



Summer 2016

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Join us for a summer full of **bike rides, hikes, picnics, golf, tennis, & swimming!**

Come see what Helena Parks and Recreation has to offer and enjoy the great outdoors!

Have questions? Comments? Concerns?
Have ideas? See a safety hazard?

Don't hesitate to contact us! You are the eyes and ears of Helena, and YOU help us make our parks a wonderful place to be!



*****Important!*****

People who reside **INSIDE** Helena's city limits pay taxes that go towards the Parks & Recreation Department. People who live **OUTSIDE** Helena city limits **DO NOT** pay these taxes for the Parks & Recreation Department, which is why there are two fee levels.

Don't know if you live inside city limits? If you pay the City of Helena for water, you probably live inside the city limits!



Get outside and recreate!



Find us on Facebook!

Helena Parks and Recreation



BILL ROBERTS
GOLF COURSE
 2201 N. Benton Ave.
 Helena, MT 59601
 (406)422-2191
 www.billrobertsgolf.com

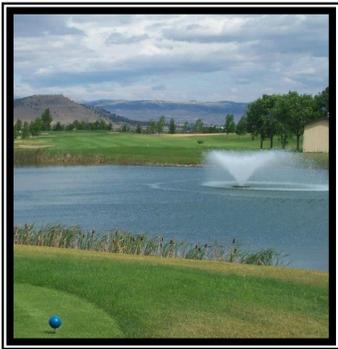
Bill Roberts Golf Course

Nestled in the heart of Helena, Bill Roberts Golf Course has spectacular views of Mount Helena, the Sleeping Giant, and other breathtaking sights. Operating since 1925, this 18 hole golf course has a driving range and a chipping & putting green all for your golfing enjoyment!

SIGN UP AND BE IN THE KNOW!

Get the latest course news at our website! Not only will you get a **FREE** round of golf on your birthday* with cart rental, but you will receive e-mails about current events, promotions, and tournament information! Go to www.billrobertsgolf.com, click on "Get a Free Round of Golf on Your Birthday", and complete the form. If you give your cell number, you'll receive text messages too!

**Some restrictions apply*



Make sure to 'LIKE' us on Facebook! We'll post special events, course closures (due to weather), and Facebook specials in the pro shop and in the Bar & Grill.



Bill Roberts Golf Course

WE DELIVER!



We deliver food and beverages **RIGHT TO YOU** wherever you are on the course! Just call the BRGC Bar & Grill @ 447-1603 & we'll deliver right to

you (\$5 minimum).

You can also call on the #9 or #18 tee box, and your food will be waiting for you!

When the course seems to have your number, relax in the shade with your friends and a cool beverage, and enjoy the peaceful surroundings of Helena.



WORRY-FREE GOLF

Purchase a season pass & play in style! Choose from either an unrestricted* or restricted* pass—whichever fits your needs! Don't worry about bringing your wallet out to the course and waiting in line to get a tee time! With your season passes, you will feel like you have your own golf course, right in your back yard.

**See website for all season pass information*

Season Pass Rates (UNRESTRICTED)

Individual Adult - \$700	Active Military - \$640
Adult Couple - \$1090	College Student - \$380
Senior (65+) - \$640	Junior (6 - 18 yrs) - \$175
Senior Couple - \$1050	

Season Pass Rates (RESTRICTED*)

**No Weekends or Holidays, must tee off before 3 PM*

Individual Adult - \$575	Senior Couple - \$875
Adult Couple - \$875	Active Military - \$525
Senior (65+) - \$525	College Student - \$225

Other Golfing Options

Regular Rate	With Cart	Without Cart
Daily - 9 hole	\$28	\$20
Daily - 18 hole	\$50	\$34
Junior/Senior Daily - 9 hole	\$26	\$18
Junior/Senior Daily - 18 hole	\$48	\$32
Twilight	\$12.50	\$12.50



Punch Passes, Handicap Dues, Driving Range

10 Round Card	\$155
30 Round Card	\$415
10 Round Card Jr./Sr.	\$135
MSGA Handicap Dues	\$25
Driving Range Season Pass	
Individual	\$220
Driving Range Season Pass	
Couple	\$295
Driving Range Season Pass	
Family	\$370

SWING & SPLASH SPORTS CAMP

Golf & Swimming Lessons, Crafts & Sports Activities
Youth entering grades 5 - 8
See page 6 for more info!



BILL ROBERTS
GOLF COURSE
2201 N. Benton Ave.
Helena, MT 59601
(406)422-2191
www.billrobertsgolf.com



CHECK OUT OUR WEBSITE
FOR COURSE POLICIES, PASS
INFORMATION, AND GOLF
LESSON AVAILABILITIES!

Tennis

Join us in learning the fundamentals of tennis, where the emphasis is on having fun & being active! Come have a ball and learn this lifelong sport!

Tennis Tikes

Youth entering Kindergarten

9:00 - 9:30 AM

Cost: \$28

This course is an introductory course for children with little to NO tennis experience. The focus is on developing coordination through games, drills, & exercises. The main goal is having fun while learning a bit about tennis.

