


Conway Regional Health and Fitness Center Pool Schedule

Effective July 26, 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	Lap 3/Member Ex 2		8:00 AM											
8:30 AM	Aqua Fit Kyle / Nataile		R.O.M.+E Christy		Aqua Core + Yoga Kyle	Aqua Zumba Amy/Dena		8:30 AM											
9:00 AM	Member Ex 3/Lap 2		Member Ex 3/Lap 2		Member Ex 3/Lap 2			Member Ex 3/Lap 2	9:00 AM										
9:30 AM						Aqua AMP Kyle		Aqua Fit Kyle	Aqua AMP Kyle	Member Ex 3/Lap 2	9:30 AM								
10:00 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	Lap 3/Member Ex 2		10:00 AM											
10:30 AM						Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	10:30 AM									
11:00 AM										Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	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	11:30 AM	
12:00 PM																		Member Ex 3/Lap 2	Member Ex 3/Lap 2
12:30 PM		Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2														
1:00 PM						Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2										
1:30 PM										Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2						
2:00 PM														Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2		
2:30 PM																		Member Ex 3/Lap 2	Member Ex 3/Lap 2
3:00 PM	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	3:00 PM														
3:30 PM					Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	3:30 PM										
4:00 PM									Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	4:00 PM						
4:30 PM													Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	4:30 PM		
5:00 PM																	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2
5:30 PM	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2															
6:00 PM					Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2											
6:30 PM									Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2							
7:00 PM													Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2			
7:30 PM																	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2
8:00 PM	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2															
8:30 PM					Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2											
9:00 PM									Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2							
9:30 PM													Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2	Member Ex 3/Lap 2			
																	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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