



MISSOULA YMCA PROGRAM GUIDE January–July 2026

Registration opens monthly on the 1st for YMCA members and the 3rd for non-members. To learn more, visit ymcamissoula.org or call 406-721-9622. Financial assistance is available for all YMCA programs.

Welcome to the Missoula YMCA! We're a local nonprofit that's proud to offer programs that build healthy minds, bodies, and spirits for all. This guide highlights January–July 2026 offerings. All programs are held at the YMCA unless noted. Programs subject to change. Visit ymcamissoula.org to learn more or sign up.

Adult Fitness

Certifications

Family

Swim Lessons

Youth & Teens




Youth Sports

FAQs & Other Offerings

ADULT FITNESS PROGRAMS | JANUARY–JULY 2026



Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
Adaptive Bowling	A weekly bowling program held at Westside Lanes. Designed for adults with disabilities, but all are welcome. Fee includes lane and shoe rental. Transportation not provided.	All Ages	Thursdays 3:00–4:00 p.m.	January 8–29 February 5–25 March 5–26 April 2–30 May 7–May 28 June 4–June 25	Ongoing	\$20/\$36	
Adaptive Group Fitness & Activities	A multi-week health program offering a variety of activities and sports. Designed for individuals with disabilities, but all are welcome.	All Ages	Wednesdays 3:30–4:30 p.m.	January 7–March 3 March 11–May 6 May 13–June 3	Ongoing	No Cost/\$40	
Adult Basketball League	A 6-week, co-ed adult basketball league with an end-of-season tournament.	Ages 18+	Games held Wednesday evenings	April 22–June 3	February 1/February 3	\$500 per team	
UNITE Team Training	An 8-week, small-group functional fitness program led by dedicated coach. Meets 2x/week. Choose from two tracks—FIT (aerobic) and LIFE (low-impact).	Ages 11+	FIT Track: Mon/Wed 6:00–7:00 a.m. LIFE Track: Tues/Thurs 6:15–7:15 a.m.	January 12–March 8 March 9–May 3 May 3–June 28	January 1/January 3 March 1/March 3 May 1/May 3	\$149/\$209	
UNITE Team Training (Free Week)	Come see what UNITE is all about! A free week at the start of each 8-week season.	Ages 11+	See days and times above	January 12–16 March 9–13 May 4–8	See dates above	No Cost	

CERTIFICATIONS | JANUARY–JULY 2026

Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
CPR/AED	American Heart certification in adult and pediatric CPR/AED.	Ages 13+	Thursdays 6:15–9:15 p.m.	3 rd Thurs of month	Ongoing	\$66/\$69	
First Aid/CPR/AED	American Red Cross certification in adult and pediatric First Aid/CPR/AED.	Ages 13+	Wed or Thurs 5:30–9:30 p.m.	1 st Wed of month 2 nd Thurs of Month	Ongoing	\$66/\$69	
Lifeguarding*	American Red Cross lifeguarding certification.	Ages 15+	Saturdays 8:00 a.m.–1:00 p.m. Monday–Friday 4:30–9:30 p.m.	Saturdays March 7–28 Monday–Friday June 1–5	January 1/January 3	\$220/\$220	

*Lifeguard instructor and lifeguard recertification options available. Contact Joann Kump (jkump@ymcamissoula.org) for details.