Lob Launchers

Youth entering grades 1 - 3

9:35 - 10:20 AM **or** 10:25 - 11:10 AM

Cost: \$42

This course is an introductory course for children with little to NO tennis experience. The focus is on developing coordination through games, drills, & exercises. The main goal is having fun while learning a bit about tennis.

Ace Achievers

Youth entering grades 4 - 5

11:15 - 12:00 PM

Cost: \$42

This course introduces tennis in a fun way using drills, exercises, & games. Students will develop their coordination while learning strokes, court etiquette, & expected sportsmanship.

Session 1: June 20 - July 14* (No July 4)

Session 2: July 25 - August 18*

* Monday - Thursday

** Classes may be cancelled due to unsuitable weather.

*** Live OUTSIDE of Helena's city limits? Add \$5



Middle School

Youth entering grades 6 - 8

12:45 - 1:30 PM

Cost: \$42

Looking for something for your middle school-aged child? This introductory course uses FUN to teach tennis. Students learn through drills, games, & exercises. Students will develop their coordination while learning strokes, court etiquette, & expected sportsmanship.

Don't have a racquet? No problem!
Tennis racquets are available for FREE during lessons!



Session 1: June 20 – July 14* (No July 4)

Session 2: July 25 – August 19*

* Monday - Thursday

** Classes may be cancelled due to unsuitable weather.

*** Live OUTSIDE of Helena's city limits? Add \$5

Youth Advanced

By approval only

1:35 - 2:35 PM

Cost: \$42

Prior to joining this class, students must be able to serve and rally from the baseline. Course incorporates basic to advanced strokes while emphasizing increased coordination. Matches will be played periodically. Court etiquette and good sportsmanship are emphasized and expected!

Adult Intermediate:

Mastered basic tennis skills & capable of playing matches

This fun class focuses on enhancing techniques, developing game strategies, & playing matches.

HIGH SCHOOL students are WELCOME!

Tuesdays & Thursdays: 7:30 - 9:00 PM

Cost: \$48



Adult Beginner

Little or no experience in tennis

Come join the fun and learn tennis through laughing, while getting a great workout!

Instruction is given in step-by-step directions.

HIGH SCHOOL students are WELCOME!

Tuesdays & Thursdays: 6:00 - 7:30 PM

Cost: \$48

Sign up early, this class fills up fast!

Don't have a racquet? No problem!
Tennis racquets are available for FREE
during lessons!

Online registration on our website!

Tennis Registration Form

One registration form per student!

Please check selected class & session:

Class	Session 1	Session 2
Tennis Tikes 9:00 - 9:30	_____	_____
Lob Launchers 9:35 - 10:20	_____	_____
Lob Launchers 10:25 - 11:10	_____	_____
Ace Achievers 11:15 - 12:00	_____	_____
Middle School 12:45 - 1:30	_____	_____
Youth Advanced 1:35 - 2:35	_____	_____
Adult Beginner 6:00 - 7:30	_____	_____
Adult Intermediate 7:30 - 9:00	_____	_____

Name: _____

Address: _____

Phone Number: _____

E-mail: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Make check payable to: CITY OF HELENA

Please fill out:

Check Number _____ Amount Paid _____

**Live OUTSIDE Helena city limits? Add \$5

Mail check & registration form to:

Parks & Recreation

316 N. Park Ave.

Helena, MT 59623

Swing & Splash Sports

- Session 1: June 20 - 24 Tennis
- Session 2: June 27 - July 1 Golf
- Session 3: July 5 - 8 Tennis*
- *(prorated- R: \$136, NR:\$140)*
- Session 4: July 11 - 15 Golf
- Session 5: July 18 - 22 Tennis
- Session 6: July 25 - 29 Golf
- Session 7: August 1-5 Tennis
- Session 8: August 8 - 12 Golf

Are you entering grades 5 - 8 in the fall of 2016?

Looking for something fun & active to do this summer?

Register soon, before it's too late!

See our website to register online!

Cost: \$170 (add \$5 if you live outside Helena city limits)



Tennis & Swimming



- 7:45 - 8:00 Meet @ Civic Center Tennis Courts
- 8:00 - 9:00 Tennis Clinic
- 9:00 - 10:45 Walk to Memorial Park, snack, & crafts
- 10:45 - 11:45 Swim Clinic @ Last Chance Splash
- 11:45 - 12:30 Lunch
- 12:30 - 4:00 Variety of activities: sports, games, crafts, open swim @ LCS, & MORE!
- 4:00 - 5:30 Pick up @ Memorial Park Warming House

Golf & Swimming

- 7:45 - 8:00 Meet @ Bill Roberts Golf Course
- 8:00 - 9:00 Golf Clinic
- 9:00 - 10:45 Walk to Memorial Park, snack, & crafts
- 10:45 - 11:45 Swim Clinic @ Last Chance Splash
- 11:45- 12:30 Lunch
- 12:30 - 4:00 Variety of activities: sports, games, crafts, open swim @ LCS, & MORE!
- 4:00 - 5:30 Pick up @ Memorial Park Warming House



