



Yelitza, YMCA Member

2025–26 WELCOME GUIDE

Missoula Family YMCA

Financial assistance available.



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FACILITY INFORMATION

Location
3000 S. Russell St.
Missoula, MT 59801

Contact Information
406-721-9622
ymca@ymcamissoula.org

Hours*
Monday–Friday from 5:00 a.m.–10:00 p.m.
Saturday from 7:00 a.m.–8:00 p.m.
Sunday from 8:00 a.m.–6:00 p.m.

*Pool closes 30 minutes before main facility

Schedule & App



YMCA MEMBERSHIP



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

Membership Discounts

Students \$10 off/mo for full-time enrolled students ages 19+

Military \$10 off/mo for active-duty military or veterans

Senior \$8 off/mo for members ages 65+

INCLUDED WITH MEMBERSHIP



- ✓ State-of-the-art cardio and weight equipment
- ✓ Aquatics Center with 25-yard pool, sauna, and hot tub
- ✓ Youth Gym, Big Gym, Airnasium, and indoor track
- ✓ Child Watch and the Youth Innovation Center
- ✓ Coffee nook and coworking spaces

- ✓ Unlimited group fitness classes
- ✓ Adult (ages 18+) pickup sports
- ✓ Drop-in child care (children must be active YMCA members)
- ✓ Free access to YMCAs with YMCA Nationwide Membership
- ✓ Members-only early program registration

Financial Assistance



We're committed to making the Y a place where all Missoulians can grow and thrive! Assistance is available for YMCA programs and membership.

Assistance is determined based on household size and income.



FAMILY PROGRAMS

Drop-In Child Care (Ages 6 Weeks–7 Years)

We are happy to care for your child(ren) while you use the Y facility! Our drop-in Child Watch is a non-licensed, short-term child care center for YMCA members. This supervised space offers books, games, activities, a coloring station, a climbing structure, 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 for care hours.

Family Fun Time (All Ages)

This all-weather indoor playtime offers bounce houses, gymnastics mats, and more. Children ages 6 and under must be accompanied by an adult. Family Fun Time is offered September–May and is included with YMCA membership. Passes available for non-members. Visit ymcamissoula.org for the current Family Fun Time schedule.

Parents Night Out (Ages 6 Months–11 Years)

Enjoy a night out while your kids are cared for in a safe space with plenty of play, friends, pizza dinner, and YMCA adventures. This program may include themed crafts and games and always ends with popcorn and a kid-friendly movie. Offered one Friday a month from September–May. Registration required.

Open Gym, Swim, Climb, & Track Hours (Ages Vary)

Explore all that the YMCA has to offer! Our open area hours allow you and your family to enjoy our spaces independent of programs. Stop by our Youth Gym or Big Gym to shoot hoops, splash around in our 25-yard indoor pool, scale great heights on our 28-foot climbing wall, or take a lap on the indoor track during Family Track Time.

- ✓ Up to two hours of short-term, drop-in care (1.5 hours for children 2 and younger)
- ✓ Open to children with YMCA memberships or Y passes
- ✓ Two-story climbing structure

Active 6 (Grade 6)

We provide free YMCA youth memberships and structured after school programs for Missoula County 6th graders. We also offer low-cost Active 6 camps during summer months. Enrollment is ongoing throughout the year. Visit ymcamissoula.org or stop by the YMCA to sign up.



Scan the QR code to view open area times or to download our free app.



HEALTH & WELLBEING

Group Fitness Classes

We offer a variety of group fitness classes that meet the needs of every fitness level, every schedule, and every goal. Classes are included with YMCA membership and members may attend as many classes as they wish.

- ✔ Included with YMCA membership
- ✔ Unlimited classes and no class registration required



Class Schedule

We offer hundreds of classes a month. Scan the QR code to see this week's class schedule.



A Variety of Formats

Enjoy classes like barre, yoga, BODYPUMP™, cycling, Zumba®, aqua, senior-focused, and more.



Equipment Provided

We've got mats, weights, bands, and more. Just bring a water bottle and yourself!

Certifications (Ages Vary)

We offer American Heart Association CPR certification and American Red Cross certification. Classes are open to the community. Registration required.

Health & Wellness Center (Grades 6+)

Our state-of-the-art fitness center includes a cardio deck, weight equipment, indoor track, and dedicated functional movement space! Need help getting started? Schedule a free orientation* with a Health & Wellness coach. *Required for anyone under age 14.

