

## Aquatic Classes

All aquatic fitness classes are free to members.

**Aqua Burn** : A moderate to high intensity water aerobics workout. Focus is on calisthenics and toning. This class uses deep and shallow water. *All skill levels welcome.*

**Aquamotion**: Water aerobics geared toward getting you moving. Focus is on cardio and endurance. This class uses deep and shallow water. *All skill levels welcome.*

**Coached Adult Swim**: Workout administered by a certified swim coach. Lanes are organized by ability, speed and training level. Get the opportunity to try various skills, drills and training equipment. This class uses all lap lanes. *Participants should be able to swim 25 yards unassisted (1 pool length).*

**Senior Aerobics**: Low impact, low intensity aerobics workout. This class is focused on toning, improving range of motion and strengthening. This is a great option for swimmers looking to rehabilitate injuries. Class is held in deep and shallow water. *All skill levels welcome.*

**Tri Training**: Get all three of the disciplines at once. Start with swim, transition to bike and end with a run workout. Taught by certified swim and triathlon coaches. Geared towards people looking to compete in triathlons. Swim is distance freestyle oriented. Class takes place in the lap lanes. *All skill levels welcome. Swimmers should be able to swim 25 yards unassisted.*



**Water Basketball**: Pick up games are held every weekend. Great way to have fun and work your endurance. Games are held in the deep water, so be prepared to tread water. Fins are optional. *Participants must be able to tread water for extended periods.*

**Water Power**: Fast, high intensity exercise. This water aerobic class is a high powered, full body workout. Focus is cardio and functional strength training. Class uses deep water. *All skill levels welcome.*

## Swim Team

**Sun Rays Swim Team: Tue & Thur, 4-5 pm**  
Pre-competitive swim team geared toward giving swimmers a taste of what swimming is like as a sport. Training will be geared toward the 4 competitive stroke as well as racing dives, racing turns, teamwork and sportsmanship. Seasons run for 10 week segments. Class takes place in lanes. *Participants should be able to swim 25 yards unassisted (1 pool length). Ages: 7-13*



## Swim Lessons

4 week sessions, runs monthly  
No makeups, refunds or pro-rates for missed classes.

### Group swimming lessons

**Member:** \$50 for 8 lessons

**Guest:** \$60 for 8 lessons

**Class:** twice per week Monday & Wednesday or Tuesday & Thursday

For ages 3 years+. All classes run 25 minutes, between 4-6:30 pm. Instructor to class size ratio will depend on level, never more than 1:5.

### Semi-Private swimming lessons

**Member:** \$60/person, 4 lessons

**Guest:** \$80/person, 4 lessons

**Class:** Once per week

For ages 3 years+. All classes run 25 minutes. Participants must be similar skill level. Instructor to class size ratio is 1:2 or 1:3.

### Private swimming lessons

**Member:** \$80 for 4 lessons

**Guest:** \$120 for 4 lessons

**Class:** Once per week

For ages 18 months+. All classes run 25 minutes, times flexible. Instructor to class size ratio 1:1.

CALL TO REGISTER  
406 251-3344 ext 225

## Swimming Lessons Levels:

### Level 1: Ages: 3-4

Introduction to the water for children who have little to no lesson experience. Great for beginners looking to build confidence.

*Skills: putting face in the water, blowing bubbles, floating with assistance, kicking, basic water safety.*

### Level 2: Ages: 4-6

For swimmers that passed Level 1 or have no fear of water. Participants will be working toward floating and kicking independently.

*Skills: unassisted floating and kicking, rhythmic breathing, intro to Freestyle and Backstroke strokes, body balance, review and expand on water safety.*

### Level 3: Ages: 5-8

Focus is on swimming independently, increasing endurance, and learning Free and Backstroke technique.

*Skills: Freestyle/Backstroke without assistance, Intro to Breaststroke, rhythmic breath control, diving, and water safety.*

### Level 4: Ages: 7+

Geared toward confident swimmers. Focus is toward building endurance and fine tuning stroke technique for the 4 competitive strokes.

*Skills: Free/Back/Breast/Fly stroke work and endurance work, diving, and flip turns.*

### Level 5: Ages: 7+

For proficient swimmers who can swim the length of the pool unassisted.

*Skills: Fly/Back/Breast/Free technique, reading a pace clock, flip and open turns, racing dives, and swim team preparation.*

## Pool Rules and Guidelines:

- There is no lifeguard on duty.
- Children under age 14 must be accompanied by an adult at all times.
- No running or horseplay in the pool area.
- Take a cleansing shower before entering the pool or hot tub.
- Children under age 5 are not allowed in the hot tub.
- No glassware/food/drink (except water) in the pool area.
- Diving is allowed in the deep end only.
- Coast guard approved floatation devices only. Waterwings prohibited.
- No children over age 4 allowed in locker rooms of the opposite sex. Please use the family changing room on deck.
- Please circle swim counterclockwise and share the lap lanes.
- 5-7pm are adult only hours. No children allowed in the facility unless part of a PEAK Program.
- There is no open swim available during class times.
- All PEAK employees have authority to enforce pool rules. Anyone not following pool rules will be asked to leave the facility.

**Adult Only Hours: Monday-Thursday 5-7 pm**  
Children 13 and younger are not allowed in the facility during these hours unless they are part of a PEAK program. Childcare is available at the Jungle and Summit located in the Racquet Club for ages 6 weeks-13 yrs.



## AQUATICS



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**We Inspire Limitless Potential**