



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



The Grants
Missoula YMCA Members

2021 WELCOME GUIDE

Missoula Family YMCA

Always here and here for all. Financial assistance available.

SERVING MISSOULA SINCE 1967

Dear Y Friend –

Welcome to the Missoula Family YMCA! Since 1967, our members have been committed to not only physical health, but the health and well-being of our entire community.

Your Y membership means so much more than access to a health club. Your monthly membership dues help us provide your favorite equipment, support our staff, and offer member-based services like group fitness classes. By helping ensure our monthly financial responsibilities are met, you allow us to continue to provide our neighbors with lifesaving, cause-driven programs.

We invite you to use this Welcome Guide as a way to get more involved with our YMCA community. From group fitness classes, swim lessons, and summer camp to financial assistance, special events, and career opportunities, our Y offers a way for everyone to get involved!

Thank you for choosing to be a valuable part of a community-driven organization that is committed to youth development, healthy living, and social responsibility.

Sincerely,

The Missoula Y
406-721-9622
ymca@ymcamissoula.org

\$618,109

provided in financial
assistance and
community subsidies

15,502

individuals
impacted by Y
programs and
membership

980

young athletes
in YMCA youth
sports programs

427

children served
in licensed child
care programs

87,902

healthy meals and
snacks served in
youth programs

MEMBERSHIP

Membership Options

Membership Type	Monthly Dues	Enrollment Fee
Household All people living in a house together	\$99	\$135
Family Up to two adults and their dependent children (under 26) living together	\$76	\$105
2-Person Two people sharing a home together	\$68	\$80
Adult Ages 19–64	\$48	\$50
Youth Ages 7–18	\$26	\$25
Virtual Impact Unlimited access to the Virtual Y Studio for 1 person	\$19	\$0

Available Payment Options

Monthly Draft.....Autodrafts monthly from your checking or savings account or credit/debit card.

Annual Payment.....One payment for 12 months. Must be made in advance using cash, check, credit/debit card.

Loyalty MembershipBuy 11 months at once, get 1 free. Payment required in full. No holds, cancels, and/or refunds.

Special Rates

Special rates can now be applied to any membership type! There must be at least one active member on the account who meets one of the descriptions below in order for the account to receive the new rate. Special rates may not be combined.

- **Student** \$10 off/mo for full-time enrolled student age 19+
- **Senior** \$8 off/mo for members age 65+
- **Military/Veteran** \$10 off/mo for active duty military or US veterans
- **Child Care** 50% off Family or Household Memberships for families enrolled in the Learning Center or Development Center

Financial Assistance

At the Y, strengthening community is our cause. 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! Financial assistance is available for Y programs and services, including Y membership. Assistance is determined based on household size and income. Applications are available online at ymcamissoula.org/financial-assistance.

Membership Benefits

Your membership includes the following and more! Ask our Welcome Center staff for a full list of membership benefits.

- **40+ Group Fitness Classes & Senior Programs** Unlimited classes with all equipment provided
- **Family Programs** Family Fun Time, Family Track, and more for all active members
- **Financial Assistance** Available for all programs and membership types
- **Membership Pricing** Special rates on Y events and programs
- **Child Watch** Drop-in child care available all active members ages 6 weeks–7 years
- **Virtual Y Studio** Unlimited access to live-streamed classes and on-demand workouts
- **Adult Pickup Sports** Intermediate-level pickup games
- **Masters Swim** Coached swim workouts for adults
- **Guest Passes** Renewed annually to share with friends and family
- **Out-of-School Programs** Summer camp and school holiday care options for school-age children



Doris B.
Missoula YMCA Member

EARLY CHILD CARE

Early Learning Child Care Centers

As early educators, we value and develop each child's individual strengths, interests, skills, and abilities. We foster learning through age-appropriate curriculum and play. Y child care centers are STARS* participants. Best Beginning scholarships accepted. Financial assistance is available. CACFP* breakfast, lunch, and snacks served. Visit ymcamissoula.org for our philosophy, tuition rates, and tour requests. Ages 6 weeks–6 years

Development Center | 3000 S. Russell St., Missoula, MT 59801

Providing care Monday–Friday from 7:30 a.m.–6:00 p.m. at the YMCA in southeast Missoula.

