

APRIL

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 - 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 4/27 & 4/28 SCUBA RESERVED LANES 5&6 Sat:12pm-430pm Sun:7am-12:30PM
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	11:10am-12pm JointMobility Lanes 3-6 Lap Swim Lanes 1-2	8:55-10am AquaMashPlus Lanes 2-6	2:10 - 4:30 pm ISR & Swim Lessons Reserved Lanes 4-6	11:10 am - 12pm JointMobility Lanes 3-6	8:55am-10am AquaTurbo Lanes 3-6	Open Swim Lane 4
11 am - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12-2:30 pm Lap Swim Lanes 1-3	Lap Swim Lanes 1		10 am - 11 am AquaMash Pool Reserved	Lap Swim Lanes 1-2	Lap Swim Lanes 1-2
12pm-1pm Coached Lap Swim Pool Reserved	Open Swim Lanes 4-6	11 pm - 12 pm Lap Swim Lanes 1-4	Lap Swim Lanes 1-3	12 pm - 1pm Lap Swim Lanes 1-4 Open Lanes 5-6	10 AM-1130 Coached Lap Swim Pool Reserved	Open Swim Lanes 5 & 6
1:10 pm - 2:10 pm Water Wellness Lanes 3-6	2:30-4:30 pm ISR & Swim Lessons Lane 3-6	Open Swim Lanes 5 & 6		Lap Swim Lanes 1-3	1 pm - 2 pm Water- Waves Lanes 3-6	*SCUBA RESERVED Only ON 4/27 & 4/28 Lanes 5&6 from 12pm-5:30pm
2:10 pm - 3:30 pm Lap Swim Lanes 1-4	Open Swim Lanes 4-6	12pm-1pm Coached Lap Swim Pool Reserved	Lap Swim Lanes 1-3		Lap Swim Lanes 1-2	11:30-7:45 pm
ISR RESERVED LANES 5&6	2:10 pm - 2:30 pm Lap Swim Lanes 1-2	1:10 pm - 2:10 pm WaterWellness Lanes 3-6		Swim Lessons & Swim Team	2:10-4:50pm ISR Lane 5&6 Lap Swim Lanes 1-4	Lap Swim Lanes 1-4
3:30 pm - 5:30 pm ISR & Swim Lessons Reserved Lanes 3-6	POOL RESERVED	Lap Swim Lane 1-2	POOL RESERVED		4:50-9:45pm Lap Swim Lanes 1-4	Open Swim Lanes 5-6
Lap Swim Lanes 1-2	4:30-5:30pm Swim Lessons & Swim Team	2:10 -5:30 pm ISR & Swim Lessons Reserved Lanes 4-6		POOL RESERVED	Open Swim Lanes 5 & 6	11:30-7:45 pm
5:30 pm - 6:30 pm Splashtastic Lane 5-6 Swim Lessons Reserved Lanes 1-3 Lap Swimming Lane 4	5:30 pm - 7 pm Swim Lessons Reserved Lanes 4-6 Lap Swim Lanes 1-3	Lap Swim Lanes 1-3	5:30pm-6:00pm Swim Lessons Reserved Lanes 5-6 Lap Swim Lanes 1-4		<p>IMPORTANT OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY</p> <p>Unless otherwise stated on the schedule</p> <p>Lap Swimming is repetively swimming from one end of the pool to the other independently.</p> <p>Circle swimming / Lane Sharing Please use during peak times.</p>	
6:30 pm-9:45 pm Open/Lap Swim	7 pm-9:45 pm Open/Lap Swim	5:30 pm - 6:30 pm DynamicAquasize Lanes 5-6		6:30 pm-9:45 pm Open/Lap Swim		
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			

PEAK SWIM SESSION: STARTS APRIL 1st - 25th 2024 - 4 WEEKS

ISR SESSION (Infant Rescue Swimming) Occurs M-FRI. from 2:10pm-4:50pm

Bringing monthly schedules to your fingertips, starting May 1st! Schedules will be posted in the app, in the monthly newsletter, online or at each location for easy viewing. If you have any questions, our PEAK staff are happy to help you with this transition. Thank you for helping us go green!

SWIM LESSONS
M-TH 3PM-7pm
See Lanes Reserved
Swim Session See Left
PRE-COMP
T&TH 4:30pm-5:30pm
Pool Reserved
Excludes Makeups or
Extended Lessons



BLUE MTN POOL HOURS M-F 5 AM - 10 PM, SAT-SUN 7AM - 8PM

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.

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.

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



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