



# JIM DAILEY FITNESS & AQUATIC CENTER

## Indoor Aquatic Schedule



April

Swim Lesson Registration is now open. Go to [www.LRPR.org](http://www.LRPR.org) to register!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm- Lap Swim	5:30am- Lap Swim	5:30am- Lap Swim	5:30am- Lap Swim	5:30am- Lap Swim	5:30am- Lap Swim	7:00am- Lap Swim
4:45pm	8:45pm	8:45pm	8:45pm	8:45pm	8:45pm	5:45pm
3:00pm- Family Swim		6:00am- Aqua Fit		6:00am- Aqua Fit		
4:30pm		7:00am		7:00am		
4:45pm- Pool Closed						9:00am- Aqua Zumba
	9:30am- Aqua Fit	9:30am- Aqua Fit	9:30am- Aqua Fit	9:30am- Aqua Fit	9:30am- Aqua Fit	9:45am
	10:30am	10:30am	10:30am	10:30am	10:30am	
	10:30am- Arthritis		10:30am- Arthritis		10:30am- Arthritis	10:00am- Family Swim
	11:30am Foundation		11:30am Foundation		11:30am Foundation	2:00pm
		12:00pm Power Sculpt		12:00pm Power Sculpt		2:00pm- Children's Day
		12:15pm Express		12:15pm Express		5:30pm
						5:45pm- Pool Closed
	4:00pm- Swim Team	4:00pm- Swim Team	4:00pm- Swim Team	4:00pm- Swim Team	4:00pm- Swim Team	
	7:00pm	7:00pm	7:00pm	7:00pm	7:00pm	
	5:30pm- Aqua Zumba	5:30pm- Aqua	5:30pm- Aqua Power	5:30pm- Aqua	5:30pm- Family Swim	
	6:15pm	6:30pm Bootcamp	6:30pm	6:30pm Bootcamp	8:30pm	
		6:30pm- Family Swim		6:30pm- Family Swim		
		7:45pm		7:45pm		
	8:45pm Pool Closed	8:45pm Pool Closed	8:45pm Pool Closed	8:45pm Pool Closed	8:45pm Pool Closed	

Please note that classes and instructors may change at any time.  
Family Swim times are designated for families with children ages 15 years and under.  
At least 2 lap lanes will be available at all times.  
 Pool and sauna will close 15 minutes before facility closes.  
 There will be a certified lifeguard on duty at all times.  
 Lap swim is for those ages 16 and older.

During Children's Day, children ages 6 to 15 years are allowed to swim without parental supervision. Classes may be canceled due to inclement weather.

### **JDFAC Pool Rules and Info**

- \*The lap pool is 25 yards long, 3-5 feet deep, and 83-85°F
- \*Participants must shower with soap before entering the pool.
- \*Lotions, oils and dirt can compromise the clarity/cleanliness of the pool.
- \*No diving anywhere in the pool.
- \*No running or rough play.
- \*No displays of public affection.
- \*Spitting or blowing of the nose is prohibited.
- \*Long hair must be pulled back and secured.
- \*Approved swimwear only. Must be in good condition, lined and with no transparency.
- \***No cut-offs or jean shorts. No tennis shoes in the pool. Only aquatic shoes are allowed.**
- \*Approved personal pool equipment is allowed if it is for aquatic fitness safety.
- \*Lap swim times are for ages 16+ years. Lap swimmers must be swimming continuous laps at all times
- \*At least 2 lap lanes will be provided during classes and all open swim times.
- \*Lap swimmers must share lanes if all lanes are occupied.
- \*If the swim lift is needed, staff must provide initial instruction in proper operation.
- \*Pool and sauna closes 15 minutes before facility closing.
- \*Please obey lifeguards at all times. Lifeguards may change and/or modify rules to keep patrons safe.

### **Indoor Pool Programs**

**Arthritis Foundation-** Class is designed for those with arthritis, joint and muscular conditions. Exercises are specific for improving range of motion, muscular strength and endurance

**Aqua Bootcamp-** If you like the traditional bootcamp exercises, try this class that brings it to the water!

**Aqua Fit-** Total body workout that incorporates cardiovascular endurance, toning and flexibility.

**Aqua Power-** Medium to high impact water aerobics that uses cardio and weights to create high metabolism boost.

**Aqua Zumba-** Ditch the normal workout and join the party in the pool! Aqua Zumba not only gives you a great cardio workout, but lets you have fun with friends and music!

**Deep Water Workout-** A full-body workout that utilizes flotation devices to help minimize impact on the ground while increasing your work intensity against water and improving core balance and cardiovascular health.

**Power Sculpt Express-** This 15 minute class is geared for participants who want to have a healthy core, back, arms and legs by using water weights and noodles.



### **Jim Dailey Fitness & Aquatic Center**

300 South Monroe Street

Little Rock, AR 72204

(501) 664-6976



### **Swim Lessons** (Requires registration and payment)

*Classes are 45 minutes. Participants must be at least 4 years old.*

**Level 1-**introduces independence in the water, buoyancy, breathing and motion.

**Level 2-** introduces independence in the water, buoyancy, breathing and motion.

**Level 3-** helps refine basic strokes and introduces advanced strokes.

**Level 4-** this class provides children with the skills to refine previously learned strokes and introduces competitive strokes and swimming for fitness.

**Youth Competitive Swim-** appropriate for advanced swimmers who have a comprehensive knowledge of the four basic strokes. Kids learn what swim competition training goes through and works on racing for time and endurance.

**Private Swim Lessons-** Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual.

Available for ages 18 months to adults.