

# LEAP INTO THE NEW YEAR



## WINTER 1 CATALOG 2024 EDWARDSVILLE YMCA

8 Weeks • January 8<sup>TH</sup> – March 3<sup>RD</sup>

Registration Starts At 6:00am

Members: December 11<sup>TH</sup> • Non-Members: December 18<sup>TH</sup>



[WWW.EDWARDSVILLEYMCA.COM](http://WWW.EDWARDSVILLEYMCA.COM)





# FACILITY INFORMATION



## NIEBUR CENTER

Located at:  
1200 Esic Drive  
Edwardsville, IL 62025  
Phone: (618) 656.0436  
Fax: (618) 656.9653

A 45,000 sq. ft. center located one block east of Rt.157 near the Lincoln Middle School area. This YMCA was built in 1969. 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.

## MEYER CENTER

Located at:  
7348 Goshen Road  
Edwardsville, IL 62025  
Phone: (618) 655.1460  
Fax: (618) 655.1468

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.



## ALLISON CASSENS EARLY CHILDHOOD DEVELOPMENT CENTER

Located at:  
190 Cottonwood Road  
Glen Carbon, IL 62034  
Phone: (618) 288.3232  
Fax: (618) 288.7099

A 10,000 sq. ft. center located 2 blocks east of Rt. 159 near the Glen Carbon Walmart. 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.



# REGISTRATION

## WINTER 1 SESSION 8 WEEKS

January 8<sup>TH</sup> – March 3<sup>RD</sup>

Registration Starts At 6:00am • Members: December 11<sup>TH</sup> • Non-Members: December 18<sup>TH</sup>

### REGISTRATION POLICIES

- Member online registration begins at 6:00am on Mon., December 11<sup>TH</sup> & non-member online registration at 6:00am on Mon., December 18<sup>TH</sup>
  - Registrations will not be accepted by telephone or by mail. We are encouraging online registration.
  - Classes may have a lower number of max participants.
  - If a minimum is not met, the class may be cancelled with transfers or refunds available.
  - Wait lists will be contacted in order when openings occur in programs.
  - We have a newer registration system, please check it out before registration so you have a smooth process. You will need to create a new profile on your first visit.
  - Credit Policy:
    - 100% refund (minus \$10 processing fee): Request made 8 or more days before the start of program or practice
    - 50% refund: Request made 1-7 days before the start of program or practice
    - No Refund: Request made the day of or after the first day of program or practice.
    - The \$10 handling fee will be waived if withdrawal is due to medical reasons; however, a written note from a licensed medical doctor is required.
  - Credit vouchers may be used for future transactions. 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 & credit card drafts.\*\*

### OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



# MEMBERSHIP

A YMCA membership gives you so much more than access to our facilities. It helps you lead a healthier lifestyle by building relationships, providing a way for you to be a part of your community, allowing you to help others and 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.

**LOOKING TO JOIN? YOU CAN JOIN THE Y  
ONLINE! PLEASE VISIT OUR WEBSITE TODAY!**

## MEMBERSHIP BENEFITS:

- **Unlimited Access To 2 Fitness Centers (Ages 12 & Up)**
- **Member Only Early Registration Opportunities**
- **Reduced Rates On YMCA Programs & Activities**
- **FREE Drop-In Group Fitness Classes (Ages 12 & Up)**
  - **NOW Includes: Yoga, Spin & Barre**
- **FREE Fitness On Demand Classes \*NEW\* (Ages 12 & Up)**
- **FREE Child Watch Services (Child Must Be A Member)**
- **FREE Water Exercise Classes**
- **FREE Pickleball (Scheduled Times)**
- **FREE Open Rock Wall Climbing (Scheduled Times)**
- **FREE Racquetball & Wallyball Court Time**
  - **Scheduled Times - Ages 12 & Up**
- **FREE Family Fun Nights\***
- **Access To Areas During Scheduled "Members Only" Times**
- **Unlimited Use Of The Walking Track**
- **Open Gymnasium, Swim, Skate & Tennis**
  - **Scheduled Times, Fees May Apply**
- **Access To Personal Training (Fees Apply)**
- **Access To Nationwide Membership**
  - **For More Info Check Website Or Ask Front Desk**
- **Guest Passes (Members Over 18) • 1 Person At A Time Per Member**

## INDIVIDUAL MEMBERSHIPS

### OLDER YOUTH/YOUNG ADULT MEMBERSHIP

For children between the ages of 11 and 24. Youth will be able to utilize the fitness centers, drop-in fitness classes and sign up for programming at the member rate.

### ADULT INDIVIDUAL MEMBERSHIP

For adults between 25 and 61 years of age. Individuals can utilize the fitness centers, drop-in fitness classes and sign up for programming at the member rate.

## HOUSEHOLD MEMBERSHIPS

### HOUSEHOLD • 2 ADULTS + YOUTH UNDER 25

This household membership is for two adults and their dependent children under 18 living in the same household. College students ages 19-24 may be included in the family if they are still residing with their parents. An additional adult living in the same residence may be added for an additional amount per month (Up to 2). Verification of residency will be required.

### 1 ADULT HOUSEHOLD • 1 ADULT + YOUTH UNDER 25

This household membership is for one adult and their dependent children under 18 living in the same household. College students ages 19-24 may be included in the family if they are still residing with their parents. An additional adult living in the same residence may be added for an additional amount per month (Up to 2). Verification of residency will be required.

### 2 ADULT HOUSEHOLD • 2 ADULTS (NO YOUTH)

This household membership is for two adults. An additional adult living in the same residence may be added for an additional amount per month (Up to 2). Verification of residency will be required.

## SENIOR MEMBERSHIPS

### SENIOR INDIVIDUAL

Senior membership is offered at a discounted rate to those individuals ages 62 and over. Seniors with dependent children and grandchildren must purchase a regular household membership.

### SENIOR HOUSEHOLD (NO KIDS)

Senior membership is offered at a discounted rate for a household with at least one adult age 62 and over. This is for two adults who reside in the same household. Seniors with dependent children and grandchildren must purchase a regular household membership.



# MEMBERSHIP

## MISSION MEMBERSHIP OPTIONS MONTHLY BANK DRAFT

**OLDER YOUTH/  
YOUNG ADULT**

Ages 11 – 24

\$30

**ADULT INDIVIDUAL**

Ages 25 – 61

\$39

**HOUSEHOLD**

2 Adults + Youth Under 25  
1 Adult + Youth Under 25  
2 Adults • No Youth

\$59

\$54

\$54

**SENIOR CITIZEN  
INDIVIDUAL**

Ages 62+

\$32

**SENIOR CITIZEN  
COUPLE**

Ages 62+

\$44

Membership Rates As of January 1<sup>ST</sup>, 2022

## IT'S EASY TO JOIN!

**No Joining Fees!**

**No Annual Renewal Fees!**

**No Contracts!**

**30 Day Money Back\***

\*First Time Joins, 1 Time, 1<sup>ST</sup> Month\*

**24 Hour Fitness Option!**

## Ask About Special Discounts On Memberships For:

**Military Members (Active, Retired & Veterans) • First Responders • Corporate Members**

## MONTHLY BANK DRAFT

This payment plan is an easy and economical way to join the Edwardsville YMCA. No Long Term Commitment! Your monthly payment is automatically deducted from your checking/savings account or credit/debit card. We draft on the 15<sup>TH</sup> of each month.

## ANNUAL PAYMENT

Members have the option to pay membership fees in advance annually (no refunds). Please contact our front desk regarding this option.

## PAYMENT INFORMATION

- 7 day ADVANCE written notice is required to cancel or make changes to your membership. You CAN NOT cancel over the phone.
- 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.



# 24 HOUR FITNESS CENTER OPTION

## OUR NEWEST OFFERING WILL KEEP YOU UP ALL NIGHT!

We are officially going to have our Niebur Fitness Center Open for 24 Hours, 7 Days a Week! You can get your workout in when it fits your schedule!

**You can add this onto your Mission Membership for only \$2 extra a month per person.**

This is only for those 18 years and older. Sign up by visiting the Niebur Center Front Desk today!

### USAGE

As a member with 24 hour access, you may use the Edwardsville YMCA's Niebur Fitness Center at any time. If using the facility prior to the YMCA closing for the evening and you want to stay for extended hours, you will be required to exit the facility at our normal closing time and re-enter using the 24 hour access point using your mobile check-in device.

**AFTER Y STAFF LEAVE THE BUILDING, THE FOLLOWING ROOMS WILL BE NOT BE ACCESSIBLE:**

- Downstairs & Upstairs Group Fitness Studios
- Spin Studio
- Racquetball Room
- Indoor Pools
- Locker Rooms
- Gymnasium
- ChildWatch Area
- Offices and Front Desk Area
- Meyer Center Facility

We HIGHLY recommend that you have an adult workout partner, who has a membership with the Edwardsville YMCA and has obtained their Mobile Pass, accompany you while using the Niebur Center 24 Hour facility, but it is entirely up to you. You have agreed to obtain a 24/7 membership which will allow you access to the Fitness Center outside of staffed hours of operation. As such, you are aware that there will be no supervision or assistance when using these facilities outside of the YMCA's staffed hours of operation. You are also aware that if you are injured, become unconscious, suffer a stroke or heart attack, that there will likely be no one to respond to your emergency and this facility has no duty to provide assistance to you. Even though this facility is equipped with surveillance cameras, it is likely that should you require immediate assistance, none will be provided. Because physical exercise can be strenuous and subject to risk of serious injury, the Edwardsville YMCA urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that if you engage in any physical exercise or activity, or use any Edwardsville YMCA amenity on the premises, you do so entirely at your own risk. You agree that you are voluntarily participating in the use of this facility and assume all risks of injury, illness, or death.

The Edwardsville YMCA is also not responsible for any loss of your personal property either inside or outside the facility.

### HONOR CODE POLICY

With the addition of 24 hour access, the YMCA is adopting a strict honor code based on YMCA values of honesty, respect, caring and responsibility. If members fail to abide by the policies established, their 24 hour access and membership will be revoked with no refunds given. These policies are in place for the safety and security of our members and deviations from our values are deemed inappropriate to our mission.

### AGE REQUIREMENTS

The 24 hour access is an 18 or older adult only benefit. 24 hour access will only be granted to those who meet the age requirement. Parents should not give their Mobile Pass info to anyone under the age of 18. Members who violate this policy will lose their membership privileges.

### GUEST POLICY

Guests are only allowed in the YMCA during normal business hours when a YMCA staff member is on duty. No guests are allowed to utilize the 24 hour access, as it is a program for members only. Members who bring guests to the Y with their 24 hour Mobile Pass will lose their membership privileges. YMCA Nationwide Members cannot participate in the 24 hour access without becoming a member of the Edwardsville YMCA.

### SAFETY & SECURITY

Please be aware that your Mobile Pass is to be used only for your own personal entrance into the facility. Members with 24 hour access cannot grant access to others, even if they are known to you. This is required so the YMCA can track who is in the building at all times. Granting access to another individual is grounds for immediate termination of membership.

The YMCA has installed a 24 hour video recording system for security purposes. It will be reviewed on a daily basis to address any security concerns and monitor who is entering the building. Please note that this system does not provide staffing assistance for any emergency that might arise during the normal operating hours. A telephone is located in the Fitness Center area in case of emergency. The YMCA's address and emergency phone numbers are posted near the phone for easy access. In the event of an emergency, immediately dial 911. Emergency personnel will be able to access the building during non-business hours.

The Edwardsville YMCA reserves the right to conduct a criminal background check on any individual requesting 24-hour access and terminate 24 hour access for any cause.

### INCLEMENT WEATHER

During non-staffed hours on winter weather days, snow/ice removal will not be in place until normal operating hours when staff are present. Members with 24 hour access can utilize the Niebur Fitness Center but at their own risk from the elements (if needing shelter for severe weather, please use the stairwell to shelter in place). In cases of a power outage, you will not be able to access the facilities.

### FACILITY CLOSURE

The Edwardsville YMCA reserves the right to close the facility (including 24 hour access) as the situation warrants.



# SHARE THE Y

Do you have friends, family or neighbors that aren't members of the Edwardsville YMCA? Did you know you both could save when they join?

**Our new Share The Y program will do just that!**

At the Y, you're a member of something special: the nation's leading nonprofit dedicated to youth development, healthy living and social responsibility. You are able to get a good workout, make new friends and help your community! We appreciate your continued support of the Edwardsville YMCA.

## HERE'S HOW IT WORKS

1. As a current Edwardsville YMCA member, you invite a friend, family member or neighbor to join by giving them a referral card. You can get the cards at the Front Desk.
2. Your friend, family member or neighbor brings the referral card to the front desk when they join.
3. Once they join and stay members for at least two months, both of you receive a free month of membership! (See full rules.)

**Ask About The  
Share The Y  
Program!  
Everyone Saves!**

## ADDITIONAL RULES

- This special is only valid when a current member of the Edwardsville YMCA refers a new member to the Edwardsville YMCA.
- The free month of membership applies to the amount the current or new member pays out-of-pocket. For example, if a current member receives scholarship from the Y, they receive a free month for the amount they pay out-of-pocket.
- The Y will issue no cash back for this promotion. If the member terminates their membership or loses membership privileges before receiving their free month(s), they will lose those free months.
- The Y reserves the right to deny a free month(s) if the referral program appears to be abused by either the new or current member. The spirit of the program is to reward true referrals.

## CURRENT (REFERRING) MEMBERS

- Current Y members receive one free month for each new referred membership unit sold.
- A member can refer up to six new memberships for a total of up to six free months per calendar year. If you are a new member who joined because of a referral, you can invite up to five more new members for a total of six free months per calendar year.
- The free month of membership applies to the amount the current or new member pays out-of-pocket. For example, if a current member receives scholarship from the Y, they receive a free month for the amount they pay out-of-pocket.
- Current members must belong to the Edwardsville YMCA.
- The new member must keep their membership active for a minimum of 2 consecutive months from the joining date in order for both parties to receive the free month.
- If the new member is waiting to be approved for financial assistance, the current member does not receive a free month until the person activates their financial assistance membership and remains active for 2 consecutive months.
- Current members who paid a year up-front and refer someone will receive the credit amount toward his or her next membership renewal.

## NEW MEMBERS

- New memberships must be mission membership types only. Adding members onto a current membership is not eligible for this promotion.
- The new member must keep their membership active for a minimum of 2 consecutive months from the joining date in order to receive the free month.
- If the new member is a former member of the Y, he or she must have canceled the membership a minimum of 180 days ago.
- New members must join the Edwardsville YMCA.
- The new member must notify the Y Service Desk of the referral at the time of joining.
- This offer is not retroactive if a referred member joined and did not present the referral card at the time of joining.
- If a new member joins during a Y membership promotion time, the current member will receive a free month for the referral and the new member will receive the benefit offered during the promotion or the free month. The new member will not be able to receive both promotions.



# MEMBERSHIP

## WE PARTICIPATE WITH THE FOLLOWING HEALTH INSURANCE PROGRAMS:

• SilverSneakers • Optum Renew Active • United Healthcare Healthy Contributions •

### Unsure Of Your Eligibility?

Check With Our Staff To Help Determine Your Eligibility • Talk To Your Health Care Provider • Visit Their Websites

## OPERATING POLICIES

### GUEST POLICY

Edwardsville YMCA Mission Members who are 18 years or older can bring unlimited guests throughout the year, but each guest can only come 5 times total per year. You may only bring 1 person per visit. The guest must accompany the member. Guest passes may be used at any time as long as the membership is in good standing.

### MEMBERSHIP CARDS

**IF YOU HAVE NOT HAD YOUR PHOTO ID MADE, PLEASE STOP IN TO HAVE IT MADE FOR FREE.** 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. **MISPLACED YOUR CARD?** Check in at the service desk to get a replacement card or get it on your phone!

### NATIONWIDE MEMBERSHIP

Enabling mission members to visit any participating YMCA in the United States. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities. Certain areas of the facilities may not be able to accommodate Nationwide Members. Guests are not allowed with nationwide members. Please contact the Member Services staff for further details.

### 7 DAY PASSES FOR NON-MEMBERS

- FREE for the individual 18+ or whole family – Makes everyone a Mission Member for 7 consecutive days and only obtainable one time a year
- Allowed to use the facility in the following areas:
  - Fitness Centers • Drop-in Group Fitness & Spin Classes • Gymnasium
  - Racquetball • Pickleball • Walking Track • Climbing Wall • Pools • Child Watch
- Non-Member Rates Apply For: Skate, Tennis, Gymnastics Open Gym & Sessional Classes
- After non-members have used up their 7 Day Pass or were a guest of members 5 times a year, you will have to become a member to utilize the facility for the Fitness Center, Basketball Gymnasium, Pools & Walking Track.
- Can pay the daily non-member rates for the following:
  - Drop-in Group Fitness & Spin Classes • Skate • Tennis • Racquetball • Pickleball • Climbing Wall



Meet Owliver!  
Our New Y Mascot!

## FACILITY PASSES

DAY PASS	DAILY FEE
PART OF THE CAUSE INDIVIDUAL	\$5
PART OF THE CAUSE HOUSEHOLD UNIT	\$10
Can Use: Fitness Center, Basketball Gym, Drop-in Fitness Classes*, Pools*, Racquetball, Pickleball*, Track & Open Climb* (*See Schedule)	
7 DAY PASS	FEE
NON-MEMBERS	FREE
Can Only Get Pass 1 Time Per Year For 7 Consecutive Days Can Use: Fitness Center, Basketball Gym, Drop-in Fitness Classes*, Pools*, Racquetball, Pickleball*, Track & Open Climb* (*See Schedule)	



# FINANCIAL ASSISTANCE

The Edwardsville YMCA is committed to stand firm in our mission to impact the lives of others and to never turn away those who are unable to afford the necessary benefits the Y provides. Those benefits include, (but are not limited to) building healthy habits, growing relationships and fellowship with other members and having a safe place for children to learn, grow and thrive.

We believe these to be essential needs for our community; however we alone are unable to fund all the assistance needed to help fulfill the requests that come in every year. Through the generosity of our community's businesses and individuals, members and staff, donations to the Annual Campaign help to fund our Financial Assistance Program.

