



JIM DAILEY FITNESS & AQUATIC CENTER

Indoor Aquatic Schedule

January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm- Lap Swim	5:00am- Lap Swim	5:00am- Lap Swim	5:00am- Lap Swim	5:00am- Lap Swim	5:00am- 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	10:45am- Deep Water	10:30am- Arthritis	10:45am- Deep Water	10:30am- Arthritis	10:00am- Family Swim
	11:30am Foundation	11:45am Workout	11:30am Foundation	11:45am Workout	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.

For more information about our programs, see the back of this sheet!

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 a 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.

