

WAVE SERVICES

JUICE AND COFFEE BAR

...Enjoy a healthy smoothie, snack or a hot/cold latte.

SWIM LESSONS

...Year-round private and group rates available.

PERSONAL TRAINING

...Certified professionals offer hourly and package rates.

CHILDREN'S DEPOT

...Fun and fitness for all ages,
hourly rates and punch cards available.

MASSAGE

...Relax and rejuvenate with the caring hands
of our certified massage therapists



ON-SITE AMENITIES

AN SALON

... a full-service Salon and Day Spa

EXHALE PILATES

... studio features private and semi-private
sessions available by appointment

PROFESSIONAL THERAPY ASSOCIATES

... premiere rehabilitation
for all your physical therapy needs



Guest Handbook



Date _____

Name _____

Address _____

City _____ State _____

Phone # () _____ Local Phone # () _____

E-mail _____

Would you like to receive our e-newsletter? YES NO

The Wave and their agents assume no liability for persons who undertake physical activity at The Wave, and if any person is in doubt about increasing their physical activity you should consult your doctor prior to physical activity.

EXPRESS ASSUMPTION OF RISK: I, the undersigned, hereby expressly and affirmatively state that I wish to participate in exercise and/or activity at The Wave. I am aware that it is the recommendation of The Wave to speak with your doctor by phone or in person to discuss exercise guidelines or limitations BEFORE you start utilizing The Wave.

I realize that my participation involves risks of injury, including but not limited to strains, sprains, heart attack, stroke or even death. I also recognize that there are many other risks of injury, including serious disabling stroke or even death. I also recognize that there are many other risks of injury, including serious injuries that may arise due to my participation in these exercises or activities. I understand it is not possible to specifically list each and every individual injury or risk. However, knowing the material risks and appreciating, knowing, and reasonably anticipating that other injuries and even death are a possibility, I hereby expressly assume all of the delineated risks of injury, all other possible risk of injury, and even risk of death, which could occur by reason of my participation.

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

RELEASE OF LIABILITY: Any questions I had were answered to my full satisfaction. I understand the potential risk of illness, injury or aggravation of re-existing conditions. I consent to emergency treatment, including the administration of whatever medication deemed necessary by emergency medical personnel for my care in the event of injury or illness. I understand the performance of any exercise is my responsibility and NO EXERCISE IS MANDATORY. With this understanding I release The Wave, its agents, and employees from liability associated with my own negligence in participating in my exercise program.

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18

Printed Name _____ Age _____

Signature _____ Date _____

Parent or Guardian if under 18



We want to **thank you** for choosing The Wave as one of your activities during your stay here in the Flathead Valley. Whether you are a fitness enthusiast or a family looking for fun, we are glad you're here. Here are a few essentials to ensure your visit is a safe and enjoyable one.

Winter hours:

M-F 5:00 AM - 10:00 PM. Sat 7:00 AM - 9:00 PM. Sun 7:00 AM - 7:00 PM

Summer hours (Effective between Memorial Day and Labor Day):

M-F 5:00 AM - 9:00 PM. Sat. & Sun. 7:00 AM - 7:00 PM.

- ◆ Heat stroke warning: State law states that children 5 years of age and under are not allowed in the hot tub or dry sauna.
- ◆ A variety of exercise and aquatic classes are offered throughout the day, schedules are available on our website or at the Service Desk.
- ◆ All guests 14 and older are welcome to utilize all areas of the facility.
- ◆ Children 12 and 13 may utilize the Fitness/Cardio areas under direct hands-on supervision of a parent or guardian.
- ◆ Children 13 and under must be **supervised** by a responsible adult in all areas **except** children 8-13 in the Children's Activity Pool when lifeguards are on duty. (see the Service Desk for schedule)
- ◆ Slide/Activity Pool – When the slide pool is in operation and lifeguards are in attendance, children 8 years of age or older may be left unattended. Children between 5-7 years of age (deemed water safe) using the waterpark must have a responsible person (adult or baby-sitter) in the waterpark. Children under 5 must be accompanied by a responsible adult (18+) at all times.
- ◆ Men's and women's locker rooms with day use lockers (locks \$5) relaxing lounges and steam rooms available for guests 14 and older.
- ◆ Large family change rooms and boy's and girl's locker rooms are available for families with children under 14.
- ◆ Towel service is available at the Service Desk.
- ◆ Racquetball/squash equipment rentals and court reservations available at the Service Desk. Eye protection is required at all times.
- ◆ Personal fitness training available, see the Service Desk for scheduling and rates.

**1250 Baker Avenue
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www.whitefishwave.com**