The recurring reasons for requesting assistance include: job loss, illness and injury rehabilitation. These requests continue to increase and as a non-profit, we are committed to helping as many individuals and families as possible.

**IF YOU ARE IN NEED OF HELP, PLEASE CONTACT THE EDWARDSVILLE YMCA TODAY!**

**Our Financial Assistance Program Impacts Include:**

**MEMBERSHIP**

• Youth • Adults • Seniors •

**YOUTH DEVELOPMENT & CHILDCARE**

• Summer Camp • Preschool • Drop-in Childcare • Early Childhood Center • Schools, Non-Profits & More •

**PROGRAMS**

• Special Needs • Youth Sports • Active Older Adults • Health & Wellness • Aquatics • Arts • Gymnastics •

The Financial Assistance program is made possible by support from the United Way and the YMCA Annual Campaign.

**MISSION PROGRAMS & OFFERINGS**

• Safety Around Water • Parkinson's Program • Foster Families • Childcare Assistance • Cardiac Rehab & Blood Drives • Giving Tree •  
• Mitch & Friends Adaptive Tennis • Interaction • Y Giving Garden • Summer Food Service • Worship Ride • Youth Ambassadors •  
• Membership & Programs For All •

**WE ARE HERE TO HELP • APPLY TODAY**  
**YOUR SUPPORT MAKES A DIFFERENCE • DONATE TODAY**





# CHILD CARE



# DROP-IN CHILD WATCH

We offer drop-in child watch services to our MEMBERS participating in programs or exercising at the Niebur or Meyer Centers.

Parents **MUST BE ON SITE** at all times while their children are in child watch.

These services are available for a maximum of **ONE HOUR**.

## • DROP-IN CHILD WATCH HOURS •

Age: 1 - 8 Years

Monday - Saturday\* • 8:15 - 11:30am

Monday - Thursday • 4:15 - 7:30pm

\*No Saturday Time Available At Niebur Center

## • CHILD WATCH RATES •

Mission & Nationwide Members:  
**FREE** if child is on membership  
Basic/Part Of The Cause Members:  
Free With \$10 Household Day Pass

Check In At The Front Desk

## • CHILD WATCH RULES •

Members Only • Please Bring Your Membership Card  
Check In At The Front Desk Before Bringing Child Into Room  
One Hour Limit • First Come, First Served

**CHILDREN NEED TO BE ACTIVE MEMBERS**

Guests Of A Member: Cannot Use Childwatch

7 Day Pass: Child Will Be Allowed To Use Childwatch

- No Outside Snacks Allowed •
- Please Label Water Bottle •
- Please No Outside Toys, Electronics, Etc. •

## • ALL NEW!! DROP-IN INFANT CARE HOURS •

Age: 6 Weeks - 1 Year

Monday - Friday • 8:15 - 11:30am

Only At The Niebur Center

## • INFANT CARE RULES •

Members Only • Register Online Or At The Desk To Reserve Slot  
Check In At The Front Desk Before Bringing Infant Into Room  
One Hour Limit • Four Infant Limit

**EMPLOYEES WILL NOT BE CHANGING DIAPERS OR  
FEEDING INFANTS.**

Security Items Allowed (Blankets, Binkies, Rattles, Etc.)



# PRESCHOOL

**PLEASE NOTE:** Children need to be toilet trained before they start Three Year Old Preschool, Pre-Kindergarten & K.I.D.S. Enrichment.

**Preparing children physically, socially, emotionally and academically for Kindergarten.**

## TIME FOR TODDLERS

A chance for your 2 year old to develop socially and emotionally and to prepare them for the YMCA 3 year old program. There are 12 children in each class, along with a lead teacher, an assistant and a co-op volunteer. Children will be able to participate in puzzles, games, art and music, as well as circle time activities. They will also participate in fine and gross motor play. A volunteer parent or caregiver co-op is required for this class.

**Requirements:** Child must be 2 on or before September 1<sup>ST</sup> of the current school year.

**MON & WED • 9:30 – 11:45AM**  
**TUES & THURS • 9:30 – 11:45AM**  
**MEMBERS • TWO DAYS • \$143**

**2024 – 2025 Preschool Runs**  
**September 3<sup>RD</sup> – Mid-May**  
**Tuition Rates Are Per Month • \$100 Registration Fee**  
**Registration Opens January 8<sup>TH</sup>**

## THREE YEAR OLD PRESCHOOL

Our program emphasizes social interaction and learning through active play. We engage the children with a focus on science and nature activities, art/craft projects and work on fine and gross motor skills in a variety of ways. We foster the development of a positive attitude toward peers, adults and teachers. There are 15 children in each 3's class, along with a lead teacher, an assistant teacher and a volunteer. Experienced teachers will provide a safe, warm and caring environment in their classrooms. **Requirements:** Child must be 3 before September 1<sup>ST</sup> of the current school year.

**TUES & THURS • 9:30AM – NOON**  
**MEMBERS • \$143**



# PRESCHOOL



## PRE-KINDERGARTEN

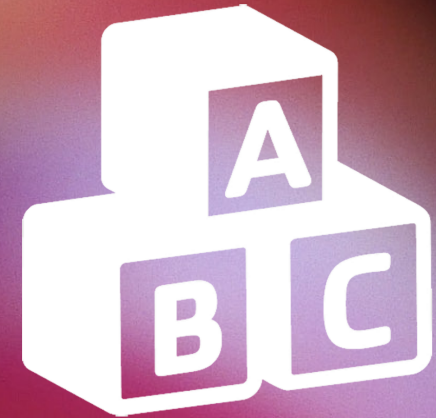
Our program offers your child a chance to grow and learn in time for their kindergarten year. The teachers provide a nurturing and caring environment to help your child develop. We offer science, math, art, fine and gross motor activities, beginning phonics and much more! There are 18 children in each class with 1 lead teacher, an assistant teacher and a volunteer.

**Requirements:** Child must be 4 before September 1<sup>ST</sup> of the current school year.

**MON, WED & FRI • 9:30AM – 12:30PM**  
**MEMBERS • \$202**



For more information about our Preschool Program please contact our Preschool Coordinators Ashley Brammeier & Lauren Lawson at 618.656.0436 ext. 2327.



## K.I.D.S. ENRICHMENT

This program offers a well-supervised place for children to have an afternoon of fun, group activities, including literature-based arts and crafts, music, organized games, story time and free play. Children can extend their preschool day, but do not need to be enrolled in morning preschool classes to attend! Parents will need to provide a sack lunch for their child. This is NOT a parent cooperative volunteer program.

**PRE-K: MON & WED • 12:00 – 2:30PM**  
**(CAN DO MON OR WED OR BOTH)**  
**3'S: TUES • 12:00 – 2:30PM**  
**MEMBERS • 1 DAY: \$78 • 2 DAYS: \$124**



# FULL DAY CHILD CARE

## BUILDING STRONG BRIGHT FUTURES

ALONG WITH PROVIDING QUALITY CARE OUR CENTER OFFERS SO MUCH MORE...

State Of The Art Playground • "Creative Curriculum"

One Free Book Each Month Through "The Imagination Library"

**YMCA PROGRAMMING INCLUDED AT NO EXTRA COST:**

Creative Art Play • Music

**The Edwardsville YMCA Offers Full Day Child Care Services For Children  
Ages 6 Weeks To 5 Years Old At Our Allison Cassens Early Childhood Development Center!**

### OUR MISSION

The purpose of the YMCA Allison Cassens 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 children get the most out of their YMCA Allison Cassens Early Childhood Development Center experience.

### 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.

**For More Information, Please Visit Our Website At [www.edwardsvilleyymca.com](http://www.edwardsvilleyymca.com),  
Like Us On Facebook Or Contact Us About Availability At 618.288.3232.  
Located At: 190 Cottonwood Road, Glen Carbon, IL 62034**





**PROGRAMS**



# ACTIVE OLDER ADULTS

## DROP-IN AQUATICS

MISSION MEMBERS FREE • PART OF THE CAUSE/BASIC MEMBERS \$5

### AQUA AEROBICS

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

**MON & THURS 9:00 – 9:50AM • NIEBUR POOL 2**

**SAT 8:00 – 8:50AM • NIEBUR POOL 2**

### AQUA TABATA

This high intensity interval training class consisting of 30 seconds of work and 30 seconds of rest will have you leaving class feeling energized and accomplished.

**WED 10:00 – 10:50AM • NIEBUR POOL 2**

### WATER EXERCISE & CORE BALANCE

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

**TUES 9:00 – 9:50AM • NIEBUR POOL 2**

### LOW IMPACT WATER EXERCISE (FORMERLY ARTHRITIS)

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.

**WED 9:00 – 9:50AM • NIEBUR POOL 2**

## DROP-IN FITNESS

SILVERSNEAKERS & MISSION MEMBERS FREE • PART OF THE CAUSE/BASIC MEMBERS \$5 • NON-MEMBERS \$15

### SILVERSNEAKERS CLASSIC

Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion & functionality for daily living. Hand-held weights, elastic tubing with handles & a SilverSneakers ball are offered for resistance. A chair is available for seated or standing support.

**MON, WED & FRI 8:30 – 9:25AM • MEYER GYM | TUES & THURS 8:30 – 9:25AM • NIEBUR GYM**

**MON, TUES, WED, THURS & FRI 12:00 – 12:55PM • NIEBUR UPSTAIRS FITNESS STUDIO**

### CHAIR YOGA

A traditional yoga practice for people who cannot get on the floor, those recovering from injuries and those of all ages.

There is breath work, stretching and balance work.

**MON 1:30 – 2:25PM • THURS 1:30 – 2:25PM • NIEBUR 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 • NIEBUR CENTER**

### FUNCTIONAL FITNESS

This is an exercise program designed to increase strength, flexibility, range of motion, mobility, gait and balance. Exercises are performed seated in chairs or standing in a group class setting. Wear comfortable clothing and gym shoes and get ready for this 45 minute class.

**1<sup>ST</sup> & 3<sup>RD</sup> TUESDAY OF THE MONTH • 12:15 – 1:00PM • MAIN STREET COMMUNITY CENTER • FREE**

## DROP-IN TENNIS & PICKLEBALL

### PICKLEBALL

During late Fall, Winter and Spring we offer Pickleball in our Skate Center and year-round in the Niebur Gymnasium.

**CHECK SCHEDULE FOR TIMES**

### ACTIVE OLDER ADULT TENNIS (AGES 55+)

The format of play will depend on the number of players each day.

This is a great way to exercise & meet other players interested in tennis.

**MONDAY & FRIDAY 11:00AM – 12:30PM • MEYER**

**WEDNESDAY 9:30 – 11:00AM • MEYER**

**MEMBERS \$5 • NON-MEMBERS \$12**

### DANCE FOR LIFE (AGES 60+)

Dance for life to stay active for life. This is NOT a traditional dance class. No experience is needed. Join a Y fan favorite and former professional dancer, Paula Beals, for 45 minutes of low-key, gentle movement with a ballet flare geared toward increasing and maintaining mobility and balance for those aged 60 and up. Enjoy a no pressure atmosphere set to classical music. Bonus benefit: sensing a deeper connection with movement and music can greatly improve both your physical and mental well-being. While training participants to be dancers is definitely not the goal of this class, feel free to let your inner dancer expose itself if you feel inclined!

**TUES 9:30 – 10:15PM • MEYER • 8 CLASSES**

**MEMBERS \$75 • NON-MEMBERS \$112**

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# ADAPTED

## INTERACTION (AGES MIDDLE SCHOOL & UP)

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!

### FIRST FRIDAY OF THE MONTH • 6:30 – 8:30PM • NIEBUR CENTER

Some of the programs offered include: Movie Night, Special Events, Arts-n-Crafts, Around the World Night, Cooking, Holiday Events and more! Interaction is generally held at the Niebur Center on the 1<sup>ST</sup> Friday of the month, unless otherwise noted. Please contact the YMCA for more information or to be added to the program mailing list.

**CALL 618-656-0436 OR STOP BY THE FRONT DESK TO REGISTER**

## ADAPTIVE SPORTS

Every first Tuesday of the month we will focus on a different sport or activity! We will meet in the Gymnasium or Skate Center. The YMCA is proud to sponsor this exciting program for youth and adults with disabilities. We want to offer the opportunity to interact in a social and recreational environment for middle school youth to older adults.

**1<sup>ST</sup> TUESDAY OF THE MONTH • 6:00 – 7:00PM • MEYER  
FREE FOR EVERYONE!**

**CALL 618-655-1460 OR STOP BY THE DESK TO REGISTER**

## SPECIAL NEEDS SWIMMING WITH CAREGIVER (AGES 7+)

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.

**YOUTH/TEEN AGES 7+: SAT 9:00 – 9:30AM • NIEBUR POOL 2  
MEMBERS \$83 • NON-MEMBERS \$118 • 8 WEEK SESSIONS  
REGISTER ONLINE OR AT THE FRONT DESK**

## SHINE TIME (AGES ELEMENTARY – HIGH SCHOOL)

We invite young people on the spectrum, along with their parents, to join us on the last Thursday of each month as we explore hands-on activities, including art, sensory crafts and games. Number of participants is limited, call or stop by desk to register and secure a spot in class.

**LAST THURSDAY OF THE MONTH • 5:30 – 6:30PM • MEYER  
FREE FOR EVERYONE!**

**CALL 618-655-1460 OR STOP BY THE DESK TO REGISTER**

## ADAPTED PROGRAMS SOCIAL / RECREATIONAL PROGRAMS FOR YOUTH & ADULTS WITH DIVERSE ABILITIES

### INTERACTION PROGRAM



## MITCH & FRIENDS ADAPTIVE TENNIS

Mitch & Friends Adapted Tennis at the YMCA is on the 2<sup>ND</sup> Thursday of the month!

We will introduce the basic skills of tennis & all the game can offer.

All volunteers welcome to play or assist! Sign Up Online: [edwardsvilleyymca.com](http://edwardsvilleyymca.com)

**Any Questions? Contact Angie at 618-655-1460 • [apence@edwymca.com](mailto:apence@edwymca.com)**

**2<sup>ND</sup> THURSDAYS OF THE MONTH • 6:00 – 7:00PM • MEYER  
JANUARY 11<sup>TH</sup>, FEBRUARY 8<sup>TH</sup>, MARCH 14<sup>TH</sup>, APRIL 11<sup>TH</sup> & MAY 9<sup>TH</sup>**

**FREE FOR EVERYONE!**

**CALL 618-655-1460 OR STOP BY THE DESK TO REGISTER**

## ADAPTIVE OPEN GYM (AGES 5 – 10)

This fun Open Gym is designed for students that need extra supervision and a small student to coach ratio while playing in our big gym! Come explore the room, jump in the pit and enjoy doing what YOU like to do! 45 minute session, spaces are limited. Please contact Tammy for more info at [tpocuca@edwymca.com](mailto:tpocuca@edwymca.com). (45 min; 5:1 ratio)

**WEDNESDAY, JANUARY 3<sup>RD</sup> • 3:30 – 4:15PM**

**FRIDAY, FEBRUARY 16<sup>TH</sup> • 3:30 – 4:15PM**

**MEYER DOWNSTAIRS GYM • MEMBERS \$7 • NON-MEMBERS \$10  
REGISTER ONLINE OR AT THE FRONT DESK**

## ADAPTIVE DANCE EXERCISE (AGES 12+)


Have fun while you get moving and grooving to music during this class designed for those with special needs. Everyone is welcome!

**3<sup>RD</sup> FRIDAY OF THE MONTH • 11:30AM – 12:25PM**

**NIEBUR UPSTAIRS FITNESS CENTER • FREE FOR EVERYONE**

**CALL 618-656-0436 OR STOP BY THE FRONT DESK TO REGISTER**





**Want To Become A  
Lifeguard Or Need To  
Get Recertified?  
Contact Gunnar,  
Our Aquatics Director:  
[gkohlbrecher@edwymca.com](mailto:gkohlbrecher@edwymca.com)  
or 656-0436.**

# **AQUATICS**



# SWIM LESSONS

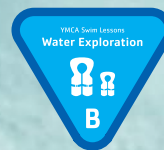
## SWIM STARTERS (6 – 36 MONTHS)

Accompanied by a parent, infants and toddlers learn to be comfortable in the water & develop swim readiness skills through fun & confidence-building experiences, while parents learn about water safety, drowning prevention & the importance of supervision. (Ratio 1:10)



### A: WATER DISCOVERY (6 – 18 MONTHS)

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B: WATER EXPLORATION (16 – 36 MONTHS)

In stage B, you will help your child explore the water and introduce basic water skills like kicking, blowing bubbles, and assisted floating on the front and back. Safety skills will be reinforced including asking permission to enter the water, and exiting the water independently.

## WATER DISCOVERY & WATER EXPLORATION COMBO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:00 – 5:30PM	5:50 – 6:20PM	5:00 – 5:30PM	5:50 – 6:20PM	9:00 – 9:30AM

**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**  
**1 TIME A WEEK • 8 WEEKS • NIEBUR CENTER**  
**MEMBERS \$71 • NON-MEMBERS \$108**

## PERSONALIZED SWIM LESSONS (YOUTH 2 – 12 & ADULTS 13+)

**1 TIME A WEEK • 8 WEEKS • WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**

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! Due to high demand, placement is based on instructor availability, we appreciate your patience and understanding. Limited to 2 students per instructor. 1-on-1 or 1-on-2 depends on instructor availability. Note: Siblings may be placed together.

**MEMBERS \$143 • NON-MEMBERS \$215 • NIEBUR CENTER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
3:30 – 4:00PM	3:30 – 4:00PM	3:30 – 4:00PM	3:30 – 4:00PM	10:40 – 11:10AM
4:15 – 4:45PM	4:15 – 4:45PM	4:15 – 4:45PM	4:15 – 4:45PM	11:20 – 11:50AM
6:40 – 7:10PM	6:40 – 7:10PM	6:40 – 7:10PM	6:40 – 7:10PM	NOON – 12:30PM

### INSTRUCTORS

- Classes may not have the same instructor for all sessions; availability is very limited.
- The number of instructors at the Y varies depending on the lifeguard/instructor, their own availability from school & activities.

