



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIVE INTO SUMMER AT THE Y!

**SUMMER 2015 PROGRAM CATALOG
EDWARDSVILLE YMCA**

SUMMER 1: JUNE 1ST – JULY 5TH • SUMMER 2: JULY 6TH – AUGUST 9TH



**VISIT US AT WWW.EDWARDSVILLEYMCA.COM, LIKE US ON
FACEBOOK & DOWNLOAD OUR MOBILE APP!**

FACILITY INFORMATION

Uniquely, our YMCA offers three facilities within a 5-mile radius. Bring your membership card each visit and enjoy either center.



Located at:

1200 Esic Drive
Edwardsville, IL 62025
Phone: (618) 656-0436
Fax: (618) 656-9653

THE ESIC CENTER is a 45,000 sq. ft. center located one block east of Rt.157 near the Lincoln Middle School area. This YMCA was built in 1960, and since then there have been several additions and renovations which provide a safe environment for tens of thousands of youth, teens, adults and families to participate in a wide range of activities each year.



Located at:

7348 Goshen Road
Edwardsville, IL 62025
Phone: (618) 655-1460
Fax: (618) 655-1468

THE MEYER CENTER is a 116,000 sq. ft. center located east of Rt. 159 on Goshen Road, across the street from the Liberty Middle School. This center offers many non-traditional and exciting activity options to explore while providing a second safe, supervised location for everyone.



Located at:

190 Cottonwood Road
Glen Carbon, IL 62034
Phone: (618) 288-3232
Fax: (618) 288-7099

THE EARLY CHILDHOOD DEVELOPMENT CENTER is a 10,000 sq. ft. center located 2 blocks east of Rt. 159 near the Glen Carbon Wal-Mart. This center is our newest addition providing full-day childcare to children 6 weeks - 5 years. We offer parents the opportunity to go to work knowing their child is in good hands.





GENERAL INFORMATION

Membership

A YMCA membership gives you so much more than access to our facility. It helps you lead a healthier lifestyle by building relationships, providing a way for you to be a part of your community, and helping you to help others, not to mention the great workout you get through our programs and equipment. A YMCA membership sets you on the path to good health in spirit, mind, and body, helping you to enjoy living a full and balanced life.

BASIC MEMBERSHIP BENEFITS:

- Free or reduced rates on most YMCA programs & activities
- Discounted Child Care fees
- Access to scheduled areas during “Members Only” times
- Member only early registration opportunities
- Unlimited use of the walking track
- Open gymnasium & open swim (scheduled times only)
- Open skate & open tennis (scheduled times only)
- Open rock wall climbing (scheduled times only)
- Free Family Fun Nights
- Privilege of renting racquetball/wallyball courts (ages 12 & up)

FITNESS CENTER MEMBERSHIP BENEFITS:

- ALL Basic membership benefits
- Unlimited access to fitness centers in both locations (ages 12 & up)
- Free drop-in group fitness classes (excluding Yoga & PiYo)
- Access to spinning classes & personal training (fees charged)
- 5 guest passes issued at time of membership registration

DEFINITION OF FAMILY MEMBERSHIP

Up to two adults and dependent children 18 and younger living in the same household. College students ages 19-23 may be included in the family if they are still residing with their parents. An additional non-dependent person living in the same residence may be added for an additional \$19 per month (Fitness) or \$10 per month (Basic). Verification of residency will be required.

SENIOR CITIZEN MEMBERSHIP

Senior membership is offered at a discounted rate to those individuals ages 62 and over & another adult. A basic or fitness center membership may be purchased depending on the need. Seniors with dependent children and grandchildren must purchase a regular family membership.

MILITARY MEMBERSHIPS

The Edwardsville YMCA offers a \$0 joiner fee and additional membership benefits to active military. More detailed information about benefits and eligibility is available on our website.

GENERAL INFORMATION

Membership



SILVERSNEAKERS

The SilverSneakers Fitness® program is a fun, energizing program that helps older adults (65+) who qualify under their Medicare health plan take greater control of their health by encouraging physical activity and offering social events. If you are unsure of your eligibility you can: come to either Edwardsville YCMA location and our staff will determine your eligibility, check online at silversneakers.com or talk to your health care provider.

CORPORATE MEMBERSHIP

The Edwardsville YMCA is striving to make an important, lifelong impact right in our community. We have introduced a Corporate Wellness program for local businesses. There is NO COST to your company to offer this program! The Y understands that healthy employees are vital to any organization and we are here to partner with you! If you join during the 2-week "Try The Y" period you will receive: 100% off the joining fee and 100% off the fourth full month's membership dues. If you join outside of your "Try The Y" Period you receive: 50% off the joining fee and 50% off the fourth full month's membership dues.

SCHOLARSHIPS

The Edwardsville YMCA has established reasonable membership and program fees. We realize that some individuals and families from our community may not be in a financial position to use our services. We believe we have a responsibility to provide the assistance necessary to make sure local District #7 residents have access to the YMCA. Please contact the YMCA for financial assistance information. Scholarship program made possible by support from the United Way and the YMCA Annual Support Campaign.

MEMBERSHIP CARDS

When you come into the YMCA, you will be asked to present your membership card. Loaning out of cards may result in loss of membership privileges. **IF YOU HAVE NOT HAD YOUR PHOTO ID MADE, PLEASE STOP IN TO HAVE IT MADE FOR FREE.**

REPLACEMENT CARD FEE:

\$5/CARD

If you misplace your membership card, you will need to check in at the service desk before proceeding to the fitness center, gymnasium or pool. Our staff will provide you with a confirmation pass. Members will be allowed 5 passes before they will be asked to purchase a new card.

GUEST DAY PASS

A day pass may be purchased at the service desk. Guests are excluded from member only time in certain areas of the facility. See Service Desk for more details.

Daily Fee: Individual \$10 • Family \$20

A.W.A.Y PROGRAM

"Always Welcome At YMCAs" is based on the philosophy that when you enroll in a YMCA, you become a member of a nationwide association & will be warmly welcomed by all other participating YMCAs in the US.

Out-of-Town YMCA Members

Daily Fee: \$5

GUEST POLICY

Edwardsville YMCA fitness center members are issued 5 electronic guest passes at the time of membership purchase. There is no expiration date for guest passes and they may be used at any time as long as the Fitness Center membership is in good standing.

For a complete overview of the Edwardsville YMCA's Operating Policies please visit: www.edwardsvilleyymca.com/membership/operating-policies

GENERAL INFORMATION

Membership Fees



MEMBERSHIP FEES

TYPE OF MEMBERSHIP		MONTHLY BANK DRAFT	ANNUAL FEE	JOINING FEE
YOUTH	Basic (ages 12 & under)	\$15.50	\$186	\$25
	Fitness Center (ages 12-18)	\$30.00	\$360	\$40
INDIVIDUAL	Basic (ages 13+)	\$18.50	\$222	\$25
	Fitness Center (ages 19+)	\$37.50	\$450	\$40
FAMILY	Basic	\$22.50	\$270	\$25
	Fitness Center	\$49.00	\$588	\$40
SENIOR CITIZEN INDIVIDUAL	Basic (age 62+)	\$15.50	\$186	\$25
	Fitness Center (age 62+)	\$30.00	\$360	\$40
SENIOR CITIZEN COUPLE	Basic (age 62+)	\$18.50	\$222	\$25
	Fitness Center (age 62+)	\$37.00	\$444	\$40
SENIOR SILVER* CHECK FOR ELIGIBILITY	Individual Fitness (age 65+)	\$14.50	\$174	\$0
	Couple Fitness (age 65+)	\$18.50	\$222	\$0

MEMBERSHIP FEES SUBJECT TO CHANGE IN 2015.

PAYMENT OPTIONS

“EASY-PAY” MONTHLY BANK DRAFT: this payment plan is an easy and economical way to join the YMCA. **No Long Term Commitment!** Your monthly payment is automatically deducted from your checking/savings account or credit card. We draft on the 15th of each month. All you have to do is:

1. complete the authorization card
2. provide a voided or cancelled check or credit card information
3. pay first month payment and joining fee

ANNUAL PAYMENT OPTION: this payment plan is available for all memberships. Fees are equal to 12 monthly payments. Annual memberships are non-refundable. Payments can be made by Cash, Check, or Charge Card & membership expires 1 year from date of purchase.

PAYMENT INFORMATION

- 30 day **ADVANCE** written notice is required to cancel or make changes to your membership.
- All membership fees are non-refundable.
- Notice of discrepancies in your YMCA account status must be brought to our attention within 60 days.
- There will be a \$15 service charge on **ALL** returned checks and automatic bank and credit card drafts.
- Joining fees are utilized to purchase new equipment and to renovate the facilities. All new members are subject to paying a joining fee when joining the YMCA. This is a one-time fee unless the membership is discontinued for more than 30 days.

GENERAL INFORMATION

Session Dates/Registration



SUMMER 2015

SESSION 1

JUNE 1ST – JULY 5TH

Registration: Members: May 11TH

Non-Member: May 18TH

SESSION 2

JULY 6TH – AUGUST 9TH

Registration: Members: June 22ND

Non-Members: June 29TH



Registration for most activities may be done online (members only) or at either of our YMCA locations.

ABOUT REGISTRATION

Registration may be done at either of the Edwardsville YMCA locations but are only accepted in person at the service desk. Registrations will not be accepted by telephone or by mail. Registration WILL be accepted online via our website as a MEMBER service only. Fees must be submitted at the time of registration. YMCA members may register for classes a week prior to non-members. All registrations will be accepted on a first-come, first-serve basis. **Please Note: Prices in this guide are subject to change.**

MINIMUM / MAXIMUM

Class fees are based on a minimum number of participants. If the set minimum is not met for any given class, the class may be cancelled and transfers or refunds are made available to those registered. Refunds for any other reasons will be handled according to our Refund Policy. Registrants are notified by phone of cancellations. Members who infrequently attend the YMCA should phone before coming and read all newsletters and bulletin boards.

WAIT LISTS

Wait lists will be called in order when openings or cancellations occur in programs.

CREDIT POLICY

Fees are non-refundable unless the YMCA cancels a program or class; however, **individuals who withdraw from a program within 24 hours after the first class will receive a credit voucher for the amount paid for the class minus a \$5 handling fee (and the cost of the first class held).** The handling fee will be waived if withdrawal is due to medical reasons; however, a written note from a licensed medical doctor (M.D. only) is required. **After this 24 hour period, no credit vouchers will be given.** Credit vouchers may be used for future transactions processed online (members only) or at the front desk of either YMCA location. Credit vouchers are valid for one year from the issue date.

****There will be a \$15 service charge on all returned checks and automatic bank and credit card drafts.****



SUPPORT PROGRAMS THAT BENEFIT YOUR YMCA

The Edwardsville YMCA and the YMCA Foundation, Inc. have established several programs for the purpose of offering individuals an opportunity to financially support the mission and goals of the YMCA. Listed below is information about three such programs. If you would like further information about these programs, please contact the CEO Gary Niebur at 618-656-0436.

“YOU MAKE MORE POSSIBLE” ANNUAL SUPPORT CAMPAIGN

The Edwardsville YMCA’s Annual Campaign seeks the support and assistance of our business community, members and the people of the communities we so proudly serve. Our “You Make More Possible” Annual Support Campaign will seek donations every year to assist in the funding of the Edwardsville YMCA’s Financial Assistance Program. In 2014, over \$300,000 in memberships, programs, childcare and facility usage was awarded to those in need through our financial assistance program. It provides YMCA services to those that want and need the services of the YMCA but are not in a position to pay related membership or program fees. You can be a part of this great effort and help those that need assistance by being a volunteer and contributing to the campaign. Every gift makes a difference. Everyone has a role to play. Together, we can do so much more.

YMCA MEMORIAL GIFT PROGRAM

Over the past several years the YMCA has gratefully been the recipient of memorial contributions, both large and small, by families and friends of deceased loved ones. All memorial funds are used specifically and solely for YMCA facility improvements and/or program improvements as determined by the YMCA.

YMCA FOUNDATION ENDOWMENT FUND

In July of 1992, the trustees of the YMCA Foundation established the YMCA Foundation Endowment Fund. Contributions and bequests to the Endowment Fund may be accepted from any source. However, the principal of any bequest or gift to the Endowment Fund is invested and only the interest generated from the investment can be used. These contributions are then recognized by including the name of the deceased, dates of birth and death, and, if applicable, the specific use of the gift on the Memorial Gifts Plaque located in one of the two facilities.



