

Winter 2022 Jan.-Feb.

Aquatic Schedule

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Swim 5a-9a (Lane 5&6)	6-7:00 am Open Training -Lap Swimmers Only (Lane 1-4)	Open Swim 5a-9a (Lane 5&6)	6-7:00 am Open Training -Lap Swimmers Only (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 Open Training -Lap Swimmers Only Lane 1-2: Six people max.	9-10 am AquaMashPlus (Lane 3-6)	8:30a-9:30 am Open Training -Lap Swimmers Only (Lane 1-4)	Open Swim 5a-10a (Lane 5&6)	7am-9am OPEN Swim (Lane 5 & 6 ONLY)	7am-7pm OPEN Swim (Lane 5 & 6 ONLY)
10 am	10:05a-11am 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)	
11 am	Open Swim 11a-12p (Lane 5&6)	11:15a-12pm Joint Mobility (Lane 3-6)	Open Swim 11a-12p (Lane 5&6)		Open Swim 12p-3p (Lane 5&6)	11:15a-12pm Joint Mobility (Lane 3-6)	11:30am-8pm OPEN Swim (Lane 5 & 6 ONLY)
Noon	12-12:55 pm Coached Lap Swim (Pool Reserved)	Open Swim 11:45a-3p (Lane 5&6)	12-12:55 pm Coached Lap Swim (Pool Reserved)	1-2 pm WaterWellness (Lane 3-6)		1-2 pm WaterWaves (Lane 3-6)	
1-2 pm	Open Swim 2p-3p (Lane 5&6)		Open Swim 2p-3p (Lane 5&6)		3-7 pm Swim Lessons (Lane 5-6)		3-6:30 pm Swim Lessons (Lane 3-6)
2 pm	3-7 pm Swim Lessons (Lane 5-6)	3-7 pm Swim Lessons (4-6)	4:30-5:30 pm SPLASHTASTIC (Pool Reserved)	5-7 pm Swim Lessons (Lane 3-6)		5-7 pm Swim Lessons (Lane 4-6)	
3 pm	4:30-5:30 pm SPLASHTASTIC (Pool Reserved)	6:30-9:45pm OPEN Swim (Lane 5 & 6)			6:30-9:45pm OPEN Swim (Lane 5 & 6)		6:30-9:45pm OPEN Swim (Lane 5 & 6)
4 pm	3-7 pm Swim Lessons (Lane 5-6)		6:30pm-9:45pm OPEN Swim (Lane 5 & 6)	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)		6:30p-9:45p OPEN Swim (Lane 5 & 6)	
5 pm	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)			6:30pm-9:45pm OPEN Swim (Lane 5 & 6)		6:30p-9:45p OPEN Swim (Lane 5 & 6)
6pm-7pm	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)		6:30pm-9:45pm OPEN Swim (Lane 5 & 6)	6:30pm-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)	6:30pm-9:45pm OPEN Swim (Lane 5 & 6)			6:30pm-9:45pm OPEN Swim (Lane 5 & 6)		6:30p-9:45p OPEN Swim (Lane 5 & 6)

OPEN SWIM:
Open area **ONLY** (Lane 5 & 6)
OPEN Swim is during Open swim slots ONLY

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

Thank you for understanding

*****IMPORTANT*****

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

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



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Aquatic Schedule

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 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.

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.

Splasztastic: 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

Club Hours

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