



Campus Recreation

The University of Montana—Missoula

Fitness & Recreation Center	(406) 243-2802
Intramurals	(406) 243-2804
Outdoor Program	(406) 243-5172
Fitness Programs	(406) 243-2802
Golf Course	(406) 728-8629
Grizzly Pool	(406) 243-2763
Campus Rec Administration	(406) 243-2804



Website

www.umt.edu/campusrec

Email

campusrec@mso.umt.edu

Mailing Address

Campus Recreation
Fitness & Recreation Center
University of Montana
Missoula, MT 59812

CAMPUS RECREATION



FALL 2008

The University of Montana

Fall Hours

Fitness and Recreation Center (FRC)	Monday - Thursday Friday Saturday Sunday & Holidays	6:00am - 11:00pm 6:00am - 9:00pm 9:00am - 9:00pm 10:00am - 10:00pm
FRC Day Care	Monday - Friday Saturday	4:00pm - 6:30pm 9:00am - 11:30am
Jus Chill'n	Monday - Friday Friday Saturday & Sunday	7:00am - 10:00pm 7:00am - 9:00pm 11:00am - 7:00pm
Schreiber Gym	Monday - Friday Weekends & Holidays	6:30am - 6:30pm CLOSED
Outdoor Program	Monday - Friday Saturday, Sunday & Holidays Grizzly Home Football Games	8:00am - 6:00pm 8:00am - 2:00pm CLOSED
Climbing Wall	Bouldering during FRC Hours Roped climbing 3:00pm - FRC closing	
Golf Course	Open Dawn to Dusk (Seasonal).	
Grizzly Pool	See last page or Pool brochure for hours.	

Fitness & Recreation Center

Locker Rentals

Small Lockers (FRC & Schreiber)

\$8.00 for Fall Semester
\$24.00 Annual (Fall, Spring & Summer)

Large Lockers (Schreiber Gym Only)

\$12.00 for Fall Semester
\$36.00 Annual (Fall, Spring & Summer)

Renewal for Spring begins November 17

Fall Clean-out will be December 13

Day Use Lockers - FREE

First come, first serve. Bring your own lock.
Locks and belongings must be removed by the end of the day.

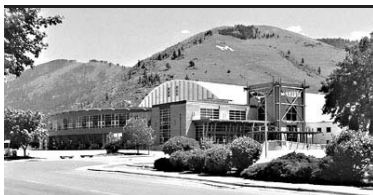
Towel Service

\$7.00 Fall Semester

September 1 to December 31, 2007

\$21.00 Annual

Fall, Spring & Summer Semesters
September 1 to August 31, 2008



Visit the FRC Equipment Desk for more details or to check availability of Lockers.
FRC Equipment Desk (406) 243-2320.

University Golf Course

A community treasure, nestled against Mount Sentinel, the course offers challenging golf in a spectacular setting. Originally known as the Missoula Country Club, The University of Montana Golf Course is the oldest course in the city, established in 1924.

Located one mile south of the University of Montana campus, the picturesque and challenging course maintains a breathtaking natural habitat. During the off-season, the area is a favorite for cross-country skiing, sledding, walking, and jogging. This 9-hole course has much to offer including a driving range, putting green, lockers, golf clubs, power and pull carts, pro shop, and clubhouse. Classes for credit through the University of Montana are available or private lessons may also be arranged.

The U of M course is fun and affordable and caters to golfers of all ages and abilities. Your golfing experience is enhanced by the friendly customer service provided by the University's own students.

To book a tee time or for more information about rates call (406) 728-8629.

GOLF COURSE HOURS

7 Days a week - Dawn till Dusk

Hours are seasonal. For open and close dates call (406) 728-8629.



Grizzly Pool

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:15am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Team	
9:00am	HHP class	Adv. Swim/ masters	HHP class	Adv. Swim/ masters	HHP class	Swim Team	
10:00am	Lap Swim	Adv. Swim/ masters	Lap Swim	Adv. Swim/ masters	Lap swim		10:30 Masters
11:00am	Lap swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		Masters
12:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
1:00pm	HHP class	HHP class	HHP class	HHP class	HHP class	Lap Swim	Lap Swim
2:00pm	HHP class	HHP class	HHP class	HHP class	HHP class	Rec Swim	Rec Swim
3:00pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team	Rec Swim	Rec Swim
4:00pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		Rec Swim
5:00pm	Lap Swim	Swim Team	Lap Swim	Swim Team	Lap Swim		Lap Swim
6:00pm	Lessons	Lessons	Lessons	Lessons	Swim Team		Lap Swim
7:00pm	Lessons	Lessons	Lessons	Lessons	Swim Team		
7:30pm	Rec Swim	Lap swim	Rec Swim	Lap Swim	Rec Swim		Open Kayak
8:00pm	Rec Swim	Lap Swim	Rec Swim	Lap Swim	Rec Swim		Open Kayak
8:30pm	Rec Swim	Kayaking	Rec Swim	Kayaking	Rec Swim		Open Kayak
9-10:00pm		Kayaking		Kayaking			Open Kayak (ends 9:30)

