KNOX COUNTY YMCA
VITALE POOL SCHEDULE
Effective October 2nd, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM*

Day	Times
Monday	12:00pm–4:15pm
	7:00pm–8:00pm
Tuesday	12:00pm–4:15pm
	5:45pm–8:00pm
Wednesday	12:00pm–1:00pm
	2:00pm–4:15pm
	6:30pm–8:00pm
Thursday	10:00am–11:00am
	1:00pm–4:15pm
	7:00pm–8:00pm
Friday	9:00am–11:00am
	12:00pm–1:00pm
	2:00pm–4:15pm
	7:00pm–7:50pm
Saturday	12:30pm–4:50pm
Sunday	10:00am–4:50pm

WATER EXERCISE

Day	Class	Time
Monday	Water Wellness	9:00am–9:45am
	Instructor's Choice	10:00am–10:45am
	Aqua ROM	11:00am–11:45am
Tuesday	Strength & Stretch	9:00am–10:00am
	Deep Water H2O	10:00am–10:55am
	Aqua ROM	11:00am–11:45am
Wednesday	Water Wellness	9:00am–9:45am
	Instructor's Choice	10:00am–10:45am
	Aqua ROM	11:00am–11:45am
	Instructor's Choice	5:30pm–6:15pm
Thursday	Strength & Stretch	9:00am–10:00am
	Aqua ROM	11:00am–11:45am
	Deep Water H2O	12:00pm–12:55pm
Friday	Aqua ROM	11:00am–11:45am
	Aquaerobics	1:00pm–1:55pm

LANE SWIM*

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

SWIM LESSONS

5:00pm–7:00pm Every Monday & Thursday
9:00am–12:00pm Every Saturday

KROCS SWIM TEAM PRACTICE

4:15pm–5:30pm Every Monday – Thursday
4:15pm–6:45 pm Every Friday

***SCHEDULE IS SUBJECT TO CHANGE DUE TO FACILITY & PROGRAMMING NEEDS.**

SEE PAGE 2 FOR SCHEDULED CHANGES.

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

Children 10 & under, must be accompanied by an adult in the Vitale Aquatic Center. "Wave Drowning Detection System must be worn by all youth swimmers 17 and under." Swim test is required each visit for deep water swim.

WATER EXERCISE CLASS DESCRIPTIONS

Aquaerobics: Warm-up, workout (aerobic), and cool down can be done in the shallow end of the pool. Offered via virtual video.

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.

Instructor's Choice: A fun new addition to our lineup of classes. Anything from aerobics, to kick-boxing, to dance, and everything in between, may be done in this class! Pool noodles, kick boards, and barbells may be utilized depending on the day. This class may be in the shallow or deep end of the pool and may be modified based on each individuals ability.

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

SCHEDULE CHANGES

- **Tuesday, October 6th: Pool Closed– 4:15-6:30pm for Streaks Dive Meet**
- **Friday, October 9th: Pool Closed– 3-4pm for School Out Day**
- **Monday-Friday, October 12th-16th: Pool Closed– 3-4pm for School Out Days**
- **Tuesday, November 3rd: Pool Closed– 3-4pm for School Out Days**
- **Wednesday, November 11th: Pool Closed– 3-4pm for School Out Days**
- **Thursday, November 26th: The Y is closed in observance of Thanksgiving Day**
- **Friday, November 27th: Pool Closed– 3-4pm for School Out Days**