



CHILDREN AGES 6 AND UNDER MUST HAVE A PARENT OR GUARDIAN IN THE POOL AREA WHILE CHILDREN ARE TAKING LESSONS.

PARENT/CHILD SWIM LESSONS (6-36 MONTHS)

MEMBERS \$30 • NON-MEMBERS \$50

SHRIMP

For children 6-8 months with parent. An introduction to water, including safe exploration. Includes songs, games, and basic water skills. (30 min.)

KIPPER

For children 9-12 months with parent. An introduction to water, including safe exploration. Utilizes increased motor development of child to add basic water skills in a fun song and game program. (30 min.)

INIA

For children 13-28 months with parent. In addition to more exploration, children begin using arms and legs in class upon cue from parents. (30 min.)

PERCH

For children 29-36 months with parent. Children work with parents and instructors as they learn to move more independently through the water. Prepares your child for Pre-Pike level. (30 min.)



PRESCHOOL SWIM LESSONS (AGES 2-5 YEARS)

MEMBERS \$40 • NON-MEMBERS \$65

PRE-PIKE (AGES 2-4)

An easy approach to first lessons without Mom or Dad. Children adjust to water and develop independent movement. (30 minutes; 1-4 Ratio)

PIKE (AGES 3-5)

Children adjust to the water and develop independent movement. Teaches basic stroke and kicking skills, floating, and pool safety. (50 minutes; 1-6 Ratio)

EEL (AGES 3-5)

Designed for children comfortable in the water and able to swim five feet with faces in the water and no floatation. Children are taught to float, kick, and perform progressive arm movements across the pool. (50 minutes; 1-6 Ratio)

RAY (AGES 3-5)

For children who can swim 15 feet with faces in the water and no floatation. Reviews and improves stroke skills on front, back and side, builds endurance and teaches treading water. (50 minutes; 1-6 Ratio)

STARFISH (AGES 3-5)

For children who can swim 20 feet without floatation on front, back and side. This advanced level refines crawl and backstroke. (50 minutes; 1-6 Ratio)

FOR ALL 3-5 YEAR OLD PRESCHOOL LESSONS THE CHILD MUST TURN 3 BEFORE END OF SESSION.



YOUTH SWIM LESSONS (AGES 6-13 YEARS)

MEMBERS \$40 • NON-MEMBERS \$65

POLLIWOG

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking. (50 min. 1-6 Ratio)

POLLIWOG PLUS

For children who can swim 10-15 feet without floatation on front, back and side. Children should be comfortable with faces in the water. (50 min. 1-6 Ratio)

GUPPY

For children able to swim 20-25 yards without a floatation device. Teaches swimming on back and front with rhythmic breathing. (50 min.; 1-6 Ratio)

MINNOW

For children able to swim 25+ yards on front and back. Teaches front crawl with rotary breathing, backstroke, sidestroke, beginning breaststroke. (50 minutes; 1-6 Ratio)

FISH

For children able to swim 50 yards using front crawl with rotary breathing, back crawl, sidestroke, and rudimentary breast-stroke. Refines breaststroke, teaches butterfly, open turns, and improves other strokes. (50 min. 1-6 Ratio)

FLYING FISH

For children able to swim 50 yards using front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards butterfly. Improves breaststroke and butterfly; teaches water rescues and endurance. (50 minutes; 1-6 Ratio)

SHARK

For children able to swim 100 yards front and back crawl, breaststroke, elementary backstroke, and 25 yards of butterfly. Teaches the I.M., turns and improves endurance. (50 min.; 1-6 Ratio)

SPECIAL PROGRAMS

SPECIAL NEEDS SWIMMING WITH CAREGIVER (AGES 3+)

This class is designed to create a safe environment for learning water safety, along with the basic swimming fundamentals for people with special needs. The caregiver needs to accompany the child in the water.

AGES 3-8: TUES 6:30-7:30PM • POOL 2
AGES 8+: THURS 6:30-7:30PM • POOL 2
MEMBERS \$30 • NON-MEMBERS \$50

PRE-COMPETITIVE SWIM (AGES 6-12)

Looking for a great introduction to the YMCA Breakers Swim Team program? This pre-competitive swim class will be led by a swim team coach & will prepare swimmers for the YMCA competitive swim team. The class emphasis is on developing & refining the mechanics of the four competitive strokes & increasing endurance.

