

# PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9-11a.m.	N/A
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-4:30 p.m. / 7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	10a.m.-12:45p.m. / 2-6:30 p.m.**	1-4:30p.m.	1-4:30p.m.
Aqua Zumba	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 17)	4:45-7p.m.	N/A	N/A	N/A	N/A

\*Lap lane availability will vary by time of day. During aerobics, one lap lane will be available. Two lap lanes will be available during open swim hours.

\*\* During swim lessons there is no Rec. Play until swim lessons are complete. During the aerobics time (5:30 – 6:30) all play features will be turned off.

\*\*\*Water will be cleared 15 minutes before each pool party is to be out of the facility in order for cleanup time.

## Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

## Aqua Zumba

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## Squeaks n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

## Shallow Water

A moderate-to-high cardio workout, abdominals, and muscle conditioning in shallow water.

