



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2025 SEPTEMBER

- 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 Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 2 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 3 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 4 Deep Water Aerobics 6:30-7:30pm | 5 Long Course Open 9-11am Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm | 6 | 7 |
| 8 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 9 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 10 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm | 11 Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 12 Long Course Open 9-11am Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm | 13 | 14 5th Annual Dog Days of Summer Splash Pad 3-6pm |
| 15 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 16 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 17 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 18 Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 19 Blue & Gold Swim Meet. Normal hours for Competition Pool. Long Course Open 9-11am Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm | 20 | 21 taste of MORGANTOWN a Mylan Park and American Red Cross benefit SEPT 21ST 3pm - 6pm |
| 22 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 23 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 24 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 25 Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | 26 Long Course Open 9-11am Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm | 27 | 28 cure SMA WALK-N-ROLL Track & Field Complex 9am-12pm |
| 29 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm | 30 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm | | | | | |

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