



2024 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <h2>SUMMER SHAPE UP</h2> <p>FITNESS CHALLENGE OFFER ENDS JUNE 30</p> <p>Enroll in the Summer Membership during the month of June & get back on track of those summer goals!</p> </div> <div style="width: 30%;"> <ul style="list-style-type: none"> • FREE F45 during Summer Membership • Fitness Challenge Checklist and Rewards • Free Scheduled Clinics & Seminars • Start and Finish Check-Ins • Nutrition Guide • 1 Free Personal Training Consultation • Access to Two Fitness Centers, The Aquatic Center, Peloton Bikes, and MORE! <p>Membership valid through Sept 2nd Learn More: mylanpark.org/monthly-promo/</p> </div> <div style="width: 20%; text-align: center;"> </div> <div style="width: 20%;"> <p>JOIN NOW!</p> </div> </div>						
<p>SUMMER CAMP - WEEK 1 - Full Day Camp: 9:00 am - 4:00 pm</p>				<p>Lifeguard Classes - Become Lifeguard Certified</p>		
3	4	5	6	7	8	9
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am CPR/AED/FIRST AID TRAINING SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm	FREE PLAY FREEDOM DAY Splash Pad Opening 1:00-8:00pm SUMMER MILES SERIES 6:00-9:00pm	WVU OPEN TRACK INVITATIONAL	ADAPTED AQUATICS 9:00am-10:30am
<p>SUMMER CAMP - WEEK 2 - Full Day Camp: 9:00 am - 4:00 pm</p>				<p>SAILS & SHELLS CELEBRATION 4:00-8:00pm</p>		
10	11	12	13	14	15	16
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am BSA TRAINING 6:00pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am		ADAPTED AQUATICS 9:00am-10:30am
<p>SUMMER CAMP - WEEK 3 - Full Day Camp: 9:00 am - 4:00 pm</p>					<p>AT KIDS RUN/WALK at The Track Complex</p>	
17	18	19	20	21	22	23
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am MERMAID MINGLE 7-9pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am		ADAPTED AQUATICS 9:00am-10:30am
<p>SUMMER CAMP - WEEK 4 - Full Day Camp: 9:00 am - 4:00 pm</p>						<p>ADAPTED AQUATICS 9:00am-10:30am</p>
24	25	26	27	28	29	30
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am BSA TRAINING 6:00pm Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am		ADAPTED AQUATICS 9:00am-10:30am