



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LINK AQUATICS CENTER

Illinois Valley YMCA

Competition Pool Schedule

Starting September 11, 2023

Day	Lap Swim Schedule		Open Swim Schedule	Water Fitness Class Schedule	Aquatic Programs	Information Center
	Lap Swim Time	Lanes Available				
MONDAY	6:30a - 1:00p Pool Closed 1:00 - 4:00p 4:00 - 5:00p 5:00 - 8:00p	5 Lanes 5 Lanes 1 Lane	6:30a - 7:00a 9:00a - 1:00p 4:00p - 8:00p	Early Fun Fit H2O 7:00 - 7:40a Fun Fit H2O 8:00 - 9:00a	Swim Team 5:00 - 8:00p 5 Lanes	<ul style="list-style-type: none"> • Pool schedule is subject to change without notice. • Dolphins Home Meet Schedule (Link Aquatics Center Closed) <ul style="list-style-type: none"> * Sunday, October 15 * Sunday, October 29 * Sunday, November 12 * Sunday, December 3 * Sunday, February 18 * Friday, March 1 - 3 • YMCA Districts Meet • SWIM TEST GUIDELINES 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.
TUESDAY	6:30a - 1:00p Pool Closed 1:00 - 4:00p 4:00 - 8:00p	5 Lanes 1 Lane	6:30 - 8:30a 10:30a - 1p 4:00 - 5:00p *5:00-6:45p No Open Swim 6:45 - 8:00p	Fluid Fusion 8:30 - 9:20a Silver Splash 9:30 - 10:30a	Swim Team 4:30 - 8:00p 5 Lanes Swim Lessons 4:30 - 6:45p	
WEDNESDAY	6:30a - 1:00p Pool Closed 1:00 - 4:00p 4:00 - 5:00p 5:00 - 8:00p	5 Lanes 5 Lanes 1 Lane	6:30a - 7:00a 9:00a - 1:00p 4:00p - 8:00p	Early Fun Fit H2O 7:00 - 8:00a Fun Fit H2O 8:00 - 9:00a	Homeschool 1:00 - 2:30p Swim Team 5:00 - 8:00p 5 Lanes	
THURSDAY	6:30a - 1:00p Pool Closed 1:00 - 4:00p 4:00 - 8:00p	5 Lanes 1 Lane	6:30 - 8:30a 10:30a - 1p 4:00 - 5:00p *5:00-6:45p No Open Swim 6:45 - 8:00p	Fluid Fusion 8:30 - 9:20a Silver Splash 9:30 - 10:30a	Swim Team 4:30 - 8:00p 5 Lanes Swim Lessons 4:30 - 6:45p	
FRIDAY	6:30a - 1:00p Pool Closed 1:00 - 4:00p 4:00 - 8:00p	5 Lanes 1 Lane	6:30a - 7:00a 9:00a - 1:00p 4:00p - 8:00p	Early Fun Fit H2O 7:00 - 8:00a Fun Fit H2O 8:00 - 9:00a	Swim Team 4:00 - 8:00p 5 Lanes	
SATURDAY	9:00a - 4:00p	5 Lanes	11:30a - 4:00p		Swim Lessons 9:00 - 11:30a	
SUNDAY	11:00a - 3:00p	5 Lanes	11:00a - 3:00p			