

# MAY

# 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 5/18 & 5/19 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	8:55-10am  AquaMashPlus Lanes 2-6	Open Swim Lanes 5&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	10 am - 11 am AquaMash Pool Reserved	4pm-4:30pm  Swim Lessons Reserved Lanes 4-6	Lap Swim Lanes 1-2	Lap Swim Lanes 1-2	7am-9am  Lap Swim Lanes 1-4
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 *May 25th Last Day	Open Swim Lanes 5 & 6
1:10 pm - 2:10 pm Water Wellness Lanes 3-6	4-4:30 pm  Swim Lessons Lane 4-6	Open Swim Lanes 5 & 6	Swim Lessons & Swim Team	1 pm - 2 pm  Water- Waves Lanes 3-6	*SCUBA RESERVED Only ON 5/18 & 5/19 Lanes 5&6 from 12pm-5:30pm	9am-11am  Lap Swim Lanes 1-4
2:10 pm - 4 pm Lap Swim Lanes 1-3	Open Swim Lanes 4-6	12pm-1pm Coached Lap Swim Pool Reserved	POOL RESERVED	Lap Swim Lanes 1-2	11:30-7:45 pm	Open Swim Lanes 5-6
4 pm - 5:30 pm  Swim Lessons Reserved Lanes 4-6  Lap Swim Lanes 1-2	4-4:30 pm  Swim Lessons Lane 4-6	1:10 pm - 2:10 pm WaterWellness Lanes 3-6	4:30 pm - 5:30pm  Swim Lessons & Swim Team	2:10 pm- 9:45pm  Lap Swim Lanes 1-4	Lap Swim Lanes 1-4	11 am - 7:45 pm  Lap Swim Lanes 1-4
5:30 pm - 6:30 pm  Splashtastic Lane 5-6  Swim Lessons Reserved Lanes 1-3  Lap Swimming Lane 4	4:30-5:30pm Swim Lessons & Swim Team	Lap Swim Lane 1-2	POOL RESERVED	Open Swim Lanes 5 & 6	Open Swim Lanes 5-6	Open Swim Lanes 5-6
6:30 pm-9:45 pm Open/Lap Swim	5:30 pm - 7 pm  Swim Lessons Reserved Lanes 4-6  Lap Swim Lanes 1-3	3:30-5:30 pm  Swim Lessons Reserved Lanes 4-6	5:30pm-6:00pm  Swim Lessons Reserved Lanes 5-6  Lap Swim Lanes 1-4	IMPORTANT OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY Unless otherwise stated on the schedule  Lap Swimming is repetively swimming from one end of the pool to the other independently.  Circle swimming / Lane Sharing Please use during peak times.  Thank you! To register for classes please use the: Peak Health & Wellness MSLA app		
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 MAY 6th-23rd 3 WEEKS - No Lessons Memorial Week  
Last day of 'Saturday Coach Lap Swim' is Saturday, May 25th

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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Aquatics Director, Jana Rafferty: 406.251.3344 ext. 225  
jana@peakmissoula.com