

# OCTOBER-Updated 10/04/2020 Aquatic Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Swim 5a-9a (Lane 5&6)		Open Swim 5a-9a (Lane 5&6)		Open Swim 5a-10a (Lane 5&6)	CLOSED	
6 am		6-7:30 am Coached Lap Swim (Pool Reserved)		6-7:30 am Coached Lap Swim (Pool Reserved)			
7-9 am		9-10 am HydroBody (4 lanes)		Open Swim 7:30a-10a (Lane 5&6)		9-10 am AquaMashPlus (4 lanes)	Open Swim 7:30a-10:30a (Lane 5&6)
9 am	10-11 am AquaFlow (4 lanes)	10-11 am HydroBlast (4 lanes)	10-11am AquaMash (4 lanes)	10:30-12 pm HydroPump (4 lanes)	10-11am AquaMash (4 lanes)	10-11:30 am Coached Lap Swim (Pool Reserved)	
10 am	Open Swim 11a-12p (Lane 5&6)	Open Swim 11a-3p (Lane 5&6)	Open Swim 11a-12p (Lane 5&6)	Open Swim 12p-3p (Lane 5&6)	Open Swim 11a-1p (Lane 5&6)	11:30a-7p OPEN Swim (Lane 5 & 6 ONLY)	
11 am	12-12:50 pm Coached Lap Swim (Pool Reserved)		12-12:50 pm Coached Lap Swim (Pool Reserved)		1-2 pm WaterWaves (4 lanes)		
Noon	1-2 pm WaterWellness (4 lanes)		1-2 pm WaterWellness (4 lanes)		1-2 pm WaterWaves (4 lanes)		
1-2 pm	Open Swim 2p-3p (Lane 5&6)		Open Swim 2p-4p (Lane 5&6)		Open Swim 2p-3p (Lane 5&6)		
2 pm	3-5 pm Swim Lessons (Lane 1 & 2)	3-4 pm Swim Lessons (Lane 1 & 2)	3-4 pm Swim Lessons (Lane 1 & 2)	2p-9p OPEN Swim (Lane 5 & 6)	<p><b>OPEN SWIM:</b> Open area <u>ONLY</u> (Lane 5 &amp; 6) Max. 10 people <u>Only during pink colored slots.</u></p> <p>Lap swimming in lanes <b>MAX. 2 PERSON PER LANE</b></p>		
3 pm	4-5 pm Swim Team & Lessons (Pool Reserved)	4-5 pm Swim Lessons (Lane 1)	4-5 pm Swim Team & Lessons (Pool Reserved)				
4 pm	5-6:30 pm Coached Lap (Pool Reserved)	5-6:30 pm Swim Lessons (Lane 1 & 2)	5-6:30 pm Coached Lap (Pool Reserved)			5-6:30 pm Swim Lessons (Lane 1 & 2)	
5 pm	6:30pm-9pm OPEN Swim (Lane 5 & 6)	6:30-9pm OPEN Swim (Lane 5 & 6)	6:30-9pm OPEN Swim (Lane 5 & 6)			6:30p-9p OPEN Swim (Lane 5 & 6)	
6pm-7pm							
7pm-Close							

Space is limited for aqua & coached lap swim classes. Please check out: MINDBODY App, and/or go to [www.peakmissoula.com](http://www.peakmissoula.com) → Classes → Fitness & Aquatic Class Sign up ☺

## QR CODE

Website

App IOS



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## IMPORTANT

### **NO COACHED LAP SWIM OR SWIM LESSONS ON OCT. 10-12 Holiday Weekend**

During Open Swim, PARENT/GUARDIAN Must be in pool or on deck (not in hot tub) with kids and attentive at all times.

Open swim area (lanes 5 & 6) limit: 10 people

Children under 5 are not allowed in hot tub, sauna or steam room

**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.

**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.

**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.

**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.

**Swim Lessons (Level 4, 5, & Adult):** Private, Semi-Private. Pre-registration & payment required.

**Swim Team:** Non-competitive team that introduces kids to work together and listen to a coach while executing skills, drills & strokes to improve mechanics and endurance. Participants must pass level 5 lessons or try out.

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

## Adjusted Club Hours

Blue Mtn: M-F 5am-9pm, Sat & Sun 7am-7pm

