

Water Aerobics at Currents THROUGH APRIL 2026

Increase muscle strength, flexibility, and cardio fitness! All fitness levels welcome, no swimming skill required. Drop-in, regular admission fees. Ages 16+. Purchase a pass or punch card and save up to 30%!

	Mon	Tues	Wed	Thurs	Fri	Sat
6:15 – 7:00 am		Deep Beginning to Moderate		Deep Beginning to Moderate		
7 – 7:50 am	Deep Beginning to Moderate	Shallow/Deep Beginning to Moderate	Deep Beginning to Moderate	Shallow/Deep Beginning to Moderate	Deep Beginning to Moderate	
9 – 9:50 am	Shallow Beginning to Moderate	Arthritis* Beginning to Moderate	Shallow Beginning to Moderate	Arthritis* Beginning to Moderate	Shallow Beginning to Moderate	Shallow Beginning to Moderate
9:30 – 10 am	Deep Beginning to Moderate					
10 – 10:50 am	Shallow Moderate to Intense		Shallow Moderate to Intense		Shallow Moderate to Intense	
1 – 1:50 pm		Shallow Beginning to Moderate		Shallow Beginning to Moderate		
6 – 6:50 pm	Shallow Beginning to Moderate	Shallow Beginning to Moderate	Shallow Beginning to Moderate	Shallow Arthritis*		

**\*Arthritis Foundation Aquatics Program**

This water exercise program is designed for adults with arthritis. Aquatic Exercise Association and Arthritis Foundation trained instructors will lead participants through motions intended to improve flexibility, joint range of motion, endurance, strength, and daily function and to decrease pain. Please see page 31 for more program information. (Registration is free with regular pool entry and still can be attended as a drop in class!)

**Plan an After-Hours Party for Your Group!**

Join us on Friday, Saturday, or Sunday nights for your after-hours private party from 6:15 to 8 pm!

Bring up to 25 guests, order one of our great cake options or bring your own treats!



**Call 406-721-PARK**  
**for pricing and reservations**

## Lap Swim THROUGH APRIL 2026

Kick boards, pull-buoys, and flippers are available for use. Lanes are 20 yards, allowing for up to 3 swimmers per lane. Ages 14+. Regular admission. Save 25-55% with a punch card or annual pass.

\*Schedule is subject to change based on school holidays and group visits. Please check the board at the front desk for upcoming schedule changes.

Lap Swim Lane Schedule														
	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00 AM	CLOSED		4 LANES		2 LANES		4 LANES		2 LANES		4 LANES		CLOSED	
7:00 AM			1 LANE				1 LANE				1 LANE			
8:00 AM	4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES	
9:00 AM			0 LANES											
10:00 AM														
11:00 AM			4 LANES		4 LANES		4 LANES		4 LANES		2 LANES			
12:00 PM	1 LANE		4 LANES		4 LANES		4 LANES		4 LANES		4 LANES			
1:00 PM			2 LANES		1 LANE		2 LANES		1 LANE		2 LANES			
2:00 PM					2 LANES				2 LANES					
3:00 PM					4:30 PM				4:30 PM*				4:30 PM	
4:00 PM			1 LANE											
5:00 PM	CLOSED		CLOSED		1 LANE		CLOSED		1 LANE		CLOSED		CLOSED	
6:00 PM			CLOSED		CLOSED				CLOSED					
7:00 PM									CLOSED					
8:00 PM			CLOSED											
*Tues/Wed/Thur—Swim Squad 4:30 - 5:30 PM (no open lanes)														



City residents contribute directly to Parks & Recreation through property taxes. CityCard gives residents a reduced rate (about a 20% discount) on most Parks & Recreation programs and admission to Currents Aquatics Center and Splash Montana. Purchase your CityCard at Currents Aquatics Center for \$2, and renew annually for \$1. For more information, visit [missoulaparks.org](http://missoulaparks.org) or phone 406-721-PARK (7275).

More Active Adult adventures & programs on [page 37!](#)

