

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	7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	7-8:45p.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.	11a.m.-1p.m. / 5-7p.m. Private Rental	5-7p.m. Private Rental

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

**During the aerobics time (5:30 – 6:30 p.m.), all play features will be turned off.

***The pool will be cleared for cleanup 15 minutes prior to the rental end 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.

