

October 2026

AQUATICS SCHEDULE



See Reserved & Scuba Camp Lanes Below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	7-8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5-6
8:55-10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2		8:55-10 am AquaMashPlus Lanes 2-6 Lap Swim Lane 1			8:55-10 am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2
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+	10-11:30 pm Coached Lap Swim POOL RESERVED
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 Open Swim Lanes 5-6	11:10-Noon JointMobility Lanes 2-6 Lap Swim Lane 1	11:30 am-7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6 *Swim Lessons may occur and share lanes as needed
Noon-1 pm Coached Lap Swim POOL RESERVED	Noon-3pm Lap Swim Lanes 1-4 Open Swim Lanes 5-6	Noon-1 pm Coached Lap Swim POOL RESERVED		Noon-9 pm Lap Swim Lanes 1-4 Open Swim Shared w/ PEAK Swim Lessons Lanes 5-6	
1:10-2:10 pm Hydro Jam Lanes 3-6 Lap Swim Lanes 1-2		1:10-2:10 pm Hydro Jam Lanes 3-6 Lap Swim Lanes 1-2			10/03 only: Noon-5 SCUBA CAMP RSVD LANES 5-6
2:10-3:00 pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	3-5:30 pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	2:10-3:00 pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	3-5:30 pm RSVD PEAK Swim Lessons Lanes 4-6 Lap Swim Lanes 1-3	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 *Swim Lessons may occur and share lanes as needed
3-5:30 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			
5:30-6:30 pm Splashtastic Lane 5-6 PEAK Swim Lessons Lanes 1-3	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	5:30-6:30 pm POOL RESERVED PEAK Swim Lessons & Pre-Competitive Coaching		10/04 only: 7a-Noon SCUBA CAMP RSVD LANES 5-6
6:30-9 pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6	6:30-9 pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6	6:30-9 pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6	6:30-9 pm Lap Swim Lanes 1- 4 Open Swim Lanes 5-6		*Aquatic lessons may not be conducted by non-PEAK staff unless prior approval has been granted by PEAK.

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. Oct. 3rd Noon-5p / Sat. Oct. 4th 7a-Noon

Pool Reserved on Tuesdays & 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

