

# OCTOBER

# 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 - 9:55am  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	7am-7:30pm  Lap Swim Lanes 1-4  Open Swim Lanes 5 & 6
8:55 am - 10 am <b>HydroBody</b> Lanes 3-6  Lap Swim Lanes 1-2	9:55 am - 11 am <b>AquaTurbo</b> Lanes 3-6  Lap Swim Lanes 1-2	8:55-10am <b>AquaMashPlus</b> Lanes 2-6  Lap Swim Lanes 1	10 am - 11am <b>AquaTurbo</b> Lanes 3-6  Lap Swim Lanes 1-2	10 am - 11am <b>AquaMash</b> <b>Pool Reserved</b>	8:55am-10am  <b>AquaTurbo</b> Lanes 3-6  Lap Swim Lanes 1-2	
10am-11am <b>Aqua Flow</b> Lanes 5-6  Lap Swim Lanes 1-4	11:10am-Noon  <b>JointMobility</b> Lanes 3-6	10 am - 11 am <b>AquaMash</b> <b>Pool Reserved</b>	11 am - 2pm Lap Swim Lanes 1-4	11:10 am - Noon  <b>JointMobility</b> Lanes 2-6	10-11:30 Coached Lap Swim <b>Pool Reserved</b>	
11am-Noon Lap Swim Lanes 1-4	Lap Swim Lanes 1-2	11 pm - Noon Lap Swim Lanes 1-4	Open Swim Lanes 5 & 6	Lap Swim Lane 1		
Noon-1pm Coached Lap Swim <b>Pool Reserved</b>	Noon-2pm Lap Swim Lanes 1-4  Open Swim Lanes 5-6	Open Swim Lanes 5 & 6	2-3:30pm  ISR Lessons Lane 6	Noon-4pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6	11:30-4 pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6	
1:10 pm - 2:10 pm <b>WaterWellness</b> Lanes 3-6  Lap Swim Lane 1-2	2-3:30pm	1:10 pm - 2:10 pm <b>WaterWellness</b> Lanes 3-6  Lap Swim Lane 1-2	Open Swim Lane 5	2:20-5pm <b>ISR Lessons</b> Lane 6		
2:10 pm - 4 pm Lap Swim Lanes 1-3 ISR Lessons Lane 6	ISR Swim Lesson Lane 6 Lap Swim Lanes 1-4  Open Swim Lane 5	2:10-3:00 pm Lap Swim Lanes 1-3 ISR Lane 6 OPEN Lane 5	3:30-5pm  Swim Lessons & ISR Reserved LANE 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	
4 pm - 5:30 pm  Swim Lessons Lanes 4-6  Lap Swim Lanes 1-2	3:30-5:30 pm  Swim Lessons & ISR Lessons Lanes 5-6	3:00-5:30 pm  Swim Lessons & ISR Lessons Lanes 4-6  Lap Swim Lanes 1-3	5-6pm <b>PRE COMP</b> <b>Pool Reserved</b> Lanes 1-4 for pre-comp  Lanes 5-6 for swim lessons & ISR			
5:30 pm - 6:30 pm  <b>Splashtastic</b> Lane 5-6  Swim Lessons Reserved Lanes 1-3  Lap Swimming Lane 4	Lap Swim Lanes 1-4  5:30-6:30pm <b>Pre-Comp</b> <b>Pool Reserved</b>	5:30 pm - 6:30 pm <b>DynamicAquasize</b> Lanes 5-6  Swim Lessons <b>Reserved</b> Lanes 1-3  Lap Swim Lanes 4	6:00 pm-6:30pm  Lap Swim Lanes 1-4  Swim Lessons Lanes 5-6			
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	6:30 pm-9:30 pm Open/Lap Swim			

**IMPORTANT**  
**OPEN Swim** is during  
open swim slots **ONLY**  
Lanes 5-6 **ONLY**  
Unless otherwise stated on the schedule

**Lap Swimming** is repetitively  
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 aqua group classes  
please use the:  
**Peak Health & Wellness MSLA app**

PEAK SWIM SESSION: STARTS October 7th-31st - PRE-COMP Tues.&Thurs. Evenings. Excludes makeup lessons or extended lessons

Infant Swim Rescue NEXT SESSION: Nov.4th-Nov. 18th | 2:20pm-5pm M-F

'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



**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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