

August 2026

AQUATICS SCHEDULE



See Reserved & Scuba Camp Lanes 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	5- 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6	5 - 9:55 am Lap Swim Lanes 1-4	5 - 9:55 am Lap Swim Lanes 1-4	SATURDAY
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	Open Swim Lanes 5-6	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 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	11-3 pm Lap Swim Lanes 1-4	11:10-Noon JointMobility Lanes 2-6 Lap Swim Lane 1	10 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
Noon-1pm Coached Lap Swim POOL RESERVED	Noon-3pm Lap Swim Lanes 1-4	Noon-1pm Coached Lap Swim POOL RESERVED	Open Swim Lanes 5-6	Noon - 9 pm Lap Swim Lanes 1-4	08/08 only: Noon-5 SCUBA CAMP RSVD 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	3-5:30 pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	Open Swim Shared w/ PEAK Swim Lessons Lanes 5-6	SUNDAY
2:10- 3:00pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	3:00-6:30pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	2:10- 3:00pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	5:30-6:30 pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching	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 Open Swim is treading, recreational swimming, water walking	7 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6
3:00- 5:30 pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3		3-5:30 pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3			08/09 only: 7a-Noon SCUBA CAMP RSVD LANES 5-6
5:30- 6:30 pm Splashtastic Lane 5-6 PEAK Swim Lessons Lanes 1-3		5:30- 6:30 pm Dynamic Aquasize Lane 5-6 PEAK Swim Lessons Lanes 1-3			*Aquatic lessons may not be conducted by non-PEAK staff unless prior approval has been granted by PEAK.
6:30-9pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6	6:30-9pm Lap/Open Swim	6:30-9pm Lap/Open Swim	6:30-9pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6		

ANNOUNCEMENTS



Google Play

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

SCUBA - Reserved Lanes 5-6 on Sat. Aug. 8th Noon-5p / Sun. Aug. 9th 7a-Noon

Pool Reserved on Thursdays From 5:30pm-6:30pm

PEAK Pre-Competitive Swimmers & Swim Lessons Occuring

 **NOW HIRING SWIM INSTRUCTORS!**

PLEASE CONTACT JANA@PEAKMISSOULA.COM WITH YOUR RESUME TO APPLY