


Conway Regional Health and Fitness Center Pool Schedule

Effective September 7, 2021

Number after description designates number of lanes dedicated to that activity. See reverse for descriptions of activities.

Lap Swimming | Circle swimming required for multiple swimmers, 60 minutes max | Adult Exercise | Maintain 6 foot distancing | Classes | Entire pool may be reserved

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
5:00 AM						Maintain 6 foot distancing in pool while exercising	 <p>CONWAY REGIONAL Health & Fitness CENTER</p> <p>Kyle Shunkey Aquaatics Coordinoator kyle.shunkey@conwayregional.org 501-450-9292 ext 308</p>	5:00 AM											
5:30 AM	Lap 3/Adult Ex 2	Lap 3/Adult Ex 2	Lap 3/Adult Ex 2	Lap 3/Adult Ex 2	Lap 3/Adult Ex 2			Lap 3/Adult Ex 2	5:30 AM										
6:00 AM						6:00 AM													
6:30 AM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	6:30 AM													
7:00 AM						7:00 AM													
7:30 AM	Aqua Fit Kyle	Adult Ex 3/Lap 2	R.O.M.+E Christy	Adult Ex 3/Lap 2	Aqua Core Kyle	7:30 AM													
8:00 AM						8:00 AM													
8:30 AM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	8:30 AM													
9:00 AM						9:00 AM													
9:30 AM	Aqua AMP Kyle	Aqua Fit Kyle	Aqua AMP Kyle	Aqua Fit Kyle	Aqua AMP Kyle	9:30 AM													
10:00 AM						10:00 AM													
10:30 AM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Lap 3/Adult Ex 2	10:30 AM												
11:00 AM							11:00 AM												
11:30 AM							11:30 AM												
12:00 PM							12:00 PM												
12:30 PM							Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Lap 3/Adult Ex 2	12:30 PM						
1:00 PM													1:00 PM						
1:30 PM							Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Lap 3/Adult Ex 2	1:30 PM						
2:00 PM													2:00 PM						
2:30 PM													Adult Ex 3/Lap 2	Family Swim 3 / 2 Lap	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Family Swim 3 / 2 Lap	Family Swim 3 / 2 Lap	2:30 PM
3:00 PM																			3:00 PM
3:30 PM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Family Swim 3 / 2 Lap	Family Swim 3 / 2 Lap							3:30 PM						
4:00 PM													4:00 PM						
4:30 PM	Aqua Core Audrey	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Aqua AMP Audrey	Family Swim 3 / 2 Lap	Family Swim 3 / 2 Lap							4:30 PM						
5:00 PM													5:00 PM						
5:30 PM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Family Swim 3 / 2 Lap	Family Swim 3 / 2 Lap							5:30 PM						
6:00 PM													6:00 PM						
6:30 PM	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Family Swim 3 / 2 Lap	Family Swim 3 / 2 Lap	6:30 PM												
7:00 PM							7:00 PM												
7:30 PM	Dolphins	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Dolphins	Adult Ex 3/Lap 2	Lap 3/Adult Ex 2	7:30 PM												
8:00 PM							8:00 PM												
8:30 PM	Adult Ex 2/Lap 3	Adult Ex 3/Lap 2	Adult Ex 3/Lap 2	Adult Ex 2/Lap 3	Adult Ex 3/Lap 2	Lap 3/Adult Ex 2	8:30 PM												
9:00 PM							9:00 PM												
	Pool closes at 8:45pm							9:00 PM											

Members under 12 are allowed during Family Swim time only or if participating in a staff led program. Family Swim is available for members and their paying guests only.

Conway Regional Medical Center Policy: Capacity limits must be observed (see above for details). Physical distancing of 6 feet should be maintained in all pool areas.

Conway Regional Health & Fitness Center | Aquatics

Activities

Lap Swim | During lap swim, designated lanes are prioritized for those actively swimming laps. Multiple swimmers may occupy a single lane.

Adult exercise | During adult exercise, designated lanes are for individual member exercise, stretching and relaxation for those age 12+. Members should avoid disrupting classes, therapy or swim lessons that may occur during these times. Members age 12-17 may use the pool but this is not recreation/play time. Those activities should occur during Family Swim. See schedule for details. **UPDATE: Maintain 6 foot fitness distancing and pool capacity is limited.**

Family Swim | Family swim is recreational time for members and child members under 12. **This is the only time children under 12 are allowed in the pool** unless participating in staff led swim lessons or program. Children under 12 must be supervised in the pool area and children under 6 must be accompanied by an adult in the pool. Adult exercise may be allowed at the same time. See schedule for details. **Family Swim is available for members and their paying guests only.**

Aquatic Classes | Classes under the guidance of an instructor will periodically take place and may utilize entire pool area.

Physical Therapy | Therapy sessions may be conducted between the hours of 8am-5pm Monday - Friday. If you participate in Adult 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 during the fall and spring.

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.

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 | Under 6 not allowed. 6-11 should not use for more than 3 minutes.

Sauna and Steam room | Under 12 not allowed, 10 minute time limit, please remove shoes.

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

Kyle Shunkey, Aquatics Coordinator | kyle.shunkey@conwayregional.org | 501-450-9292, ext. 308