


Conway Regional Health and Fitness Center Pool Schedule

Effective April 9, 2024

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

	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	Lap 3/Member Ex 2	 HFC	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								8:00 AM				
8:30 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	Member Ex 3/Lap 2	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	Member Ex 3/Lap 2	9:00 AM
9:30 AM												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	Member Ex 3/Lap 2	**Schedule is subject to change	10:00 AM				
10:30 AM								10:30 AM				
11:00 AM								11:00 AM				
11:30 AM								11:30 AM				
12:00 PM								12:00 PM				
12:30 PM								12:30 PM				
1:00 PM								1:00 PM				
1:30 PM	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	Member Ex 3/Lap 2	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	Aqua Core Audrey	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	5:00 PM					
5:30 PM							5:30 PM					
6:00 PM							6:00 PM					
6:30 PM	Dolphins	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	6:30 PM					
7:00 PM							7:00 PM					
7:30 PM							7:30 PM					
8:00 PM	Lap 3/Member Ex 2	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 PM					
8:30 PM							8:30 PM					
9:00 PM							9:00 PM					
	Aquatic area closes at 8:45pm				Aquatic area closes at 7:45 pm							



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.