Learning Center | 2683 A Palmer St., Missoula, MT 59808

Providing care Monday–Friday from 7:30 a.m.–6:00 p.m. at our off-campus site in northwest Missoula.

*Learn more about the STARS to Quality and CACFP programs at ymcamissoula.org.

Healthy Eating & Physical Activity (HEPA)

Driven by commitment and cause, our Y has joined thousands of others in pledging to educate kids in our communities about healthy lifestyles, model healthy behaviors, and cultivate environments that make it easier for them to make healthier choices. We are committed to providing healthy options for all children in our programs and child care centers through nutritious meals and snacks, as well as built-in active play time.

The Y is an equal opportunity provider.

WELCOME TO OUR Y FAMILY

Early child care families enjoy their first month of Y Family Membership for free, then pay just \$38/mo (50% off) after that!

Y Membership unlocks the door to unlimited group fitness classes, drop-in child care, special program rates, and so much more. Talk to your center's director or call 721-9622 to learn more.



SCHOOL-AGE PROGRAMS



Missoula YMCA Youth Programs Participant

We are committed to supporting your family throughout the year! Our programs include after school care for students in grades K–5. We also offer full-day child care on no-school days. During summer months, we offer camp options for campers of all ages. Registration is required for all programs. **Financial assistance is available.**

After School

Y Before and After School programs provide healthy snacks, aerobic activity, responsible counselors, and a variety of enriching activities including STEM, arts and crafts, and vocabulary in small group settings. Care provided onsite at your child's school or at a nearby location. Best Beginnings scholarships accepted. Ask us about sibling discounts! Email schoolage@ymcamissoula.org for an application or visit ymcamissoula.org to register online. Grades K–5

- **Participating Schools** Chief Charlo, Franklin, Hellgate, Jeannette Rankin, Lewis & Clark, Paxson, Russell

School's Out Day Camp

It's a day of camp in the middle of the school year! School's Out Day Camp is a fun-packed day full of activities in and out of the YMCA. Offered on MCPS no-school days and remote learning days. Register online at ymcamissoula.org. Grades K–6

Summer Camp

Every summer, we offer 35+ camp options for children and teens ages 4+! Camp runs June–August. Ask us about licensed camp programs! Registration opens Spring 2022. Learn more or register online at ymcamissoula.org. Grades Pre–K+ Turn to page 9 for camp options for teens.

Financial Assistance

We believe no one should be turned away due to an inability to pay. That's why we're proud to offer financial assistance for all Y programs, including school age programs! Applications are available at the Welcome Center at 3000 S. Russell St. and online at ymcamissoula.org.

YOUTH & FAMILY PROGRAMS

Serving families has always been at the heart of the Y! We offer programs that allow kids, teenagers, and families to stay healthy and become more connected.

Child Watch

We are happy to care for your child(ren) while you use the Y facility! Our Child Watch is a non-licensed, short-term child care center. This supervised space offers books, games, activities, a coloring station, a loft, themed weekly crafts, and more. Proof of vaccinations required for all children. Visit ymcamissoula.org for Child Watch days and times.

Ages 6 weeks–7 years

Family Programs

We offer indoor, all-weather options that get families active and moving! Family Fun Time, Family Track Time, and more are all included with Y Memberships. Check our app or visit ymcamissoula.org for current offerings. Offered seasonally. All ages

Open Climb

Access to our 28-foot climbing wall is included with Y membership. We offer climbing programs and open climb hours for climbers of all ages, skill levels, and abilities. Harnesses provided. Shoes are available for climbers to use at no charge. All ages

Parents Night Out

Enjoy a night out while your kids are cared for in a safe space with plenty of friends and adventures! Led by Y counselors, children will explore fun Y spaces such as the pool and climbing wall. Parents Night Out programs include themed crafts, games, dinner, and a kid-friendly movie. Sibling discounts available. Offered seasonally.