NOTE: Pool closures/limited hours may be announced in the future.
Look for other special event listings during school breaks. Questions? Call 243-2763



Campus Recreation Memberships

All memberships include access to the Fitness and Recreation Center (FRC) and Grizzly Pool; as well as the ability to participate in Intramural, Fitness, and Outdoor Programs. Members must present a valid Griz Card each time they wish to access the Fitness & Recreation Center and Grizzly Pool. Must sign up and commit to at least one semester. Month to month memberships are NOT available.

Students - \$95.00 for Semester

Students taking 7 or more credits automatically pay the \$95.00 Campus Recreation fee with tuition. Part-Time students, College of Technology students, and MSU nursing students have the option of paying the Campus Recreation fee. Students need to pay the fee before their Griz Card will be validated to enter the FRC and Grizzly Pool.

University Faculty & Staff - \$23.00 per month

Employees of the University can join the Fitness and Recreation Center and Grizzly Pool. Payroll deduction is available. Faculty and Staff memberships are not available to student employees.

Spouse of Student / Faculty & Staff / Associate - \$23.00 per month

Spouses of students, faculty, staff, and associates are eligible to become Campus Recreation members. The sponsor's signature is required on the membership form.

Alumni - \$48.00 per month

Alumni must be a former University of Montana student who has completed at least 12 credits and current member of the Alumni Association. A current Alumni Association Card (with Alumni printed on it)and Photo ID must be presented at sign up to be eligible for Campus Recreation membership.

Retiree & Retiree Spouse - \$10.00 per month

Must be a retired employee of the University of Montana or the spouse of a retired UM employee to be eligible for retiree membership.

Dependents - \$23.00 per month

An eligible dependent must be the child(ren) of a Student, Faculty, Staff or an Associate member of the University of Montana. Must be 5-18 years old. Dependent members 5-14 years of age need to be accompanied by an adult with a current Campus Recreation membership. Dependents 19 & older are not eligible for a membership. The parent must be present to purchase a dependent membership. Must purchase Dependent Griz Card after signing up as a member.

Guests Passes

Day or Week Passes are available. A Guest Pass may be purchased by a member with a valid Griz Card for \$6.00 per day, or \$18.00 for a week pass. A photo ID is required with a guest pass.

For more information about Campus Recreation Memberships, please call (406) 243-2802.

Intramurals

Tournaments & Special Events	Entry Forms / Rosters Due
Tennis Tournament - Singles Men's & Women's	Tues, Sept. 2 by 7:00 pm
Sand Volleyball Tournament - Corec 4 on 4	Tues, Sept. 2 by 7:00 pm
4 on 4 Flag Football Tournament - Men's, Women's & Corec	Tues, Sept. 2 by 7:00 pm
Ultimate Tournament - Corec Only	Tues, Sept. 2 by 7:00 pm
Golf Tournament - 2 person, Men's, Women's & Mixed	Wed, Sept. 3 by 7:00 pm
5K Turkey Trot - Various Age and Gender Groups	Mon, Oct. 27 by 7:00 pm (early)
Badminton Tournament - Men's & Women's Singles	Day of Tournament 5:00-5:30 pm

Sport League Information	Rosters Due
Anyone looking to get on a <u>Ultimate</u>, <u>Outdoor Soccer</u>, <u>Flag Football</u>, or <u>Tennis Team</u>!	
Flag Football League - CoRec, Men's & Women's	Tues, Sept. 9 by 7:00 pm
Outdoor Soccer League - CoRec, Men's & Women's	Tues, Sept. 9 by 7:00 pm
Ultimate Frisbee League - CoRec	Tues, Sept. 9 by 7:00 pm
Tennis League - CoRec Team Format	Tues, Sept. 9 by 7:00 pm