THANK YOU FOR YOUR SUPPORT OF THE ANNUAL CAMPAIGN

PLATINUM PARTNERS

**Anderson Hospital
The Bank of Edwardsville
Gordon & Holly Broom
Carol Brown
Cassens Transport
Cool City Lighting LLC
Cornerstone Insurance Group
First Clover Leaf Bank
France Mechanical
GCS Credit Union
Goldenberg Heller Antognoli & Rowland
Gori Julian Law
Hortica
Jewett Roofing
JF Electric
Madison Mutual Insurance
Richards Brick Company
Scott Credit Union
Simmons Hanly Conroy
Thrivent Financial/Steve Hendry
Vallow Floor Coverings
Corey & Crystal Wenzel**

***This list of donors is as of April 13TH**

YOU MAKE MORE POSSIBLE

GOLD PARTNERS

Tony & Stephanie Gabriel
Home Nursery
Innovative Facilities Solutions

SILVER PARTNERS

Brickman Orthodontics
The Edge Bank
Glik's Department Store
Mark & Carol Mestemacher
Mark & Michelle Motley
Tom & Joan O'Saben

BRONZE PARTNERS

Sheila Cox
Steve & Rae Ellsworth
Tor Hoerman Law Firm
Barb & Walter Hunter
Steve & Kristi Hyten
Charles Juneau/Juneau Associates
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Mt. Joy Missionary Baptist Church
Sylvia Nichols
Gary & Debby Niebur
Michael & Cindy Ostrander
Arif & Karen Pyarali
Republic Waste
Mark Shashek
Slagle Financial
Kent & Shannon Weber
West & Company LLC

For a full list of all of our donors please visit our website at:
www.edwardsvillemca.com/donate/annual-campaign/recognizing-our-donors

CHILD CARE SERVICES

Esic & Meyer Center



Both Esic and Meyer Centers offer drop-in child care services to our patrons participating in programs during set operating hours. Parent must be on site at all times while their children are in the child care room. These services are available for a maximum of two consecutive hours.

15 MINUTE GRACE PERIOD WILL BE GIVEN IN THE 2ND HOUR.

ANY TIME OVER 1 HOUR & 15 MINUTES WILL BE CHARGED FOR THE HOUR.

PUNCH CARDS MUST BE PURCHASED AT THE FRONT DESK.

ESIC & MEYER CENTER DROP-IN CHILD CARE HOURS

Monday-Thursday • 8:30am - 12:30pm • 4:30pm - 8:30pm

Friday & Saturday • 8:30am-12:30pm

Sunday • Services unavailable

Schedule is subject to change.

Age: 1 year - 8 years

Members: \$1/hour/child • Non-members: \$2/ hour/child

Fees are due at the time of service.

KID'S KORNER (AGES 5 - 10) STARTS JUNE 1ST

Do your kids feel a little "too old" for our normal drop-in child care services? The Kid's Korner is designed for parents who want to workout in the summer, but need to bring your older children along. We offer supervised and structured activities designed for them!

MON-FRI • 8:30AM - 12:30PM • ESIC CENTER ONLY • DROP-IN CHILD CARE FEES APPLY

WE WILL ONLY BE ACCEPTING PAYMENT VIA PUNCHCARD.

• PUNCH CARD RATES •

5 Punch Card • \$5 (members) • \$10 (non-members)
10 Punch Card • \$10 (members) • \$20 (non-members)
Member Special • 21 Punch Card • \$20

THINGS TO REMEMBER...

- We request that children who are ill not attend the child care room as a health standard, as well as a courtesy to others, and for the well being of all the children. Parents whose children exhibit symptoms will be asked to remove their child from child care.
- Child care staff will work with you and your child in order to make him/her comfortable in the child care room; this may take several visits. The parent or guardian will be contacted if the child cries for 15 minutes.
- Dry snacks, bottles, and cups with lids are permitted in the child care room. Please label the child's belongings before bringing them along.
- Due to staffing constraints and health regulations, the child care staff does not change diapers. The parent will be contacted if their child's diaper becomes soiled.
- To ensure the safety and security of your children, we will temporarily close the room when it has reached capacity. Room capacity is set at the discretion of the Child Care Directors of each location.

IMPORTANT

The Edwardsville YMCA is making every effort to provide a **peanut free environment** in our child care rooms. All parents can help out by thoroughly checking each snack label for peanut products. Snacks that contain peanut related products **cannot** be brought to the child care room.



EARLY CHILDHOOD DEVELOPMENT CENTER

BUILDING STRONG BRIGHT FUTURES



The Edwardsville YMCA offers full day child care services for children ages 6 weeks to 5 years old at our Early Childhood Development Center!

OUR MISSION:

The purpose of the YMCA Early Childhood Development Center is to facilitate a full day child care program that provides opportunities and experiences to stimulate a child’s physical, social, intellectual and emotional development.

The program is licensed and follows a constructive philosophy with open-ended art activities, science, fine and gross motor skills and hands-on discovery in an enriching environment.

The YMCA understands the sensitive needs of your child. We offer developmental age appropriate activities that ensure your child gets the most out of our YMCA Early Childhood Development Center experience.

For More Information about the YMCA Early Childhood Development Center please visit our website at www.edwardsvilleyymca.com, Like Us on Facebook or contact us at 618-288-3232.

STOP BY FOR A TOUR TODAY!

Located at: 190 Cottonwood Road
Glen Carbon, IL 62034

OUR PROMISE:

The YMCA’s focus is on youth development, healthy living and social responsibility. What better place to start than in those precious early years. We promise to be responsible and provide a loving, caring, honest and respectful environment for children to learn and grow in.

Our staff will remain dedicated to maintaining high standards of care in order to facilitate the enrichment of each child. Each classroom and the curriculum taught in that room are designed to meet the needs of the children in that particular age group. We take pride in partnering with parents to help children reach their maximum potential.

**We offer YMCA
Instructor Led
Programming
at the Center!**

- Tumbling
- Musical Tots
- Kids Fitness

Included in their day!

PRESCHOOL PROGRAM

Located at the Esic Center



Preparing children physically, socially, emotionally and academically for Kindergarten. **Children must be potty trained EXCEPT for toddlers. Your child must be a YMCA member to participate in the preschool program.**

Preschool meets September–May. Tuition Rates are per month.

Registration for the 2015–2016 school year is open.

A \$30 non-refundable deposit will be collected at the time of registration.

Co-oping in the toddler class is required. When you are scheduled to co-op, you will be required to either bring a snack or drink for your child's class. We will be offering three different options for co-oping for the Three's & Pre-K classes.

1. Full co-op where you would help in your child's class 1–2 times per month.
2. Co-op on 1/2 the amount of time.
3. A non co-op option where you would not be required to help in the classroom (you only have to accompany your child on 2–3 field trips during the school year.)

TIME FOR TODDLERS

A chance for your 2 year old to develop socially & to prepare them for the YMCA 3 year old program. There are 12 children in each class, along with a lead teacher & 2 co-op parents. Children will be able to participate in gross motor activities, fine motor activities, puzzles, games, art, music, & being read to in a loving environment. **Requirements:** Child must be 2 on or before September 1st of the current school year. Parents MUST help in the classroom at least twice a month.

MON & WED; TUES & THURS OR FRI

9:30–11:45AM

1 DAY: FULL CO-OP \$55

2 DAYS: FULL CO-OP \$76



THREE YEAR OLD PRESCHOOL

Our program emphasizes social interaction, fine & gross motor skills, science & nature activities, cultural and art activities, and outdoor play. We encourage the development of a positive attitude toward peers, adults, & teachers. There are 15 children in each 3's class, along with a lead teacher & 2 co-op parents. Children are offered rookies sports sampler & dance in the fall, gymnastics in the winter & swimming lessons in the spring. The 3's will participate in the annual Circus in March.

Requirements: Child must be 3 before September 1st of the current school year.

You can either choose to do full co-op, 1/2 co-op or non co-op.

TUES & THURS

9:30AM–NOON

FULL CO-OP \$76 • 1/2 CO-OP \$89 •

NON CO-OP \$101





PRESCHOOL PROGRAM

Located at the Esic Center

PRE-KINDERGARTEN

Our program offers your child a chance to grow & learn in time for their kindergarten year. The teachers provide a nurturing and caring environment to help your child develop. We offer science, math, art, fine & gross motor activities, beginning phonics & much more! Your child will be able to participate in Rookies Sports Sampler & dance in the fall, gymnastic lessons in the winter & swim lessons in the spring. The classes also participate in the annual Circus held in March. There are many field trips that are available for this age group, including the apple farm and the pumpkin farm. There are 18 children in each class with 1 lead teacher & 2 co-op parents.

Requirements: Child must be 4 before September 1st of the current school year. You can either choose to do full co-op, 1/2 co-op or non co-op.

MON, WED & FRI • 9:30AM - 12:30PM

MON - THURS • 12:45 - 3:15PM

PRE-K AM: FULL CO-OP \$108 •

1/2 CO-OP \$125 • NON CO-OP \$143

PRE-K PM: FULL CO-OP \$115 •

1/2 CO-OP \$134 • NON CO-OP \$154



K.I.D.S. ENRICHMENT (FORMERLY K.I.D.S. KAMP)

This program is designed as an extended day for the YMCA preschool children. This program offers preschool parents with a well-supervised place for their child to have an afternoon of fun, group activities, including literature-based arts & crafts, music, organized games, story time & free play. 3 year olds may register for 1 day a week. 4 & 5 year olds may sign-up for 1 or 2 days per week. Parents will need to provide a sack lunch for their child. This is NOT a parent cooperative program.

3YR OLDS: TUES NOON-2:30PM

4 & 5YR OLDS: MON & WED 12:30-3:00PM

YOU MAY CHOOSE ONE OR TWO DAYS

1 DAY: \$55 • 2 DAYS: \$88



For more information about our Preschool Program please contact Cheryl Ransick at 618-656-0436 or cransick@edwymca.com.

ACTIVE OLDER ADULTS

Check For Location



AQUATICS

(CLASSES ARE AT THE ESIC CENTER)

AQUA AEROBICS

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

MON, WED & FRI 9:00-9:50AM • 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

**FOR MORE INFORMATION ABOUT
AQUATIC PROGRAMS SEE PAGES 16-21.**

GROUP FITNESS

(CLASSES ARE AT THE ESIC CENTER)

DANCE FITNESS

Have fun while you stretch, move and groove to your favorites from the 50s, 60s, 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun!

MON & WED 8:30-9:25AM

FITNESS FREE • BASIC \$2 • NON-MEMBER \$5

FITNESS OVER 50

This high-energy class is a combination of step aerobics, low-impact aerobics and body toning geared towards older active adults. This class will also utilize free weights, resistance bands, Resist-A-Ball and more.

MON, WED & FRI 8:30 - 9:25AM

FITNESS FREE • BASIC \$2 • NON-MEMBER \$5

**FOR MORE INFORMATION ABOUT
FITNESS PROGRAMS SEE PAGES 40-44.**

TENNIS

(CLASSES ARE AT THE MEYER CENTER)

SENIOR TENNIS (AGES 55+) RETURNS THIS FALL!

Our senior tennis program is offered 3 days a week. You may play 1, 2, or all 3 days. It is a walk on program where everyone is welcome to play. The format of play will depend on the number of players each day. This is a great way to exercise and meet other players interested in tennis.

MON & FRI 11:00AM-12:30PM • WED 8:00-9:30AM
MEMBERS \$5 • NON-MEMBERS \$8

FOR MORE INFORMATION ABOUT TENNIS PROGRAMS SEE PAGE 34-35.





ADAPTED PROGRAMS

Check For Location

INTERACTION SOCIAL / RECREATIONAL PROGRAMS FOR YOUTH & ADULTS WITH DISABILITIES

The YMCA is proud to sponsor this exciting program for youth and adults with disabilities. This program is designed to offer the opportunity to interact in a social and recreational environment for middle school youth to older adults. After each event, the group gathers together for late night refreshments and great conversation!

The program usually meets the first Friday of the month, from 7:00pm - 9:00pm. All programs are held at the Esic Center unless otherwise noted. Some of the programs offered each year include: Swimming Night, Movie Night, Special Events, Arts-n-Crafts, Around the World Night, Cooking, Holiday Events and More!

Please contact the YMCA to receive more information, a specific schedule of events, or to be added to the program mailing list.

RETURNS THIS FALL!

ACCESS ALL CHILDREN CAN EXPERIENCE SPORTS SUCCESSFULLY

The YMCA is offering an opportunity for every child to be able to participate in sports!

ACCESS is an inclusion sports program designed so that all children can learn to play various sports together. This unique opportunity teaches the fundamental skills of a sport in a non-competitive environment. Children are assisted by personal mentors if needed.

ACCESS teaches acceptance, teamwork, and socialization all in a fun environment.

**MEYER CENTER • MONDAY EVENINGS 6:00 - 7:00PM (25N7ACCESS)
MEMBERS \$28 • NON-MEMBERS \$45**

RETURNS THIS FALL!



SPECIAL NEEDS ART CLASS

CHILDREN ARE ASSISTED BY PERSONAL MENTORS IF NEEDED.

ACCESS ART (AGES 4-18) *NEW*

Bring in Summer with a bang! Through several expressive projects students will find the inner artist. Over the course we will paint, sculpt and make mixed media projects. In our friendly environment student will learn social skills and art skills too.

**THURS 1:30-3:00PM • ESIC CENTER • SUMMER SESSIONS 1 & 2
MEMBERS \$28 • NON-MEMBERS \$45 • MATERIAL FEE: \$5**



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

PARENT/CHILD SWIM LESSONS (6-36 MOS.)

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 Pike level. (30 min.)



PRESCHOOL SWIM LESSONS (AGES 2-5 YRS.)

PREPIKE (AGES 2-4)

An easy approach to first lessons without Mom or Dad. (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, & 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, & 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)

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

CHILDREN AGES 7 AND UNDER MUST HAVE A PARENT OR GUARDIAN IN THE POOL AREA WHILE YOUR CHILDREN ARE TAKING LESSONS.



YOUTH SWIM LESSONS (AGES 6-11 YRS.)

