



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
Climbing Wall	(406) 243-2840
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



The University of
Montana

Spring 2009



Campus Recreation

The University of Montana

SPRING 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	8:00am - 6:00pm 8:00am - 2:00pm
Climbing Wall	Roped climbing M/W/F/S/S Roped climbing T/Th Bouldering during FRC Hours	3:00pm - FRC closing 12:00pm - FRC closing
Golf Course	Open Dawn to Dusk (Seasonal).	
Grizzly Pool	See page 13 or Pool brochure for hours.	

UNIVERSITY GOLF COURSE

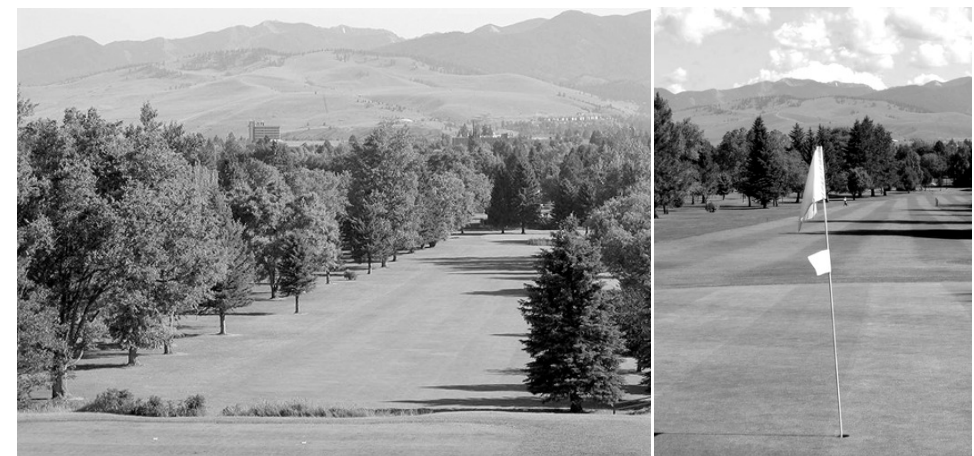
A community treasure, nestled against Mount Sentinel, the course offers challenging golf in a spectacular setting. Originally known as the Missoula Country Club, The University of Montana Golf Course is the oldest course in the city, established in 1924.

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.



FITNESS & RECREATION CENTER

Locker Rentals

Small Lockers (FRC & Schreiber)
\$8.00 for Spring Semester
\$16.00 Annual (Spring & Summer)

Large Lockers (Schreiber Gym Only)
\$12.00 for Spring Semester
\$24.00 Annual (Spring & Summer)

Renewal for Summer begins April 20

Spring Clean-out will be May 16

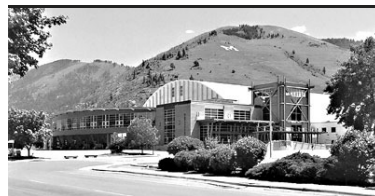
Day Use Lockers - FREE

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

Towel Service

\$7.00 Spring Semester
January 1 to May 31, 2009

\$14.00 Annual
Spring & Summer Semesters
January 1 to August 31, 2009



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

GRIZZLY POOL

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
(6:15) * 7:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
8:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
9:00am	HHP class	Masters	HHP class	Masters	HHP class		
10:00am	Lap Swim	HHP Class	Lap Swim	HHP Class	Lap swim		10:30 am 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
3:30pm	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/ Water polo	Rec Swim	Kayaking/ Intramural	Rec Swim		Open Kayak
9-10:00pm	UM Triathlon	Kayaking/ Water polo	UM Triathlon	Kayaking/ Intramural			Open Kayak (ends 9:30)

Schedule subject to change, for an up-to-date schedule please contact the Grizzly Pool (406) 243-2763.
* 6:15 Lap swim time will resume on Mon, Feb 16th—until that time lap swim starts at 7:00 am

Public Recreational Swims (Rec Swim): Swimming and diving areas are open to public. Children under 8 require adult supervision. Children under 12 must have a parent sign them in at the front desk, if staying alone.

Fitness Lap Swims: Organized lap swim for adults 18 years and older. Slow, medium and fast lanes. Pull buoys, kickboards and fins available.

Sauna & Weight Room: The sauna and weight room are available when the pool is open for public recreation swims and lap swims. General admission fees/policies apply. The sauna is limited to patrons 16 years and older, recommended time limit of 20 minutes. No one under 17 yrs. old is allowed in the weight room. Shoes and shirts must be worn in the weight room at all times.