Anyone looking to get on a <u>Volleyball</u>, <u>5 on 5 Basketball</u>, or <u>Dodgeball</u> Team!	
5 on 5 Basketball - Corec, Men's, & Women's	Tues, Sept. 16 by 7:00 pm
Volleyball League - CoRec, Men's & Women's	Tues, Sept. 16 by 7:00 pm
Dodgeball League - CoRec, Men's & Women's	Tues, Sept. 16 by 7:00 pm
Racquetball & Squash League - Men's & Women's	Tues, Sept. 23 by 7:00 pm
Indoor Soccer League - CoRec, Men's & Women's	Tues, Oct. 21 by 7:00 pm

Anyone looking to get on a <u>Spring</u>, <u>5 on 5 Basketball</u>, <u>Volleyball</u>, <u>Soccer</u> or <u>Dodgeball</u> Team!		
Spring Term	5 on 5 Basketball Leagues - CoRec, Men's & Women's	Tues, Dec. 2 by 7:00 pm
	Volleyball League - Corec	Tues, Dec. 2 by 7:00 pm
	Indoor Soccer - CoRec, Men's & Women's	Tues, Dec. 2 by 7:00 pm
	Dodgeball League - CoRec, Men's & Women's	Tues, Dec. 2 by 7:00 pm

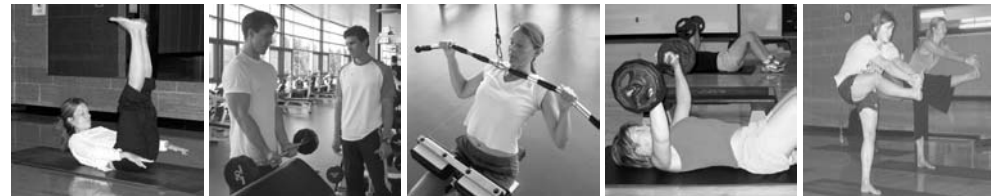


ON GOING FITNESS PROGRAMS

Group Fitness Classes - Yoga, cycling, ab lab, jumprope, power pump, Pilates, turbokick, dance and more! (all classes FREE August 25-30)
See monthly fitness calendar for a listing of current classes or visit www.umt.edu/fitness.

8-Weeks to Weight Management - \$25.00 (includes nutritious snacks)
Thursdays, October 2 to November 20, 5:30pm-7:00pm in Curry Health Center 073.
This eight-week program is tailored to help you develop healthy lifestyle habits for life-long weight management. Call 243-2833 for more information.

***NEW* Knee Pain, Common Causes and how to Address your Pain - FREE**
October 8, 5:30pm - 6:30pm in the FRC Conference Room 207
Brenda Mahlum, PT from UM Sports and Orthopedic Physical Therapy Clinic. This lecture will provide a brief synopsis of common mechanisms of knee pain as well as treatment options.



Equipment Orientations - FREE
Campus Rec encourages all users to participate in an orientation to ensure a safe workout. Weight room staff will introduce and explain proper use of all cardio and weight equipment. Sign up at FRC front desk. See sign-up sheet for specific days and times.

Fitness Consultations - \$10.00
For individuals who want a personalized exercise prescription or just need a few questions answered. Fitness staff will develop an exercise routine based on an individual's current fitness level, health history, and fitness goals. Approximately 1 hour. Sign-up at FRC front desk.

Complete Fitness Assessment - \$19.00
A complete fitness assessment is designed to assess current fitness levels by measuring the following fitness components: resting HR and BP, body circumference measures, body fat, cardiovascular fitness, muscular fitness, and flexibility. Sign-up at FRC front desk.

Physical Therapy Consultation - \$10.00
Aches and pains bringing you down? Mini consultations with a physical therapist from the UM PT Clinic. A 20-minute consultation, no physician referral required. Thursdays 4:30 – 5:30pm. Sign-up at front desk. Begins September 11.

Nutrition Consultations with a Registered Dietician - \$5.00
20-minute mini-consults with a Registered Dietician. These consults are designed to give you an opportunity to get individual information to guide you on your way to achieving your personal dietary goals. First Tuesday of the month, 12:00-12:30pm & 5:30 – 6:00 pm in the Fitness & Recreation Center conference room 207. September 2 through November.

Body Composition Measure - \$5.00
Skin-fold technique used to measure an individual's percent body fat. Sign-up at FRC front desk.