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 min. 1-6 Ratio)

BETWEEN SWIM CLASS (AGES 11-14)

Too old for lessons, never got the chance to learn the right way or you would like to refresh your skills for lifeguard class, lap swimming, or triathlon training? Then this is the class for you! (Limited to 8)

MON & WED 6:30-7:20PM
MEMBERS \$57 NON-MEMBERS \$80

SPECIAL NEEDS WITH CAREGIVER (AGES 6-12)

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.

TUES & THURS 6:30-7:20PM • POOL 2
MEMBERS \$60 NON-MEMBERS \$80

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, snorkeling 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)

SPECIAL PROGRAMS

PERSONALIZED SWIM LESSONS & FITNESS TRAINING (AGES 4+)

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

PERSONALIZED SWIM LESSONS

MON, TUES, WED OR THURS
9:00-9:30AM • 4:30-5:00PM
5:00-5:30PM • 7:30-8:00PM
SATURDAY

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



1 WEEK LESSONS • MONDAY – FRIDAY

MEMBERS \$30 • NON-MEMBERS \$47

SUMMER 1 WEEKS: JUNE 1ST-5TH,
JUNE 8TH-12TH, JUNE 15TH-19TH,
JUNE 22ND-26TH, JUNE 29TH- JULY 3RD

SUMMER 2 WEEKS: JULY 6TH-10TH,
JULY 13TH-17TH, JULY 20TH-24TH,
JULY 27TH-31ST, AUG. 3RD-7TH

9:30-10:20AM Guppy, Minnow, Fish, Flying Fish, Shark	10:30-11:00AM 11:00-11:30AM 11:30AM-NOON Pre-Pike	10:30-11:20AM Pike, Eel, Ray, Starfish, Polliwog, Polliwog Plus	11:30AM-12:20PM Pike, Polliwog, Polliwog Plus
---------------------------------------------------------------	------------------------------------------------------------	--------------------------------------------------------------------------	-----------------------------------------------------

2 TIMES A WEEK LESSONS • 5 WEEKS

MEMBERS \$57 • NON-MEMBERS \$80 • JUNE 1ST- JULY 2ND, JULY 6TH- AUG. 6TH

MONDAY/WEDNESDAY		TUESDAY/THURSDAY	
5:30-6:00PM Pre-Pike	5:30-6:20PM Pike, Eel, Polliwog	5:30-6:00PM Pre-Pike	5:30-6:20PM Pike, Ray, Polliwog
6:00-6:30PM Pre-Pike	6:30-7:20PM Pike, Starfish, Fish Polliwog Plus, Guppy	6:00-6:30PM Pre-Pike	6:30-7:20PM Minnow, Flying Fish, Shark
6:30-7:30PM Teen, Adult Lessons		6:30-7:20PM Special Needs	

1 TIME A WEEK LESSONS • SATURDAY • 5 WEEKS

MEMBERS \$30 • NON-MEMBERS \$47 • JUNE 6TH- 27TH, JULY 11TH- AUG. 8TH

9:00-9:30AM 9:30-10:00AM 11:00-11:30AM Pre-Pike	9:00-9:50AM Guppy, Minnow, Fish, Flying Fish, Shark Diving	10:00-11:20AM Pike, Eel, Ray, Starfish, Polliwog, Polliwog Plus
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PARENT/CHILD • 1 TIME A WEEK LESSONS • 5 WEEKS

MEMBERS \$30 • NON-MEMBERS \$47 • JUNE 1ST- JULY 5TH, JULY 6TH- AUG. 9TH

TUESDAY	THURSDAY	SATURDAY
6:00-6:30PM Shrimp, Kipper	6:00-6:30PM Inia, Perch	10:00-10:30AM Shrimp, Kipper
6:30-7:00PM Inia, Perch		10:30-11:00AM Inia, Perch



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.

THURS 9:00-9:50AM • 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

WED 6:30-7:20PM • 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 6:30-7:20PM • POOL 1

AQUATIC SPECIALTY

ADULT LEARN TO SWIM CLASS

For the adult who would like to learn to swim along with lap swimming skills, this class will teach rotary breathing, along with refining strokes and building endurance.

MON & WED 8:00-9:20PM • POOL 1

MEMBERS \$57 • NON-MEMBERS \$80

NEW SUMMER PROGRAMS!

These 5-week programs will give everyone a variety of pool activities!

DIVING (AGES 6-14)

Learn the basic skills of diving into the pool from the side and from a diving board. **SAT 9:00-9:50AM**

MEMBERS \$30 • NON-MEMBERS \$47



YMCA OF EDWARDSVILLE MASTERS SWIM WORKOUT (AGES 18+)

A swimming group for those looking for swim instruction, training, fitness, weightloss and enjoyment of swimming!

This class offer camaraderie and social opportunities to swimmers. You will need to register online where there will be a registration fee to join the Masters Club.

For additional information go to www.usms.org or contact our Aquatics Director at ppinegar@edwymca.com.

TUES & THURS 6:30-7:30PM

MEMBERS \$50 • NON-MEMBERS \$70



LIFEGUARDING CLASS

Three swimming-skills prerequisites evaluate overall swimming strength, endurance & 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. LOOK FOR MORE INFORMATION ONLINE OR AT THE FRONT DESK. MONDAY - FRIDAY • JUNE 1ST-5TH • 5:00-9:30PM • 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 BOTH CLASSES. THERE WILL BE NO MAKE UPS. THURSDAY & FRIDAY • JUNE 4TH & 5TH • 5:00-9:30PM • FEE: \$150**



FEES FOR ESIC & MEYER CENTER POOLS

OPEN SWIM

Members: Free • Non-members: 7yrs. & older: \$3 • 6yrs. & under: \$2

LAP SWIM

Members: Free • Non-members: \$5

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

ESIC & MEYER CENTER POOL RULES

MEYER POOL: Edwardsville YMCA members may bring guests during open swim hours **EXCLUDING** Members Only times: Mon-Fri: 2:30-5:00pm & Sat-Sun: 1:30-4:00pm. Fees will be 7yrs. & older: \$3, 6yrs. & under: \$2.

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. State Law requires that proper swim attire **MUST** be worn by anyone entering the pool. **THE FOLLOWING ARE NOT ALLOWED:** jeans or jean shorts, basketball style shorts, non-plain white shirts, sports bras or undergarments.

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

LAP SWIM: Members & Non-members age 10 years & older, who can swim down & back the length of the pool.

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

OPEN SWIM: Members & Non-members: Children under the age 7 must be accompanied in the water by an adult age 18 & older or authorized child care provider ages 16 & older. Children ages 7-13 may participate in open swim as long as they pass a swim test & 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 7 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 & ENFORCED BY THE LIFEGUARD STAFF. We ask that you follow these rules & guidance for your safety & the safety of others. Pool set up & lane configuration may change at our discretion depending on class enrollment levels & number of swimmers present. Our staff wants to ensure safety of everyone in the water.

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 mark 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.

GYMNASTICS

Meyer Center Only



IN EVERY CLASS OF GYMNASTICS AND TUMBLING, WE COMBINE LEARNING SKILLS WITH FUN. SAFETY IS ALWAYS A #1 PRIORITY. ALL BRANCHES OF GYMNASTICS & TUMBLING HELP DEVELOP MOTOR SKILLS THROUGH ACTIVITIES THAT INCREASE STRENGTH, BALANCE AND BODY CONTROL.

PRESCHOOL CLASSES

PARENT/CHILD CLASSES

Give your child what they crave: undivided attention while they expend energy in a safe and organized manner. Children will learn through socializing, games and activities accompanied by a parent.

PARENT TOT PLAY (AGES 1-2.5)

This class focuses on parental encouragement to help their child explore and practice movements that develop loco motor skills, body awareness activities and hand-eye coordination. (30 minutes; 10:1 ratio)
MEMBERS \$25 • NON-MEMBERS \$40

STRUCTURED PARENT TOT (AGES 2-3)

This class is designed for the parent and child to learn together in a structured setting. The instructor will guide the parent to teach their child gymnastics skills while working on loco motor skills. (One adult per child in class) (30 minutes; 8:1 ratio)
MEMBERS \$25 • NON-MEMBERS \$40

Proper Attire for all

Gymnastics & Tumbling Classes

- No tights, jewelry, especially earrings, watches, big/loose clothes, jeans, or pants. No zippers, belts, shorts with rivets or drawstrings.
- Hair must be tied back out of the face. Braided hair is allowed.
- Upper level classes must wear leotard to class.

FOR CLASS TIMES PLEASE SEE PAGE 25

**CLASSES WITH LOW ENROLLMENT
MAY BE CANCELLED OR
COMBINED WITH OTHER CLASSES.**

CHILD ONLY CLASSES

If the child is ready to SEPARATE from the parent for 30-45 minutes, then they are ready for a CHILD ONLY GYMNASTICS/TUMBLING & TRAMPOLINE CLASSES. In these classes, the instructor leads the group through basic skills, songs and games that will help develop the physical ability of the child, as well as the social and mental ability of the child.

EXPLORERS (AGES 2-3.5)

This class is an open gym for youngsters who want to explore the gymnastics center without a parent present. Instructors will aid in exploring and provide games and group activities. Children will get to experience age appropriate equipment, enjoy fun activities and games, and work on social skills. (30 minutes; 5:1 ratio)
MEMBERS \$25 • NON-MEMBERS \$40

BOUNCING TOTS (AGE 3 ONLY)

This class is designed for the young gymnasts at heart with no experience. Basic gymnastics skills and terms are taught while social skills are emphasized with activities that stress sharing, taking turns and following directions. (30 minutes; 5:1 ratio)
MEMBERS \$25 • NON-MEMBERS \$40

TUMBLE TOTS (AGE 4 ONLY)

This class is designed for the older preschooler that wants the added benefit of gymnastics, tumbling and trampoline in a fun and safe environment. Social skills are continually emphasized throughout the class. (45 minutes; 6:1 ratio)
MEMBERS \$31 • NON-MEMBERS \$45



GYMNASTICS

Meyer Center Only

GIRLS PROGRESSIVE GYMNASTICS (AGES 5 & UP)

ROLLERS

No experience. Must be 5 years or older. Rollers is a beginning developmental class which will lay the foundation on which all other progressive gymnastics skills are built. (50 minutes; 8:1 ratio)

MEMBERS \$33 • NON-MEMBERS \$50

SWINGERS

Gymnast must be able to do forward and backward rolls to a stand on floor, front support rolldown on bars, and walk releve' in all directions on beam. (50 minutes; 8:1 ratio)

MEMBERS \$33 • NON-MEMBERS \$50

GLIDERS

Gymnast must be able to do a cartwheel, handstand and bridge kickover on floor, pullover unassisted on bars, and front support mount and tuck jump on beam. (60 minutes; 8:1 ratio)

MEMBERS \$36 • NON-MEMBERS \$54

KIPPERS

Gymnast must be able to do round-off, handstand forward roll and backbend kickover on floor, 2 legged pullover and backhip circle on bars, whip up mount, handstand and cartwheel to handstand on beam. (70 minutes; 8:1 ratio)

MEMBERS \$38 • NON-MEMBERS \$56

MIGHTY MITES (AGES 5-6)

This special advanced class focuses on Swinger skills for gymnasts that have shown good flexibility, strength, listening skills, and good concepts of body awareness. Mighty Mites meets twice a week. **MUST BE DIRECTOR APPROVED.** (60 minutes X 2 days; 6:1 ratio)

MEMBERS \$61 • NON-MEMBERS \$80

**BIRTHDAY PARTIES & RENTALS
ARE AVAILABLE UPON REQUEST.**

**PLEASE SEE PAGES 46 & 47 FOR MORE
INFORMATION OR CALL TO RESERVE
YOUR PARTY TODAY.**

GYMNASTICS SPECIALTY CLASSES

YMCA GYMNASTICS TEAM

This recreational team practices year round and competes throughout the states of Illinois and Missouri in the USAG levels 2-8. Team spirit, sportsmanship and self-esteem are emphasized.

MUST BE DIRECTOR APPROVED

SPECIAL NEEDS GYMNASTIC CLASS

This class is designed for children that have special needs and would like a much smaller teacher/student ratio. Please call for more information.

OPEN GYM (AGES 5-17)

Come practice your overall skills, or spend time on your favorite equipment.

**MUST BE CURRENTLY ENROLLED
IN PROGRESSIVE CLASSES** and

be 5 years of age or older. Must be registered at least 2 hours in advance.

