

# NOVEMBER

# 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 - 9:55am  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  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	Open Swim Lanes 5 & 6	Open Swim Lanes 5&6	10 am - 11am <b>AquaMash</b> <b>Pool Reserved</b>	8:55am-10am	
10am-11am <b>Aqua Flow</b> Lanes 3-6  Lap Swim Lanes 1-2	11:10am-Noon  <b>JointMobility</b> Lanes 3-6	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	11:10 am - Noon  <b>JointMobility</b> Lanes 2-6  Lap Swim Lane 1	<b>AquaTurbo</b> Lanes 3-6  Lap Swim Lanes 1-2	
11am-Noon Lap Swim Lanes 1-4	Lap Swim Lanes 1-2	10 am - 11 am <b>AquaMash</b> <b>Pool Reserved</b>	11 am - 2pm Lap Swim Lanes 1-4	Salvation Army Swim for HOPE Noon-2 pm Only On 11/15 Lanes 1-3 RESERVED only on 11/15	10-11:30 Coached Lap Swim <b>Pool Reserved</b>	
Noon-1pm Coached Lap Swim <b>Pool Reserved</b>	Noon-2pm Lap Swim Lanes 1-4  Open Swim Lanes 5-6	11 pm - Noon Lap Swim Lanes 1-4	Open Swim Lanes 5 & 6	2-3:30pm ISR Lessons Lane 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	Open Swim Lanes 5 & 6	Lap Swim Lanes 1-4	3:30-5pm		
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	Noon-1pm Coached Lap Swim <b>Pool Reserved</b>	Open Swim Lane 5	Swim Lessons & ISR Reserved LANE 5-6	2:20-5pm ISR Lessons Lane 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	1:10 pm - 2:10 pm <b>WaterWellness</b> Lanes 3-6  Lap Swim Lane 1-2	3:30-5pm	Lap Swim Lanes 1-4	4 pm-9:30 pm	
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>	2:10-3:00 pm Lap Swim Lanes 1-3 ISR Lane 6 OPEN Lane 5	5-6pm <b>PRE COMP</b> <b>Pool Reserved</b> Lanes 1-4 for pre-comp  Lanes 5-6 for swim lessons & ISR	Open Swim Lanes 5-6	4 pm-9:30 pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6	
6:30 pm-9:30 pm Open/Lap Swim	6:30 pm-9:30 pm Open/Lap Swim	3:00-5:30 pm  Swim Lessons & ISR Lessons Lanes 4-6  Lap Swim Lanes 1-3	6:00 pm-6:30pm  Lap Swim Lanes 1-4  Swim Lessons Lanes 5-6	2:20-5pm ISR Lessons Lane 6	4 pm-9:30 pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6	
		5:30 pm - 6:30 pm <b>DynamicAqasize</b> Lanes 5-6  Swim Lessons <b>Reserved</b> Lanes 1-3  Lap Swim Lanes 4		4 pm-9:30 pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6		
		6:30 pm-9:30 pm Open/Lap Swim	6:30 pm-9:30 pm Open/Lap Swim	4 pm-9:30 pm  Lap Swim Lanes 1-4  Open Swim Lanes 5-6	<p><b>IMPORTANT</b> <b>OPEN Swim</b> is during open swim slots <b>ONLY</b> Lanes 5-6 <b>ONLY</b> Unless otherwise stated on the schedule</p> <p><b>Lap Swimming</b> is repetitively swimming from one end of the pool to the other independently.</p> <p><b>Circle swimming / Lane Sharing</b> Please use during peak times.</p> <p>Thank you! To register for aqua group classes please use the: <b>Peak Health &amp; Wellness MSLA app</b></p>	

PEAK SWIM SESSION: STARTS NOV. 4th-21st- PRE-COMP Tues.&Thurs. Evenings. Excludes makeup lessons or extended lessons

Infant Swim Rescue Session: Nov.4th-Nov. 15th | 2:20pm-5pm M-F || 2 WKS

'Swim for HOPE' - Swim as many laps from Noon-2pm on 11/15 with us - see front desk signage for details - free to participate.



EARLY CLOSURE ON THANKSGIVING : 2 pm

**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.

**HydroBody:** Experience full body conditioning with constant movement predominately suspended in the deep water with no impact.

**JointMobility:** 45-minute non-aerobic aqua class consisting of specifically designed exercises to help improve joint flexibility and relieve pain due to arthritis.

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