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. Members must sign up and commit to at least one semester. Month to month memberships are NOT available. **For more membership information please call (406) 243-2802.**

UM 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.

UM 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.

UM Retirees - \$10.00 per month. Must be a retired employee of the University of Montana

Associate Memberships:

In regards to Campus Recreation, UM Associates are Affiliate Users or Griz Visitors (see University policy on Affiliates and Griz Visitors) who have been approved to pay for a Campus Recreation Membership. Not all Associates are eligible for a membership and approval must be granted by the appropriate office. UM Associate approval is determined by the relationship the applicant's organization or department has with The University of Montana. Associate approval must be completed and processed before a Griz Card can be obtained and/or activated. An active UM Griz Card must be presented when paying for a Campus Recreation Membership. Associate status expires on September 30 of every year and must be renewed yearly.

***Dependents of UM Employee (\$23 per month) and *Dependents of UM Retirees (\$10 per month) –** *Dependents of UM Employees and Retirees can sign up for a Campus Recreation Membership. Associate application form must be submitted to the office of Human Resource Services, Emma B. Lommasson Center, Room 252. Please see Dependent definitions below.

***Dependents of UM Students (\$23 per month) –** *Dependents of UM Students can sign up for a Campus Recreation Membership. Associate application form must be submitted to the Office of Registrar, Emma B. Lommasson Center, Room 201. Please see Dependent definitions below.

UM Alumni (\$48 per month) – Alumni must be a former student of The University of Montana, who has completed at least 12 credit hours, and paid the Alumni Association Dues (paid annually or life memberships). Spouses and dependents of Alumni are not eligible for a Campus Recreation Membership. Associate application form must be filled out and approved by the Alumni Association in order to obtain and/or activate a Griz Card. An active Griz Card must be presented in order to purchase an Alumni Membership.

UM Campus Affiliates and *Dependents (\$23 per month) - Campus Affiliates are associated with an external organization that works closely with the University. *Dependents of Campus Affiliates are eligible for a Campus Recreation Membership. An associate application form for both Campus Affiliates and their *Dependents must be signed by the affiliate's organization and submitted to the Office of the Vice President of Administration and Finance, University Hall, Room 129. Not all departments and organizations are eligible for a Campus Recreation Membership.

UM Faculty Affiliates and *Dependents (\$23 per month) - Faculty Affiliates are associated with an academic department or organization of The University of Montana for the purposes of teaching or academic oversight. *Dependents of Faculty Affiliates are eligible for a Campus Recreation Membership. An associate application form for both Faculty Affiliates and their *Dependents must be signed by the affiliate's department and submitted to the Office of the Provost and Vice President of Academic Affairs, University Hall, Room 126. Not all departments and organizations are eligible for a Campus Recreation Membership.

***Dependents are spouses and children of UM Employees, Students, Campus and Faculty Affiliates.** *Children must be between the ages of 5 and 18. Dependent memberships cannot be sold to anyone under age 5 or over the age 18. For ages 5 to 14, a parent or guardian must be a member and dependent member must be under constant parental supervision. For ages 15 to 18, a parent or guardian does not need to be a member in order to purchase Campus Recreation Membership.*

In determining eligibility for a Campus Recreation Membership, a Spouse shall be defined as a person currently and legally married to UM Sponsor or a Domestic Partner, regardless of gender, who resides with the UM sponsor and shares expenses and responsibilities in a relationship of at least six months.

INTRAMURALS

Tournaments & Special Events Entry Forms / Rosters Due

3 Point & Free Throw Contest - Men's & Women's	Day of 5:00 to 5:30 PM
Badminton Tournament - Mixed Doubles	Day of 5:30 to 6:00 PM
Kim Williams 5K Run - Various Age Groups	Mon, April 13 7:00 PM
Spring Fling Golf Tournament - 2 person Scramble: Men, Women or Mixed	Thurs, April 30 7:00 PM

Sport League Information Rosters Due

Squash & Racquetball League - Men's & Women's	Tues, February 10 7:00 PM
4 on 4 Flag Football League - CoRec & Men's <i>New this Semester!</i>	Tues, February 17 7:00 PM

Anyone looking to get on a Ultimate, Soccer, Softball, or Tennis Team?