Fitness Programs

Sign up for Fitness Programs at the Fitness & Recreation Center (FRC) Front Desk. Visit www.umt.edu/fitness for up-to-date Fitness Program classes and presentations.

TRAINING TALK

Free Fitness workshops presented by Campus Recreation personal trainers.

Triathlon Training - Nov. 12, 5:30pm in FRC 207

From beginners to seasoned athletes... come join professional triathlete, Linsey Corbin, and learn some new and old tricks for training. Topics to be discussed include: a basic training plan, race day nutrition, injury prevention, and a Q & A session.

Proper lifting technique & variations for three common free weight exercises - Sept. 10, 5:30pm in FRC 207.

Presented by Ian Lewis. Learn safe and effective form on squats, bend and bent over rows. It is only through proper technique that one can continue to make progress on these common free weight lifts. Learn variation of these common exercises for all fitness and strength levels. Lecture provides demonstration and hands on work with a certified personal trainer.

Myofascial release techniques

Oct. 8 at 5:30 pm in FRC 207. Presented by Sonja Tysk. Using foam rollers and tennis balls you will learn how to release muscle tightness and tension, relieving pain and restoring motion for improved posture and a stronger body.

Personal Training Sessions

Personal trainers are available for anyone who is interested in individual instruction and motivation. Trainers will design a personalized fitness routine and guide the client through workouts. Training sessions may be private or semi-private. Each session is one hour in length. For more information contact Sonja at 243-2833.

Individual:

1 session = \$30 , 2 sessions = \$60
4 sessions = \$100, 8 sessions = \$192

Train with a Friend:

2 sessions = \$80 for 2 people
4 sessions = \$144 for 2 people

INSTRUCTOR CERTIFICATION COURSES

See www.pacificnorthwestpilates.com for more info on pricing and class descriptions.

Stott Pilates Intensive Mat Certification

October 9 - October 12 & October 30—November 2
Thursday & Friday: 12:00pm-5:30pm, Saturday & Sunday: 9:00am-2:30pm

Stott Pilates Continuing Education Workshops

"Dynamic Balance Stability Ball Level 2"
Saturday, October 11 from 2:45-5:45pm

"Cueing for Success"
Saturday, November 1 from 2:45-5:45pm

Rosters for sports are available at the Fitness and Recreation Center Front Desk or online at www.umt.edu/intramurals

Play Begins	Entry Fee
Wed, Sept. 3 5:00 pm	Free Entry
Wed, Sept. 3 5:00 pm	Free Entry
Wed, Sept. 3 5:00 pm	\$20 per team (non-refundable)
Wed, Sept. 3 5:00 pm	\$20 per team (non-refundable)
Thurs, Sept. 4 4:00 pm	\$15.00 per person or \$30 for team.
Sat, Nov. 8 11:00 am	\$15 early registration. \$18 late registration (after Oct 27) Includes t-shirt.

Wed, Nov. 5 6:00 pm	FREE
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Manager Meeting	Play Begins	Entry Fee
Free Agent Roundup on Tues, Sept. 9 at 6:00 pm. We will try to create teams at this meeting.		
Wed, Sept. 10 at 6:00 pm	Week of Mon, Sept. 15	\$30 Refundable Forfeit Fee
Wed, Sept. 10 at 6:30 pm	Week of Mon, Sept. 15	\$30 Refundable Forfeit Fee
Wed, Sept. 10 at 7:00 pm	Week of Mon, Sept. 15	\$30 Refundable Forfeit Fee
Wed, Sept. 10 at 7:30 pm	Week of Mon, Sept. 15	\$30 Forfeit Fee + \$15.00 Entry Fee
Free Agent Roundup on Tues, Sept. 16 at 6:00 pm. We will try to create teams at this meeting.		
Wed, Sept. 17 at 6:00 pm	Week of Mon, Sept. 22	\$30 Forfeit Fee + \$15.00 Entry Fee
Wed, Sept. 17 at 6:30 pm	Week of Mon, Sept. 22	\$30 Refundable Forfeit Fee
Wed, Sept. 17 at 7:00 pm	Week of Mon, Sept. 22	\$30 Refundable Forfeit Fee
Wed, Sept. 24 at 6:00 pm	Week of Mon. Sept. 29	\$10 Refundable Forfeit Fee
Wed, Oct. 22 at 7:00 pm	Week of Sun. Oct. 26	\$30 Refundable Forfeit Fee
Free Agent Roundup on Tues, Dec. 2 at 6:00 pm. We will try to create teams at this meeting.		

