



# KNOX COUNTY YMCA

## VITALE POOL SCHEDULE

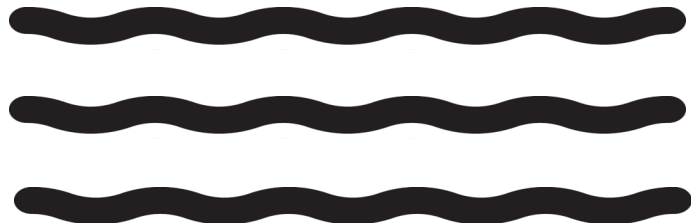
Effective: April 1st– 30th, 2019

LANE SWIM		
Day	Times	Lanes
Monday	5:00-9:00am	All Lanes
	9:00am-8:50pm	2 Lanes
Tuesday	5:00-9:00am	All Lanes
	9:00am-8:50pm	2 Lanes
Wednesday	5:00-9:00am	All Lanes
	9:00am-8:50pm	2 Lanes
Thursday	5:00-9:00am	All Lanes
	9:00am-8:50pm	2 Lanes
Friday	5:00-9:00am	All Lanes
	9:00am-7:50pm	2 Lanes
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	11:45am-1:00pm
	2:00-5:00pm
	7:00-8:50pm
Tuesday	10:30am-1:00pm
	3:00-5:30pm
	6:15-8:50pm
Wednesday	11:45am-1:00pm
	3:00-5:30pm
	6:15-8:50pm
Thursday	10:30am-1:00pm
	3:00-5:00pm
	7:00-8:50pm
Friday	10:00-11:00am
	11:45am-1:00pm
	2:00-7:50pm
Saturday	11:30am-4:50pm
Sunday	10:00am-4:50pm

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	9:00-9:45am
	Deep Water H2O	1:00-1:55pm
	Aqua ROM	2:00-2:45pm
	Aqua Beat	5:30-6:15pm
Wednesday	Water Wellness	9:00-9:55am
	Aqua ROM	11:00-11:45am
	Aquaerobics	1:00-1:55pm
	Aqua Beat	5:30-6:15pm
Thursday	Tab-Aqua	9:00-9:45am
	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
	Water Wellness	1:00-1:55pm

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



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

**Aqua Beat:** A fun, music filled aqua exercise class. This is a more advanced workout for the faster paced individual.

**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.

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

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

**Strength & Stretch:** Medium impact class using barbells to strengthen all muscles while using Yoga style stretches to work out any tight muscles in the body.

**Tab-Aqua:** Latest fitness trend adopted to the aquatic environment. This workout will leave you breathless, but wanting more!

**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 that there will be no Open Swim from 3:00-3:45pm:**

- Friday, April 19th

**Please note the following date that the pool will be closed:**

- Easter, Sunday, April 21st

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

Knoxville YMCA 600 E. Main St. Knoxville, IL 61448 309-289-2503

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

