

AQUATICS • SWIM LESSONS

PARENT/CHILD SWIM LESSONS (6 - 36 MONTHS)

1 TIME A WEEK • 7 WEEKS (WINTER 1 & 2)
MEMBERS \$33 • NON-MEMBERS \$53 • NIEBUR (ESIC)

SHRIMP	KIPPER	INIA	PERCH
TUES 11:00 - 11:30AM	TUES 11:00 - 11:30AM	MON 11:00 - 11:30AM 6:30 - 7:00PM	MON 11:00 - 11:30AM 6:30 - 7:00PM
WED 6:30 - 7:00PM	WED 6:30 - 7:00PM	TUES 6:00 - 6:30PM	TUES 6:00 - 6:30PM
SAT 9:00 - 9:30AM	SAT 9:00 - 9:30AM	WED 11:00 - 11:30AM	WED 11:00 - 11:30AM
<p>ALL NEW SWIM LESSON STRUCTURE COMING SPRING 2019!</p> <p>Look out for more information soon!</p>		SAT 9:30 - 10:00AM 10:00 - 10:30AM	SAT 9:30 - 10:00AM 10:00 - 10:30AM

SHRIMP (6 - 8 MONTHS)

An introduction to water, including safe exploration. Includes songs, games, and basic water skills. (30 min.)

KIPPER (9 - 12 MONTHS)

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 (13 - 28 MONTHS)

In addition to more exploration, children begin using arms and legs in class upon cue from parents. (30 min.)

PERCH (29 - 36 MONTHS)

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.)

ALL CHILDREN AGES 7 & UNDER MUST HAVE AN ADULT IN THE POOL AREA & AGES 8 - 12 MUST HAVE AN ADULT IN THE FACILITY WHILE THEY ARE TAKING LESSONS.

PRIVATE SWIM LESSONS (YOUTH AGES 3 - 12 & ADULTS 13+)

1 TIME A WEEK • 7 WEEKS (WINTER 1 & 2) / 5 WEEKS (SPRING)

The Private 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.) NIEBUR (ESIC) CENTER
MEMBERS \$105 • NON-MEMBERS \$154

MONDAY

4:30 - 5:00PM
5:00 - 5:30PM
7:30 - 8:00PM

TUESDAY

4:30 - 5:00PM
5:00 - 5:30PM
7:30 - 8:00PM

WEDNESDAY

4:30 - 5:00PM
5:00 - 5:30PM
7:30 - 8:00PM

THURSDAY

4:30 - 5:00PM
5:00 - 5:30PM
6:30 - 7:00PM
7:30 - 8:00PM

SATURDAY

11:00 - 11:30AM
11:30AM - NOON

AQUATICS • SWIM LESSONS

PRESCHOOL SWIM LESSONS (AGES 2 - 5)

1 TIME A WEEK • 7 WEEKS (WINTER 1 & 2)
MEMBERS \$43 • NON-MEMBERS \$68 • NIEBUR (ESIC)

PRE-PIKE	PIKE	EEL	RAY	STARFISH
MON 11:30AM - NOON 4:30 - 5:00PM 5:30 - 6:00PM 6:00 - 6:30PM	MON 5:30 - 6:20PM 6:30 - 7:20PM	MON 6:30 - 7:20PM	MON 5:30 - 6:20PM	MON 5:30 - 6:20PM
TUES 11:30AM - NOON 5:00 - 5:30PM 5:30 - 6:00PM 6:30 - 7:00PM	TUES 10:00 - 10:50AM 5:30 - 6:20PM	WED 5:30 - 6:20PM 6:30 - 7:20PM	TUES 5:30 - 6:20PM	TUES 5:30 - 6:20PM
WED 11:30AM - NOON 4:30 - 5:00PM 5:30 - 6:00PM 6:00 - 6:30PM	WED 11:00 - 11:50AM 5:30 - 6:20PM 6:30 - 7:20PM	THURS 5:30 - 6:20PM	THURS 5:30 - 6:20PM	THURS 5:30 - 6:20PM
THURS 10:30 - 11:00AM 5:00 - 5:30PM 5:30 - 6:00PM	THURS 11:00 - 11:50AM 5:30 - 6:20PM 6:00 - 6:50PM	SAT 10:00 - 10:50AM	SAT 10:00 - 10:50AM	SAT 10:00 - 10:50AM
SAT 9:00 - 9:30AM 9:30 - 10:00AM 10:30 - 11:00AM	SAT 10:00 - 10:50AM			

**ALL NEW SWIM LESSON
STRUCTURE COMING
SPRING 2019!**

**Look out for more
information soon!**

PRE-PIKE (AGES 2 - 4)

An easy approach to first lessons without Mom or Dad. Children adjust to water and develop independent movement. (30 min.; 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 min.; 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 min.; 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 min.; 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 min.; 1:6 Ratio)

**ALL CHILDREN AGES 7 & UNDER
MUST HAVE AN ADULT IN THE
POOL AREA & AGES 8 - 12 MUST
HAVE AN ADULT IN THE
FACILITY WHILE THEY ARE
TAKING LESSONS.**

