIGURES OUT WHAT YOU'RE DOING.

HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

GROUP EXERCISE

FULL BODY FITNESS

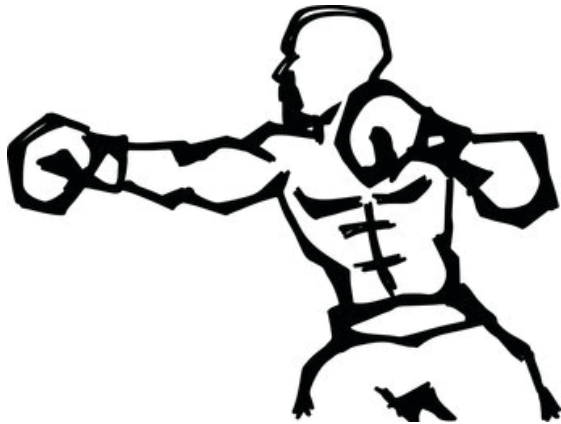
Designed to work legs, including quadriceps, hamstrings and calves; core, which includes the abdominals, lower back and glutes; chest; back; shoulders; and arms using weights and your own body resistance to develop muscle tone for strength and conditioning, and a sleek, healthy-looking body.

BOXING

Boxing teaches good self-defense techniques. In class, you learn to utilize gloves, wraps, punch bags, and jump ropes. It also involves one on one or partner techniques. Boxing helps improve fitness and provides an excellent cardio workout

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 to cardio routines provide an awesome fat burning workout that improves your speed and enhances your agility. Weights are added one class per week to build and tone muscles.



**IT TAKES
4 WEEKS
FOR YOU
TO NOTICE
YOUR BODY
CHANGING
8 WEEKS
FOR YOUR
FRIENDS AND
FAMILY
12 WEEKS FOR
THE REST OF
THE WORLD
NEVER GIVE
UP**

HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

GROUP EXERCISE

PILATES/YOGA

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, alignments principles and breathing techniques that help 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!

TABATA

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-off interval with 30 second recovery time. A light fun filled workout to energizing beats!

CROSS TRAINING

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

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



LIFE HAS IT'S UPS AND DOWNS. WE CALL THEM SQUATS

HEALTHY LIVING HEALTH, WELL-BEING, AND FITNESS

ACTIVE OLDER ADULT FITNESS

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.

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 Collen Klobucar.



DANCE IS THE JOY OF MOVEMENT AND THE HEART OF LIFE



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 11 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 programs will be maintained at all times. 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 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.

GYM BAGS

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

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

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.

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- 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 MEMBERS BUTTE FAMILY YMCA

Tyler Shaffer

Paul Babb

Janet Coe

Colleen Cooney

Henry Klobucar

Josh Peck

Michelle St. Pierre

Colin Higgins

Richelle Monson

Dick Wright

Annie Sutton

Russ Robertson

John Canavan

Phillip Borup

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EXECUTIVE DIRECTOR, CEO

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