



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	<i>Facility Opens at 8am</i> ADULT LAP	<i>Facility Opens at 8am</i> ADULT LAP
9am to 10am	CROSS CURRENTS Mary	WET 'N WILD Ann	AQUA INTERVALS Jan	AQUA POWER Monarae	Silver Splash/ Aqua Power Jan	ADULT Lap Swim	ADULT LAP SWIM
10am to 11am	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	OPEN SWIM	ADULT LAP SWIM	OPEN SWIM	KAYAKING <i>No Swimming During Kayak</i>
11am to noon	AQUASIZE Mary	ADULT LAP SWIM	WET 'N WILD Ann	ADULT LAP SWIM	AQUASIZE Jan	OPEN SWIM	KAYAKING <i>No Swimming During Kayak</i>
noon to 2pm	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
2pm-3:30	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 to 4:30	Swim Team	ADULT LAP SWIM	Swim Team	ADULT LAP SWIM	ADULT LAP SWIM	FAMILY SWIM	ADULT LAP SWIM
4:30pm to 5:30pm	Swim Team	OPEN SWIM	Swim Team	OPEN SWIM	OPEN SWIM	FAMILY SWIM <i>(until close at 6pm)</i>	FAMILY SWIM <i>(until close at 6pm)</i>
5:30pm to 6:30pm	Aqua After Dark Monarae	OPEN SWIM	OPEN SWIM	Aqua After Dark Monarae	OPEN SWIM		
6:30pm to close	FAMILY SWIM	OPEN SWIM	FAMILY SWIM	OPEN SWIM	FAMILY SWIM		

Schedules will be adjusted seasonally and according to class attendance.

EFFECTIVE DATE 4/6/2012

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.

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.

Aqua After Dark - Increase your flexibility, tone your muscles, build strength, increase your cardio fitness, all while having fun.