AQUATICS • SWIM LESSONS

YOUTH SWIM LESSONS (AGES 6 - 12)

1 TIME A WEEK • 7 WEEKS (WINTER 1 & 2)
MEMBERS \$43 • NON-MEMBERS \$68 • NIEBUR (ESIC)

POLLIWOG & POLLIWOGPLUS

MON
5:30 - 6:20PM

TUES
5:30 - 6:20PM
6:30 - 7:20PM
(Only Polliwog)

WED
5:30 - 6:20PM

THURS
6:30 - 7:20PM

SAT
10:00 - 10:50AM

GUPPY

MON
6:30 - 7:20PM

TUES
6:30 - 7:20PM

WED
5:30 - 6:20PM
6:30 - 7:20PM

THURS
5:30 - 6:20PM

SAT
9:00 - 9:50AM

MINNOW

TUES
5:30 - 6:20PM

WED
6:30 - 7:20PM

THURS
5:30 - 6:20PM

SAT
9:00 - 9:50AM

FISH

MON
6:30 - 7:20PM

WED
6:30 - 7:20PM

SAT
9:00 - 9:50AM

FLYING FISH & SHARK

MON
6:30 - 7:20PM

TUES
6:30 - 7:20PM

SAT
9:00 - 9:50AM

**ALL NEW SWIM LESSON
STRUCTURE COMING
SPRING 2019!**

**Look out for more
information soon!**

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 and beginning breaststroke. (50 min.; 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 min.; 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)

**ALL CHILDREN AGES 7 & UNDER MUST HAVE AN ADULT IN THE
POOL AREA & AGES 8 - 12 MUST HAVE AN ADULT IN THE
FACILITY WHILE THEY ARE TAKING LESSONS.**

AQUATICS • SPECIAL PROGRAMS

EDWARDSVILLE YMCA BREAKERS SWIM TEAM

A year-round competitive age group swim club with approx. 170 swimmers.

LEVEL 1 (AGES 5 - 11)

We want swimmers to be familiar with the four competitive strokes. The main emphasis is on refining competitive swim skills and teaching skills not yet learned.

MON, WED & FRI 4:15 - 5:30PM

NIEBUR POOL 1

SAT 9:00 - 10:30AM • CHUCK FRUIT A.C.

LEVEL 2 (AGES 11 - 13)

Swimmers should be able to perform all four strokes. Technique is the main emphasis early in the season. Later, concentration is on training and reaching goals set for competition.

CHUCK FRUIT AQUATIC CENTER

MON-FRI 5:00 - 6:30PM

SAT 9:00 - 10:30AM

LEVEL 3 (AGES 12 - 14)

Similar to Level II, those with several years of year round competitive experience will perform all four strokes according to USS Rules. Concentration on technique, training and reaching goals set for competition.

CHUCK FRUIT AQUATIC CENTER

MON-FRI 4:30 - 6:30PM

SAT 7:00 - 9:00AM

SENIOR LEVEL (AGES 13 - 21)

These swimmers are those who are seriously dedicated to reaching the highest levels of their own potential.

CHUCK FRUIT AQUATIC CENTER

MON-FRI 2:30 - 4:30 OR 4:30 - 6:30PM

SAT 7:00 - 9:00AM

FOR MORE INFO, CALL 656.0436 OR VISIT WWW.EDWYSWIM.ORG OR PICK UP A PACKET AT THE FRONT DESK!

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 swim team experienced instructors, who will prepare swimmers for the YMCA Breakers Swim Team. Emphasis is on developing & refining the mechanics of the four competitive strokes & increasing endurance.

NIEBUR (ESIC)

TUES, THURS & FRI 4:15 - 5:15PM

MEMBERS \$126 • NON-MEMBERS \$168

SEE PAGE 13 FOR SPECIAL NEEDS SWIMMING WITH A CAREGIVER INFORMATION!

HOME SCHOOL LESSONS

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

NIEBUR (ESIC)

LEVEL 1 (AGES 3 - 5)

THURS 1:30 - 2:20PM • POOL 2

LEVEL 2 (AGES 6 - 13)

THURS 2:20 - 3:10PM • POOL 2

MEMBERS \$43 • NON-MEMBERS \$68

LIFEGUARDING CLASS (AGE 15+)

This class will certify individuals who successfully complete prerequisites & the course. Must be 15 yrs. old on or before the course end date. 3 swimming-skill prerequisites evaluated overall: swimming strength, endurance and comfort in the water, and the ability to meet the time requirements. If unsuccessful on the first attempt, only one opportunity to reattempt the prerequisites after a sufficient rest is given. The course consists of both written and performance tests.

