Summer Programs

Summer Hours

MEMBERSHIP INFO
Campus Recreation memberships are available to the University Community. For more information on membership terms and payment options, contact the Fitness and Recreation Center front desk at 243-2802.

Students* ........................................ $111 for summer session
Employees, Affiliates, Spouses/Dependants ... $27 per month
Alumni ............................................. $55 per month
Retirees and Retiree Spouse ................... $15 per month

*Spring semester students who are not enrolled in summer classes are eligible to pay the $111 Campus Recreation fee for Fitness and Recreation Center and Grizzly Pool use. Visit the front desk of the FRC to register.

FITNESS & RECREATION CENTER (FRC)
Monday - Friday: 6:00am - 8:00pm
Saturday & Sunday: 9:00am - 1:00pm
Visit umt.edu/campusrec for holiday closures and modified hours.

OUTDOOR PROGRAM & EQUIPMENT RENTALS
Monday - Friday: 8:00am - 6:00pm
Weekends & Holidays: 8:00am - 2:00pm

CLIMBING WALL
Roped Climbing (May 18 - August 21)
Tuesdays & Thursdays: 3:00pm - 8:00pm
Bouldering available during all FRC operating hours

GRIZZLY POOL (JUNE 8 - AUGUST 23)
Lap Swim:
Mon, Wed, Fri: 6:15am-9am; 11am-1pm; 5pm-6pm
Tue & Thur: 6:15am-9am; 11am-1pm; 7:30pm-8:30pm
Recreation Swim:
Mon & Wed: 7:30pm-9pm
Adult Coached Swim:
Tue & Thur: 5pm-6pm

GOLF COURSE
Open dawn to dusk, call 728-8629 for tee times.

CAMPUS RECREATION CONTACT NUMBERS
Fitness & Recreation Center ................. 406.243.2802
Outdoor Program ............................... 406.243.5172
Intramural Sports ............................... 406.243.2804
Fitness Programs ................................. 406.243.2802
Equipment Desk ................................. 406.243.2320
Climbing Wall .................................. 406.243.2840
University Golf Course ....................... 406.728.8629
Grizzly Pool ..................................... 406.243.2763
Youth Camps ................................... 406.243.5295

www.umt.edu/campusrec
FITNESS PROGRAMS

Sign up for Fitness Programs at the Fitness & Recreation Center (FRC) front desk. For more information call 406-243-2802.

GROUP FITNESS CLASSES
The current fitness class schedule can be found posted in the FRC or online at www.umt.edu/fitness. Summer fitness class schedule begins May 26, and the first week of classes is FREE, May 26 - 31.

FITNESS CONSULTATIONS
For individuals who want a one-time personalized exercise prescription or just need a few questions answered. Fitness staff will develop an exercise routine based on your current fitness level, health history, and fitness goals. $10 each.

BODY COMPOSITION MEASURE
Skin-fold technique used to measure an individual’s percent body fat. $5 each.

PERSONAL TRAINING
Personal trainers are available for anyone interested in individual instruction and motivation. Trainers will design a personalized fitness routine and guide the client through workouts. Call 243-4095 for more information and to schedule a session.

Each session is one hour in length unless specified otherwise:

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Individual</th>
<th>Small Group 2-people</th>
<th>Small Group 3-people</th>
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<td>1</td>
<td>$30</td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>2</td>
<td>$60</td>
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<tr>
<td>8</td>
<td>$208</td>
<td>$288</td>
<td>$388</td>
</tr>
<tr>
<td>6 x 30-min sessions</td>
<td>$120</td>
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</tbody>
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OUTDOOR PROGRAM

Register for outdoor trips and classes at the Outdoor Program, located at the East entrance of the Fitness & Recreation Center next to Washington-Grizzly Stadium, or call 406-243-5172.

On the Water

LOCHSA RAFTING TRIPS · MAY 30, JUNE 4, OR JUNE 7
Get ready for some of the best class IV whitewater in the country. Cost includes transportation, lunch, equipment and guides. Register by May 28, June 1, or 4. $95 each/per person.

