



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LINK AQUATICS CENTER

Illinois Valley YMCA

Fall/Winter 2024 Competition Pool Schedule

Starting: August 12, 2024

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 1:00 - 4:00p <i>Pool Closed</i>	5 Lanes	6:30a - 7:00a 9:00a - 1:00p 4:00 - 5:20p 6:15 - 8:00p	Early Fun Fit H2O 7:00 - 7:40a Fun Fit H2O 8:00 - 9:00a Aqua Zumba 5:30 - 6:15p	Swim Team 4:30 - 7:30p 5 Lanes	<ul style="list-style-type: none"> • 2024-25 DOLPHINS HOME MEET SCHEDULE (Link Aquatics Center Closed) <ul style="list-style-type: none"> * Saturday 10/12/2024 * Sunday 10/27/2024 * Sunday 11/17/2024 * Sunday 12/8/2024 * Sunday 1/19/2025 * Sunday 2/23/2025 • 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. • Pool schedule is subject to change without notice.
	4:00 - 5:00p 5:00 - 8:00p	5 Lanes 1 Lane				
TUESDAY	6:30a - 1:00p 1:00 - 4:00p <i>Pool Closed</i>	5 Lanes	6:30 - 8:30a 10:30a - 1:00p 4:00 - 5:00p *5:00-6:45p <i>No Open Swim</i>	Fluid Fusion 8:30 - 9:20a Silver Splash 9:30 - 10:30a	Swim Team 4:30 - 7:30p 5 Lanes Swim Lessons 4:30 - 6:45p	
	4:00 - 8:00p	1 Lane	6:45 - 8:00p			
WEDNESDAY	6:30a - 1:00p <i>Pool Closed</i>	5 Lanes	6:30a - 7:00a 9:00a - 1:00p 4:00 - 5:20p 6:15 - 8:00p	Early Fun Fit H2O 7:00 - 8:00a Fun Fit H2O 8:00 - 9:00a Aqua Aerobics 5:30 - 6:15p	Swim Team 5:00 - 7:30p 5 Lanes	
	1:00 - 4:00p 4:00 - 5:00p 5:00 - 8:00p	5 Lanes 1 Lane				
THURSDAY	6:30a - 1:00p 1:00 - 4:00p <i>Pool Closed</i>	5 Lanes	6:30 - 8:30a 10:30a - 1:00p 4:00 - 5:00p *5:00-6:45p <i>No Open Swim</i>	Fluid Fusion 8:30 - 9:20a Silver Splash 9:30 - 10:30a	Swim Team 4:30 - 7:30p 5 Lanes Swim Lessons 4:30 - 6:45p	
	4:00 - 8:00p	1 Lane	6:45 - 8:00p			
FRIDAY	6:30a - 1:00p <i>Pool Closed</i>	5 Lanes	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 5:00 - 6:30p 5 Lanes	
	1:00 - 4:00p 4:00 - 5:00p 5:00 - 6:30p 6:30 - 8:00p	5 Lanes 1 Lane 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			

Starting: August 12, 2024

FAMILY FUN WATERPARK

2024–25 Fall/Winter Schedule

**Includes: 0–depth play area, lazy river & water slide*

Friday	5:00 – 8:00p
Saturday	12:00 – 4:00p
Sunday	11:00a – 3:00p

THERAPY POOL SCHEDULE

2024–25 Fall/Winter Schedule

**Must be 18 years old*

Monday – Friday	6:30a – 1:00p
Monday – Thursday	4:30 – 7:00p
Saturday	9:00a – 12:00p

Water Exercise Class Schedule

Aqua Aerobics

High energy, low-impact class that has a mix of cardio based exercises. Strengthen your muscles and increase your endurance levels with this full body workout. Can be done with or without equipment in order to modify intensity.

Competition Pool **Wednesday** **5:30 – 6:15p**

Aqua Yoga

This is a gentle, low-impact aquatic activity. Water has a buoyancy that provides relief for joints and with the release of gravity, the body is able to find optimum stretch. Use the rhythm of the water to improve balance, increase flexibility and manage pain.

Therapy Pool **Tuesday** **5:30 – 6:15p**

Aqua Zumba

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. So, liven up your working week with some Latin fever.

Competition Pool **Monday** **5:30 – 6:15p**

Early Fun Fit H2O

High calorie burning water aerobics workout and includes the use of water aerobics equipment.

Competition Pool **Monday, Wednesday & Friday** **7:00 – 7:40a**

Fun Fit H2O

If you are looking for a fun exercise class in the pool, JOIN US! Whatever your age or fitness level, H2O is a warm water exercise that's gentle on the joints. It's an especially effective option if you're suffering from arthritis or recovering from a recent injury.

Competition Pool **Monday, Wednesday & Friday** **8:00 – 9:00a**

Fluid Fusion

Held in the deep end of the pool. Using a floatation belt participants will receive a workout that includes 0% impact and is recommended by most doctors for post knee and hip surgery and those suffering with spinal issues. Foam dumbbells are used to improve your cardiovascular health and tone muscle.

Competition Pool **Tuesday & Thursday** **8:30 – 9:20a**

Silver Splash

Offers LOTS of fun and shallow water moves to improve mobility, flexibility and cardiovascular endurance. A special Silver Sneakers kickboard is used to develop strength, balance and coordination. All exercises are done in the shallow end of the pool.

Competition Pool **Tuesday & Thursday** **9:30 – 10:30a**

Water Walking

It is fun and easy with long-lasting results. Improve your endurance and get a great workout! Thirty minutes of brisk water walking equals one hour of land walking. Walk the River Circle and chart your miles.

Leisure Pool/Lazy River **Monday & Wednesday** **6:00 – 7:00p**
Tuesday & Thursday **9:00 – 10:00a**