



2026 FEBRUARY

● 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
1	2 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	3 Yoga for All 9:30-10:30am Deep Water Aerobics 6:30-7:30pm	4 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	5 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	6 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm	7
8	9 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	10 Yoga for All 9:30-10:30am Deep Water Aerobics 6:30-7:30pm	11 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	12 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	13 Wet Wellness 8:45-9:45am	14 Competition Pool CLOSED WVU Club Swim Meet
15	16 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	17 Yoga for All 9:30-10:30am Deep Water Aerobics 6:30-7:30pm	18 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm	19 Competition Pool CLOSED HS States	20 Competition Pool CLOSED HS States Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm	21
22	23 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	24 Yoga for All 9:30-10:30am Deep Water Aerobics 6:30-7:30pm	25 Wet Wellness 8:45-9:45am Chair-Robics 10-11am Deep Water Aerobics 11am-12pm Shallow Water Aerobics 6-7pm	26 Deep Water Aerobics 6:30-7:30pm Kayaking Skills Clinic 7-9pm	27 Wet Wellness 8:45-9:45am Deep Water Aerobics 11am-12pm	28



**SIGN-UP FOR
SWIM PROGRAMS**

ADAPTED AQUATICS • LEARN TO SWIM • PRIVATE LESSONS • MINI SWIMMERS • & MORE