Wed, Dec. 3 at 6:00 pm	First Week of Spring Semester	\$30 Refundable Forfeit Fee
Wed, Dec. 3 at 6:30 pm	First Week of Spring Semester	\$30 Refundable Forfeit Fee
Wed, Dec. 3 at 7:00 pm	First Week of Spring Semester	\$30 Refundable Forfeit Fee
Wed, Dec. 3 at 7:30 pm	First Week of Spring Semester	\$30 Refundable Forfeit Fee

Forfeit Fees are refunded to teams or individuals who have not forfeited any games during league play. Fees are refunded to UMoney only.

Looking to get on an Intramural team? Check out our Free Agent Round-ups. Meetings will be held to gather free agents for league sports. We will try to create teams at these meeting.



Outdoor Skill Classes

ON THE WATER

Fundamentals of Whitewater Kayak Session One \$155.00
Sept. 11, 16, 18 from 8:30-10:30pm in Grizzly Pool, **Sept. 23 & 25** from 5:30-8:30pm on Clark Fork River, **Sept. 27** all day on the Blackfoot River. Includes gear, instruction & pool. Register by Sept. 8.

Fundamentals of Whitewater Kayaking Session Two \$155.00
Oct. 2, 7 & 9 from 8:30-10:30pm in Grizzly Pool, **Oct. 14 & 16** from 5:30-8:30pm on Clark Fork River, **Oct. 19** all day on the Blackfoot River. Includes gear, instruction & pool. Register by Sept. 29

Inflatable Kayak Course \$37.00
Sept. 20 at 9:00am. Includes instruction, coaching & gear. Register by Sept. 17.

Whitewater Rescue Technician Course \$295.00
Sept. 19, 20, 21. Taught by Montana River Guides, this course is the whitewater industry standard and is designed for raft guides & private boaters. This WRT 1 is a 20 hour class with 1/2 day of classroom instruction followed by instruction on the river. Certified through Rescue 3 International. Register by Sept. 12

Kayak Roll Clinic \$60.00
Oct. 21, 28 & 30 from 8:30-10:30pm in Griz Pool. This class will focus on fine learning or fine tuning your roll. Includes instruction, gear and pool. Register by Oct. 17

Intermediate River Running Kayaking Class \$75.00
Oct. 26 & Nov. 1 River TBA. Pre-class meeting Oct. 22 at 5:00pm. This class is designed for people who want to learn the basics of river running. Participants should have prior kayaking experience. Includes instruction, transportation & equipment. Register by Oct. 21.

WINTER SPORTS

Snowboard Maintenance Class FREE!
Nov. 5 at 6:00pm in the Outdoor Program. A one hour class on demonstrating and teaching people how to wax their boards and sharpen their edges. Includes instruction, bench & tools. Register by Nov. 3.

Ski Maintenance Class FREE!
Nov. 12 at 6:00pm in the Outdoor Program. A one hour class on demonstrating and teaching people how to wax their skis and sharpen their edges. Includes instruction, bench and tools. Register by Nov. 10.

Avalanche Awareness Lecture FREE!
Dec. 2 or Dec. 9 from 7:00-8:00pm in NULH. Includes an introduction or refresher about avalanche awareness co-sponsored by the West Central Montana Avalanche Center, www.missoulaavalanche.org.

Transceiver Clinics \$15.00
 Two clinics **Dec. 6 or Dec. 13** from 9:00am-1:00pm at the ODP. Includes instruction & beacons. Register by Dec. 2 (first clinic) or Dec. 9 (second clinic).

HHP Classes: Check out the HHP department on Cyber Bear and UM Schedule book for additional kayaking, rock-climbing, skiing, fly fishing and other outdoor related skill classes.