### MAKE UP LESSONS & REFUND REQUESTS

- Requests made to change days after initial sign up is subject to availability (Ex: If someone signs up for Monday @ 3:30pm but finds they cannot make it regularly cannot move to another time slot if it is full.) We will follow the refund policy if requested.
- **PERSONALIZED SWIM LESSONS:** If a lesson is missed due to injury, illness, or other medical concerns if given proper notice – we CAN make those up or credit the account. Lessons missed due to vacation, weddings, sports, etc. CANNOT be made up or credited.
- **GROUP SWIM LESSONS:** If a lesson is missed due to storms, a pool maintenance issue, or other safety concerns, we will try to schedule a makeup lesson with everyone or give out credit vouchers. If it is missed for any other reason, we cannot make it up.



# SWIM LESSONS

## SWIM BASICS (2 - 12 YEARS)

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit. Jump, push, turn and grab. (Ratio:Toddlers 1:10 • Preschool 1:4 • Youth 1:6)

### 1: WATER ACCLIMATION

(TODDLERS: 2-3 YRS & PRESCHOOL: 3-5 YRS)

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**\*PARENT NEEDS TO BE IN THE WATER WITH TODDLERS, BUT NOT PRESCHOOLERS.**



### 2: WATER MOVEMENT

(PRESCHOOL: 3-5 YRS & YOUTH: 5-12 YRS)

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3: WATER STAMINA

(PRESCHOOL: 3-5 YRS & YOUTH: 5-12 YRS)

In Preschool Stage 3, students learn how to swim to safety from longer distances than previous stages. Students learn rhythmic breathing and integrated arm and leg action. Youth Stage 3 will include learning and refining the front and back crawl and how to tread water.



**1 TIME A WEEK • 8 WEEKS • NIEBUR CENTER • MEMBERS \$90 • NON-MEMBERS \$135**

**WINTER 1: JANUARY 8<sup>TH</sup> - MARCH 3<sup>RD</sup>**

#### WATER ACCLIMATION TODDLERS

**MONDAY**  
5:50 - 6:25PM  
**TUESDAY**  
5:00 - 5:35PM  
**WEDNESDAY**  
5:50 - 6:25PM  
**THURSDAY**  
5:00 - 5:35PM  
**SATURDAY**  
9:50 - 10:25AM

#### WATER ACCLIMATION PRESCHOOL

**MONDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**TUESDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**WEDNESDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**THURSDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**SATURDAY**  
9:00 - 9:35AM  
9:50 - 10:25AM

#### WATER MOVEMENT PRESCHOOL

**MONDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**TUESDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**WEDNESDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**THURSDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**SATURDAY**  
9:00 - 9:35AM  
9:50 - 10:25AM

#### WATER MOVEMENT YOUTH

**MONDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**TUESDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**WEDNESDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**THURSDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**SATURDAY**  
9:00 - 9:45AM  
9:50 - 10:35AM

#### WATER STAMINA PRESCHOOL

**MONDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**TUESDAY**  
5:00 - 5:35PM  
5:50 - 6:25PM  
**WEDNESDAY**  
5:50 - 6:25PM  
**THURSDAY**  
5:00 - 5:35PM  
**SATURDAY**  
9:50 - 10:25AM

#### WATER STAMINA YOUTH

**MONDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**TUESDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**WEDNESDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**THURSDAY**  
5:00 - 5:45PM  
5:50 - 6:35PM  
**SATURDAY**  
9:00 - 9:45AM  
9:50 - 10:25AM

#### INSTRUCTORS:

- Classes may not have the same instructor for all sessions; availability is very limited.
- The number of instructors at the Y varies depending on the lifeguard/instructor, their own availability from school & activities.

#### MAKE UP LESSONS & REFUND REQUESTS:

- Requests made to change days after initial sign up is subject to availability (Example: If someone signs up for Monday @ 3:30pm but finds they cannot make it regularly cannot move to another time slot if it is full.) We will follow the refund policy if requested.
- **PRIVATE SWIM LESSONS:** If a lesson is missed due to injury, illness, or other medical concerns if given proper notice - we CAN make those up or credit Y account. Lessons missed due to vacation, weddings, sports, etc. CANNOT be made up or credited.
- **GROUP SWIM LESSONS:** If a lesson is missed due to storms, a pool maintenance issue, or other safety concerns, we will try to schedule a makeup lesson with everyone or give out credit vouchers. If it is missed for any other reason, we cannot make it up.



# SWIM LESSONS

## SWIM STROKES (5 - 12 YEARS)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. (Ratio Youth 1:6 or 1:7)



### 4: STROKE INTRODUCTION (YOUTH: 5 - 12 YRS)

Students in stage 4 have a strong focus on endurance in front and back crawl while also learning the butterfly and breast stroke kick. Water safety is reinforced through treading water and elementary backstroke.



### 5: STROKE DEVELOPMENT (YOUTH: 5 - 12 YRS)

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6: STROKE MECHANICS (YOUTH/TEENS: 5 - 12+ YRS)

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**1 TIME A WEEK • 8 WEEKS • NIEBUR CENTER • MEMBERS \$90 • NON-MEMBERS \$135**  
**WINTER 1: JANUARY 8<sup>TH</sup> - MARCH 3<sup>RD</sup>**

#### STROKE INTRODUCTION

<b>MONDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM	<b>THURSDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM
<b>TUESDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM	<b>SATURDAY</b> 9:00 - 9:45AM 9:50 - 10:25AM
<b>WEDNESDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM	

#### STROKE DEVELOPMENT & STROKE MECHANICS COMBO CLASS

<b>MONDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM	<b>WEDNESDAY</b> 5:00 - 5:45PM
<b>TUESDAY</b> 5:00 - 5:45PM 5:50 - 6:35PM	<b>THURSDAY</b> 5:50 - 6:35PM
	<b>SATURDAY</b> 9:00 - 9:45AM

#### INSTRUCTORS

- Classes may not have the same instructor for all sessions; availability is very limited.
- The number of instructors at the Y varies depending on the lifeguard/instructor, their own availability from school & activities.

#### MAKE UP LESSONS & REFUND REQUESTS

- Requests made to change days after initial sign up is subject to availability (Example: If someone signs up for Monday @ 3:30pm but cannot make it regularly, cannot move to another time slot if it is full.) We will follow the refund policy if requested.
- **PRIVATE SWIM LESSONS:** If a lesson is missed due to injury, illness, or other medical concerns if given proper notice - we CAN make those up or credit the account. Lessons missed due to vacation, weddings, sports, etc. CANNOT be made up or credited.
- **GROUP SWIM LESSONS:** If a lesson is missed due to storms, a pool maintenance issue, or other safety concerns, we will try to schedule a makeup lesson with everyone or give out credit vouchers. If it is missed for any other reason, we cannot make it up.

## TEEN & ADULT LESSONS (12+ YEARS)

### TEEN & ADULT SWIM BASICS

Starting with the basics in Level 1, students learn personal water safety & achieve basic swimming competency by learning 2 benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn and grab

This is a great class for beginners or anyone who has not taken any type of formal lessons before!

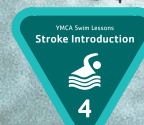
**TEACHES STAGES 1 & 2 • 8 WEEKS**  
**MON 6:40 - 7:15PM • NIEBUR POOL 1**  
**MEMBERS \$90 • NON-MEMBERS \$135**



### TEEN & ADULT INTERMEDIATE SWIM

After mastering the basics, Level 2 is more about building endurance to swim multiple lengths of the pool at a time, with a brief introduction to all four strokes. Students learn additional water safety skills and build stroke technique. This level is great for those who can swim maybe a half a length of the pool to a full length of front crawl, or have some basic swimming skills like treading water or ability to float on their stomachs/back.

**TEACHES STAGES 3 - 4 • 8 WEEKS**  
**WED 6:40 - 7:15PM • NIEBUR POOL 1**  
**MEMBERS \$90 • NON-MEMBERS \$135**



### TEEN & ADULT SWIM STROKES

Level 3 is for those who can swim full laps and would like more in depth instruction...but are not quite ready to take on a Masters Swimming practice yet. Level 3 class works to build endurance and stroke technique, develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**TEACHES STAGES 5 - 6 • 8 WEEKS**  
**THURS 6:40 - 7:15PM • NIEBUR POOL 1**  
**MEMBERS \$90 • NON-MEMBERS \$135**



**WINTER 1**  
**JANUARY 8<sup>TH</sup> - MARCH 3<sup>RD</sup>**



# SPECIAL OFFERINGS

## PERSONAL TRAINING

### AQUATICS PERSONAL TRAINING

Aquatics personal training is the perfect answer for the swimmer who wants one-on-one training from one of our private swim instructors. The benefit of a private lesson helps you focus on your stroke development, starts and turns and helps you reach your individual goals.

Aquatics Personal Training tickets must be purchased at the Niebur Center service desk. Training is scheduled around your schedule & the coach's. (Once the ticket has been purchased, the ticket will need to be given to the instructor before the private lesson begins).

**30 MINUTE TRAINING: MEMBERS \$29 • NON-MEMBERS \$44 • 60 MINUTE TRAINING: MEMBERS \$45 • NON-MEMBERS \$66**

For more information please contact the Aquatics Director Gunnar Kohlbrecher at [gkohlbrecher@edwymca.com](mailto:gkohlbrecher@edwymca.com) or 618.656.0436.

## ADAPTED & COMPETITIVE SWIMMING • LIFEGUARDING

### PRE-COMPETITIVE SWIM (AGES 6 - 12)

Looking for a great introduction of a swim team experience? This pre-competitive swim class will be led by swim team experienced instructors, who will prepare swimmers for swim team. Emphasis is on developing & refining the mechanics of the 4 competitive strokes & increasing endurance.

**TUESDAY & THURSDAY 4:00 - 5:00PM • NIEBUR POOL  
MEMBERS \$149 • NON-MEMBERS \$223 • 8 WEEK SESSIONS**

### SPECIAL NEEDS SWIMMING WITH CAREGIVER (AGES 7+)

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.

**YOUTH/TEEN AGES 7+: SAT 9:00 - 9:30AM • NIEBUR POOL 2  
MEMBERS \$83 • NON-MEMBERS \$118 • 8 WEEK SESSIONS**

### LIFEGUARD CERTIFICATION (AGES 15+)

We use 3 swimming-skills prerequisites to evaluate overall swim strength, endurance & comfort in the water; & the ability to meet the time requirements. We will certify those who successfully complete the prerequisites & course. Scheduled prerequisite tests are required so arrange a time to complete by emailing the director, Gunnar at [gkohlbrecher@edwymca.com](mailto:gkohlbrecher@edwymca.com) or call 656-0436. Must be complete online before first in-person class.

**CERTIFICATION: JANUARY 5<sup>TH</sup> - 7<sup>TH</sup> • MEMB: \$275 • NON-MEMB: \$350 • RECERTIFICATION: FEBRUARY 24<sup>TH</sup> • MEMB: \$150 • NON-MEMB: \$190**

## FAMILY FUN NIGHTS & PARTY RENTALS

### FAMILY FUN NIGHTS AT THE POOL \*NEW\*

Come to the Edwardsville YMCA Niebur pools for an evening family fun! Each month will be a themed night so come decked out in your apparel! We can't wait to see you and your family members there! All funds raised through these family fun nights will go towards the Edwardsville YMCA's Annual Campaign.

**\*Any child under 8 years of age must have a parent in the water with them.\***

**JAN. 12<sup>TH</sup> (LUAU) • FEB. 9<sup>TH</sup> (VALENTINES) • MARCH 22<sup>ND</sup> (EASTER EGG HUNT)**

**FRIDAYS • 6:00 - 8:30PM • NIEBUR POOLS 1 & 2**

**PER FAMILY: MEMBERS: \$20 • NON-MEMBERS: \$35**

**EARLY REGISTRATION IS ENCOURAGED, BUT NOT REQUIRED**

### BIRTHDAY PARTY RENTALS IN THE POOL \*NEW\*

Interested in hosting a child's birthday party at the Edwardsville YMCA? Kids 8 years old & up have full access to: **Exclusive use of the party room with tables/chairs/microwave & exclusive use of EITHER Pool 1 OR Pool 2 during scheduled times.** 1<sup>ST</sup> hour is spent in the party room for cake and presents while the 2<sup>ND</sup> hour is spent in pool with lifeguard supervision. Pool choice must be indicated 1 week before party. Parties **DO NOT INCLUDE:** Party decoration items, food or serving/tableware. Decorations can be brought in and hung 15 minutes prior to the start of the party. No access to fitness center, gymnasium, pool viewing room or other program areas of building.

Date Available: Between January 13<sup>TH</sup> and ending the weekend March 24<sup>TH</sup>

**SATURDAY 2:00 - 4:15PM (ROOM 2:00 - 3:10PM • POOL 3:15 - 4:15PM)**

**SUNDAY 12:15 - 2:30 (ROOM 12:15 - 1:25PM • POOL 1:30 - 2:30PM)**

**20 SWIMMERS: MEMBERS: \$300 • NON-MEMBERS: \$400**

**ADDITIONAL PER GUEST (MAX 10): MEMBERS: \$12 • NON-MEMBER \$15**

**FOR FULL PARTICIPATION SWIMMING & PARTY ROOM**



# WATER EXERCISE

**SCHEDULE SUBJECT TO CHANGE, PLEASE REFER TO POSTED POOL SCHEDULES  
EVERYONE MUST CHECK IN AT THE FRONT DESK**

**FREE FOR MISSION MEMBERS • PART OF THE CAUSE (BASIC) MEMBERS \$5  
MASTERS SWIM: MEMBERS \$5 • NON-MEMBERS \$15**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					AQUA AEROBICS 8:00 – 8:50am
AQUA AEROBICS 9:00 – 9:55am	WATER EXERCISE CORE & BALANCE 9:00 – 9:55am	LOW IMPACT WATER EXERCISE 9:00 – 9:55am	AQUA AEROBICS 9:00 – 9:55am		
	DEEP WATER AEROBICS 10:00 – 10:55am (Pool 1)	AQUA TABATA 10:00 – 10:55am	DEEP WATER AEROBICS 10:00 – 10:55am (Pool 1)		
	MASTERS SWIM 6:35 – 7:45pm (Pool 1)	WATER RUNNING 6:00 – 6:50pm (Pool 1)	MASTERS SWIM 6:35 – 7:45pm (Pool 1)		

## AQUA AEROBICS

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

## AQUA TABATA

This high intensity interval training class consisting of 30 seconds of work and 30 seconds of rest will have you leaving class feeling energized and accomplished. Offered in both pool 1 and pool 2. Float belts provided for Deep Water Aqua Tabata.

## WATER EXERCISE CORE & BALANCE

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

## LOW IMPACT WATER EXERCISE (FORMERLY ARTHRITIS)

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

## DEEP WATER AEROBICS

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

## WATER RUNNING

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

## MASTERS SWIM (AGES 18+)

**DROP-IN CLASS** Training for a triathlon? Just want to get back into the swim of things? Masters Swim is for the serious adult swimmer looking to improve time or to compete year round. **MUST BE A MEMBER OF MASTERS PROGRAM. MEMBERS \$5 • NON-MEMBERS \$15**  
**PLEASE CHECK IN AT FRONT DESK & GET A WRISTBAND**



# POOL & LESSON RULES

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

## **OPEN & LAP SWIM ARE FREE FOR MEMBERS**

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

The lifeguard on duty is to ensure the safety and enjoyment of all. Please respect his/her decisions. We ask that you follow these rules and guidance for your safety and the safety of others.

- All swimmers must check in at the front desk and any youth under 12 must get a wrist band for Open Swim.
- For safety purposes, please be certain to shower before swimming.
- Proper swim suit must be worn by anyone entering the pool.
- Please wear modest swimwear.
- If clothing in addition to a swimsuit is required, a shower must be taken in the clothes prior to entering the pool.
- The following are not allowed: jeans, jean shorts or basketball style shorts.
- Swim diapers are required for those who use diapers.
- To help prevent the spread of infection, individuals with open sores are not permitted to use the pool.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.
- Please keep the pool area free from glass, food or chewing gum.
- Breath-holding activities, including long periods of underwater swimming are not permitted.

**LAP SWIM:** Members and Non-Members age 10 years and older, who can swim down and back the length of the pool. If you are under the age of 13, you must lap swim in a lane with a parent.

### **OPEN SWIM, SWIM LESSONS & CAMPS:**

- Ages 7 & under must be accompanied in the water by an adult at all times, within arms reach. An adult is parent guardian (18 years or older) or an authorized child care provider (who is 16 years or older).
- Ages 8-12 may participate in open swim, after passing swim test. Parent/guardian must remain in the facility.

**SWIM TEST:** For children's safety, a swim test is required to swim without adult supervision. All swimmers ages 8-12 must pass the swim test before they can be in the pool area without direct supervision. Ages 7 & under whom pass the swim test must be accompanied in the water by an adult at all times. Ages 13 years and up may swim independently.

The swim test is a 25-yard swim during which youth are asked to achieve the following:

1. Jump into the deep end and submerge fully, return to the surface and immediately begin to swim without pushing off the wall.
2. Swim in a horizontal position on top of the water using a forward crawl or breast stroke. The swimmer's arms must achieve full extension on every stroke and he/she may not grab the wall or touch the bottom of the pool.
3. Exit the pool without assistance using either the wall or pool ladder.
4. After passing the swim test you will be issued a band.

**WEATHER POLICY:** Pool and deck must be cleared and closed for 30 minutes after the last evidence of lightning and thunder is present. If lightening strikes within an hour of our pools closing for the day, we will shut down the pool for the remainder of the day.

**SWIM LESSONS:** Children ages 7 and under must have a parent or guardian in the pool area while the child is taking swimming lessons.

Children 8-12 must have a parent or guardian in the facility while the child is in swim lessons.

- Requests made to change days after initial sign up is subject to availability (Example: If someone signs up for Monday @ 3:30pm but finds they cannot make it regularly cannot move to another time slot if it is full.) We will follow the refund policy if requested.
- Classes may not have the same instructor for all sessions; instructor availability is very limited.
- The number of instructors at the Y varies depending on the availability from school & activities.

**MAKE UP LESSONS:** If swim lessons session is cancelled due to weather, accidental fecal release or an unforeseen maintenance issue, we will make it up if the lesson has not yet started.