Ultimate Frisbee League- CoRec	Tues, March 17 7:00 PM
Soccer League - CoRec A&B, Men's & Women's	Tues, March 17 7:00 PM
Softball League - CoRec A&B, Men's & Women's	Tues, March 17 7:00 PM
Tennis League - CoRec	Tues, March 17 7:00 PM



Looking to get on an Intramural Team?

Check out our Free Agent Round-up. A Meeting will be held on **Tues, March 17 at 6:00pm** in the Fitness and Recreation Center to gather free agents for **Ultimate, Soccer, Softball and Tennis Leagues.** We will try to create teams at these meeting.

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

Outdoor Program Hours (hours subject to change)

Monday - Friday..... 8:00am - 6:00pm
Saturday, Sunday & Holiday..... 8:00am - 2:00pm

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	--	\$19 (\$17)	\$9 (\$8)
Tent: Sierra Designs 4 person/3 season	--	\$21 (\$19)	\$9 (\$8)
Tent: Sierra Designs 2-3 person/4 season winter tent	--	\$23 (\$21)	\$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)

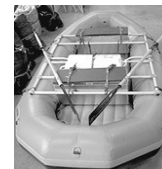
Climbing Equipment

	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	--	\$20 (\$17)	\$38 (\$32)	\$18 (\$15)
Boots only	--	\$13 (\$11)	\$24 (\$20)	\$11 (\$9)
Skis only	--	\$13 (\$11)	\$24 (\$20)	\$11 (\$9)
Cross Country (Nordic) NNN BC pkg.	\$8 (\$6)	\$11 (\$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
Mountain Bikes	\$13 (\$11)	\$20 (\$19)	\$38 (\$34)	\$18 (\$16)
Helmets	\$1.50 (\$1)	\$1.50 (\$1)	--	--

Boating Equipment

CANOE:

	One Day	Two Days / One Night	Per Day Extra Days
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:

	One Day	Two Days / One Night	Per Day Extra Days
1-person inflatable kayak w/ life jacket, paddle, helmet & pump	\$25 (\$21)	\$45 (\$38)	\$22 (\$18)
2-person inflatable kayak w/ 2 life jackets, 2 helmets, 2 paddles & pump	\$30 (\$27)	\$58 (\$52)	\$25 (\$22)

RAFTS:

12' self bailer PADDLE OUTFIT Includes 6 paddles, 6 life jackets & pump	\$62 (\$55)	\$120 (\$100)	\$57 (\$48)
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12' self bailer ROWING OUTFIT DAY PKG. Includes frame, oars, cooler, pump & 5 life jackets	\$82 (\$75)	\$160 (\$145)	\$75 (\$68)
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14' self bailer PADDLE OUTFIT Includes 8 paddles, 8 life jackets & pump	\$72 (\$65)	\$135 (\$120)	\$60 (\$50)
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14' self bailer ROWING OUTFIT OVERNITE PKG. Includes frame, oars, cooler, pump, 2 dry boxes & 5 life jackets	\$100 (\$85)	\$180 (\$160)	\$82 (\$75)
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Type III life jacket for canoe or kayak	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
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Type IV life jacket for rafting	\$6 (\$5)	\$11 (\$9)	\$5 (\$4)
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Paddle for canoes or rafts	\$3 (\$2)	\$5 (\$4)	\$2 (\$1)
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Guide paddle for rafting	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
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Boating helmet	\$3 (\$2)	\$6 (\$4)	\$2 (\$1)
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Wetsuit (Farmer John)	\$9 (\$8)	\$17 (\$15)	\$8 (\$7)
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Paddle jacket	\$7 (\$6)	\$13 (\$11)	\$5 (\$4)
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Wetsuit booties	\$4 (\$3)	\$7 (\$5)	\$3 (\$2)
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Wetsuit, paddle jacket & booties	\$19 (\$16)	\$36 (\$30)	\$15 (\$12)
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Cooler 92 qt.	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
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Dry box	\$9 (\$8)	\$16 (\$14)	\$7 (\$6)
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Pump (big barrel/high volume)	\$5 (\$4)	\$9 (\$7)	\$4 (\$3)
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Dry bag (Large)	\$8 (\$7)	\$15 (\$12)	\$7 (\$5)
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(\$) Campus Recreation Member Price, Griz Card must be valid.

