





Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
5:15am	<div style="background-color: #f8d7da; padding: 10px; text-align: center;"> <h2>Lap Swim</h2> <p>*One swimmer Per Lane</p> </div>					*Pool Opens at 7am							
6:00am								Open Swim					
7:00am						<div style="background-color: #17a2b8; padding: 5px; text-align: center;"> Aquafit 7:45-8:30 </div>					Aquafit 8:00-8:55		
8:00am	Lap Swim		Lap Swim		Open Swim								
9:00am							Aquafit 8:45-9:30		Aquafit 8:45-9:30		Parent-Tot 9:00-9:30 <i>*Therapy Pool</i>		
10:00am	Open Swim					Kids Group Lessons 9:30-11:00 <i>*Main Pool</i>							
11:00am	<div style="background-color: #f8d7da; padding: 10px; text-align: center;"> <h2>Lap Swim</h2> <p>*One swimmer Per Lane</p> </div>					Open							
12:00pm								Open Swim		Open Swim		Open	
1:00pm													
2:00pm	Kids Group Lessons 4:00-5:30 <i>*Main Pool</i>		Kids Group Lessons 4:00-5:30 <i>*Main Pool</i>		Open								
3:00pm							Lap Swim *One Swimmer Per Lane		Lap Swim *One Swimmer Per Lane		Open		
4:00pm	Aquafit 5:30-6:15					Open							
5:00pm	Lap Swim *One Swimmer Per Lane							Open					
6:00pm	Open					Open							
7pm- Close	*Pool closes at 9:30 pm		*Pool closes at 9:30 pm		*Pool closes at 9:30 pm			*Pool closes at 9:30 pm					

-  -Adult Only Hours **M-F**(5:15am-9am, 11:30am-1:30pm) **M-Th**(5pm-7pm) ****One Swimmer Per Lane***
-  -Family Friendly Hours **M-Th**(9am-11:30am, 1:30pm-5pm, 7pm-Close) **F**(9am-11:30am, 1:30pm-Close)**Saturday and Sunday**(All Day) ****Social Distancing must be observed in all pools***
-  -Pool is open for the program use only (Closed for public use)
-  -Kids programming- **Main pool**: closed for open swim and will have limited lap swim, **Therapy**: open to programming only

Class Information

Group Fit- *The Ridge offers Aquafit, a water exercise class that is easy on the joints and a great workout*

Aquafit: A fun class that offers low impact alternatives to traditional land exercises, which are adapted for the pool. Designed for all levels of fitness, this class varies in intensity levels to increase endurance, power, and strength

Group Lessons- *Our lessons use skill progressions that ensure ongoing success and learn lifelong swimming skills*

Clamdiggers (M/W 4-4:30pm) (Sat 9-9:30am)

Clamdiggers is a beginner level class for participants aged 3 and up, who are new to the water or swim lessons. Class focus will be learning how to blow bubbles and do bobs, as well as comfort on both front and back floating positions.

Turtles (M/W 4-4:30pm) (Sat 9-9:30am)

Turtles is a class for children who have either passed the Clamdigger level, or have some experience in the water, and are comfortable with submerging their heads and doing basic floats. In Turtles, participants will begin working on moving themselves through the water using basic kicks, and learning to float using aids like kickboards and foam barbells

Starfish (M/W 4:30-5pm) (Sat 10-10:30am)

The Starfish level is for participants who are comfortable floating on both their back and their front independently, and have begun to move through the water using basic kicks. In Starfish, children will begin working on basic arm strokes on both the front and back, as well as floating unassisted.

Crocodiles (M/W 4:30-5pm) (Sat 10-10:30am)

The Crocodile level is for participants who are comfortable in the water and have demonstrated the skills to move themselves independently. In Crocodiles, participants will work on unassisted freestyle and backstroke, as well as learning beginner breathing techniques and learning how to perform self-rescue skills.

Surfers (M/W 5-5:30pm) (Sat 10:30-11am)

The Surfer Level is for participants who are able to demonstrate competent movement through the water using proper freestyle and backstroke strokes. In Surfers, children will begin learning proper freestyle breathing patterns, and the dolphin and breaststroke kicks. Children will also begin learning proper diving form from the side.

Barracudas (M/W 5-5:30pm) (Sat 10:30-11am)

The Barracuda Level is the highest group level offered by the Ridge, and is meant for participants who have shown good technique and form in both the freestyle and backstroke. In Barracudas, children will learn flip turns for the Freestyle, and butterfly and breaststroke progressions. At the end of Barracudas, children should be prepared for most aquatic situations, and have the option to advance with either a competitive team or the Ridge Aquatic Club.

Pool Information

Lap Pool

Classes: Aquafit, Group Lessons, Private Lessons, Summer Camp, Specialty Programs

Length: 20yds (~83 Lengths to swim a mile)

Depth: 2.5 feet-5 feet

Lap Swim Policy

During marked Lap Swim times, the Lanes will be reserved for Lap swimmers only unless otherwise marked. During Open Swim times the lane closest the wall will be reserved for lap swimmers, and the second lane will be for open swim unless otherwise marked. During busy times, lanes should be shared, and the Circle Swim directions on the wall should be followed.

****Private and Group swim lessons may occur during Open Swim and Lap Swim times.***

Therapy Pool

Classes: Aquafit, Private Lessons, Parent-Tot

Depth: 4 feet- 5.5 feet

Hot Tub

Depth: 3 feet

****Montana State Law requires that anyone entering the hot tub must be 6 years of age or older. Children under 6 may not use the Hot Tub***