Personal Training (All Ages)

Meet your fitness goals with a personal trainer! Training is available one-on-one or in a small group setting. All trainers are certified by nationally accredited organizations. Registration required.

UNITE Team Training (Ages 18+)

This seven-week program offers fitness training in a small-group setting. Choose from FIT (high-impact aerobic) or LIFE (low-impact aerobic) options. UNITE is offered throughout the year. Registration required.



CHILD CARE PROGRAMS

Early Learning Programs (Ages 0-6)

The Missoula YMCA operates two year-round early learning child care centers for children ages 0-5. Both centers are STARS* participants and accept Best Beginnings. YMCA financial assistance is also available. Best Beginning scholarships accepted. Financial assistance is available. CACFP* breakfast, lunch, and snacks served.

*Learn more about the STARS to Quality and CACFP programs at ymcamissoula.org.

- ✓ Two convenient locations
- ✓ Licensed through the State and accepts Best Beginnings
- ✓ 50% off YMCA Household and Family Memberships for enrolled early learning families



Schedule a Visit

Scan the QR code to fill out our online form to schedule a time to explore our classrooms and meet our teachers.



Enroll Your Child

After your tour, talk with the director to complete enrollment ensure a place in our program.



Watch Your Child Grow

Our curriculum-based program offers a strong foundation for Kindergarten and beyond!

Drop-In Child Care (Ages 6 Weeks-7 Years)

We are happy to care for your child(ren) while you use the Y facility! Our drop-in Child Watch is a non-licensed, short-term child care center for YMCA members. This supervised space offers books, games, activities, a coloring station, a climbing structure, themed 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.



AQUATICS PROGRAMS

Swim Lessons (Ages 3+)

Learn essential water safety skills and develop a life-long love of water! Registration required. Group Lessons and Parent-Tot swim lessons are offered year-round. Register online at ymcamissoula.org. Private, and Semi-Private swim lessons are scheduled based on swimmer and instructor availability. Complete the online request form at ymcamissoula.org to get started.

✔ 30-minute lessons

✔ Progressive lesson structure

✔ Offered year-round

Missoula YMCA Swim Team (Ages 5-18)

MYST is our competitive youth swim program that welcomes all levels and abilities. Swim meets are held throughout Montana and the Northwest. MYST has sent countless swimmers on to the collegiate level.

For those new to swim team, we offer a pre-competitive option. Get started by signing up for a Swim Team Taste Test using our online form at ymcamissoula.org.

Lifejacket Loaner Program (All Ages)

We're proud to be a Montana Fish, Wildlife, and Parks Life Jacket Loaner Program site, providing life jackets at no cost for the community borrow. Sizes range from infant to adult. Reserve jackets online or at the YMCA.

SPLASH! (3rd Grade Classes)

We offer low-cost swim lessons to local 3rd grade classes. Ask your child's teacher to see if they're a participating classroom.



25-Yard Indoor Pool

Our all-seasons indoor pool is perfect for lap swim, open swim, water fitness classes, and swim lessons.



Sauna & Hot Tub

Our dry sauna is built from cedar and heated to 183 degrees. Our hot tub is heated to 104 degrees.



Outdoor Splash Pad

Located on the YMCA's Russell Street campus, the outdoor splash pad is one of our newest amenities!



SPORTS PROGRAMS

Youth Basketball Leagues & Programs (Grades K-6)

Our seasonal Bitty Basketball program introduces children in grades K-1 to basketball fundamentals. Our basketball league is for players in grades 2-6 and teaches basketball fundamentals and game skills in a team environment. Registration for both programs opens annually on September 1.

Youth Soccer Leagues & Programs (Ages 4-14)

Our seasonal preschool programs introduce children ages 3-5 to soccer fundamentals. Our soccer league is for players in grades K-Middle School and teaches soccer fundamentals and game skills in a team environment. League registration opens annually on February 1 and July 1. Program registration varies.



Positive team environment



Free cleat swap (soccer league only)



Volunteer coaching opportunities

Youth Sports Programs, Clinics, & Camps (Ages Vary)

Our clinics and programs give young athletes opportunities to try new sports and develop skills alongside friends. Programs are offered throughout the year and include climbing clubs, sports camps, volleyball, flag football, and more. Visit ymcamissoula.org for registration.

