



**KNOX COUNTY YMCA
VITALE POOL SCHEDULE
Effective March 17th, 2025**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPEN SWIM*

Day	Times
Monday	1:30pm-4:15pm
	7:00pm-8:00pm
Tuesday	1:30pm-4:15pm
	5:30pm-8:00pm
Wednesday	12:00pm-2:00pm
	3:00pm-5:30pm
	6:30pm-8:00pm
Thursday	10:00am-11:00am
	2:30pm-4:15pm
	7:00pm-8:00pm
Friday	9:00am-11:00am
	12:00pm-1:00pm
	2:00pm-4:15pm
	6:30pm-7:50pm
Saturday	12:30pm-4:50pm
Sunday	10:00am-4:50pm

LANE SWIM*

Day	Times	Lanes
Monday	5:00am-9:00am	All Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm-1:15pm	1 Lane
	1:15pm-4:15pm	2 Lanes
	4:15pm-5:30pm	1 Lane
Tuesday	5:30pm-8:00pm	2 Lanes
	5:00am-9:00am	All Lanes
	9:00am-12:00pm	2 Lanes
	12:00pm-1:15pm	1 Lane
Wednesday	1:15pm-4:15pm	2 Lanes
	4:15pm-5:30pm	1 Lane
	5:30pm-8:00pm	2 Lanes
	5:00am-9:00am	All Lanes
	9:00am-8:00pm	2 Lanes
Thursday	5:00am-9:00am	All Lanes
	9:00am-1:00pm	2 Lanes
	1:00pm-2:15pm	1 Lane
	2:15pm-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-4:30pm	2 Lanes
	4:30pm-6:30pm	1 Lane
Saturday	6:30pm-7:50pm	2 Lanes
	6:00am-9:00am	All Lanes
Sunday	9:00am-4:50pm	2 Lanes
	10:00am-4:50pm	2 Lanes

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

SWIM LESSONS

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

KROCS SWIM TEAM PRACTICE

12:15pm-1:15pm Every Monday & Tuesday
1:15pm-2:15pm Every Thursday
4:30pm-5:30pm Every Monday, Tuesday, Thursday
4:30pm-6:30pm Every Friday

***SCHEDULE IS SUBJECT TO CHANGE DUE TO FACILITY/PROGRAMMING NEEDS.
SEE PAGE 2 FOR SCHEDULED CHANGES.**

In the event that School Dist# 205 has an unplanned cancellation, kids will swim from 3-4pm.

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 individual's ability.

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

SCHEDULE CHANGES

⇒ **March 17th through March 21st: No Open Swim 3pm-4pm (Dist. 205 Spring Break)**