Outdoor Program Hours
 Monday - Friday..... 8:00am - 6:00pm
 Saturday, Sunday & Holiday..... 8:00am - 2:00pm
 (hours subject to change)

Camping Equipment	One Day	Two Days/ One Night	Per Day Extra Days
Backpack - Osprey internal frame	--	\$13 (\$11)	\$5 (\$4)
Ground pads	--	\$3 (\$2)	\$1.50 (\$1)
Sleeping Bag: Mountain Hardware 20F bag	--	\$10 (\$8)	\$4 (\$3)
Sleeping Bag: w/ winter insert 0F bag	--	\$14 (\$12)	\$6 (\$5)
Tent: Sierra Designs 2 person/3 season	--	\$18 (\$16)	\$8 (\$7)
Tent: Sierra Designs 4 person/3 season	--	\$20 (\$18)	\$9 (\$8)
Tent: Sierra Designs 2-3 person/4 season winter tent	--	\$22 (\$20)	\$10 (\$9)
Moss Wing rain shelter	\$11 (\$9)	\$20 (\$17)	\$9 (\$7)
Roll-up table	\$5 (\$4)	\$9 (\$7)	\$3 (\$2)
Two Burner propane camp stove	\$7 (\$6)	\$12 (\$10)	\$5 (\$4)
Primus backpack stove	--	\$7 (\$6)	\$3 (\$2)

Climbing Equipment	One Day	Two Days/ One Night	Per Day Extra Days
Climbing helmet	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
Ice axe	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
Snow shoes	\$10 (\$9)	\$19 (\$17)	\$9 (\$8)
Snow shovel	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
Snow saw	\$3 (\$2)	\$4 (\$3)	\$2 (\$1)
Climbing shoes	\$8 (\$6)	\$15 (\$11)	\$6 (\$4)

Skiing Equipment	Half Day same day return	One Day	Two Days/ One Night	Per Day Extra Days
Telemark/Garmont boots/Yostmark or K2 skis & poles package	--	\$23 (\$20)	\$43 (\$38)	\$20 (\$18)
Boots only	--	\$13 (\$11)	\$24 (\$20)	\$11 (\$9)
Skis only	--	\$13 (\$11)	\$24 (\$20)	\$11 (\$9)
Cross Country (Nordic) NNN BC pkg.	\$8 (\$6)	\$12 (\$10)	\$20 (\$18)	\$9 (\$8)
Boots only	--	\$6 (\$5)	\$11 (\$9)	\$5 (\$4)
Skis only	--	\$6 (\$5)	\$11 (\$9)	\$5 (\$4)
Ski Poles (Alpine or Nordic)	--	\$2 (\$1)	\$3 (\$2)	\$1 (\$1)
Gaiters	--	\$3 (\$2)	\$5 (\$3)	\$2 (\$1)
Climbing skins	--	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)



Outdoor Equipment Rental

Biking Equipment	Half Day same day return	One Day	Two Days / One Night	Per Day Extra Days
K2 Mountain Bikes	\$13 (\$11)	\$20 (\$19)	\$38 (\$34)	\$18 (\$16)
Helmets	\$1.50 (\$1)	\$1.50 (\$1)	--	--

Boating Equipment	One Day	Two Days / One Night	Per Day Extra Days
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CANOES:

Royalox w/ 3 paddles & 2 life jackets	\$28 (\$26)	\$54 (\$50)	\$25 (\$22)
Canoe carry system	\$5 (\$4)	\$9 (\$8)	\$4 (\$3)

AIRE INFLATABLE KAYAKS:

1-person inflatable kayak w/ life jacket, paddle, helmet & pump	\$22 (\$19)	\$42 (\$36)	\$19 (\$17)
2-person inflatable kayak w/ 2 life jackets, 2 helmets, 2 paddles & pump	\$30 (\$27)	\$56 (\$50)	\$22 (\$18)

RAFTS:

12' self bailer PADDLE OUTFIT Includes 6 paddles, 6 life jackets & pump	\$52 (\$45)	\$97 (\$84)	\$46 (\$40)
12' self bailer ROWING OUTFIT DAY PKG. Includes frame, oars, cooler, pump & 5 life jackets	\$70 (\$67)	\$130 (\$125)	\$60 (\$55)
14' self bailer PADDLE OUTFIT Includes 8 paddles, 8 life jackets & pump	\$62 (\$53)	\$115 (\$97)	\$53 (\$45)
14' self bailer ROWING OUTFIT OVERNITE PKG. Includes frame, oars, cooler, pump, 2 dry boxes & 5 life jackets	\$82 (\$72)	\$155 (\$140)	\$74 (\$65)
Type III life jacket for canoe or kayak	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
Type IV life jacket for rafting	\$6 (\$5)	\$11(\$9)	\$5 (\$4)
Paddle for canoes or rafts	\$3 (\$2)	\$5 (\$4)	\$2 (\$1)
Guide paddle for rafting	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
Boating helmet	\$3 (\$2)	\$6 (\$4)	\$2 (\$1)
Wetsuit (Farmer John)	\$9 (\$8)	\$17 (\$15)	\$8 (\$7)
Paddle jacket	\$7 (\$6)	\$13 (\$11)	\$5 (\$4)
Wetsuit booties	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
Wetsuit, paddle jacket & booties	\$19 (\$16)	\$36 (\$30)	\$15 (\$12)
Cooler 92 qt.	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
Dry box	\$9 (\$8)	\$16 (\$14)	\$7 (\$6)
Pump (big barrel/high volume)	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
Dry bag (Large)	\$8 (\$7)	\$15 (\$12)	\$7 (\$5)

(\$) Campus Recreation Member Price, Griz Card must be valid.

