




# Missoula YMCA Active 6 Program January 2025

Have questions? Stop by the YMCA  
or email [active6@ymcamissoula.org](mailto:active6@ymcamissoula.org)  
to learn more! Sign up today!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Indicates program is open to all YMCA members and won't have Active 6 staff onsite. Scan the QR code for a schedule of all YMCA programs.</p> 			<p>1</p> <p>Open Climb*: 4:00-7:00 p.m. Lap swim*: 5:00 a.m.-3:30 Open swim*: 12:00-3:30 p.m.</p>	<p>2</p> <p>Lap Swim*: 1:00-4:00 p.m., 8:00-9:00 p.m. Open Swim*: 1:00-4:00 p.m., 6:00-9:00 p.m. Open Track*: 7:00-8:00 p.m.</p>	<p>3</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 1:00-4:00 p.m., 5:30-9:30 p.m. Open Swim*: 1:00-2:00 p.m., 5:30-9:30 p.m. Open Track*: 7:00-8:00 p.m.</p>	<p>4</p> <p>Open Climb*: 10:00 a.m.-1:00 p.m. Lap Swim*: 9:00 a.m.-7:30 p.m. Open Swim*: 9:00am-7:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>
<p>5</p> <p>Lap Swim*: 8:00-11:00 a.m., 1:00-5:30 p.m. Open Swim*: 1:00-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>	<p>6</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>7</p> <p>Lap Swim*: 8:00-9:30 p.m. Open Swim*: 7:10-9:30 p.m. Open Track*: 7:00-8:00 p.m. A6*: 3:15-5:15 p.m.</p>	<p>8</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>9</p> <p>Lap Swim*: 8:00-9:30 p.m. Open Swim*: 7:10-9:30 p.m. Open Track*: 7:00-8:00 p.m. A6 YMCA: 2:30-4:30p.m.</p>	<p>10</p> <p>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.</p>	<p>11</p> <p>Open Climb*: 10:00 a.m.-1:00 p.m. Lap Swim*: 9:00 a.m.-5:30 p.m. Open Swim*: 9:00 a.m.-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>
<p>12</p> <p>Lap Swim*: 8:00-11:00 a.m., 1:00-5:30 p.m. Open Swim*: 1:00-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>	<p>13</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>14</p> <p>Lap Swim*: 8:00-9:30 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6*: 3:15-5:15 p.m.</p>	<p>15</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>16</p> <p>Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6 YMCA: 2:30-4:30p.m.</p>	<p>17</p> <p>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.</p>	<p>18</p> <p>Open Climb*: 10:00 a.m.-1:00 p.m. Lap Swim*: 9:00 a.m.-5:30 p.m. Open Swim*: 9:00-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>
<p>19</p> <p>Lap Swim*: 8:00-11:00 a.m., 1:00-5:30 p.m. Open Swim*: 1:00-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>	<p>20</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>21</p> <p>Lap Swim*: 8:00-9:30 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6*: 3:15-5:15 p.m.</p>	<p>22</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m.</p>	<p>23</p> <p>Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6 YMCA: 2:30-4:30p.m.</p>	<p>24</p> <p>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.</p>	<p>25</p> <p>Open Climb*: 10:00 a.m.-1:00 p.m. Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m.</p>
<p>26</p> <p>Lap Swim*: 8:00-11:00 a.m., 1:00-5:30 p.m. Open Swim*: 1:00-5:30 p.m. Open Track*: 11:00 a.m.-2:00 p.m.</p>	<p>27</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 8:00-9:30 p.m. Open Swim*: 8:00-9:30 p.m.</p>	<p>28</p> <p>Lap Swim*: 8:00-9:30 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6*: 3:15-5:15 p.m.</p>	<p>29</p> <p>Open Climb*: 4:00-7:00 p.m. Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m.</p>	<p>30</p> <p>Lap Swim*: 6:00-9:00 p.m. Open Swim*: 7:15-9:00 p.m. Open Track*: 7:00-8:00 p.m. A6 YMCA: 2:30-4:30p.m.</p>	<p>31</p> <p>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.</p>	