



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Missoula YMCA Adaptive Program

May 2022

Register For All Programs at the YMCA
Welcome Desk or Michael @532-6267

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 *Silver Sneakers 1:30-2:30	3 *Zumba 5:15-6:15 Fitness Studio	4 Court Sports 3:30-4:30PM Conference Room	5 Bowling West Side Lanes 3PM-5PM	6 Walking Club 3-4PM *Open Swim 6PM-8:30	7 *Open Swim 1PM-5:30
8	9 *Silver Sneakers 1:30-2:30	10 *Zumba 5:15-6:15 Fitness Studio	11 Court Sports 3:30-4:30PM Conference Room	12 Bowling West Side Lanes 3PM-5PM	13 Walking Club 3-4PM *Open Swim 6PM-8:30	14 *Open Swim 1PM-5:30
15	16 *Silver Sneakers 1:30-2:30	17 *Zumba 5:15-6:15 Fitness Studio	18 Court Sports 3:30-4:30 PM Big Gym	19 Bowling West Side Lanes 3PM-5PM	20 Walking Club 3-4PM *Open Swim 6PM-8:30	21 *Open Swim 1PM-5:30
22	23 *Silver Sneakers 1:30-2:30	24 *Zumba 5:15-6:15 Fitness Studio	25 Court Sports 3:30-4:30PM Big Gym	26 Bowling West Side Lanes 3PM-5PM	27 Walking Club 3-4PM *Open Swim 6PM-8:30	28 *Open Swim 1PM-5:30
29	30 *Silver Sneakers 1:30-2:30	31 *Zumba 5:15-6:15 Fitness Studio				*Indicates Program is open to all YMCA members and won't have adaptive staff on hand

