



2023 NOVEMBER

at The Aquatic Center at Mylan Park

- COMMUNITY EVENTS
- FITNESS CLASSES
- WATER CLASSES
- PROMOTIONS/ANNOUNCEMENTS
- SPECIAL PROGRAMS
- SWIM & DIVE COMPETITIONS
- TRACK & FIELD SCHEDULE



Scan the code to see all The Aquatic Center at Mylan Park has to offer!
Or visit: mylanpark.org/aqua

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Community Track Meet The Track Complex at Mylan Park November 11th • 12 - 3 pm Ages 5-12 • Must register by Nov 10th!</p>		1 Chair-Robics 10-11am	2 YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	3 SHALLOW Water Aerobics 9:00am Deep Water Aerobics 11:00am	4 SALEM MEN'S WATER POLO - <i>Half Pool Open</i>	5 Youth Track Clinics 1:30pm
		6 SHALLOW Water Aerobics 6:00pm	7 YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	8 Chair-Robics 10-11am SHALLOW Water Aerobics 6:00pm	9 YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	10 SHALLOW Water Aerobics 9:00am Deep Water Aerobics 11:00am MERMAID MINGLE Learn how to be a merfolk 7-9pm • Competition Pool
13 SHALLOW Water Aerobics 6:00pm Master Swim Meeting 7pm MERMAID MINGLE Learn how to be a merfolk 7-8pm • Community Pool	14 YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	15 HIGH SCHOOL SWIM MEET - <i>Limited Pool Hours</i> Chair-Robics 10-11am *Last day to register for Parent's Night Off	16 WEST VIRGINIA UNIVERSITY SWIMMING & DIVING INVITE - <i>Limited Pool Hours</i> YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	17 SHALLOW Water Aerobics 9:00am Deep Water Aerobics 11:00am Parent's Night Off 5-8pm	18 DISCOVER SCUBA 11am-1:30pm	19
20 SHALLOW Water Aerobics 6:00pm MERMAID MINGLE Learn how to be a merfolk 7-8pm • Community Pool	21 YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	22 Chair-Robics 10-11am SHALLOW Water Aerobics 6:00pm	23 FACILITY CLOSED	24 Black Friday SPECIALS NOVEMBER 24TH IN PERSON & OVER THE PHONE	25	26
27 Cyber Monday SPECIALS NOVEMBER 27TH CALL 304-933-AQUA	28 YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	29 BLOOD DRIVE 1-6pm HIGH SCHOOL SWIM MEET - <i>Limited Pool Hours</i> Chair-Robics 10-11am	30 YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	<p>The Aquatic Center at Mylan Park SWIM-a-thon Fundraiser December 1st - 5th</p>		