## **JANUARY**

## **Aquatic Schedule**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am - 8:55 am Lap Swim Lanes 1-4 Open Swim	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6 9:55 am - 11	5 am - 8:55 am Lap Swim Lanes 1-4	5 am - 2:10pm  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 1/20 & 1/21 SCUBA RESERVED LANES 5&6 Sat:12pm-430pm
Lanes 5 & 6 8:55 am - 10 am	am AquaTurbo	Open Swim Lanes 5 & 6		9:55 am - 11am	Open Swim Lanes 5-6	Sun:7am- 12:30PM
HydroBody Lanes 3-6	Lanes 3-6	8:55-10am	Open Swim Lanes 5&6	AquaMash Pool Reserved	8:55am-10am	Lap Swim Lanes 1-3 Open Swim
Lap Swim Lanes 1-2	Lap Swim Lanes 1-2	AquaMashPlus Lanes 2-6		11:10 am - 12pm	AquaTurbo Lanes 3-6	Lane 4 7am-9am
10am-11am AquaFlow Lanes 3-6	JointMobility	Lap Swim Lanes 1	2:10 - 4:30 pm	JointMobility Lanes 3-6	Lap Swim	Lap Swim
Lap Swim Lanes 1-2	Lanes 3-6 Lap Swim	10 am - 11 am AquaMash	ISR &	Lap Swim Lanes 1-2  12 pm - 1pm	Lanes 1-2 10 AM-1130	Open Swim
11 am - 12 pm Lap Swim	Lanes 1-2	Pool Reserved 11 pm - 12 pm	Swim Lessons Lanes 4-6	Lap Swim Lanes 1-4 Open Lanes 5-6	Coached Lap	Lanes 5 & 0
Lanes 1-4 Open Swim	12-2:30 pm Lap Swim Lanes 1-3	Lap Swim Lanes 1-4	Lap Swim Lanes 1-3	1 pm - 2 pm	Pool Reserved	9am-11am
Lanes 5 & 6  12pm-1pm  Coached Lap	Open Swim	Open Swim Lanes 5 & 6	Lalles 1-3	Water- Waves Lanes 3-6	*SCUBA RESERVED Only ON 1/20 & 1/21	Lap Swim Lanes 1-4
Swim Pool Reserved	2:30-4:30 pm	12pm-1pm Coached Lap Swim Pool Reserved		Lap Swim Lanes 1-2	Lanes 5&6 from 12pm-5:30pm ————————————————————————————————————	Open Swim Lanes 5-6
1:10 pm - 2:10 pm Water Wellness Lanes 3-6	ISR & Swim Lessons Lane 3-6	1:10 pm - 2:10 pm WaterWellness	POOL RESERVED	2:10-4:50pm ISR Lane 5&6	Lap Swim	
2:10 pm - 3:30 pm Lap Swim Lanes 1-4	Lap Swim Lanes 1-2	Lanes 3-6  Lap Swim  Lane 1-2	4:30 pm - 5:30pm	Lap Swim Lanes 1-4	Open Swim Lanes 5-6	11 am - 7:45 pm
ISR RESERVED LANES 5&6	POOL RESERVED	2:10 -5:30 pm	Swim Lessons & Swim Team	4:50-9:45pm Lap Swim Lanes 1-4		Lap Swim Lanes 1-4
3:30 pm - 5:30 pm ISR & Swim Lessons	4:30-5:30pm Swim Lessons &	ISR & Swim Lessons Reserved Lanes 5-6	POOL RESERVED	Open Swim Lanes 5 & 6		Open Swim Lanes 5-6
Reserved Lanes 3-6	Swim Team  POOL RESERVED	Lap Swim Lanes 1-4	5:30pm-6:00pm	IMPORTANT OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY Unless otherwise stated on the schedule		
Lap Swim Lanes 1-2	5:30 pm - 7 pm Swim Lessons	5:30 pm - 6:30 pm  DynamicAquasize  Lanes 5-6	Swim Lessons Reserved Lanes			
5:30 pm - 6:30 pm  Splashtastic Lane 5-6	Reserved Lanes 4-6  Lap Swim	Swim Lessons Reserved Lanes 1-2	5-6 Lap Swim Lanes 1-4	Lap Swimming is repetively swimming from one end of the pool to the other independently.  Circle swimming / Lane Sharing Please use during peak times.		
Swim Lessons Reserved Lanes 1-3  Lap Swimming Lane 4	Lanes 1-3	Lap Swim Lanes 3-4				
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	Thank you! To register for classes please use the: Peak Health & Wellness MSLA app		

**ISR (Infant Rescue Swimming)** 

Starts Jan.2nd-Feb. 15th- Occurs M-FRI. from 2:10pm-4:50pm

PEAK

**NEW YEARS DAY: Only Aqua Flow Class available** 

NEW YEARS EVE: Early Closure at 2 pm NEW YEARS DAY: 7AM-8PM

SWIM LESSONS
M-TH 3PM-7pm
See Lanes Reserved
Swim Session 1/8-1/25/24
PRE-COMP
T&TH 4:30pm-5:30pm
Pool Reserved
Excludes Some Makeup or Extended Lessons

**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 continous 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 excercises; also uses buoys and noodles.

**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."

**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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