TUES, THURS & FRI 4:15-5:15PM
MEMBERS \$126 • NON-MEMBERS \$168

LEVEL 1 SWIM TEAM (AGES 6-11)

The main emphasis for this level is on refining competitive swim skills and teaching skills not yet learned. At this level, technique of competitive swimming skills is vital. Once techniques are learned, the group will begin to concentrate on training and racing.

MON, WED & FRI 4:15-5:30PM ESIC POOL 1
SAT 9:00-10:30AM CHUCK FRUIT CENTER
PICK UP A PACKET AT THE FRONT DESK TO LEARN MORE!

EDWARDSVILLE YMCA BREAKERS SWIM TEAM (AGES 6-18)

A year-round competitive age group swim club with approx. 170 swimmers. For more info, call 656.0436 or visit www.edwyswim.org.

HOME SCHOOL LESSONS

Designed for children to be water safe and comfortable in the water, while learning swim skills.

LEVEL 1 (AGES 3-5)
TUES 1:30-2:20PM • POOL 2
LEVEL 2 (AGES 6-13)
TUES 1:30-2:20PM • POOL 1
MEMBERS \$40 • NON-MEMBERS \$65



WEEKDAY SESSION (1 TIME PER WEEK)

PARENT/CHILD CLASSES: MEMBERS \$30 • NON-MEMBERS \$50

PRESCHOOL & YOUTH LESSONS: MEMBERS \$40 • NON-MEMBERS \$65

SWIM LEVEL EVALUATION CAN BE GIVEN MONDAY-THURSDAY • 4:30-6:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Inia & Perch 11:00-11:30am	Pre-Pike 5:30-6:00pm	Pike 11:00-11:50am	Pre-Pike 5:30-6:00pm	Pre-Pike 9:00-9:30am
Pre-Pike 11:30am-Noon	Pike, Starfish, Polliwog, Polliwog Plus & Minnow 5:30-6:20pm	Pre-Pike 4:00-4:30pm	Pike, Eel, Polliwog, Polliwog Plus, Guppy & Minnow 5:30-6:20pm	Pre-Pike 9:30-10:00am
Pike, Ray, Polliwog, Polliwog Plus 5:30-6:20pm	Pre-Pike, Inia, & Perch 6:00-6:30pm	Pre-Pike 4:30-5:00pm	Pre-Pike, Shrimp & Kipper 6:00-6:30pm	Pike, Guppy, Minnow, Fish, Flying Fish & Shark 9:00-9:50am
Inia & Pre-Pike 6:30-7:00pm	Pike & Ray 6:30-7:20pm	Pike, Eel, & Ray 4:30-5:20pm	Pike & Starfish 6:30-7:20pm	Shrimp & Kipper 10:00-10:30am
Eel, Guppy, Fish, Flying Fish & Shark 6:30-7:20pm	Special Needs (Ages 4-8) 6:30-7:30pm	Pre-Pike 5:00-5:30pm	Special Needs (Ages 9+) 6:30-7:30pm	Pike, Eel, Ray, Starfish, Polliwog & Polliwog Plus 10:00-10:50am
		Ray, Guppy, Minnow & Fish 5:30-6:20pm		Inia & Perch 10:30-11:00am

PERSONALIZED SWIM LESSONS & FITNESS TRAINING (AGES 3+)

The Personalized Swim Lessons program is designed to help each student overcome specific problems they are experiencing. Our experienced and professional staff is happy to work with you on areas of concern to help you reach your swimming goals! (Limited to 2 students per instructor.)

MEMBERS \$105 • NON-MEMBERS \$154

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30-5:00PM 5:00-5:30PM 7:30-8:00PM	4:30-5:00PM 5:00-5:30PM 7:30-8:00PM	6:30-7:00PM 7:00-7:30PM	4:30-5:00PM 5:00-5:30PM 7:30-8:00PM	11:00-11:30AM 11:30AM-NOON



DROP-IN WATER FITNESS CLASSES

All water exercise patrons must check in at the front desk for a wristband and bring it to class with them. All classes are co-ed and drop-in.

