

JANUARY 2023

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-9am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5-6am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5-9am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5-6am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5-10am Lap Swim Lanes 1-4 Open Swim	5-9am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	7-11am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
	6-7am OPEN TRAINING Lanes 1-4		6-7am OPEN TRAINING Lanes 1-4			
9-10am HydroBody Lanes 4-6 Lap Swim Lanes 1-3	7-10am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	9-10am AquaMashPlus Lanes 4-6 Lap Swim Lanes 1-3	7-10am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6		9-10am AquaTurbo Lanes 3-6	
10:05-11am AquaFlow Lanes 4-6 Lap Swim Lanes 1-3	10-10:55am AquaTurbo Lanes 4-6 Lap Swim Lanes 1-3	10-11am AquaMash Lanes 4-6 Lap Swim Lanes 1-3	10:30am-11:30am HydroPump Lanes 3-6 Lap Swim Lanes 1-3	10-11am AquaMash Lanes 3-6 Lap Swim Lanes 1-3	10-11:30am Coached Lap Swim Pool Reserved	11-2pm Swim Lessons Lanes 5 & 6 Lap Swim Lanes 1-4
11-12pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	11:15-12pm JointMobility Lanes 4-6 Lap Swim Lanes 1-3	11-12pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6		11:15-12pm JointMobility Lanes 4-6 Lap Swim Lanes 1-2	11-2pm Swim Lessons Lanes 5 & 6 Lap Swim	
12-1pm Coached Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12-3pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12-1pm Coached Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	11:30-3pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12-1pm Lap Swim Lanes 1-6 1-2pm WaterWaves Lanes 3-6 Lap Swim Lanes 1-3	2-7pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	2-7pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
1-2pm WaterWellness Lanes 4-6		1-2pm WaterWellness Lanes 4-6			IMPORTANT OPEN Swim is during open swim slots Lanes 5 & 6 ONLY 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	
2-3:30pm Lap Swim		2-4pm Lap Swim Lanes 1-4				
3:30-5:30pm Swim Lessons Lane 5 & 6 Lap Swim Lanes 1-4	3-7pm Swim Lessons Lane 5 & 6	4-5:30pm Swim Lessons 2 lanes	3-7pm Swim Lessons Lane 5 & 6	2-9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6		
5:30-6:30pm Splashastic-3 lanes Swim Lessons 3 lanes POOL RESERVED	4:30-5:30pm Swim Lessons/ Swim Team POOL RESERVED	5:30-6:30pm DynamicAquaSize-3 lane Swim Lessons 3 lanes POOL RESERVED	4:30-5:30pm Swim Lessons/ Swim Team POOL RESERVED			
6:30-9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	7-9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	6:30-9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	7-9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6			

Blue Mountain Pool Hours

M-F 5AM-10PM

SAT & SUN 7AM-8PM

JAN. 21ST: Blue Mtn. CLOSED AT 5PM

BASKETBALL COURT CLOSED AT NOON



Scuba Hours: LANE 5 & 6 RESERVED

Jan 6th: 7-9:30am

Jan 28th: 12pm-4:30pm

Jan. 29th : 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 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
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Club Hours

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

