



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LINK AQUATICS CENTER

Illinois Valley YMCA

## Competition Pool Schedule

	Lap Swim Schedule		Open Swim Schedule	Water Fitness Class Schedule	Aquatic Programs	Information Center
MONDAY		<b>Lanes Available</b>				<ul style="list-style-type: none"> <li><b>Pool schedule is subject to change without notice.</b></li> <li><b>Please refer to the Pool Rules posted in the Link Aquatics Center.</b></li> <li>Please remember the lifeguards on duty are in complete control of the pool area.</li> <li><b>SWIM TEST GUIDELINES</b> Illinois Valley YMCA will swim test all pool users ages 16 and younger who would like to occupy depths of 5 feet or greater. Once a pool user has completed the swim test, the lifeguard will issue a wristband as proof the user is safe in deeper water. Lifeguards have sole discretion on which pool user receives a wristband. A wristband may not be issued if the lifeguard feels the user's safety in deeper water will be compromised.</li> <li><b>SUPERVISION GUIDELINES</b> All children 8 and younger must be accompanied by a responsible adult and remain in the Link Aquatics Center.</li> <li><b>LAP SWIM GUIDELINES</b> We ask that swimmers share lanes and circle swim during their workout. Swimmers must be doing continuous laps in the lap swim lanes.</li> </ul>
	6:30a - 1:00p	5 Lanes	6:30a - 7:00a	<b>Early Fun Fit H2O</b> 7:00 - 7:40a	<b>Swim Team</b> 4:30 - 6:00p 6:00 - 7:00p	
	4:00 - 4:30p	5 Lanes	9:00a - 1:00p	<b>Fun Fit H2O</b> 8:00 - 9:00a		
	4:30 - 7:00p	2 Lanes	4:00p - 5:00p	<b>Aqua Zumba</b> 5:30 - 6:15p		
7:00 - 8:00p	5 Lanes	6:30 - 8:00p				
TUESDAY	6:30a - 1:00p	5 Lanes	6:30 - 8:30a	<b>Fluid Fusion</b> 8:30 - 9:20a	<b>Swim Team</b> 4:30 - 6:00p 6:00 - 7:00p <b>Swim Lessons</b> 5:00 - 6:45p	
	4:00 - 4:30p	5 Lanes	10:30a - 1p	<b>Silver Splash</b> 9:30 - 10:30a		
	4:30 - 7:00p	2 Lanes	4:00 - 5:00p			
	7:00 - 8:00p	5 Lanes	6:45 - 8:00p			
WEDNESDAY	6:30a - 1:00p	5 Lanes	6:30a - 7:00a	<b>Early Fun Fit H2O</b> 7:00 - 8:00a	<b>Swim Team</b> 4:30 - 6:00p 6:00 - 7:00p	
	4:00 - 4:30p	5 Lanes	9:00a - 1:00p	<b>Fun Fit H2O</b> 8:00 - 9:00a		
	4:30 - 7:00p	2 Lanes	4:00p - 5:00p	<b>Aqua Zumba</b> 5:30 - 6:15p		
	6:30 - 8:00p	5 Lanes	6:30 - 8:00p			
THURSDAY	6:30a - 1p	5 Lanes	6:30 - 8:30a	<b>Fluid Fusion</b> 8:30 - 9:20a	<b>Swim Team</b> 4:30 - 6:00p 6:00 - 7:00p <b>Swim Lessons</b> 5:00 - 6:45p	
	4:00 - 4:30p	5 Lanes	10:30a - 1:00p	<b>Silver Splash</b> 9:30 - 10:30a		
	4:30 - 7:00p	2 Lanes	4:00 - 5:00p			
	6:45 - 8:00p	5 Lanes	6:45 - 8:00p			
FRIDAY	6:30a - 1:00p	5 Lanes	6:30a - 7:00a	<b>Early Fun Fit H2O</b> 7:00 - 8:00a	<b>Swim Team</b> 4:30 - 6:00p 6:00 - 7:00p	
	4:00 - 4:30p	5 Lanes	9:00a - 1:00p	<b>Fun Fit H2O</b> 8:00 - 9:00a		
	4:30 - 7:00p	2 Lanes	4:00p - 5:00p			
	6:45 - 8:00p	5 Lanes	6:30 - 8:00p			
SATURDAY	9:00a - 4:00p	5 Lanes	11:30a - 4:00p		<b>Swim Lessons</b> 9:00 - 11:30a	
SUNDAY	11:00a - 3:00p	5 Lanes	11:00a - 3:00p			