



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Missoula YMCA Youth  
Program Participants

# 2024-25 WELCOME GUIDE

## Missoula Family YMCA

Financial assistance available.



# HERE FOR GOOD.

Dear Y Friend -

Welcome to the Missoula Family YMCA! A lot has changed since we first opened our doors 50+ years ago, but we remain committed to helping our members develop healthy spirits, minds, and bodies. As Missoula grows, so does our Y. Over the last year, we have made incredible updates to our campus, including:

- New Early Child Care Center
- New Locker Room
- Remodeled and Expanded Health & Wellness Center
- Renovated Pool Area & Big Gym
- Repaved Parking Lots

This phased construction project will help us continue to serve our members for the next 50 years. Over the next year, we will be completing the final phase of our project, which will include:

- Additional Group Fitness Studio
- Expanded Child Watch Center
- Remodeled Locker Rooms
- Covered Outdoor Court Space
- Youth Innovation Center
- All-Abilities Playground
- Community Splash Pad
- ...and more!

**Our doors continue to remain open during the entire construction process.** Visit [ymcamissoula.org/construction-updates](http://ymcamissoula.org/construction-updates) or scan the QR code to stay up-to-date on our progress!

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](mailto:ymca@ymcamissoula.org)



**\$1,058,302**

provided in financial assistance and community subsidies

**3,301**

fitness classes taught at the Missoula YMCA

**11,622**

visits to the Y's Child Watch Center

**2,429**

young athletes played in YMCA sports leagues

**113,662**

healthy meals and snacks served in youth programs

# MEMBERSHIP

## Membership Options

Membership Type	Monthly Dues	Enrollment Fee
<b>Household</b> All people living in a house together	\$109	\$135
<b>Family</b> Up to two adults and their dependent children (under 26) living together	\$81	\$105
<b>2-Person</b> Two people sharing a home together	\$71	\$80
<b>Adult</b> Ages 19–64	\$49	\$50
<b>Youth</b> Ages 7–18	\$29	\$25

## 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 Membership** ..... Commit to 11 months, get the 12<sup>th</sup> free. 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](http://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
- **Virtual Y Class Library** Unlimited access to on-demand the Missoula YMCA’s workout library
- **Family Programs** Family Fun Time, Family Track, and more for all active members
- **Adult Pickup Sports** Basketball, Volleyball, Pickleball
- **Financial Assistance** Available for all programs and membership types
- **Masters Swim** Coached swim workouts for adults
- **Membership Pricing** Special rates on Y events and programs
- **Guest Passes** Renewed annually to share with friends and family
- **Child Watch** Drop-in child care included for all active members ages 6 weeks–7 years
- **Out-of-School Programs** Summer camp and school holiday care options for school-age children



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](http://ymcamissoula.org) for our philosophy, tuition rates, and tour requests. Ages 6 weeks–6 years

**Phyllis Washington Early Child Care Center | 2950 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](http://ymcamissoula.org).

## YMCA Food Program & HEPA (Healthy Eating & Physical Activity)

Driven by commitment and cause, our Y has joined thousands of others in cultivating an environment that makes it easier for kids to make healthy choices. We work to educate our children about healthy behaviors, model healthy lifestyles, and provide built-in active play time. Our food program is committed to providing nutritious options and emphasizing new food exposure and education, all while working to get more local foods in the classroom.

The Y is an equal opportunity provider.



Missoula YMCA  
Child Care Students

## WELCOME TO OUR Y FAMILY

Early child care families enjoy their first month of Y Family Membership for free, then get 50% off every month 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



YMCA School-Age  
Program Participants

We are committed to supporting your family throughout the year! Our programs include after school care for students in Early Learning– Grade 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 After School programs provide healthy snacks, aerobic activity, responsible counselors, and a variety of enriching activities including STEM, and arts and crafts in small group settings. Care is provided onsite at your child's school or at a nearby location. Best Beginnings scholarships accepted. Email [schoolage@ymcamissoula.org](mailto:schoolage@ymcamissoula.org) or visit [ymcamissoula.org](http://ymcamissoula.org) for an application. Grades K–5\*

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

\*Programing available for Early Learning students at Lewis & Clark

## 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 most MCPS no-school days and some Hellgate no-school days. Register online at [ymcamissoula.org](http://ymcamissoula.org). Early Learning–Grade 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 March 1, 2024. Learn more or register online at [ymcamissoula.org](http://ymcamissoula.org). Grades Pre–K+ Turn to page 8 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 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](http://ymcamissoula.org).

# YOUTH & FAMILY PROGRAMS



Child Watch Participant

## 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, themed seasonal crafts, and more.

Proof of vaccinations required for all children. **Children must be active Y members (regardless of age) or have a day, month, or guest pass to utilize Child Watch.** Visit [ymcamissoula.org](http://ymcamissoula.org) for Child Watch days and times. Ages 6 weeks–7 years

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. Visit [ymcamissoula.org](http://ymcamissoula.org) for more information on our youth and family programs.

