



## Missoula YMCA Active 6 Program November 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Indicates Program is open to all YMCA members and won't have Active 6 staff onsite.					1 Open Climb*: 4:00-7:00 pm Open Big Gym*: 3:00-10:00 p.m. Lap Swim*: 5:30-9:30 pm Open Swim*: 5:30-9:30 pm Open Track*: 7:00-8:00 pm	2 Open Climb*: 10:00am-1:00pm Open Big Gym*: 7:30–9:30 p.m. Lap Swim*: 9:00a.m1:00 p.m., Open Swim*: 1:00-7:30 p.m. Open Track*: 11:00 a.m2:00 p.m.
Open Big Gym*:2:00-6:00p.m. Lap Swim*: 8:00-5:30p.m. Open Swim*: 12:10-5:30 p.m. Open Track*: 11:00 a.m2:00 p.m.	4 Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.	5 A6 YMCA*: 3:15-5:15 p.m. Lap Swim*:6:00-9:30 p.m. Open Swim*: 7:10-9:30 p.m. Open Track*: 7:00-8:00 p.m.	Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.	7 A6 YMCA*; 2:30-4:30 p.m. Lap Swim*; 6:00-9:30 p.m. Open Swim*; 7:10-9:30 p.m. Open Track*; 7:00-8:00 p.m.	8 Open Climb*: 4:00-7:00 p.m. Lap Swim*: 5:30-9:30 p.m. Open Swim*: 5:30-9:30 p.m. Open Track*: 7:00-8:00 p.m.	9 Open Climb*:10:00a.m1:00p.m. Lap Swim*: 9:00a.m7:30 p.m. Open Swim*: 9:00a.m7:30 p.m. Open Track*:11:00a.m2:00 p.m.
10  Lap Swim*: 8:00a.m.—5:30 p.m. Open Swim*: 12:10—5:30 p.m. Open Track*: 11:00 a.m.—2:00 p.m.	11 Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:00 p.m.	12  A6 YMCA*: 3:15-5:15 p.m.  Lap Swim*:6:00-9:30 p.m.  Open Swim*: 7:10-9:30 p.m.  Open Track*: 7:00-8:00 p.m.	13  Open Climb*: 4:00-7:00p.m.  Lap Swim*: 8:00-9:30 p.m.  Open Swim*: 8:00-9:30 p.m.	14  A6 YMCA*; 2:30–4:30 p.m.  Lap Swim*; 6:00–9:30 p.m.  Open Swim*; 7:10–9:30 p.m.  Open Track*: 7:00–8:00 p.m.	15 Open Climb*: 4:00-7:00 p.m. Lap Swim*: 5:30-9:30 p.m. Open Swim*: 5:30-9:30 p.m. Open Track*: 7:00-8:00 p.m.	16 Open Climb*:10:00a.m1:00p.m. Lap Swim*: 9:00a.m7:30 p.m. Open Swim*: 9:00a.m7:30 p.m. Open Track*:11:00a.m2:00 p.m.
17  Lap Swim*: 8:00a.m5:30p.m.  Open Swim*: 12:10-5:30 p.m.  Open Track*: 11:00 a.m2:00 p.m.	18 Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:00 p.m.	19 A6 YMCA*: 3:15-5:15 p.m. Lap Swim*:6:00-9:30 p.m. Open Swim*: 7:10-9:30 p.m. Open Track*: 7:00-8:00 p.m.	20 Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.	21 A6 YMCA*; 2:30–4:30 p.m. Lap Swim*; 6:00–9:30 p.m. Open Swim*: 7:10–9:30 p.m. Open Track*: 7:00–8:00 p.m.	22  Open Climb*: 4:00-7:00 p.m.  Lap Swim*: 5:30-9:30 p.m.  Open Swim*: 5:30-9:30 p.m.  Open Track*: 7:00-8:00 p.m.	23 Open Climb*:10:00a.m1:00p.m. Lap Swim*: 9:00a.m7:30 p.m. Open Swim*: 9:00a.m7:30 p.m. Open Track*:11:00a.m2:00 p.m.
24  Lap Swim*: 8:00a.m5:30p.m.  Open Swim*: 12:10-5:30 p.m.  Open Track*: 11:00 a.m2:00 p.m.	25  Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:00 p.m.	26  A6 YMCA*: 3:15-5:15 p.m.  Lap Swim*:6:00-9:30 p.m.  Open Swim*: 7:10-9:30 p.m.  Open Track*: 7:00-8:00 p.m.	Open Climb*: 4:00-7:00p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.	28  A6 YMCA*; 2:30-4:30 p.m.  Lap Swim*: 6:00-9:30 p.m.  Open Swim*: 7:10-9:30 p.m.  Open Track*: 7:00-8:00 p.m.	Open Climb*: 4:00-7:00 p.m. Lap Swim*: 5:30-9:30 p.m. Open Swim*: 5:30-9:30 p.m. Open Track*: 7:00-8:00 p.m.	30 Open Climb*:10:00a.m1:00p.m. Lap Swim*: 9:00a.m7:30 p.m. Open Swim*: 9:00a.m7:30 p.m. Open Track*:11:00a.m2:00 p.m.