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

Play Begins

Entry Fee

Tues, February 10, 5:30pm

Free

Wed, February 11, 6:00pm

Free

Thur, April 23, 6:00pm

\$12 Early Registration. \$15 Late Registration

Fri, May 1 2:00pm

\$15 per person Includes Green Fees & BBQ

Manager Meeting

Play Begins

Entry Fee

Thur, February 12 6:00pm

Week of February 16

\$10 Refundable Forfeit Fee

Wed, February 18 6:00pm

Sunday February 22
All games are played on Sundays

\$30 Refundable Forfeit Fee
\$20 Non-Refundable Team Fee

Free Agent Roundup on Tues, March 17 at 6:00 pm. We will try to create teams at this meeting.

Wed, March 18 6:00pm

Monday after Spring Break April 6

\$30 Refundable Forfeit Fee

Wed, March 18 6:30pm

Monday after Spring Break April 6

\$30 Refundable Forfeit Fee

Wed, March 18 7:30pm

Monday after Spring Break April 6

\$30 Refundable Forfeit Fee

Wed, March 18 7:00pm

Monday after Spring Break April 6

\$30 Refundable Forfeit Fee



UM
Intramurals
PLAY LOUD

FITNESS PROGRAMS

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

Personal Training

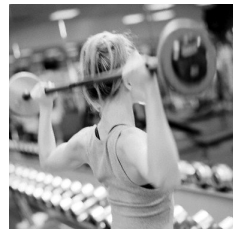
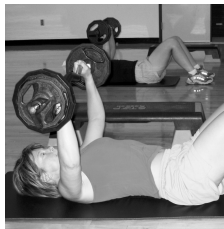
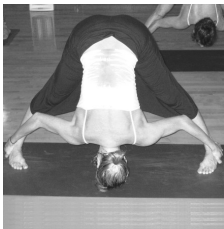
Personal trainers are available for anyone who is interested in individual instruction and motivation. Trainers will design a personalized fitness routine and guide the client through workouts. Training sessions may be private or semi-private. Each session is one hour in length. Contact Sonja at 243-2833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

Individual:

1 session = \$30
2 sessions = \$60
4 sessions = \$100

1 on 2 (train with a friend):

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



Training Talk

Free Fitness workshops presented by Campus Recreation personal trainers.

Muscle Release Techniques - February 10 at 5:30pm in FRC multi-purpose room #2

Using foam rollers and tennis balls, Sonja Tysk will demonstrate techniques to release muscle tightness and tension, thereby relieving pain and restoring motion for improved posture and a stronger body.

How to Achieve Greater Strength & Mass - The Natural Way!

March 3 at 5:30pm in the Conference Room

Is your strength training regime producing the results you want? Do you really know what's in your supplements? Join Ian Lewis in a discussion that will debunk myths about supplements, inefficient body building techniques, and give you tips on designing your strength training program - the natural way!

Using CrossFit to Amp Up Your Current Workout

March 17 at 5:30pm in the Conference Room

Join Kelly Smith, CrossFit coach, as she explains the importance of functional movements over isolation of muscles, as well as the benefits of highly intensive activities. You will learn how to design your workouts based on constantly varying functional movements executed at high intensities.

Train Your Way to Complete the Missoula Marathon

April 7 at 5:30pm in the Conference Room

Join Linsey Corbin for an informational talk covering the basics of training for the Missoula Marathon which takes place on July 12, 2009. Topics will include hydration & nutrition, pacing, training over-view, and tips for success.

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.

Red Mountain, BC Ski & Snowboard February 13-16 \$440

This trip goes to Rossland, British Columbia in the Canadian Rockies. The resort is called Red Mountain and is amazing! The skiing is unreal and the town is still a quaint Canadian town. Come sign up before it is full. Participants must have a passport. Price includes lift tickets (3 days), transportation & lodging. Pre-trip meeting February 11 at 5pm. Register by February 9.

Fernie, BC Ski & Snowboard February 20-22 \$321

B. C. Fernie is a big mountain with big terrain. Lots of lifts and three huge bowls. Participants must have a passport. Price includes lift tickets (2 days), transportation & lodging. Pre-trip meeting February 18 at 5pm. Register by February 12.

Capitol Reef, Utah Backpacking Trip Spring Break, March 28- April 4 \$355

Spring Break!! You cannot find a better way to spend your vacation than in the beautiful desert of Capitol Reef National Park. Spend a week backpacking through a remote area in the Utah desert, it is one of the least utilized national parks. You will navigate your way through narrow slot canyons and high desert walls. It is a trip you will never forget. Price includes transportation, park fees, and leaders. Pre-trip meeting March 25 at 5pm. Register by March 20.

