

PEAK HEALTH AQUATIC CENTER & TRACK COMPLEX at Mylan Park

2025 **APRIL**



PROMOTIONS/ANNOUNCEMENTS

• WATER CLASSES

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
31	I 4	2				0
SHALLOW Water Aerobics 8:45am	APRIL POOLS DAY	∠ SHALLOW Water Aerobics 8:45am	3	4 SHALLOW Water Aerobics 8:45am	5 MHS TRACK SELECT	6 ADAPTED AQUATICS
Deep Water Aerobics 11:00am	- AQUATIC CENTER	CHAIR-ROBICS 10-11am		Deep Water Aerobics 8:45am	MHS TRACK SELLOT	8:45am-11:00am
Deep Water Acrossoc Anosan	4:00pm-8:00pm	Deep Water Aerobics 11:00am		Deep water Acrobics Histoan		SWIM FIT 1:00-2:00pm
SHALLOW Water Aerobics 6:00pm	YOGA FOR STRENGTH 5:30pm	SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm			TRACK & FIELD CLINICS 2:00pm - 3:15pm
US MASTER SWIM 7:30pm	Deep Water Aerobics 6:30pm	US MASTER SWIM 7:30pm	BSA TRAINING 7:15pm - 8:30pm			
7	8	9	10	11	12	13
SHALLOW Water Aerobics 8:45am		SHALLOW Water Aerobics 8:45am			IFEGUARD TRAINING COURS	
Deep Water Aerobics 11:00am		CHAIR-ROBICS 10-11am		SHALLOW Water Aerobics 8:45am	MIDDLE SCHOOL TRACK SELECT	ADAPTED AQUATICS 8:45am-11:00am
SHALLOW Water Aerobics 6:00pm	YOGA FOR STRENGTH 5:30pm	Deep Water Aerobics 11:00am		Deep Water Aerobics 11:00am	TRACK SELECT	SWIM FIT 1:00-2:00pm
US MASTER SWIM 7:30pm	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm	PARENT'S NIGHT OFF	1	TRACK & FIELD CLINICS
		US MASTER SWIM 7:30pm		5:00pm - 9:00pm		2:00pm - 3:15pm
14	15	16	17	18	19	20 FACILITY
	WATER SAFETY INSTRUCTOR COURSE					
SHALLOW Water Aerobics 8:45am		CPR & AED TRAINING		WVU MOUNTAI	NEER TWILIGHT	CLOSED
Deep Water Aerobics 11:00am		CHAIR-ROBICS 10-11am		SHALLOW Water Aerobics 8:45am	1	
SHALLOW Water Aerobics 6:00pm	YOGA FOR STRENGTH 5:30pm	Deep Water Aerobics 11:00am		Deep Water Aerobics 11:00am	1	
US MASTER SWIM 7:30pm	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	BSA TRAINING 7:15pm - 8:30pm			
21	22	23	24	25	26	27
SHALLOW Water Aerobics 8:45am		SHALLOW Water Aerobics 8:45am		WWPA WATER POLO CHAME	PS - Competition Pool CLOSED	
Deep Water Aerobics 11:00am		CHAIR-ROBICS 10-11am		SHALLOW Water Aerobics 8:45am	MOUNTAINEER SHOWCASE	MOUNTAIN EAST TRACK CHAMPS
		Deep Water Aerobics 11:00am		Deep Water Aerobics 11:00am		ADAPTED AQUATICS 8:45am-11:00am
SHALLOW Water Aerobics 6:00pm	YOGA FOR STRENGTH 5:30pm	SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm			0.49am-11.00am
US MASTER SWIM 7:30pm	Deep Water Aerobics 6:30pm	US MASTER SWIM 7:30pm				
28	29	30				
	TRACK CHAMPS	SHALLOW Water Aerobics 8:45am				
SHALLOW Water Aerobics 8:45am		CHAIR-ROBICS 10-11am				
Deep Water Aerobics 11:00am		Deep Water Aerobics 11:00am				
SHALLOW Water Aerobics 6:00pm	YOGA FOR STRENGTH 5:30pm	SHALLOW Water Aerobics 6:00pm				
US MASTER SWIM 7:30pm	Deep Water Aerobics 6:30pm	US MASTER SWIM 7:30pm				