FRIDAY • 3:30-4:30PM • 7:45-8:45PM

MEMBERS \$4 • NON-MEMBERS \$8



GYMNASTICS

Meyer Center Only



TUMBLING & TRAMPOLINE BOYS & GIRLS

BEGINNING TUMBLING/TRAMP COMBO (AGES 5-11)

This is a beginner class for those with little or no experience. In this class the participants will work on forward and backward rolls, handstands, cartwheels and bridges on floor. On trampoline they will learn a variety of jumps and safety falls. (50 minutes; 8:1 ratio)

MEMBERS \$33 • NON-MEMBERS \$50

NOVICE TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed beginning tumble/tramp combo or have mastered the skills in a beginning tumble/tramp class. In this class they will work on cartwheels, rounds offs, back walkovers, handstand skills and dive rolls. On trampoline they will learn combination jumps along with other novice skills. (50 minutes; 8:1 ratio)

MEMBERS \$33 • NON-MEMBERS \$50

INTERMEDIATE TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed novice tumble/tramp combo or have mastered the skills in a novice tumble/tramp class. In this class they will work on roundoffs, front limbers, back handsprings, and front handsprings. On trampoline they will learn combination skills including front flips. (60 minutes; 8:1 ratio)

MEMBERS \$36 • NON-MEMBERS \$54

ADVANCED TUMBLE/TRAMP COMBO (AGES 5-11)

Participant must have passed intermediate tumble/ tramp combo. They must have mastered a back and front handspring on floor. In the class they will work on back handspring series and flips. On trampoline they will learn combination flips and other advanced skills. (60 minutes; 8:1 ratio)

MEMBERS \$36 • NON-MEMBERS \$54

TUMBLING & TRAMPOLINE TEAM

This recreational team practices year round and competes throughout the states of Illinois and Missouri with USTA. Team spirit, sportsmanship and self-esteem are emphasized. Class days vary depending on level.

TEENS ONLY (AGES 12+)

TEEN BASIC TUMBLE/TRAMP COMBO

Designed for those with little or no experience in tumbling and trampoline. (60 minutes; 8:1 ratio)

MEMBERS \$36 • NON-MEMBERS \$54

TEEN INTERMEDIATE TUMBLE/ TRAMP COMBO

This class is designed for those who have mastered the basic tumbling and trampoline class. (60 minutes; 8:1 ratio)

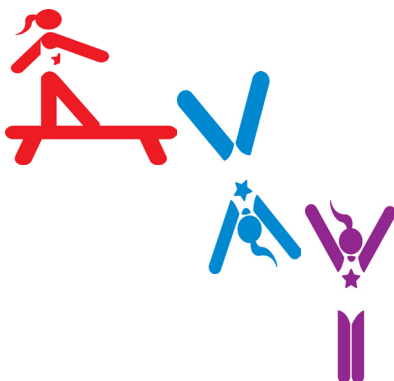
MEMBERS \$36 • NON-MEMBERS \$54

TEEN ADVANCED TUMBLE/ TRAMP COMBO

This class is designed for those who have mastered the intermediate tumbling and trampoline class. (60 minutes; 8:1 ratio)

MEMBERS \$36 • NON-MEMBERS \$54

IF THE CLASS YOUR CHILD WISHES TO ATTEND IS FULL, PLEASE BE ADDED TO THE WAITING LIST. CLASSES COULD BE ADDED BASED ON THE WAITING LISTS.





GYMNASTICS CLASS SCHEDULES

Meyer Center Only

PRESCHOOL • SUMMER 1

PARENT TOT	EXPLORERS	BOUNCING TOTS	TUMBLE TOTS
MON 9:15-9:45AM TUES 11:00-11:30PM WED: 10:00-10:30AM FRI 9:15-9:45AM FRI 7:10-7:40PM SAT 10:30-11:00AM	TUES 9:15-9:45AM WED 10:45-11:15AM THURS 10:15-10:45AM FRI10:00-10:30AM FRI 6:35-7:05PM SAT 11:05-11:35AM	MON 10:00-10:30AM MON 4:30-5:00PM WED 9:15-9:45AM WED 5:00-5:30PM FRI 10:45-11:15AM FRI 5:30-6:00PM SAT 11:40AM-12:10PM	MON 10:45-11:30AM TUES 10:00-10:45AM TUES 4:00-4:45PM WED 5:35-6:20PM THURS 9:15-9:45AM THURS 4:00-4:45PM FRI 11:30AM-12:15PM FRI 5:45-6:30PM SAT 12:15-1:00PM
STRUCTURED PARENT TOT • THURS • 11:00-11:30AM			

PRESCHOOL • SUMMER 2

PARENT TOT	EXPLORERS	BOUNCING TOTS	TUMBLE TOTS
WED: 3:30-4:00PM FRI: 9:15-9:45AM FRI: 7:10-7:40PM SAT: 10:30-11:00AM	THURS: 3:30-4:00PM FRI: 10:00-10:30AM FRI: 6:35-7:05PM SAT: 11:05-11:35AM	MON: 4:30-5:00PM WED: 5:00-5:30PM FRI: 10:45-11:15AM FRI: 5:30-6:00PM SAT: 11:40AM-12:10PM	TUES: 4:00-4:45PM WED: 5:35-6:20PM THURS: 4:00-4:45PM FRI: 11:30AM-12:15PM FRI: 5:45-6:30PM SAT: 12:15-1:00PM

TUMBLING & TRAMPOLINE

BEGINNER T/T COMBO	NOVICE T/T COMBO	INTERMEDIATE T/T COMBO	ADVANCED T/T COMBO
MON 4:00-4:50PM TUES 5:00-5:50PM WED 5:30-6:20PM THURS 4:00-4:50PM FRI 4:30-5:20PM SAT 2:00-2:50PM	MON 6:00-6:50PM TUES 4:00-4:50PM WED 4:00-4:50PM THURS 5:00-5:50PM SAT 2:00-2:50PM	MON 5:00-6:00PM TUES 4:00-5:00PM WED 6:15-7:15PM SAT 1:00-2:00PM	WED 6:15-7:15PM FRI 4:30-5:30PM
OPEN GYM • AGES 5-17 • FRI • 3:30-4:30PM • 7:45-8:45PM			

TUMBLING & TRAMPOLINE • TEENS ONLY •

BASIC T/T COMBO
TUES 9:00-10:00PM

INTERMEDIATE T/T COMBO
THURS 9:00-10:00PM

ADVANCED T/T COMBO
THURS 9:00-10:00PM

GYMNASTICS

GIRLS ROLLERS	GIRLS SWINGERS	GIRLS GLIDERS
MON 4:00-4:50PM MON 5:00-5:50PM TUES 4:00-4:50PM TUES 5:00-5:50PM TUES 6:00-6:50PM WED 4:00-4:50PM THURS 5:00-5:50PM FRI 4:30-5:20PM SAT 1:00-1:50PM	MON 4:00-4:50PM MON 5:00-5:50PM TUES 4:00-4:50PM TUES 5:00-5:50PM TUES 7:00-7:50PM WED 4:00-4:50PM THURS 4:00-4:50PM THURS 5:00-5:50PM FRI 4:30-5:20PM SAT 1:00-1:50PM	MON 4:00-5:00PM TUES 6:00-7:00PM TUES 7:00-8:00PM THURS 4:00-5:00PM SAT 2:00-3:00PM KIPPERS TUES 7:00-8:10PM WED 4:00-5:10PM SAT 2:00-3:10PM
SPECIAL NEEDS • SUN • 11:30AM-12:15PM • 12:30-1:15PM		

ARTS & HUMANITIES

Youth Dance • Check For Location



YOUTH DANCE

DANCE WITH ME (AGE 2)

Educational and explorative, this class brings parents and children together with active stretches, movement, coordination and learning skills. **ESIC TUES 5:45-6:15PM • SESSION 1 & 2 WED 10:00-10:30AM • SESSION 1 ONLY MEMBERS \$25 • NON-MEMBERS \$35**

MY VERY OWN BALLET (AGE 3)

A great way to gear up for Pre-Ballet, this independent class teaches basic stretching, barre, leaps, jumps, fun terminology and dance activities in a nurturing environment. **ESIC CENTER TUES 5:00-5:30PM • SESSION 1 & 2 WED 10:45-11:15AM • SESSION 1 ONLY THURS 4:30-5:00PM • SESSION 1 & 2 MEMBERS \$25 • NON-MEMBERS \$35**

PRE-BALLET (AGE 4)

This introduction to ballet and ballet terms provides barre, jumps, leaps, stretching, working in dance centers and gaining initial experience in dance. **ESIC CENTER TUES 9:30-10:15AM • SESSION 1 ONLY TUES 6:15-7:00PM • SESSION 1 & 2 WED 11:15AM-NOON • SESSION 1 ONLY MEMBERS \$35 • NON-MEMBERS \$50**

BALLET (AGES 5-8)

Class will learn basic skills, terminology, coordination, dance discipline and practice. **ESIC CENTER TUES 11:15AM-NOON • SESSION 1 ONLY TUES 7:00-7:45PM • SESSION 1 & 2 MEMBERS \$35 • NON-MEMBERS \$50**

BALLET & TAP COMBO (AGES 3-8)

For those students who would like to try a bit of everything. In each class they will learn a new technique concentrating on the main areas of dance starting with ballet. **ESIC CENTER AGES 3-4**

TUES 4:30-5:00PM • SESSION 1 & 2 WED 9:30-10:00AM • SESSION 1 ONLY THURS 5:00-5:30PM • SESSION 1 & 2 MEMBERS \$25 • NON-MEMBERS \$35

AGES 5-8 LEARN TAP&BALLET EACH WEEK

TUES 10:15-11:00AM • SESSION 1 ONLY THURS 5:45-6:30PM • SESSION 1 & 2 MEMBERS \$35 • NON-MEMBERS \$50

HIP HOP (AGES 5-8 & 9-12)

Dance your heart out as you learn hip hop moves that are simple and easy to follow. **ESIC CENTER**

AGES 5-8 THURS 6:45-7:45PM • SESSION 1 & 2

AGES 9-12 THURS 7:45-8:45PM • SESSION 1 & 2 MEMBERS \$42 • NON-MEMBERS \$60

**CHECK BACK
THIS FALL FOR
OUR FULL OFFERINGS
IN DANCE, ART,
PHOTOGRAPHY
AND MORE!!**





ARTS & HUMANITIES

Check For Location

NEW ART CLASSES

COLLAGE CRAZE! (AGES 6-11) *NEW*

Let's put all of our ideas and materials together to make a stunning masterpiece! Using the process of mixed media children will be able to explore the benefits of using simple materials such as paint, paper, glitter and sand in order to express their creativity. This expressive class will also teach children to value the works they produce.

SUMMER 1 SESSION ONLY

THURS 9:30 - 11:00AM • ESIC CENTER

MEMBERS \$40 • NON-MEMBERS \$60 • MATERIAL FEE: \$7

SPRAY, SPLASH AND DRIP (AGES 6-11) *NEW*

In this interactive class students will learn different ways to utilize paint. With paints, children will be able to practice various styles and techniques in order to create colorful, whimsical works. In class we will investigate the shapes of Mother Earth and replicate her beauty with flair.

SUMMER 1 SESSION ONLY

THURS 11:15AM - 12:45PM • ESIC CENTER

MEMBERS \$40 • NON-MEMBERS \$60 • MATERIAL FEE: \$7

SPECIAL NEEDS ART CLASS

CHILDREN ARE ASSISTED BY PERSONAL MENTORS IF NEEDED.

ACCESS ART (AGES 4-18)

Bring in Summer with a bang! Through several expressive projects students will find the inner artist. Over the course we will paint, sculpt and make mixed media projects. In our friendly environment student will learn social skills and art skills too.

THURS 1:30-3:00PM • ESIC • SUMMER SESSIONS 1 & 2

MEMBERS \$28 • NON-MEMBERS \$45 • MATERIAL FEE: \$5

**CHECK OUT
OUR
SUMMER CAMP
CATALOG FOR OUR
30 OTHER
ARTS & HUMANITIES
SPECIALTY CAMPS!!**



MARTIAL ARTS

Esic Center Only



The art of Tae Kwon Do, "The Kicking and Punching Way", is the core of the YMCA Martial Arts curriculum. This traditional kicking system is combined with training derived from Judo, Jujitsu, Grappling, and American-Style kickboxing for a well-rounded system. Children, teens and adults develop healthy lifestyle habits such as weight loss, self-discipline, self-control and self-confidence through martial arts training. The instructors focus on students developing self-confidence by learning practical self-defense, a system that focuses on practical application of danger awareness and skills to redirect violence before a physical confrontation is necessary. Students also train in sport Tae Kwon Do and Karate for those interested in local competitions and tournaments.

TIGER MITES (AGES 4-6)

The only necessary requirements are the knowledge of major body parts, left & right, and the ability to play "Simon Says." Students will learn skills such as adult victim prevention, "stranger danger", and motor skill development. Respect and discipline are greatly emphasized.

MON 5:00-5:30PM • WED 5:00-5:30PM
MEMBERS \$30 • NON-MEMBERS \$40

WHITE, YELLOW & GREEN BELTS (AGES 7+)

Beginner/intermediate Tae Kwon Do classes are for students who have limited or no experience in martial arts. Classes focus on skill development in traditional forms, kicks, and self-defense, including "bully busting" and "predator defense", that build discipline, self-confidence and better health. We also focus on overall fitness using a variety of martial and sports specific conditioning for grappling and kickboxing. Students also learn sport Karate and Tae Kwon Do tournament style sparring. This class is a combination of Youth & Adult students.

MON 5:35-6:50PM • WED 5:35-6:50PM
MEMBERS \$40 • NON-MEMBERS \$60
BOTH DAYS: 5:35-6:50PM
MEMBERS \$60 • NON-MEMBERS \$80

ESCRIMA (AGES 8+)

A Philippine-based martial art that uses rattan sticks as well as empty hand techniques. Practicing escrima can improve strength, stamina, eye hand coordination and balance. This martial art is great for adults, because it does not require a high level of flexibility or athleticism (no high kicks!) to perform properly. This class will not meet the last Saturday of the session due to a conflict with the Belt Test.

