

Conway Regional Health & Fitness Center | Aquatics

Activities

Lap Swim | During lap swim, designated lanes are prioritized for those actively swimming laps. Up to (6) swimmers may occupy a single lane by circle swimming. **Members under 11 may lap swim during Family Recreation/Swim time only.**

Member Exercise | During member exercise, designated lanes are for individual member exercise, stretching and relaxation for those age 11+. Members should avoid disrupting classes, therapy or swim lessons that may occur during these times. Members age 11-17 may use the pool but **this is not recreation/play time.** Those activities should occur during Family Recreation/Swim. See schedule for details.

Family Recreation/Swim | Family recreation/swim is recreational time for members and child members under 11. **This is the only time children under 11 are allowed in the pool** unless participating in staff led swim lessons or programs. Children under 11 must be supervised in the pool area and children under 6 must be accompanied by an adult in the pool. Member exercise may be allowed at the same time and children under 11 may lap swim but only during Family Recreation/Swim. See schedule for details.

Aquatic Classes | Classes under the guidance of an instructor will periodically take place. **The entire pool may be utilized for larger classes so other pool users may wish to avoid class times.** See the pool schedule for current classes being offered.

Physical Therapy | Therapy sessions may be conducted between the hours of 8am-5pm Monday - Friday. If you participate in Member Exercise please do not interfere with therapy sessions.

Private Instruction | Private instruction such as individual swim lessons or aquatic training offered by an instructor may occur at any time. Lessons of any kind by an outside instructor are prohibited.

Dolphins | This youth swim program may utilize the entire pool area under the guidance of an instructor on Tuesday and Thursdays from 7pm-8pm. See schedule for details.

Crocs | Our competitive swim team is a great way for your child to stay active, have fun and learn good sportsmanship as they compete against other swim teams in Central Arkansas during the summer months. **The pool is closed to members during Crocs practices.** The whirlpool, steam room and sauna will remain available. **We will do our best to notify members of the Crocs seasons dates in advance.**

Group Swim Lessons | Group swim lessons will periodically take place in the southwest area of the pool under the guidance of a swim instructor.

General Guidelines

What to bring to the pool | Modest swimwear, USCG approved flotation device for non-swimmers, flip flops, sandals or other pool shoes.

What to leave at home when coming to the pool | Food, large flotation devices such as pool chairs, water guns or Nerf-style guns, glass of any kind.

Whirlpool | Children under the age of 11 are not allowed.

Sauna and Steam room | Children under 11 not allowed, 10 minute time limit, please remove shoes.

Note: Please see a staff member for an exhaustive list of pool rules and regulations.
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