- **PRIVATE SWIM LESSONS:** If a lesson is missed due to injury, illness, or other medical concerns if given proper notice - we CAN make those up or credit the account. Lessons missed due to vacation, weddings, sports, etc. CANNOT be made up or credited.
- **GROUP SWIM LESSONS:** If a lesson is missed due to storms, a pool maintenance issue, or other safety concerns, we will try to schedule a make-up lesson with everyone or give out credit vouchers. If it is missed for any other reason, we cannot make it up.



# ARTS & HUMANITIES

A woman in a light-colored, multi-layered floral dress is captured in a graceful dance pose on the left side of the frame. She has one arm raised and the other extended horizontally. The setting is a grand museum gallery with deep red walls and a high ceiling featuring a large skylight. Numerous framed paintings are displayed on the walls. In the center of the room, a large, dark, ornate vase holds a tall, feathery green plant. The vase sits on a large, tufted, cream-colored cushioned base with a fringed skirt. The floor is a light-colored carpet.

We offer a variety of programs aimed at promoting and fostering a love of the arts in the community.



# DANCE

## RECREATIONAL DANCE

**Students Attending Youth Dance Classes Once Per Week Can Expect To Remain At The Same Level For A Minimum Of Two Years Before Advancing.**

### **DANCE EXPLORERS (AGES 3 - 4)**

Before becoming a "precious gem," this introductory dance movement class is where our youngest students begin. The class includes simple stretching, development of gross motor skills and pre-ballet activities. The use of fun imagery and positive feedback in a nurturing environment is emphasized. **Students should participate in this class for a minimum of 9 to 12 months before registering in a precious gem combination class depending on age and progress.**

**TUES 5:30 - 6:00PM • MEYER • 8 CLASSES**

**WED 5:30 - 6:00PM • MEYER • 8 CLASSES**

**MEMBERS \$50 • NON-MEMBERS \$72**

### **HAPPY TAPPY TOES (AGES 3 - 4)**

This is a fun class for our very young dancers who want to make some noise as they learn introductory tap skills and work on gross motor movements. **Students should participate in this class for a minimum of 9 to 12 months before registering in a precious gem combination class depending on age and progress.**

**TUES 6:10 - 6:40PM • 8 CLASSES**

**MEMBERS \$50 • NON-MEMBERS \$72**

**Students who wish to participate in the YMCA Annual Dance Recital must register for Winter 1 as well as both of the following sessions: Winter 2 and Spring. Participation in the recital is not required. Students who do not register for all 3 sessions but who want to participate in dance class are welcome in any session and will have an opportunity to show some of what they have learned in class to their families at the end of the Spring session in lieu of performing in the recital.**

**WINTER 1  
JANUARY 8<sup>TH</sup> - MARCH 3<sup>RD</sup>**





# RECREATIONAL DANCE

## YMCA DANCE PRECIOUS GEMS • RECREATIONAL DANCE

Our Dance Program offers classes for youth and adults. We offer both a recreational and a progressive approach to youth classes. All of our classes are taught in an encouraging and inclusive environment, promoting self-confidence and respect for others.

The Youth Recreational Dance program emphasizes teaching students fundamentals in a fun, accessible manner, building a foundation that will allow students to move on to the Youth Progressive Dance program if desired. Our Progressive classes focus on expanding dance vocabulary and improving skills with emphasis on developing technique, giving students the opportunity to reach an advanced level of training.

The Adult Dance program offers a variety of dance styles with mixed level classes, providing an enjoyable experience that is good for the mind and body.



### EMERALD BALLET/TAP (AGES 4 & 5)

As the first step of the precious gems progression, this class introduces basic ballet and tap skills and includes activities that develop physical strength and coordination in a fun and nurturing environment. Movement games that encourage self-expression and promote a positive, joyful dance experience are built into the class. **Participation in Dance Explorers for at least 9 to 12 months prior to registering for Emerald is strongly recommended for students aged 4 with no dance experience.**

**THURS 6:00 – 6:45PM • MEYER • 8 CLASSES**

**SAT 9:30 – 10:15AM • MEYER • 8 CLASSES**

**MEMBERS \$62 • NON-MEMBERS \$90**



### AMETHYST BALLET/TAP (AGES 6 – 8)

In this class, students learn and build on basic terminology while developing fundamental ballet and tap skills. Activities that improve flexibility and strength are included. Students will have fun and gain confidence as they achieve the foundation for a more focused dance education. **Students in the younger age range registering for this class should have at least 1 to 2 years experience.**

**MON 5:30 – 6:30PM • MEYER • 8 CLASSES**

**WED 6:10 – 7:10PM • MEYER • 8 CLASSES**

**MEMBERS \$75 • NON-MEMBERS \$112**

### RECREATIONAL



EMERALD  
(Ages 4 & 5)



AMETHYST  
(Ages 5–12)



PEARL  
(Ages 7–9)



ONYX  
(Ages 9–13)



RUBY  
(Ages 6–9)



TOPAZ  
(Ages 10–13)



SAPPHIRE  
(Ages 11–17)



DIAMOND  
(Ages 13–17)

## WINTER 1

## JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>



### PEARL BALLET/TAP (AGES 7 – 9) \*NEW\*

This class is for students who have progressed through the precious gems series, or have had at least 2 to 3 years of dance experience, and demonstrate consistency in dance skills. Dance vocabulary will be expanded and more focus will be placed on understanding correct demonstration of technique, particularly with foundational material.

**MON 5:40 – 6:40PM • MEYER • 8 CLASSES**

**MEMBERS \$75 • NON-MEMBERS \$112**



### ONYX BALLET (AGES 9 – 13)

This class is for students with little to no dance experience or those starting out at an age beyond the elementary school age. Focus is on development of fundamental ballet skills. Students will learn basic terminology and work to improve flexibility and strength in a supportive environment. The class will progress as appropriate for students, with individual challenges for those who demonstrate the ability.

**SAT 10:25 – 11:10AM • MEYER • 8 CLASSES**

**MEMBERS \$62 • NON-MEMBERS \$90**



### ONYX JAZZ (AGES 9 – 13)

This class is for students with limited to no experience in jazz or those with some experience in other dance styles. Students will learn and build on fundamental skills while performing fun combinations to upbeat music. This is a great class for “older” beginners.

**SAT 11:20AM – 12:05PM • MEYER • 8 CLASSES**

**MEMBERS \$62 • NON-MEMBERS \$90**



# ADVANCED YOUTH DANCE

**YMCA DANCE PRECIOUS GEMS • PROGRESSIVE DANCE • 18 WEEK SESSIONS**

**WINTER 1, 2 & SPRING : JANUARY 8<sup>TH</sup> – MAY 26<sup>TH</sup> (NO CLASSES MARCH 4<sup>TH</sup> – 10<sup>TH</sup>, APRIL 15<sup>TH</sup> – 21<sup>ST</sup>)**



## **RUBY BALLET/TAP (AGES 6 – 9)**

The first stepping stone in the Youth Progressive Dance program, this advanced beginner class places more focus on learning and understanding basic body placement and technique. Dance vocabulary will be expanded in preparation for subsequent levels. **This class is for students who have progressed through Emerald and at least 1 year of Amethyst or have had a year of recent dance experience.**

**TUES 5:30 – 6:45PM • 18 CLASSES**

**MEMBERS \$260 • NON-MEMBERS \$390**



## **TOPAZ BALLET (AGES 10 – 13)**

This class is devoted to a progression of ballet fundamentals, moving beyond a basic level of instruction. Class includes traditional barre and center work with attention to technique and musicality. **Students should have a minimum of 2 years of recent ballet experience.**

**TUES 4:00 – 5:00PM • 18 CLASSES**

**MEMBERS \$228 • NON-MEMBERS \$340**



## **TOPAZ TAP (AGES 10 – 13)**

This class is for students with at least 1 to 2 years of tap experience (students at the older age range with less experience are welcome). Class combinations will focus on improving fundamental tap skills and increasing the level of difficulty as students progress.

**TUES 5:05 – 5:50PM • 18 CLASSES**

**MEMBERS \$200 • NON-MEMBERS \$300**



## **SAPPHIRE MODERN (AGES 11 – 13)**

This class focuses on modern dance fundamentals through a mix of styles. Attention is given to body awareness with emphasis on proper alignment. Self-expression is encouraged as students work to develop movement quality and dynamics. **Students should have a minimum of 3 years of prior dance experience. Enrollment in additional classes is strongly encouraged.**

**THURS 7:50 – 8:45PM • 18 CLASSES**

**MEMBERS \$228 • NON-MEMBERS \$340**



## **SAPPHIRE/DIAMOND BALLET (AGES 13 – 17)**

This is a mixed level class for experienced students at intermediate or advanced levels. Building on the foundation of previous levels, barre and center work becomes more difficult in this class. Focus is on improving strength, technique, flexibility and musicality as students progress. **It is strongly recommended that students take 2 ballet classes per week at this level.**

**TUES 6:40 – 7:55PM • MEYER • 18 CLASSES**

**MEMBERS \$260 • NON-MEMBERS \$390**



## **SAPPHIRE/DIAMOND POINTE (AGES 13 – 17)**

Students must have instructor recommendation/approval to register for this class. Recommendations will be made only for those who are well focused and demonstrate a level of proficiency in their ballet training that meets the physical demands of pointe work. Enrollment in 2 ballet classes per week, in addition to pointe class is required.

**TUES 8:00 – 8:40PM • MEYER • 18 CLASSES**

**MEMBERS \$200 • NON-MEMBERS \$300**

## **EDWARDSVILLE YMCA MEMBERS MULTI-CLASS REGISTRATION DISCOUNT:**

**25% discount on all classes after registration in first  
class for all Youth Progressive Dance Divisions and  
Adult Dance Divisions**

**Not Available For Non-Members**

### **RECREATIONAL**



**EMERALD**  
(Ages 4 & 5)



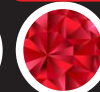
**AMETHYST**  
(Ages 5-12)



**PEARL**  
(Ages 7-9)



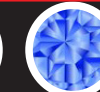
**ONYX**  
(Ages 9-13)



**RUBY**  
(Ages 6-9)



**TOPAZ**  
(Ages 10-13)



**SAPPHIRE**  
(Ages 11-17)



**DIAMOND**  
(Ages 13-17)



# ADULT DANCE

## WINTER 1

**JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**

### **ADULT BALLET (AGES 18+)**

Bring out your inner ballerina in this mixed level class. Barre and center work as well as across the floor combinations will focus on good body awareness, dance aesthetic and musicality. Have fun while working your body and mind!

**WED 7:15 – 8:15PM • MEYER • 8 CLASSES**

**MEMBERS \$98 • NON-MEMBERS \$142**

### **ADULT MODERN (AGES 18+)**

This class will emphasize trunk articulation and floorwork with focus on developing movement phrases that can be combined to build dance pieces. Material learned in the class may be used for outside opportunities to perform.

**MON 6:50 – 7:50PM • MEYER • 8 CLASSES**

**MEMBERS \$98 • NON-MEMBERS \$142**

**WED 8:15 – 8:45PM • MEYER • 8 CLASSES**

**MEMBERS \$52 • NON-MEMBERS \$72**

### **ADULT JAZZ (AGES 18+)**

This open level class will focus on building strong, proper body alignment with clean technique through stretch and strengthening warm-up exercises. Across the floor combinations put technique into practice with turns, kicks, floor work and jumps. The class culminates in a choreographed combination tying all those skills together. Students of all levels are welcome!

**MON 7:55 – 8:50PM • MEYER • 8 CLASSES**

**MEMBERS \$98 • NON-MEMBERS \$142**

### **ADULT TAP (AGES 18+)**

In this class fundamental tap skills choreographed into fun combinations is the focus. Progressions in level of difficulty are readily offered to accommodate a wide range of experience, encouraging improvement at an individual pace. Come experience the joy of tap dancing with others while exercising your body and mind.

**TUES 3:00 – 3:45PM • MEYER • 8 CLASSES**

**MEMBERS \$86 • NON-MEMBERS \$124**

### **ADULT DANCE CLASS WALK-INS**

Walk-in classes are available for Adult Ballet, Modern & Jazz Dance Classes. Register under Dance Drop-In Classes.

**JOIN IN ON THE FUN!**

### **EDWARDSVILLE YMCA MEMBERS MULTI-CLASS REGISTRATION DISCOUNT:**

**25% discount on all classes after  
registration in first class for all  
Youth Progressive Dance Divisions  
and Adult Dance Divisions**

**Not Available For Non-Members**

### **DANCE FOR LIFE (AGES 60+) \*NEW\***

Dance for life to stay active for life. This is NOT a traditional dance class. No experience is needed. Join a Y fan favorite and former professional dancer, Paula Beals, for 45 minutes of low-key, gentle movement with a ballet flare geared toward increasing and maintaining mobility and balance for those aged 60 and up. Enjoy a no pressure atmosphere set to classical music. Bonus benefit: sensing a deeper connection with movement and music can greatly improve both your physical and mental well-being. While training participants to be dancers is definitely not the goal of this class, feel free to let your inner dancer expose itself if you feel inclined!

**TUES 9:30 – 10:15PM • MEYER • 8 CLASSES**

**MEMBERS \$75 • NON-MEMBERS \$112**



# THEATRE & MUSIC

**Our Staff Members Share Their Passion For Each Of These Arts In Classes Designed To Encourage Self-Expression And Creativity In A Nurturing, Inclusive Environment That Promotes Literacy And Social Skills. We Want All Of Our Stars In Music And Theatre To Shine Bright!**

## **YMCA JR. THEATRE (AGES 6 – 9)**

This is the perfect introduction to theatre for any young actor. Each week we will participate in exercises and games that will develop all the skills needed for the stage. Class will take part in a performance at the end of the session (exact date and time TBA).

**THURS 5:15 – 6:15PM • MEYER • 16 CLASSES**

**RUNS: JANUARY 11<sup>TH</sup> – MAY 9<sup>TH</sup> (BREAK WEEKS INCLUDED)**

**MEMBERS \$142 • NON-MEMBERS \$215**

## **YMCA THEATRE (AGES 10 – 15)**

Students in this class will work on acting skills, character development, stage presence and more. Theatre games and improv will be part of class in order to spark creativity and share ideas. During this 16 week session, the students will work on a performance that will be presented at the end of the session (exact date and time TBA).

**FRI 4:15 – 6:30PM • MEYER • 16 CLASSES**

**RUNS: JANUARY 12<sup>TH</sup> – MAY 10<sup>TH</sup> (BREAK WEEKS INCLUDED)**

**MEMBERS \$284 • NON-MEMBERS \$426**

# TAKE THE STAGE, SHINE BRIGHT

## **TOT MUSIC CLASSES**

### **MUSIC EXPLORERS (AGES 0 – 4)**

Parent and child will explore new and familiar songs, nursery rhymes and finger play discovering together ways to use voice, movement and instruments to create music.

**WED 10:00 – 10:30AM • MEYER • 8 CLASSES**

**MEMBERS \$50 • NON-MEMBERS \$72**

### **MUSIC DISCOVERERS (AGES 2 – 4)**

This is the next step for Music Explorers who are ready to move & shake on their own, gaining independence with instruments and finding their own voice. Those new to music will also love this upbeat class. We will discover together more of the how's and why's in the music they love. Ages 2 & 3 will need a parent helper.

**WED 10:45 – 11:15AM • MEYER • 8 CLASSES**

**MEMBERS \$50 • NON-MEMBERS \$72**



# ART & MORE

## PAINT NIGHTS (ALL AGES)

This lighthearted class will paint a guided imaginative landscape meant to introduce all to the joy of painting. This is a true beginner's introduction to painting geared for all ages. Great for teens, a girls-night-out or date night. Painting is for everyone!

Those under 12 years old that wish to participate, must have an adult signed up with them.

**ONE DAY CLASS! CLASS SIZE LIMITED!**

**JANUARY 26<sup>TH</sup> • FEBRUARY 23<sup>RD</sup>**

**FRIDAY • 6:00 – 8:15PM • MEYER CENTER**

**MEMBERS \$25 • NON-MEMBERS \$38**

## YOUNG ARTISTS WORKSHOP (AGES 8 – 12)

On the second Saturday of each month, aspiring young artists can join Ms. Kat for themed projects using various mediums. Each workshop will explore a different theme in art making with two corresponding projects for young artists to focus on technique. Monthly themes will include portraiture, still life, landscaping and printmaking.

**2<sup>ND</sup> SATURDAY OF EACH MONTH**

**JANUARY 13<sup>TH</sup> • FEBRUARY 10<sup>TH</sup>**

**10:00AM – 12:00PM • MEYER CENTER**

**MEMBERS \$22 • NON-MEMBERS \$34**

## SAFE SITTER (AGES 11 – 14)

Calling all baby-sitters 11 and up! This nationally recognized, medically accurate, hands-on class teaches boys and girls how to handle emergencies such as injury management and choking rescue while caring for children. Students will learn the basics of child care through games, activities and role play. Course includes a Safe Sitters tote bag starter kit and manual (\$30 value).

Pizza will be provided for lunch.

**ONE DAY CLASS! CLASS SIZE LIMITED.**

**SATURDAY • 8:30AM – 4:00PM**

**JANUARY 13<sup>TH</sup> • FEBRUARY 17<sup>TH</sup>**

**MEMBERS \$95 • NON-MEMBERS \$195**

## SHINE TIME (AGES ELEMENTARY – HIGH SCHOOL) \*NEW\*

We invite young people on the spectrum, along with their parents, to join us on the last Thursday of each month as we explore hands-on activities, including art, sensory crafts and games. Number of participants is limited. **Call the desk to register & secure a spot in class.**

**LAST THURSDAY OF THE MONTH • 5:30 – 6:30PM • MEYER CENTER**

**JANUARY 25<sup>TH</sup> & FEBRUARY 22<sup>ND</sup>**

**FREE FOR EVERYONE!**

## INTERACTIVE STORYTIME (AGES 4 – 6) \*NEW\*

Interactive Storytime is a FREE event sponsored by the YMCA Youth Ambassadors. Children ages 4 to 6 are invited to express themselves by acting out stories with the Ambassadors as they are read aloud. Creative movement and noise is encouraged! Comfortable clothing is recommended. **Call the desk to register & secure a spot in class.**

**WEDNESDAY • 6:00 – 6:30PM • MEYER CENTER**

**JANUARY 17<sup>TH</sup>, FEBRUARY 21<sup>ST</sup> & MARCH 20<sup>TH</sup>**

**FREE FOR EVERYONE!**

## CALL ME DETECTIVE (AGES 6 – 12)

Kids aged 6 to 12 can join Chief Inspector O.C. on the second Friday of each month to sharpen their sleuthing skills. Junior detectives will work under Inspector O.C.'s command to solve a new crime each time they meet. The young detectives will use skills of observation as they work through clues and evidence in an attempt to solve the mystery. All content will be kid friendly.