Adaptive Sports Programs (Ages 18+)

In partnership with Special Olympics Montana, we offer seasonal sports opportunities for adults with cognitive disabilities including our weekly bowling program. Registration required for some programs.

Adult Basketball League (Ages 18+)

Our six-week 5v5 co-ed adult basketball league is held annually in the Spring and culminates with an end-of-season tournament. Registration required.

Adult Pickup Sports (Ages 18+)

We offer intermediate-level pickup games of basketball, pickleball, and volleyball. Games are offered year-round. Included with YMCA membership.

Masters Swimming (Ages 18+)

This coached lap swim workout is great for intermediate and advanced swimmers. Swimmers must know the basics of the four major strokes and have the endurance to swim laps in a 25-yard pool. Included with YMCA membership.



SCHOOL AGE PROGRAMS

After School (Ages 5–12)

Y After School programs provide healthy snacks, aerobic activity, responsible counselors, and enriching activities including STEM, and arts and crafts in small group settings. Care is provided onsite at your child's school from school release to 6:00 p.m. Best Beginnings scholarships accepted. Email schoolage@ymcamissoula.org or visit ymcamissoula.org for an application.

- ✔ Onsite care at six local schools
- ✔ Licensed through the State and accepts Best Beginnings
- ✔ 3-, 4-, and 5-day care options

School's Out Day Camp (Ages 5–12)

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 ymcaissoula.org.

Summer Camp (Grades Pre-K+)

We offer 35+ summer camp options for children and teens ages 4+! Camp runs June–August. Ask us about licensed camp options. Online registration opens annually on March 1 for YMCA members and March 3 for non-members.

- ✔ Offered Monday–Friday from 7:30 a.m.–6:00 p.m.
- ✔ Financial assistance available



Supervised Care

Our school-age care programs follow licensed care adult-to-child ratio requirements.



Meals & Snacks

Snacks provided during all school-age programs. Meals provided during full-day ones.



Abuse Prevention Training

All YMCA staff complete child abuse prevention training.



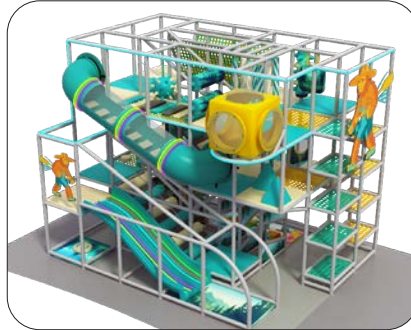
NEW AMENITIES

New to Our YMCA

We're thrilled to offer these brand-new amenities to our Y community!



All-Abilities Playground



Indoor Play Structure



Splash Pad



Airnasium (Covered Outdoor Courts)



Youth Innovation Center



GET INVOLVED

Work at the YMCA

The Missoula YMCA is one of Missoula’s largest employers, offering full-time, part-time, and seasonal job opportunities. Paid internships are available for some positions. Apply online today at ymcamissoula.org!

- ✔ Benefits include a free YMCA membership
- ✔ Part- and full-time opportunities

Volunteer at the YMCA

Volunteers are vital to our mission! We rely on hundreds of volunteers to coach youth sports leagues, lead healthy after school activities for 6th graders, cheer Riverbank Run racers across the finish line, and more! Learn more at ymcamissoula.org.

The Missoula Family YMCA’s mission is to put Christian principles in practice through programs that build healthy mind, body, and spirit for all. 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.

ANNUAL EVENTS

Annual Support Campaign

Donors allow us to go the extra mile by helping keep our programs and services affordable for all. Our Annual Support Campaign is a community-wide fundraising campaign that takes place January–March.

Sweetheart Dance (All Ages)

Dance the night away at our semi-formal Sweetheart Dance! Held annually in February, children and their adults are invited to join us for an evening of dancing, music, and treats. Ticket sales start annually in January.

YMCA Riverbank Run (All Ages)

Run for a cause! The YMCA Riverbank Run is held the last Saturday in April and offers a 1 Mile Fun Run, 5K, 10K, and Trifecta (all three distances). All proceeds benefit the Y’s financial assistance program. Registration opens annually in January. Learn more at riverbankrun.org.



ANNUAL CALENDAR

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 54th 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 Missoula YMCA is closed Easter, Memorial Day, July 4, Labor Day, Annual Closure (dates vary), Thanksgiving, and Christmas Day. Check the app for our current schedule.

*Offered year-round

**Offered throughout the school year