Ages 6 months–11 years

Missoula YMCA Youth Program Participant



YOUTH SPORTS PROGRAMS & LEAGUES

Missoula YMCA Youth Sports Participants



The Y offers youth sports programs for children in pre-K through grades 8! Discounts are available to participants with Y Memberships. All skill levels welcome! **Financial assistance is available.** Registration and program details are available online at ymcamissoula.org

Homeschool PE

This fun, active program is led by Y staff and the perfect addition to your homeschool curriculum! Our Homeschool PE classes include age-appropriate sports, active games, and healthy activities. Grades K–6

Summer Sports Camp

It's a summer of adventure with our Y Summer Camps! Every summer, we offer a variety of sports camps including Soccer, Basketball, Rookie Sports, Fly Fishing, Track & Field, and so much more. Camp runs June–August. Registration opens Spring 2021. Grades Pre–K–7

Youth Basketball

Our Bitty Basketball classes introduce children in grades K–1 to basic basketball fundamentals. Our leagues offer weekly practices and games for players in grades 2–6 and teach basketball fundamentals and game skills in a positive team environment. Offered annually in Fall and Winter. Grades K–6

Youth Soccer

Our Rookie Soccer classes introduce children ages 3–5 to basic soccer fundamentals. Our league is for players in grades pre–K–middle school and teaches soccer fundamentals and game skills in a positive team environment. Offered biannually in Spring and Fall. Ages 4–14

Youth Sports Clinics & Programs

Our clinics and programs give young athletes opportunities to try new sports and develop skills alongside friends! We offer a variety of options throughout the year including Flag Football, Lacrosse, Volleyball, and Rookie Sports.

TEEN PROGRAMS



Missoula YMCA Teen Program Participants

We are committed to providing programs that help youth and teen changemakers develop their voices and leadership skills in a safe, positive environment.

Active 6

Active 6 is a fun program designed just for 6th graders and provides free Y membership and activities! Registration is ongoing throughout the year and open to all Missoula County 6th graders. Register online at ymcamissoula.org. Use promo code ACTIVE6 at checkout. Grade 6

Babysitting 101

Teens will develop the skills to be engaging and safety-conscious babysitters. This course provides CPR certification, peer discussions, and a take-home babysitting toolkit for each participant. We offer courses throughout the school year as well as week-long summer camp sessions. Grades 6+

Climbing Club

Youth will build confidence on the wall alongside friends. Climbing Club familiarizes beginning climbers with how to tie in, belay team communication, and the process of belay. Ideal for youth interested in joining YMCA Climbing Team who have not yet learned belay or basic climbing knot work. Ages 7–17

Climbing Team

YMCA Climbing Team is for youth climbers already familiar with belay systems and basic climbing knots. Climbers will develop their technique with individualized instruction. Low enrollment caps are in place to ensure climbers spend plenty of time on the wall. Ages 9–18

Junior Counselors

Spend your summer at the Y! Work alongside other teens to develop leadership skills through team building and hands-on experience. Preference is given to teens enrolled in the Y's Teen Summer Leadership Program. Apply online at ymcamissoula.org. Entering grades 8+

Leaders Club

Engage with peers and express your teen voice by designing, planning, and implementing a group service project. As a member of Leaders Club, you'll explore the many aspects of civic engagement. Leaders Club is a teen-led program with a Y staff facilitator. Grades 7+

Teen Health & Wellness Jump Start

Our free Health & Wellness Jump Start introduces you to and teaches you how to use cardio equipment to give you a strength-building workout. Members under the age of 14 are required to complete a Jump Start before using the Health & Wellness Center. See the Health & Wellness desk on the 2nd floor to schedule your appointment! Grades 6+

Teen Summer Leadership Program

Engage with peers through adventure, team building, leadership training, and service projects! Rock climb, hike, plan and lead camp activities, and help carry out Leaders Club community service projects. Program graduates are encouraged to apply to our Junior Counselors program. Entering Grades 8+

AQUATICS PROGRAMS

Swimming at the Y helps people thrive—in and out of the water! Enjoy swim lessons, swim team, lap swim, water aerobics, coached masters swim, and more in the Missoula Y's 25-yard pool. We are proud to offer a safe aquatic environment for swimmers of all ages and abilities. Discounts are available to participants with Y Memberships. **Financial assistance is available.** Registration and program details are available online at ymcamissoula.org

Life Jacket Loaner Program

We are proud to be a Montana Fish, Wildlife, and Parks Life Jacket Loaner Program site, providing life jackets free of charge for families and individuals to borrow! Sizes range from infant to adult. Stop by the Y or visit ymcamissoula.org to reserve your jackets. Open to all!

