



PEAK HEALTH AQUATIC CENTER  
& TRACK COMPLEX at Mylan Park

# 2024 NOVEMBER

- 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="border: 2px solid red; padding: 5px; display: inline-block;"> <b>LIMITED TIME</b>  <b>BLACK FRIDAY SPECIALS</b>  <small>NOV 29TH PEAK HEALTH AQUATIC CENTER AT MYLAN PARK</small> </div> <div style="margin-left: 20px;"> <p><b>ALL FITNESS CLASS 20-PACKS</b> BUY ONE 20 CLASS PACK, GET THE 2ND FOR \$30 OFF MEMBER DISCOUNTS APPLY <b>PASSES EXPIRE 1 YEAR FROM PURCHASE</b></p> </div> <div style="margin-left: 20px;"> <p><b>PERSONAL TRAINING &amp; PRIVATE SWIM LESSON 6-PACKS</b> GET 6 PASSES FOR THE PRICE OF 5 MEMBER DISCOUNTS APPLY <b>PASSES EXPIRE 1 YEAR FROM PURCHASE</b></p> <p><b>MEMBER ONLY F45 PACKAGE</b> SAVE ON A FULL YEAR OF F45 (NORMAL \$360 - NOW \$300 FOR THE YEAR) <b>MUST PREPAY ENTIRE YEAR</b></p> </div> <div style="margin-left: 20px;"> <p><b>*GIFT CARD MATCH SPECIAL: UNLIMITED</b> SPEND \$50 GET \$10 SPEND \$100 GET \$25</p> </div>				1	2	3
				WVU VS. UNIVERSITY OF CINCINNATI - Limited Hours	STRENGTH TRAINING & FUNCTIONAL MOVEMENTS WORKSHOP 9am-12pm	ADAPTED AQUATICS 8:45am-10:45am YOUTH TRACK CLINICS 2:30pm-3:15pm
4	5	6	7	LIFEGUARD TRAINING - Become Lifeguard Certified		10
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm	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 US MASTER SWIM 7:30pm	YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	 YOUTH COMMUNITY TRACK MEET		ADAPTED AQUATICS 8:45am-10:45am YOUTH TRACK CLINICS 2:30pm-3:15pm
11	12	13	14	15	16	17
VETERANS DAY OPEN SWIM <small>FREE swimming for Veterans, Active + Retired Military, First Responders, and their families 10AM - 12PM OR 4PM-6PM</small>	YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am US MASTER SWIM 7:30pm HS DUAL MEET 5:00pm	YOGA W/ DON 9:30am Deep Water Aerobics 6:30pm KAYAKING 7:00-9:00pm	SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am A NIGHT OF 3200'S at The Track Complex PARENT'S NIGHT OFF 5:00pm - 9:00pm		LIFEGUARD RECERTIFICATION ADAPTED AQUATICS 8:45am-10:45am
18	19	20	21	22	23	24
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	WVU INVITE - Competiton Pool & Dive Well CLOSED		SHALLOW Water Aerobics 8:45am		ADAPTED AQUATICS 8:45am-10:45am
		SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm	YOGA W/ DON 9:30am KAYAKING 7:00-9:00pm			
25	26	27	28	29	30	
NO GROUP SWIM LESSONS: Nov 25th - Dec 1st						
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm US MASTER SWIM 7:30pm	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm Deep Water Aerobics 6:30pm	FACILITY HOURS 5:00am - 6:30pm SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am	FACILITY CLOSED	FACILITY HOURS 9:00am - 6:30pm SHALLOW Water Aerobics 9:00am Deep Water Aerobics 11:00am		

**Stay Linked!**

- @ Mylan Park
- @ mylan\_park
- @ Mylan Park
- mylanpark.org