

NOVEMBER 2023

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am - 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5 am - 8:55 am Lap Swim Lanes 1-4	5 am - 10am Lap Swim Lanes 1-4	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5&6	7 am - 8:55 am Lap Swim Lanes 1-4	Only On Nov.18th&19th SCUBA RESERVED LANES 5&6 Sat:12pm-430pm Sun:7am-12:30PM Lap Swim Lanes 1-3 Open Swim Lane 4
8:55 am - 10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2	9:55 am - 11 am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	Open Swim Lanes 5 & 6	Open Swim Lanes 5&6	9:55 am - 11am AquaMash Pool Reserved	Open Swim Lanes 5 & 6	
10am-11am AquaFlow Lanes 3-6 Lap Swim Lanes 1-2	11:10 am -12 pm	8:55-10am AquaMashPlus Lanes 2-6 Lap Swim Lanes 1	10am-12:40pm ‘FALL INTO SWIM’ Swim Session Reserved Lanes 6,5,4 Lap Swim Lanes 1-2 Open Swim Only:	11:10 am - 12 pm JointMobility Lanes 3-6 Lap Swim Lanes 1-2	8:55am-10am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	
11 am - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12 pm - 230pm Lap Swim Lanes 1-3 Open Swim Lanes 4-6	10 am - 11 am AquaMash Pool Reserved	Lap Swim Lanes 1-4 Open Swim Lanes 5-6	12 pm - 1pm Open/Lap Swim	10 AM-1130 Coached Lap Swim Pool Reserved	
12 pm-1 pm Coached Lap Swim Pool Reserved		11 am - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	12:40pm-2:30pm	1-2 pm Water- Waves Lanes 3-6		7am-9am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
1:10-2:10 pm Water Wellness Lanes 3-6	2:30-4:30 pm Swim Lessons Lane 5-6			Lap Swim Lanes 1-2		9am-11am Swim Lessons Lanes 5 & 6 Lap Swim Lanes 1-4
2:10-3 pm Open/Lap Swim Lanes 1-4	Lap Swim Lanes 1-3 Open Swim Lane 4 only	12 pm-1 pm Coached Lap Swim Pool Reserved	2:30-4:30 pm	2-2:30pm Lap Swim Lanes1-3 Open Swim Lanes 5-6	*SCUBA RESERVED Only ON Nov.18th Only Lanes 5&6 12pm-4:30pm	
2:30-4:30pm ISR Lessons RESERVED Lanes 5-6 Lap Swim Lanes 1-3 Open Swim:Lane 4		1:10 -2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1 Open Swim Lane 2	ISR/Swim Lessons Lanes 5-6 Lap Swim Lanes 1-4	2:30-4:30 pm ISR Lesson RESERVED Lanes 5-6	11:30pm-7pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	11 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
4:30-5:30 pm Swim Lessons Reserved Lanes 3-6 Lap Swim Lanes 1-2	4:30-5:30pm POOL RESERVED Swim Lessons/ Swim Team Lanes 1-6 POOL RESERVED	2:30-5:30 pm ISR/Swim Lessons Reserved Lanes 4-6 Lap Swim Lanes 1-2 Open Swim Lane 3	4:30-5:30pm Swim Lessons / Swim Team Lanes 1-6 POOL RESERVED	4:30-9:45pm Open/Lap Swim		
5:30 pm - 6:30 pm Splashtastic Lane 5-6 Swim Lessons Reserved Lanes 1-2 Lap Swimming Lanes 3-4	5:30-7 pm Swim Lessons Reserved Lanes 5-6 Lap Swim Lanes 1-3 Open Swim Lane 4 only	5:30-6:30 pm DynamicAquasize Lanes 5-6 Swim Lessons Reserved Lanes 1-2 Lap Swim Lanes 3-4	5:30-6:30pm Swim Lessons Reserved Lanes 5-6 Lap Swim Lanes 1-3 Open Swim Lane 4 only	<div>IMPORTANT</div> <div>OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY Unless otherwise noted</div> <div>Lap Swimming is repetively swimming from one end of the pool to the other independently. Circle swimming is encouraged during peak times.</div> <div>To register for classes please use the: Peak Health & Wellness MSLA app</div>		
6:30 pm-9:45 pm Open/Lap Swim	7 pm-9:45 pm Open/Lap Swim	6:30 pm-9:45 pm Open/Lap Swim	6:30 pm-9:45 pm Open/Lap Swim			

AquaFlow: Gentle movements at low intensity to promote better balance, coordination, flexibility and core strength.

AquaMash: Set to music, low-med intensity cardio and strengthening with continuous movement throughout shallow and deep water; periods of traveling, beachball volley and stretching.

AquaMashPlus: Set to music, mid-high intensity while incorporating cardio intervals while traveling throughout the shallow and deep water. Includes some suspended beachball volley and toning exercises; also uses buoys and noodles.

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.”

Dynamic Aquasize: This water aerobics class provides cardio and body toning combined with some Yoga & Tia Chi movements.

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 60-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 30 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: A water workout for all fitness levels. Waterwaves consists of cardio, strength training, flexibility and balance. Come join a fun group, motivated by each other and experience a total body workout.

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.

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.

DOWNLOAD: Peak Health & Wellness MSLA via the app or google play store to register/book classes!



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