FAMILY PROGRAMS | JANUARY–JULY 2026

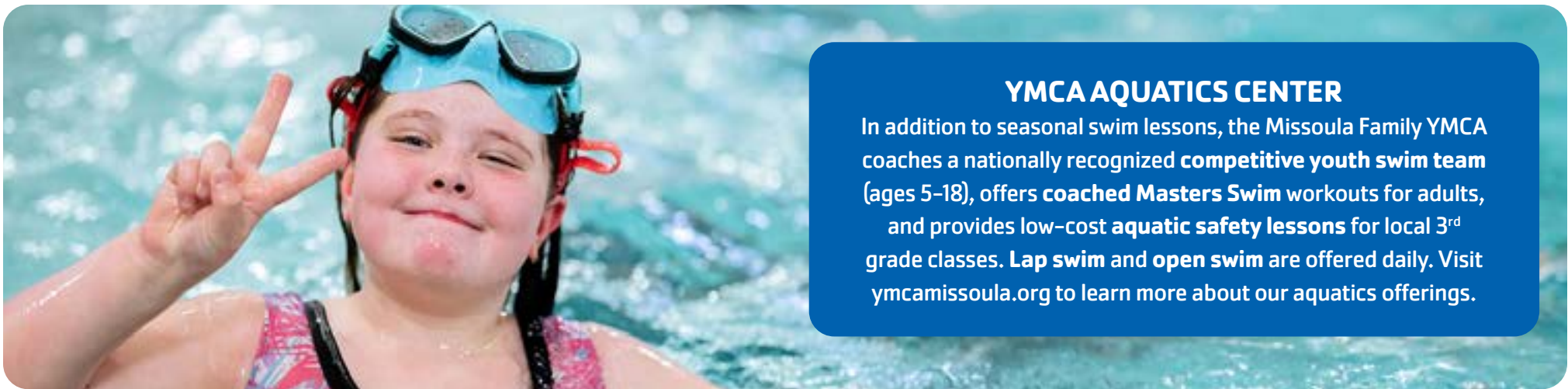
Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
Family Fun Time	An indoor, all-weather play area that includes bounce houses, tumbling mats, and more.	All Ages* <small>*Ages 0–7 must be supervised by an adult</small>	Tues/Thurs 9:30–11:30 a.m. Saturday 8:30 a.m.–12:30 p.m.	Offered September–May	No registration required	Included with YMCA membership Passes available for non-members	No registration required
Parents Night Out	A night of fun at the YMCA! Includes dinner, activities around the YMCA*, popcorn, and a kid-friendly movie. <small>*Some activities like the pool are dependent on age and ability</small>	6 Weeks–11 Years*	2nd Friday/Month 5:30–9:00 p.m.	January 9 February 13 March 13 April 10 May 8	Ongoing (Registration available now through the evening before each program date)	1st Child \$38/\$42 Additional Child(ren) \$22/\$32	
YMCA Riverbank Run	A YMCA benefit race in downtown Missoula. 1 Mile, 5K, 10K, and Trifecta.	All Ages	April 25 9:00 a.m.–12:00 p.m.	April 25	January 1–April 25 <small>(members and non-members)</small>	Varies	
YMCA Sweetheart Dance	Our semi-formal Valentine's dance held at the YMCA for kids and families.	All Ages	February 7 6:00–8:30 p.m.	February 7	January 20–February 7 <small>(members and non-members)</small>	\$32 per couple (\$45 at the door)	



YMCA CHILD WATCH CENTER

Child Watch offers up to two hours of daily drop-in child care (ages 6 weeks–11 years). Care is included with YMCA Membership*.

*Child must have an active YMCA membership or day pass.











YMCA AQUATICS CENTER
 In addition to seasonal swim lessons, the Missoula Family YMCA coaches a nationally recognized **competitive youth swim team** (ages 5–18), offers **coached Masters Swim** workouts for adults, and provides low-cost **aquatic safety lessons** for local 3rd grade classes. **Lap swim** and **open swim** are offered daily. Visit ymcamissoula.org to learn more about our aquatics offerings.

SWIM LESSONS | JANUARY–JULY 2026

Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
1x/Week Group Swim Lessons	Group swim lessons for children. Meets 1x per week.	Ages 3–14 years	Sundays 11:05–11:35 a.m. 11:40 a.m.–12:10 p.m.	January 4–25 February 1–22 March 1–22 April 5–26 May 3–24 June 7–28 July 5–26	December 1/ December 3 February 1/ February 3 May 1/May 3	\$44/\$55	
1x/Week Parent-Tot Swim Lessons	Group swim lessons for children and their parent/guardian. Meets 1x per week.	Ages 6 months– 3 years	Sundays 10:00–10:25 a.m. 10:30–10:55 a.m.	See dates above	See dates above	\$44/\$55	
2x/Week Group Swim Lessons	Group swim lessons for children. Meets 2x per week.	Ages 3–14	Tues/Thurs 10:15–10:45 a.m. 6:05–6:35 p.m. 6:40–7:10 p.m.	January 6–27 February 3–26 March 3–26 April 7–30 May 5–28 June 9–July 2 July 7–30	December 1/ December 3 February 1/ February 3 May 1/May 3	\$74/\$89	
Summer Accelerated Swim Lessons	Group swim lessons for children. Meets Monday–Thursday for two weeks.	Ages 3–14	Mon–Thurs 10:15–10:45 a.m. 9:40–10:10 a.m. 1:05–1:35 p.m. 1:40–2:10 p.m.	June 15–25 June 29–July 9 July 13–23 July 27–August 6	May 1/May 3	\$74/\$89	

We also offer private swim lesson options. Visit ymcamissoula.org or contact Joann Kump at jkump@ymcamissoula.org to learn more.

