



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Missoula YMCA Adaptive Program

## October 2022

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

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