MEMBERS \$3 • SENIOR MEMBERS \$2 • NON-MEMBERS \$5

AQUA AEROBICS

A low-impact aerobic workout designed to increase flexibility, strength and cardiovascular conditioning. For all fitness levels.

MON, WED & FRI 8:00-8:50AM • POOL 2
TUES & THURS 9:00-9:50AM • POOL 2

ARTHRITIS EXERCISE

This low-impact, fun class is designed to strengthen and tone muscles, as well as increase flexibility, balance and coordination for everyday tasks. A great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.

MON, WED & FRI 9:00-9:50AM • POOL 2

AQUA TONE

This combination class begins with a high intensity workout, followed by stretching and relaxation that includes Pilates, Yoga and Tai Chi.

MON 10:00-10:50AM • POOL 2
WED 6:00-6:50PM • POOL 2
SAT 8:00-8:50AM • POOL 2

DEEP WATER AEROBICS

A fun and effective workout in the deep end of the pool. This class improves strength, flexibility and cardiovascular endurance without joint impact. Flotation belts provided.

TUES & THURS 10:00-10:50AM • POOL 1

WATER RUNNING

A vigorous, non-impact form of running done in the deep end of the pool. Maximum fitness benefit with minimal injury risk. Flotation belts provided.

MON 6:00-6:50PM • POOL 1

WATER SALSA DANCE

A fun dance and tone class with a cool down of stretching and relaxation.

WED 10:00-10:50AM • POOL 2

AQUATICS SPECIALTY CLASSES (CERTIFIED INSTRUCTORS & COACHES)

ADULT LEARN TO SWIM CLASS

Level 1 is for a person who has never swam before and would like to learn how to swim. Level 2 is for a person who knows how to swim but would like to work on breathing & stroke development.

LEVEL 1

TUES 10:00-10:30AM • POOL 2
TUES 6:30-7:00PM • POOL 1

LEVEL 2

THURS 10:00-10:30AM • POOL 1
THURS 6:30-7:00PM • POOL 1
MEMBERS \$40 • NON-MEMBERS \$65

MASTER'S SWIM (AGES 18+)

DROP-IN CLASS. Training for a triathlon?

Just want to get back into the swim of things? Masters Swim is for the serious adult swimmer looking to improve time or to compete year round. **MUST BE A MEMBER OF MASTERS PROGRAM.**

TUES & THURS 6:30-8:00PM
MEMBERS \$5 • NON-MEMBERS \$7



U.S. MASTERS SWIMMING



LIFEGUARDING PRECOURSE SKILLS

This class is designed to prepare you for the pre-skills test.

**SATURDAY: FEB 18TH, FEB 25TH, APRIL 1ST & APRIL 22ND • 9:00-10:00AM
MEMBERS \$10 • NON-MEMBERS \$15**

LIFEGUARDING CLASS

Three swimming-skill prerequisites evaluate overall swimming strength, endurance and comfort in the water; and the ability to meet the time requirements. If a candidate is not successful on the first attempt, there is only one opportunity to reattempt the prerequisites after a sufficient rest. Entry into the Red Cross Lifeguarding course is strictly limited to those who meet the minimum age requirement and successfully complete the prerequisite swimming skills evaluation. This class will certify individuals who successfully complete the prerequisite and successfully complete the course. Lifeguard Candidates must be 15 yrs of age on or before the course end date. The course consists of both written and performance tests. To register for the class you must make 2 payments: The first is a \$35 **Non-Refundable** fee, the remaining balance of \$215 is paid AFTER the prerequisites have been completed. **PARTICIPANTS MUST ATTEND ALL CLASSES. THERE WILL BE NO MAKE UPS.**