YOUTH & TEEN PROGRAMS | JANUARY–JULY 2026










Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
Active 6	Free YMCA membership and after school activities for 6 th graders	Grade 6	Activities offered Tues/Thurs	TBD	Opens June for all outgoing 5 th graders	No Cost	
Babysitting 101	Develop skills to be a safety-conscious babysitter. Includes CPR certification.	Grades 6+	Wednesdays 5:45–7:30 p.m.	April 13–May 22	January 1/January 3	\$147/\$192	
Cooking Club	Develop cooking fundamentals to be competent and confident in the kitchen.	Ages 11+	Tuesdays 3:45–5:30 p.m.	April 13–May 22	April 10	\$147/\$192	
Leaders Club	Explore civic engagement and design a group service project.	Grades 6–12	Mondays 5:45–7:30 p.m.	April 13–May 22	April 10 (Open to YMCA members only)	\$35 (Open to YMCA members only)	
LEGO Club	Themed projects, collaborative challenges, and creative constructions using LEGOs.	Ages 7–17	Mondays 3:45–5:30 p.m.	April 13–May 22	April 10	\$117/\$162	
LEGO Drop-In	Use LEGOs in an unstructured, but supervised, environment.	Ages 7+	Fridays 5:45–7:30 p.m.	April 13–May 22	No registration required	Included w/ YMCA membership and day passes	No registration required
Mask Making	Design, construct, and decorate masks with paper mache.	Ages 7–17	Wednesday 3:30–5:30 p.m.	April 13–May 22	April 10	\$147/\$192	
Music Drop-In	Bring your instrument or try one of ours!	Ages 7+	Tuesdays 5:45–7:30 p.m.	April 13–May 22	No registration required	Included w/ YMCA membership and day passes	No registration required
Painting with Bob Ross	Landscape painting, guided by Bob Ross and a YMCA Counselor! Art supplies provided.	Ages 7+	Fridays 3:45–5:30 p.m.	April 13–May 22	April 10	\$117/\$162	
Pokémon & Board Game Drop-In	Bring cards to trade and battle! We also have board games available.	Ages 7+	Thursdays 4:30–7:30 p.m.	April 13–May 22	No registration required	Included w/ YMCA membership and day passes	No registration required
School's Out Day Camp	Supervised care and activities at the YMCA on no-school days. Includes breakfast, lunch, and snack. Half-day camps available on school half days. *YMCA and Hellgate Elementary camp sites available on these dates	Grades EL–5	Full Days 7:30 a.m.–6:00 p.m. Half Days Times Vary	January 2* January 19 February 9 February 16 March 12 (P.M. Half Day) March 13 April 6–10*	Ongoing	\$48/\$48 \$38/\$38 (March 12) \$241/\$241 (Spring Break)	



YMCA SUMMER CAMP REGISTRATION

Camp registration opens online on **March 1** for members and **March 3** for the general public! The 2026 camp guide will be available online in mid-February.

YOUTH SPORTS PROGRAMS | JANUARY–JULY 2026

Program	Details	Ages	Days & Times	Sessions	Member/ Non-Member Sign Up Begins	Member/ Non-Member Costs	Sign Up (Scan or click)
Basketball League* (Grades 4–6)	A rec league focusing on basketball fundamentals and game skills. Practices and games are held at the YMCA and local schools.	Grade 4 Grades 5–6	Practices 1x/week Games Friday evenings or Saturday afternoons	January 19–February 28	Waitlist only for Winter 2025–2026	\$71/\$91	
Basketball League (High School)	A 6-week rec basketball league for students not playing on a school team. Form a team (8 people minimum) or sign up as a free agent (placement not guaranteed).	Grades 9–12	Thursdays Evening games; times vary	January 29–March 5	January 5–16 (Members and non-members)	\$76/\$76 per player	
Beginning Taekwondo	Learn balance, coordination, strength, basic blocks, strikes, and kicks. Led by Championship Training Taekwondo.	Ages 6–11	Mon/Wed 6:15–7:00 p.m.	January 5–28 February 2–25 March 2–25	January 1/January 3	\$68/\$78	
Bitty Basketball	An introduction to dribbling, passing, shooting, and basic game concepts. Level 1 and Level 2 options.	Grades K–1	Mon or Wed 4:15–5:00 p.m. 5:15–6:00 p.m. Tuesdays 5:15–6:00 p.m.	January 5–28 February 2–February 25 March 2–25	December 1/ December 3	\$38/\$48	
Climbing Club**	This weekly club focuses on belay and rock climbing basics.	Ages 7+	Thursdays 4:00–6:00 p.m.	January 15–February 19 February 26–April 2 April 16–May 21	January 1/January 3	\$147/\$192	
Rookie Soccer Clinics	An introduction to dribbling, passing, shooting, and basic game concepts.	Ages 3–5	Mon or Tues or Wed 4:15–5:00 p.m. 5:15–6:00 p.m.	April 27–May 20	February 1/ February 3	\$38/\$48	
Spring Soccer League*	A rec league focusing on soccer fundamentals and game skills. Practices are held at neighborhood parks. Games are held at Ft. Missoula Regional Park.	Ages 4–14	Practices 1x/week Games Sunday afternoons	April 13–May 31 (Practice and game schedule available after April 3)	February 1/ February 3 (Registration ends March 16)	\$84*/\$84* *\$10 discount February 1–9	
Volleyball Clinics	An introduction to passing, setting, hitting, serving, and game concepts through drills and scrimmages.	Grades 3–4 Grades 5–6	Tues/Thurs 5:30–6:30 p.m.	Grades 3–4 March 10–April 2 Grades 5–6 April 14–May 7	February 1/ February 3	\$68/\$78	
Pickleball Clinic	An introduction to basic strokes, paddle skills, footwork, rules, and scoring, through drills and games.	Grades 2–5	Thursdays 4:15–5:15 p.m.	May 7–June 4	February 1/ February 3	\$48/\$58	

