



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

2026 JANUARY

● 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.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Holiday Hours

JAN 1 | CLOSED
Happy New Year!

JAN 2 | Community Pool Open 6A-4P
Water features 10A-4P. Competition pool normal hours.

1

FACILITY CLOSED ALL DAY

Happy New Year!

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



Learn to Swim January
Session Begins

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

Competition Pool | CLOSED
7-9pm HS Meet

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

Competition Pool | CLOSED
7-9pm HS Meet

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

Parent's Night Out
5-9pm

31

Competition Pool |
CLOSED
WVU vs Pitt