



BLUE MOUNTAIN July Aquatics



HEALTH & WELLNESS Mon-Fri 5 am-10 pm / Sat-Sun 7 am-8 pm Blue Mountain 251-3344 / Racquet Club 251-3356 / Downtown 317-1960 / peakmissoula.com

MON	TUE	WED	THU	FRI	SAT	SUN
Aqua Burn 9-10 am Judy Senior Aerobics 10-11 am Carol/Judy Swim Lessons 11 am-1 pm Senior Aerobics 1-2 pm Judy Swim Lessons Lane 1 rsvd 4-5 pm 4-7 pm Coached Adult Lap Swim/3 lanes 5:30-6:30 pm Mike Open Swim 7:30-10 pm	Coached Adult Lap Swim/3 lanes 6-7 am Shelby Aquamotion 10-11 am Heidi Swim Lessons 11 am-1 pm Swim Lessons Lane 1 rsvd 4-5 pm 3:30-7 pm Swim Team 3 lanes 5-6:30 pm Open Swim 7:30-10 pm	Aqua Burn 9-10 am Sandy Senior Aerobics 10-11 am Sandy Swim Lessons 11 am-1 pm Coached Adult Lap Swim/3 lanes Noon-1 pm Senior Aerobics 1-2 pm Judy Swim Lessons Lane 1 rsvd 4-5 pm 4-7 pm Coached Adult Lap Swim/3 lanes 5:30-6:30 pm/Mike Open Swim 7:30-10 pm	Coached Adult Lap Swim/3 lanes 6-7 am Shelby Aquamotion 10-11 am Jackie Swim Lessons 11 am-1 pm Swim Lessons Lane 1 rsvd 4-6 pm 3-7 pm Tri Training/Rob 5-6 swim 6:15-7:15 pm cycling 7:15-8 pm run Open Swim 7:30-10 pm	Senior Aerobics 10-11 am Sandy Swim Lessons 11 am-1 pm Senior Aerobics 1-2 pm Carol/Judy Open Swim 2-10 pm	Water Basketball 9-10 am Open to all Open Swim 10 am-8 pm	Open Swim 7 am-8 pm

4th of July Weekend
Modified Class Schedule
July 1, Sat: No Classes
July 2, Sun: Pilates, 9 am, DT/Isabelle
July 3, Mon: Pilates, 9 am, DT/Isabelle
 Gentle Yoga, 10:30, DT/Isabelle
 Cardio Strength, 8 am, BI Mtn/Richel
 Cycling, 9 am, BI Mtn/Dan
 Oula, 9:15 am, BI Mtn/Beckie
DT Members welcome to BI Mtn classes July 3
July 4, Tue: No Classes
Club Hours: 5am-2pm
Jungle Closed both locations July 1-4

Lessons and Classes have priority use of the pool. Please be courteous and respectful toward participants and other activities.

Adult Only Hours: M-Th, 5-7 pm. Children in PEAK Swim Team & Lessons are the only exception. Open swimmers welcome during Swim Lessons, except Monday-Thursday, 5-7 pm.
***No lap swimming in open half of pool during lessons & classes. Please share lap lanes.**
 M-Th, 4-5 pm, Lane 1 will be reserved for swim lessons if needed by instructor.



Aquatics Class Descriptions

Adults Only Hours	Monday-Thursday, 5-7 pm. Children in PEAK Swim Team and Lessons are the only exception.
Aqua Burn (All Levels)	A moderate to high intensity workout focused on calisthenics and toning in deep and shallow water.
Aquamotion (All Levels)	Will get you moving! Focused on cardio and endurance in deep and shallow water.
Coached Adult Lap Swim (All abilities welcome)	Coached workouts for swimmers of all fitness goals and abilities. If you can swim 25 yards and want to improve your swim endurance/ times/ technique. Lanes are organized by ability, speed, and training level. All lanes reserved.
Lap Swim	3 lanes open, except during Adult Swim, Tri Training and Swim Team practice; all lanes reserved. No lap swimming in open half of pool during lessons & classes.
Open Swim	A great time to bring your children for a family swim. Lessons, Classes, and Rentals have priority use of the pool. Distracting or disruptive swimmers will be asked to leave.
Senior Water Aerobics	A low impact, moderate intensity workout focused on toning, range of motion and strengthening.
Swim Lessons (Ages 2-Adult)	Learn comfort and skills for all ages in a small group or private lesson. June session begins: Monday, June 5. July registration begins: June 12, pre-registration and payment required, contact: swimming@peakmissoula.com
Sun Rays Swim Team	Sun Rays is a non-competitive team that introduces kids to work together and listen to a coach while executing skills, drills & strokes to improve mechanics and endurance. Participants must pass level 5 lessons or try out. Tuesday, 5-6:30 pm. Contact: swimming@peakmissoula.com .
Tri Training (all levels)	Work on your speed, form and endurance with certified triathlon instructor, Rob. Start in the pool, transition to cycling, finish with a run. Come to one, two or all three.
Water Basketball	Have fun and get a great endurance workout with a pick-up game of water basketball. Games are held in the deep end of the pool. Be ready to tread water. Fin use welcome.
Water Power	A quick, high-powered, full body workout in just 55 minutes! Cardio & functional strength training.

Pool Rules

Children under 14 years old **MUST** have adult in attendance with them in pool. Children prohibited in pool during classes.

NO children under 5 years old allowed in hot tub. Kids 5-13 years old **MUST** have adult in attendance with them in hot tub.

No children over 4 years of age allowed in locker rooms for the opposite sex. Please use the family change area, upstairs restrooms, or shower on deck.

Water Wings Prohibited. Equipment on blue rack is for adult and instructional use only. Please return all equipment to racks.

Please circle swim & share laps while lessons are in place. Alpine PT has priority of Lane 1 if needed. Thank you for your consideration.