

Conway Regional Health and Fitness Center Pool Schedule

Effective November 24, 2025

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

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
5:00 AM	Lap 3/Member Ex 2	Lap 3/Member Ex 2	Lap 3/Member Ex 2	Lap 3/Member Ex 2	Lap 3/Member Ex 2		 **Schedule is subject to change	5:00 AM				
5:30 AM									5:30 AM			
6:00 AM									6:00 AM			
6:30 AM									6:30 AM			
7:00 AM									7:00 AM			
7:30 AM									7:30 AM			
8:00 AM	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2			8:00 AM				
8:30 AM	Aqua Fit Kyle		R.O.M.+E Christy		Aqua Core + Yoga Kyle			8:30 AM				
9:00 AM						Aqua Zumba Amy/Dena			9:00 AM			
9:30 AM	Member Ex 3/Lap 2		Member Ex 3/Lap 2		Member Ex 3/Lap 2				9:30 AM			
10:00 AM					Member Ex 3/Lap 2			10:00 AM				
10:30 AM	Aqua AMP Kyle	Aqua Fit Kyle	Aqua Core + Yoga Kyle	Aqua Fit Kyle	Aqua AMP Kyle		10:30 AM					
11:00 AM							11:00 AM					
11:30 AM	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Lap 3/Member Ex 2	Member Ex 3/Lap 2	11:30 AM				
12:00 PM												
12:30 PM												12:30 PM
1:00 PM												1:00 PM
1:30 PM									1:30 PM			
2:00 PM									2:00 PM			
2:30 PM							2:30 PM					
3:00 PM							3:00 PM					
3:30 PM							3:30 PM					
4:00 PM							4:00 PM					
4:30 PM						4:30 PM						
5:00 PM						Member Ex 3/Lap 2	Member Ex 3/Lap 2	5:00 PM				
5:30 PM		Aqua Core Natalie		Aqua AMP Sam				5:30 PM				
6:00 PM					Member Ex 3/Lap 2	Aquatic area closes at 5:45 pm	Aquatic area closes at 5:45 pm	6:00 PM				
6:30 PM									6:30 PM			
7:00 PM									7:00 PM			
7:30 PM									7:30 PM			
8:00 PM		Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Aquatic area closes at 7:45 pm			8:00 PM				
8:30 PM											8:30 PM	
9:00 PM											9:00 PM	
9:30 PM											9:30 PM	
	Aquatic area closes at 9:45pm											
	Lap Swim/Member Exercise			Family Recreation/Swim and Lap Swim			Aquatic Class					

- **Lap swimming:** Circle swimming required for multiple swimmers. 60 minutes max.
- **Aquatic classes:** Larger classes may utilize the entire pool including the lap lanes. Other pool users may wish to avoid these times.
- **Lighting policy:** The pool may be closed if there is lightning in the vicinity. Please call ahead.
- **Members under: 11:** Members under 11 are allowed during Family Rec/Swim time only, or if participating in a camp or swim lessons.
- **Members age 11-13:** Members age 11-13 are allowed with adult (18+) supervision **OR** adult in facility during family recreation/swim.
- **Special programming:** The pool may be reserved for special programming. We will do our best to notify members in advance.
- **Staff instruction:** Staff instruction regarding pool use must be followed at all times.

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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