NIEBUR (ESIC)

MUST ATTEND ALL CLASSES, NO MAKE UPS

SUNDAYS 3:00 - 9:00PM

CLASS 1: FEB. 3RD - MARCH 3RD (5 WEEKS)

CLASS 2: MARCH 10TH - APRIL 7TH (5 WEEKS)

CLASS 3: APRIL 28TH - MAY 19TH (4 WEEKS, WILL MEET ADDITIONAL DAY IF NEEDED)

\$250 (2 PAYMENTS: \$35 NON-REFUNDABLE, \$215 AFTER PREREQUISITES COMPLETED)

ADULT LEARN TO SWIM CLASS

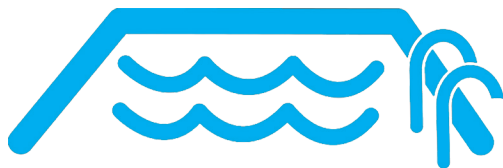
Level 1 is for beginners who would like to learn how to swim. Level 2 is for a person who knows how to swim but would like to work on breathing & stroke development.

NIEBUR (ESIC)

LEVEL 1: TUES 6:30 - 7:00PM

LEVEL 2: THURS 6:30 - 7:00PM

MEMBERS \$43 • NON-MEMBERS \$68



DROP-IN WATER EXERCISE | NIEBUR

Everyone must check in at the front desk for a wristband & bring it to class.

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

PUNCH CARDS: SENIORS 11 FOR \$20 • MEMBERS 11 FOR \$30 • NON-MEMBERS 10 FOR \$50

MASTERS SWIM: MEMBERS \$5 • NON-MEMBERS \$7

PUNCH CARDS: MEMBERS 11 FOR \$50 • NON-MEMBERS 10 FOR \$70

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA AEROBICS 8:00 - 8:50am		AQUA AEROBICS 8:00 - 8:50am		AQUA AEROBICS 8:00 - 8:50am	AQUA AEROBICS 8:00 - 8:50am
ARTHRITIS EXERCISE 9:00 - 9:50am		ARTHRITIS EXERCISE 9:00 - 9:50am	AQUA AEROBICS 9:00 - 9:50am	ARTHRITIS EXERCISE 9:00 - 9:50am	
AQUA TONE 10:00 - 10:50am		AQUA SALSA 10:00 - 10:50am	DEEP WATER AEROBICS 10:00 - 10:50am (Pool1)		
WATER RUNNING 6:00 - 6:50pm (Pool1)	MASTERS SWIM 6:30 - 8:00pm (Pool 1)		MASTERS SWIM 6:30 - 8:00pm (Pool 1)		
	AQUA ZUMBA 7:00 - 7:50pm		AQUA ZUMBA 7:00 - 7:50pm		

AQUA AEROBICS

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

AQUA SALSA

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

AQUA TONE

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

AQUA ZUMBA

Combines latin-based dance rhythms with aquatic fitness. Making for a fun and high energy workout, while reducing impact on your joints!

ARTHRITIS EXERCISE

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

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.

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.

MASTERS 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.**



AQUATICS PERSONAL TRAINING & POOL RULES

AQUATICS PERSONAL TRAINING

Aquatics personal training is the perfect answer for the swimmer who wants one-on-one training from one of our swim team coaches. The benefit of a private lesson helps you focus on your stroke development, starts and turns and helps you reach your individual goals. Aquatics Personal Training tickets must be purchased at the service desk at either the Niebur (ESIC) or Meyer YMCA locations. Training is scheduled around your schedule & the coach's. (Once the ticket has been purchased, the ticket will need to be given to the coach before the private lesson begins).

30 MINUTE TRAINING: MEMBERS \$25 • NON-MEMBERS \$35

60 MINUTE TRAINING: MEMBERS \$35 • NON-MEMBERS \$45

FOR MORE INFORMATION PLEASE CONTACT THE AQUATICS DIRECTOR BETH DODSON AT 618.656.0436.

CURRENT POOL SCHEDULES ARE AVAILABLE ONLINE AND AT THE SERVICE DESKS.

OPEN SWIM: MEMBERS: FREE • NON-MEMBERS: AGES 8+: \$5 • AGES 7 & UNDER: \$3
LAP SWIM: MEMBERS: FREE • NON-MEMBERS: \$5

NIEBUR (ESIC) & MEYER CENTER POOL RULES

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.

- **All swimmers must check in at the service desk and get a wrist band to swim.**
- All swimmers are required to shower before swimming.
- A proper swim suit must be worn by anyone entering the pool.
- Swim diapers are required for those who use diapers.
- **The following are not allowed:** jeans, jean shorts or basketball style shorts.

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 director's approval to lap swim.

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

OPEN SWIM, SWIM LESSONS & CAMPS: Members and Non-Members:

- **Children 7 & under must be accompanied in the water by an adult within arm's reach at all times.**
- **Children 8-12 who pass the swim test can be in the pool without direct adult supervision. However, an adult must remain in the facility. Those children 8-12 who do not pass the swim test must be accompanied in the water by an adult at all times.**
- **Children of any age wearing a floatation device must be accompanied in the water by an adult within arm's reach at all times.**

AN ADULT IS A PARENT/GUARDIAN OR AN AUTHORIZED CHILD CARE PROVIDER WHO IS 16 YEARS OR OLDER.

SWIM TEST: All swimmers ages 8 - 12 must pass the swim test before they can be in the YMCA pool area without an adult in the water. Ages 7 & under who pass the swim test must be accompanied in the water by an adult at all times.

The swim test 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 band.