ACA WHITELAW KAYAK INSTRUCTOR DEVELOPMENT COURSE · JUNE 9
The American Canoe Association (ACA) is a premier instruction and certification program. This class is geared towards those who want to improve their own kayaking technique or become a certified kayak instructor. The course will take place in the Flathead area. Pre-requisites: a comfortable class II/III paddler with a solid eskimo roll. Register by May 29. $395.

BLACKFOOT RIVER RAFTING TRIP · JUNE 24
Enjoy a day running the beautiful Blackfoot River. Equipment, transportation, guides and lunch provided. $65 per person.

ALBERTON GORGE RAFTING TRIPS · JUNE 27, JUNE 28, JULY 11, JULY 12, JULY 15, AUG 26
Experience great class III + whitewater while enjoying spectacular scenery. Equipment, transportation, guides and lunch provided. $65 each/per person.

FUNDAMENTALS OF WHITETWATER KAYAKING CLASS · JULY 16, 21, 23 (8:30 -10:30AM POOL DAYS). JULY 28 & 30 (5PM CLARK FORK RIVER). 2 AUGUST 1 (BLACKFOOT RIVER)
Learn the basics strokes, how to read whitewater, the roll and an introduction to moving water and boat safety. Cost includes instruction, equipment, transportation and pool entry. Register by July 14. $185.

BLACKFOOT RIVER CLEANUP · JULY 25
Spend a day volunteering with the Outdoor Program cleaning up our beautiful Blackfoot River. Transportation, shuttles, boats and a BBQ lunch provided to participants. Register by July 22. FREE!

BASS CREEK-KOOTENAI BACKPACK TRIP · SEPTEMBER 4-7
Enjoy this 22 mile loop in the Bitterroot National Forest. This trip fills up fast so sign up early. Register by Aug 31. Pre-trip Meeting: Sept. 2 at 5pm. $95 includes transportation, trip leaders, and group gear.

INTRO TO ROCKET CLIMBING CLASS · JULY 24 & 26
Learn the basics of rock climbing with one day at the Climbing Wall (Friday, 3-5pm), and one all-day field trip (Sunday). All levels welcome. Register by July 22. $45 includes instruction, gear, and transportation.

LOLO PEAK BACKPACKING TRIP · AUGUST 8-9
Experience a weekend of hiking and exploring this magnificent peak and surrounding alpine meadows. Register by August 3. Pre-trip Meeting: Aug. 5 at 5pm. $75 includes transportation, trip leaders, and group gear.

FRESHMAN WILDERNESS EXPERIENCE TRIPS · AUGUST 22-26
Spend four days in Western Montana’s Rocky Mountains either backpacking or on a river. For incoming UM Freshman only. Space limited, register early. More information at www.umt.edu/FWE. $150 each/per person.

LoGan MOUNTAIN BACKPACKING TRIP · AUGUST 28-30
Spend four days in the Logan Mountains with Leave No Trace Center for Outdoor Ethics and a member of the American Canoe Association, Trout Unlimited, The Access Fund, and the Professional Ski Instructors of America.

On the Land

CH PAIA ON DAY HIKE · JUNE 20
Enjoy a moderate 8-mile round trip hike to a beautiful alpine summit west of Missoula. Price includes transportation and instructors. Register by June 19. $35

GLACIER NATIONAL PARK BACKPACKING TRIP · JULY 19
Leaving Friday morning, we’ll spend the day hiking and car camping in the park. Then Saturday to Sunday will be spent backpacking in the spectacular backcountry of Glacier. Register by July 15. Pre-trip Meeting: July 15 at 5pm. $175 includes transportation, trip leaders, park entry, permits, and group gear.

INTRO TO ROCK CLIMBING CLASS · JULY 24 & 26
Learn the basics of rock climbing with one day at the Climbing Wall (Friday, 3-5pm), and one all-day field trip (Sunday). All levels welcome. Register by July 22. $45 includes instruction, gear, and transportation.

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OUTDOOR PROGRAM SUMMER EQUIPMENT RENTALS

Camping equipment · Climbing equipment · Rafts · Kayaks · Float tubes · Canoes · Stand-up paddle boards

www.umt.edu/fitness | 406.243.2802
www.umt.edu/outdoor | 406.243.5172