Swing & Splash Sports Camp Name: _____

Registration Form (1 per camper)

Address: _____

Make checks payable to: CITY OF HELENA

Phone Number: _____

Mail check & form to: Parks & Recreation
316 N. Park Ave.
Helena, MT 59623

E-mail: _____

Emergency Contact Name: _____

Please check selected session(s):

Emergency Contact Number: _____

- Session 1: Tennis Session 5: Tennis
- Session 2: Golf Session 6: Golf
- Session 3: Tennis Session 7: Tennis
- Session 4: Golf Session 8: Golf

Please circle:

Check Number: _____ **\$170** or **\$175**

Last Chance Splash



1203 N. Last Chance Gulch
Helena, MT 59601
(406)447-1559
www.lastchancesplash.com

Opens June 20!

Open Swim Hours:

Waterpark:

Monday - Friday:
12:15 - 7:00 PM

Saturday & Sunday:
1:00 - 5:00 PM

50 Meter Pool:

Monday - Friday:
1:00 - 7:00 PM

Saturday & Sunday:
1:00 - 5:00 PM

Waterpark includes:

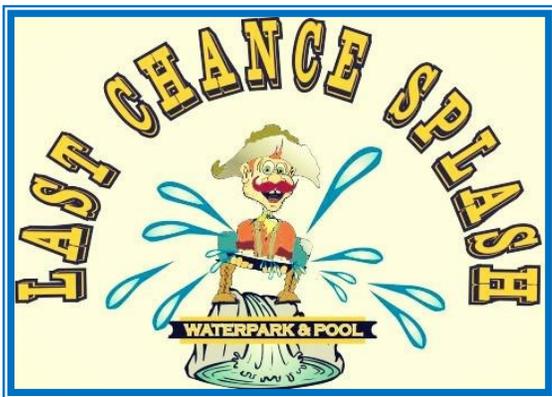
Splash deck, lazy river, water slides, & zero-depth entry (just like a ramp or beach entry)!

50 Meter Pool includes:

Lap lanes, recreation swim area, diving boards, & deep end diving from deck!

Like us on Facebook!

Last Chance Splash
Waterpark and Pool 



Daily Entry Prices:

Monday - Friday (12:15 PM - 5 PM)
 Ages 0 - 3: FREE Ages 4 - 12: \$3
 13 & Older: \$4 Spectator: \$1

Monday - Friday (After 5 PM) & Weekends
 Ages 0 - 3: FREE Ages 4 - 12: \$2
 13 & Older: \$3 Spectator: \$1

Open Swim Season Pass:

Resident

(lives inside Helena city limits)

Ages 4 - 12: \$35 13 & Older: \$45

**Add an Adult Companion for only \$20!

Non-Resident

(lives outside Helena city limits)

Ages 4 - 12: \$40 13 & Older: \$50

**Add an Adult Companion for only \$25!

Open Swim 10-Punch Pass:

Resident

(lives inside Helena city limits)

Ages 4 - 12: \$22.50 13 & Older: \$30

Non-Resident

(lives outside Helena city limits)

Ages 4 - 12: \$28.50 13 & Older: \$38

The Fine Print:

Season Passes:

- Good for unlimited visits for ONE season.
- Season passes are non-refundable ARE NOT transferable.
- Lost or stolen season passes may be replaced with proof of purchase.

Punch Passes:

- Good for ONE season.
- Punch passes ARE transferable.
- NO refunds or vouchers are given for lost or stolen punch cards.

Please remember:

- Children 8 & under may NOT enter the facility without a guardian (minimum age 16). Children 8 & younger must be supervised at all times by a person at least 16 years of age. Children 6 & under must be within arm's reach of that person, even in the water.
- Children who don't know how to swim and can't touch the bottom of the pool must wear [Coast Guard approved life jackets](#) at all times.



Aqua Tot Swim



Monday - Friday:
11:45 AM - 12:15 PM*
**Feel free to stay until closing!*

Aqua Tot Swim is ONLY for parents & their children 5 years & younger!

Location: Splash Deck & Zero-Depth Pool

Things to know:

- Ratio: 1 adult per 2 kids
- For safety reasons, parents must be in the water with their children
- Diaper changes must occur in locker rooms or family changing rooms
- Food & drink must be consumed in the concessions area

Daily Entry:

Adult + Child ages 0 - 3: \$4
Adult + Child Ages 4 or 5: \$7

Resident Passes:

(lives inside Helena city limits)

Season Pass

Good for Aqua Tot & Open Swim
Adult + Child ages 0 - 3: \$45
Adult + Child ages 4 - 5: \$55

10-Punch Pass

Good for 10 Aqua Tot entries
Adult + Child ages 0 - 3: \$30
Adult + Child ages 4 - 5: \$52.50

Non-Resident Passes:

(lives outside Helena city limits)

Season Pass

Good for Aqua Tot & Open Swim
Adult + Child ages 0 - 3: \$50
Adult + Child ages 4 - 5: \$65

10-Punch Pass

Good for 10 Aqua Tot entries
Adult + Child ages 0 - 3: \$38
Adult + Child ages 4 - 5: \$66.50



Water Slide Information!

