



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2025 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



1

Wet Wellness | 8:45-9:45am
Chair-Robics | 10-11am
Deep Water Aerobics | 11am-12pm

2

Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

3

Wet Wellness | 8:45-9:45am

4

WV State Games -
Swim & Dive Pool CLOSED

5

6

Wet Wellness | 8:45-9:45am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

7

Yoga for All | 9:30-10:30am
Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

8

Wet Wellness | 8:45-9:45am
Chair-Robics | 10-11am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

9

Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

10

Wet Wellness | 8:45-9:45am

11

Club Mountaineer Meet - Swim & Dive Pool CLOSED

12

13

Wet Wellness | 8:45-9:45am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

14

Yoga for All | 9:30-10:30am
Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

15

Wet Wellness | 8:45-9:45am
Chair-Robics | 10-11am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

16

Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

17

Wet Wellness | 8:45-9:45am

18

19

20

Wet Wellness | 8:45-9:45am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

21

Yoga for All | 9:30-10:30am
Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

22

Wet Wellness | 8:45-9:45am
Chair-Robics | 10-11am
Deep Water Aerobics | 11am-12pm

23

Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

24

Community Pool Closes at 4pm
Wet Wellness | 8:45-9:45am
Halloween Pool Party | 5-8pm

25

26

27

Wet Wellness | 8:45-9:45am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

28

Yoga for All | 9:30-10:30am
Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

29

Wet Wellness | 8:45-9:45am
Chair-Robics | 10-11am
Deep Water Aerobics | 11am-12pm
Shallow Water Aerobics | 6-7pm

30

Arthritis Aquatics | 5:30-6:30pm
Deep Water Aerobics | 6:30-7:30pm

31

Stay Linked!

@ Mylan Park @ Mylan Park
 @ mylan_park mylanpark.org

Subscribe to our facilities' e-Newsletters
<https://mylanpark.org/stay-linked-mp/>

