



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2024 DECEMBER

- 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
<p>'Tis the Season of Giving this December with UNLIMITED GIFTCARD REWARDS at Mylan Park.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p>NON-MEMBERS UNLIMITED GIFTCARD REWARDS Purchase a \$100 Gift Card and get a \$15 credit Expires 12/31/2025</p>  </div> <div style="width: 20%; text-align: center;"> <p>MEMBERS ONLY UNLIMITED GIFTCARD REWARDS Purchase a \$100 Gift Card and get a \$20 credit Expires 12/31/2025</p>  </div> </div>						1
<p>2</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p> <p>SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm</p>	<p>3</p> <p>SENIOR SWIM 11:00am</p> <p>YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm</p>	<p>4</p> <p>SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am</p> <p>HS DUAL MEET</p> <p>SHALLOW Water Aerobics 6:00pm</p>	<p>5</p> <p>SENIOR SWIM 11:00am</p> <p>Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm</p>	<p>6</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p>	<p>7</p> <p>MOHAWK INVITE - Competiton Pool & Dive Well CLOSED</p> <p>HOLIDAY BRUNCH - COMMUNITY CENTER 10:00am</p>	<p>8</p> <p>ADAPTED AQUATICS 8:45am-10:45am</p>
<p>9</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p> <p>SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm</p>	<p>10</p> <p>YOGA W/ DON 9:30am SENIOR SWIM 11:00am</p> <p>YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm</p>	<p>11</p> <p>CPR/AED/FIRST AID TRAINING</p> <p>SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm</p>	<p>12-14</p> <p>CLUB MOUNTAINEER SPEEDO INVITE - Competiton Pool & Dive Well CLOSED</p>			<p>15</p> <p>ADAPTED AQUATICS 8:45am-10:45am</p>
<p>16</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p> <p>SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm</p>	<p>17</p> <p>YOGA W/ DON 9:30am</p> <p>YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm</p>	<p>18</p> <p>SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am</p> <p>SHALLOW Water Aerobics 6:00pm HS DUAL MEET Senior Night</p>	<p>19</p> <p>YOGA W/ DON 9:30am</p> <p>Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm</p>	<p>20</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p>	<p>21</p> <p>PRACTICAL HEALTH CARE APPLICATIONS WORKSHOP 9am-12pm</p>	<p>22</p>
<p>23</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p>	<p>24</p> <p>FACILITY HOURS 5:30am - 1:00pm</p>	<p>25</p> <p>FACILITY CLOSED</p>	<p>26</p> <p>YOGA W/ DON 9:30am</p> <p>Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm</p>	<p>27-28</p> <p>Lifeguard Instructor Course - Become an Instructor</p>		
<p>30</p> <p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p>	<p>31</p> <p>FACILITY HOURS 5:30am - 1:00pm</p>		<p>Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm</p>	<p>SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am</p>		