Concessions Available!

Exiting the Slides?! Blue Slide:

Head north (Lazy River)

Green Slide:

Head south (Splash Deck)

You must be:

- 40 inches** tall to ride the **blue slide**
- 60 inches** tall to ride the **green slide**

In order to follow manufacturer's guidelines & help keep our slides in tip top shape, please follow these guidelines:

- Lifejackets cannot go on the slides.
- One person rides the slide at a time & meets the minimum height requirement.
- Metal zippers, rivets, or similar items cannot go on the slide because they can cause damage to the slides.

To keep people safe, please take these hints to heart:

- If you are uncomfortable in the water or cannot swim, please do not ride the slides.
- If your child must take off a lifejacket to go down the slide, he/she should not go down the slide.
- If you think your child needs to be caught at the bottom of the slide, he/she is not ready to go down the slide.



General Need-to-Know Info!

- Coast Guard-Approved Life-jackets are recommended for open swim!
- Showing up for open swim early?! Line up behind the flower barrels out front!
- Want to go into the deep end or off the diving board? Make sure to take the DEEP WATER TEST! Head to the guard room to ask for yours today!
- Have a question? Head to the guard room & we'll help!
- Did you know? Many sunscreens suggest application 1/2 hour before entering the water! Make sure to read your bottle so you don't get burned!

Help us follow health codes! Remember to:

- Shower before entering pool.
- Eat & drink only in the concessions area!



Open Swim Lightning Policy:



Boo! We HATE it when it storms! Because safety is our number one concern, we are vigilant when it comes to lightning. Montana law states that we MUST close for one half hour after we see lightning or hear thunder.

What this means for you:

- **Clear the deck as quickly as possible.** If you need help, PLEASE let us know. We would be happy to assist you!
- Collect a **'SAFETY FIRST'** voucher that gives you \$1.00 off your next visit!
- Get a stamp on your way out! If the storm passes and we are able to open again you can come back and swim for no additional cost.
- Feel free to call 447-1559 to check the status of opening or check out our Facebook page Last Chance Splash Waterpark and Pool!

Sorry, no refunds or rain checks!



When? Saturdays or Sundays!

Time? Two hours, 5:15 - 7:15 PM!

Cost? \$375 for the **ENTIRE FACILITY!**

Celebrate with up to 650 party go-ers! Bring your own cake, ice cream, food, and non-alcoholic beverages!

Reserve your spot today!

Call 447-1559 and speak to HAILEY!

Planning a party?
Need a big venue?
Have you thought about renting out the waterpark?!

Check out our website to learn more!

Want to throw a pool party but don't need a big venue?! Rent out one of our NEW party spaces during open swim! Bring your own cake & ice cream and have a blast!

Swimming Lessons



All of our instructors are certified through the Starfish Aquatics Institute and choose to go through the rigorous program to become certified and be able to provide instruction for all!

Swim Lesson Registration:

See our website to register online!

Morning Sessions:

Morning sessions run Monday - Friday for two weeks.

Session 1 (M-F): June 20 - July 1 (prorated - No June 24th: Resident \$31, Non-Resident \$43.75)

Session 2 (M-F): July 5 - July 15 (prorated - No July 4th: Resident \$31, Non-Resident \$43.75)

Session 3 (M-F): July 18 - July 29

Session 4 (M-F): Aug. 1 - Aug. 12

Evening Sessions:

Evening sessions run either Monday/Wednesday OR Tuesday/Thursday for four weeks.

Session 5 (M/W): June 20 - July 13 (prorated - No July 4th: Resident \$31, Non-Resident \$43.75)

Session 6 (T/Th): June 21 - July 14

Session 7 (M/W): July 18 - August 10

Session 8 (T/Th): July 19 - August 11

Register at:

Last Chance Splash
1203 N. Last Chance Gulch
(406) 447-1559
www.lastchancesplash.com

Cost:

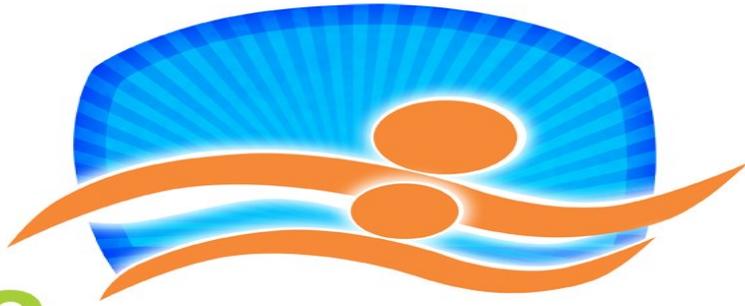
Resident:
\$35/Session
Non-Resident:
\$50/Session

**Ask us about private
& semi-private swim
lessons!**

Last Chance Splash

Helpful Hints for a Successful Lesson:

- On the first day of lessons, be on deck ready to go (by the picnic tables) 5 minutes PRIOR to the lesson start time. Make sure you bring a copy of your registration - class level & time.
- Tie long hair back so it stays out of your child's face.
- You may bring goggles, but depending upon the lesson they may or may not be used.
- Bring plenty of towels, warm clothes, & water to drink for after the lesson.



