



# BLUE MOUNTAIN December 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 / peak-

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Aqua Burn</b> 9 am Judy	<b>Coached Adult Lap Swim/3 lanes</b> 6-7 am Mike	<b>Aqua Burn</b> 9 am Sandy	<b>Coached Adult Lap Swim/3 lanes</b> 6-7 am Mike	<b>Senior Aerobics</b> 10 am Sandy	<b>Water Basketball</b> 9-10am Open to all	<b>Open Swim</b> 7 am-8 pm
<b>Senior Aerobics</b> 10 am Carol/Judy	<b>Coached Adult Lap Swim/3 lanes</b> 9-10 am Mike	<b>Senior Aerobics</b> 10 am Sandy	<b>Coached Adult Lap Swim/3 lanes</b> 9-10 am Mike	<b>Senior Aerobics</b> 1 pm Carol/Judy	<b>Coached Adult Lap Swim Entire Pool</b> 10-11:30 am Ellen/Mike/Shelby	
<b>Coached Adult Lap Swim/3 lanes</b> Noon-1 pm Lucy	<b>Aquamotion</b> 10 am Heidi	<b>Coached Adult Lap Swim/3 lanes</b> Noon-1 pm Lucy	<b>Aquamotion</b> 10 am Jackie	<b>Open Swim</b> 2-10 pm	<b>Open Swim</b> 11:30 am-8 pm	
<b>Senior Aerobics</b> 1 pm Judy	<b>Swim Lessons</b> 4-7 pm	<b>Senior Aerobics</b> 1 pm Judy	<b>Swim Lessons</b> 4-7 pm			
<b>Swim Lessons Lane 1 rsvd 4-5 pm</b> 4-7 pm	<b>Water Power</b> 5:30 pm Sandy	<b>Swim Lessons Lane 1 rsvd 4-5 pm</b> 4-7 pm	<b>Water Power</b> 5:30 pm Sandy			
<b>Coached Adult Lap Swim/3 lanes</b> 5:15-6:30 pm Shelby	<b>Open Swim</b> 7:30-10 pm	<b>Open Swim</b> 7:30-10 pm	<b>Tri Training</b> 5-6 Swim/Shelby 6:15-7:15 pm Cycling/Rob 7:15-8 pm Run/Rob			
<b>Open Swim</b> 7:30-10 pm			<b>Open Swim</b> 7:30-10 pm			

**NO CLASSES**  
December 23-26

Dec 31 & Jan 1  
Club Hours: 7 am-8 pm

Modified Class Schedule Jan 1  
Blue Mountain  
8 am Cycle/Dan  
9 am Boot Camp/Bridgette  
10:15 am Oula/Lizzie & Katie

Downtown  
10-11:15 am Yoga/Isabelle

Jungle Closed December 23-26  
and January 1

**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

<b>Adults Only Hours</b>	<b>Monday-Thursday, 5-7 pm.</b> Children in PEAK Swim Team and Lessons are the only exception.
<b>Aqua Burn (All Levels)</b>	A moderate to high intensity workout focused on calisthenics and toning in deep and shallow water.
<b>Aquamotion (All Levels)</b>	Will get you moving! Focused on cardio and endurance in deep and shallow water.
<b>Coached Adult Lap Swim (All abilities welcome)</b>	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.
<b>Lap Swim</b>	<b>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 &amp; classes.</b>
<b>Open Swim</b>	A great time to bring your children for a family swim. <b>Lessons, Classes, and Rentals have priority use of the pool.</b> Distracting or disruptive swimmers will be asked to leave.
<b>Senior Water Aerobics</b>	A low impact, moderate intensity workout focused on toning, range of motion and strengthening.
<b>Swim Lessons (Ages 2-Adult)</b>	Learn comfort and skills for all ages in a small group or private lesson. <b>No Swim Lessons in December. January Session: January 8-February 3. Registration begins: December 18, pre-registration and payment required. Contact Mike Turner: 251-3344 ext 225, miketurner@peakmissoula.com</b>
<b>Sun Rays Swim Team</b>	<b>Winter 2018 Swim Team, January 9-March 15, registration now open.</b> 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, 5-4 pm. Contact: miketurner@peakmissoula.com.
<b>Tri Training (all levels)</b>	Work on your speed, form and endurance. Start in the pool with Swim Coach, Shelby, then transition to cycling, finish with a run, with certified triathlon instructor, Rob. Come to one, two or all three events.
<b>Water Basketball</b>	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.
<b>Water Power</b>	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.