## 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](http://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. Multiple child discounts available. Offered seasonally. Ages 6 months–11 years

# YOUTH SPORTS PROGRAMS & LEAGUES

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](http://ymcamissoula.org)

## 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, Flag Football, Fly Fishing, Baseball, and so much more. Camp runs June–August. Registration opens Spring 2025. 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. Registration opens September 1. Grades K–6

## Youth 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. Ages 7–14

## 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. Registration opens February 1 and July 1. 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, Homeschool PE, Volleyball, and Rookie Sports.



Missoula YMCA  
Youth Soccer Player

# MIDDLE & HIGH SCHOOL PROGRAMS

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 6<sup>th</sup> graders and provides free Y membership and activities! Registration is ongoing throughout the year and open to all Missoula County 6<sup>th</sup> graders. Register online at [ymcamissoula.org](http://ymcamissoula.org). 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+

## Girls Lift Up

Engage with female peers in a safe space while developing confidence and strength at the gym! This club is all about female empowerment, strengthening bodies and minds, and friendship in and out of athletics. Grades 7–12

## 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](http://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. Grades 6+

## Teen Health & Wellness Jump Start

Our free Health & Wellness Jump Start introduces you to and teaches you how to use cardio equipment and 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 2<sup>nd</sup> floor to get started! Grades 6+



Teen Program Participant



# 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](http://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](http://ymcamissoula.org) to reserve your jackets. Open to all!

## Masters Swimming

A coached lap swim workout for adults. Open to intermediate and advanced swimmers. Swimmers must know the basics of the four main strokes (freestyle, backstroke, breast stroke, and butterfly) and have the endurance to swim laps in a 25-yard pool. Ages 18+

## Missoula YMCA Swim Team (MYST)

The Missoula YMCA Swim Team (MYST) is our competitive swim program for youth swimmers of all 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. Visit [ymcamissoula.org](http://ymcamissoula.org) to submit a MYST Taste Test request form. Ages 5–18

## Group Swim Lessons

YMCA swim lessons help children learn essential water safety skills and develop a life-long love of water. Lessons include water adjustment, aquatic safety, stroke competency, and character development. Offered year round. Ages 3–13

## Parent-Tot Swim Lessons

Infants and toddlers will be safely introduced to the water alongside their parent/guardian. Additionally, lessons will teach parents/guardians about water safety and drowning prevention.

## 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. Visit [ymcamissoula.org](http://ymcamissoula.org) to submit a request.

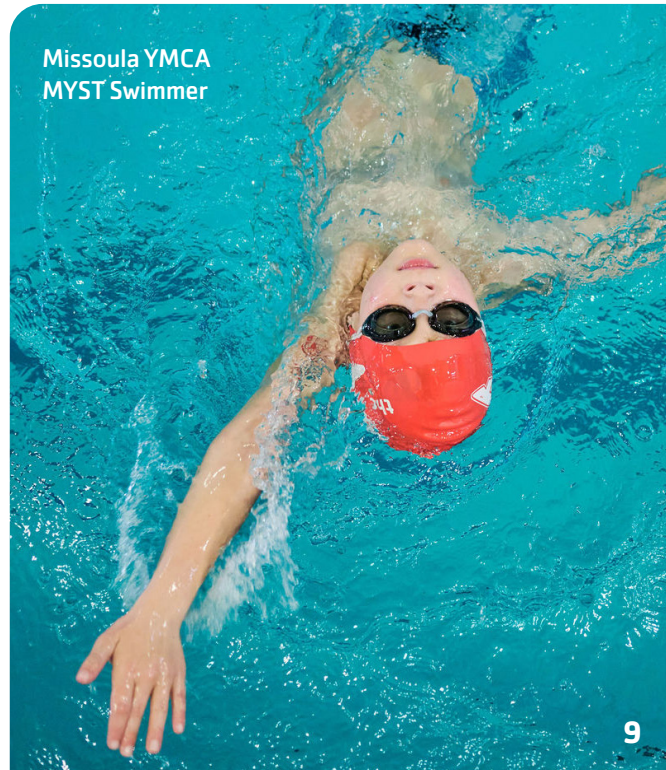
## SPLASH! Program

Our Swim, Play, and Learn Aquatic Safety Habits (SPLASH!) Program introduces 3<sup>rd</sup> graders to aquatic personal safety, stroke development, water sports, and rescue. Offered annually each Spring to local elementary school classes. This program is made possible thanks to partnerships with Missoula County 3<sup>rd</sup> grade teachers. Teachers interested having their classes attend SPLASH! should coordinate with the Y's Sr. Director of Aquatics & Member Services.

## Water Fitness Classes

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

Missoula YMCA  
MYST Swimmer



# HEALTH & WELLNESS

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](http://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](http://ymcamissoula.org).

## Group Fitness Classes

We offer group fitness classes that meet the needs of 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!

Emma H.  
YMCA Lifeguard



## Health & Wellness Center

Our Health & Wellness coaches are here to support you during your workout! As a Y member, you have access to free Jump Start Orientations, 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 help guide you to a healthier lifestyle! Our trainers are experienced in designing workout programs, helping set achievable fitness goals, and helping hold their clients accountable. With Customized instruction in a one-on-one or small group setting our trainers will help you achieve your health and wellness goals. All Missoula Y personal trainers are certified by nationally-accredited organizations. Request sessions at [ymcamissoula.org](http://ymcamissoula.org)!