**2<sup>ND</sup> FRIDAY OF EACH MONTH • JANUARY 12<sup>TH</sup> • FEBRUARY 9<sup>TH</sup>**

**AGES 6 – 8 • 5:30 – 6:30PM • MEYER CENTER**

**AGES 9 – 12 • 6:45 – 7:45PM • MEYER CENTER**

**MEMBERS \$12 • NON-MEMBERS \$18**

## YMCA ROBOTICS (AGES 7 – 10, 10 – 14)

This basic robotics class will challenge students' thinking by introducing block programming and building with specified legos. Students will be exposed to all of the benefits of STEM including building bonds with their peers and learning more about our world.

**AGES 7 – 10 • THURS 5:00 – 6:00PM • MEYER CENTER**

**MEMBERS \$66 • NON-MEMBERS \$98**

**AGES 10 – 14 • THURS 6:15 – 7:45PM • MEYER CENTER**

**MEMBERS \$78 • NON-MEMBERS \$112**

**8 CLASSES • JANUARY 11<sup>TH</sup> – FEBRUARY 29<sup>TH</sup>**



# CLIMBING & OUTDOOR REC.





# CLIMBING

## OPEN CLIMBING (AGES 5+)

**\*YOU DON'T HAVE TO MAKE A RESERVATION\***

**MISSION MEMBERS: FREE  
PART OF THE CAUSE MEMBERS: \$5  
NON-MEMBERS: \$15**

**FRI 4:00 – 7:00PM • SAT 9:00AM – 1:00PM**

**ONLY STAFF CAN BELAY AT THIS TIME.**

## PROPER ATTIRE FOR THE ROCK WALL

- Closed toed/heeled shoes (No Crocs)
- Shorts & skorts with a 3 – 4 inch inseam need to be worn.
- If under garments are exposed, patrons may not climb.
- All loose jewelry & rings must be taken off.
- Long hair should be pulled back, but is not a requirement.

## BELAY CLASS: BY APPOINTMENT (AGES 16+) MEMBERS \$20

Looking to belay? We offer a 1 hour 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 can retake the class.

**Please call 655-1460 to set up a time a week in advance.**

## PRIVATE LESSONS

**1 PERSON/HOUR: MEMBERS \$30 • NON-MEMBERS \$45  
\$8 EACH ADD. PERSON**

Lessons may be scheduled during the day. Advance reservations needed & at least a 2 hour notice of cancellation or you will still be responsible for payment.

**WINTER 1  
JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**

## CLIMBING CLASSES

Smaller class size allows for more climb instruction, time on the wall and more distancing.

### BEGINNER CLIMB (AGES 5 – 12)

Learn the basics to ensure that climbers have a strong foundation to become better climbers. They will be taught climbing safety, about the gear, and some basic climbing skills. We can't wait to see you at the wall.

**AGES 5 – 8: MON 5:00 – 5:50PM • MEYER  
AGES 9 – 12: MON 6:00 – 6:50PM • MEYER  
8 WEEKS • MEMBERS \$38 • NON-MEMBERS \$60**

### INTERMEDIATE CLIMB (AGES 7 – 10)

In this class, climbers 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.

**MON 7:00 – 7:50PM • MEYER  
8 WEEKS • MEMBERS \$38 • NON-MEMBERS \$60**





# ARCHERY

## **YOUTH ARCHERY (AGES 5+)**

Learn basic archery using real bows and arrows. Must wear closed toe shoes for safety!

**EQUIPMENT PROVIDED • CLASS MEETS OUTSIDE**

**ARCHERY IS CURRENTLY NOT AVAILABLE**







**GYMNASTICS**



# OPEN GYM & NINJAS

## OPEN GYMS

**WINTER 1**  
**JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**

### **BABY & ME OPEN GYM (AGES 0 – 2)**

Parents, sign up online weekly to visit our Preschool Gym & enjoy some quiet playtime with your little ones! Max of 8 students.

**MON 10:00 – 10:50AM • TUES 10:00 – 10:50AM**

**MEYER UPSTAIRS GYM**

**MEMBERS \$7 • NON-MEMBERS \$10 • ONLINE WEEKLY REG**

### **OPEN PLAY WITH FRIENDS (AGES 0 – 4)**

Come and play with your friends in our preschool gym! Parent must accompany the child in the room. 6 student limit. Only students ages 0–4 in the room please due to safety on equipment concerns.

**Must register by night before session.**

**FRI • 10:00 – 10:50AM • MEYER UPSTAIRS GYM**

**MEMBERS \$7 • NON-MEMBERS \$10**

**ONLINE REGISTRATION**

### **HOMESCHOOLERS WINTER WARM UP GYMNASTICS NINJA & FITNESS \*NEW\***

Fitness games, Ninja courses and Gymnastics fun in this class designed to beat the chill and stay fit in the colder time of the year!

**FRIDAYS, JANUARY 12<sup>TH</sup> – FEBRUARY 2<sup>ND</sup> • 10:30 – 11:30AM**

**MEYER DOWNSTAIRS GYM**

**MEMBERS \$62 • NON-MEMBERS \$86**

### **ADAPTIVE OPEN GYM (AGES 5 – 10)**

This fun Open Gym is designed for students that need extra supervision and a small student to coach ratio while playing in our big gym! Come explore the room, jump in the pit and enjoy doing what YOU like to do! 45 minute session, spaces are limited. Please contact Tammy for more info at [tpocuca@edwymca.com](mailto:tpocuca@edwymca.com). (45 min; 5:1 ratio)

**WEDNESDAY, JANUARY 3<sup>RD</sup> • 3:30 – 4:15PM**

**FRIDAY, FEBRUARY 16<sup>TH</sup> • 3:30 – 4:15PM**

**MEYER DOWNSTAIRS GYM**

**MEMBERS \$7 • NON-MEMBERS \$10**



## NINJA WARRIORS



**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS**

In our Ninja Warrior Program, kids will focus on coordination/footwork, grip strength, speed, agility, balance, general strength/stamina, and mobility. Our program provides children with the foundation of ninja warrior training through proper progressions in a safe environment. **Your child should feel confident going into the upstairs gym without a parent or guardian present in the room.**

### **TINY NINJAS (AGES 2 – 3)**

**MAX 4 • MEYER**

**MEMBERS \$88 • NON-MEMBERS \$122**

### **LIL NINJAS (AGES 3 – 5)**

**MAX 4 • MEYER**

**MEMBERS \$88 • NON-MEMBERS \$128**

### **NINJA TRAINING (AGES 5 – 11)**

**MUST BE ENROLLED IN KINDERGARTEN OR ABOVE**

**MAX 15 • MEYER**

**MEMBERS \$104 • NON-MEMBERS \$152**

### **TINY NINJAS**

**UPSTAIRS GYM**

**MON 4:00 – 4:30PM**

**WED 9:45 – 10:15AM**

### **LIL NINJAS**

**UPSTAIRS GYM**

**TUES 4:45 – 5:15PM**

**WED 5:45 – 6:15PM**

**THURS 11:30AM – 12:00PM**

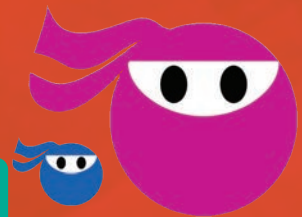
**SAT 12:30 – 1:00PM**

### **NINJA TRAINING**

**DOWNSTAIRS GYM**

**WED 4:00 – 4:50PM**

**SAT 12:20 – 1:10PM**



**MEYER GYM:  
UPSTAIRS (U) OR  
DOWNSTAIRS (D)**



# PRESCHOOL GYMNASTICS

## PARENT/CHILD PRESCHOOL CLASSES • 8 WEEKS

Grow Together In Your Child's First Gymnastics & Tumbling Class

### PARENT TOT PLAY (AGES 1 – 3)

This class focuses on parental encouragement to help their child explore and practice movements that develop locomotor skills, body awareness and hand-eye coordination. (30 min.; 10:1 ratio)

**MEMBERS \$80 • NON-MEMBERS \$112**

**MEYER CENTER UPSTAIRS GYM**

### PARENT TOT PLAY

TUES 4:00 – 4:30PM  
WED 11:30AM – 12:00PM  
WED 6:30 – 7:00PM  
THURS 5:00 – 5:30PM  
SAT 10:00 – 10:30AM



**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS**

## CHILD ONLY PRESCHOOL CLASSES • 8 WEEKS

If a child is ready to SEPARATE from their parent for 30 – 45 minutes, then they are ready for a child only class! Instructor lead classes will help develop your child physically, mentally & socially through basic skills, songs & games.

**WE SUGGEST THAT PARENTS WATCH CLASS FROM THE VIEWING AREA & NOT ENTER THE GYM.**

### BOUNCING TOTS (AGES 3 – 4)

This class is designed for preschoolers ages 3 – 4 who are ready for a structured gymnastics/tumbling class. Coaches will introduce, demonstrate and instruct basic gymnastics/tumbling skills while also emphasizing age appropriate social skills such as sharing, taking turns and following directions. (30 min; 5:1 ratio)

**MEMBERS \$80 • NON-MEMBERS \$112**

**MEYER GYM UPSTAIRS**

### TUMBLE TOTS (AGES 4 – 5)

This class is ideal for the older preschooler ages 4–5 who has completed our bouncing tots class and is ready for 45 minutes of structured gymnastics/tumbling instruction. Coaches will build on the skills and terminology taught in previous classes while continuing to instruct in a fun, creative and nurturing preschool style classroom environment. (45 min; 6:1 ratio)

**MEMBERS \$88 • NON-MEMBERS \$128**

**MEYER GYM UPSTAIRS**

### ROLLERS FOR FIVES (AGE 5)

Rollers class for ONLY 5 year olds! Great class for beginning progressive skills but in smaller ratio class than the Rollers classes, and with just the right sized equipment for small hands and bodies, allowing for great foundational building. Skills taught are the same as in the Progressive classes. Readiness for class: Child should have reached 5 years old by beginning of class, and either be in Kindergarten OR completed one session of Tumble tots. (45 min; 5:1 ratio)

**MEMBERS \$88 • NON-MEMBERS \$128**

**MEYER GYM UPSTAIRS**

### BOUNCING TOTS

MON 4:45 – 5:15PM  
TUES 5:30 – 6:00PM  
WED 9:00 – 9:30AM  
WED 5:00 – 5:30PM  
THURS 5:45 – 6:15PM  
SAT 10:45 – 11:15AM

### TUMBLE TOTS

MON 5:30 – 6:15PM  
MON 6:30 – 7:15PM  
WED 10:30 – 11:15AM  
THURS 9:30 – 10:15AM  
THURS 10:30 – 11:15AM  
THURS 6:30 – 7:15PM  
SAT 11:30AM – 12:15PM

### ROLLERS FOR FIVES

TUES 6:10 – 6:55PM  
WED 4:00 – 4:45PM  
THURS 4:00 – 4:45PM



# GYMNASTICS

## PROGRESSIVE GYMNASTICS (AGES 5 & UP) DOWNSTAIRS GYM • 8 WEEKS

### ROLLERS

No experience? Rollers is a beginning developmental class which will lay the foundation on which all other progressive gymnastics skills are built. (50 min.; 7:1 ratio) • **MEYER MEMBERS \$96**

**NON-MEMBERS \$144**

**CHECK OUT OUR SPECIAL ROLLERS FOR FIVES CLASS!**

### SWINGERS

Gymnast must be able to do forward and backward rolls, handstand & cartwheel on the floor, front support rolldown on bars, and walk in releve' in all directions on beam.

(50 min.; 7:1 ratio) • **MEYER MEMBERS \$96**

**NON-MEMBERS \$144**

### GLIDERS

Gymnast must be able to do a backbend and bridge kickover on floor, pullover unassisted on bars, and front support mount and tuck jump on beam.

(70 min.; 7:1 ratio) • **MEYER MEMBERS \$112**

**NON-MEMBERS \$160**

### KIPPERS

Gymnast must be able to do a 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 min. x 2 days; 7:1 ratio)

**2 DAY CLASS • MEYER MEMBERS \$144**

**NON-MEMBERS \$192**

## WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS

### ROLLERS

MON 4:00 – 4:50PM

TUES 5:00 – 5:50PM

TUES 6:00 – 6:50PM (AGES 8+ ONLY)

THURS 5:00 – 5:50PM

THURS 6:00 – 6:50PM (AGES 8+ ONLY)

SAT 11:00 – 11:50AM

### SWINGERS

MON 5:00 – 5:50PM

TUES 4:00 – 4:50PM

TUES 7:00 – 7:50PM (AGES 8+ ONLY)

WED 5:00 – 5:50PM

THURS 4:00 – 4:50PM

SAT 10:00 – 10:50AM

### GLIDERS

TUES 5:00 – 6:10PM

THURS 5:00 – 6:10PM

SAT 11:00AM – 12:10PM

### KIPPERS

**2 DAYS!**

TUES & THURS 5:00 – 6:10PM

## NEW PROGRSSIVE BOYS OFFERINGS

Welcome to our NEW Progressive Boys Classes for ages 6 & up!

The boys classes focus on the basic skills of vault, pommels, floor, trampoline basics, parallel bar basics, high bar & rings.

Strength, flexibility, coordination, agility & body awareness are emphasized.

We are excited to have you on this journey with us!

### BOYS BEGINNER GYMNASTICS (AGES 6 – 12)

Little or no experience? This is the beginning developmental class that will lay the foundation for the subsequent skills!

**TUES 4:00 – 4:50PM • WED 5:00 – 5:50PM**

**MEYER DOWNSTAIRS GYM • 8 WEEKS**

**MEMBERS \$96 • NON-MEMBERS \$144**

### BOYS INTERMEDIATE GYMNASTICS (AGES 6 – 12)

Must have passed Boys Beginner Gymnastics or be able to complete the following independently to begin this level: pullover to front support on low bar, 1 chin up, P-block front support walks, 2 second handstand hold, backward roll and cartwheel. If you are unsure or have other experiences, please contact Tammy at [tpocuca@edwymca.com](mailto:tpocuca@edwymca.com).

**WED 6:00 – 7:00PM • MEYER DOWNSTAIRS GYM • 8 WEEKS**

**MEMBERS \$104 • NON-MEMBERS \$152**

## SPECIALTY OFFERINGS

### YMCA GYMNASTICS TEAM

This recreational team practices year round and competes in Illinois and Missouri in the AAU Ozark district, in the Xcel Bronze through Diamond Levels and USAG Levels 6 and above. Team spirit, sportsmanship and self-esteem are emphasized.

**MUST BE DIRECTOR APPROVED • MEYER**

**Gymnastics Private Lessons Available!**

**Contact: Tammy Pocuca at**

**[tpocuca@edwymca.com](mailto:tpocuca@edwymca.com) to schedule a lesson or if you have questions about team.**

**Please Do Not Pre Pay Online!**





# TUMBLE, TRAMP, CHEER & ACRO

## TUMBLE & TRAMPOLINE (AGES 5 & UP) DOWNSTAIRS GYM • 8 WEEKS

### BEGINNING TUMBLING/TRAMP COMBO

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 min.; 7:1 ratio) • MEYER MEMBERS \$96  
NON-MEMBERS \$144

### NOVICE TUMBLE/TRAMP COMBO

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, round offs, back walkovers, handstand skills and dive rolls. On trampoline they will learn combination skills including front flips.

(50 min.; 7:1 ratio) • MEYER MEMBERS \$96  
NON-MEMBERS \$144

### INTERMEDIATE TUMBLE/TRAMP COMBO

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 front limbers, back handsprings, and front handsprings. On trampoline they will learn combination skills including back flips.

(60 min.; 7:1 ratio) • MEYER MEMBERS \$104  
NON-MEMBERS \$152

### ADVANCED TUMBLE/TRAMP COMBO

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 min.; 7:1 ratio) • MEYER MEMBERS \$104  
NON-MEMBERS \$152

## WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS

### BEGINNER T/T

MON 4:00 – 4:50PM  
TUES 5:00 – 5:50PM  
THURS 5:00 – 5:50PM  
SAT 11:00 – 11:50AM

### NOVICE T/T

MON 5:00 – 5:50PM  
TUES 4:00 – 4:50PM  
WED 5:00 – 5:50PM  
THURS 4:00 – 4:50PM  
SAT 10:00 – 10:50AM

### INTERMEDIATE T/T

MON 6:00 – 7:00PM  
WED 6:00 – 7:00PM

### ADVANCED T/T

MON 6:00 – 7:00PM  
WED 6:00 – 7:00PM

## SPECIALTY TUMBLE & TRAMP OFFERINGS

### TEEN TUMBLING (AGES 12+) \*NEW\*

Advanced beginner or above tumblers welcome – must be able to hold handstand by self, backward roll and cartwheel, and push up to bridge on floor as minimum requirements for safety issues in this class. Work at YOUR pace with our instructors to meet your own personal goals!

THURSDAY 3:00 – 3:50PM • MEYER DOWNSTAIRS GYM • 8 WEEKS  
MEMBERS \$96 • NON-MEMBERS \$144

### TUMBLING & TRAMPOLINE TEAM

This recreational, exciting & fun team practices year round & competes on rod floor, trampoline & double-mini trampoline! Team competes in Illinois & Missouri with USTA & AAU. Team spirit, sportsmanship & self-esteem are emphasized. Practice is on Tuesday & Thursday.

**MUST BE DIRECTOR APPROVED • MEYER**

Tumble & Trampoline Private Lessons Available!  
Please Contact: Tammy Pocuca at [tpocuca@edwymca.com](mailto:tpocuca@edwymca.com)  
to schedule. Please Do Not Pay Online!



