

L I T T L E R O C K



Parks & Recreation
WWW.LITTLEROCK.ORG / 501.371.3178
"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 Compliment of Cybex Weight Machines
- Aerobic Equipment: Stair Climbers; Life Cycles; Ellipticals; Arc Trainer; Gauntlets; Upright and Recumbent Bikes
- Full locker Room/Shower Facilities
- Aerobics and Aquatics Classes
- Gymnasium
- Children's Activities
- Multipurpose Indoor Court Area
- Multipurpose Activity Room
- Professional Staff
- Health & Fitness Counseling and Monitoring Fit-4-All Fitness Evaluations
- Massage Therapy
- Tennis Courts