



Missoula YMCA Active 6 Program

January 2023

Have questions? Stop by the YMCA or email active6@ymcamissoula.org to learn more!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Lap Swim 8am-1pm* Open Swim 12:15-3pm*</p> <p>Open Track 11am-2pm</p>	<p>2</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p>	<p>3</p> <p>Active 6: 4-6pm</p> <p>Big Gym Open 4-5pm</p>	<p>4</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p> <p>Lap Swim 8-8:30pm*</p>	<p>5</p> <p>Active 6: 3-5pm Big Gym/Blue Gym Open 3-4pm</p> <p>Open Swim 3-4pm*</p>	<p>6</p> <p>Open Climb 4pm-7pm</p> <p>Open Swim 7-8:30pm*</p>	<p>7</p> <p>Open Climb 10am-1pm*</p> <p>Open Track 11am-2pm</p> <p>Youth & Family Open Blue Gym 11am-4pm*</p>
<p>8</p> <p>Lap Swim 8am-1pm* Open Swim 12:15-3pm*</p> <p>Open Track 11am-2pm</p>	<p>9</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p>	<p>10</p> <p>Active 6: 4-6pm</p> <p>Big Gym Open 4-5pm</p>	<p>11</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p> <p>Lap Swim 8-8:30pm*</p>	<p>12</p> <p>Active 6: 3-5pm Big Gym/Blue Gym Open 3-4pm</p> <p>Open Swim 3-4pm*</p>	<p>13</p> <p>Open Climb 4pm-7pm</p> <p>Open Swim 7-8:30pm*</p>	<p>14</p> <p>Open Climb 10am-1pm*</p> <p>Open Track 11am-2pm</p> <p>Youth & Family Open Blue Gym 11am-4pm*</p>
<p>15</p> <p>Lap Swim 8am-1pm* Open Swim 12:15-3pm*</p> <p>Open Track 11am-2pm</p>	<p>16</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p>	<p>17</p> <p>Active 6: 4-6pm</p> <p>Big Gym Open 4-5pm</p>	<p>18</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p> <p>Lap Swim 8-8:30pm*</p>	<p>19</p> <p>Active 6: 3-5pm Big Gym/Blue Gym Open 3-4pm</p> <p>Open Swim 3-4pm*</p>	<p>20</p> <p>Open Climb 4pm-7pm</p> <p>Open Swim 7-8:30pm*</p>	<p>21</p> <p>Open Climb 10am-1pm*</p> <p>Open Track 11am-2pm</p> <p>Youth & Family Open Blue Gym 11am-4pm*</p>
<p>22</p> <p>Lap Swim 8am-1pm* Open Swim 12:15-3pm*</p> <p>Open Track 11am-2pm</p>	<p>23</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p>	<p>24</p> <p>Active 6: 4-6pm</p> <p>Big Gym Open 4-5pm</p>	<p>25</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p> <p>Lap Swim 8-8:30pm*</p>	<p>26</p> <p>Active 6: 3-5pm Big Gym/Blue Gym Open 3-4pm</p> <p>Open Swim 3-4pm*</p>	<p>27</p> <p>Open Climb 4pm-7pm</p> <p>Open Swim 7-8:30pm*</p>	<p>28</p> <p>Open Climb 10am-1pm*</p> <p>Open Track 11am-2pm</p> <p>Youth & Family Open Blue Gym 11am-4pm*</p>
<p>29</p> <p>Lap Swim 8am-1pm* Open Swim 12:15-3pm*</p> <p>Open Track 11am-2pm</p>	<p>30</p> <p>Open Climb 4pm-7pm</p> <p>Open Big Gym 7:15-8:45pm*</p>	<p>31</p> <p>Active 6: 4-6pm</p> <p>Big Gym Open 4-5pm</p>				<p>*Indicates Program is open to all YMCA members and won't have Active 6 staff on hand.</p>

Active 6 Program Details

Program Times

Tuesday
4:00pm-6:00pm
Thursday
3:00pm-5:00pm

Program Blocks

Block 1: October 11th -November 17th
Block 2: November 29th- December 15th
Block 3: January 10th- March 16th
Block 4: March 28th –April 27th

Sign Up Here!



*Offered during the school year only. No programming on school holidays.

Getting Started with Active 6

First fill out our Active 6 Registration Form online to get your free membership started.

Then visit the Missoula Y Welcome Center to complete your Active 6 membership profile, and collect your Active 6 Dri-fit Tee.

After that, attend our Tuesday and Thursday Program times to take part in fun exercise classes, active play, and engaging snack time discussions about healthy lifestyle, and community engagement.

*Membership is valid June before the 6th grade year through August after the 6th grade year.

CONTACT

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Member & Program Services
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406-721-9622



Active 6 is a FREE Missoula YMCA program that encourages 6th graders to get moving, try new activities, stay healthy, and have fun with friends through YMCA membership and programs.

Sign up for Active 6 is going on now!