## ACRO & CHEER OFFERINGS

### ACRO (AGES 7 – 12)

Calling dancers & tumblers! Combine your tumble & dance skills in this fun format! This creative & popular style class will learn the basics & start the routine, working towards a fun group performance! Class helps build strength, flexibility, teamwork & creativity in movement!

**Prerequisites:** Cartwheel, forward/backward rolls & bridges unassisted. Can't wait to see you in class!

FRIDAY 4:30 – 5:30PM • MEYER DOWNSTAIRS GYM • 8 WEEKS  
MEMBERS \$104 • NON-MEMBERS \$152

### CHEER TIME! (AGES 8 – 12)

Back by popular demand! Cheers, jumps, beginning builds, stunts & routines in this NEW fun class culminating with demonstration time on the last day! Cheering builds rhythm, strength, teamwork & confidence in a positive & fun format. Will be working on a fun performance to take place at the end of Fall 2 session! **Prerequisites:** Must be able to do handstand, cartwheel, forward & backward rolls unassisted.

FRIDAY 4:30 – 5:45PM • MEYER DOWNSTAIRS GYM • 8 WEEKS  
MEMBERS \$112 • NON-MEMBERS \$160





**HEALTH & FITNESS**



# HEALTH & WELLNESS

## NEW YEAR, NEW CHALLENGE! LEAP INTO 2024! JANUARY 2<sup>ND</sup> – FEBRUARY 29<sup>TH</sup>

Challenge Yourself By Trying New Things • The More You Visit The Better Chance You Have To Win Bingo!

Fill out your bingo squares while you try different things around the YMCA! Cover your whole card!  
You will also be entered into a drawing for a FREE 1 YEAR MEMBERSHIP! All participants get a t-shirt!

**MEMBERS \$25**

### COPING SKILLS WORKSHOP \*NEW\*

Are you feeling overwhelmed by life's challenges? Join our Coping Skills Workshop and embark on a journey towards better mental well-being. The group provides a safe place to learn, share and grow and is open to anyone interested in learning skills to cope with everyday life, relationships, stress and ways to find inner peace and wellness. This group is not a substitute for therapy. Cost for 10 weeks & handouts. Ruth Cohen Kubicek, LCSW, CADIC, RYT, Psychotherapist & Yoga Teacher  
**JAN. 9<sup>TH</sup> – MAR. 19<sup>TH</sup> (NOT JAN. 30<sup>TH</sup>) • TUESDAYS • 5:30 – 6:45PM**  
**NIEBUR CENTER • MEMBERS \$100 • NON-MEMBERS \$150**

### CANCER EXERCISE PROGRAM

The Cancer Exercise Program is a free exercise class for cancer patients and survivors. The 60-minute classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. Each class is specifically tailored towards participants' fitness levels and needs. Let our certified instructors help you on your recovery.

**Come join us, we are here for you!**

**WEDNESDAYS • 11:00AM – 12:00PM • MARY • NIEBUR CENTER**

**For more info contact Ann at [amclean@edwymca.com](mailto:amclean@edwymca.com).**

### NEXT STEPS PHASE 3 CARDIAC REHAB

Next Steps is a Phase III program aimed to maintain cardiovascular fitness. This is a partnership between Anderson Hospital and the Edwardsville YMCA.

**Benefits Of The Next Steps Program:**

Access To Edwardsville YMCA facility • Formal Orientation With An Exercise Specialist  
Program Evaluation & Progression • Assistance From Anderson Hospital & YMCA Staff  
Additional Offerings: Blood Pressure Screenings • Cholesterol Screenings • Educational Topics

**WEDNESDAYS • 7:30 – 11:30AM • MEYER CENTER**

**Register with Anderson Hospital 618-391-6712.**

**For more info contact Ann at [amclean@edwymca.com](mailto:amclean@edwymca.com).**

### FUNCTIONAL FITNESS

This is an exercise program designed to increase strength, flexibility, range of motion, mobility, gait and balance. Exercises are performed seated in chairs or standing in a group class setting. Wear comfortable clothing and gym shoes and get ready for this 45 minute class.

**1<sup>ST</sup> & 3<sup>RD</sup> TUESDAY OF THE MONTH • 12:15 – 1:00PM**

**MAIN STREET COMMUNITY CENTER • FREE**

### YMCA NUTRITION COUNSELING

Our registered and licensed dietitian will work with you and/or your family to glean insight into unique eating habits, lifestyle and goals. The process will allow you to work together to create a foundational action plan for improved nutrition and wellness that is practical and sustainable.

**INITIAL 1 HOUR SESSION: \$50 • INITIAL/FOLLOW UP COMBO: \$80**

**FOLLOW UP SESSION: \$35 • 5 FOLLOW UP SESSIONS: \$150**

**(EXPIRES 12 MONTHS FROM PURCHASE)**

### PARKINSON'S SUPPORT GROUP

Meetings are for anyone diagnosed with Parkinson's and care partner or helper. Program offered in association with the APDA.

**FIRST TUES OF THE MONTH • 2:00PM • NIEBUR**

**Email Ann McLean at [amclean@edwymca.com](mailto:amclean@edwymca.com) for more info.**

**SEE SPIN PAGE FOR EXERCISE FOR PARKINSONS!**



# TRAINING & FITNESS

**WINTER 1**  
**JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**

## **SCULPT**

It is time to sculpt! Try this class that includes abs and over all strength training. Sculpt is a great complement to Spinning, running, biking, and cardio classes. The class will help you progress over the session. You can attend Spin & Tone for no extra cost.

**MON, WED & FRI 7:00 – 7:55AM • NIEBUR • 8 WEEKS**  
**MEMBERS \$144 • NON-MEMBERS \$288**

## **SPIN & TONE**

Will bring you on a high intensity cycling journey, ranging from hill climbs to sprints and everything in between. Indoor cycling classes are a great way to burn fat and increase your overall fitness. Spin and Tone class is high intensity cardiovascular in nature but can be adapted for all fitness levels. Following the 30 minute Spin, grab your dumbbells, kettlebells and med ball for a 30 minute toning class that will complete and complement your cardio workout. Participants in the is class can also join Sculpt at no extra cost.

**MON, WED & FRI 8:00 – 9:00AM • NIEBUR • 8 WEEKS**  
**MEMBERS \$144 • NON-MEMBERS \$288**

## **MAX FIT**

Maximize your fitness potential with this intense workout combining strength & cardio. Expect to see loss of unwanted pounds & inches, improved muscle tone, increased endurance, strength, flexibility, coordination & decreased body fat.

**MON & WED 5:30 – 6:15AM • NIEBUR • 8 WEEKS**  
**MEMBERS \$144 • NON-MEMBERS \$288**

## **CIRCUIT WORX**

Interval based, training circuit workout with full body weight training. Focused on movement, agility & plyometric training. Our Focal Points Are: Coordination, Flexibility, Balance, Agility, Speed, Foam Rolling, ACL and Injury Prevention.

**TUES & THURS 5:30 – 6:45PM • MEYER • 8 WEEKS**  
**MEMBERS \$128 • NON-MEMBERS \$256**

## **PERSONAL TRAINING**

Reaching your fitness goal 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. To schedule an appointment or for more information, stop by or call either center.

**MUST BE EDWARDSVILLE YMCA MISSION MEMBER**  
**SESSIONS MADE BY APPOINTMENT**

**INDIVIDUAL 1-ON-1:**  
**1 SESSION \$40 • 5 SESSIONS \$175**

**PARTNERS 2-ON-1:**  
**5 SESSIONS \$140/PERSON**

## **WOMEN'S WEIGHT TRAINING**

Weight training is a necessary component of everyone's exercise program to manage weight, to protect against bone loss, to strengthen the body, and to fight against diseases. These classes use personalized instruction to teach members weight-bearing and muscle strengthening exercises using free weights and machines for a full-body workout. We can accommodate every fitness level, regardless of experience, health concerns or physical limitations. It will give you a total body workout and improve your confidence using the Fitness Center.

**MON & WED 9:30 – 10:30AM • NIEBUR • 8 WEEKS**  
**TUES & THURS 9:30 – 10:30AM • MEYER • 8 WEEKS**  
**TUES & THURS 5:00 – 6:00PM • NIEBUR • 8 WEEKS**  
**FRI 9:30 – 10:30AM • NIEBUR • MUST BE IN 2 DAY CLASS • 8 WEEKS**  
**2 DAYS: MEMBERS \$96 • NON-MEMBERS \$192**  
**FRIDAY: MEMBERS \$48 • NON-MEMBERS \$96**



# GROUP FITNESS

**MISSION MEMBERS: FREE • PART OF THE CAUSE/BASIC MEMBERS: \$5 • NON-MEMBERS \$15**

Mission Members can DROP-IN without registering. Part Of The Cause/Basic Members & Non-Members must register online before attending class!  
ONLINE REGISTRATION BEGINS 6:00AM TWO WEEKS PRIOR • If you need to withdraw, you must call 656-0436 at least 2 hours prior to class.

## **ADAPTIVE DANCE EXERCISE**

Have fun while you get moving and grooving to music during this class designed for those with special needs. Everyone is welcome!

## **BAREFOOT FUSION**

A feel-good mix of flowing toning exercises, Pilates and stretches. Burn fat and tone muscle with a relaxed mind.

## **BOOT CAMP**

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

## **CANCER EXERCISE**

Open to all who have been diagnosed with cancer regardless of treatment status and is appropriate for all fitness levels. Tailored towards participants' fitness levels and needs. Let our certified instructors help you on your recovery.

## **CARDIO DANCE & SCULPT**

Dance your way to fitness! This dance-based cardio class incorporates a wide variety of low-impact and high intensity aerobic dance moves to a variety of high-energy beats. It's like a dance party with strength training included!

## **CORE & MORE**

Complete a well rounded fitness routine by adding this class to your schedule. We will stabilize and strengthen the core muscle groups with the goals of improving posture, balance & preventing injury.

## **DANCE FITNESS**

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

## **EXTREME STEP**

A high intensity step workout with challenging choreography. A mix of basic step moves, plyometrics & body weight strength conditioning.

## **FLEXIBILITY & STRENGTH**

Focus on building and maintaining athletic abilities through a combination of training such as strength, endurance, and flexibility. Target every area with a full body workout engaging entire abdominal core, legs, and arms using weights and body weight exercises to gain muscle mass and incorporating moves to maintain full range of motion.

## **KETTLEBELL STRENGTH**

A perfect addition to any strength training routine. Kettlebells deliver extreme all-round fitness with a wide range of attributes: strength and power, endurance, balance and flexibility and more. A versatile way of switching up your workouts and challenging muscle groups from different angles.

## **LUNCH TIME EXPRESS**

Full body toning class. Get away from work and get your workout in during the day!

## **POWER 30**

Maximize your workout results with 30 minutes of core work mixed with strength training. This class will challenge you to push through 30 minutes of work with minimal rest.

## **POWER HOUR**

If you're looking for a toning workout that targets your entire body, look no further than the Power Hour. This strength training class uses body weight exercises and free weights to sculpt, tone and define your body. **SPACES ARE LIMITED!**

## **PUMPED UP STRENGTH**

A revolutionary new approach to group resistance training that dynamically integrates your upper and lower body for a workout that combines strength + cardio, revs your metabolism & trains your body in a whole new way! Pump up the music, pump up the fun!

## **SILVERSNEAKERS CLASSIC**

Class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

## **SPIN STRENGTH**

A spin fusion class that combines the power of cardio in a Spin class with weight training for a complete workout. Use dumbbells, kettlebells, med balls & bands with body weight for full body training. **(SPIN STUDIO)**

## **STEP & SCULPT**

A whole new spin on an old classic workout! Featuring all your step favorites and some new moves to give it a modern twist! This energizing class is a sweat including cardio class and ends with 10 minutes of core work.

## **TABATA & TONING**

Tabata is high intensity interval training for a total body cardio workout. Toning your whole body with weights throughout this complete workout.

## **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.

## **TOTAL BODY TONING**

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

## **TURBO**

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-15**

A low impact aerobics class based on Leslie Sansone's popular "Walk At Home" program. Weights & bands will be incorporated into the workout. Burn fat, burn calories & tone muscle while you're having fun! **Cardio Walk-15:** No weights.

## **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.



# YOGA & BARRE

## YOGA

These classes are open to all who wish to learn Yoga basics & to refine their practice. Classes are open to all levels: beginner to advanced. We will practice Yoga breath (pranayama), dynamic postures (asanas), & the flow of breath (vinyasa). By integrating breath & refining postures, participants will increase flexibility, strength & balance also feeling relaxed & restored.

**MON 7:30 – 8:25PM • TUES 8:30 – 9:25AM\* • TUES 10:30 – 11:25AM  
THURS 8:30 – 9:25AM\* • THURS 10:30 – 11:25AM • THURS 7:00 – 7:55PM  
SAT 10:30 – 11:25AM • ALL AT THE NIEBUR CENTER**

\*Ruth available on YouTube Live Stream. Email [amclean@edwymca.com](mailto:amclean@edwymca.com) for info.

## HATHA YOGA: FOUNDATIONS

Yoga practice that includes poses that range from gentle to challenging and comes from a stable, self centering energy. Learn the traditional and basic foundational postures. Each pose is held for about 5-10 breaths. Guided meditation for the final rest. Great for beginners.

**TUES 7:00 – 7:55PM • NIEBUR**

## CANDLELIT RESTORATIVE YIN YOGA

A slow paced meditative style of yoga, mixing restorative yoga using props to support your body in gentle stretches & yin yoga which uses gravity to explore deeper passive stretches that are held longer. Guided meditation for the final rest. Modifications are offered for gentle and advanced options.

**MON 6:00 – 6:55PM • NIEBUR UPSTAIRS STUDIO**

## FIT FLOW YOGA

Fitness of mind, body and spirit. A medium paced meditative vinyasa flow sequence. Class starts with a warm up, warrior series, balance poses, supine and prone floor stretches for the cool down. Guided meditation for the final rest. Modifications are offered for intermediate and advanced levels.

**MON 9:30 – 10:25AM • NIEBUR UPSTAIRS STUDIO**

**WED 6:00 – 6:55PM • NIEBUR UPSTAIRS STUDIO**

## CHAIR YOGA

A gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In Chair Yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

**MON 1:30 – 2:25PM • NIEBUR UPSTAIRS STUDIO**

**THURS 1:30 – 2:25PM • NIEBUR UPSTAIRS STUDIO**

## Our Yoga & Barre Classes Are “Drop-In” Classes!

Mission Members can DROP-IN without registering for Yoga, but must sign up online for Barre & Piloxing Barre due to limited spots. Part Of The Cause/Basic Members & Non-Members must register online before attending all classes!

**MISSION MEMBERS FREE • PART OF THE CAUSE/BASIC MEMBERS \$5  
NON-MEMBERS \$15 • REGISTER ONLINE**

## BARRE

Beyond a basic barre workout: this class encourages all ages to challenge themselves with weights, planks, pushups, thigh, glute and hamstring work, using a barre for balance. A short, intense targeted core work at the end of the class will strengthen your abs and back muscles. Combines strength training, barre, yoga and pilates.

**WED 10:00 – 10:55AM**

**NIEBUR UPSTAIRS STUDIO**

**EVERYONE MUST REGISTER FOR THIS CLASS ONLINE**

## PILOXING BARRE

Utilizing Pilates & Boxing in this game-changing program. A ballet barre is used in this cardio program for stability and resistance. You lengthen, strengthen and box your heart out!

**FRI 9:15 – 10:10AM**

**NIEBUR UPSTAIRS STUDIO**

**EVERYONE MUST REGISTER FOR THIS CLASS ONLINE**

## PRIVATE YOGA SESSIONS

Enhance your yoga practice with private sessions that help your body to heal from injury, anxiety and other health issues. Sessions can be private or with a partner; by appointment only. To get started, email Ann McLean at [amclean@edwymca.com](mailto:amclean@edwymca.com).

**INDIVIDUAL SESSIONS: 1: \$35 • 5: \$150**

**PARTNER SESSIONS: 1: \$60 • 5: \$250**

## GET THE VIRTUAL FITNESS PASS!

A virtual fitness pass gives you exclusive recorded content Monday to Friday from instructors you love.

You can enjoy classes that fit your schedule!

Register monthly to receive emails every Monday – Friday.

