



# Our Mission and Vision

Jim Dailey Fitness and Aquatic Center

Our mission is simple and impactful:

**We provide an array of innovative, affordable, and universally accessible health and wellness programs and classes to the citizens and visitors of Little Rock, improving the lives of individuals, families, and communities.**



# Vision Statement

**We shall be the premier inclusive fitness and aquatic center for the City of Little Rock, based on the excellence of our people and access to health and wellness programming.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00pm-4:45pm <b>Lap Swim</b>	5:30am-8:45pm <b>Lap Swim</b>	5:30am-8:45pm <b>Lap Swim</b>	5:30am-8:45pm <b>Lap Swim</b>	5:30am-8:45pm <b>Lap Swim</b>	5:30am-8:45pm <b>Lap Swim</b>	7:00am-5:45pm <b>Lap Swim</b>
1:00pm-4:45pm <b>Aerobic Swim</b>	5:30am-8:45pm <b>Aerobic Swim</b>	5:30am-8:45pm <b>Aerobic Swim</b>	5:30am-8:45pm <b>Aerobic Swim</b>	5:30am-8:45pm <b>Aerobic Swim</b>	5:30am-8:45pm <b>Aerobic Swim</b>	7:00am-5:45pm <b>Aerobic Swim</b>
1:00pm-4:45pm <b>Family Swim</b>	6:00am-6:40am <b>Swim Fit Core Training</b>	9:30am-10:15am <b>Aqua Fit</b>	9:30am-10:30am <b>Aqua Motion</b>	9:30am-10:15am <b>Aqua Fit</b>	9:30am-10:30am <b>Aqua Motion</b>	9:15am-10:00am <b>Aqua Fit</b>
4:45pm <b>Pool Area Closes</b>	9:30am-10:30am <b>Aqua Motion</b>	1:00pm-3:00pm <b>Parent Child Swim</b>	10:30am-11:15am <b>Aqua Flex</b>	1:00pm-3:00pm <b>Parent Child Swim</b>	10:30am-11:15am <b>Aqua Flex</b>	10:00am-1:00pm <b>AR Racers</b>
	10:30am-11:15am <b>Aqua Flex</b>	5:30pm-6:15pm <b>Aqua Fit</b>	1:00pm-3:00pm <b>Parent Child Swim</b>		1:00pm-3:00pm <b>Parent Child Swim</b>	1:00pm-5:45pm <b>Family Swim</b>
	1:00pm-3:00pm <b>Parent Child Swim</b>	6:00pm-8:45pm <b>AR Racers</b>	5:30pm-6:15pm <b>Aqua Zumba</b>	6:00pm-8:45pm <b>AR Racers</b>	6:00pm-8:45pm <b>AR Racers</b>	5:45pm <b>Pool Area Closes</b>
	5:30pm-6:15pm <b>Aqua Zumba</b>	6:30pm-8:45pm <b>Family Swim</b>		6:30pm-8:45pm <b>Family Swim</b>	6:30pm-8:45pm <b>Family Swim</b>	
	8:45pm <b>Pool Area Closes</b>	8:45pm <b>Pool Area Closes</b>	8:45pm <b>Pool Area Closes</b>	8:45pm <b>Pool Area Closes</b>	8:45pm <b>Pool Area Closes</b>	