The World's Largest Swimming Lesson™

June 24, 2016

Last Chance Splash

About the Event:

- The WLSL was created to build awareness about drowning prevention and to drive home the message that SWIMMING LESSONS SAVE LIVES!
- 2016 is the 7th year for the WLSL, last year over 35,000 participated!
- The WLSL is a worldwide event with the goal of breaking the world record for number of people participating in a swimming lesson! You can help us break the record!

Did you know?

Drowning is the second leading cause of unintended, injury-related death for children ages 1-14.

Register at:

Last Chance Splash
1203 N. Last Chance Gulch
(406) 447-1559
www.lastchancesplash.com
Register online!

June 24th 10:00-10:30 am

**At Last Chance Splash Water-
park & Pool**

It's FREE!



WLSL.org

HELP US BREAK THE RECORD!

Last Chance Splash

Beginner Levels

StarBabies

For children 6 months—18 months

This class provides a fun and confidence-building experience for babies and teaches accompanying adults about water safety and drowning prevention. Participants should not expect to become accomplished swimmers, adult must be in water.

Class times:

Morning (M-F): 10:40 - 11:10 AM

Evening (M/W or T/Th): 5:35 - 6:15 PM

For health code reasons please have your child in swim diapers!

Resident: \$35 Non-Resident: \$50

StarTots

For children 18 months—36 months

This class provides a fun and confidence-building experience for toddlers and teaches accompanying adults about water safety and drowning prevention. Participants should not expect to become accomplished swimmers, an adult must be in water.

Class times:

Morning (M-F): 11:15 - 11:45 AM

Evening (M/W or T/Th): 6:20 - 7:00 PM

For health code reasons please have your child in swim diapers!

Resident: \$35 Non-Resident: \$50

Swim School Preschool

For children 3 - 5 years



Watch your child improve through songs, games, and drills! This fun, low student-to-teacher ratio class is an excellent way to start swimming off on the right foot! Students will be divided up into classes at the first lesson to best suit their needs and abilities!

Class times:

Morning (M-F): 9:30 - 10:00 AM, 10:05 - 10:35 AM, 10:40 - 11:10 AM, 11:15 - 11:45 AM

Evening (M/W or T/Th): 4:05 - 4:45 PM, 4:50 - 5:30 PM, 5:35 - 6:15 PM, 6:20 - 7:00 PM

Resident: \$35 Non-Resident: \$50



Swim Lesson Lightning Policy:



Boo! We HATE it when it storms! Because safety is our number one concern, we are vigilant when it comes to lightning. Montana law states that we MUST close for one half hour after we see lightning or hear thunder.

What this means for you:

- **Clear the deck as quickly as possible.** If you need help, PLEASE let us know. We would be happy to assist you!
- Collect a **'SAFETY FIRST'** voucher that gives you \$1.00 off your next visit!
- If there is lightning during a lesson, the instructors will teach the remaining portion **OUT OF WATER.** Remaining for this is optional!
- This year there will be **NO** makeup lessons! Instead, we will credit your account for the lessons **completely** missed due to lightning. This credit can be used when signing up for the next session of swim lessons!
- Feel free to call 447-1559 to check the status of lessons or check our Facebook page Last Chance Splash Waterpark and Pool for updates during stormy weather!

Sorry, no refunds or rain checks!

Last Chance Splash

Beginner Levels

Swim School Youth

For children 6 - 12 years

This program for beginning swimmers develops confidence in the water and functional swimming skills with an emphasis on safety and drowning prevention. Students will be divided up into groups at the first lesson to best suit their needs and abilities!

Class times:

Morning (M-F): 9:30 - 10:00 AM, 10:05 - 10:35 AM, 10:40 - 11:10 AM, 11:15 - 11:45 AM

Evening (M/W or T/Th): 4:05 - 4:45 PM, 4:50 - 5:30 PM, 5:35 - 6:15 PM, 6:20 - 7:00 PM

Resident: \$35 Non-Resident: \$50

Advanced Levels

Stroke School

For children who have passed Swim School and are 12 years or younger

Participants will refine freestyle technique and learn backstroke, butterfly, breaststroke and increase endurance. After completing Stroke School students will be ready to join swim team!

