

SEPTEMBER

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 Open Swim Lanes 5 & 6	5 am - 4:00pm 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	7 am - 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	<p>Scuba Lanes 5-6 Reserved On 9/1 7am-2:30pm</p> <p>7am-7:30pm Lap Swim Lanes 1-4</p> <p>Open Swim Lanes 5 & 6</p> <p>Scuba Lanes 5-6 Reserved On 9/1 7am-2:30pm</p>	
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	8:55-10am AquaMashPlus Lanes 2-6 Lap Swim Lanes 1	10 am - 11am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	SNR OLYMPICS * RESERVED ON 9/13 10 am - 11am AquaMash Pool Reserved	SNR OLYMPICS RESERVED * ON 9/14 8:55am-10am AquaTurbo Lanes 3-6		
10 am - Noon Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	11:10am-12pm JointMobility Lanes 3-6 Lap Swim Lanes 1-2	10 am - 11 am AquaMash Pool Reserved 11 pm - 12 pm Lap Swim Lanes 1-4	4-6:30pm Swim Lessons Lanes 5-6 Lap Swim Lanes 1-4 4-4:55p	SNR OLYMPICS * RESERVED ON 9/13 11:10 am - 12pm JointMobility Lanes 2-6	SNR OLYMPICS RESERVED ON 9/14 10-11:30 Coached Lap Swim Pool Reserved		
Noon-1pm Coached Lap Swim Pool Reserved No Lap Swim On Labor Day	12-2:00 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	Noon-1pm Coached Lap Swim Pool Reserved 1:10 pm - 2:10 pm WaterWellness Lanes 3-6		5-6pm PRE COMP Pool Reserved Lanes 1-4 for pre-comp Lanes 5-6 for swim lessons	SNR OLYMPICS RESERVED * ON 9/13 Noon-4pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6		SNR OLYMPICS RESERVED * ON 9/14 11:30-4 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
1:10 pm - 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1-2	2-3:30pm Swim Lesson Lane 5 Lap Swim Lanes 1-4 Open Swim Lane 6	2:10-3:00 pm Lap Swim Lanes 1-3 Open Swim Lanes 5-6	6:00 pm-6:30pm Lap Swim Lanes 1-4 Swim Lessons Lanes 5-6		4 pm-9:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6		4 pm-9:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
2:10 pm - 4 pm Lap Swim Lanes 1-3	3:30-6:30 pm Swim Lessons Lanes 4-6 No Pre-Comp Postponed	3:00-5:30 pm Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3			6:30pm-9:30 Lap Swim Lanes 1-4 Open Swim Lanes 5-6		<p>IMPORTANT OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY 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> <p>Thank you! To register for aqua group classes please use the: Peak Health & Wellness MSLA app</p>
4 pm - 5:30 pm Swim Lessons Lanes 4-6 Lap Swim Lanes 1-2	5:30 pm - 6:30 pm Splashtastic Lane 5-6 Swim Lessons Reserved Lanes 1-3 Lap Swimming Lane 4	5:30 pm - 6:30 pm DynamicAquasize Lanes 5-6 Swim Lessons Reserved Lanes 1-3 Lap Swim Lanes 4					
6:30 pm-9:30 pm Open/Lap Swim	6:30 pm-9:30 pm Open/Lap Swim	6:30 pm-9:30 pm Open/Lap Swim					

PEAK SWIM SESSION: STARTS September 9th-26th - PRE-COMP Thursdays 5-6pm ; Excludes makeup lessons or extended lessons

Please share lap lanes or circle swim during peak times. Thank you!

* Senior Olympics Start 9/13-9/14 - Warm up begins at 10 am

Looking for Volunteers Contact BrownB@Ci.missoula.mt.us or 406-552-6684

'Earn Your Turns Challenge' - Coach Lap Swim - Earn points for every adult coach lap swim on M & W only , when you attend in the months of Sept.-Nov. Prizes include: gift cards, swim swag, and more! See Coaches on deck - free to participate to members



BLUE MTN POOL HOURS M-F 5 AM - 10 PM, SAT-SUN 7AM - 8PM EARLY CLOSURE ON LABOR DAY: 2 pm

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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