Moab, Utah, Mountain Bike Trip Spring Break, March 28- April 4 \$355

A great opportunity for bike riders with some experience to visit the mountain bike Mecca of North America. There are a number of trails to choose from ranging in difficulties. In addition to mountain biking, participants can visit Arches National Park and experience camping in the unique desert environment of southern Utah. Price includes leaders, transportation, park fees, and instruction. Pre-trip meeting March 20 at 5pm. Register by March 20.

Huaraz, PERU, Mountaineering and Trekking in the Andes Jul. 27-Aug. 10 \$1,500

Free promotional Q&A slide show at the ODP: February 10 at 6pm

An opportunity to head to Huaraz, Peru - a climbing mecca nestled in the Cordillera Blanca of the Andes mountains. This will be a trip of a lifetime and will focus on the Andean culture., trekking, and mountaineering with people with little or no experience. Need to be in good physical condition. Price includes guides, food, gear and instruction. A \$200 deposit is due by April 13.

OUTDOOR GEAR

Used Outdoor Gear Sale

Tuesday, April 14 from 12pm - 5pm, 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 7am - 11am. The UM Outdoor Program collects 15% of the sale price. Pickup unsold gear between 5pm - 7pm.

Dorm Rental Pass - \$40.00 Available for purchase beginning January 26th 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 every 1/2 hour

Open during regular Outdoor Program Hours (Break 8am - 2pm). Come use our "Do it Yourself" ski and bike shop to tune your skis and bike up for the season. Purchase supplies as needed. Wax \$2 per block, P-tex \$2 per stick, bike tube \$4 and much more. Includes use of all Ski and Bike Maintenance Tools and work bench.

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.

Avalanche Safety for Winter Backcountry Travelers

Lectures: February 3rd & 4th 7pm at the North Urey Lecture Hall

Snowmobile Field, Session: February 7. Skiers/Boarders Field, Session: February 8 at MT Snowbowl.

A Telemark Ski Film: The Pact - Free

Thursday, February 5 at 7pm, North Urey Lecture Hall

Come see some of the best backcountry powder skiing in the world - Alaska, Oregon (Mt. Hood!), Utah, British Columbia, and Japan are all featured in this new release by the makers of PW 05-07 films. Enter the world of early mornings, broken trails, frostbite, sunrises, sore knees, close calls, and countless face shots. Join the Outdoor Program for this exhilarating film! See the trailer at www.powderwhore.com.

Keith Bosak presents: "Nanda Devi: Adventure and ecotourism around India's sacred mountain" - Free Thursday, February 12 at 7pm, McGill 210

This presentation chronicles the many adventures that have taken place on and around Nanda Devi, the highest (25,643ft) and holiest peak in India and a United Nations Biosphere Reserve. From the adventures of Shipton and Tilman to the tragic 1976 expedition of Willi Unsoeld and the clandestine activities of the CIA in trying to plant a nuclear-powered listening device on the mountain to recent expeditions and the emergence of community-owned ecotourism in the region, we will explore the exciting history and many adventures that await visitors to Nanda Devi, the bliss-giving goddess of the Himalaya.

Radical Reels Tour presents: "Faster, Steeper, Higher, Deeper!"

Sunday, March 1st, 6pm, University Theater \$9 in advance, \$11 day of show

Tickets on Sale at all Griz-Tix outlets (griztix.com), and the Outdoor Program beginning February 2. The Radical Reels Film Tour complements the established Banff Mountain Film Festival World Tour. The Radical Reels presentation's focus is dynamic, high-adrenaline films featuring sports such as skiing, climbing, kayaking, BASE jumping, snowboarding, and mountain biking. Films shown with Radical Reels do not tour with the Banff World Tour. Price includes admission into film and raffle.

Seasons: A Mountain Bike Film by the Collective - Free

Thursday, March 5 at 7pm, Urey Lecture Hall

Seasons is a film that follows 7 of the world's top mountain bikers through the course of 4 seasons of one year. The film explores what it means to be a full time rider as told through the lives of downhill racers, slope style competitors, and big mountain free riders.

