



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2024 OCTOBER

- 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
Stay Linked! @ Mylan Park @ mylan_park @ Mylan Park mylanpark.org	1	2	3	4	5	6
	YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm TOT SPORTS CLASSES 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 TOT SPORTS CLASSES Deep Water Aerobics 6:30pm Kayaking Skills Practice 7:00pm	WV STATE GAMES - Limited Comp Pool Hours SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am	ADAPTED AQUATICS 9:00am-10:30am YOUTH TRACK CLINICS 2:30pm-3:15pm	
7	9	9	10	11	12	13
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 TOT SPORTS CLASSES Deep Water Aerobics 6:30pm	CPR/AED/FIRST AID TRAINING SHALLOW Water Aerobics 8:45am CHAIR-ROBICS 10-11am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	YOGA W/ DON 9:30am TOT SPORTS CLASSES Deep Water Aerobics 6:30pm Kayaking Skills Practice 7:00pm	Lifeguard Training - Become Lifeguard Certified SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am		ADAPTED AQUATICS 9:00am-10:30am YOUTH TRACK CLINICS 2:30pm-3:15pm
14	15	16	17	18	19	20
Registration for the NOV Learn to Swim Session OPENS *Next Session: Oct 29th-Dec 16th* 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 TOT SPORTS CLASSES BASKETBALL CLINICS 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 TOT SPORTS CLASSES BASKETBALL CLINICS Deep Water Aerobics 6:30pm Kayaking Skills Practice 7:00pm	WVU ALUMNI MEET SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am PARENT'S NIGHT OFF 5:00pm - 9:00pm	ADAPTED AQUATICS 9:00am-10:30am MONSTER SPLASH Peak Health Aquatic Center 1:00pm - 6:00pm	
21	22	23	24	25	26	27
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 TOT SPORTS CLASSES 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 TOT SPORTS CLASSES BASKETBALL CLINICS Deep Water Aerobics 6:30pm Kayaking Skills Practice 7:00pm	SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am BASKETBALL CLINICS	CLUB MOUNTAINEER MEET - Comp Pool CLOSED ADAPTED AQUATICS 9:00am-10:30am YOUTH TRACK CLINICS 2:30pm-3:15pm	
28	29	30	31			
SHALLOW Water Aerobics 8:45am Deep Water Aerobics 11:00am SHALLOW Water Aerobics 6:00pm	BASKETBALL CLINICS YOGA W/ DON 9:30am YOGA FOR STRENGTH 5:30pm LEARN TO SWIM NOVEMBER SESSION BEGINS 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 Kayaking Skills Practice 7:00pm			

ASK US ABOUT THIS DEAL!



SWEAT NOW, SAVE LATER
 New to F45? Join us for 5 free classes!