

OCTOBER 2023

Aquatic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>5 am - 8:55 am Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div>	<div>5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 &amp; 6</div> <div>9:55 am - 11 am AquaTurbo Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>5 am - 8:55 am  Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div>	<div>5 am - 2:30pm  Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5&amp;6</div>	<div>5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5&amp;6</div> <div>9:55 am - 11am AquaMash Pool Reserved</div> <div>11:10 am - 12 pm JointMobility Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>7 am - 8:55 am  Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div> <div>8:55am-10am  AquaTurbo Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>Only On OCT.7th &amp; 8th SCUBA RESERVED LANES 5&amp;6 Sat:12pm-430pm Sun:7am-12:30PM</div> <div>Lap Swim Lanes 1-3</div> <div>Open Swim Lane 4</div>
<div>8:55 am - 10 am HydroBody Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>11:10 am -12 pm  JointMobility Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>8:55-10am  AquaMashPlus Lanes 2-6</div> <div>Lap Swim Lanes 1</div>	<div>2:30 pm ISR RESERVED Lanes 5-6 10/16-11/30 Lap Swim Lanes 1-2 Open Swim Lanes 3-4</div>	<div>12 pm - 1pm  Open/Lap Swim</div> <div>1 pm - 2 pm  Water-Waves Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>10 AM-1130  Coached Lap Swim Pool Reserved</div> <div>12pm-4:30pm *SCUBA RESERVED Only ON OCT.7th-8th Only Lanes 5&amp;6 --AND-- POOL RESERVED ON OCT.28th 5:30pm-7:30pm</div> <div>11:30pm-7pm  Lap Swim Lanes 1-4</div> <div>Open Swim Lane 5-6</div>	<div>7am-9am  Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div>
<div>10am-11am AquaFlow Lanes 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>12 pm - 3 pm Lap Swim Lanes 1-2 Open Swim Lanes 3-4</div>	<div>11 pm - 12 pm  Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div>	<div>3 pm - 4:30 pm  Swim Lessons Lanes 5-6</div> <div>Lap Swim Lanes 1-4</div>	<div>2 pm - 2:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 &amp; 6</div> <div>2:30 pm-4:30 pm ISR RESERVED Lanes 5-6 10/16-11/30 4:30pm-9:45pm Open/Lap Swim</div>		
<div>11 pm - 12 pm Lap Swim Lanes 1-4</div> <div>Open Swim Lanes 5 &amp; 6</div>	<div>2:30 pm ISR RESERVED Lanes 5-6 10/16-11/30</div> <div>3 pm - 4:30 pm Swim Lessons Lane 3-6</div> <div>Lap Swim Lanes 1-2</div>	<div>12pm-1pm Coached Lap Swim Pool Reserved</div> <div>1:10 pm - 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1 Open Swim Lane 2</div> <div>2:30 pm ISR RESERVED Lanes 5-6 10/16-11/30</div> <div>3 pm - 5:30 pm Swim Lessons Reserved Lanes 5-6 Lap Swim Lanes 1-3 Open Swim Lane 4</div> <div>5:30 pm - 6:30 pm DynamicAquasize Lanes 5-6 Swim Lessons Reserved Lanes 1-2 Lap Swim Lanes 3-4</div>	<div>POOL RESERVED</div> <div>4:30 pm - 5:30pm  Swim Lessons &amp; Swim Team</div> <div>POOL RESERVED</div> <div>5:30pm-6:00pm Swim Lessons Reserved Lanes 5-6</div> <div>Lap Swim Lanes 1-3 Open Swim Lane 4</div>			
<div>12pm-1pm Coached Lap Swim Pool Reserved</div> <div>1:10 pm - 2:10 pm Water Wellness Lanes 3-6</div> <div>2:10 pm - 3 pm Open/Lap Swim Lanes 1-4</div> <div>2:30 pm ISR RESERVED Lanes 5-6 10/16-11/30</div> <div>3 pm - 5:30 pm Swim Lessons Reserved Lanes 4-6</div> <div>Lap Swim Lanes 1-3</div>	<div>5:30 pm - 7 pm  Swim Lessons Reserved Lanes 4-6</div> <div>Lap Swim Lanes 1-3</div>					
<div>5:30 pm - 6:30 pm  Splashtastic Lane 5-6</div> <div>Swim Lessons Reserved Lanes 1-2</div> <div>Lap Swimming Lanes 3-4</div>						
<div>6:30 pm-9:45 pm Open/Lap Swim</div>	<div>7 pm-9:45 pm Open/Lap Swim</div>	<div>6:30 pm-9:45 pm Open/Lap Swim</div>	<div>6:30 pm-9:45 pm Open/Lap Swim</div>	<div>IMPORTANT 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 &amp; Wellness MSLA app</div>		

- Scuba Lanes 5&6 Reserved on October 7th & 8th

- Aqua Instructor Workshop - Reserved on October 27th 4pm-

- Scuba Dive Movie Night Pool Reserved on October 28th from 5:30pm-7:30pm

Bring \$15 Cash or Venmo at event - all proceeds go to the MT Adaptive Aquatics Program 501C3 Non-Profit



BLUE MTN POOL HOURS

M-F 5 AM - 10 PM,SAT-SUN 7AM - 8PM

PRE-COMP

T&TH 4:30pm-5:30pm

Pool Reserved

SWIM LESSONS

M-TH 3PM-7pm

See Lanes Reserved

Swim Session Oct.1st-26th

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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