



# 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 Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	5:30am-8:45pm Lap Swim	7:00am-5:45pm Lap Swim
1:00pm-4:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	5:30am-8:45pm Aerobic Swim	7:00am-5:45pm Aerobic Swim
1:00pm-4:45pm Family Swim	6:00am-6:40am Swim Fit Core Training	9:30am-10:15am Aqua Fit	9:30am-10:30am Aqua Motion	9:30am-10:15am Aqua Fit	9:30am-10:30am Aqua Motion	9:15am-10:00am Aqua Fit
4:45pm Pool Area Closes	9:30am-10:30am Aqua Motion	1:00pm-3:00pm Parent Child Swim	10:30am-11:15am Aqua Flex	1:00pm-3:00pm Parent Child Swim	10:30am-11:15am Aqua Flex	10:00am-1:00pm AR Racers
	10:30am-11:15am Aqua Flex	5:30pm-6:15pm Aqua Fit	1:00pm-3:00pm Parent Child Swim		1:00pm-3:00pm Parent Child Swim	1:00pm-5:45pm Family Swim
	1:00pm-3:00pm Parent Child Swim	6:00pm-8:45pm AR Racers	5:30pm-6:15pm Aqua Zumba	6:00pm-8:45pm AR Racers	6:00pm-8:45pm AR Racers	5:45pm Pool Area Closes
	5:30pm-6:15pm Aqua Zumba	6:30pm-8:45pm Family Swim		6:30pm-8:45pm Family Swim	6:30pm-8:45pm Family Swim	
	8:45pm Pool Area Closes	8:45pm Pool Area Closes	8:45pm Pool Area Closes	8:45pm Pool Area Closes	8:45pm Pool Area Closes	

# 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 Roo m /1 <sup>st</sup> Court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Roo m
9:00am-9:55am	HIIT	Sterling	Activity Roo m /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 Roo m

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 Roo m
11:00am-11:55am	Aerobics Plus	Joan	Activity Roo m
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 Roo m /1 <sup>st</sup> Court
7:00am-8:00am	Sunrise Yoga	Chi	Activity Roo m
9:15am-9:55am	Trap/Hip Hop Spin	LaWann a	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 Roo m
6:00pm-6:45pm	Extreme Line Dance	LaWann a	Basketball Court

Thurs day	Description	Instructor	Room/space
9:30am-10:55am	Tai Chi/Beginner/Advanced	Shirley	Activity Roo m
11:00am-11:55am	Aerobics Plus	Joan	Activity Roo m
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-11:55	Senior Weights	Linda	1 <sup>st</sup> Basketb all 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> Basketb all Court
9:15am-10:00am	Mobility and Flexibility	Earnest	1 <sup>st</sup> Basketb all Court





# Coming Soon

## SWIM FIT CORE TRAINING

CLASS STARTS  
MONDAY, OCTOBER 3<sup>RD</sup>  
6:00AM

 Parks & Recreation  
Little Rock, AR

**DESCRIPTION:** High intensity swim training class focused on building core strength through rhythmic conditioning and endurance based exercises. These exercises include full length swimming using the Freestyle, Breaststroke and Backstroke. Practice your swimming techniques while getting a great early morning workout!


JIM DAILEY FITNESS AND AQUATIC CENTER  
300 S. MONROE  
LITTLE ROCK, AR 72205

CALL NOW  
(501) 664-6976

## Training With Sterling

<b>Surprise FIT</b>	<b>HITT</b>
Low to Medium Impact Body Conditioning Class	High-Intensity Interval Training Class
6:00 AM TO 6:45 AM MON., WED., & FRI.	9:00 AM TO 9:55 AM MON. & FRI.

JIM DAILEY FITNESS  
300 South Monroe LR, AR  
501-664-6976

 Parks & Recreation  
Little Rock, AR

## Breast Cancer Awareness

Jim Dailey Fitness

# PINK OUT DAY

**October 28th**

JOIN US IN SUPPORTING breast cancer survivors and patients

All participants are encouraged to wear pink in honor of Breast Cancer Awareness

JIM DAILEY FITNESS PRESENTS

# BOOOOOOOOO AT The Pool

 THE ADDAMS FAMILY 2

A SPOOKY MOVIE-WATCHING EVENT

**The ADDAMS FAMILY 2**  
FRIDAY  
**OCTOBER 28**

Doors open at 7:00 pm - \$5 per person includes free food, drinks, and candy. Come dress in your favorite Halloween attire

# TRIATHLON

**NOV. 12TH**

**\$25**

**8 AM**

**Contact**  
Jim Dailey Fitness & Aquatics  
300 South Monroe, LR, AR  
501-664-6976

# 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

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*"A City In A Park"*



**Thank you!**

