

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
5- 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	5- 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	5-6 am: Open/Lap Swim 6-7am TRI-Clinic 6 WKS - RESV Lanes 1-3 7-7:30 am Hellgate RESV. Lanes 5-6 7:30-8:55 am - Open/Lap Swim	5 - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	5-6 am Open/Lap Swim 6-7am TRI-Clinic 6 WKS - RESV Lanes 1-3 7-7:30 am Hellgate RESV. Lanes 5-6 7:30-8:55 am Open/Lap Swim	*BOY SCOUT RESERVATION* Lane 1 Only 3/8 - from 9a-4p
8:55-10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2	Open Swim Lanes 5-6	8:55-10am AquaMashPlus Lanes 2-6 Lap Swim Lanes 1	Open Swim Lanes 5-6	7-7:30 am Hellgate RESV. Lanes 5-6 7:30-8:55 am Open/Lap Swim	SATURDAY 7-8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6
10-11am Aqua Flow Lanes 3-6 Lap Swim Lanes 1-2	10- 11am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	10- 11am AquaMash POOL RESERVED	10- 11am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	10- 11am AquaMash POOL RESERVED	8:55- 10am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2
11-Noon Lap Swim Lanes 1-4 Open Swim Lanes 5-6	11:10-Noon JointMobility Lanes 3-6 Lap Swim Lanes 1-2	11- Noon Lap Swim Lanes 1-4 Open Swim Lanes 5-6	11 - 2:20pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	11:10-Noon JointMobility Lanes 3-6 Lap Swim Lanes 1-2	10-11:30 am Coached Lap Swim POOL RESERVED
Noon-1pm Coached Lap Swim POOL RESERVED	Noon-2:20pm Lap Swim Lanes 1-4	Noon-1pm Coached Lap Swim POOL RESERVED		Noon-9 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	11:30 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
1:10- 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lanes 1-2	Open Swim Lanes 5-6	1:10- 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lanes 1-2	2:20-3:30 pm ISR Lessons Lane 6 Open Swim Lane 5 Lap Swim Lanes 1-4	LANES  'Open/Lap Swim' Lap Swim Lanes 1-4 Open Swim Lanes 5-6 Open Swim is during open swim slots ONLY Lanes 5-6 ONLY Lap Swim is swimming from one end of pool to other Please Circle Swim or Lane Share during busier times. Lanes are first come, first serve.	Noon-5:30pm *SCUBA RESERVATION* Lane 5-6 On 3/8
2:10- 3:30 pm Lap Swim Lanes 1-4 ISR Lessons Lane 6 Open Swim Lane 5 Lap Swim Lane 5	2:20-3:30 pm ISR Lessons Lane 6 Open Swim Lane 5 Lap Swim Lanes 1-4	2:10-3:30 pm ISR Lessons Lane 6 Open Swim Lane 5 Lap Swim Lanes 1-4			SUNDAY 7 am-12:30 pm *SCUBA RESERVATION* Lane 5-6 On 3/9
3:30- 5:30 pm ISR & PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:30- 5:30 pm ISR & PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:30-5:30 pm ISR & PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:30- 5 pm ISR & PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3		
5:30- 6:30 pm Splasztastic Lane 5-6 PEAK Swim Lessons Lanes 3-4 Lap Swim Lanes 1-2	5:30-6:30pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching	5:30- 6:30 pm Dynamic Aqaszize Lane 5-6 PEAK Swim Lessons Lanes 3-4 Lap Swim Lanes 1-2	5-6pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching		7 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
6:30-9pm Open/Lap Swim	6:30-9pm Open/Lap Swim	6:30-9pm Open/Lap Swim	6-9pm Open/Lap Swim		

ANNOUNCEMENTS

Infant Swim Rescue Sessions: 1/20-3/7 - 3/24-5/9

Scuba Lane Reserved: Sat. & Sun. 3/8 & 3/9 from Noon-5:30pm, 7am-12:30

Boy Scout Pool Reserved: 3/8 - 9am-4pm; Lane 1

\$ Beginner Triathlon Clinic: March 5th-April 14th; Wednesdays & Fridays 6-7am; Lanes 1-3

PEAK Swim Lessons: 3/3-3/27- 4 Weeks - Lessons occur during spring break



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SIGN UP FOR CLASSES ON OUR APP: Peak Health & Wellness MSLA

First Time Sign Up Use Your Email and Temporary Password: abcd1234 IMPORTANT: The login email will be the email associated with your PEAK account. To check your email on file or add/update your email please call service desk: 406 251-3344 ext. 201.



App Store

PEAK AQUATIC CLASSES

Find on Facebook at "PEAK Aquatics" - Visit peakmissoula.com for information about our swim lessons!



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 excercises to help improve joint flexibilty 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 fully body dynamic workout of cardio and strength building. May include use of equipment and/or suspended moves. Class concludes with stretch and cool down.



Coached Lap Swim: Ready to challenge yourself? Our Coached Lap Swim offers a structured workout to improve technique, build endurance, and push you to swim faster and stronger. Expert coaches will guide and motivate you every step of the way. Get ready to make every lap count and reach your full potential!