Outdoor Skill classes are open to the general public as well as the University Community. Register for classes in the Outdoor Program, located in the East entrance of the Fitness and Recreation Center, behind Washington Grizzly Stadium. Classes have limited space sign up early.

OUTDOOR RECREATION SKILLS

Fly Fishing Class \$52.00

Thursdays, Sept. 11, 18, 25, 27, Oct. 2, 5 in JRH 202 from 6:00-8:00pm. Sept. 27 and Oct. 5 in the field. This class will be taught by George Kesel, fly fish extraordinaire and owner of Four Rivers Fly shop. Includes four class days and two field days. Register by Sept. 8.

Outdoor Cooking Class \$15.00

Oct. 1 from 5:00pm-8:00pm in Outdoor Program. There is no reason why you should not eat delicious meals while spending time outdoors. Includes instruction & menu. Register by Sept. 29

Leave No Trace Trainers Course Overnight \$45.00

Oct. 11 & 12. Pre-class meeting Oct. 9 at 5:00pm. The focus of this course is to better understand land ethics or ways to teach others how to travel in the back-country. Includes transportation, guides, LNT materials & certificate. Register by Oct. 8.

Climbing Wall

Belay Clinic \$15.00

Every Tues, Sept. through Oct. from 5:00-7:00pm. This class does not certify you to belay, but teaches the fundamentals necessary for certifications. Includes instruction and gear.

Women's Night At The Wall \$5.00

Every Wed, Sept. through Oct. from 7:00pm-9:00pm. Women only, all levels welcome. Includes rentals and personalized instruction.

Basic Climbing Anchors Class \$45.00

Oct. 4 from 8:00am-5:00pm. This class is an introduction to the fundamentals of anchor building. Includes instruction, individualized coaching and gear. Register by Oct. 1

Advanced Climbing Anchors Class \$45.00

Oct. 25 from at 8:00am-5:00pm. This class will focus on more advanced anchors and gear placement. Includes instruction, individualized coaching & gear. Register by Oct. 22.

Leading and Beyond Climbing Class \$25.00

Nov. 18 & 20 from 5:00pm-8:00pm. This is a two day class teaching how to lead climb. Includes instruction, individualized coaching & gear. Register by Nov. 14.

Climbing Self Rescue Clinic \$50.00

Nov. 22 From 9:00am-2:00pm. Includes instruction, individualized coaching & gear. Register by Nov. 18



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Presentations & Events

High adventure presentations are a series of lectures, events, presentations, and clinics sponsored by the University of Montana Outdoor Program. Presentations and events are open to General Public as well as the University Community.

Willie Weir - "Colombia and Venezuela: Biking Beyond the Headlines" - Free Thursday, September 25, 7:00pm, Urey Lecture Hall

Weir explored the back roads of Colombia and Venezuela on his bike for three months; you'll be surprised at what he encountered. Come for a guaranteed entertaining evening with this former actor, award winning travel writer, Adventure Cycle columnist and NPR radio host. Weir always takes you on a journey beyond the guidebooks.

Sender Films presents: "The Sharp End - Reel Rock Film Tour" - \$7.00 in advance, \$9.00 at the door. Thurs., October 2, 7:00 pm, Urey Lecture Hall. THE SHARP END follows climbers like Tommy Caldwell, Steph Davis, Matt Segal, Lisa Rands and Ammon McNeely into the danger zone. Includes film shorts "The Aerialist", "Dosage: South Africa", "On Sight" and "Grand Canyon Walls". Tickets available beginning August 25 at the Outdoor Program.

