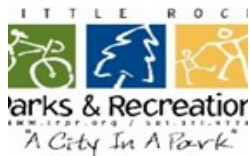


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm-4:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	7:00am-5:45pm Lap Swim
1:00pm-4:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	7:00am-5:45pm Aerobic Swim
1:00pm-4:45pm Family Swim	6:00am-6:40am Swim Fit Core Training	9:30am-10:15am Aqua Fit	9:30am-10:30am Aqua Motion	9:30am-10:15am Aqua Fit	9:30am-10:30am Aqua Motion	9:15am-10:00am Aqua Fit
4:45pm Pool Area Close	9:30am-10:30am Aqua Motion	1:00pm-3:00pm Parent Child Swim	10:30am-11:15am Aqua Flex	1:00pm-3:00pm Parent Child Swim	10:30am-11:15am Aqua Flex	10:00am-1:00pm AR Racers
	10:30am-11:15am Aqua Flex	5:30pm-6:15pm Aqua Fit	1:00pm-3:00pm Parent Child Swim		1:00pm-3:00pm Parent Child Swim	1:00pm-5:45pm Family Swim
	1:00pm-3:00pm Parent Child Swim	6:00pm-8:45pm AR Racers	5:30pm-6:15pm Aqua Zumba	6:00pm-8:45pm AR Racers	6:00pm-8:45pm AR Racers	5:45pm Pool Area Close
	5:30pm-6:15pm Aqua Zumba	6:30pm-8:45pm Family Swim		6:30pm-8:45pm Family Swim	6:30pm-8:45pm Family Swim	
	8:45pm Pool Area Close	8:45pm Pool Area Close	8:45pm Pool Area Close	8:45pm Pool Area Close	8:45pm Pool Area Close	



Aquatic Schedule

JIM DAILEY FITNESS & AQUATIC CENTER

Indoor Pool Fall 2022

All programs will be conducted in the Pool Area. Inclement weather may necessitate the need to move specific programs to different locations or outright cancel them. Please be especially courteous to other members and guests during these times. Schedules can be found online at littlerock.gov or call us at 664-6976. Please see front desk for any questions regarding classes or programs.