Class times:

Morning (M-F): 9:30 - 10:00 AM, 10:05 - 10:35 AM, 10:40 - 11:10 AM

Evening (M/W or T/Th): 4:05 - 4:45 PM, 4:50 - 5:30 PM, 5:35 - 6:15 PM

Resident: \$35 Non-Resident: \$50

Diving

Students must be able to complete the following BEFORE entering this class:

Jump into deep water from the side, swim front crawl for 15 yards and maintain position by treading & floating for 30 seconds each.

Participants will be taught proper springboard technique and learn a variety of dives.

Class times:

Morning (M-F): 11:15 - 11:45 AM

Resident: \$35 Non-Resident: \$50

Adult/Teen

For ages 13+

We love teaching adults and teens! Our instructors are capable of teaching a wide variety of abilities! Are you scared of the water? No problem! Never learned how to swim? We'll help! Want to participate in a triathlon? We've got you covered! Sign up today and let us know your goals!

Class times:

Evening (M/W or T/Th): 6:20 - 7:00 PM

Resident: \$35 Non-Resident: \$50

Last Chance Splash

Placement Descriptions for Swim Lessons

If you are unsure of the correct class to register for, contact us and we will do a free placement evaluation.



Registration Guide for Starfish Swimming

If the swimmer...

- is 6-18 months then register for StarBabies
- is 18-36 months old then register for StarTots
- is 3-5 years old then register for Preschool Swim School
- is 6-12 years old then register for Youth Swim School
- has passed Swim School and is 12 years old or younger then register for Stroke School
- is 13+ years old then register for Adult/Teen lessons has passed Swim School and is 12 years old

Swim School Placement Guide

There are five stages to Swim School: white, red, yellow, blue, and green.

- cannot hold breath with face underwater for 5 seconds then register for **WHITE** stage
- can jump in with support and hold breath with face underwater for 5 seconds then register for **RED** stage
- can jump in, surface to breath and roll onto a back float then register for **YELLOW** stage
- can jump in, surface to breath and swim 20 feet with a change in direction then register for **BLUE** stage
- can tread water for 15 seconds and is learning freestyle side breathing then register for **GREEN** stage

Stroke School Placement Guide

There are five stages to Stroke School: white, red, yellow, blue, and green.



If the swimmer...

- can swim freestyle for 30 feet with side breathing then register for **WHITE** stage
- can swim freestyle for 30 ft with good technique and backstroke for 30 feet then register for **RED** stage
- can swim backstroke for 30 ft with good technique then register for **YELLOW** stage
- can swim butterfly for 5 yards and freestyle for 20 yards then register for **BLUE** stage
- can swim breaststroke for 30 feet with good technique then register for **GREEN** stage

Last Chance Splash

Swim League

Have you ever thought about joining a swim team?!

For children who know the stroke basics and have a desire to swim!

Come try out our summer swim league that focuses on FUN! Swimmers will learn stroke techniques, increase endurance, and learn basic rules for competition. Swimmers will also spend time on starts and turns, as well as racing fellow classmates. Swim league is a great way to improve on strokes, endurance, & diving, as well as a great opportunity to make friends and have fun in the sun!

Team 1: Monday & Wednesday* Practice

Team 2: Tuesday & Thursday* Practice

**Optional practice (for both teams) on Fridays*



Practice Time: 9:30 - 10:30 AM

Practice Dates: June 20 - August 12

Team coaches have multiple years experience, vast knowledge, and a love of the sport!

Stay tuned for a potential swim meet for both teams towards the end of the season!

Resident: \$112 Non-Resident: \$160

Be sure to check out Swing & Splash Sports Camp
on page 6 for another great summer activity!

Last Chance Splash

Water Activities

Adult Rates (13 - 64):

Daily Rate \$2.50

Resident (lives inside Helena city limits)

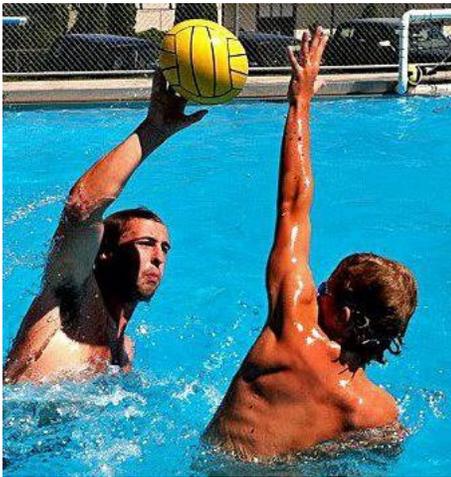
Water Activities Season Pass: \$47

Water Activities 10 Punch Pass: \$18.75

Non-Resident (lives outside Helena city limits)

Water Activities Season Pass: \$56

Water Activities 10 Punch Pass: 23.75



Senior Rates (65 & Up):

Daily Rate: \$2.00

Resident (lives inside Helena city limits)

Water Activities Season Pass: \$38

Water Activities 10 Punch Pass: \$15

Non-Resident (lives outside Helena city limits)

Water Activities Season Pass: \$45

Water Activities 10 Punch Pass: \$19

The Fine Print:

Season Passes:

- Good for unlimited visits for ONE season.
- Season passes are non-refundable and ARE NOT transferable.
- Lost or stolen season passes may be replaced with proof of purchase.