**BOOT CAMP • EXPRESS FITNESS • TOTAL BODY TONING  
TABATA & ABS • LUNCHTIME EXPRESS • HIIT • SENIOR FITNESS  
SURPRISE WED WORKOUT • STEP & SCULPT**

**MISSION FREE • PART OF THE CAUSE/BASIC MEMBERS \$10**



# GROUP FITNESS

**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS (AGES 12+)**

**MISSION MEMBERS: FREE • PART OF THE CAUSE/BASIC MEMBERS: \$5 • NON-MEMBERS \$15**

**MISSION MEMBERS CAN DROP-IN TO THE CLASSES IN WHITE BOXES WITHOUT REGISTERING EXCEPT FOR BARRE & SPIN CLASSES  
PART OF THE CAUSE/BASIC MEMBERS & NON-MEMBERS MUST REGISTER ONLINE!**

**Online Registration Starts 2 Weeks Prior To Classes In White • All Must Register For Teal Boxes: 8 Week Sessions**

**NOTE: If you need to withdraw from class, you must call 656-0436 at least 2 hours prior to class.**

## NIEBUR DOWNSTAIRS FITNESS STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BOOT CAMP</b> 5:30 – 5:55am	<b>BOOT CAMP</b> 5:30 – 5:55am	<b>BOOT CAMP</b> 5:30 – 5:55am	<b>BOOT CAMP</b> 5:30 – 5:55am	<b>BOOT CAMP</b> 5:30 – 6:00am	
<b>TAI CHI</b> 7:00 – 7:55am		<b>TAI CHI</b> 7:00 – 7:55am		<b>TAI CHI</b> 7:00 – 7:55am	<b>BOOT CAMP</b> 7:30 – 8:25am
<b>BOOT CAMP</b> 8:30 – 9:15am	<b>YOGA</b> 8:30 – 9:25am (YouTube Live Stream Available)	<b>DANCE FITNESS</b> 8:30 – 9:25am	<b>YOGA</b> 8:30 – 9:25am (YouTube Live Stream Available)	<b>STEP &amp; SCULPT</b> 8:15 – 9:10am	<b>TURBO</b> 8:30 – 9:25am
<b>TOTAL BODY TONING</b> 9:30 – 10:25am	<b>WALK 15</b> 9:30 – 10:25am	<b>TURBO</b> 9:30 – 10:25am	<b>WALK 15</b> 9:30 – 10:25am	<b>BOOT CAMP</b> 9:30 – 10:25am	<b>ZUMBA</b> 9:30 – 10:25am
<b>CARDIO DANCE &amp; SCULPT</b> 10:30 – 11:25am	<b>YOGA</b> 10:30 – 11:25am	<b>CARDIO DANCE</b> 10:30 – 11:25am	<b>YOGA</b> 10:30 – 11:25am	<b>WALK 15 CARDIO</b> 10:30 – 11:25am	<b>YOGA</b> 10:30 – 11:25am
<b>BAREFOOT FUSION</b> 11:30am – 12:25pm	<b>LUNCHTIME EXPRESS</b> 12:10 – 12:50am	<b>BAREFOOT FUSION</b> 11:30am – 12:25pm	<b>LUNCHTIME EXPRESS</b> 12:10 – 12:50am		
<b>TOTAL BODY TONING</b> 4:30 – 5:25pm	<b>WOMEN'S WEIGHT TRAINING</b> 5:00 – 5:55pm	<b>PUMPED UP STRENGTH</b> 4:30 – 5:25pm	<b>WOMEN'S WEIGHT TRAINING</b> 5:00 – 5:55pm		
<b>BOOT CAMP</b> 5:30 – 6:25pm	<b>BOOT CAMP</b> 6:00 – 6:55pm	<b>FLEXIBILITY &amp; STRENGTH</b> 5:30 – 6:25pm	<b>BOOT CAMP</b> 6:00 – 6:55pm		
<b>ZUMBA</b> 6:30 – 7:25pm	<b>HATHA YOGA: FOUNDATIONS</b> 7:00 – 7:55pm	<b>ZUMBA</b> 6:30 – 7:25pm	<b>YOGA</b> 7:00 – 7:55pm		
<b>YOGA</b> 7:30 – 8:25pm					



# GROUP FITNESS

**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS (AGES 12+)**

**MISSION MEMBERS: FREE • PART OF THE CAUSE/BASIC MEMBERS: \$5 • NON-MEMBERS \$15**

MISSION MEMBERS CAN DROP-IN TO THE CLASSES IN WHITE BOXES WITHOUT REGISTERING EXCEPT FOR BARRE & SPIN CLASSES

PART OF THE CAUSE/BASIC MEMBERS & NON-MEMBERS MUST REGISTER ONLINE! • CLASSES IN TEAL ARE SESSIONAL & NOT DROP-IN

Online Registration Starts 2 Weeks Prior To Classes In White & Red • If you need to withdraw from class, you must call 656-0436 at least 2 hours prior to class.

## NIEBUR UPSTAIRS FITNESS STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SCULPT</b> 7:00 – 7:55am	<b>STEP &amp; SCULPT</b> 6:00 – 6:45am	<b>SCULPT</b> 7:00 – 7:55am	<b>STEP &amp; SCULPT</b> 6:00 – 6:45am	<b>SCULPT</b> 7:00 – 7:55am	<b>STEP &amp; SCULPT</b> 7:30 – 8:25am
<b>DANCE FITNESS</b> 8:30 – 9:25am	<b>STEP &amp; SCULPT</b> 8:30 – 9:25am	<b>EXTREME STEP</b> 8:00 – 8:55am	<b>TABATA &amp; TONING</b> 8:30 – 9:25am		
<b>FIT FLOW YOGA</b> 9:30 – 10:25am	<b>TOTAL BODY TONING</b> 9:30 – 10:25am	<b>TOTAL BODY TONING</b> 9:00 – 9:45am	<b>POWER HOUR</b> 9:30 – 10:25am	<b>PILOXING BARRE</b> 9:15 – 10:10am	<b>YOU MUST REGISTER FOR: BARRE &amp; PILOXING BARRE</b>
		<b>BARRE</b> 10:00 – 10:55am			<b>CANCER EXERCISE PROGRAM</b> A free exercise class for cancer patients and survivors. The 60-minute classes are open to all who have been diagnosed with cancer regardless of treatment status, and are appropriate for all fitness levels. Each class is specifically tailored towards participants fitness levels and needs. Let our certified instructors help you on your recovery.
		<b>CANCER EXERCISE</b> 11:00am – 12:00pm			
<b>SILVERSNEAKERS</b> 12:00 – 12:55pm	<b>SILVERSNEAKERS</b> 12:00 – 12:55pm	<b>ADAPTIVE DANCE EX</b> 11:30am – 12:25pm (3 <sup>RD</sup> Wednesday Of Each Month)	<b>SILVERSNEAKERS</b> 12:00 – 12:55pm	<b>SILVERSNEAKERS</b> 12:00 – 12:55pm	
<b>CHAIR YOGA</b> 1:30 – 2:25pm	<b>CORE &amp; MORE</b> 4:30 – 4:55pm	<b>SILVERSNEAKERS</b> 12:00 – 12:55pm (Not Held 3 <sup>RD</sup> Wednesday Of Month)	<b>CHAIR YOGA</b> 1:30 – 2:25pm		
	<b>KETTLEBELL STRENGTH</b> 5:15 – 6:00pm		<b>POWER 30</b> 4:30 – 4:55pm	<b>ADAPTIVE DANCE EXERCISE</b> Have fun while you get moving and grooving to music during this class designed for those with special needs. All are welcome!	
<b>CANDLELIT RESTORATIVE YIN YOGA</b> 6:00 – 6:55pm		<b>FIT FLOW YOGA</b> 6:00 – 6:55pm			

## NIEBUR GYMNASIUM/FITNESS CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAX FIT</b> 5:30 – 6:15am	<b>SILVERSNEAKERS</b> 8:30 – 9:20am	<b>MAX FIT</b> 5:30 – 6:15am	<b>SILVERSNEAKERS</b> 8:30 – 9:20am	
<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:25am		<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:25am		<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:25am

## MEYER GYMNASIUM/FITNESS CENTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SILVERSNEAKERS</b> 8:30 – 9:25am	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:30am	<b>SILVERSNEAKERS</b> 8:30 – 9:25am	<b>WOMEN'S WEIGHT TRAINING</b> 9:30 – 10:30am	<b>SILVERSNEAKERS</b> 8:30 – 9:25am
	<b>CIRCUIT WORX</b> 5:30 – 6:45pm		<b>CIRCUIT WORX</b> 5:30 – 6:45pm	



# SPINNING & TRAINING

Our Spinning classes are held at the Niebur Center. Bring your towel & water.  
PLEASE REGISTER FOR CLASSES ON OUR WEBSITE UP TO 2 WEEKS EARLY.  
NOTE: If you need to withdraw from a class, you must call 656-0436 or  
email [cancelclass@edwymca.com](mailto:cancelclass@edwymca.com) at least two hours prior to the class.

## "DROP-IN" SPIN

MISSION \$0 • POTC/BASIC \$5 • NON-MEM \$15 • PER CLASS

### SPIN EXPRESS

A 30 minute spin class that is great on your lunch break or right after work!

### SPINNING

The 45 minute spin class is perfect for everyone!

### SPIN STRENGTH

A spin fusion class that combines the power of cardio in a Spin class with weight training for a complete workout. Use dumbbells, kettlebells, med balls & bands with body weight for full body training.

### FAITH SPIN

A FREE Worship Ride for members on the 1<sup>ST</sup> Monday of the month!  
Featuring all faith-based music.

## DROP-IN PARKINSONS

### EXERCISE FOR PARKINSONS

Class is 30 minutes of indoor cycling & 30 minutes of land-based fitness activities. Exercise seated or standing with support. Movements are done at a pace & intensity that are appropriate for each participant.  
**FREE**

### PROGRESSIVE INTERVAL TRAINING

Do you have group of friends that would like to train together in our Spin Studio for a comprehensive cardio and resistance training workout? Your group can meet on a weekly or bi-weekly basis with an instructor! For prices & times please email [amclean@edwymca.com](mailto:amclean@edwymca.com).

## SESSIONAL CLASSES

### SPIN & TONE

Will bring you on a high intensity cycling journey, ranging from hill climbs to sprints and everything in between. Indoor cycling classes are a great way to burn fat and increase your overall fitness. Spin and Tone class is high intensity cardiovascular in nature but can be adapted for all fitness levels. Following the 30 minute Spin, grab your dumbbells, kettlebells and med ball for a 30 minute toning class that will complete and complement your cardio workout. Participants in the is class can also join Sculpt at no extra cost.  
**MON, WED & FRI 8:00 - 9:00AM • NIEBUR • 8 WEEKS**  
**MEMBERS \$105 • NON-MEMBERS \$210**  
**WINTER 1: JANUARY 8<sup>TH</sup> - MARCH 3<sup>RD</sup>**

### FITNESS ON DEMAND \*NEW\*

Take the class you want when you want it! Play the class you want on demand in the Spin Studio. Classes include Yoga, Spin, Strength Training and more. Groups or individuals choose class you like to take on your schedule. It is not available when there are scheduled classes. You can reserve your 1 hour spot online or at the desk. Stop by the service desk to check in.

**MISSION MEMBERS FREE • POTC/BASIC MEMBERS \$5**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>SPIN STRENGTH</b> 6:00 - 6:45am		<b>SPIN STRENGTH</b> 6:00 - 6:45am		
<b>SPIN &amp; TONE</b> 8:00 - 9:00am	<b>SPIN STRENGTH</b> 8:30 - 9:15am	<b>SPIN &amp; TONE</b> 8:00 - 9:00am	<b>SPIN STRENGTH</b> 8:30 - 9:15am	<b>SPIN &amp; TONE</b> 8:00 - 9:00am	<b>SPINNING</b> 8:30 - 9:15am
	<b>SPINNING</b> 9:30 - 10:15am		<b>SPINNING</b> 9:30 - 10:15am	<b>SPINNING</b> 9:30 - 10:15am	
<b>SPIN EXPRESS</b> 12:15 - 12:45pm	<b>EXERCISE FOR PARKINSONS</b> 11:00am - Noon	<b>SPIN STRENGTH</b> 12:30 - 1:15pm	<b>EXERCISE FOR PARKINSONS</b> 11:00am - Noon		
<b>FAITH SPIN</b> 6:00 - 6:45pm (1 <sup>ST</sup> of the Month)	<b>SPINNING</b> 6:00 - 6:45pm		<b>SPINNING</b> 6:00 - 6:45pm		



# MARTIAL ARTS

The art of Tae Kwon Do combined with techniques from other styles of martial arts and combat sports, create a well-rounded student. All ages can gain healthy outcomes such as weight loss, self-discipline, self-control and self-confidence. We focus on teaching practical self-defense techniques, applying danger awareness and skills to redirect violence before a physical confrontation is necessary. Students also train in sport techniques for those interested in local competitions and tournaments.

## TRADITIONAL MARTIAL ARTS • AGES 7 & UP WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEKS

### BEGINNER WHITE, ORANGE, YELLOW & GREEN BELT

MONDAY &/OR WEDNESDAY 5:00 – 5:55PM

MEYER CENTER UPSTAIRS

1 DAY: MEMBERS \$52 • NON-MEMBERS \$78

2 DAYS: MEMBERS \$94 • NON-MEMBERS \$130

### TIGER MITES (AGES 4 – 6)

The only necessary requirements are the knowledge of major body parts, left and right, and the ability to play "Simon Says."

Students will learn skills such as adult victim prevention and motor skill development. Respect and discipline are greatly emphasized.

MON 4:30 – 5:00PM • MEYER UPSTAIRS  
MEMBERS \$45 • NON-MEMBERS \$68

### OPEN SPARRING

A chance to put your skills to the test. Students spar one another (think playing tag with your hands and feet) using proper safety equipment and following safety guidelines. We do drills designed to improve agility, speed and coordination, as well as overall conditioning.

This class is included with the martial arts program and although students aren't required to take it, they are strongly encouraged.

SAT 8:30 – 9:25AM • MEYER UPSTAIRS  
FREE FOR CURRENT STUDENTS

### PERSONAL MARTIAL ARTS TRAINING

Improve your the art of Tae Kwon Do with techniques from other styles of martial arts and combat sports with individual sessions with Brendan Neal.

Requires approval from instructor to purchase sessions.

Email [dandree@edwymca.com](mailto:dandree@edwymca.com) with questions.

Tickets expire 1 year from date of purchase.

MEMBERS: SINGLE \$40 • 5 PACK \$175



Registration in  
any Martial Arts  
classes includes **FREE**  
Open Sparring on  
Saturdays!

### INTERMEDIATE/ADVANCED BLUE, RED, BROWN & BLACK BELT

MONDAY &/OR WEDNESDAY 6:00 – 7:10PM

MEYER CENTER UPSTAIRS

1 DAY: MEMBERS \$54 • NON-MEMBERS \$80

2 DAYS: MEMBERS \$98 • NON-MEMBERS \$146

### ESCRIMA (AGES 8+)

A Philippine-based martial art that uses rattan sticks and Japanese jo (short staff) 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.

SAT 9:30 – 10:25AM • MEYER UPSTAIRS  
MEMBERS \$52 • NON-MEMBERS \$78

### PRACTICAL SELF-DEFENSE

Learn powerful techniques, tactics, and strategies to help you keep yourself and your loved ones safe from violence. This class benefits people of all ages and abilities and is great for families!

SAT 10:30 – 11:25AM • MEYER UPSTAIRS  
MEMBERS \$52 • NON-MEMBERS \$78

### MMA CONDITIONING \*NEW\*

This high intensity class combines drills and techniques from the sports of wrestling, boxing, Muay Thai, and jiu-jitsu. Using focus mitts, heavy bags, jump ropes, and body weight exercises, you get to train like a pro MMA fighter and not get beat up!

MON 7:15 – 8:00PM • WED 7:15 – 8:00PM • MEYER UPSTAIRS  
MEMBERS \$52 • NON-MEMBERS \$78



# RACQUETBALL & WALLYBALL

ALL PLAYERS MUST CHECK-IN & PAY AT THE SERVICE DESK BEFORE ENTERING RACQUETBALL/WALLYBALL COURT.

## RACQUETBALL & WALLYBALL DAILY PRICES:

Mission Members: FREE • Part Of The Cause/Basic Members \$5/person • Non-Members \$15/person

## RESERVATIONS:

Can be made at the desk or online. Court can only be reserved 1 week in advance for a maximum of 2 hours in a row.

## RACQUETBALL COURT RENTALS

The Niebur Center racquetball court may be reserved seven days in advance. Reservations can be made at the YMCA service desk or over the phone. The court will be held for 15 minutes following the reserved time, after which the reservation will be cancelled for use by someone else.

## FREE SATURDAY MORNING "MEMBERS ONLY" CHALLENGE COURT

The racquetball court is reserved every Saturday morning from 7:00 – 10:00AM as challenge courts for use by members only at no charge!

## 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 - 17 YEAR OLDS MUST WEAR PROTECTIVE EYE WEAR.\***

**ONLINE  
RESERVATIONS  
CAN BE MADE FOR  
RACQUETBALL &  
WALLYBALL!**

EDWARDSVILLEYMCA.COM/  
PROGRAMS/SPORTS/  
RACQUETBALL-WALLYBALL/

## WALLYBALL • NIEBUR CENTER • MAX OF 8 PEOPLE AT A TIME

This awesome sport adds a whole new dimension to Volleyball. Wallyball can be played in the YMCA racquetball court. It provides the element of surprise as an ordinary volley can go in many directions when spiking the ball off the walls!

CONTACT THE SERVICE DESK AT 618.656.0436 FOR MORE INFORMATION ABOUT RACQUETBALL & WALLYBALL.



**REC. SPORTS**





# YOUTH SPORTS

## YOUTH SOCCER LEAGUES

### ROOKIES SOCCER PROGRAM (AGES 4 – 5)

Join our soccer program for kids who are not yet in Kindergarten, and cannot wait to start playing the game of soccer! This age group will play 4v4 games. 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 as our league would not be possible without volunteers! If coaches are needed, all families will be asked until a volunteer is found. Practices will be on Friday nights, with games to follow on Saturday mornings. For this age group, all games are coach led meaning each team will have one coach on the field to assist in progressing the game along. The second weekend of March will be the first weekend of games. Barring any cancellations due to weather, the season will end on April 13<sup>TH</sup>.

**PLUMMER PARK FIELDS (T-SHIRT INCLUDED)**

**EARLY BIRD REGISTRATION: NOVEMBER 1<sup>ST</sup> – JANUARY 7<sup>TH</sup>**

**OPEN REGISTRATION: JANUARY 8<sup>TH</sup> – FEBRUARY 11<sup>TH</sup> (\$20 EXTRA)**

**LEAGUE: MARCH 1<sup>ST</sup> – APRIL 13<sup>TH</sup>**

**MEMBERS \$85 • NON-MEMBERS \$105**

### YOUTH SOCCER LEAGUE (K – 8<sup>TH</sup>)

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 as our league would not be possible without volunteers! If coaches are needed, all families will be asked until a volunteer is found. Practices will be on Friday nights, with games to follow on Saturday mornings. The second weekend of March will be the first weekend of games. Barring any cancellations due to weather, the season will end on April 13<sup>TH</sup>.