Masters Swimming

A coached lap swim workout for adults. Our coaches provide tips and feedback to help you improve your swimming ability. Open to swimmers of all levels. Ages 18+

Missoula YMCA Swim Team (MYST)

The Missoula YMCA Swim Team (MYST) is our competitive swim program for youth swimmers of all swim levels and abilities. Swim meets are held throughout Montana and the Northwest. Our team develops athletes physically, mentally, and emotionally. For more than a decade, our swim team has consistently received the Montana Swimming Spirit Award while also sending countless swimmers on to the collegiate level. MYST is led by Head Coach Kirby Beierle, the 2017 YMCA National Swim Coach of the Year. Ages 5–18

Parent-Tot Swim Lessons

Young children will be safely introduced to the water alongside their parent/guardian. Additionally, lessons will teach parents/guardians about water safety and drowning prevention. All lessons are taught by Y-certified swim instructors. Offered Fall, Spring, and Summer. Ages 6 months–3 years

Private Swim Lessons

Private and semi-private swim lessons are available for those who want one-on-one attention for beginning youth to adult swimmers, or those whose schedules conflict with group lessons. All lessons are taught by Y-certified swim instructors. Ages 3–18+

Swim Lessons

YMCA swim lessons help children learn essential water safety skills and help them safely develop a life-long love of water. Lessons include water adjustment, aquatic safety, and stroke competency. All lessons are taught by Y-certified swim instructors. Offered year round. Ages 3–12

SPLASH! Program

Our Swim, Play, and Learn Aquatic Safety Habits (SPLASH!) Program introduces 3rd graders to aquatic personal safety, stroke development, water sports, and rescue. Offered annually each Spring. This program is made possible thanks to partnerships with Missoula County 3rd grade teachers.

Water Fitness Classes

Turn to page 11 for a full list of water fitness classes.



Missoula YMCA MYST Swimmer

HEALTH & WELLNESS



Caden S.
Missoula YMCA Member

Everyone can achieve a healthier lifestyle at the Missoula Y! As a Y member, you have unlimited access to group fitness classes, plus programs and activities to help you create healthy habits, become more active, and prevent disease. Visit ymcamissoula.org or download our free app (details on page 11) for our current class schedules.

Adaptive & Inclusive Member Services

Our Adaptive & Inclusive Member Services (AIMS) Program offers healthy group activities for people with diverse abilities.

Adult Pickup Sports

Intermediate-level pickup games of basketball, pickleball, and volleyball! All games are held in the Big Gym. Y Code of Conduct applies to all participants. Ages 18+

Certifications

Here at the Y, we're committed to safety. We're proud to offer certifications for lifeguarding, CPR, and first aid to our community. Discounts are available to Y members. Register online at ymcamissoula.org.

Group Fitness Classes

We offer group fitness classes that meet every fitness level, every schedule, and every goal. Classes are included with Y membership and members may attend as many classes as they wish. No registration required—find the class that's right for you and show up ready to work out!

Health & Wellness Center

Our Health & Wellness coaches and personal trainers are here to support you on every stage of your health journey. As a Y member, you have access to free Jump Starts, which introduce you to and teach you how to use cardio and weight equipment. Stop by the Health & Wellness kiosk on the second floor to learn more.

Masters Swimming

Coached lap swim workouts. All levels welcome. Turn to page 9 for more information. Ages 18+

Personal Training

Our certified personal trainers will motivate you to a healthier lifestyle through workout programs, goal setting, and accountability! Customized instruction in a one-on-one or small group setting will help you achieve your fitness and wellness goals. All Missoula Y personal trainers are certified by nationally-accredited organizations. Request sessions at ymcamissoula.org!

