

# Splash Montana 2019 Adult Programs

## Inner-Tube Water Polo at Splash!

New format: Drop-In, open play on Tuesday nights!

- It's a splashing good time...horseplay encouraged!
- Minimal swimming ability required.
- The fun of water polo without treading water!
- Enjoy Adult Night and ride the slides before/after your games!

Fun, exciting and best of all... you don't need a lot of experience to be competitive! Splash Inner-Tube Water Polo is pure recreation. Sit in the tube, pass the ball, and score. Don't get caught holding onto the ball too long; you might get tipped out of the tube! No need to register, form your team ahead of time or show up each Tuesday and form teams for open scrimmage play! Ages 18+.

Fee: Regular admission/pass/punch card

Time: 6 - 9pm\*

Dates: Tuesdays, July 2 - 30



## Splash Montana Adult Lap Swim

50-meter Lap Swim Hours (June 14 - Aug. 27)

10am - close Daily

See website for detailed lap swim schedule. Early/late season lap swim hours on page 36. Save by purchasing a season pass or a punch card. City residents save about 20% with a CityCard. See page 46.

## Coached Adult Lap Swim In The Lake

June 17 - Aug. 23

Join our experienced coaches for a swim team-style workout at Splash Montana. They will guide participants through a professionally designed workout, providing positive encouragement and workout routines.

Days/Times: Mon/Wed/Fri 11:30am - 1pm  
Tues/Thurs 11:30am - 12:30pm (stroke specific)  
Tues/Wed/Thurs 5 - 6pm

Fee: Regular Admission/punch card/season pass

## Beginner's Coached Lap Swim

June 18 - August 22

Our experienced coaches will instruct you in Lap Swimming 101: circle swimming, flip turns as well as using the clock to complete structured workouts.

Days/Times: Tues/Thurs 10 - 11:30am

Fee: Regular Admission/punch card/season pass

## High School Fitness Swim

June 18 - August 22 • Ages 12 - 18

Open lanes allow high school swimmers and potential high school swimmers to develop the fitness, skills and speed necessary for achieving your personal best in the pool. Program includes skills, drills and motivation for improvement.

Days/Times: Tues/Thurs 10 - 11:30am

Fee: Regular Admission/punch card/season pass

Enjoy warm Montana evenings...

## Splash Montana Adult Nights

Here's your chance to play like a kid again! Beginning at 6 pm, Splash Montana will be open only for individuals ages 18+.

Fee: Regular admission/pass/punch card

Time: 6 - 9pm\*

Dates: Tuesdays, July 2 - 30

\*Inclement weather may affect open hours. Call 542-WAVE for info.