**SUNDAYS ONLY • FEBRUARY 26TH – APRIL 2ND • APRIL 23RD – MAY 21ST 4:00-9:30PM
FEE: \$250**

LIFEGUARD REVIEW COURSE FOR RE-CERTIFICATION

INDIVIDUALS WITH A CURRENT LIFEGUARDING/FIRST AID/CPR/AED OR SHALLOW WATER LIFEGUARDING/FIRST AID/CPR/AED CERTIFICATE MAY PARTICIPATE IN A REVIEW COURSE. MUST BE CURRENT TO DATE OF CLASS. Allowing individuals the opportunity to review the course content within a formal course setting. The review course format optimizes a participant's ability to successfully complete the knowledge and skills evaluations. The review course will consist of all prerequisites for the Lifeguard Class, as well as the written final exams and in-water skill evaluation. The responsibility for preparing for the final written exam is that of the participant. **PARTICIPANTS MUST ATTEND ALL CLASSES. THERE WILL BE NO MAKE UPS.**
**ONE DAY COURSES • SATURDAYS: MARCH 11TH, APRIL 29TH & MAY 20TH
9:00AM-4:00PM FEE: \$75**

**CURRENT POOL
SCHEDULES WILL BE
AVAILABLE ONLINE,
ON OUR MOBILE APP
OR AT THE FRONT
DESKS.**





FEES FOR ESIC CENTER POOLS

OPEN SWIM

Members: Free • Non-Members: 7yrs. & older: \$5 • 6yrs. & under: \$3

LAP SWIM

Members: Free • Non-Members: \$5

ESIC CENTER POOL RULES

NOTE: Each of our pools have their own specific amenities, therefore rules may vary. Our pool rules, even those that are not posted, will be enforced by staff to ensure the safety of all users. Proper swim suit must be worn by anyone entering the pool. **THE FOLLOWING ARE NOT ALLOWED:** jeans or jean shorts and basketball style shorts.

ALL SWIMMERS MUST CHECK IN AT THE FRONT DESK AND GET A WRIST BAND TO SWIM.

LAP SWIM: Members and Non-Members age 10 years and older, who can swim down and back the length of the pool. If you are under the age of 10 you must have the aquatic directors approval to lap swim.

ADULT LAP SWIM: 18 and over, please follow lap swim rules.

OPEN SWIM: Members and Non-Members: Children under the age 7 must be accompanied in the water by an adult age 18 and older or authorized child care provider ages 16 and older. Children ages 7-13 may participate in open swim as long as they pass a swim test and we have parent's contact information.

- **ALL NON-SWIMMERS MUST HAVE AN ADULT (18+) OR CAREGIVER (16+) IN THE WATER WITH THEM WITHIN ARM'S REACH. NO MORE THAN 3 CHILDREN PER ADULT ALLOWED.**
- **CHILDREN AGES 6 AND UNDER MUST HAVE A PARENT OR GUARDIAN IN THE POOL AREA WHILE YOUR CHILDREN ARE TAKING LESSONS.**

POOL RULES ARE POSTED AT EACH POOL AND ENFORCED BY THE LIFEGUARD STAFF.

We ask that you follow these rules and guidance for your safety and the safety of others. Pool set up and lane configuration may change at our discretion depending on class enrollment levels and number of swimmers present. Our staff wants to ensure the safety of everyone in the water.

WEATHER POLICY: POOL WILL BE CLOSED DUE TO THUNDER AND LIGHTNING.

AGE REQUIREMENTS/SWIM TEST

All swimmers 13 and under must pass a swim test before they can be in the YMCA pool area without direct adult supervision. The swim tests is a 25-yard swim during which youth are asked to achieve the following:

1. Jump into the deep end of the pool and submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
 2. Swim in a horizontal position on top of the water using a forward crawl or breast stroke. The swimmer's arms must achieve full extension on every stroke and he/she may not grab the wall or touch the bottom of the pool.
 3. Exit the pool without assistance using either the wall or pool ladder.
 4. After passing the swim test you will be issued a Green Band.
- Parents/guardians of swimmers under the age of 7 who pass the test must remain on-site on the pool deck.
 - All swimmers age 7 and older who have passed the test may use the pool on their own.
 - All swimmers under the age of 7 who do not pass the swim test will be marked with a red wrist band, and must have an adult within arm's reach at all times.
 - All swimmers age 7 to 13 who do not pass the swim test will be marked with a red wrist band, and must remain in water that is armpit level or lower UNLESS within arm's reach of an adult in water.