



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2026 JANUARY

- COMMUNITY EVENTS
- FITNESS CLASSES
- WATER CLASSES
- CLOSURES/HOURS CHANGES

- SPECIAL PROGRAMS
- SWIM & DIVE COMPETITIONS
- TRACK & FIELD SCHEDULE
- IMPORTANT REMINDERS

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Holiday Hours</p> <p>JAN 1 CLOSED <i>Happy New Year!</i></p> <p>JAN 2 Community Pool Open 6A-4P</p>		<p>NEW YEAR, NEW YOU TRY OUT PERSONAL TRAINING</p> <p>All members receive a FREE session as a consultation.</p>		1 FACILITY CLOSED ALL DAY	2 Community Pool open 6A-4P with features 10A-4P	3 Competition Pool CLOSED Mohawk Invite
4	5 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	6 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm	7 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	8 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	9 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm	10 Competition Pool CLOSED WVU vs Pitt
11 <p>Learn to Swim January Session Begins</p>	12 Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	13 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm	14 Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	15 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	16 Deep Water Aerobics 11am-12pm	17 Competition Pool CLOSED Swim Meet
18 Competition Pool CLOSED Swim Meet	19 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	20 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm	21 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	22 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	23 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm	24 Competition Pool CLOSED WVU vs Villanova and Duquesne
25 Competition Pool CLOSED Swim Meet	26 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	27 Yoga for All 9:30-10:30am Arthritis Aquatics 5:30-6:30pm Deep Water Aerobics 6:30-7:30pm	28 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	29 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	30 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm <p>Parent's Night Out 5-9pm</p>	31 Competition Pool CLOSED WVU vs Pitt