

## **POOL SCHEDULE**

<u><b>DAYS</b></u>	<u><b>HOURS</b></u>
<b>MONDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:00P - 4:30P</b> <b><i>(CLOSED FOR CLEANING)</i></b> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>TUESDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i> <b>6:30p-8:00p</b> <i>(LAP SWIM ONLY)</i>
<b>WEDNESDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>THURSDAY</b>	<b>6:00A – 2:45P</b> <i>(LAP SWIM ONLY)</i> <b>2:00P - 4:30P</b> <b><i>(CLOSED FOR CLEANING)</i></b> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i> <b>6:30p-8:00p</b> <i>(LAP SWIM ONLY)</i>
<b>FRIDAY</b>	<b>6:00A – 2:00P</b> <i>(LAP SWIM ONLY)</i> <b>9:30A-1:30P</b> <i>(FRIDAY STUDENT FREE SWIM)</i> <b>4:30 – 6:30</b> <i>(SWIM TEAM ONLY)</i>
<b>SATURDAY</b>	<b><i>CLOSED</i></b>
<b>SUNDAY</b>	<b>12:00P – 5:00P</b>

- **LAP SWIM:** OPEN LANES FOR LAP SWIMMING ONLY
- **THERAPY POOL:** MUST BE SCHEDULED AROUND CLASS TIMES AND IS FOR THERAPY USE ONLY
- **OPEN SWIM:** AREA OPEN TO GROUP SWIMMERS
- **\*CALL US TO SCHEDULE: 406-883-4567**

## **CLASS SCHEDULE**

### **THERAPY POOL**

<b>TIMES:</b>	<b><u>INSTRUCTOR</u></b>	<b><u>9:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>10:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>11:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>4:30P</u></b>
<b>MONDAY</b>	<b><u>LORI</u></b>	<b>AQUA THERAPY</b>						
<b>TUESDAY</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (MENS)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAP Y (WOMEN)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY</b>	<b><u>JANET</u></b>	<b>AQUA THERAPY</b>
<b>WENDSDAY</b>	<b><u>LORI</u></b>	<b>AQUA THERAPY</b>						
<b>THURSDAY</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY (MENS)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAP Y (WOMEN)</b>	<b><u>SHARON</u></b>	<b>AQUA THERAPY</b>	<b><u>JANET</u></b>	<b>AQUA THERAPY</b>

- **\*CALL US TO SCHEDULE: 406-883-4567**

## MAIN POOL

<b>TIMES:</b>	<b><u>INSTRUCTOR</u></b>	<b><u>8:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>11:15A</u></b>
<b>MOND</b>	<b><u>LORI</u></b>	<b>AQUA-AEROBICS</b>		
<b>TUES</b>	<b><u>KAREN</u></b>	<b>DANCING AQUATICS</b> <b><u>Cancelled</u></b>	<b><u>JANET</u></b>	<b>AQUA FIT</b>
<b>WEDN</b>	<b><u>LORI</u></b>	<b>AQUA-AEROBICS</b>		
<b>THURS</b>	<b><u>KAREN</u></b>	<b>DANCING AQUATICS</b> <b><u>Cancelled</u></b>	<b><u>JANET</u></b>	<b>AQUA FIT</b>
<b>FRID</b>	<b><u>LORI</u></b>	<b>AQUA-AEROBICS</b>		

- **\*CALL US TO SCHEDULE: 406-883-4567**

**DRY LAND**

<b><u>TIMES:</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>8:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>10:00A</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>4:30P</u></b>	<b><u>INSTRUCTOR</u></b>	<b><u>5:30P</u></b>
<b>MONDAY</b>	<b><u>NANCY</u></b>	<b>WHATEVER IT TAKES</b>						
<b>TUESDAY</b>			<b><u>DAVID</u></b>	<b>PILATES</b>	<b><u>MARCIE</u></b>	<b>WORK TO PROGRESS</b>	<b><u>KATIE</u></b>	<b>YOGA</b>
<b>WEDNESDAY</b>	<b><u>NANCY</u></b>	<b>WHATEVER IT TAKES</b>						
<b>THURSDAY</b>			<b><u>DAVID</u></b>	<b>PILATES</b>	<b><u>MARCIE</u></b>	<b>WORK TO PROGRESS</b>	<b><u>KATIE</u></b>	<b>YOGA</b>
<b>FRIDAY</b>	<b><u>NANCY</u></b>	<b>KICKBOXING</b>						