



PEAK HEALTH AQUATIC CENTER  
& TRACK COMPLEX at Mylan Park

- COMMUNITY EVENTS
- FITNESS CLASSES
- WATER CLASSES
- PROMOTIONS/ANNOUNCEMENTS

- SPECIAL PROGRAMS
- SWIM & DIVE COMPETITIONS
- TRACK & FIELD SCHEDULE
- SAFETY TRAINING CLASSES

Stay  
Linked!

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

# 2025 AUGUST

Programs may be impacted by special events and/or competitions and are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm	2	3
4 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	5 Yoga for All   9:30-10:30am Arthritis Aquatics   5:30-6:30pm Deep Water Aerobics   6:30-7:30pm	6 Wet Wellness   8:45-9:45am Chair-Robics   10-11am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	7 Deep Water Aerobics   6:30-7:30pm	8 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm	9	10
11 Switch to Short Course Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	12 Yoga for All   9:30-10:30am Arthritis Aquatics   5:30-6:30pm Deep Water Aerobics   6:30-7:30pm	13 Wet Wellness   8:45-9:45am Chair-Robics   10-11am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	14 Deep Water Aerobics   6:30-7:30pm	15 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm	16	17
Community Pool CLOSED August 18-22   Splash Pad Open 11am - 8pm					23	24
Deep Water Aerobics   11am-12pm US Masters Swim   7:30-9:00pm	Yoga for All   9:30-10:30am Deep Water Aerobics   6:30-7:30pm	Chair-Robics   10-11am Deep Water Aerobics   11am-12pm US Masters Swim   7:30-9:00pm	Deep Water Aerobics   6:30-7:30pm	Deep Water Aerobics   11am-12pm		
25 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	26 Yoga for All   9:30-10:30am Arthritis Aquatics   5:30-6:30pm Deep Water Aerobics   6:30-7:30pm	27 Wet Wellness   8:45-9:45am Chair-Robics   10-11am Deep Water Aerobics   11am-12pm Shallow Water Aerobics   6-7pm US Masters Swim   7:30-9:00pm	28 Deep Water Aerobics   6:30-7:30pm	29 Wet Wellness   8:45-9:45am Deep Water Aerobics   11am-12pm	30	31