



# KNOX COUNTY YMCA

## VITALE POOL SCHEDULE

Effective: January 5, 2020

LANE SWIM		
Day	Times	Lanes
Monday	5:00-9:00am	All Lanes
	9:00am-4:00pm	2 Lanes
	4:00-5:15pm	1 Lane
	5:15-8:50pm	2 Lanes
Tuesday	5:00-9:00am	All Lanes
	9:00am-4:00pm	2 Lanes
	4:00-5:15pm	1 Lane
	5:15-8:50pm	2 Lanes
Wednesday	5:00-9:00am	All Lanes
	9:00am-4:00pm	2 Lanes
	4:00-5:15pm	1 Lane
	5:15-8:50pm	2 Lanes
Thursday	5:00-9:00am	All Lanes
	9:00am-4:00pm	2 Lanes
	4:00-5:15pm	1 Lane
	5:15-8:50pm	2 Lanes
Friday	5:00-9:00am	All Lanes
	9:00am-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

WATER EXERCISE		
Day	Class	Time
Monday	Water Wellness	9:00-9:55am
	Aqua ROM	11:00-11:45am
	Aquaerobics	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

OPEN SWIM	
Day	Times
Monday	10:00-11:00am
	11:45am-1:00pm
	2:00-4:15pm (GHS Diving/Board Closed 3:00-4:15pm)
	7:00-8:50pm
Tuesday	12:00-1:00pm
	3:00-4:15pm (GHS Diving/Board Closed 3:00-4:15pm)
	5:15-8:50pm
Wednesday	10:00-11:00am
	11:45am-1:00pm
	3:00-4:15pm (GHS Diving/Board Closed 3:00-4:15pm)
	5:15-8:50pm
Thursday	12:00-1:00pm
	2:00-4:15pm (GHS Diving/Board Closed 3:00-4:15pm)
	7:00-8:50pm
Friday	10:00-11:00am
	11:45am-1:00pm
	2:00-5:00pm (GHS Diving/Board Closed 3:00-4:15pm)
Saturday	12:30-4:50pm
Sunday	10:00am-4:50pm

SWIM LESSONS		
Day	Class	Time
Monday	Youth Stage 3 & 4	5:00-5:45pm
	Parent/Child, Adv. Parent/Child	6:00-6:30pm
	Preschool Stage 1 & 3	6:30-7:00pm
Thursday	Youth Stage 1 & 3	5:00-5:45pm
	Parent/Child, Preschool Stage 2	6:00-6:30pm
	Preschool Stage 1 & 4	6:30-7:00pm
Saturday	Preschool Stage 1 & 2	9:00-9:30am
	Preschool Stage 3 & 4	9:30-10:00am
	Youth Stage 1 & 2	10:00-10:45am
	Youth Stage 3 & 4	10:45-11:30am
	Youth Stage 5 & 6	11:30am-12:15pm

KROCODILE SWIM TEAM		
Day	Monday - Thursday	Friday
Time	4:15-5:15pm	5:00-7:45pm

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 Vitale Pool will be closed:**

- Tuesday, January 7th, 4:00-8:30pm due to GHS Dive Meet/Krocs Swim Team (One lap lane will be open at 5:00pm)
- Saturday, January 18th, 12:00-5:00pm due to Krocs Home Swim Meet
- Monday, January 20th, 3:00-3:45pm due to School Out Day
- Tuesday, January 28th, 4:00-8:30pm due to GHS Dive Meet/Krocs Swim Team (One lap lane will be open at 5:00pm)
- Saturday, February 1st, Building closed due to annual Krocs Swim Team Invitational

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

Knox County Family YMCA 1324 W. Carl Sandburg Dr. Galesburg, IL 61401 309-344-1324

Downtown Galesburg YMCA 200 E. Main St. Galesburg, IL 61401 309-342-0420

YMCA Early Learning Center 192 E. South St. Galesburg, IL 61401 309-342-4315

[www.knoxyymca.org](http://www.knoxyymca.org)

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