UNITE Team Training

Enjoy personal training in a small group setting with UNITE Team Training! This six-week program offers two tracks—FIT and LIFE. Our FIT track combines athletic aerobic movements with functional strength exercises. Our LIFE track combines low-impact aerobic movements with functional strength, core, and flexibility exercises. Both tracks are led by trained coaches who will motivate you to new levels of strength and fitness. Offered periodically throughout the year.

Virtual Y Studio

Workout anytime, anywhere with livestream workouts and on-demand classes taught by your favorite local YMCA instructors. Not a Y member? Become a Virtual Y Member and get your first 30 days completely FREE! Access to the Virtual Y Studio is included with all Y membership types.

GROUP FITNESS CLASSES

Our Y offers group fitness classes that meet every fitness level, every schedule, and every goal. Classes are included with Y membership and members may attend as many classes as they wish. No registration required—find the class that's right for you and show up ready to work out! Visit ymcamissoula.org or download our free app for our current class schedules (details below).

Aqua Burst

Enjoy the power of movement in the water! This class is a combination of cardio and strength training intervals from moderate to high intensity using upbeat music and some equipment. Class takes place in the shallow end.

Aqua Challenge

This class consists of a warm up, cardio segments, and strength training using motivating music to keep pace. A variety of equipment such as paddles, buoys, resistance bands, and noodles intensifies the workout keeping it challenging and fun! Class takes place in both the shallow and deep ends. Aqua belts are encouraged in the deep end.

Aqua Deep

Feel the benefits of water with no impact while fully suspended. This class is a moderate- to high-intensity workout set to music which will help you develop cardio stamina, strengthen your core, and tone your body while in a continuous state of multilevel movement. This class takes place in the deep end. Aqua belts encouraged.

Aqua Intervals

Come ready to work! This class incorporates timed intervals of varied intensity with recovery periods. Segments of cardio, strength, core, power, agility, and balance will help you meet your fitness goals! This class takes place in the shallow end with minimal equipment.

Aqua Pump

Pump up your cardio and strength training with exhilarating music. Learn exercises using varied equipment such as paddles, buoys, resistance bands, and noodles to up your game! Enjoy the added benefits of stretching and balance practice. This class takes place in the shallow end.

Aqua Turbo

Enjoy an up-tempo shallow water workout that offers multiple intensity options to supercharge your core, endurance, and flexibility training!

Barre

Set to fun, energetic music, this class incorporates an upper-body workout with weights and a combination of high-intensity core and lower-body exercises at the barre. Each class ends with stretching, which results in stronger, more elongated muscles while gaining flexibility.

Chisel & Burn

Gain strength and balance while working your core with stability balls, Bosu, and medicine balls. Cardio intervals on the track and on the bleachers will work your endurance and take your cardiovascular system to new levels!

Cycle

This 45-minute cycling class is for anyone who enjoys a challenging, fast-paced ride to motivating music.

Download the Y App

Access the Y's most up-to-date class schedules with our free app!

Simply search **Daxko** in Google Play or the App Store and download! When prompted, enter **Greater Missoula Family YMCA** for access to our current schedules.



GROUP FITNESS CLASSES

Missoula YMCA OULA Class



Cycle HIIT

An intense 30-minute ride.

Cycle Strength

An intense beat-based 45-minute cycle class that will push your body to the limit. It combines cardio with strength conditioning, utilizing dumbbells for upper-body and core conditioning.

DanceMixx

Jazzercise's® signature class format will leave you energized for hours. Set to your favorite top hits, this full-body workout combines 40 minutes of high intensity, dance-based cardio with 20 minutes of strength training and stretching. With easy-to-follow moves and a certified instructor to motivate you, you'll dance, jump, kick, plank, pushup, and crunch your way to a happier, healthier you.

FUN(CTIONAL) FIT

Set to fun, energetic music, this class incorporates an upper-body workout with weights and a combination of high-intensity core and lower-body exercises at the barre. Each class ends with stretching, which results in stronger, more elongated muscles while gaining flexibility.

Gentle Strength & Conditioning

This lower-impact workout will keep you moving and trying new things with cardio, strength, balance, and agility exercises. Options available for all fitness levels.

HIIT

High Intensity Interval Training (HIIT). Minimal equipment, maximum cardio and calorie burn.