*Seasonal volunteer coaches are needed for Youth Basketball League and Youth Soccer League. Contact Katie Grutsch at kgrutsch@ymcamissoula.org to learn more or to volunteer.

**Private climbing lessons are available for climbers of all skill levels. Contact Eli Catton at ecatton@ymcamissoula.org to learn more or request lessons.

PROGRAM REGISTRATION FAQs

When can I sign up for programs?

Unless noted, program registration opens the 1st of every month for members and the 3rd of every month for the general public.

How do I sign up for programs?

You'll need to create a YMCA account in order to register for most programs. Create your free account at ymcamissoula.org. Some offerings may not offer online registration. Contact the YMCA to register for these programs.

Do you offer financial assistance?

Yes. We offer income-based assistance for all YMCA programs. Visit ymcamissoula.org/financial-assistance to download an application.

Who leads or supervises programs?

Programs are led or supervised by YMCA staff and/or volunteers who have undergone background checks and completed abuse prevention training.

I need to cancel a program registration. Do you offer refunds or credits?

Refunds and credits vary by program. Contact the YMCA at 406-721-9622 or ymca@ymcamissoula.org to learn more about the cancellation policies for your program.

I have questions about a program. Who should I contact?

Reach out to the YMCA at 406-721-9622 or ymca@ymcamissoula.org.

YEAR-ROUND OFFERINGS

For a full list of year-round offerings, visit ymcamissoula.org, or contact the YMCA at 406-721-9622 or ymca@ymcamissoula.org.

Adult Pickup Sports (Ages 18+)

Weekly basketball, pickleball, and volleyball pickup games.

After School (Grades EL-5)

Licensed after school care is provided September-June at six local elementary schools. Best Beginnings is accepted.

Birthdays & Rentals

Rent the YMCA's gym, airnasium, Youth Activity Center, climbing wall, the Child Watch Treehouse, or pool.

Child Watch Center (Ages 6 Weeks-11 Years)

Up to two hours of drop-in child care for YMCA members and day-pass holders. (Children must have an active YMCA membership or a valid day pass.)

Community Spaces (All Ages)

A community Airnasium (covered outdoor sports courts), all-abilities playground, and seasonal splash pad on the north side of the YMCA campus.

Early Learning Centers (Ages 6 Weeks-6 Years)

Curriculum-based care is available year-round at our two licensed early learning centers. Best Beginnings is accepted.

Group Fitness Classes (Grades 6+)

Barre, cycling, aqua, yoga, strength, HIIT, and more. All classes are included with YMCA membership.

Locker Rentals

Rent lockers by the month in the Health & Wellness Center, Express Pods, Men's & Women's Locker Rooms.

Missoula YMCA Swim Team (Ages 5-18)

Our competitive youth swim team practices and competes year-round.

Personal Training (All Ages)

Meet your individual fitness goals with the help of a nationally accredited personal trainer.

2026 FALL/WINTER SEASONAL OFFERINGS

Our Fall/Winter program guide will be released in August 2026. Here's a sneak peek of what the Fall/Winter guide will include:

Iron Will Triathlon
Rookie Sports Programs
School's Out Day Camp

Swim Lessons
UNITE Team Training
Youth Basketball League & Programs

Youth Flag Football
Youth Soccer League
...and more!