Mandela van Eeden presents: "Yangtze River Dam the Walls of China" - Free

Thursday, March 12 at 7pm, McGill 210

Mandela van Eeden, traveler, writer and host of MT's only travel talk show, "The Mandela Experience," will take you on a trek of the Great Wall of China from rebuilt to crumbling sections disappearing into the Gobi Desert. Ride a Mongolian pony through the Great Wall and into inner Mongolia. From a glacier in the eastern part of the Tibetan plateau to the metropolis of Shanghai, float the longest river in Asia: The Yangtze. Learn about the "Chinese Hell" and villages in the region which are now underwater due to the largest hydro-electric power station in the world: The Three Gorges Dam.

Gear for the Garhwal: A Mountain to Mountain Community Service. March 12th - April 30th 2009 at the University of Montana Outdoor Program, Trailhead, Pipestone Mountaineering and REI.

The Nature-Link Institute based in Missoula, Montana is conducting an international community service called Gear for the Garhwal. The Gear for the Garhwal is a mountain/outdoor gear drive, which is based on 100% donated goods dedicated exclusively to the Mountain Shepherds organization located in the high Himalaya of Northern India.

Visit the Outdoor Program for more details.

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Yoga Workshops

GET HIP - Lower Back Care in Yoga - \$45

Saturday, March 7 from 10:00am-1:30pm. Presented by Master Yoga Teacher Nancy Ruby, founder of YogaMotion. Keeping undue pressure off your lower back can help avoid lower back pain and injury. Students will gain a deeper understanding of the inner workings of their own hips with an emphasis on functional alignment for the pelvis and legs. Visit yogamotion.com.

Free Information Session on YogaMotion Teacher Training and 200-hour Certification:

Saturday, March 7 from 2:00-3:00pm. Whether your intention is for personal growth or professional opportunity, our state-of-the-art YogaMotion training offers you an experience that lasts a lifetime. This one hour information session will explain how you can benefit from YogaMotion's curriculum. Visit yogamotion.com.

On Going Fitness Programs

Group Fitness Classes - Free January 26-31. See monthly fitness calendar for current classes.

Weight Management - \$25 (includes nutritious snacks)

Thursdays, February 19 - April 16, 5:30pm-7:00pm in Curry Health Center Room #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. Sign-up at the FRC front desk.

Running Smart - Wednesday, April 15 at 5:30pm in FRC Conference Room, 2nd Floor

Presented by Brenda Mahlum, PT from UM Sports and Orthopedic Physical Therapy Clinic.

This lecture will provide an overview of common running injuries and how to recognize and prevent the onset of overuse injuries. Also, a brief discussion on proper running shoe selection.

Free 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

For individuals who want 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. Sign-up at FRC front desk.

Complete Fitness Assessment - \$19

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.

Nutrition Consultations - \$5

1st Tues. of Feb, Mar, & April from 12:00-12:30pm & 5:00-5:30pm, FRC Conference Room 207

15-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. Begins February 3.

Physical Therapy Consultations - \$10

Thursdays 4:30-5:30pm Aches and pains bringing you down? Mini consultations with a physical therapist from the UM PT Clinic. \$10 for a 20-minute consultation, no physician referral required. Sign-up at the FRC front desk. Begins February 5.

Body Composition Measure - \$5

Skin-fold technique used to measure individual's percent body fat. Sign-up at FRC front desk.



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OUTDOOR SKILL CLASSES

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.

Winter Sports

Beginner XC skiing \$25

Session 1: February 1, PTM– January 28 at 6pm. Register by January 26

Session 2: February 21, PTM– February 19 at 5pm. Register by Feb 17 (Session 2)

Session 3: February 28, PTM–February 25 at 5pm. Register by February 24 (Session 3)

Session 4: March 7, PTM– March 4 at 5 pm. Register by March 3 (Session 4)

Class is designed for folks with no experience or XC skiers who desire to improve their skills. Price includes instruction, rentals & transportation.

Snowshoeing & Track ID \$25

Session 1: January 31, PTM– January 28 at 5pm. Register by January 26 (Session 1)

Session 2: February 7, PTM– February 4 at 5pm. Register by February 2 (Session 2)

An easy way to get out, shape up and brighten up winter. The group will spend time snowshoeing with Lee Metzger, retired wildlife biology professor. Lee acts as an interpretive naturalist for many Outdoor Program trips. Includes instruction, gear & transportation.

Avalanche Transceiver Clinic \$15

January 27 & 29 from 5-8pm. Getting into backcountry skiing or snowboarding or just need a refresher? Whether you are new to using a transceiver or simply wanting to refresh your skills, this hands on clinic will not only help you understand how your beacon works, but it will provide you with valuable skills that will help to keep you safe in the backcountry. Class includes instruction and transceiver (if needed). Register by January 26.