Les Mills BODYCOMBAT™

A high-energy martial arts-inspired workout (non-contact). Punch and kick your way through fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast, and feel like a champ.

Les Mills BODYFLOW™

The yoga-based class that builds flexibility and strength, leaving you feeling centered and calm. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

Les Mills BODYPUMP™

The original barbell workout set to music that will work all major muscle groups in just 55 minutes! This full-body workout will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

Les Mills GRIT™

30 minutes of high intensity interval training (HIIT) developed by experts to deliver transformative results. It's the kind of workout that transcends your speed, strength, and height. These HIIT workouts build cardiovascular fitness while improving strength, building lean muscle, and maximizing calorie burn.

Les Mills RPM™

The indoor cycling workout where you control the intensity. Ride to the rhythm of powerful music while your instructor leads you through climbs, flats, and sprints. You control your resistance levels and speed to build your fitness level over time.

GROUP FITNESS CLASSES

Obstacle Race Clinic/Open Gym

Swing, climb, crawl...Whether you want to stay in ultimate race shape year-round or try a workout unlike any other, you'll be sure to condition your body and mind. Work on areas you want during this open gym time while a coach is on hand for help.

OULA®

Inspiring and super-fun dance workout! OULA incorporates fun, easy-to-follow choreography set to current music, and encourages self expression and freedom of movement. Try it—it'll be the most fun workout you'll have all week!

Running Class

Amp up your training with tempo runs, speed workouts, and race workout strategies. Whether you're training for your first 5K or your tenth marathon, our running classes will help you improve your speed and endurance. Workouts are tailored to your specific pace and needs.

Sculpt Yoga

A total-body workout designed to sculpt every major muscle group by combining yoga postures with weights and cardio bursts.

SilverSneakers® Classic

Increase muscle strength, range of movement, and activities for daily living. Hand weights, elastic tubing with handles, and balls offered for resistance. Chairs are used for seated exercises and standing support. Beginning to intermediate skill levels.

SilverSneakers® Yoga

Move through a complete series of seated and standing yoga poses (chair available) designed to increase flexibility, balance, and range of movement. Restorative breathing and final relaxation will promote stress reduction and mental clarity.

SOULfusion

A creative blend of yoga-inspired FLOWS, short cardio bursts, balance sequences, and strength training exercises all set to crazy FUN music. SOULfusion is all of your soulmate workouts wrapped into one!

Sound Strength

A low-impact, full-body body strength workout to fun music that uses resistance bands, loops and small exercise balls to crank up the burn. Bring your mat, sweat towel, and water bottle!

Strength & Core

A combination of strength training and core work, this class emphasizes head-to-toe muscular strength and flexibility.

Stretch & Mobility

A mind-muscle connection practice that incorporates relaxation techniques using functional movement and dynamic stretching for greater mobility and range of motion. This class will address posture and proper form to help you become stronger, more flexible, and pain-free.

Sunrise Yoga

Start your day off right! This early-morning class combines Sun Salutations with challenging strength and flexibility poses.

Yoga

Focus on basic yoga postures, alignment principles, and breathing techniques that help balance, strengthen, and stretch the body. Recommended for those wishing to strengthen the foundation of their practice, or who simply want an ongoing practice in harmony with their level of strength, balance, and flexibility.

Yolates

This class blends the precision of Pilates with the dynamic flow of yoga. Develop core strength, tone muscles, and improve balance and flexibility. Many of the exercises will creatively use different tools including Pilates rings to challenge you!

Zumba®

Mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® fitness classes are often called exercise in disguise.

GIVE FOR A BETTER US

Everyone knows the Y as a place to swim, play basketball, and exercise. Yet the Y is so much more! As a 501(c)3 nonprofit, we provide critical programs and services to nearly 20,000 individuals each year. Through generous donor and sponsor support, we are able to make all of our programs and services accessible to countless children, teens, adults, and families who live in and around Missoula County.

Your donation is 100% tax deductible and stays right here in Missoula. All gifts help support critical programs and activities that keep kids safe, improve community health, and build strong families. The Y needs your support to continue to make our work and services possible. Contact ymca@ymcamissoula.org to learn about other ways to make a donation or to get involved as a Y sponsor.

