

L I T T L E R O C K



Parks & Recreation

"A City In A Park"

Jim Dailey Fitness & Aquatics Center

Facility Hours & Amenities Offered To All Members

Monday-Friday

5:30 a.m. – 9:00 p.m.

Saturday

7:00 a.m. – 6:00 p.m.

Sunday

1:00 p.m. – 5:00 p.m.

For the enjoyment and pleasure of our members and guests, we provide the following:

- Indoor Twenty-Five (25)-Yard Swimming Pool and Whirlpool
- Indoor Jogging/Walking Track (sixteen (16) laps = one (1)-mile)
- Full Complement of Cybex Weight Machines
- Full locker Room/Shower Facilities
- Aerobics and Aquatics Classes
- Gymnasium
- Children's Activities
- Multipurpose Indoor Court Area
- Multipurpose Activity Room
- Professional Staff
- Tennis Courts