Ski and Snowboard Maintenance Class \$5

February 11 at 6pm. A one hour class on demonstrating and teaching people how to wax their boards and sharpen their edges. Class includes instruction, ski bench time, a bar of wax and a stick of p-tex. Register by February 9.

Outdoor Recreation Skills

Basic Mountaineering Class \$50

March 7, PTM–March 5 at 5pm. This will be an introduction to mountaineering. Learn about trip planning, gear, anchors, rope travel, how to self arrest, self belay, and how to safely travel in the mountains. Class includes instruction, gear, and transportation. Register by March 3.

Fly Fishing Class \$52

Thursdays, April 9, 16, 23, 30 in JRH 204 from 6:00 - 8:00pm. **April 25 & May 2** in the field. This class will be taught by George Kessel, fly fish extraordinaire and owner of Four Rivers Fly Shop. Includes four class days and two field days. Register by April 7.

Bike Maintenance Class \$49

April. 14, 16, 21 & 23 from 6-8pm @ ODP bench. This is a hands on introduction to bicycle maintenance and mechanics. Students will be able to fine tune their derailleurs, brakes, bearings, and learn the art of wheel truing. Class includes instruction, bench and tools. Register by April. 13.

Outdoor Cooking Class \$10

April 16 from 5-8pm. There is not reason why you should not eat delicious meals while spending time outdoors. Includes instruction, coaching, and you will leave with dinner! Register by April 14.

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.

On the Water

Whitewater Rescue 3 Technician Course \$295

April 18 (9:00am - 7:00pm) and 19 (9:00am - 5:00pm) This course is the whitewater industry standard and is regularly taught to novice and experienced recreational paddlers, professional rescue personnel and river guides. WRT is an intensive 20 hours class with one half days developing and practicing skills on the river. Class includes equipment, instruction, text and materials. Register by April 10.

Play Boating Workshop - Half Day \$30

Session 1: May 1st from 1pm- 4pm. Register by April 28

Session 2: May 8 from 1pm - 4pm. Register by May 6

This class is designed for people who want some introduction or coaching with their play boating. Must have prior kayaking experience. Class includes instruction, transportation and equipment.

Kayak Roll Clinic \$65

April 30, May 5 & 7 from 8:30-10:30 pm in the Griz Pool. This is a class that will teach and/or focus on the roll alone with kayaking. Many people have taken a kayak class or gone kayaking, but still do not have their "Eskimo Roll" perfected. This class is focused primarily on the roll, not on strokes, etc. Class includes gear and instruction. Register by April 28.

Fundamentals of Whitewater Kayaking \$155

March 5, 10, 12 from 8:30-10:30 pm in the Griz Pool, and **Mar 17, 19 & 22** in the field (dependent on field conditions) Register by March 3 (Session 1)

or **April 14, 16 & 21 from 8:30-10:30pm** in the Griz Pool, and **April 23 & 28 from 5-8pm** in the field, and **May 3** (all day) in the field. Register by April 10. (Session 2)

This is a fundamentals kayaking class with the opportunity to get on moving water. Class includes gear, instruction and pool.

Birding and Canoeing Overnight \$40

April 11-12, PTM– April 7 at 5pm. Participants will explore a scenic section of the Flathead River and examine diversity of its riverside habitats. This trip is suitable for all levels and the instructors can provide basic canoeing instruction or help more advanced paddlers improve their skills. In addition to the cost of the trip, participants must have a Flathead Indian Riverers Permit with Camping Stamp. Class includes canoes, transportation, and instruction. Register by April 6.

Intermediate Kayaking "Day Out"- Kayak Class \$30

Session 1: April 12, River TBA based on river flows. Register by April 9

Session 2: April 25, River TBA based on river flows. Register by April 22

This class is designed for people who have had an introduction to a kayaking class and are ready for the next step. Participants must have prior kayaking experience. Class includes instruction, transportation and equipment.

CLIMBING WALL

Belay Clinics \$15

Every Tues, through March 24 from 5:00pm - 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

Every Wed, through March 25 from 7:00pm - 9:00pm.

Women only, all levels welcome. Includes rentals and personalized instruction.



The UM Outdoor Program conducts activities under special permit with the US Forest Service, Montana Fish, Wildlife and Parks and the Bureau of Land Management. The UM Outdoor Program is partners 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.

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