

# SEPTEMBER 2022

# Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-9am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	5am-6am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	5am-9am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	5am-6am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	5am-10am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	5am-10am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	7am-11am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6
	6am-7am <b>OPEN TRAINING</b> Lanes 1-4		6am-7am <b>OPEN TRAINING</b> Lanes 1-4			
9am-10am <b>HydroBody</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	7am-10am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	9am-10am <b>AquaMashPlus</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	7am-10am <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6		9am-10am <b>AquaTurbo</b> Lanes 3-6	
10:05am-11am <b>AquaFlow</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	10am-10:55am <b>AquaTurbo</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	10am-11am <b>AquaMash</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	10:30am-11:30am <b>HydroPump</b> Lanes 3-6 <b>Lap Swim</b> Lanes 1-3	10am-11am <b>AquaMash</b> Lanes 3-6 <b>Lap Swim</b> Lanes 1-3	10am-11:30am <b>OPEN TRAINING</b> <b>Pool Reserved</b>	11am-2pm <b>Swim Lessons</b> Lanes 5 & 6 <b>Lap Swim</b> Lanes 1-4
11am-12pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	11:15am-12pm <b>JointMobility</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-3	11am-12pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6		11:15am-12pm <b>JointMobility</b> Lanes 4-6 <b>Lap Swim</b> Lanes 1-2	11am-2pm <b>Swim Lessons</b> Lanes 5 & 6 <b>Lap Swim</b> Lanes 1-4	
12pm-1pm <b>OPEN TRAINING</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	12pm-3:30pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	12pm-1pm <b>OPEN TRAINING</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	11:30am-4:30pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	1pm-2pm <b>Lap Swim</b> Lanes 1-6 1pm-2pm <b>WaterWaves</b> Lanes 3-6 <b>Lap Swim</b> Lanes 1-3	2pm-7pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	2pm-7pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6
1pm-3:30pm <b>Lap Swim</b> Lanes 1-4		1pm-3pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6				
3:30pm-5:30pm <b>Swim Lessons</b> Lane 5 & 6 <b>Lap Swim</b> Lanes 1-4	3:30pm-7pm <b>Swim Lessons</b> Lane 5 & 6 <b>Lap Swim</b> Lanes 1-4	5pm-7pm <b>Swim Lessons</b> Lane 1	4:30pm-6:30pm <b>Swim Lessons</b> Lanes 5 & 6 <b>Lap Swim</b> Lanes 1-4	2pm-9:45pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6		
5:30p-6:30pm <b>Splasztastic-3 lanes</b> <b>Swim Lessons</b> Lane 3 lanes <b>POOL RESERVED</b>		5:30pm-6:30pm <b>Dynamic Aquasize</b> Lanes 4-6				
7pm-9:45pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	7pm-9:45pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	7pm-9:45pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6	6:30pm-9:45pm <b>Lap Swim</b> Lanes 1-4 <b>Open Swim</b> Lanes 5 & 6			

**IMPORTANT**  
**OPEN Swim is during**  
**Open swim slots**  
**ONLY-Lanes 5 & 6**

Swim & Aqua  
Instructors reserve the  
right to remove or add a  
lane for classes or  
lessons; dependent on #  
of swimmers.

To register for classes and/or  
drop-in swim  
lessons please use the:  
**Peak Health & Wellness**  
**MSLA app**

Blue Mountain Pool Hours  
M-F 5AM-10PM  
SAT & SUN 7AM-8PM



Scuba Hours: LANE 5 & 6 RESERVED  
Sept. 17: 12pm-4:30pm  
Sept. 18 : 7:30am-12pm

**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.”

**Dynamic Aquasize:** This water aerobics class provides cardio and body toning combined with some Yoga & Tia Chi movements.

**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 60-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 30 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.

**OpenTraining:** 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.

**Splashtastic:** 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.

**DOWNLOAD:** Peak Health & Wellness MSLA via the app or google play store to register/book classes!

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

### Club Hours

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

