

2025 JUNE

- 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.

Stay Linked!

 @ Mylan Park @ Mylan Park

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
				 AMERICAN CUP ★ JUNE 12TH - 15TH ★ PEAK HEALTH AQUATIC CENTER <i>CHEER ON THE TOP DIVERS FROM AROUND THE WORLD!</i>				TICKETS Available Online & at the Event FREE Children Under 3 WANT A FREE TICKET TO THE EVENT? Sign Up to Volunteer! https://mylanpark.org/usa-diving/				1 ADAPTED AQUATICS 8:45am-11:00am SWIM FIT 1:00-2:00pm COMINGLE 6:00pm - 8:30pm	
2 SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm		3 YOGA FOR STRENGTH 9:00am ARTHRITIS FOUNDATION AQUATIC EXERCISE 5:30pm Deep Water Aerobics 6:30pm		4 SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm		5 STRETCH & TONE 5:30pm Deep Water Aerobics 6:30pm BSA TRAINING 7:15pm - 8:30pm		6 SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am FREE PLAY FREEDOM DAY - SPLASH PAD 1:00 - 8:00pm		7 HEART WALK - THE TRACK COMPLEX 7:00am-1:00pm		8 ADAPTED AQUATICS 8:45am-11:00am SWIM FIT 1:00-2:00pm COMINGLE 6:00pm - 8:30pm	
9		10		11		12		13		14		15	
USA DIVING AMERICAN CUP - LIMITED COMP POOL & DIVE WELL HOURS													
SHALLOW Water Aerobics 8:45am SHALLOW Water Aerobics 6:00pm		ARTHRITIS FOUNDATION AQUATIC EXERCISE 5:30pm		SHALLOW Water Aerobics 8:45am SHALLOW Water Aerobics 6:00pm		STRETCH & TONE 5:30pm		SHALLOW Water Aerobics 8:45am				ADAPTED AQUATICS 8:45am-11:00am	
16 SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm		17 YOGA FOR STRENGTH 9:00am ARTHRITIS FOUNDATION AQUATIC EXERCISE 5:30pm Deep Water Aerobics 6:30pm		18 SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm		19 STRETCH & TONE 5:30pm Deep Water Aerobics 6:30pm BSA TRAINING 7:15pm - 8:30pm		20 SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am		21 RHETT'S STOMP OUT AT 5K - THE TRACK COMPLEX 7:00am-1:00pm		22 ADAPTED AQUATICS 8:45am-11:00am SWIM FIT 1:00-2:00pm COMINGLE 6:00pm - 8:30pm	
23 SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am		24 YOGA FOR STRENGTH 9:00am ARTHRITIS FOUNDATION AQUATIC EXERCISE 5:30pm Deep Water Aerobics 6:30pm		25 SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm		26 STRETCH & TONE 5:30pm BSA SCOUTING SWIM TEST		27		28		29 ADAPTED AQUATICS 8:45am-11:00am COMINGLE 6:00pm - 8:30pm	
CLUB MOUNTAINEER LONG COURSE MEET - COMP POOL & DIVE WELL CLOSED													