

AQUATICS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM		LAP SWIM		LAP SWIM			
8:00 AM	YAH RISE AND SHINE WATER AEROBICS	LAP SWIM	YAH RISE AND SHINE WATER AEROBICS	LAP SWIM	YAH RISE AND SHINE WATER AEROBICS		
9:00 AM	YAH WATER AEROBICS	YAH WATER EXERCISE 9	YAH WATER AEROBICS	YAH WATER EXERCISE 9	YAH WATER AEROBICS	LAP SWIM (WINTER)	
10:00 AM	ADULT WATER FITNESS 10	YAH WATER EXERCISE 10	ADULT WATER FITNESS 10	YAH WATER EXERCISE 10	ADULT WATER FITNESS 10	FAMILY WATER EXERCISE*	
11:00 AM	ADULT WATER FITNESS 11	INDIVIDUAL WATER THERAPY	ADULT WATER FITNESS 11	INDIVIDUAL WATER THERAPY	ADULT WATER FITNESS 11	KIDS SWIM	
12:00 PM	CANCER SUPPORT COMMUNITY**	INDIVIDUAL WATER THERAPY		INDIVIDUAL WATER THERAPY	CANCER SUPPORT COMMUNITY**	FAMILY SWIM* (WINTER)	PUBLIC ADULT ONLY SWIM
1:00 PM		LIGHT WATER EXERCISE		LIGHT WATER EXERCISE			PUBLIC OPEN SWIM
2:00 PM							PUBLIC OPEN SWIM
3:00 PM	INDEPENDENT WATER WORKOUT		INDEPENDENT WATER WORKOUT		INDEPENDENT WATER WORKOUT		

***Eagle Mount Family Swim** is OPEN to ALL Eagle Mount participants with their families and runs through the Eagle Swim schedule. Please register by 4:00 the day before as space is limited to 20 swimmers. Family Swim summer schedule moves to Friday 5:00-6:30 PM.

The **Cancer Support Community is an organization open for those affected with cancer at any stage. Their programs are offered free of charge, including this CSC sponsored class at Eagle Mount. Before attending any CSC program, including this class at Eagle Mount, participants must meet with Amber Reilly, the Cancer Support Community Program Director. For information about CSC activities, contact Amber R: Amber@cancersupportmontana.org or (406) 582-1600.



Eagle Swim Classes for Children and Young Adults

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	DATES POOL IS CLOSED
1:00 PM	ADAPTIVE WATER EXERCISE				EAGLE ADULT WATER AEROBICS	SEPTEMBER 3 - 8, 2018
2:00 PM	EAGLE ADULT WATER AEROBICS					NOVEMBER 21 - 24, 2018
3:00 PM						DECEMBER 24, 2018 - JANUARY 5, 2019
4:00 PM	KIDS SWIM	KIDS SWIM	KIDS SWIM	KIDS SWIM		MARCH 18 - 23, 2019
5:00 PM	KIDS SWIM	KIDS SWIM	KIDS SWIM	KIDS SWIM		MAY 27 - JUNE 1, 2019
6:00 PM-8:00 PM	ALL ABILITIES	ALL ABILITIES	ALL ABILITIES	ALL ABILITIES		SEPTEMBER 2-7, 2019

Eagle Swim Session Dates And Fees

SCHEDULES ARE SUBJECT TO CHANGE

SESSION	DATES	FEE
FALL SESSION 2018	SEPTEMBER 17 - NOVEMBER 17 (9 WEEKS)	\$56
WINTER SESSION 2019	JANUARY 14 - MARCH 2 (7 WEEKS)	\$44
SPRING SESSION 2019	MARCH 11- MAY 11 (8 WEEKS) (NO SWIMMING OVER SPRING BREAK)	\$50
SUMMER SESSION 2019	JUNE 17 - AUGUST 16 (9 WEEKS)	\$56
FALL SESSION 2019	SEPTEMBER 16 - NOVEMBER 16 (9 WEEKS)	\$56

All Ability Swim Schedule *Schedules subject to change*

SEPTEMBER 10 - OCTOBER 4, 2018
OCTOBER 8 - NOVEMBER 1, 2018
NOVEMBER 5 - DECEMBER 4, 2018 (NO CLASS 11/21-11/22)
JANUARY 7- JANUARY 31, 2019
FEBRUARY 4 - FEBRUARY 28, 2019
MARCH 4 - MARCH 28, 2019 (NO CLASS 3/18-3/22)
APRIL 1 - APRIL 25, 2019
APRIL 29 - MAY 23, 2019

ALL FORMS AVAILABLE ONLINE www.eaglemount.org
or by request from the office (406) 586-1781