SAT 9:30-10:15AM • MEMBERS \$35 • NON-MEMBERS \$55

ADVANCED BELTS (AGES 7+)

Advanced Tae Kwon Do class includes traditional forms, kicks and self defense. Students in this class have achieved at least a blue belt and are training for their Black Belt. This is a combination of Youth & Adult students. We focus on total body conditioning using a variety of martial and sports specific conditioning for grappling and kickboxing. Students also learn sport Karate and Tae Kwon Do tournament style sparring. For advanced students Blue Belt and above and all adults.

MON 6:55-8:15PM • WED 6:55-8:15PM
MEMBERS \$40 • NON-MEMBERS \$60
BOTH DAYS: 6:55-8:15PM
MEMBERS \$60 • NON-MEMBERS \$80

OPEN MARTIAL ARTS (AGES 7+)

All martial arts students can attend open class for sparring, extra practice and conditioning. Students will receive extra training on Saturdays in traditional skills, conditioning, Tae Kwon Do and Karate sport sparring as well as grappling. Available for currently enrolled martial arts students only.

(EXCLUDES ESCRIMA STUDENTS)
SAT 8:30-9:30AM
MARTIAL ARTS STUDENTS: FREE



RECREATIONAL SPORTS

Ask For Program Location When Registering

YOUTH SPORTS PHILOSOPHY

Everyone plays. Everyone wins. YMCA Youth Sports strive to enhance every child's personal growth and development, sports skills and fundamentals, the traits of fair play and sportsmanship, values, and sense of teamwork and physical fitness. On top of it all...FUN!

ROOKIES SPORTS SAMPLER (4-7 YRS)

This program is sure to please the entire family as it encourages parents and guardians to get involved. We also have a camp fun day the final day! The campers are also introduced to fitness concepts, healthy eating, positive values, and fair play. **ESIC CENTER (T-SHIRT INCLUDED) 9:30-10:45AM**

1ST SESSION: JUNE 1ST - 5TH
REGISTRATION: MARCH 30TH - MAY 31ST
2ND SESSION: JULY 6TH - 10TH
REGISTRATION: APRIL 6TH - JULY 5TH
MEMBERS \$30 • NON-MEMBERS \$45

GIRLS VOLLEYBALL CAMP (2ND-8TH)

Girls will get the opportunity to develop and improve their techniques utilizing a "games approach" format. Get ready for the Fall with this comprehensive and fun program. Participants will be divided by age groups. All girls entering the 2ND - 8TH grades are encouraged to register.

MEYER CENTER (T-SHIRT INCLUDED)
JUNE 22ND - 25TH • 6:00-7:15PM
REGISTRATION: APRIL 6TH - JUNE 17TH
MEMBERS \$32 • NON-MEMBERS \$48

BOYS VOLLEYBALL CAMP (2ND-8TH)

This camp will help prepare any and all boys interested in playing school volleyball for the school district. If you just want to see what it is about and test your skills against other guys, you're more than welcome to try it. The boys' high school coach will even be running this camp! Learn how to bump, set, spike, serve, and more! All boys entering the 2ND - 8TH grades are encouraged to register.

MEYER CENTER
JUNE 1ST-4TH • 6:00-7:15PM
REGISTRATION: APRIL 6TH - MAY 31ST
MEMBERS \$25 • NON-MEMBERS \$40

SOCCER CAMP (PRE K - 6TH)

This recreational soccer camp will focus on learning the basic skills and concepts used to play the game, building up game play and strategy as the camp progresses.

MEYER CENTER
JULY 20TH - 23RD • 9:00-10:00AM
REGISTRATION: APRIL 6TH - JULY 19TH
MEMBERS \$22 • NON-MEMBERS \$35

SAND VOLLEYBALL CAMP (5TH-8TH)

Come on out to enjoy our sand volleyball court at the Meyer Center! Volleyball is exciting, but it's even better outside in the sand. No worries about floor burn from diving on the court. Sign up quickly, as spots are limited! **MEYER CENTER**
JUNE 29TH-JULY 2ND • 10:30-11:45AM
REGISTRATION: APRIL 6TH - JUNE 28TH
MEMBERS \$25 • NON-MEMBERS \$40

FOOTBALL CAMP (2ND-8TH)

Let's get ready for some football! This summer's program will offer a comprehensive introduction to the skills used in the game of football. Get ready for the Fall as we use those skills when we play low organized games. Camp will cover passing, catching, running routes, defensive coverage and basic football strategy. **MEYER CENTER**

JULY 13TH-16TH • 6:00-7:15PM
REGISTRATION: APRIL 6TH - JULY 12TH
MEMBERS \$25 • NON-MEMBERS \$40

VOLUNTEER COACHES

The success of our youth sports program is dependent on support and involvement from volunteers.

Share a special experience with your child; sign up as a volunteer coach by checking the box on your registration form.

LATE FEES FOR ALL YOUTH LEAGUES NOW \$10

RECREATIONAL SPORTS

Ask For Program Location When Registering



BASKETBALL CAMPS

Coaches include: Dustin Battas & Tom Oller.

SKILLS, DRILLS & FUN (3RD-5TH)

This camp is for boys and girls basketball players! We will work to develop skills for young players such as proper technique, footwork, and an understanding of basketball. We will work to improve skills such as shooting, passing, and dribbling, all while having fun. Limited to the first 30 players. **MEYER CENTER**

JUNE 29,30, JULY 6,7,13 & 14 • 6:00-7:15PM

REGISTRATION: APRIL 13TH - JUNE 28TH

MEMBERS \$35 • NON-MEMBERS \$50

FUNDAMENTAL SKILLS & TEAM PLAY (6TH-9TH)

This camp is for boys and girls basketball players! Players will improve their fundamental skills such as shooting, passing, and dribbling. Campers will also play competitive 5-on-5 games against their peers. This camp is a great opportunity to improve your skills and to gain valuable game experience. Campers will be grouped on their ability levels so that we can maximize the instruction. Limited to the first 30 players. **MEYER CENTER**

JUNE 29,30, JULY 6,7,13 & 14 • 7:15-9:00PM

REGISTRATION: APRIL 13TH - JUNE 28TH

MEMBERS \$40 • NON-MEMBERS \$55

HIGH SCHOOL BOYS 3-ON-3 LEAGUE (14-18 YRS) *NEW*

This is a 4-week competitive 3-on-3 boys basketball league for 14-18 year olds with 16U and 18U divisions. Games will be at the Meyer Center on Wednesday evenings. You can only sign up as a team. No coaches necessary and no practice times provided. Just come and play. More details on the registration form available at Esic, Meyer and our website.

MEYER CENTER (JERSEY INCLUDED)

LEAGUE BEGINS: JULY 8TH

REGISTRATION: APRIL 13TH- JUNE 28TH

MEMBER: \$65 • NON-MEMBER: \$95

LATE FEE \$10

FALL YOUTH PROGRAMMING REGISTERING THIS SUMMER!

FALL YOUTH SOCCER LEAGUE (K-8TH)

It's soccer time at the Edwardsville YMCA.

The league will run for six games. The league is open to youth in Kindergarten (must be signed up for Fall '15 Kindergarten class) through 8TH grade. Please call the YMCA if you have any questions.

(T-SHIRT INCLUDED)

LEAGUE BEGINS: SEPTEMBER 12TH

REGISTRATION: JUNE 1ST-AUGUST 2ND

MEMBERS \$45 • NON-MEMBERS \$60

FALL ROOKIES SOCCER PROGRAM (4-5 YRS)

Join our pre-competitive soccer program for kids who are not yet in Kindergarten and cannot wait to start playing the game of soccer! They will have an opportunity to meet together as a team to work on individual skills, soccer tactics, team skills and strategies using the "games approach." Parents are encouraged to volunteer as coaches and team helpers.

The Y will provide a coaches training and parent orientation to this exciting program.

(T-SHIRT INCLUDED)

LEAGUE BEGINS: SEPTEMBER 12TH

REGISTRATION: JUNE 1ST-AUGUST 2ND

MEMBERS \$45 • NON-MEMBERS \$60

3-ON-3 BOYS BASKETBALL (9-15 YRS)

A 3-On-3 league where players sign up as a team or an individual (max 4 players per team). Leagues include a pre-season clinic led by Dustin Battas & 5-game season (6 total nights). The divisions will be based on age. Games will be half court and 22 minutes long. Practices are not provided. Coaches are not required.

MEYER & ESIC CENTERS

LEAGUE BEGINS: SEPTEMBER 8TH

REGISTRATION: JUNE 1ST-AUGUST 16TH

INDIVIDUAL:MEMBER:\$35•NON-MEMBER:\$50

3 OR MORE PLAYERS MEMBERS: \$100

2 OR MORE PLAYERS NON-MEMBERS: \$135



RECREATIONAL SPORTS

Ask For Program Location When Registering

YOUTH 7-ON-7 FLAG FOOTBALL PASSING LEAGUE (2ND-8TH)

This exciting flag football league ensures a good coach to player ratio with plenty of playing time! The action is fastpaced, so the kids are sure to get plenty of plays in and opportunities to touch the football. This is a great way to introduce the game of football to a young one, but it's also a perfect way to refine the passing, receiving, and route-running skills of the more experienced player as well. Games will be played Saturday afternoons. The league is open to boys and girls and serves as a great opportunity for parents to get involved as volunteer coaches.

(T-SHIRT INCLUDED)

LEAGUE BEGINS: SEPTEMBER 12TH
REGISTRATION: JUNE 1ST-AUGUST 2ND
MEMBERS \$45 • NON-MEMBERS \$60

COED SAND VOLLEYBALL

Come on out and have a blast on the sand volleyball court at the Meyer Center! League play begins the week of May 11TH, so hurry up and sign up!

6 PLAYER TEAM FEES: \$240

4 PLAYER TEAM FEES: \$215

REGISTRATION: MARCH 9TH-APRIL 26TH

COMPETITIVE 6'S BEGINS: MAY 11TH

INTERMEDIATE 6'S BEGINS: MAY 12TH

POWER 4'S BEGINS: MAY 13TH

ULTIMATE FRISBEE LEAGUE *NEW*

This is our first Ultimate Frisbee Fall League! It is open to high schoolers on up. The games are on Saturday afternoons. Teams may have up to 14 players on a roster and 7 play at a time.

SIUE SOCCER FIELDS BY KORTE STADIUM
TEAM FEES: \$150

REGISTRATION: JUNE 22ND-AUG. 23RD

LEAGUE BEGINS: SEPTEMBER 12TH

BOYS YOUTH VOLLEYBALL LEAGUE (2ND-8TH)

All 2ND - 8TH grade boys come on out to join in the exciting Boys Volleyball League! Be a part of the growing trend as you learn to pass, set, spike, and serve. Volunteer coaches will be needed as well, so bring the whole family to come watch some exciting volleyball action.

(T-SHIRT INCLUDED)

LEAGUE BEGINS: OCTOBER 31ST

REGISTRATION: AUG. 4TH-SEPT. 20TH

MEMBERS \$45 • NON-MEMBERS \$60

FOR ADDITIONAL REC. SPORTS INFORMATION SEE OUR FLYERS AT OUR FRONT DESKS!

ADULT SPORTS

FALL COED ADULT SAND VOLLEYBALL

This league will be Coed 4's (2 guys and 2 girls), so be sure to bring your A game. In case you missed the summer league or just didn't get enough, here's your chance to play some sand volleyball! Games are on Wednesday nights. Only the top 4 teams make the playoffs (6-game regular season).

TEAM FEES: \$130

REGISTRATION: JUNE 22ND-JULY 19TH

LEAGUE BEGINS: AUGUST 5TH

FALL COED ADULT VOLLEYBALL

Monday Night Volleyball! Fall volleyball just got better! We offer four different divisions of leagues: Recreational, Intermediate, Competitive, and Power. Each team only plays teams from their division with playoffs after the regular season. Come on out and have some fun with friends. League play will be on Monday nights. All team players must be 17 years or older. Games will be played at both Meyer and Esic Centers.

TEAM FEES: \$260

REGISTRATION: JUNE 22ND-AUGUST 23RD

LEAGUE BEGINS: SEPTEMBER 14TH

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

SKATE CENTER

Meyer Center Only



WHAT WE OFFER IN THE SKATE CENTER

SCHEDULE EFFECTIVE JUNE 1ST - AUGUST 6TH

SKATE SESSIONS

The Skate Center offers a variety of sessions throughout the week to satisfy any skater's needs. Fridays are best for upper elementary and middle school aged skaters; Saturday and Sunday afternoons are great birthday and family times!

SKATE RENTALS \$2 EXTRA

OPEN SKATE

STARTING JUNE 1ST

MONDAY - THURSDAY • 1:00-4:00PM

MEMBERS FREE • NON-MEMBERS \$3

WEDNESDAY • 6:15-8:00PM

MEMBERS FREE • NON-MEMBERS \$3

FRIDAY • 6:00-10:00PM

MEMBERS \$5 • NON-MEMBERS \$8

SATURDAY & SUNDAY • 1:00-4:00PM

MEMBERS \$3 • NON-MEMBERS \$5

FAMILY SKATE

The Skate Center has many opportunities to spend time with the family! Join us on Saturday and Sundays for family sessions with one price for admission, large pizza and drinks for up to five family members! Come and spend an afternoon with the whole family!