Punch Passes:

- Good for ONE season.
- Punch passes ARE transferable.
- No refunds or vouchers are given for lost or stolen punch passes

Water Activities

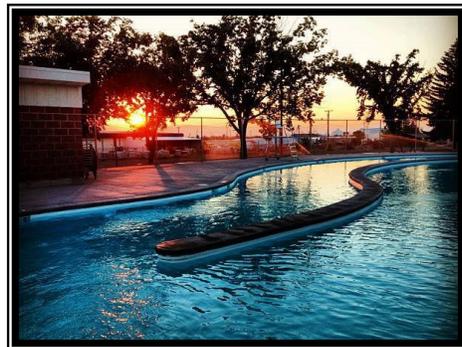
Lap Swim:

Lap swim is open to beginning AND advanced swimmers!

Monday - Friday: 9:30 AM - 7 PM

Saturday & Sunday: 1:00 - 5:00 PM

When there are 2+ swimmers per lane, circle swim is required.



Water Aerobics:

An instructor will guide participants through various workouts in this fun, energetic course.

Noodles, water weights, and other water devices may be used during workouts.

Monday - Friday: 12:00 - 12:45 PM

Monday - Thursday: 5:30 - 6:15 PM

Water Sculpt:

Interested in toned muscles? Weights are used in water during this fabulous class.

Mon, Wed, Fri: 11:00 AM - 12:00 PM

Water Walking:

Tired of the treadmill? Grab your friends and water walk around the Lazy River!

Monday - Friday: 9:30 AM - 12 PM

Water Polo:

Fun for EVERYONE and a great workout! Water polo is played in the diving well of the 50 Meter pool!

Friday: 12:00 - 12:55 PM

Coached Lap Swim:

Beginner to Advanced!

For mature youth and adult swimmers who are serious about exercise.

Meet on the east side of the 50-M pool.

Please bring or borrow a kickboard, paddles, and fins.

Coached by Jacque Trude or another experienced coach!

Tu, Th: 12:00 PM - 12:55 PM



Water Activity Lightning Policy:



Boo! We HATE it when it storms! Because safety is our number one concern, we are vigilant when it comes to lightning. Montana law states that we MUST close for one half hour after we see lightning or hear thunder.

What this means for you:

- **Clear the deck as quickly as possible.** If you need help, PLEASE let us know. We would be happy to assist you!
- Collect a 'SAFETY FIRST' voucher that gives you \$1.00 off your next visit!
- Get a stamp on your way out! If the storm passes and we are able to open again you can come back and swim for no additional cost.
- Feel free to call 447-1559 to check the status of opening or check out our Facebook page Last Chance Splash Waterpark and Pool!

Sorry, no refunds or rain checks!

Kay's Kids

Come join us! Kay's Kids is a FREE summer drop-in recreation program for youth ages 6 - 13! Stop on by for a variety of activities including crafts, games, sports, educational activities, guest speakers, and more! Our recreation leaders are certified in First Aid & CPR and LOVE kids! Fill out a registration form & then check your child in & out daily—**it's that simple!**

Healthy snack or lunch offered!

Program Dates:

June 13 - August 12, 2016*

*No July 4th!

Monday - Friday, 9 AM - 3 PM

Program Locations:

Barney Park - 1950 Cleveland

Lincoln Park - 1800 N. Roberts

Memorial Park - 1105 N. Last Chance Gulch

Interested in donating?

KMYF

P.O. Box 1260

Helena MT 59624

**Kay's Kids,
for Fun
and
Health!**



Like us on Facebook!

Helena Parks and Recreation

Kay McKenna Youth Foundation

The Kay McKenna Youth Foundation, in partnership with , offers a FREE drop in program designed for kids ages 6 - 13!

PARK & OPEN LANDS

POLICIES & FEES

The following fees may apply to your event:

(this list is not all inclusive)

Park Reservation	\$20	
Recurring Park Reservation Fee	\$5 each	
Commercial Use Scheduling Fee	\$20	
Sp. Use Application/Schedule Fee	\$20	
Park Use Fees	<i>See table below*</i>	
	Fee	Deposit
Park Reservation Deposit		\$100
Park Use with tents or canopies		\$400
Bandshell	Park Use Fee	\$250/day
Donaldson Barn	Park Use Fee	\$250/day
Donaldson Disc Golf	Park Use Fee	\$250/day
Ice Skating rink & Warming house (winter)	\$25/hour	\$75/day
Skatepark	Park Use Fee	\$250/day
Sports Fields	-----	\$25/field
Tennis Courts	-----	\$10/court
Warming house (non-winter)	Park Use Fee	\$250/day
Warming house party room	\$25/3 hrs	\$25
Non-reserved Passive Park Use	Level 1	None
Private instruction	Level 4 or 5	Varies
Commercial Uses	Level 4 or 5	Varies
Fee-based Events	Level 4 or 5	Varies
Parking lot vendors	Level 5	Varies
Private events ≥ 50 people	Level 4 or 5	Varies
Private events ≤ 50 people	Level 3	Varies
Private events ≤ 30 people	Level 2	Varies

Are you thinking about reserving a park?!