Steve Porcella presents: "To mine or not to mine: Lost Horse Canyon" - Free Thursday, October 9, 7:00 pm, McGill 210

Steve Porcella, coauthor of CA 14ers and a longtime local Bitterroot climbing pioneer, will present photos and information on climbing in Lost Horse Canyon. Mired in controversy and conflict between those who want the canyon for recreation-only and the Forest Service who wants to extract rip-rap and road rock, Steve will give an overview, and where things stand at the moment. Photo intensive it promises to be fun and enlightening for all who care about Montana's world class outdoor recreation.

Teton Gravity Research presents: "Under the Influence" - \$8 advance, \$10 at the door. Thursday, October 23, 7:00 pm Urey Lecture Hall

This film follows the exploits of today's top riders as they traverse the globe in search of the unique terrain and conditions that emerged from one of the deepest winters in recorded history. *Tickets available beginning September 23 at the Outdoor Program & The Trailhead.*

Mandela van Eeden presents: "Crawling under Asia" - Free Thursday, November 6, 7:00 pm, McGill 210

"Mandela van Eeden, travel writer and host of Montana's only travel talk show, "The Mandela Experience," will take you into the Asian underground world of black markets to war tunnels. Get lost in the tunnels of Cú Chi, an immense network of connecting underground tunnels in Southern Vietnam. Learn the truth behind heritage theft in Asia, and what happens above and below the black markets of Asia."

The 2008 Banff Festival of Mountain Films World Tour - \$11 advance, \$13 at the door. Sun, Nov. 16 at 6:00 pm in the University Theater.

See the award winners from the prestigious Banff Festival of Mountain Films in Alberta. These films are brought to you by the UM Outdoor Program and The Trail Head. *Tickets available beginning October 16 at Griz-Tix outlets and the Trailhead.*



Outdoor Trips

Trips are open to Students, Faculty, and Staff of the University of Montana. Register for trips in the Outdoor Program, located on the east entrance of the Fitness and Recreation Center next to Washington Grizzly Stadium. Trip Space is limited sign up early.

Alberton Gorge Raft Trips August 23, 24 and September 1 \$58.00
Whitewater rafting on the Alberton Gorge of the Clark Fork river. Class III rapids in paddle boats, so be prepared to be active. Price includes guides, transportation, lunch and equipment.

Bass Creek - Kootenai Creek Backpacking August 29 - September 1 \$75.00
A 22 mile loop trip, camping at beautiful high mountain lakes over Labor Day weekend. Price includes transportation, guides. Pre-trip meeting August 27 at 5:00pm. Register by August 27.

Central Montana Rock Climbing Trip August 29 - September 1 \$115.00
A 3 full days of rock climbing granite and limestone near Helena, Montana. All levels welcome. Price includes transportation, and guides. Pre-trip meeting August 28 at 5:00pm. Register by August 27.

Lolo Peak Backpacking Trip September 13-14 \$58.00
A beautiful hike, camping at Carlton Lake with the opportunity to summit Lolo Peak. Price includes transportation and guides. Pre-trip meeting September 10 at 5:00pm. Register by September 9.

Day Hike to Cha -PA -Qnn Peak October 18 \$25.00
Enjoy an easy 8-mile round trip hike to a beautiful alpine summit west of Missoula. Price includes transportation and guides. Register by October 15.

Beginner X-Country Ski Trip Saturday, December 6 \$25.00
This trip is designed for folks with no experience or XC skiers who desire to improve their skills. Includes instruction and transportation. Pre-trip meeting December 3 at 5:00pm. Register by December 1.

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Outdoor Gear

Used Outdoor Gear Sale Wednesday, October 15 12:00 pm - 5:00 pm in the University Center

An outdoor gear sale, open to the General Public and University Community. Want to sell your old gear? Bring it to the Sale between 7:00am - 11:00am. The UM Outdoor Program collects 15% of the sale price. Pickup unsold gear between 5:00pm-7:00pm

Dorm Rental Pass - \$40.00

Available for purchase beginning August 25 at the Outdoor Program. Good for one free, one day rental each weekend of the semester. This excludes raft and inflatable kayaks, but includes every other item on the rental pricing sheet. Must show valid Griz Card and your dorm key

Ski & Bike Maintenance Shop - \$3.00 for first 1/2 hour \$5.00 for an hour.

Open during regular Outdoor Program Hours (See Hours page 1). Come use our "Do it Yourself" ski and bike shop to tune your skies and bike up for the season. Purchase supplies as needed. Wax \$2 per block, P-tex \$1 per stick, bike tube \$4 and much more. Includes use of all Ski and Bike Maintenance Tools and work bench.