Limit 5

SATURDAY & SUNDAY • 1:00 - 4:00PM

MEMBERS \$25 • NON-MEMBERS \$30

FACILITY RENTAL/BIRTHDAY PARTIES

Worry free, no clean up, games and music provided: sounds like an ideal party to plan! Have your church gathering, birthday party, scouts, school or other group event at the skating rink. Lots of options and times available.

Skate Center
Guide

MON-THURS • 1:00-4:00PM • OPEN SKATE
MON • 4:30-5:15PM • SKATE LESSONS
TUES, THURS & SAT • 6:00-8:00PM • RENTALS
WED • 6:15-8:00PM • OPEN SKATE
FRI • 6:00-10:00PM • OPEN SKATE
SAT & SUN • 1:00-4:00PM • OPEN SKATE

GROUP DISCOUNT FOR 10 OR MORE!

**THE MORE TIMES YOU COME,
THE BETTER THE PRICE!**

MONDAY-THURSDAY 1:00-4:00pm

One time this summer \$3/skater

Two times this summer \$2.50/skater

Three or more times this summer \$2/skater

Skate Rental Is Included!

**To receive this special price you must make
reservations by calling 618-655-1460,
ask for the Rentals Department.
Email: rentals@edwymca.com**



SKATE CENTER

Meyer Center Only

LEARN TO SKATE CLASS

LEARN TO SKATE & PRACTICE

Come join us for our new skating class. Beginner techniques will be taught during the class, and instructors will be available for basic skating skills such as: stopping, gliding, crossovers and backwards skating. In this 45 minute class, skaters will be able to practice their own skating skills and we will provide skating teachers to assist each student individually with skills they need to improve on.

SESSION DATES

MONDAYS • 4:30 – 5:15PM

SUMMER 1

JUNE 1ST – JUNE 22ND • MONDAY
MEMBERS \$20 • NON-MEMBERS \$25

SUMMER 2

JULY 6TH – JULY 27TH • MONDAY
MEMBERS \$20 • NON-MEMBERS \$25

**PARENTS WILL BE REQUIRED TO ASSIST THEIR CHILD
IF THEY CANNOT SKATE ON THEIR OWN.**



**HOCKEY LEAGUES
AND CLASSES
RETURN THIS FALL!!**

**TINY TOT AND
AFTER SCHOOL SKATES
RETURN THIS FALL!!**



TENNIS

Meyer Center Only



MEMBER SUMMER SPECIALS:

\$12 PER HOUR • JUNE 1ST – AUGUST 30TH

All non-members will be charged an additional \$2 per hour per person. Members can reserve a court one week in advance of the date wanted and non-members 48 hours in advance.

To reserve tennis courts call 655-1460.

Reminder: If you cannot play at your reserved time, please give the YMCA 24 hours notice so we can try to reschedule the court.

COURT SPACE IS LIMITED, PLEASE BE SURE TO CHECK FOR AVAILABILITY!

TENNIS – BLOCK TIME

Reserving a permanent court time assures you a court on a specified day and time for the Fall: September 7TH – December 20TH, 2015. This also makes you responsible for payment of the court each week. To reserve call 655-1460. **Reminder:** If you cannot play at your reserved time, please give the YMCA 24 hours notice so we can try to reschedule the court. If we are unable to reschedule the court you are responsible for payment!

RESERVING PERMANENT COURTS FOR THE 2015 SEASON:

- Mon, Aug, 10TH – YMCA members returning from the Spring 2014 season.
- Mon, Aug. 24TH – YMCA members who didn't have courts reserved last season.
- Mon, Aug. 31ST – Open reservations.

**LEAGUES
RETURN
THIS
FALL!!**

RACQUET STRINGING

**\$25/RACQUET • \$15 IF YOU BRING STRING
JUNE 1ST – AUGUST 30TH**

APPROX. 1 WEEK TO COMPLETE A RACQUET

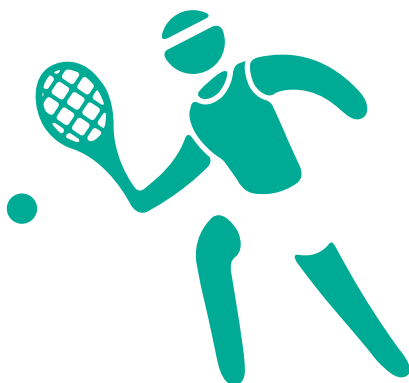
BALL MACHINE

Provides a great workout for any level of player. A staff member will set up the machine and show you how to use it for various drills. **FEES: \$5 PER HALF HOUR PLUS NORMAL COURT FEES.**

PRIVATE TENNIS LESSONS

Allows one on one time with an instructor; available for players at any age or level. The price of a private lesson will include the regular court fee, plus the cost of the instructor. If you are interested in a private lesson, call 655-1460.

**CARDIO
TENNIS
RETURNS THIS
FALL!!**





YOUTH TENNIS

PEE WEE TENNIS (AGES 4-5)

Filled with fun games and drills designed to introduce the game of tennis to the younger player.

MON 11:00-11:40AM

MON 5:00-5:40PM

MEMBERS \$25 • NON-MEMBERS \$40

LITTLE HITTERS (AGES 5-6) & ROOKIES (AGES 7-8)

Using the "Quick Start" tennis program, we will be introducing the game of tennis to our younger tennis players. This program is filled with fun games and learning techniques for our budding tennis stars.

WED 5:00-5:50PM

SAT 9:00-9:50AM

MEMBERS \$30 • NON-MEMBERS \$45

JUNIOR ACES (AGES 9-11)

Teaches the fundamentals of tennis in a fun and exciting setting. It will include learning different strokes, rules and practice drills to help the player enhance their skill level.

WED 6:00-7:10PM

SAT 10:00-11:10AM

MEMBERS \$55 • NON-MEMBERS \$75



ACES (AGES 11-14)

Focuses on learning and improving different tennis strokes through various fast paced practice drills with an emphasis on match play.

TUES 5:00-6:10PM

SAT 10:00-11:10AM

MEMBERS \$55 • NON-MEMBERS \$75

HIGH SCHOOL (AGES 14-18)

This class is for the intermediate to advanced tennis player. It will focus on improving the mental and physical game of tennis through fast paced drills and match play situations.

TUES 6:15-7:25PM

SAT 11:15AM-12:25PM

MEMBERS \$55 • NON-MEMBERS \$75

**CHECK OUT OUR
SUMMER CAMP
CATALOG FOR OUR
TENNIS CAMPS FOR
GRADES K-8TH!!**



**ADULT &
ADDITIONAL
YOUTH CLASSES
RETURN THIS
FALL!!**

CLIMBING & OUTDOOR REC.

Meyer Center Only



OPEN CLIMBING (5YRS +) • MEMBERS \$4 • NON-MEMBERS \$6

(1/2 price if you bring your own person to belay)

MON, TUES & THURS • 7:00-9:00pm

FRI • 3:00-8:00pm (FREE for members from 6:00-8:00pm)

SAT • 10:00am-NOON • 6:00-8:00pm

OPEN TOT CLIMB (AGES 3-5) UNTIL MAY 28TH THEN RETURNS THIS FALL!

MON - THURS 9:00-11:00AM

MEMBER \$3 (1 HOUR) • \$5 (2 HOURS) • NON-MEMBER \$5 (1 HOUR) • \$7 (2 HOURS)

BELAY CLASS: BY APPOINTMENT (AGES 16+)

This class is meant for the person who is just looking to belay. It is a 1 hour - 1 day class that teaches you top rope safety, bouldering safety, and how to belay. If you successfully pass you will be able to belay your friends during open climb. If you do not pass you will be asked to retake the class. **(YOU MUST BRING YOUR OWN PERSON TO BELAY)**

MON, TUES OR THURS 7:00-8:00PM

FRI 4:00-5:00PM

MEMBER \$6 • NON-MEMBER \$8

(FEES INCLUDE OPEN CLIMB COST)

BELAY REFRESH (AGES 16+)

If you already know how to belay and would like to belay here, come on over during any open climb to show us your skills (you must bring in your own person to belay). If you pass, you will receive a belay card. The belay card verifies to Open Climb Staff that you can belay during Open Climb times. Once you have your belay card you may only belay people within the group you bring in.

FREE! • DURING OPEN CLIMB TIMES

PRIVATE LESSONS

Available for children, adults, families, & small groups. **One person: \$20/1 hour lesson (\$5 each additional person).**

Lessons may be scheduled during open climb times, after open climb, or during the day. Advanced reservation needed & at least 2 hour notice of cancellation or you will still be responsible for payment.

PRIVATE RESERVATIONS

Contact the Climbing Coordinator at Meyer for reservations and pricing (655-1460).

FOR CLIMBING RULES PLEASE SEE THE CLIMBING WAIVER OR ROCK WALL.

ARCHERY CLASS

Learn basic archery using real bows and arrows. Must wear closed toe shoes for safety! Equipment provided. **MEMBERS \$43 • NON-MEMBERS \$64**

LITTLE ARCHERS (4-6YRS)	YOUTH ARCHERY (5-8 YRS)	PRE-TEEN ARCHERY (8-12 YRS)	TEEN ARCHERY (12-15 YRS)	ADULT ARCHERY (16 YRS+)
MON 6:00-6:50PM	THURS 6:00-6:50PM	WED 6:00-6:50PM	TUES 6:00-6:50PM	FRI 6:00-6:50PM



CLIMBING & OUTDOOR REC.

Meyer Center Only

CLIMBING CLASS PRICES: MEMBERS \$43 • NON-MEMBERS \$64

BILLY GOATS (AGES 3-5)

Born to climb! This is a great way for the young ones to exercise, play, and learn. Here they will be taught the simple things about climbing; what our gear is called, how to balance, and how their bodies move. Parents will be asked to join the class the first day we use the ropes in order to learn how to put their harness on and take it off their child.

MON 4:00-4:50PM

WED 4:00-4:50PM

THURS 4:00-4:50PM

SPIDER MONKEY (AGES 5-10)

Participants will be put into proper age groups to learn the basics of rock climbing, ensuring they have a strong foundation to advance further up the rock wall. They will be taught climbing safety, gear use, and the starting climbing moves/skills.

MON 5:00-5:50PM

TUES 6:00-6:50PM

WED 5:00-5:50PM

LEMUR (AGES 5-10)

Take the next step and reach a little higher. You passed so you're moving up! Lemurs get to take on new challenges, learn more advance climbing moves, and work on their overall physical and mental strength. No more monkey business, but we always aim to have fun at the wall.

CLIMBING SHOES OPTIONAL

MON 6:00-6:50PM

TUES 4:00-4:50PM

THURS 5:00-5:50PM

CHIMP (AGES 5-10)

Back to monkey business. In this class we learn the different styles of climbing, polish our skills and learn new ones, and make our own climbing routes that will stay on the rock wall until it is time to make new ones.

CLIMBING SHOES OPTIONAL

TUES 5:00-5:50PM

THURS 6:00-6:50PM

ROCK ON, THE CLIMBING CHALLENGE (AGES 11-15) *NEW*

In this class we will be developing our own style of climbing, learning simple/complex moves, and get acquainted with the climbing gear. The Rock On class is upbeat, fun, and meant to give everyone a challenge based on each participant's skill level. Hope to see you in class.

CLIMBING SHOES OPTIONAL

WED 6:00-6:50PM

CLIMBING & CONDITIONING CLASS (AGES 16+)

Climbing is a unique way of exercise that will engage both the mind and body. Learn techniques of climbing at your own pace and skill level. This is a full body work out that is fun! Upon passing a skills test, you will receive a "Y Belay Certification Card" that will enable you to belay during Open Climb times.

WED 7:00-7:50PM





TRAINING

PERSONAL TRAINING

Reaching your personal fitness goals becomes a reality when you work with one of our personal trainers. You'll gain the knowledge, motivation, and confidence you need to achieve the results that you want. We give you the option to work 1-on-1 with your trainer, but we know it's hard to make a change alone, so we have taken the stress away with Partner Training Sessions (2-on-1)! You can have your one hour session with your best friend, mom, brother or daughter! To schedule an appointment or find out more information, stop by or call 656-0436 (Esic Center) or 655-1460 (Meyer Center).

YOU MUST BE AN EDWARDSVILLE YMCA FITNESS MEMBER. 1 HOUR SESSIONS (MADE BY APPOINTMENT)

# of Sessions	1-on-1	2-on-1
1	\$35	\$60
3	\$102	\$150
5	\$150	\$200

SUMMER CLASSES FOR KIDS!

SELF DEFENSE FOR KIDS (K - 5TH)

Learn how to deal with bullies and predators. Kids will learn what behaviors to watch for and practice how to escape to safety. They will also learn important strategies to help avoid violent situations, plus tactics and techniques for handling violence when it is unavoidable. Participants will receive an informational packet with descriptions of the techniques covered in class plus at-home tips for parents.

MEYER CENTER (BEHIND OUTDOOR POOL; VIEWING AREA IF RAINING)

JUNE 8-11 • 9:00-10:00AM

MEMBERS: \$35 • NON-MEMBERS: \$45

SPORT KARATE (K - 5TH)

Students will learn techniques and tactics for sport karate and Tae Kwon Do competition, plus participate in light contact (i.e. safe) sparring. Good for both beginners and kids already involved in martial arts. Many of the skills learned in this program can carry over into other sports as well.