Donation & Sponsorship Opportunities

We gratefully accept donations year-round to help provide opportunities to those who might otherwise go without. Donate online today or mail a check to 3000 S. Russell St. Missoula, MT 59801 to help us continue to address Missoula's most pressing needs.

Annual Support Campaign

While membership fees keep our doors open, donations allow us to go the extra mile by supporting Y programs including financial assistance, senior health, Active 6, and so much more. Our Annual Support Campaign is a community-wide campaign that helps us raise the necessary funds that ensure no one is ever turned away due to an inability to pay. The YMCA Annual Support Campaign takes place annually from January to March and is made possible by dedicated volunteer campaigners.

Amazon Smile

Do you purchase through Amazon? We participate in the Amazon Smile program, which donates 0.5% of your purchases directly to the Missoula Y. Find our Amazon Smile link at ymcamissoula.org/donate.

The 50th Annual YMCA Riverbank Run

Run for a cause! The YMCA Riverbank Run is back for its 50th year. This Missoula tradition is an annual fundraiser for our Missoula Family YMCA. Choose from 1 Mile, 5K, or 10K races, or run all three in our signature event, the Trifecta! All proceeds stay right here in Missoula and benefit our community.

The Riverbank Run is a family-friendly event open to all ages and abilities. Visit riverbankrun.org for event details.



Jorge W. of ATG
2021-22 Missoula YMCA Board Vice President

GET INVOLVED!

Kara T.
Missoula YMCA Director of Health & Wellness



We believe that meaningful endeavors can only be accomplished by working together. The Missoula Y develops leaders with purpose who work together to make an impact every day.

We are committed to providing a welcoming, inclusive space for all.

As a Y volunteer, donor, or staff member, you can feel confident being a part of an organization that deeply cares for the well-being of all in our community. We are committed to Youth Development, Healthy Living, and Social Responsibility. Together, we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race, or sexual orientation, has the opportunity to reach their full potential with dignity.

Job Opportunities

As one of Montana's premier Ys and one of Missoula's largest employers, the Missoula Y offers full-time, part-time, and seasonal job opportunities. We are an approved work study employer for University of Montana students with work study aid.

- Meaningful work in a fun, supportive environment
- Professional growth and development opportunities including paid trainings
- Free Y membership
- Staff rates on programs and services
- Voluntary 403B retirement savings
- Health, vision, and dental insurance options (full-time staff benefit)
- Paid holidays, vacation, and sick time (full-time staff benefit)

Visit ymcamissoula.org/job-opportunities to apply for current openings!

Volunteer Opportunities

Volunteers are vital to our mission of building a stronger and healthier Missoula for all! Every year we rely on hundreds of volunteers to coach youth sports leagues, lead 6th graders in healthy after school activities, cheer runners across the Riverbank Run finish line, and so much more. Visit ymcamissoula.org/volunteer to get started today!



September

Active 6* starts
After School** starts
Climbing Club & Team** start
Fall Youth Soccer League starts
Family Fun Time** starts
Home School PE** starts
School's Out Day Camp** starts
Swim Team* & Swim Lessons* start

October

First Aid & CPR Certification Courses*
Rookie Sports Programs**
Youth Basketball League (grades K–2)

November

Giving Tuesday
Iron Will Triathlon starts

December

Angel Tree
Personal Training*
Year-End Giving

January

Annual Support Campaign Kickoff Celebration
Tri the New Year Indoor Triathlon
Youth Basketball League (grades 3–6)

February

YMCA Sweetheart Dance
SPLASH Swim Lessons start

March

Annual Support Campaign Victory Celebration
Youth Spring Soccer League starts

April

The 50th Annual YMCA Riverbank Run
Healthy Kids Day

May

Mother's Day Tea (child care centers only)

June

Summer Camp starts
YMCA Annual Meeting
Father's Day Social (child care centers only)

July

Summer Camp

August

Annual Facility Cleaning & Maintenance
Preschool Graduation
Summer Camp

*Offered year-round

**Offered throughout the school year

The Y facility is closed New Year's Day, Easter, Memorial Day, July 4, Labor Day, Annual Closure (dates vary), Thanksgiving, and Christmas Day.