

MAY 2025



AQUATICS SCHEDULE



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	5 - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	5-9:55 am Open/Lap Swim	 SATURDAY
8:55-10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2		8:55-10am AquaMashPlus Lanes 2-6 Lap Swim Lanes 1			7-8:55 am Lap/Open Swim Indoor Triathlon - Saturday, May 3rd 8 am - 11:30 am POOL RESERVED
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	Indoor Tri - see above for details 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 2-6 Lap Swim Lane 1	 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-9pm Open/Lap Swim	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	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 4-6 On 5/3
2:10- 3:30 pm Lap Swim Lanes 1-4 ISR Lessons Lane 6 Open 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	Open Swim Lane 5 Lap Swim Lanes 1-4		SUNDAY
3:30- 5:30 pm ISR & PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:30-6:30pm 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 Splashtastic Lane 5-6 PEAK Swim Lessons Lanes 3-4 Lap Swim Lanes 1-2		5:30- 6:30 pm Dynamic Aquasize 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-12:30 pm *SCUBA RESERVATION* Lane 5-6 On 5/4
6:30-9pm Open/Lap Swim	6:30-9pm Open/Lap Swim	6:30-9pm Open/Lap Swim	6-9pm Open/Lap Swim		7 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6

ANNOUNCEMENTS



Memorial Day: Monday, May 26th - Early Closure at 2 pm



Check APP for Memorial Day - Group Classes

No Adult Coached Lap Swim on Memorial Day

INDOOR TRIATHLON - Saturday, May 3rd Starts 8 am-11:30 am - POOL RESERVED

Scuba Lane Reserved: Sat. & Sun.5/3 & 5/4 from Noon-5:30pm, 7am-12:30

Infant Swim Rescue Sessions: Ends 5/9/25

\$PEAK Swim Lessons: M-TH 3pm-6:30pm

Some additional swim lessons may vary on schedule

Find on Facebook at "PEAK Aquatics"

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



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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.



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BM: M-F 5am-10pm, Sat.-Sun., 7am- 8pm RC: M-TH 6am-10pm, Fri. 6am-8:30pm, Sat.-Sun., 7am-8pm DT: M-F 5 am-9pm, Sat-Sun. 7 am-8pm



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PEAK AQUATIC CLASSES



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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 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 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!



PEAK-approved instructors are the only ones permitted to conduct swim lessons at the facility

Lanes Are First Come, First Serve: Lanes are available on a first come, first serve basis. Be sure to choose a lane that matches your swimming pace.

- Swim in a Straight Line: When sharing a lane, swim in a straight line to avoid collisions. If there are multiple swimmers, stay to the right side of the lane.
- Choose the Right Lane: Select a lane that matches your swimming speed. If you're slower, choose a lane that accommodates slower swimmers.
- Communicate with Other Swimmers: If you need to share a lane, make sure to agree on the direction and switch sides when necessary, especially in busy lanes.
- Rest Smartly: If you need a break, stay at the wall and out of the way of other swimmers. Don't linger in the middle of the lane.
- Be Aware of Passing: If you need to pass another swimmer, do so carefully by tapping their feet or waiting for a clear space. Always pass on the left.
- Minimize Splashing: Keep your strokes controlled to reduce unnecessary splashing that could affect other swimmers.
- Respect Time: Limit your time in the lane, especially during peak hours, to allow everyone a chance to swim.
- Be Courteous: Always be mindful of other swimmers' space and pace. If the lane is getting crowded, consider adjusting your speed or timing.

Circle Swim refers to the practice of swimming in a circular motion in a single lane, especially when sharing the lane with others. It's typically used when there are multiple swimmers in one lane, and everyone swims in one direction to avoid collision.

Lap Swim refers to swimming back and forth in a pool, often in a designated lap lane, which could either be in a straight line or a circle (if the lane is crowded).


TEMPLATE

DO NOT EDIT



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 - 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 - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	SATURDAY
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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 - 4pm 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-3:30pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	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 Lane 1-2		1:10- 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lane 1-2			
		2:10- 3:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6			
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3:30- 5:30 pm PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3 5:30- 6:30 pm Splashtastic Lane 5-6 PEAK Swim Lessons	3:30- 5:30 pm PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:30-5:30 pm PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3 5:30- 6:30 pm Dynamic Aquasize Lane 5-6 PEAK Swim Lessons	4- 5 pm PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3		Noon-5:30pm *SCUBA RESERVATION* Lane 5-6 On Feb. 1st
Lanes 3-4 Lap Swim Lanes 1-2 6:30-9pm Open/Lap Swim	5:30-6:30pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching	Lanes 3-4 Lap Swim Lanes 1-2 6:30-9pm Open/Lap Swim	5-6pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching		SUNDAY
					7 am-7:30 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
					Noon-5:30pm *SCUBA RESERVATION*
					Lane 5-6 On Feb. 2nd

Infant Swim Rescue Session Starts: **January 20th - March 7th**
Scuba Lane Reservation on **Feb. 1st & 2nd, March 1st&2nd** from Noon-5:30pm
\$ **Beginner Triathlon Clinic: March 3rd-Aprill 11th**; Wednesdays & Fridays 6-7am; Lanes 1-3



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