MEYER CENTER (BEHIND OUTDOOR POOL; VIEWING AREA IF RAINING)

JUNE 15-18 • 9:00-10:00AM

MEMBERS: \$35 • NON-MEMBERS: \$45

KIDS NUTRITION AND FUN!

(2ND - 5TH)

A power packed week of exercise, nutrition, and snack ideas. This class will combine: Games involving nutrition and fitness, nutrition information (targeting the importance of the food groups centered around MyPlate) and healthy option snacks.

MEYER CENTER

JULY 20-23 • 10:00-10:50AM

MEMBERS: \$40 • NON-MEMBERS: \$50





INDIVIDUAL WEIGHT LOSS COUNSELING

Your individual needs and goals for weight loss, weight gain, or weight maintenance will be assessed and recommendations made that are tailored to fit your lifestyle. Learn the following about yourself: Body Fat %, BMI, Resting Metabolic Rate, Daily Caloric Needs, Exercise Recommendations for Maintaining Weight or for Weight Loss, and much more.

WEIGHT LOSS COUNSELOR: VICKI RAAB
INITIAL COUNSELING SESSION: \$35 •
ONGOING: \$100 (4 - 30 MIN. SESSIONS)

ADVANCED NUTRITION COUNSELING AT THE EDWARDSVILLE YMCA

We offer services that can help you whether your goal is to manage diabetes, lower disease risk, or enhance physical performance while maintaining a busy lifestyle. A one-on-one, nutrition consultation may involve a diet recall, medical history, nutrition evaluation of your current food preferences and intake, and diet education on healthy diets such as high blood pressure, heart disease, diabetes or sports performance. You will receive scientifically-based advice, realistic recommendations, and up-to-date nutritional information that will allow for long-lasting results. For more information on our services, please call 618-656-0436 ext. 26.
\$50 (1 SESSION) • \$145 (3 SESSIONS) • \$400 (10 SESSIONS)

PERSONALIZED SELF DEFENSE WORKSHOP

Can you defend yourself? The YMCA is now offering self defense workshops for your organization. We can teach you simple, yet effective ways to help protect yourself against bullies, predators, etc. **FOR MORE INFORMATION ON BOOKING A WORKSHOP FOR YOUR GROUP, PLEASE CALL 618-656-0436 EXT. 26.**

LOOK FOR OUR SPOOKTACULAR 5K RUN/WALK OR 2 MILE FUN RUN/WALK COMING IN OCTOBER! FUN FOR THE WHOLE FAMILY!



HEALTH & WELLNESS

Session Classes • Check For Location



SESSION CLASSES

GENTLE YOGA

This class explores asana (poses) including standing, seated, twists, backbends and the fundamentals of sun salutations. Poses and sequences are practiced with alignment in mind, offering practitioners the opportunity to gain confidence, strength, and flexibility. The finer details of basic postures are emphasized with variations so that students gain comfort and learn appropriate modifications for their personal practice. The unhurried pace and simple poses make this class great for beginners while the detailed alignment instructions and spiritual context keep it interesting and valuable for all levels of yoga students. Expect a well-rounded class that includes poses, breathing, meditation and philosophy.
SAT 9:30-10:25AM • ESIC CENTER
MEMBERS \$25 • NON-MEMBERS \$40

BEGINNERS TO INTERMEDIATE YOGA

These classes are open to all who wish to learn Yoga basics and refine their practice. Classes are open to all levels, beginner to advanced. We will practice Yoga breath (pranayama), dynamic postures (asanas), and the flow of breath (vinyasa). Through the practice of integrating breath and refining postures, participants will increase flexibility, strength and balance and feel relaxed and restored. **ESIC CENTER**
MON 8:00-9:00PM
TUES 8:30-9:25AM
TUES 10:30-11:25AM
WED 7:30-8:25AM
THUR 8:30-9:25AM
THUR 10:30-11:25AM
THUR 7:00-7:55PM
MEMBERS \$25 • NON-MEMBERS \$40

BASIC MAT PILATES

Strengthen your core muscles, as well as align your whole body using exercises that challenge and balance you. Learn Pilates breathing and positioning, which engage and challenge your body. **ESIC CENTER**
WEDNESDAY 8:00-8:55PM • MEMBERS \$25 • NON-MEMBERS \$40

PIYO

A unique class designed to build strength and increase flexibility using pilates and yoga poses. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.
TUES 6:00-6:55PM • ESIC CENTER
MEMBERS \$25 • NON-MEMBERS \$40

RUN, BIKE, SWIM

Get into great shape with 3 disciplines in a one hour class. Participants start in the Group Fitness Room to run and speed train, utilize the spin bikes in the Fitness Center, then move to the pool to finish the class. Space is limited so sign up today! Limit of 8 participants.
MONDAY 7:30-8:30 PM • ESIC CENTER
MEMBERS \$40 NON-MEMBERS \$68

MIXED MARTIAL ART CONDITIONING

A powerful weapon in your fight for fitness! This class combines drills and techniques from kickboxing, wrestling and mixed martial arts for a well rounded and butt-kicking workout. Open to adults and youth who want to try grappling, kickboxing and the hard core conditioning techniques of the mixed martial artist in a controlled environment. We focus on total body conditioning using a variety of martial and sports specific conditioning for grappling and kickboxing. **ESIC ACTIVITY ROOM**
MONDAY 8:15-9:00PM
WEDNESDAY 8:15-9:00PM
MEMBERS \$25 • NON-MEMBERS \$40



HEALTH & WELLNESS

Drop-In Group Fitness • 12+ Yrs. • Esic Center Only

FITNESS MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5
PUNCH CARD: MEMBERS: \$20 FOR 11 CLASSES • NON-MEMBERS: \$50 FOR 10 CLASSES

AMRAP "AS MANY REPS AS POSSIBLE" *NEW*

Want to burn fat & increase strength & endurance in as little time as possible? AMRAP is your class! Geared towards all fitness levels, this class will challenge you and change your body composition as you compete against yourself in a round robin format! AMRAP will get you out of your comfort zone and into great fitness.

AWESOME ABS

Drop in and work on those washboard abs! This class will also combine lower body sculpting and stretching exercises—short, sweet, and gets the job done!

BOOT CAMP CONDITIONING

Come join us for a workout designed to challenge and improve your strength, muscular & cardio endurance, flexibility, and body composition. This workout will help to increase your endurance with athletic movements and basic calisthenics. **Note:** This class will utilize outdoor areas when weather permits.

CARDIO BLAST AM

Start your day with a class combining aerobics, step, and weights to maximize and mix up your work out!

CORE & MORE

Abs, thighs and hips. What more could you want? Tighten up those trouble spots in this 30 minute toning workout.

DANCE FITNESS

Have fun while you stretch, move and groove to your favorites from the 50s, 60s, 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun!

ESIC ACTIVITY ROOM

FITNESS OVER 50

This high-energy class is a combination of step aerobics, low-impact aerobics and body toning geared towards older active adults. You will also utilize free weights, resistance bands, Resist-A-Ball and more.

STRENGTH TRAINING/ HIIT CARDIO

This workout will take your fitness to a new level with the combination of Strength Training and High Intensity Interval Training. Various equipment will be used to target specific muscle groups as well as torch those unwanted calories.

TABATA

These bootcamp workouts are short in duration and designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over. Get incredible results!

TOTAL BODY TONING

Strengthen, tone, and stretch your arms, shoulders, abs, back, glutes and legs! A total body sculpting experience.

TAI CHI

Find poetry in motion. A Chinese martial art created to keep your body's energy flowing smoothly and to teach instinctive reactions that would keep you one step ahead in combat. Movements are designed to encourage a smooth flow of chi throughout the body, along with good breathing techniques and concentration.

TURBO KICK

The fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!

WALK "LIVE" AEROBICS

The "Studio" version of Leslie Sansone's Walk At Home DVD. This is a low impact aerobics class based on 4 basic moves. Join us for a multi-muscle 3 mile "walk" which will promote a fun atmosphere, wellness & weight loss. View a sample of the class at walkathome.com. The Super Walk Aerobics class adds weights & firm bands to a portion of the class.

ZUMBA

Move fast and have fun while learning how to Salsa, Samba and Meringue. You will be having so much fun in this Latin inspired fitness class...you won't even know you are working out.

GROUP FITNESS CLASSES

Esic Center Only - 12+ Yrs.



EFFECTIVE JUNE 1ST - AUG. 31ST • SESSION CLASSES BEGIN JUNE 1ST

NO CLASSES AUG. 17TH-23RD

FITNESS MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO BLAST AM 5:45-6:45am	BOOT CAMP CONDITIONING 6:30-7:00am	CARDIO BLAST AM 5:45-6:45am	BOOT CAMP CONDITIONING 6:30-7:00am	CARDIO BLAST AM 5:45-6:45am	
TAI CHI 7:30-8:25am	WALK "LIVE" AEROBICS 7:30-8:15am	BEG. / INTERMED. YOGA 7:30-8:25am	WALK "LIVE" AEROBICS 7:30-8:15am	TAI CHI 7:30-8:25am	CARDIO BLAST AM 7:40-8:25am
FITNESS OVER 50 8:30-9:25am	BEG. / INTERMED. YOGA 8:30-9:25am	FITNESS OVER 50 8:30-9:25am	BEG. / INTERMED. YOGA 8:30-9:25am	FITNESS OVER 50 8:30-9:25am	BOOT CAMP CONDITIONING 8:30-9:25am
TURBO KICK 9:30-10:25am	BOOT CAMP CONDITIONING 9:30-10:25am	TOTAL BODY TONING 9:30-10:25am	TURBO KICK 9:30-10:25am	BOOT CAMP CONDITIONING 9:30-10:25am	GENTLE YOGA 9:30-10:25am
ZUMBA 10:30-11:25am	BEG. / INTERMED. YOGA 10:30-11:25am	ZUMBA 10:30-11:25am	BEG. / INTERMED. YOGA 10:30-11:25am	ZUMBA 10:30-11:25am	ZUMBA 10:30-11:25am
AWESOME ABS 4:30-4:55pm		TABATA 5:00-5:25pm		ZUMBA 6:00-6:55pm	
TOTAL BODY TONING 5:00-5:55pm	CORE & MORE 5:30-5:55pm	AWESOME ABS 5:30-5:55pm	CORE & MORE 5:30-5:55pm	ADDITIONAL CLASSES: DANCE FITNESS M & W • 8:30-9:25AM Esic Activity Room Drop-in Rates Apply MIXED MARTIAL ART CONDITIONING M or W • 8:15-9:00PM Esic Activity Room MEMB \$25 • NON-MEMB \$40 Child Care Services Available for your convenience during our Group Fitness Classes! Please refer to pg. 9 for the specific hours & policies.	
STRENGTH TRAINING/HIIT CARDIO 6:00-6:55pm	PIYO 6:00-6:55pm	OTAL BODY TONING 6:00-6:55pm	STRENGTH TRAINING/HIIT CARDIO 6:00-6:55pm		
AMRAP 7:00-7:30pm	BOOT CAMP CONDITIONING 7:00-7:55pm	ZUMBA 7:00-7:55pm	BEG. / INTERMED. YOGA 7:00-7:55pm		
RUN, BIKE, SWIM 7:30-8:30pm (1/2 upstairs)					
BEG. / INTERMED. YOGA 8:00-8:55pm	ZUMBA 8:00-8:55pm	BASIC MAT PILATES 8:00-8:55pm	BOOT CAMP CONDITIONING 8:00-8:55pm		

Session Classes

YOGA, PIYO, BASIC MAT PILATES and RUN, BIKE, SWIM shown in blue boxes and bold lettering are offered in 5-week sessions and are not offered in a "drop-in" setting. Check pg. 41 for class descriptions.



