

| 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 | **9-9:55am** HydroBody (Lane 3-6) | 8:30a-9:30a AquaTurbo (Lane 3-6) 8:30a-9:30a Coached Lap Swim Lane 1-2: Six people max. | 9-10 am AquaMashPlus (Lane 3-6) | 8:30a-9:30 am Coached Lap Swim (Lane 1-4) | | 7am-9am OPEN Swim (Lane 5 & 6 ONLY) | 7am-7pm OPEN Swim (Lane 5 & 6 ONLY) |
| 10 am | **10:05a-11 am** AquaFlow (Lane 3-6) | **10-10:55 am** HydroBlast (Lane 3-6) | 10-11am AquaMash (Lane 3-6) | 10:30-12 pm HydroPump (Lane 3-6) | 10-11am AquaMash (Lane 3-6) | 10a-11:30 am Coached Lap Swim (Pool Reserved) | |
| 11 am | Open Swim 11a-12p (Lane 5&6) | **11:15a-12pm** Joint Mobility (Lane 3-6) | Open Swim 11a-12p (Lane 5&6) | | **11:15a-12pm** Joint Mobility (Lane 3-6) | | |
| Noon | 12-12:55 pm Coached Lap Swim (Lanes 1-4) | | 12-12:55 pm Coached Lap Swim (Lanes 1-4) | | | 11:30am-8pm OPEN Swim (Lane 5 & 6 ONLY) | |
| 1-2 pm | 1-2 pm WaterWellness (Lane 3-6) | Open Swim 11:45a-3p (Lane 5&6) | 1-2 pm WaterWellness (Lane 3-6) | Open Swim 12p-3p (Lane 5&6) | 1-2 pm WaterWaves (Lane 3-6) No Class 11/26 | | |
| 2 pm | Open Swim 2p-3p (Lane 5&6) | | Open Swim 2p-4p (Lane 5&6) | | | | |
| 3 pm | 3-7 pm Swim Lessons (Lane 1-2) | 3-7 pm Swim Lessons (Lane 4-6) | | 3-7 pm Swim Lessons (Lane 4-6) | | OPEN SWIM: Open area ONLY (Lane 5 & 6) Only during pink colored slots. No OPEN Swim while swim lessons or lap swim is occurring Coaches, Swim and Aqua Instructors <u>reserve the right to remove or add a lane for classes or during open swim.</u> Thank you for understanding | |
| 4 pm | 4:30-5:30 pm SPLASHTASTIC (Pool Reserved) | 4-5 pm Swim Team & Lessons (Pool Reserved) | 3-7 pm Swim Lessons (Open Area) | 4-5 pm Swim Team & Lessons (Pool Reserved) | | | |
| 5 pm | 3-7 pm Swim Lessons (Lane 1-2) | 5-7 pm Swim Lessons (Lane 4-6) | | 5-7 pm Swim Lessons (Lane 4-6) | 2p-9:45p OPEN Swim (Lane 5 & 6) | | |
| 6pm-7pm | | | | | | | |
| 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) | | | |

Club Hours

Blue Mtn: M-F 5am-10pm, Sat & Sun 7am-8pm
 Thanksgiving Hours: 5am-Noon
 No Swim Lessons the week of Thanksgiving 11/22-11/26



IMPORTANT

Must register for Aqua and Coached Lap Swim through MINDBODY app to participate. **NO EXCEPTIONS.** Please turn page for instructions.

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.

New! 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."

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.

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.

New! 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.

MINDBODY APP SIGN UP: Space is limited for aqua & coached lap swim classes.
Please check out: MINDBODY App, and/or go to www.peakmissoula.com →
Classes → Fitness & Aquatic Class Sign up

QR CODE

Website



App IOS



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