- Fees depend on your use, i.e., private vs. public, free vs. profit driven, community vs. individual use.
- Host a trail run, wedding reception, birthday party & more!
- Have a sports team? Reserve a field!
- Reserve the bandshell, Donaldson barn, skatepark, or warming house!

YOUR FEES ARE PUT TO GOOD USE!

Park use & recreation fees are put into a park improvement fund that is used for the development and improvement of parks & recreation facilities!

Thank you for helping make our parks better!

FREQUENTLY ASKED QUESTIONS:

Will I get my deposit back?

- Yes, as long as no damaged has occurred. Tent deposits are more due to potential damage to sprinkler lines.

Can I host a band in the parks?

- Yes, just make sure that if you have amplified sounds you get a noise permit.

Will I get my damage deposit back?

- As long as no damage has occurred then expect your deposit to be returned by the end of the month.

Can I camp at a park?

- Not unless you get prior approval from the parks & recreation director.

May I drink alcohol in the parks?

- Only if you have the valid permits.

How do I make a reservation?

- Call 447-8463 no more than 6 months in advance.

Can I sell something in the park?

- Make sure to get your commercial park use permit.

*Park Use Fee Scale

Benefit Level	≤ 4 hrs.	≥ 4 hrs.
1. Mostly Community	\$0	\$0
2. Considerable Community	\$30	\$60
3. Individual/Community	\$60	\$120
4. Considerable Individual	\$90	\$180
5. Mostly Individual	\$120	\$240

Say What?! The Parks Department maintains nearly 235 acres of developed parkland and over 2,000 acres of open space!

CALL THE PARKS OFFICE TODAY TO RESERVE!
447-8463



OPEN SPACE

Spend the afternoon hiking up Mount Ascension or Mount Helena. Play a round of Folf at Donaldson! Hop on your bike and go for a ride!

Get outdoors and enjoy **YOUR** open space!



WANT A TRAIL MAP?

Head to any of the sporting good stores or visit: www.helenamontanamaps.org/trails

DID YOU KNOW open space has a variety of plant species? Let's keep them alive by staying on the trails!

DID YOU KNOW that dogs HAVE to be on a leash in city limits with the exception of open space? Dogs CAN be off leash in open space once you are 100 yards from a trailhead as long as they are under voice control (& you can see them)!

DID YOU KNOW that city ordinance states that dog feces need to be cleaned up in public areas? Need a reason why? Dog feces can carry disease. Let's keep the dogs healthy & happy!

REMEMBER, BE A FRIEND TO THE PARKS - PICK UP YOUR TRASH!

OUR FAVORITE PLAYGROUNDS:

Lockey Park	1700 Broadway
Frontier Fun Town	1203 N. Last Chance
Skelton Park	875 Road Runner
Pioneer Park	201 South Park Ave



OLDIES BUT GOODIES:

Pocha Park	310 State St
Cunningham Park	234 Floweree
Waukesha Park	1600 Waukesha
Kay McKenna Park	740 Getchell
Northwest Park	201 Valley
NEW! Barney Park	1950 Cleveland

PARKS





ParkFit



Yoga in the Park

*FREE yoga classes taught by a variety of local instructors.
Classes are held on the 2nd Saturday in June, July & August.
Classes take place at Women's Park, and run 9:30 - 10:30 AM.*

Everyone welcome, no experience necessary!

Grab a yoga mat or towel, a water bottle, and get outside!



Dancing in the Park

FREE dance classes taught by a variety of local instructors.

Classes are held every Tuesday, July 5 - August 9.

Classes take place at Performance Square, and run 12 - 1 PM.

Everyone welcome, no experience necessary!

Grab a friend, a water bottle, get outside and enjoy a dance workout!



ARCHERY



**MONTANA
WILD**

Montana Wild, in partnership with City of Helena Parks & Recreation, is thrilled to be offering archery to Helena area youth again this summer!

FREE Archery Shoot for youth ages 9+ at Montana Wild!

Equipment provided, no outside equipment will be allowed. Adult must be present.

*****Open toed shoes required*****

For dates & registration information visit our website!

DOG SWIM

🐾 Paws in the Pool 🐾

A pool party just for dogs!

August 21 from 1 - 5 PM at Last Chance Splash

The zero-depth pool and lazy river will be available exclusively for dogs!

Please note: No human swimming will be allowed.

Visit our website for more information.



WOMEN'S TRIATHLON



July 17, 2016

Memorial Park

500 Meter Swim ~ 12 Mile Bike ~ 3.1 Mile Run

For more information visit: www.mtwomenstri.com