# Aquatics Schedule

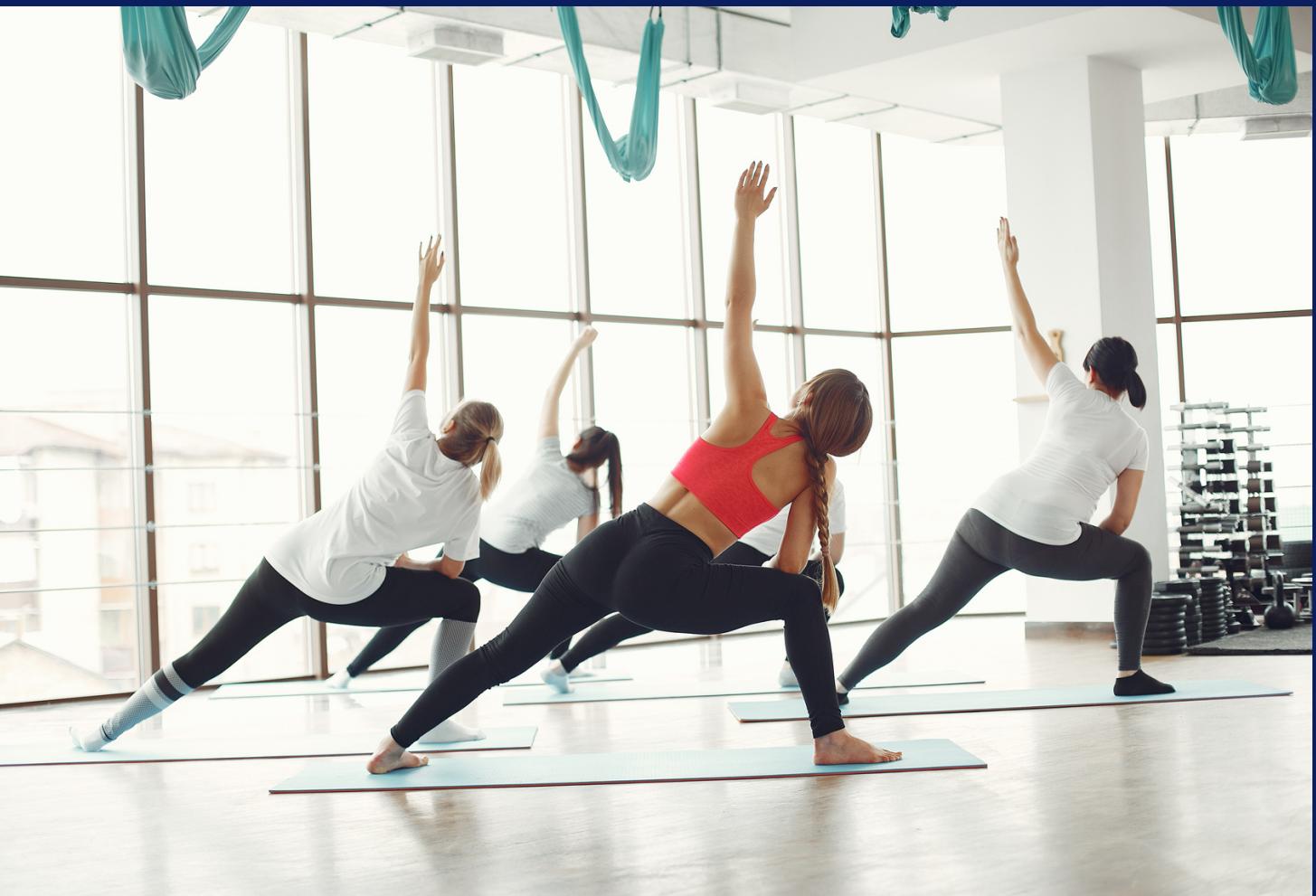
JIM DAILEY FITNESS & AQUATIC CENTER  
Indoor Pool Fall 2022



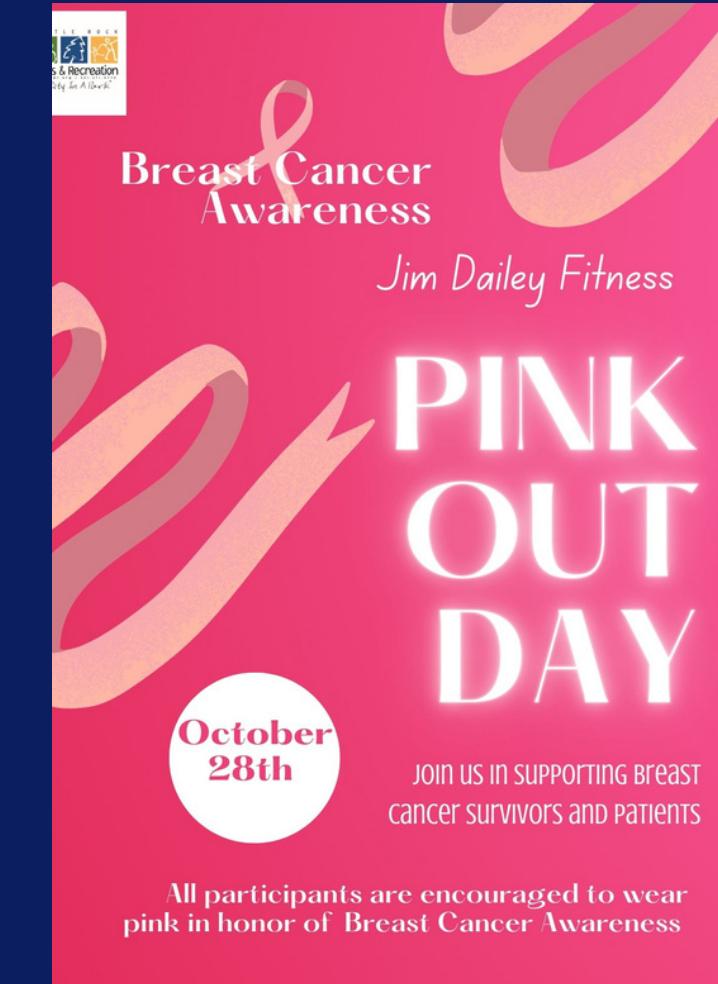
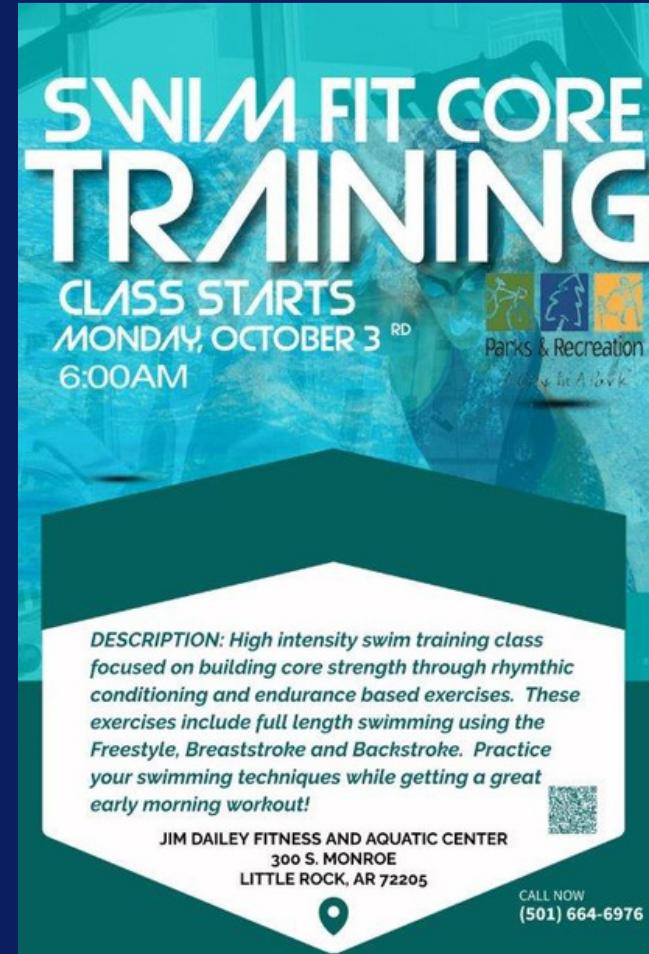
All programs will be conducted in the Pool Area. Inclement weather may necessitate the need to move specific programs to different locations or outright cancel them. Please be especially

