



PEAK HEALTH AQUATIC CENTER
& TRACK COMPLEX at Mylan Park

JULY 2026

- COMMUNITY EVENTS
- YOGA
- WET WELLNESS/SHALLOW WATER AEROBICS
- CLOSED | FACILITY & PROGRAMS
- DEEP WATER AEROBICS AM & PM
- SWIM & DIVE COMPETITIONS
- TRACK & FIELD SCHEDULE
- MEMBERS ONLY | NO PUBLIC SWIM
- LEARN TO SWIM PROGRAMS

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>USA DIVING NATIONAL CHAMPIONSHIPS JULY 29 - AUGUST 11 WWW.MYLANPARK.ORG</p>			<p>1 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p> <p>Chair Aerobics 10am-11am</p> <p>WVU Track Camp 2pm-5p</p>	<p>2 Evening Deep Water Aerobics 6:30-7:30pm</p>	<p>3 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p>	<p>4 SPECIAL HOURS 8a-4pm Features on at 10am COMP - 9-11am 2 lanes</p>
<p>5</p>	<p>6 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>7 Yoga for All 9:30-10:30am</p> <p>Evening Deep Water Aerobics 6:30-7:30pm</p>	<p>8 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p> <p>Chair Aerobics 10am-11am</p>	<p>9-11 2026 Long Course States - Competition Pool and Dive Well Closed</p>		
<p>Summer II Learn to Swim Session Begins</p>						
<p>12 Summer II Learn to Swim Session Begins</p> <p>Competition Pool & Dive Well Closed</p>	<p>13 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>14 Yoga for All 9:30-10:30am</p> <p>Evening Deep Water Aerobics 6:30-7:30pm</p>	<p>15 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p> <p>Chair Aerobics 10am-11am</p> <p>American Red Cross Blood Drive 12-6pm</p>	<p>16-18 AMS Long Course Championships Pool and Dive Well Closed</p>		
<p>19 Competition Pool & Dive Well Closed</p>	<p>20 Wet Wellness 8:45-9:45am</p> <p>Deep Water Aerobics 11am-12pm</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>21 Yoga for All 9:30-10:30am</p> <p>Competition Pool & Dive Well Closed after 1pm</p>	<p>22 Wet Wellness 8:45-9:45am</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>23-25 2026 USA Swim Senior Showdown Champs Pool and Dive Well Closed</p>		
<p>26</p>	<p>27 Wet Wellness 8:45-9:45am</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>28</p>	<p>29 Wet Wellness 8:45-9:45am</p> <p>Shallow Water Aerobics 6-7pm</p>	<p>30</p>	<p>31 Wet Wellness 8:45-9:45am</p> <p>Parents Night Out 5pm-9pm</p>	<p>2026 USA Junior Nationals Championships Pool and Dive Well Closed (August 4th)</p>