

# Summer 2021 June-August (updated:7/30) Aquatic Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Swim 5a-9a (Lane 5&6)	6-7:30 am Coached Lap Swim (Lane 1-4)	Open Swim 5a-9a (Lane 5&6)	6-7:30 am Coached Lap Swim (Lane 1-4)	Open Swim 5a-10a (Lane 5&6)	CLOSED	
6 am							
7am-10am	9-10 am HydroBody (Lane 3-6)	8:30-9:30 am Coached Lap Swim (Lane 1-4)	9-10 am AquaMashPlus (Lane 3-6)	8:30a-9:30 am Coached Lap Swim (Lane 1-4)	Open Swim 5a-10a (Lane 5&6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
10 am	10-11 am AquaFlow (Lane 3-6)	10-11 am HydroBlast (Lane 3-6)	10-11am AquaMash (Lane 3-6)	10:30-12 pm HydroPump (Lane 3-6)			
11 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)	11:30a-12:15a <b>NEW!</b> Joint Mobility (Lane 3-6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
Noon	12-12:50 pm Coached Lap Swim (Lanes 1-4)		12-12:50 pm Coached Lap Swim (Lanes 1-4)		1-2 pm WaterWellness (Lane 3-6)		
1-2 pm	1-2 pm WaterWellness (Lane 3-6)	Open Swim 2p-3p (Lane 5&6)	1-2 pm WaterWellness (Lane 3-6)	Open Swim 2p-3p (Lane 5&6)	Open Swim 2p-3p (Lane 5&6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
2 pm	Open Swim 2p-3p (Lane 5&6)		Open Swim 2p-4p (Lane 5&6)				
3 pm	3-7 pm Swim Lessons (Lane 1-3)	3-7 pm Swim Lessons (Lane 4-6)	3-7 pm Swim Lessons (Lane 4-6)	3-7 pm Swim Lessons (Lane 4-6)	2p-9:45p OPEN Swim (Lane 5 & 6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
4 pm	4:30-5:30 pm <b>NEW!</b> Splash Dance & Strength (Pool Reserved) Beginning Aug. 2 <sup>nd</sup>	4-5 pm Swim Team & Lessons (Pool Reserved)		4-5 pm Swim Team & Lessons (Pool Reserved)			
5 pm	3-7 pm Swim Lessons (Lane 1-3)	5-7 pm Swim Lessons (Lane 4-6)	3-7 pm Swim Lessons (Lane 4-6)	5-7 pm Swim Lessons (Lane 4-6)	2p-9:45p OPEN Swim (Lane 5 & 6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
6pm-7pm	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)	6:30-9:45pm OPEN Swim (Lane 5 & 6)	6:30-9:45pm OPEN Swim (Lane 5 & 6)	6:30p-9:45p OPEN Swim (Lane 5 & 6)			
7pm-9:45pm	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)	6:30-9:45pm OPEN Swim (Lane 5 & 6)	6:30-9:45pm OPEN Swim (Lane 5 & 6)	6:30p-9:45p OPEN Swim (Lane 5 & 6)	2p-9:45p OPEN Swim (Lane 5 & 6)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)



**OPEN SWIM:**  
Open area **ONLY** (Lane 5 & 6)  
**Only during pink colored slots.**

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

Thank you for understanding 😊

**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 

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



# Summer 2021 June-August (updated:7/30) Aquatic Schedule

## IMPORTANT

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 ONLY-Only during pink highlighted slots

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

NO COACHED LAP SWIM August 2<sup>nd</sup> & 4<sup>th</sup>

**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.

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

**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.

**New! Splash Dance and Strength:** This class consists of 25 minutes of aqua dance for cardio. Followed by 25 minutes of strengthening with water dumbbells. Come test your dance moves out no matter what your skill level may be.

**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-10pm, Sat & Sun 7am-8pm

