KNOX COUNTY YMCA
VITALE POOL SCHEDULE

Effective: December 23, 2019 – January 4, 2020

PLEASE NOTE THE FOLLOWING CHANGES TO OUR VITALE POOL SCHEDULE

LANE SWIM

Day	Times	Lanes
Monday	5:00–8:00am	All Lanes
	8:00am–4:00pm	2 Lanes
	4:00–5:15pm	1 Lane
	5:15–8:50pm	2 Lanes
Tuesday	5:00–8:00am	All Lanes
	8:00am–4:00pm	2 Lanes
	4:00–5:15pm	1 Lane
	5:15–8:50pm	2 Lanes
Wednesday	5:00–8:00am	All Lanes
	8:00am–4:00pm	2 Lanes
	4:00–5:15pm	1 Lane
	5:15–8:50pm	2 Lanes
Thursday	5:00–8:00am	All Lanes
	8:00am–4:00pm	2 Lanes
	4:00–5:15pm	1 Lane
	5:15–8:50pm	2 Lanes
Friday	5:00–8:00am	All Lanes
	8:00am–5:00pm	2 Lanes
	5:00–7:50pm	1 Lane
Saturday	6:00–9:00am	All Lanes
	9:00am–4:50pm	2 Lanes
Sunday	10:00am– 4:50pm	2 Lanes

OPEN SWIM

Day	Times
Monday	10:00–11:00am
	11:45am–1:00pm
	2:00–3:00pm
	5:30–8:50pm
Tuesday	12:00–1:00pm
	5:30–8:50pm
Wednesday	11:45am–1:00pm
	5:30–8:50pm
Thursday	12:00–1:00pm
	5:30–8:50pm
Friday	10:00–11:00am
	11:45am–1:00pm
	4:00–5:00pm
Saturday	12:30–4:50pm
Sunday	10:00am–4:50pm

KROCODILE SWIM TEAM

Day	Monday – Thursday	Friday
Time	4:15–5:15pm	5:00–7:45pm

WATER EXERCISE

Day	Class	Time
Monday	Aquaerobics	9:00–9:55am
	Aqua ROM	11:00–11:45am
	Water Wellness	1:00–1:55pm
Tuesday	Strength & Stretch	9:00–10:00am
	Deep Water H2O	1:00–1:55pm
	Aqua ROM	2:00–2:45pm
Wednesday	Water Wellness	9:00–9:55am
	Aqua ROM	11:00–11:45am
	Aquaerobics	1:00–1:55pm
Thursday	Strength & Stretch	9:00–10:00am
	Deep Water H2O	1:00–1:55pm
	Aqua ROM	2:00–2:45pm
Friday	Aquaerobics	9:00–9:55am
	Aqua ROM	11:00–11:45am
	Aquaerobics	1:00–1:55pm
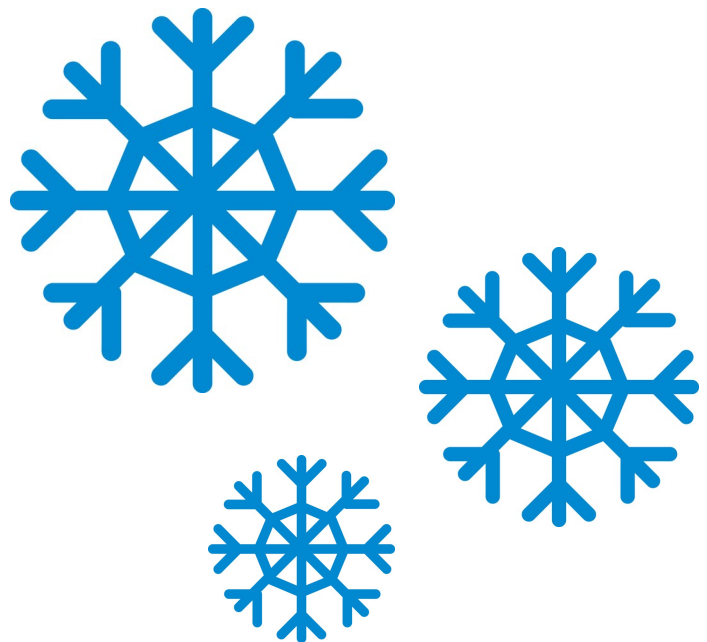
Due to multiple activities held in Vitale Pool
at the same time, this schedule is subject to change.
See reverse for scheduled closings.

LANE SWIM

Tips: Please enter the pool from the shallow end. To avoid accidents when entering an occupied lane, please get the first swimmer's acknowledgement that you are there. Please get kickboards, pull buoys, etc. before entering the pool.

Directions: If there are one or two swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format.

Speed: Please try to choose a lane with swimmers that most nearly match your speed.

OPEN SWIM

Ages 9 & under must be accompanied in the pool by a competent adult. Swim test is required each visit for deep water swim.

WATER EXERCISE CLASS DESCRIPTIONS

Aquaerobics: An exciting and popular exercise! Warm-up, workout (aerobic), and cool down can be done in the shallow end of the pool.

Aqua ROM (Range of Motion): Offered in the shallow end of the pool this class is designed for those suffering from arthritis. Exercise will help to reduce pain and stiffness as promoted by the Illinois Arthritis Foundation and Tai Chi for Arthritis.

Deep Water H2O: No impact deep water class with flotation belt. Super workout for all levels.

Strength & Stretch: Low impact class using barbells to strengthen the weak while using stretches to work out the tight in the body.

Water Wellness: Medium intensity workout including cardio, stretching and toning using barbells.

SCHEDULE CHANGES

We do our best to keep the pool open to members, however at times it is necessary to make adjustments to the schedule.

Please note the following dates & times that the pool will be closed:

- Monday, December 23rd-Friday, December 27th, 8:00-9:30am GHS Dive Practice (Two lap lanes will be open)

- Monday, December 23rd-Friday, December 27th, No Open Swim 3:00-3:45pm

- Tuesday, December 24th, Christmas Eve, Closed at 2:50pm

- Wednesday, December 25th, Merry Christmas!

- Monday, December 30th-Friday, January 3rd, 8:00-9:30am GHS Dive Practice (Two lap lanes will be open)

- Monday, December 30th-Friday, January 3rd, No Open Swim 3:00-3:45pm

- Tuesday, December 31st, New Year's Eve, Closed at 2:50pm

- Wednesday, January 1st, Happy New Year! Open 7:00-11:00am

For last minute or unexpected closures, please keep up to date via our Facebook Page or Mobile App! Thank you!