November 2026
AQUATICS SCHEDULE

PEAK AQUATICS

Early Closure on Thanksgiving | 2pm
No Swim Lessons or Competitive Prep Coaching 11/23 - 11/29

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 & 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	**SUNDAY**
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			7 am-7 pm **Lap Swim** Lanes 1-4 **Open Swim** Lanes 5-6 ***Swim Lessons may occur & share lanes as needed**
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	
3-5:30 pm RSVD **PEAK Swim Lessons** Lanes 4-6 **Lap Swim** Lanes 1-3	5:30-6:30 pm **POOL RESERVED** **PEAK Swim Lessons & Competitive Prep Coaching**	3-5:30 pm RSVD **PEAK Swim Lessons** Lanes 4-6 **Lap Swim** Lanes 1-3	5:30-6:30 pm **POOL RESERVED** **PEAK Swim Lessons & Competitive Prep Coaching**		
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.** ***Alpine Therapy may occasionally use a pool lane during Open Swim during quieter times. Thank you for sharing our pool!**
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		

ANNOUNCEMENTS

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.

Google Play **App Store**

ADVANCE NOTICE: Dec. 5th and 6th we have a swim team renting the entire pool from 8am-5pm on Saturday December 5th and Sunday December 6th.

NOW HIRING SWIM INSTRUCTORS!

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

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

visit peakmissoula.com to sign up on the swim waitlist

Find on Facebook at "PEAK Aquatics"