

May 2022 (updated April 20)

Aquatic Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am-6 am	5a-9a Lap Swim Lane 1-4 Open Swim Lane 5&6	6-7:00 am Open Training Lane 1-4	5a-9a Lap Swim Lane 1-4 Open Swim Lane 5&6	6-7:00 am Open Training Lane 1-4	5a-9a Lap Swim Lane 1-4 Open Swim Lane 5-6	CLOSED	
7am-10am		7a-8:30a Lap Swim Lane 1-4 Open Swim Lane 5&6		7a-8:30a Lap Swim Lane 1-4 Open Swim Lane 5&6		7a-8:30a Lap Swim Lane 1-4 Open Swim Lane 5&6	9a-10a Lap Swim Lane 1-3 Open Swim Lane 4-6
	9-9:55am HydroBody (Lane 3-6)	8:30a-9:30a Open Training Lane 1-2	9-10 am AquaMashPlus Lane 3-6	8:30a-9:30 am Open Training - Lane 1-3		9-10 am AquaTurbo Lane 3-6	
		8:30-9:30am AquaTurbo (Lane 3-6)					
10 am	10:05a-11am AquaFlow Lane 3-6	10-10:55 am HydroBlast Lane 3-6	10-11am AquaMash Lane 3-6	10:30-12 pm HydroPump Lane 3-6	10-11am AquaMash Lane 3-6	10a-11:30 am Open Training Pool Reserved	7am-7pm Lap Swim Lane 1-4 Open Swim Lane 5&6
11 am	11a-12p Lap Swim Lane 1-4 Open Swim Lane 5&6	11:15a-12pm Joint Mobility Lane 3-6	11a-12p Lap Swim Lane 1-4 Open Swim Lane 5&6			11:15a-12pm Joint Mobility Lane 3-6	
Noon	12-12:55 pm Coached Lap Swim Pool Reserved	12p-3p Lap Swim Lane 1-4 Open Swim Lane 5&6	12-12:55 pm Coached Lap Swim Pool Reserved	12p-3p Lap Swim Lane 1-4 Open Swim Lane 5&6		11:30am-8pm Lap Swim Lane 1-4 Open Swim Lane 5&6	
1-2 pm	1-2 pm WaterWellness Lane 3-6		1-2 pm WaterWellness Lane 3-6		1-2 pm WaterWaves Lane 3-6		
2 pm	2p-3p Lap Swim Lane 1-4 Open Swim Lane 5&6		2p-3p Lap Swim Lane 1-4 Open Swim Lane 5&6				
3 pm-7pm	3-4:30 pm Swim Lessons Lane 1-3 Lap Swimming Lane 4-6	3p-4 pm Swim Lessons Lane 4-6 Lap Swimming Lane 1-3	3-6:30 pm Swim Lessons Lane 5-6 Lap Swimming Lane 1-4	3p-4 pm Swim Lessons Lane 4-6 Lap Swimming Lane 1-3	2p-9:45p Lap Swim Lane 1-4 Open Swim Lane 5&6	OPEN Swim is during Open swim slots ONLY-Lanes 5 & 6	Coaches, Swim and Aqua Instructors <u>reserve the right to remove or add a lane for classes or share space during open swim.</u>
	4:30-5:30 pm SPLASHTASTIC Pool Reserved	4-5 pm Swim Team & Lessons Lane 3-6 Lap Swimming Lane 1-2		4:30p-5:35 pm Swim Team & Lessons Lane 3-6 Lap Swimming Lane 1-2			
	5:30-7 pm Swim Lessons Lane 1-3 Lap Swimming Lane 4-6	5-7 pm Swim Lessons Lane 3-6 Lap Swimming Lane 1-2		5:30p-7 pm Swim Lessons Lane 3-6 Lap Swimming Lane 1-2			
7 pm- Close	7p-9:45pm Lap Swim/Lane 1-4 Open Swim/Lane 5&6	7p-9:45p Lap Swim/Lane 1-4 Open Swim/Lane 5&6	6:30p-9:45p Lap Swim/Lane 1-4 Open Swim /Lane 5&6	7p-9:45p Lap Swim/Lane 1-4 Open Swim/Lane 5&6			

Important

Coaches, Swim and Aqua Instructors reserve the right to add a lane or share space for classes or during open swim times.

Thank you for understanding!

Club Hours

Blue Mtn: M-F 5am-10pm
Sat & Sun 7am-8pm



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AquaFlow: Gentle movements at low intensity to promote better balance, coordination, flexibility and core strength.

AquaMash: Set to music, low-moderate intensity workout incorporating intervals of cardio building while traveling from shallow to deep water and playing suspended.

AquaMashPlus: Set to music, moderate-high 30 minutes of movement in shallow and deep water to build cardio and to develop muscle strength.

AquaTurbo: A high-energy water class that uses both shallow and optional deep water to amp up a complete body workout. Come challenge your core and build strength while having fun! All fitness levels are welcome. This session is designed to let you tailor the challenge to the needs of your body."

Coached Adult Lap Swim (All abilities welcome): Coached workouts for swimmers of all fitness goals and abilities. If you can swim 25 yards and want to improve your swim endurance/ times/ technique. Lanes are organized by ability, and training level.

HydroBlast: Groove to this energetic class set to music; intervals of moderate-high levels of intensity while alternating between shallow and deep; build cardio endurance; improve overall muscles strength and generate muscle tone.

HydroBody: Experience full body conditioning with constant movement predominately suspended in the deep water with no impact.

HydroPump: Pump it up to a 90-minute split, moderate-high intensity workout set to upbeat music. Increase and progress cardio stamina, strengthen core and tone muscles with continuous multilevel movement! First 30 minutes of class is in shallow water with transition to 60 minutes of moving in the Deep; NO impact fully suspended.

JointMobility: 45-minute non-aerobic aqua class consisting of specifically designed exercises to help improve joint flexibility and relieve pain due to arthritis.

Open Training: A 60-minute lap swim workout for individuals looking to train with other lap swimmers. Open to all members.

WaterWaves: Make some waves with aerobic intervals mixed with intervals of strength training movements while both in shallow and deep water.

WaterWellness: Improve overall range of motion and strength all while moving through the water at your own pace listening to your own body and sharing in the group experience.

Splasztastic: Seamlessly flowing from one move to another to create a lively and full body dynamic workout of cardio and strength building. May include use of equipment and/or suspended moves. Class concludes with stretch and cool down.

MINDBODY APP SIGN UP: Space is limited for aqua & coached lap swim classes.
Please check out: MINDBODY App, and/or go to www.peakmissoula.com →
Classes→ Fitness & Aquatic Class Sign up

QR CODE

Website



App IOS



Contact: Aquatics Director, Jessi Mejia: (406) 251-3344 ext. 225 jessi@peakmissoula.com

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