



Pool Schedule for the Montana Athletic Club



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am to 8:50am	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM 8:00-10:00 AM	
9am to 10am	CROSS CURRENTS Mary	WET 'N WILD Ann	AQUA INTERVALS Jan	AQUA POWER Pam/ Holly	Silver Splash/Aqua Power JAN	ADULT LAP SWIM 8:00-10:00 AM	ADULT LAP SWIM
10am to 11am	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	Swim Lessons Lap Swim Available	KAYAKING
11am to noon	AQUASIZE Mary	ADULT LAP SWIM	WET 'N WILD Ann	ADULT LAP SWIM	AQUASIZE Jan	Swim Lessons Lap Swim Available	KAYAKING
noon to 1pm	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	OPEN SWIM
1pm to 2:30pm	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 to 3pm	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
3pm to 3:30pm	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	FAMILY SWIM	ADULT LAP SWIM
3:30 to 5:00pm	Swim Team	OPEN SWIM	Swim Team	OPEN SWIM	OPEN SWIM		
5pm to 5:30pm	Swim Team	Swim Lessons Lap Swim Available	Swim Team	Swim Lessons Lap Swim Available	OPEN SWIM		
5:30pm to 7pm	OPEN SWIM	Swim Lessons Lap Swim Available	OPEN SWIM	Swim Lessons Lap Swim Available	OPEN SWIM		
7pm to close	FAMILY SWIM	Swim Lessons Lap Swim Available	FAMILY SWIM	Swim Lessons Lap Swim Available	FAMILY SWIM		

Schedules will be adjusted seasonally and according to class attendance.

Members: Unlimited classes at no charge.

Class participants only are permitted in the pool during class times.

*Please note: Swim Lessons may occasionally occur during Adult Lap Swim Time. Lap Swimmers must share lanes when needed.

EFFECTIVE DATE 7-Sep-09





Class Descriptions



Aquasize - An aqua aerobics class designed to improve cardiovascular fitness and overall strength and flexibility while minimizing stress on the body. A great workout for individuals of all ages and abilities.

Aqua Intervals - Challenge your cardio fitness with this interval class designed to tone and condition. The instructor uses various interval training techniques that will challenge your cardiovascular system while toning and conditioning muscles you never knew you had!

Aqua Power - Invigorate your spirit with the power of water! Each class is different! Toning, stretching, sculpting, aerobic and interval training are all available! Become stronger and stress-free!

Cross Currents - Providing the best of both water worlds, this class combines deep water suspended work and shallow water aqua work and aerobic moves. A perfect cross-training aquatic combination!

SilverSplash - SilverSneakers water aerobics class, open to everyone. Designed with Seniors in mind.

Wet 'N Wild - Total body conditioning, toning, balance, flexibility, calisthenics, and water walking all set to music. Non-swimmers are welcome.

