



# Missoula YMCA Active 6 Program

## October 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> |                                                      |                                                                                                                                                              | <b>1</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m.  | <b>2</b><br><br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm                               | <b>3</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 5:30–9:30 p.m.<br>Open Swim*: 5:30–9:30 p.m.   | <b>4</b><br><br>Open Climb*: 10:00–1:00 p.m.<br>Open Gym*: 1:00–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 7:00–8:00 a.m. & 9:00–7:00 p.m.<br>Open Swim*: 7:00–8:00a.m. & 9:00–7:30p.m.  |
| <b>5</b><br><br>Open Gym*: 7:00 a.m.–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 8:00–5:30 p.m.<br>Open Swim*: 1:00–5:30pm         | <b>6</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m.  | <b>7</b><br><br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm                              | <b>8</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m.  | <b>9</b><br><br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm                               | <b>10</b><br><br>Open Climb*: 4:00.–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 5:30–9:30 p.m.<br>Open Swim*: 5:30–9:30 p.m. | <b>11</b><br><br>Open Climb*: 10:00–1:00 p.m.<br>Open Gym*: 1:00–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 7:00–8:00 a.m. & 9:00–7:00 p.m.<br>Open Swim*: 7:00–8:00a.m. & 9:00–7:30p.m. |
| <b>12</b><br><br>Open Gym*: 7:00 a.m.–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 8:00–5:30 p.m.<br>Open Swim*: 1:00–5:30pm        | <b>13</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>14</b><br><br>Active 6: 3:30–5:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm | <b>15</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>16</b><br><br>Active 6: 2:30–4:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm  | <b>17</b><br><br>Open Climb*: 4:00.–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 5:30–9:30 p.m.<br>Open Swim*: 5:30–9:30 p.m. | <b>18</b><br><br>Open Climb*: 10:00–1:00 p.m.<br>Open Gym*: 1:00–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 7:00–8:00 a.m. & 9:00–7:00 p.m.<br>Open Swim*: 7:00–8:00a.m. & 9:00–7:30p.m. |
| <b>19</b><br><br>Open Gym*: 7:00 a.m.–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 8:00–5:30 p.m.<br>Open Swim*: 1:00–5:30pm        | <b>20</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>21</b><br><br>Active 6: 3:30–5:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm | <b>22</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>23</b><br><br>Active 6: 2:30–4:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm. | <b>24</b><br><br>Open Climb*: 4:00.–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 5:30–9:30 p.m.<br>Open Swim*: 5:30–9:30 p.m. | <b>25</b><br><br>Open Climb*: 10:00–1:00 p.m.<br>Open Gym*: 1:00–8:00 p.m.<br>Family Track*: 1:00–2:00 p.m.<br>Lap Swim*: 7:00–8:00 a.m. & 9:00–7:00 p.m.<br>Open Swim*: 7:00–8:00a.m. & 9:00–7:30p.m.  |
| <b>26</b><br><br>Open Gym*: 7:00 a.m.–8:00 p.m.<br>Family Track*: 11:00–2:00 p.m.<br>Lap Swim*: 8:00–5:30 p.m.<br>Open Swim*: 1:00–5:30pm        | <b>27</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>28</b><br><br>Active 6: 3:30–5:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm | <b>29</b><br><br>Open Climb*: 4:00–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 8:00–9:30 p.m.<br>Open Swim*: 8:00–9:30 p.m. | <b>30</b><br><br>Active 6: 2:30–4:30 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Teen Tenacity*: 4:30–5:30pm.<br>Lap Swim*: 7:15–9:30pm<br>Open Swim*: 8:00–9:30pm  | <b>31</b><br><br>Open Climb*: 4:00.–7:00 p.m.<br>Open Gym*: 2:00–10:00 p.m.<br>Lap Swim*: 5:30–9:30 p.m.<br>Open Swim*: 5:30–9:30 p.m. |                                                                                                                                                                                                         |