Conway Regional Health and Fitness Center Pool Schedule

Effective Monday, November 16, 2026

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

	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		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						Lap 3/Member Ex 2		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		**Schedule is subject to change	10:30 AM
11:00 AM						Lap 3/Member Ex 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	Member Ex 3/Lap 2			11:30 AM
12:00 PM							Member Ex 3/Lap 2	12:00 PM
12:30 PM								12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM						Family Rec 3 / Lap 2	Family Rec 3 / Lap 2	2:00 PM
2:30 PM								2:30 PM
3:00 PM			Family Rec 3 / Lap 2		Family Rec 3 / Lap 2			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 Cammi				5:30 PM
6:00 PM			Member Ex 3/Lap 2		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		Member Ex 3/Lap 2		Member Ex 3/Lap 2				7:30 PM
8:00 PM					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	Aquatic area closes at 9:45pm							9:30 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.

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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