## UNITE Team Training

Enjoy training in a small group setting with UNITE Team Training! This seven-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 Class Library

Workout anytime, anywhere with on-demand group fitness classes taught by your favorite local YMCA instructors. Not a Y member? Access to the Virtual Y Class Library is included with all Y membership types.

# GROUP FITNESS CLASSES



Missoula YMCA  
Aqua Class Participants

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](http://ymcamissoula.org) or download our free app for our current class schedules. Check out the blue box below for app details.

## 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 Flow

The fun of aqua meets the flow of yoga! This class features low to moderate intensity water exercises while incorporating the mindfulness of yoga. Increase your muscular strength and endurance as well as flexibility, balance and coordination in this low impact class. If you experience arthritis, pain in your joints, are recovering from an injury, or want a slower paced class, this class was made for you!

### 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

## 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.

## Barre Fusion

A low-impact, high-intensity workout blending ballet, functional strength and athletic movement. This full-body workout using light to medium weights, body weight, resistance bands, balls, and more will enhance your muscle tone, posture, flexibility.

## Cardio Sculpt

Feel lighter, stronger and happier after high-intensity, dance-based cardio followed by strength training and stretching.

## Cycle

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

## Cycle + Core

A 45-minute ride followed by 15 minutes of intense core work.

## Cycle HIIT

An intense 30-minute ride.

## FUN(CTIONAL) FIT

A completely equipment-free full-body workout focused on functional movements that condition muscular strength, body balance and flexibility.

## Gentle Strength & Cardio

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.



Kamra K.  
Group Fitness Instructor

# GROUP FITNESS CLASSES

## 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 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.

## 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!

## SHiNE™ Dance Fitness

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress!

## 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.

## Sound Strength

A low-impact, full-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.

## Sunday Sunrise Yoga

A nourishing and revitalizing class for students of all levels and experience, Sunday Sunrise Yoga is the perfect way to wake up the mind and body so you can start a new week fresh!

## 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 or their practice, or who simply want an ongoing practice in harmony with their level of strength, balance, and flexibility.

## Yoga Sculpt

A creative blend of yoga flows, Pilates balance conditioning, and strength exercises using light weights.

## 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



YMCA Riverbank Run  
Participants

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 15,000 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](mailto: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.

## The 53<sup>rd</sup> Annual YMCA Riverbank Run – Saturday, April 26, 2025

Run for a cause! The YMCA Riverbank Run is a favorite Missoula tradition and 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](http://riverbankrun.org) for event details.

# GET INVOLVED!

Whether you're interested in working with young students in the Y's preschool, teaching children life-saving swim skills, or helping Missoulians meet their fitness goals, the YMCA provides its staff with paid training to help you grow and hone skills.

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

As a Y volunteer, donor, or staff member, you can feel welcomed as a part of an organization that cares deeply for the well-being of all in our community. 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. We are committed to Youth Development, Healthy Living, and Social Responsibility.

## 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. Paid internships are available for some positions. University of Montana students, ask us about flexible schedules and work study options! Visit [ymcamissoula.org/job](http://ymcamissoula.org/job) 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 6<sup>th</sup> graders in healthy after school activities, cheer runners across the Riverbank Run finish line, and so much more. Visit [ymcamissoula.org/volunteer](http://ymcamissoula.org/volunteer) to get started today!

## Benefits of YMCA Jobs

- 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)

Carol D.  
Welcome Center Staff Member



YMCA Coordinator Mae H. and  
Youth Program Participants

# HEALTHY STARTS HERE.

## September

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

## October

First Aid & CPR Certification Courses\*  
Rookie Sports Programs\*\*  
SPLASH! Water Safety Program Starts  
Youth Basketball League (grades K-2)

## November

Giving Tuesday  
Iron Will Triathlon starts

## December

Angel Tree  
Personal Training\*  
UNITE Team Training\*  
Year-End Giving

## January

Annual Support Campaign Kickoff  
Youth Basketball League (grades 3-6)

## February

YMCA Sweetheart Dance

## March

Annual Support Campaign  
(Victory Celebration)  
Youth Spring Soccer League starts

## April

The 53<sup>rd</sup> Annual YMCA Riverbank Run

## May

Mother's Day Tea  
(Early Child Care Centers Only)

## June

Father's Day Social  
(Early Child Care Centers Only)  
Summer Camp starts  
Summer Swim Lessons  
YMCA Annual Meeting

## July

Summer Camp

## August

Annual Facility Cleaning &  
Maintenance  
Preschool Graduation  
Summer Camp

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

\*Offered year-round

\*\*Offered throughout the school year

## Construction Updates

Exciting changes are happening at the Missoula Family YMCA! We are leading a county-wide effort to remodel our Russell Street campus and vital improvements to support our growing community. Visit [ymcamissoula.org/construction-updates](http://ymcamissoula.org/construction-updates) or scan the QR code to stay up-to-date on our progress!

