



PEAK HEALTH AQUATIC CENTER  
& TRACK COMPLEX at Mylan Park

# 2025 FEBRUARY

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

Programs may be impacted by special events and/or competitions and are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## MYLAN PARK 2025 SPRING/SUMMER PROGRAM GUIDE

Programs & Classes in March - August 2025



VIEW ONLINE AT [MYLANPARK.ORG](http://MYLANPARK.ORG)

1	2
LIFEGUARD TRAINING - JAN 31-FEB 2, 2025	
INTRO TO VOLLEYBALL 8:00am - 10:00am	ADAPTED AQUATICS 8:45am-11:00am
	SWIM FIT 1:00-2:00pm

3
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

4
YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm

5
SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

6
Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm

7
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am

8
INTRO TO VOLLEYBALL 8:00am - 10:00am

9
ADAPTED AQUATICS 8:45am-11:00am SWIM FIT 1:00-2:00pm

10
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

11
YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm

12
CPR/AED/FIRST AID TRAINING CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

13
Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm

14
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am PARENT'S NIGHT OFF 5:00pm - 9:00pm

15
INTRO TO VOLLEYBALL 8:00am - 10:00am WVU CLUB SWIM MEET - Comp Pool CLOSED

16
ADAPTED AQUATICS 8:45am-11:00am KYKM: AQUATIC ADVENTURES - AQUATIC CENTER 1:00pm-4:00pm

17
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

18
YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm

19
SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm COMP POOL CLOSSES TO THE PUBLIC AT 8PM

20
WV HS STATES - Comp Pool & Dive Well CLOSED KAYAKING 7:00-9:00pm

21
SHALLOW Water Aerobics 8:45am

22
INTRO TO VOLLEYBALL 8:00am - 10:00am

23
LIFEGUARD RECERTIFICATION COURSE ADAPTED AQUATICS 8:45am-11:00am SWIM FIT 1:00-2:00pm

24
Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

25
YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm

26
CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm

27
Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm

28
Deep Water Aerobics 11:00am

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