FITNESS CENTER CLASSES

Check For Location

WOMEN'S WEIGHT TRAINING

Weight training is a necessary component of every woman's exercise program for numerous reasons such as weight loss and the fight against bone loss. This class will teach you how to use weights, physioballs, and other resistance training tools, including cardio, to reach your fitness goals at every level. **ESIC CENTER**
MON & WED 9:30-10:30AM
TUES & THURS 5:00-6:00PM
MEMBERS \$40 • NON-MEMBERS \$65

SCULPT N' SPIN

Energized...That's how you'll feel after taking this exciting combo exercise class! You know that to truly meet your fitness goals you have to implement weight training & cardio into your workout. The first 45 min. you will strengthen & tone your body. The last 30 min. you will be on our NXT Spinning bikes for a cardio workout that will take you to a new level in your fitness endeavors. Come experience the positive results for yourself. **ESIC CENTER**
MON, WED & FRI 8:00-9:15AM
MON, WED & FRI 8:30-9:45AM
MEMBERS \$75 • NON-MEMBERS \$120

SPORTS PERFORMANCE TRAINING

This program is for the developing athlete (Middle and High School), College and National Caliber Athletes. The focal points are: horizontal and rotational loading, athletic strength training, speed and agility development, coordination, core stability, flexibility and injury prevention. Our innovative exercises use free weights, medicine balls, foam rollers, bands, OPS training system, plyometric exercises, bosu/disc, physioballs, weight vest, slide boards and body weight. We use circuit and HIIT Cardio in each workout. **MEYER CENTER**
MON-THUR 10:45AM-NOON
MON-THUR 5:00-6:15PM
MON-THUR 6:00-7:15PM
SUMMER 1 & 2 (5 WEEK SESSIONS):
MEMBERS \$108 • NON-MEMBERS \$148
PRE-FALL (3 WEEK MINI SESSION):
MEMBERS \$65 • NON-MEMBERS \$105

STRENGTH TRAINING FOR ADULTS

This program offers beginning through advanced levels for adults looking for a demanding and total body workout. The focal points are: horizontal and rotational loading, strength training, agility, core stability, flexibility and injury prevention. Our innovative exercises use free weights, medicine balls, foam rollers, bands, OPS training system, plyometric exercises, bosu/disc, physioballs, weight vest, slide boards and body weight. We use circuit and HIIT Cardio in each workout. **MEYER CENTER**
MON-THURS 10:45AM-NOON
MON-THURS 5:00-6:15PM
MON-THURS 6:00-7:15PM
SUMMER 1 & 2 (5 WEEK SESSIONS):
MEMBERS \$108 • NON-MEMBERS \$148
PRE-FALL (3 WEEK MINI SESSION):
MEMBERS \$65 • NON-MEMBERS \$105

THE HEALTHY WEIGH

Need a healthier lifestyle?...Need help with that change? Join Level 1 Healthy Weigh and workout in a fun, supportive, and professional environment. Then, continue to progress to Level 2 by increasing your stamina. In Level 2, this is achieved by using interval training and eccentric lifts. In both levels we will meet once a week as a group with a Registered Dietitian. **MEYER CENTER**
LEVEL 1: TUES & THURS 10:00-11:45AM
LEVEL 2: TUES & THURS 10:00-11:45AM
MEMBERS \$64 • NON-MEMBERS \$95

POWER UP!

This class is a total body weight workout, with a maximum of 10 participants per class. The class will meet two days a week. Each class consists of a dynamic warm-up, weight training, core training, HIIT cardio (high intensity interval training) and finishes with stretching. Diet and cardio are important, but when it comes to changing how your body looks and moves, weight training wins hands down. **MEYER**
MON & WED 7:00-8:20PM
TUES & THURS 6:00-7:20PM
SUMMER 1 & 2 (5 WEEK SESSIONS):
MEMBERS \$80 • NON-MEMBERS \$110
PRE-FALL (3 WEEK SESSION):
MEMBERS \$48 • NON-MEMBERS \$88

FITNESS CENTER

Esic Center Only



SPINNING® - INDOOR GROUP CYCLING CLASSES

Sometimes referred to as the "The Ultimate Ride," SPINNING® is an indoor group cycling program that is held in an instructor led format where participants ride on a fully adjustable stationary bicycle - the SPINNER NXT! This bike offers a customized fit, sleek racing bike geometry, fixed gear drive and true cycling componentry to deliver one of the smoothest, most comprehensive workouts available! Classes are formatted to offer the full experience - providing motivational music and instruction to offer you a new workout journey!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
SPINNING 6-6:45am	SPINNING 6-6:45am	SPINNING 6-6:45am	SPINNING 6-6:45am	SPINNING 6-6:45am	
					SPINNING 8:30-9:15am
	SPINNING 9:30-10:15am		SPINNING 9:30-10:15am		
				SPINNING 10-10:45am	
EVENING CLASSES					
SPINNING 6-6:45pm	SPINNING 6-6:45pm	SPINNING 6-6:45pm	SPINNING 6-6:45pm		

IF THIS IS YOUR FIRST CLASS, PLEASE ARRIVE 15 MINUTES EARLY TO ALLOW FOR PROPER BIKE SETUP.

ALL SPINNING® CLASSES ARE PRE-PAID

- Individual classes are \$5 • 11-class punch cards are available for \$50
- An Unlimited Monthly Spin Pass is available for \$55. All class sign-ups go through the Esic Fitness Center Desk.
- If members must cancel, please give at least 24 hour notice.

SPECIAL OFFER FROM MAY 26TH - SEPT. 8TH

BASIC & NON MEMBERS PAY THE SAME RATE AS MEMBERS!

PLEASE MAKE SURE TO CHECK OUT OUR WEBSITE FOR SCHEDULE UPDATES, NEW CLASSES AND MORE INFORMATION ABOUT THE EDWARDSVILLE YMCA SPINNING® PROGRAM!



Spinning® Bike Rental - Looking for a chance to ride outside of the SPINNING® class schedule? Now's your chance! At selected times each day you are able to rent a bike and create your workout utilizing the Spinner NXT. To rent a SPINNING® bike you have to be a Fitness Center Member and go through a SPINNING® orientation (by appointment only). To set up an orientation or for more details on renting a spinning bike, please call the Esic Fitness Center at 618-656-0436 ext. 19.

**DAILY RENTAL FOR \$7 OR
MONTHLY RENTAL FOR \$20.**



RACQUETBALL/WALLYBALL

Esic Center Only

ALL PLAYERS MUST CHECK-IN AT THE SERVICE DESK.

RACQUETBALL

DID YOU KNOW.....

- Racquetball was invented in 1950 at the Greenwich, Connecticut YMCA by Joe Sobek.
- It is an easy activity to learn!
- Burns 200 to 400 calories per hour while building cardiorespiratory & muscular endurance.
- Provides a challenge as the game requires skill, accuracy, strategy and agility.

RACQUETBALL COURT RENTALS

The Esic Center has two courts that are available for rental each day of the week. Courts may be reserved seven days in advance. Reservations can be made at the YMCA service desk or over the phone. Courts will be held for 15 minutes following the reserved time, after which the reservation will be canceled for use by someone else. **ALL PLAYERS MUST CHECK IN AT THE FRONT DESK & ALL COURT FEES MUST BE PAID PRIOR TO ENTERING THE COURT.**

MEMBERS: PRIME TIME \$7 / COURT • NON- PRIME \$5 / COURT (NON-MEMBERS WHO ARE GUESTS OF MEMBERS WILL BE ASSESSED AN ADDITIONAL \$1 PER HOUR FEE) NON-MEMBERS MAY RESERVE A COURT BY PURCHASING A \$10 DAILY GUEST PASS + THE COURT FEE + \$1 FOR EACH ADDITIONAL NON-MEMBER

SAFETY & EQUIPMENT

Please bring your own safety gear, racquets and fresh racquetballs, as we can't guarantee the front desk will have these to loan when needed. Always play it safe and follow the safety rules, using eye protection, wrist straps and calling "hinder" to avoid injuries. ***PARTICIPANTS MUST BE 12 OR OLDER TO PLAY. 12 TO 17 YEAR OLDS MUST WEAR PROTECTIVE EYE WEAR.***

RACQUETBALL ANNUAL PASS

YMCA Members now have a way to pay for racquetball annually! This pass will cover the card-holders' portion of all racquetball court rentals for one year from the purchase date. Passes can be purchased at the Esic Center front desk.

ANNUAL PASS FEES: FITNESS CENTER MEMBERS: \$60 • BASIC MEMBERS: \$75 • FAMILY ANNUAL PASS: \$100 (PASS COVERS THE FULL COURT FEE FOR INDIVIDUALS ON THE SAME FAMILY MEMBERSHIP)

FREE SATURDAY MORNING "MEMBERS ONLY" CHALLENGE COURT

Racquetball courts are reserved every Saturday morning from 8:00-10:00 AM as challenge courts for use by members only at no charge!

LOOK FOR ADULT RACQUETBALL CONVENIENCE LEAGUES BEGINING IN MAY

WALLYBALL

This awesome sport adds a whole new dimension to the exciting game of Volleyball. The general concepts of Wallyball are very similar to indoor volleyball and can be played in the YMCA racquetball courts. Wallyball provides the element of surprise as an ordinary volley can go in many directions when spiking the ball off the walls.

MEMBERS: PRIME TIME \$7/COURT • NON- PRIME \$5/COURT (NON-MEMBERS WHO ARE GUESTS OF MEMBERS WILL BE ASSESSED AN ADDITIONAL \$1/HOUR FEE) NON-MEMBERS MAY RESERVE A COURT BY PURCHASING A \$10 DAILY GUEST PASS + THE COURT FEE + \$1 FOR EACH ADDITIONAL NON-MEMBER

CONTACT THE SERVICE DESK AT 656-0436 OR VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT RACQUETBALL & WALLYBALL.



BIRTHDAY PARTIES

Parties are offered on Saturday & Sunday at convenient times for everyone. Tables are available with each party for you to open gifts & celebrate with your birthday cake!

SKATING

The fun never stops in the skate center! How can you resist skating to all of your favorite tunes and playing different skating games?

SPORTS

Who doesn't like playing sports? You can pick your favorite sport like dodgeball or basketball and let our refs do the rest!

ROCK & ROLL

Can't decide between climbing the rock wall or skating to your favorite tunes? Why choose just one when you can have both? You will get to spend an hour at each spot on your special day!

GYMNASTICS

What better way to have fun than jumping into the foam pit or bouncing on trampolines? Come join the fun in our gymnastics center with parties designed especially for those active kids!

LEGOS!

Love Legos? Love to build? This is the party for you!
NEW PARTY!

CLIMBING

Ever wanted to climb 24 feet up into the sky?

With a climbing party you will have access to the climbing tower where you can explore & reach new heights!

INDOOR OR OUTDOOR SWIMMING

Want to show off your swimming skills to your friends? Have a swim party where you can spend your special day splashing around in either of our indoor or outdoor pools!

PLEASE CHECK OUR WEBSITE FOR SPECIFIC PRICES AND TIMES.



FACILITY RENTALS

We also offer Private After Hour Events and Overnight Group Rentals for your special occasion!

AFTER HOUR EVENTS - 4 Hours

FRIDAY: 9:00PM-1:00AM • SATURDAY: 8:00PM-12:00AM • SUNDAY: 6:00-10:00PM

GROUP OVERNIGHT EVENTS

HOURS: FRIDAY: 9:00PM-7:00AM • SATURDAY: 8:00PM-7:00AM

Both Events Offer:

- Meyer available for skating, climbing, gyms & program rooms.
- Esic available for swimming, racquetball, activity room, gyms & conference room.
- Gymnastics & Tennis can be added for additional fees.

*** CALL 618-655-1460 FOR PRICING***





BIRTHDAY PARTIES/FACILITY RENTALS

Fee Structure

TYPE OF PARTY	LENGTH OF PARTY	RATE	NUMBER OF PAID GUESTS	ADDITIONAL GUEST RATE	MAY INCREASE TO THIS NUMBER OF GUESTS	DAY PARTY IS OFFERED
ARTS & HUMANITIES						
Legos	1hr 45min	\$100 member \$130 non-member	12	\$5	24	Saturday
GYMNASTICS						
Youth Gymnastics (Age 5 & up)	1hr 45min	\$125 member \$150 non-member	10	\$5	Director Approval	Sat & Sun
Preschool Gymnastics (Age 3&4)	1hr 45min	\$125 member \$150 non-member	10	\$5	Director Approval	Sat & Sun
Climbing (Age 5&up)	2 hours	\$100 member \$130 non-member	10	\$5	15	Sat & Sun
Rock Climb/ Roller Skate Combo	1 hour each	\$100 member \$130 non-member	10	\$5	15	Sat & Sun
RECREATION SPORTS (Age 5 & up) (Ask about other sports options)						
Basketball	2 hours	\$100 member \$130 non-member	12	\$5	24	Sunday
Dodgeball	2 hours	\$100 member \$130 non-member	12	\$5	24	Sunday
SKATING						
1 Table	2 hours	\$50 members \$70 non-members	6	\$5	8	Sat & Sun
2 Tables	2 hours	\$85 members \$105 non-members	12	\$5	16	Sat & Sun
3 Tables	2 hours	\$130 members \$150 non-members	18	\$5	24	Sat & Sun
SWIMMING						
ESIC - indoor	2 hours	\$125 members \$150 non-members	50 swimmers (all ages)		Director Approval	Sat & Sun
SWIMMING-MEYER * Only available for members when the outdoor pool is open.						
Private Party	2 hours	\$150 members	50	\$3	75	Sat & Sun
Semi Private Party	2 hours	\$100 members	30	\$3	40	Sat & Sun
<p>Party packages come with paper goods, drinks (excluding pool parties) and a party hostess to assist. **PARTY PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**</p> <p>ALSO INQUIRE ABOUT OUR FACILITY RENTALS FOR YOUR OTHER SPECIAL OCCASIONS!</p>						

BUILDING HOURS AND HOLIDAYS

Visit the YMCA during these hours:

Monday - Thursday 5:30am - 10:00pm
Friday 5:30am - 9:00pm
Saturday 7:00am - 8:00pm
Sunday 10:00am - 6:00pm

Special Hours at the YMCA:

Memorial Day, May 25th • CLOSED
Independence Day, July 4th • CLOSED
Labor Day, September 7th • CLOSED

CALL TODAY FOR MORE INFORMATION!

ESIC CENTER **MEYER CENTER**

(6 18) 656-0436 (6 18) 655-1460

www.edwardsvilleyymca.com

MISSION: The Edwardsville YMCA is dedicated to enriching the lives of all individuals and families in the communities we serve through programs and services based on Christian principles that promote a healthy spirit, mind and body for all.

YMCA BOARD OF DIRECTORS

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Edwardsville YMCA
1200 Esic Drive
Edwardsville, IL 62025

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