



# Winter/Spring 2024

Bitterroot Aquatic Center

59 Kurtz LN. Hamilton, MT  
59840

(406) 375-8200

All classes need to have a minimum of 2 participants in order to be held.

## Water Exercise

Our Water exercise classes designed for adults only uses a combination of shallow and deep water to help strengthen cardiovascular system and core. (*Moderate to High intensity*)

**Monday-Saturday 7:00-8:00 am**

**Monday & Wednesday 5:30-6:30 pm—Tuesday & Thursday 6:05-7:00 pm**

## Inter-Circuit Workout

This class combines muscular resistance, cardio and balance to provide a well-rounded workout. We will use equipment, stations and music. Shoes are recommended.

**Monday: 8:05-9:00 am**

## Functional Fluid Fusion

In this class, movements are designed to help improve balance, core stabilization, flexibility, extension, range of motion, and mental function. Music is used to build core stability and strength. Shoes are recommended.

**Friday: 8:05-9:00 am**

## HIIT (High Intensity Interval Training)

A combination of movements geared toward cardiovascular health, endurance for stamina, and flexibility for healthy bone and connective tissue. This class will be comprised of different styles such as circuit stations, HIIT or high intensity interval training, stroke refinement and choreographed resistance movements to elevate heart rate while having fun. All levels are encouraged and modifications are always a possibility!

**Tuesdays and Thursdays: 8:05-8:55 am (yoga warm down on Thursdays)**

## Arthritis Aquatic Foundation Program

Water is a safe environment for relieving pain and stiffness; and allows you to exercise without putting excess strain on your joints and muscles (Non-Impact Class).

**Monday through Thursday: 12:05-1:00 pm**

## Aqua Fitness

Moderate to high intensity shallow water class designed for all levels of aquatic fitness. By using the water's resistance to tone and define the body, you will enjoy toning, improved balance and flexibility.

**Monday and Wednesday: 1:05-2:00 pm**

## Adult Swim

Adults only, please. This is a great time for adults to focus on their individual workouts.

**This is not time for lap swimming.**

**Monday, Wednesday, and Friday 9:05 am-12:00 pm**



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## Open Swim

Open swim is for everyone to come and play in the water!

Children six and under must have an adult within arm's reach in the water.

Monday and Wednesday: 6:30-8:30 pm

Friday: 4:00-8:00 pm Saturday: 1:00-8:00 pm

## Tot Swim Time

This time is designed to introduce young children, accompanied by their parent or caregivers, to the water and prepare them for preschool swim lessons. Ages 6 months to 3years (cost is \$3 per adult)

Fridays from 12:00-2:00 pm

## Prices

For in-district fees, please provide proof of your zip code  
(Hamilton or Corvallis)

Children 6 years and under must have an adult in the water within arm's reach.

Open Swim Daily Admission: \$4.00 (ages 4-6) \$6.50 (ages 7-17) \$7.50 (ages 18+)

In-District: \$3.50 (ages 4-6) \$6.00 (ages 7-17) \$7.00 (ages 18+)

Adult Daily Admission for Water Aerobics: \$8.50

In district: \$7.50

Monthly Pass: \$55 (each additional family member \$50)

In district: \$50 (each additional family member \$45)

Season Pass: \$150.00 (each additional family member-\$99.00)

In-district: \$160.00 (each additional family member-\$109.00)

Child Punch Card (age 4-6): \$40.00

In-District: \$35.00

Child Punch Card (age 7-17): \$65.00

In-District: \$60.00

Adult Punch Card (includes water aerobics): \$70.00

In-District: \$65.00