

ANNUAL EVENTS

JANUARY

- Tri the New Year: Indoor Triathlon

FEBRUARY

- Annual Support Campaign
- Father-Daughter Sweetheart Dance

APRIL

- Healthy Kids Day
- Super Saturday Camp Registration
- 45th Annual Riverbank Run

JUNE

- The Missoula Y's 50th Anniversary Party
- Annual Meeting

OCTOBER

- Hoot & Howl Halloween Bash

NOVEMBER

- Food Drive
- Lazy Man Triathlon

DECEMBER

- Angel Tree
- Early Childcare Christmas Program



Crossing the finish line at the 2016 Riverbank Run



GREATER MISSOULA FAMILY YMCA

3000 S. Russell St.
Missoula, MT 59801

FACILITY FEATURES

Adult Locker Rooms	Health & Wellness Center
Big Gym	Indoor Track
Blue (Youth) Gym	Lobby (Free a.m. coffee!)
Child Watch Center	Pool & Spas
Climbing Wall	Pool Viewing Deck
Cycling Studio	Sauna
Family Locker Rooms	WiFi (Free!)
Functional Training Center	Youth Center
Group Exercise Studio	

FACILITY HOURS

September–May

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

June–August

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

The Missoula Family Y is either closed or operates on an adjusted schedule during the following holidays:

New Year's Day, Easter, Memorial Day, July 4th, Labor Day, Christmas Eve, Christmas Day, New Year's Eve

Find us on:



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO MORE

GREATER MISSOULA FAMILY YMCA



MEMBER HANDBOOK

CODE OF CONDUCT

The Greater Missoula Family YMCA is a community environment of HONESTY, CARING, RESPECT, and RESPONSIBILITY.

Members are expected to conduct themselves in a manner consistent with these Core Values, in addition to adhering to the Rules of Participation.

MISSOULA FAMILY YMCA RULES

BE RESPECTFUL

- The Y campus and parking areas are drug-, alcohol-, and tobacco-free zones, as are sites of Y-sponsored activities. Members may not participate in Y programs if under the influence of alcohol or drugs.
- Abusive, threatening, or foul language, hate speech, and harassing or aggressive behavior of any kind will not be tolerated and will be prosecuted.
- Using any type of recording devices, including cameras and phones, in the locker rooms, restrooms, spas, sauna, or pool area is not allowed. Violators will be prosecuted. Anyone wishing to photograph, video, or record anywhere in the Y must request permission from the Y Marketing Coordinator—no exceptions.
- Theft and vandalism will be prosecuted.

BE CONSIDERATE

- As a courtesy to other members, please refrain from talking on your phone in the Health & Wellness Center, Functional Training Center, or on indoor track.
- No soliciting of any kind is allowed on Y property or at Y-sponsored activities and events without express permission from Y management staff. Posted notices must also be approved.
- The Adult Men's and Women's Locker Rooms are for members ages 16 and up only. All other members, please use the Family Locker Rooms.

BE SAFE

- Weapons including, but not limited to, firearms, stun-guns, and knives are not permitted in the Y, on Y property, or in a member's possession at Y-sponsored activities. Violators will be prosecuted.
- Shoes and shirt are required for all genders. Appropriate athletic attire and non-marking athletic shoes are required on the track, in both gyms, the studio, Health & Wellness Center, and Functional Training Center. Appropriate swim attire is required in the pool.
- Food and drinks (other than
- Children ages 12 and up are permitted to access the pool during open swim, Youth Center, both gyms, and the Climbing Wall. They may also use the Health & Wellness and Functional Training Centers after completing a free Teen Orientation.

BE RESPONSIBLE

- Children under the age of 7 must be accompanied by an adult (**not an older minor sibling**) in all areas of the Y except the Child Watch Center. Please see Welcome Center for Child Watch Center details and hours.
- Children ages 7 and up may access the pool during open swim, Youth Center, both gyms, and climbing wall without an adult. They are not permitted in the Health & Wellness Center, Functional Training Center, or on the indoor track.
- Individual departments and programs may have additional rules and requirements. Please ask upon registration and before participation.

The Missoula Family YMCA's Membership Policy provides for membership termination of any member whose conduct is inconsistent with these standards, rules, and values.

Any member who violates any of the Y's standards, rules, and values, or is otherwise disruptive or endangers the safety of others may be suspended immediately from the premises and may endure sanctions including membership termination without prior notice and without reimbursement for any fees previously paid.

The Missoula Family YMCA does not carry accident insurance.

MEMBERSHIP BENEFITS



	FAMILY	COUPLE	YOUTH	YOUNG ADULT	ADULT	SENIOR	SENIOR COUPLE
Facility use during all open hours	X	X	X	X	X	X	X
Discounted swim team & lessons	X						
Discounted specialty classes	X	X		X	X	X	X
Discount summer camps	X						
Free group exercise classes	X	X	Ask for age-appropriate options	X	X	X	X
Free Child Watch services	X						
Free access to Family Fun Time	X						
Free PT consultation	X	X	X	X	X	X	X
2-4 free guest passes/yr	X	X	X	X	X	X	X