

## PEAK HEALTH AQUATIC CENTER & TRACK COMPLEX at Mylan Park

## 2024 OCTOBER

COMMUNITY EVENTS

FITNESS CLASSES

WATER CLASSES

PROMOTIONS/ANNOUNCEMENTS

SPECIAL PROGRAMS

New to F45? Join us for 5 free classes!

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 🔗	I 1	2	<b>1</b> 3	<b>1</b> 4	<b>1</b> 5	6
Linked!	YOGA W/ DON 9:30am	SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am		imited Comp Pool Hours	ADAPTED AQUATICS
f @ Mylan Park	YOGA FOR STRENGTH 5:30pm	CHAIR-ROBICS 10-11am	TOT SPORTS CLASSES	SHALLOW Water Aerobics 8:45am	,	9:00am-10:30am
@ mylan_park	TOT SPORTS CLASSES	Deep Water Aerobics 11:00am		Deep Water Aerobics 11:00am		
(in) @ Mylan Park			Deep Water Aerobics 6:30pm			YOUTH TRACK CLINICS 2:30pm-3:15pm
mylanpark.org	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	Kayaking Skills Practice 7:00pm			
7	9	9	10	11	12	13
SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am	CPR/AED/FIRST AID TRAINING	YOGA W/ DON 9:30am	Lifegua	ard Training - Become Lifegua	rd Certified
Deep Water Aerobics 11:00am	YOGA FOR STRENGTH 5:30pm	SHALLOW Water Aerobics 8:45am	TOT SPORTS CLASSES	SHALLOW Water Aerobics 8:45am	STABILITY, BALANCE,	ADAPTED AQUATICS 9:00am-10:30am
	TOT SPORTS CLASSES	CHAIR-ROBICS 10-11am		Deep Water Aerobics 11:00am	POSTURE FUNDAMENTALS WORKSHOP	YOUTH TRACK CLINICS
SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm	Deep Water Aerobics 11:00am  SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm		10am-12pm	2:30pm-3:15pm
			Kayaking Skills Practice 7:00pm		10	
14 Registration for the NOV Learn	15	16	17	18	19	20 ADAPTED AQUATICS
to Swim Session OPENS *Next Session: Oct 29th-Dec 16th*	YOGA W/ DON 9:30am	SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am TOT SPORTS CLASSES	WVU ALUMNI MEET		9:00am-10:30am
SHALLOW Water Aerobics 8:45am	YOGA FOR STRENGTH 5:30pm TOT SPORTS CLASSES	CHAIR-ROBICS 10-11am	BASKETBALL CLINICS	SHALLOW Water Aerobics 8:45am		PIONSTER SPLASH
Deep Water Aerobics 11:00am	BASKETBALL CLINICS	Deep Water Aerobics 11:00am	Deep Water Aerobics 6:30pm	Deep Water Aerobics 11:00am		Peak Health Aquatic Center
SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	Kayaking Skills Practice 7:00pm	PARENT'S NIGHT OFF 5:00pm - 9:00pm		1:00pm - 6:00pm
21	22	23	24	25	26	27
SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am	SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am	SHALLOW Water Aerobics 8:45am	CLUB MOUNTAINEER I	MEET - Comp Pool CLOSED
Deep Water Aerobics 11:00am	YOGA FOR STRENGTH 5:30pm	CHAIR-ROBICS 10-11am	TOT SPORTS CLASSES	Deep Water Aerobics 11:00am		ADAPTED AQUATICS
	TOT SPORTS CLASSES	Deep Water Aerobics 11:00am	BASKETBALL CLINICS	BASKETBALL CLINICS		9:00am-10:30am YOUTH TRACK CLINICS
OLIALI OWW.hardamahira coo	Dana Watan Assahisa 620mm		Deep Water Aerobics 6:30pm			2:30pm-3:15pm
SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	Kayaking Skills Practice 7:00pm			-
28	29 BASKETBALL CLINICS	30	31	90.0	The state of the s	Agus
SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am	SHALLOW Water Aerobics 8:45am	YOGA W/ DON 9:30am			ASK US ABOUT
Deep Water Aerobics 11:00am	YOGA FOR STRENGTH 5:30pm	CHAIR-ROBICS 10-11am			V	THIS DEAL!
	LEARN TO SWIM NOVEMBER SESSION BEGINS	Deep Water Aerobics 11:00am	Deep Water Aerobics 6:30pm	CMI	AT NOW, SA	WE LATED
SHALLOW Water Aerobics 6:00pm	Deep Water Aerobics 6:30pm	SHALLOW Water Aerobics 6:00pm	Kavaking Skills Practice7:00pm		AI NUN, JA	VELAIEN