



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2025 JANUARY

- 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

\$30 For 30 Days
Mylan Park MyPark Plus+ Memberships!
This Offer Won't Last! **Act Now!**

1
FACILITY CLOSED

2
YOGA W/ DON 9:30am
KAYAKING 7:00-9:00pm

3
SHALLOW Water Aerobics 8:45am

4
MOHAWK INVITE - Competition Pool & Dive Well CLOSED

5
SWIM FIT 1:00-2:00pm

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

7
YOGA W/ DON 9:30am
YOGA FOR STRENGTH 5:30pm
Deep Water Aerobics 6:30pm

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

9
YOGA W/ DON 9:30am
Deep Water Aerobics 6:30pm
KAYAKING 7:00-9:00pm

10
SHALLOW Water Aerobics 8:45am
Deep Water Aerobics 11:00am

11

12
ADAPTED AQUATICS 8:45am-11:00am
SWIM FIT 1:00-2:00pm

13
Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm
US MASTER SWIM 7:30pm

14
YOGA W/ DON 9:30am
YOGA FOR STRENGTH 5:30pm
Deep Water Aerobics 6:30pm

15
CHAIR-ROBICS 10-11am
Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm
HS DUAL MEET

16
YOGA W/ DON 9:30am
Deep Water Aerobics 6:30pm
KAYAKING 7:00-9:00pm

17
Deep Water Aerobics 11:00am
PARENT'S NIGHT OFF 5:00pm - 9:00pm

18
CLUB MOUNTAINEER AGE GROUP MEET - Comp Pool CLOSED

19
ADAPTED AQUATICS 8:45am-11:00am
SWIM FIT 1:00-2:00pm

20
KYKM: INDOOR FIELD DAY - COMMUNITY CENTER 11:00am-3:00pm

21
YOGA W/ DON 9:30am
YOGA FOR STRENGTH 5:30pm
Deep Water Aerobics 6:30pm

22
SHALLOW Water Aerobics 8:45am
CHAIR-ROBICS 10-11am
Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm
US MASTER SWIM 7:30pm

23
YOGA W/ DON 9:30am
Deep Water Aerobics 6:30pm
KAYAKING 7:00-9:00pm

24
WATER SAFETY INSTRUCTOR CERTIFICATION COURSE
SHALLOW Water Aerobics 8:45am
Deep Water Aerobics 11:00am

25
WVU vs VILLANOVA - Competition Pool & Dive Well CLOSED

26
ADAPTED AQUATICS 8:45am-11:00am
SWIM FIT 1:00-2:00pm
DIVISION CHAMPS - Comp Pool CLOSED

27
SHALLOW Water Aerobics 8:45am
Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm
US MASTER SWIM 7:30pm

28
YOGA W/ DON 9:30am
YOGA FOR STRENGTH 5:30pm
Deep Water Aerobics 6:30pm

29
SHALLOW Water Aerobics 8:45am
CHAIR-ROBICS 10-11am
Deep Water Aerobics 11:00am
SHALLOW Water Aerobics 6:00pm
HS DUAL MEET

30
YOGA W/ DON 9:30am
Deep Water Aerobics 6:30pm
KAYAKING 7:00-9:00pm

31
LIFEGUARD TRAINING JAN 31- FEB 2, 2025
SHALLOW Water Aerobics 8:45am
Deep Water Aerobics 11:00am

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