




Missoula YMCA Active 6 Program

May 2025

Have questions? Stop by the YMCA
or email 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 Open Gym*: 2:00–6:00 p.m., 7:30–9:45 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 2:30–4:30 p.m.</p>	<p>2 Open Gym*: 3:00–9:45 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.</p>	<p>3 Open Climb*: 10:00 a.m.–1:00 p.m. Lap Swim*: 1:00–7:30 p.m. Open Swim*: 1:00–7:30 p.m. Open gym: 1:00–8:00 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>
<p>4 Lap Swim*: 8:00 a.m.–5:30 p.m. Open Swim*: 1:00–5:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>	<p>5 Open Gym*: 3:00–5:30 p.m. 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>6 Open Climb*: 4:00–6:00 p.m. Open Gym*: 3:30–4:30 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 3:15–5:15 p.m.</p>	<p>7 Open Gym*: 4:30–9:45 p.m. 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>8 Open Gym*: 2:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 2:30–4:30 p.m.</p>	<p>9 Open Gym*: 3:00–9:45 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.</p>	<p>10 Open Gym: 1:00–8:00 p.m. Open Climb*: 10:00 a.m.–1:00 p.m. Lap Swim*: 9:00 a.m.–7:30 p.m. Open Swim*: 1:00–7:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>
<p>11 Lap Swim*: 8:00 a.m.–5:30 p.m. Open Swim*: 1:00–5:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>	<p>12 Open Gym*: 3:00–5:30 p.m. 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>13 Open Gym: 3:30–4:30 p.m. Open Climb*: 4:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 3:15–5:15 p.m.</p>	<p>14 Open Gym*: 4:30–9:45 p.m. 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>15 Open Gym*: 2:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 2:30–4:30 p.m.</p>	<p>16 Open Gym*: 3:00–9:45 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.</p>	<p>17 Open Gym: 1:00–8:00 p.m. Open Climb*: 10:00 a.m.–1:00 p.m. Lap Swim*: 9:00 a.m.–7:30 p.m. Open Swim*: 9:00 a.m.–7:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>
<p>18 Lap Swim*: 8:00 a.m.–5:30 p.m. Open Swim*: 1:00–5:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>	<p>19 Open Gym*: 3:00–5:30 p.m. 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>20 Open Gym*: 3:30–4:30 p.m. Open Climb*: 4:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 3:15–5:15 p.m.</p>	<p>21 Open Gym*: 4:30–9:45 p.m. 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>22 Open Gym*: 2:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 2:30–4:30 p.m.</p>	<p>23 Open Gym*: 3:00–9:45 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.</p>	<p>24 Open Gym: 1:00–8:00 p.m. Open Climb*: 10:00 a.m.–1:00 p.m. Lap Swim*: 9:00 a.m.–7:30 p.m. Open Swim*: 9:00 a.m.–7:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>
<p>25 Lap Swim*: 8:00 a.m.–5:30 p.m. Open Swim*: 1:00–5:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>	<p>26 Open Gym*: 3:00–5:30 p.m. 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>27 Open Gym*: 3:30–4:30 p.m. Open Climb*: 4:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 3:15–5:15 p.m.</p>	<p>28 Open Gym*: 4:30–9:45 p.m. 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>29 Open Gym*: 2:00–6:00 p.m. Lap Swim*: 6:00–9:30 p.m. Open Swim*: 7:15–9:30 p.m. Open Track*: 7:00–8:00 p.m. A6 YMCA: 2:30–4:30 p.m.</p>	<p>30 Open Gym*: 3:00–9:45 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.</p>	<p>31 Open Gym: 1:00–8:00 p.m. Open Climb*: 10:00 a.m.–1:00 p.m. Lap Swim*: 9:00 a.m.–7:30 p.m. Open Swim*: 9:00 a.m.–7:30 p.m. Open Track*: 11:00 a.m.–2:00 p.m.</p>