



FEB AQUATICS

	MON	TUE	WED	THU	FRI	SAT
WEEKLY CLASSES	Aqua Burner 9-10 am / Laura	Tri Swim 5-6:30 am / Maer	Aqua Burner 9-10 am / Laura	Tri Swim 5-6:30 am / Maer	Moonlight Swim 5-9 am	Water Basketball 9-10 am
	Senior Water 10-11 am / Laura	AM Splash 7-8 am / Skye	Senior Water 10-11 am / Karen	Coached Laps 8-9 am / Maer	Water Basketball 9-10 am	Water Power 10-11 am / Laura
	Swimming Lessons 11-1 pm	Aquamotion 10-11 am / Heidi	Hydro Circuit 1-2 pm / Karen	Aquamotion 10-11 am / Heidi	Senior Water 10-11 am / Sandy	Swimming Lessons 11 am-1 pm
	Hydro Circuit 1-2 pm / Laura	Swimming Lessons 3:30-5:30 pm	Swimming Lessons 3:30-7:00 pm	Swimming Lessons 2:30-5:30 pm	Hydro Circuit 1-2 pm / Laura	Family Swim 11-8 pm
	Swimming Lessons 3:30-7:00 pm	ADULT ONLY HOURS** 5-7 pm	Masters Swimming 5-6 pm / Amy	ADULT ONLY HOURS** 5-7 pm	Family Swim 2-8 pm	
	Masters Swimming 5-6 pm / Amy		ADULT ONLY HOURS** 5-7 pm		Masters Swimming 5-6 pm / Carrie	
	ADULT ONLY HOURS** 5-7 pm	Water Power 5:30-6:30 pm / Sandy		Water Power 5:30 pm / Sandy	Kayak Practice 8-10 pm	
		Family Swim 7-10 pm	Sun Rays Swim Team 6-7 pm	Family Swim 7-10 pm		
	Sun Rays Swim Team 6-7 pm					
	Family Swim 7-10 pm		Family Swim 7-10 pm			
<p>**ADULT ONLY HOURS are Mon-Fri 5-7 pm. During these prime time hours the PEAK is reserved for adult use only. Children in PEAK programs are the only exception (i.e. lessons, teams and FIT KIDS).</p> <p>Rev 100411</p>						

PLEASE & THANK YOU! • Parents must be in the pool area with children 13 and younger. • Water wings are NOT permitted.
 • Please return all equipment to racks. • Please circle swim to share lanes. • Be courteous at all times and HAVE FUN!



AQUATICS Class Descriptions

Adult Only Hours are for adult classes and swim, with the exception of children in PEAK aquatics programs. Mon-Thu 5-7 pm.

AM Splash is a great way to start your day. Wake up and set the pace for your day with this fun and energizing water workout with a blast of cardio, core toning, and completed with a good morning stretch! Come ready to make a splash.

Aqua Burner is a moderate / high intensity workout focused on calisthenics and toning in both deep and shallow water.

Aqua Motion will get you moving! Aqua Motion is focused on cardio and endurance in the shallow and deep ends.

Coached Laps helps make the most out of your swim workouts by showing you how to be more efficient and powerful with your stroke.

Endurance is for swimmers working to expand on their swimming endurance. This class is designed to get you ready for any mean, long distance swim.

Family Swim is a great time to bring your children and family in for a fun and leisurely swim.

Hydro Circuit is a moderate to high intensity workout focused on water walking and running mixed with stationary, range of motion and strengthening exercises.

Lap Swim is available almost all hours the PEAK is open. Two lanes are reserved for Master's Swim and Sun Rays practice. One lane is reserved during water basketball. During busy times please circle swim to share lanes.

Senior Water is a low impact, moderate intensity workout focused on toning, range of motion and strengthening.

Tri Swim will get you triathlon ready! Whether you are a never-ever or a seasoned triathlete this class will help build your endurance, strength, core and stroke technique.

Water Basketball Have fun and 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 is a quick, high-powered, full body workout, all in just 55 minutes! A blend of cardio and functional strength training offers just the right mix.

PLEASE NOTE

- Parents must be in the pool area with children under 14 years old.
- Water Wings are not permitted.
- Please return all equipment to racks.
- Please circle swim to share laps.

PEAK Hours of Operation Monday - Friday 5 am-10 pm / Saturday & Sunday 7 am-8 pm

PEAK Main Club 251-3344 / PEAK Racquet Club 251-3356 / peakmissoula.com