

JANUARY 2026 AQUATICS SCHEDULE



See Pool Reservations Below!

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
8:55-10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2	8:55-10am AquaMashPlus Lanes 2-6 Lap Swim Lanes 1				Veteran Scuba Event Noon-5pm RSVD Lanes 3-6 Only on 1/24 7-8:55 am Lap/Open Swim Lanes Lap: 1-4 Open: 5-6
10-11am Aqua Flow Lanes 3-6 Lap Swim Lanes 1-2	10- 11am AquaTurbo Lanes 3-6 Lap Swim Lane 1-2* *Lane 2 used only for Aqua class of 28+	10- 11am AquaMash Lanes 3-6 Lap Swim Lane 1-2* *Lane 2 used only for Aqua class of 28+	10- 11am AquaTurbo Lanes 3-6 Lap Swim Lane 1-2* *Lane 2 used only for Aqua class of 28+	10- 11am AquaMash Lanes 3-6 Lap Swim Lane 1-2* *Lane 2 used only for Aqua class of 28+	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/Open Swim	11:10-Noon JointMobility Lanes 2-6 Lap Swim Lane 1	10am - 11:30 am Coached Lap Swim POOL RESERVED
Noon-1pm Coached Lap Swim POOL RESERVED	Noon-2:20pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	Noon-1pm Coached Lap Swim POOL RESERVED 1:10- 2:10 pm WaterWellness Lanes 3-6 Lap Swim Lanes 1-2	2:20-3:30 pm ISR/PEAK Swim Lessons & Open Swim Shared Lanes 5-6 Lap Swim Lanes 1-4	Noon - 9 pm Lap Swim 1-4 Open Swim Shared w/ PEAK Swim Lessons Lanes 5-6	11:30-7 pm Lap Swim Lanes 1-4 Open Swim shared w/PEAK swim Lessons Lanes 5-6
2:10- 3:00pm Lap Swim Lanes 1-4 Open Swim* Lanes 5-6	2:20-3:00pm Lap Swim Lanes 1-4 Open Swim* Lanes 5-6	2:10-3 pm Lap Swim Lanes 1-4 Open Swim* Lanes 5-6	2:10-3 pm Lap Swim Lanes 1-4 Open Swim* Lanes 5-6	SHARE LANES  Please Circle Swim or Lane Share during busier times. Lanes are first come, first serve. Lap Swim is swimming proficiently 1 of 4 strokes from one end of pool to other	11:30-7 pm Lap Swim Lanes 1-4 Open Swim shared w/PEAK swim Lessons Lanes 5-6
3:00- 5:30 pm *ISR/PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3:00-5:30pm *ISR/PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	3-5:30 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/Open Swim Lanes 1-3	 Open Swim is treading, recreational swimming, water walking	SUNDAY 7 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
5:30- 6:30 pm Splashtastic Lane 5-6 PEAK Swim Lessons Lanes 1-3 Lap Swim Lane 4	5:30-6:30 pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching	5:30- 6:30 pm Dynamic Aquasize Lane 5-6 PEAK Swim Lessons Lanes 1-3 Lap Swim Lane 4	5:30-6:30 pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching	 Open Swim is treading, recreational swimming, water walking	 Find on Facebook at "PEAK Aquatics"
6:30-9pm Lap/Open Swim	6:30-9pm Lap/Open Swim	6:30-9pm Lap/Open Swim	6:30-9pm Lap/Open Swim		

ANNOUNCEMENTS



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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.

Veteran Scuba Event - Saturday, January 24th Lanes 3-6 RESERVED 3-6 | Noon-5
Infant Rescue Swim Lessons- M-F 2:20-5pm - January 12th - Feb. 27th

PEAK Swim Session Starts Week of : Jan. 5th - Feb. 14th - 6 Week Session

Pool Reserved: Tuesdays & Thursdays From 5:30pm-6:30pm

PEAK Pre-Competitive Swimmers & Swim Lessons Occuring

visit peakmissoula.com to sign up on the swim waitlist

Blue Mountain: M-F 5am-10pm, Sat.-Sun., 7am- 8pm



PEAK AQUATIC CLASSES



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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.

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!