## Jim Dailey Fitness & Aquatic Center: Fitness Class Schedule

Monday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise FIT	Sterling	Activity Room/1 <sup>st</sup> Court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:00am-9:55am	HIIT	Sterling	Activity Room/1 <sup>st</sup> Court
10:00am-10:55am	Senior Dance Fit	Willy	1 <sup>st</sup> Basketball Court
11:00am-11:55am	Senior Weights	Linda	1 <sup>st</sup> Basketball Court
5:00pm-5:45pm	Spin	Aljay	1 <sup>st</sup> Basketball Court
5:30pm-6:30pm	Beginner Yoga	Linda	Activity Room
Tuesday	Description	Instructor	Room/space
9:15am-9:55am	Extreme Line Dance	LaWanna	Basketball Court
9:30am-11:55am	Tai Chi/Beginner/Advanced	Shirley	Activity Room
11:00am-11:55am	Aerobics Plus	Joan	Activity Room
5:15pm-6:00pm	Total Body Fit/Body Condition	Sterling	Basketball Court
Wednesday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise Fit	Sterling	Activity Room/1 <sup>st</sup> Court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:15am-9:55am	Trap/Hip Hop Spin	LaWanna	1 <sup>st</sup> Basketball Court
10:00am-10:55am	Senior Dance Fit	Willy	1 <sup>st</sup> Basketball Court
11:00am-11:55am	Senior Weights	Linda	1 <sup>st</sup> Basketball Court
5:00pm-5:55pm	Bootcamp	Sterling	Basketball Court
5:30pm-6:30pm	Beginner Yoga	Linda	Activity Room
6:00pm-6:45pm	Extreme Line Dance	LaWanna	Basketball Court
Thursday	Description	Instructor	Room/space
9:30am-10:55am	Tai Chi/Beginner/Advanced	Shirley	Activity Room
11:00am-11:55am	Aerobics Plus	Joan	Activity Room
5:15pm-6:00pm	Total Body Fit/Body Condition	Sterling	Basketball Court
Friday	Description	Instructor	Room/space
6:00am-6:45am	Sunrise FIT	Sterling	Activity Room/1 <sup>st</sup> Court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Room
9:00am-9:55am	HIIT	Sterling	Activity Room/1 <sup>st</sup> Court
11:00am-11:55am	Senior Weights	Linda	1 <sup>st</sup> Basketball Court
5:30pm-6:30pm	Yin Yoga/Beginner	Linda	Activity Room
Saturday	Description	Instructor	Room/space
8:15am-8:55am	Trap/Hip Hop Spin	LaWanna	1 <sup>st</sup> Basketball Court
9:15am-10:00am	Mobility and Flexibility	Earnest	1 <sup>st</sup> Basketball Court



# Coming Soon



# Jim Dailey Fitness & Aquatics Center

300 South Monroe St.  
Little Rock, AR 72205  
501-664-6976

Michael F. Harris  
Fitness Center Supervisor

L I T T L E R O C K



## Parks & Recreation

[www.lrpr.org](http://www.lrpr.org) / 501.371.4770

*"A City In A Park"*

**Thank you!**

