

DECEMBER

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 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	10 am - 11am AquaMash Pool Reserved	8:55am-10am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2			
10am-11am Aqua Flow Lanes 3-6 Lap Swim Lanes 1-2	11:10am-Noon JointMobility Lanes 3-6 Lap Swim Lanes 1-2	10 am - 11 am AquaMash Pool Reserved	11 am - 3:30pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6 3:30-5pm Swim Lessons LANE 4-6 Lap Swim Lanes 1-3 5-6pm PRE COMP Pool Reserved Lanes 1-4 for pre-comp Lanes 5-6 Reserved for PEAK swim lessons 6:00 pm-6:30pm Lap Swim Lanes 1-4 Swim Lessons Lanes 5-6	11:10 am - Noon JointMobility Lanes 2-6 Lap Swim Lane 1	8:55am-10am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2			
11am-Noon Lap Swim Lanes 1-4	Noon-3:30pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	11 pm - Noon Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6		11 am - 3:30pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	Noon-9pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6		10-11:30 Coached Lap Swim Pool Reserved	
Noon-1pm Coached Lap Swim Pool Reserved		1:10 pm - 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1-2		Noon-1pm Coached Lap Swim Pool Reserved	1 lane may be reserved as needed for PEAK lessons or Alpine		1 lane may be reserved as needed for PEAK lessons or Alpine	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		2:10 pm - 3:30 pm Lap Swim Lanes 1-3		1:10 pm - 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1-2				11:30-4 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
2:10 pm - 3:30 pm Lap Swim Lanes 1-3		3:30-5:30 pm PEAK Swim Lessons Lanes 5-6		2:10-3:00 pm Lap Swim Lanes 1-3	3:30-5pm Swim Lessons LANE 4-6 Lap Swim Lanes 1-3		1 lane may be reserved as needed for PEAK lessons or Alpine	4 pm-9:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
3:30 pm - 5:30 pm Swim Lessons Lanes 4-6 Lap Swim Lanes 1-2				3:00-5:30 pm Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3				5-6pm PRE COMP Pool Reserved Lanes 1-4 for pre-comp Lanes 5-6 Reserved for PEAK swim lessons
5:30 pm - 6:30 pm Splashtastic Lane 5-6 PEAK Swim Lessons Reserved Lanes 1-3 Lap Swimming		5:30-6:30pm Pre-Comp Pool Reserved		5:30 pm - 6:30 pm DynamicAquasize Lanes 5-6 PEAK Swim Lessons Reserved Lanes 1-3 Shared Lap Swim Lane 4	6:00 pm-6:30pm Lap Swim Lanes 1-4 Swim Lessons Lanes 5-6		1 lane may be reserved as needed for PEAK lessons or Alpine	4 pm-9:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
6:30 pm-9pm Open/Lap Swim		6:30 pm-9pm Open/Lap Swim		6:30 pm-9pm 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.

Swim Lessons on the schedule are reserved for PEAK Lessons only.

To register for aqua group classes please use the:
Peak Health & Wellness MSLA app
 Thank You

PEAK SWIM SESSION: STARTS DECEMBER 2nd-12th 2 WEEK SESSION; Week of 12/12-12/19: extended session to separate group, refer to confirmation email for accurate dates

Infant Swim Rescue Session: Returns in January

NO ADULT COACH LAP On the following dates: 11/27/24-11/30/24, 12/23/24-1/2/24

AQUA GROUP FIT: Tues, 12/24: Morning Classes only, Wed. 12/25 Closed, Thurs. 12/26 Limited Schedule Check App,

Tues. Dec. 31st: Morning Classes only, Wed. Jan.1st No Classes



EARLY CLOSURE ON THANKSGIVING : 2 pm / Christmas Eve: 2 pm / Christmast Day: Closed

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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