**PLUMMER PARK FIELDS (T-SHIRT INCLUDED)**

**EARLY BIRD REGISTRATION: NOVEMBER 1<sup>ST</sup> – JANUARY 7<sup>TH</sup>**

**OPEN REGISTRATION: JANUARY 8<sup>TH</sup> – FEBRUARY 11<sup>TH</sup> (\$20 EXTRA)**

**LEAGUE: MARCH 1<sup>ST</sup> – APRIL 13<sup>TH</sup>**

**MEMBERS \$85 • NON-MEMBERS \$105**

**BE SURE TO SIGN UP FOR SPORTS EARLY  
AS THE REGISTRATION TIMELINE HAS MOVED UP!**

### PEEWEE SOCCER (AGE 3)

It's time for our Pee Wee Soccer League. Your 3 year old's will have an opportunity to get on the field and learn about soccer! This is an introductory 45 minute session per week for six weeks led by our YMCA staff. You can choose the 5pm or 6pm session as you're registering. This class is different from our soccer league that has practice and games on the weekends. This class will be every Wednesday barring weather cancellations. We welcome any parent volunteers that are willing to help during class! If you have any questions, please contact [clittle@edwymca.com](mailto:clittle@edwymca.com)

**WED 5:00 – 5:45PM • WED 6:00 – 6:45PM**

**MEYER CENTER (T-SHIRT INCLUDED)**

**EARLY BIRD REGISTRATION: NOVEMBER 1<sup>ST</sup> – JANUARY 7<sup>TH</sup>**

**OPEN REGISTRATION: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> (\$20 EXTRA)**

**LEAGUE: MARCH 6<sup>TH</sup> – APRIL 10<sup>TH</sup>**

**MEMBERS \$60 • NON-MEMBERS \$80**

## VOLUNTEER COACHES

**The success of our youth sports programs is dependent on support and involvement from volunteers. Share a special experience with your child and sign up as a volunteer coach when you register online or at the front desk of one of our facilities!**

### REC. SPORTS NOTES:

**Late Fee Of \$20 Starts The Day After Early Bird Registration Period On Each League**

**Once The Open Registration Period Is Over, There Will Be No More Registrations Accepted – Register Early!**

**Parents Will Hear From Their Coaches Starting 2 Weeks Before Leagues Begin**

**Schedules Can Be Found On IM Leagues**



# VOLLEYBALL

## **YOUTH VOLLEYBALL (GRADES 2<sup>ND</sup> – 8<sup>TH</sup>)**

This is an instructional league with an emphasis on fundamentals and equal playing time. Games will be played primarily on Saturday mornings and early afternoons. Practice times will be offered as space and scheduling allows.

**MEYER CENTER (T-SHIRT INCLUDED)**

**EARLY BIRD REGISTRATION: DECEMBER 25<sup>TH</sup> – MARCH 3<sup>RD</sup>**

**OPEN REGISTRATION: MARCH 4<sup>TH</sup> – APRIL 7<sup>TH</sup> (\$20 EXTRA)**

**LEAGUE: MAY 4<sup>TH</sup> – JUNE 8<sup>TH</sup>**

**MEMBERS \$60 • NON-MEMBERS \$80**

## **WINTER CO-ED ADULT INDOOR VOLLEYBALL**

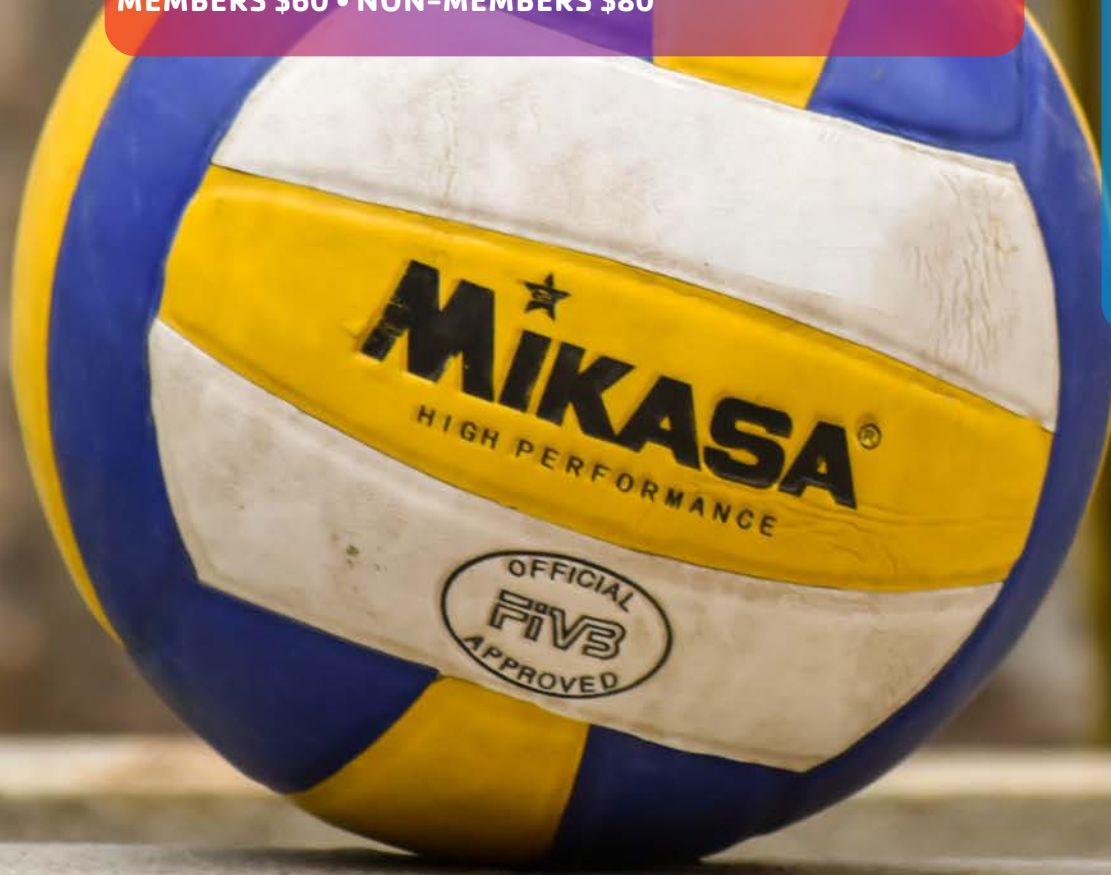
Adult Volleyball is back! We offer two different divisions of leagues: recreational, and competitive. Each team only plays teams from their division with playoffs after the regular season. Come on out and have some fun with friends. All team players must be at least 16 years old. Games will be played at the Meyer Center on Monday nights, as well as Tuesdays if needed. Every individual must sign up and pay the one time fee of \$35 for the season. When signing up, please indicate your team name if you already have a group of individuals planning on signing up. If you are looking for a team, there is an option for that when registering as well! The season will be 8 total weeks, including a single elimination tournament the last night of the season in which we will crown a champion. The winning team from each division will receive Champion t-shirts! If you have any questions, please contact Cam Little at [clittle@edwymca.com](mailto:clittle@edwymca.com).

**MEYER CENTER (T-SHIRT INCLUDED)**

**OPEN REGISTRATION: OCTOBER 4<sup>TH</sup> – JANUARY 4<sup>TH</sup>**

**LEAGUE: JANUARY 8<sup>TH</sup> – MARCH 18<sup>TH</sup>**

**MEMBERS & NON-MEMBERS \$35**



**Online Registration Available For All  
Rec. Sports Leagues!**



# SKATE, HOCKEY & PICKLEBALL





# SKATING

## OPEN & AFTER SCHOOL SKATE

The Skate Center offers a variety of sessions throughout the week to satisfy any skater's needs. Weekdays are great for after school fun, Friday nights or Saturday and Sunday afternoons are great for family time and birthday parties!

Check out our calendar for our special dates!

**MONDAY, TUESDAY, THURSDAY & FRIDAY 3:00 – 5:00PM**

**MISSION MEMBERS FREE • PART OF THE CAUSE/BASIC & NATIONWIDE MEMBER \$5  
NON-MEMBERS \$15**

**FRIDAY 6:00 – 9:00PM (NOT EVERY WEEK • ONLINE REGISTRATION)**

**MEMBERS \$8 • NON-MEMBERS \$15**

**SATURDAY & SUNDAY 1:00 – 4:00PM**

**MISSION MEMBERS FREE • PART OF THE CAUSE/BASIC & NATIONWIDE MEMBER \$5  
NON-MEMBERS \$15**

## TOT SKATE

Designed for children 5 and under and their parents to socialize and have fun! Parents can walk or push strollers. Kids can skate and bring their favorite push toys or riding toys. Two wheeled bikes are allowed only with training wheels.

**MONDAY – WEDNESDAY 9:30 – 11:30AM**

**FREE FOR MEMBERS & NON-MEMBERS  
FREE SKATE RENTAL • NOT HELD IF SCHOOL IS OUT**

## PRIVATE SKATING LESSONS (AGES 5+)

Based on student's experience, participants will be taught how to stop, fall properly, skate forwards and backwards, and cross over. During the private session, skaters will go through different techniques and drills to help them become more well-rounded skaters.

**YOU WILL BE CONTACTED TO SCHEDULE A 40 MIN SESSION AFTER YOU REGISTER.**

**THURSDAY 5:00 – 6:30PM • MEYER  
MEMBERS \$20 • NON-MEMBERS \$45**

## PRIVATE SKATE RENTAL

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.

**TUESDAY 6:00 – 8:00PM • UP TO 75 SKATERS • \$150 RENTAL FEE PLUS \$3 PER SKATER  
OVER 75 SKATERS IT IS AN ADDITIONAL \$50 FOR GYM SPACE**

Visit our website [edwardsvillemca.com](http://edwardsvillemca.com) or call 655-1460 for more information.

## SKATE PARTIES

The fun never stops in the skate center! How can you resist skating to all of your favorite tunes and playing different skating games? Skating parties are set up in packages based on how many skaters you will have at your party. The packages include your tables for the entire 2 hours, skating and skates.

All parties will still include utensils, plastic table covering, party host, two pitchers of soda.

**LENGTH OF PARTY: 2 HOURS**

**SATURDAYS & SUNDAYS**

**1:00 – 3:00PM • 1:30 – 3:30PM • 2:00 – 4:00PM**

**UP TO 10 SKATERS**

**MEMBER \$100 • NON-MEMBER \$150**

**UP TO 20 SKATERS**

**MEMBER \$210 • NON-MEMBER \$270**

**UP TO 25 SKATERS**

**MEMBER \$250 • NON-MEMBER \$310**

**PARTY ROOM: ADDITIONAL \$50**

**A \$50 DEPOSIT IS REQUIRED WITHIN  
TWO DAYS OF MAKING THE RESERVATION  
TO HOLD THE PARTY.**



# HOCKEY

## LEARN TO PLAY HOCKEY (K – 8<sup>TH</sup>)

Designed to introduce very beginner players to the game of roller hockey. They will be instructed on hockey basics and skating skills. As their skills progress they can move up to the advanced class & join the YMCA Hockey League. In the advanced class, participants will be instructed on hockey skills with more emphasis on game situations. Player must be able to skate forward without assistance. Classes will be split according to skill level with beginner and advanced levels welcome.

**WINTER 1: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup> • 8 WEEK SESSION**

**BEGINNERS: MON 6:30 – 7:30PM • MEYER**

**MEMBERS \$60 • NON-MEMBERS \$90**

**DON'T HAVE EQUIPMENT?  
WE'VE GOT YOU COVERED!**

**Helmet • Elbow Pads**

**Shin Guards • Stick • Jersey**  
**Note: You will need to supply  
an Athletic Supporter**

## VOLUNTEER COACHES

The success of our youth sports program is based on support and involvement from volunteers. Share a special experience with your child; sign up as a volunteer coach or line changer by checking the box at registration.

## YOUTH HOCKEY LEAGUE (3<sup>RD</sup> – 8<sup>TH</sup>)

Register for our Youth Hockey League! Our leagues are the perfect place for beginner youth hockey players! The league provides a great environment for hockey players that want to increase their knowledge by game play through intra-squad play.

### EQUIPMENT REQUIREMENTS

Helmet, Shin Guards, Elbow Pads, Protective Cup, Gloves, Skates & Hockey Stick are required to be worn & supplied by the player. Every player gets their own jersey to keep.

**BE ON THE LOOKOUT FOR UPCOMING SESSIONS**



# PICKLEBALL



## OPEN PICKLEBALL

Pickleball is the fastest growing sport in the United States!

It is a fun, relatively easy to play game providing good exercise to all.

This all-ages, co-ed game is played both inside and out; combining the elements of tennis, badminton and ping-pong using paddles to hit a perforated plastic ball over the net. Games can be played in singles or doubles. For more information please call 618.655.1460.

## CHECK CALENDAR FOR DAYS & TIMES

MEYER SKATE CENTER & NIEBUR CENTER GYM

MISSION MEMBERS: FREE • BASIC/POTC MEMBERS: \$5 • NON-MEMBERS: \$15

## PICKLEBALL LEAGUE

This is an adult pickleball league that will take place during the week in the evenings designed for several levels of play: Beginner, Intermediate and Competitive.

It will be played at the Meyer Center in the evenings. Teams will sign up as a team of "two" and they will receive a schedule to play each week against another team at a designated time. Teams will receive and turn in a score sheet so that staff can track records and rankings. Extra equipment available if needed. Come on out and have some fun with friends playing the game you love.

JANUARY - MARCH

TUESDAYS • 5:30 - 9:00PM • MEYER SKATE CENTER

TEAM OF 2 FEE \$100



# TENNIS





# ADULT TENNIS

## COURT RENTAL FEES PER PERSON

**MEMBERS:** 1 HOUR \$7 • 1 1/2 HOURS \$10.50 • 2 HOURS \$14  
**NON-MEMBERS:** 1 HOUR \$12 • 1 1/2 HOURS \$18 • 2 HOURS \$24

## SPECIAL HOURS

**PER PERSON/PER HOUR:** MEMBERS \$5 • NON-MEMBERS \$10  
**MONDAY – FRIDAY:** 11:00AM – 3:00PM  
**SUNDAY:** 10:00AM – 5:00PM

**RESERVATIONS ALLOWED 1 WEEK IN ADVANCE**

## FREE FOR MEMBERS ONLY (WALK-IN ONLY)

\*NON-MEMBERS WILL PAY THEIR NORMAL COURT RENTAL FEES  
**MONDAY – FRIDAY 5:00 – 8:00AM**  
**SATURDAY 3:00 – 6:00PM**

\* Always check availability as the YMCA reserves the right to change all times at their discretion.

## RACQUET STRINGING

**\$30/ RACQUET • \$15 IF YOU BRING STRING**

## BALL MACHINE

**\$5 PLUS NORMAL COURT FEES**

**BALLS • \$4.50**

**GRIPS • \$12**

**OVER GRIPS • \$4**

**DAMPENERS • \$4**

## COURT RESERVATIONS – EVERYONE CAN PLAY TENNIS!

Members may reserve a court 1 week in advance of the date requested and non-members 48 hours in advance. Regular court fees will apply.

**EVERYONE MUST CHECK IN & PAY BEFORE ENTERING TENNIS COURTS.**

To reserve a court, sign up online, at the desk or call 618.655.1460.

## LEAGUE/COURT BLOCK TIME

Reserving a permanent court time assures you a court on a specified day & time for the **WINTER/SPRING: JAN. 8<sup>TH</sup> – MAY 19<sup>TH</sup>, 2024**. You are responsible for payment of the court(s) 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!**

**DATES TO BEGIN RESERVING YOUR COURTS:**

**RETURNING COURTS: DECEMBER 4<sup>TH</sup> • NEW COURTS: DECEMBER 11<sup>TH</sup>**

## PRIVATE TENNIS LESSONS (ALL AGES)

Allows 1-on-1 time with an instructor; available for members at any age or level. The price will include the regular court fee, plus the cost of the instructor. If you are interested in a private lesson, call 655.1460 ext. 2236.

## ADULT TENNIS

### ACTIVE OLDER ADULT TENNIS (AGES 55+)

The format of play will depend on the number of players each day. This is a great way to exercise & meet other players interested in tennis.

**MONDAY & FRIDAY 11:00AM – 12:30PM • WEDNESDAY 9:30 – 11:00AM • MEYER**

**MEMBERS \$5 • NON-MEMBERS \$12**

### TRIPLES & DOUBLES/SINGLES DRILLS

#### DOUBLES/SINGLES DRILLS:

Sign up by yourself or with a partner for doubles! You will go through either singles or doubles strategy in drills and game play. It will be posted if the clinic is singles or doubles.

#### TRIPLES:

3–5 members on a team! A fast paced, timed game where teams will rotate after each point and play different teams each round. It is a great workout for people of all ages and abilities. Dates and times will be posted in the tennis center. Contact Angie at [apence@edwymca.com](mailto:apence@edwymca.com) or 655-1460 ext. 2236 for additional information.

**SAT 9:00 – 10:30AM • MEYER**

**MEMBERS \$12 • NON-MEMBERS \$20**

### ADULT TENNIS LESSONS

The beginner class is for players who are just starting out and would like to learn & work on the different strokes. The intermediate class will help you develop your strokes, fix a glitch in your mechanics, and teach different strategies in match play.

#### BEGINNING TO EARLY INTERMEDIATE

**MON 6:00 – 7:25PM • MEYER • WED 11:00AM – 12:25PM • MEYER**

#### INTERMEDIATE TO ADVANCED INTERMEDIATE

**MON 7:30 – 8:55PM • MEYER • WED 9:30 – 10:55AM • MEYER**

**MEMBERS \$115 • NON-MEMBER \$175**

**WINTER 1 • 8 WEEKS: JANUARY 8<sup>TH</sup> – MARCH 3<sup>RD</sup>**



# 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 9:30 - 10:10AM • MEYER**

**MON 6:00 - 6:40PM • MEYER**

**THURS 9:30 - 10:10AM • MEYER**

**MEMBERS \$69 • NON-MEMBER \$106**

## 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.

**MON 5:00 - 5:50PM • MEYER**

**WED 5:00 - 5:50PM • MEYER**

**SAT 11:00 - 11:50AM • MEYER**

**MEMBERS \$78 • NON-MEMBER \$120**

## 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.

**MON 4:30 - 5:50PM • MEYER**

**WED 4:30 - 5:50PM • MEYER**

**SAT NOON - 1:20PM • MEYER**

**MEMBERS \$115 • NON-MEMBER \$175**

## 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 4:30 - 5:50PM • MEYER**

**THURS 4:30 - 5:50PM • MEYER**

**SAT 10:30 - 11:50AM • MEYER**

**MEMBERS \$115 • NON-MEMBER \$175**

**WINTER 1  
8 WEEKS  
JANUARY 8<sup>TH</sup>  
- MARCH 3<sup>RD</sup>  
REGISTER ONLINE!**

## ADVANCED ACES (AGES 11 - 14)

This is an advanced class for the player focusing on improving match play. This class will involve fast paced drills and match play situations. **REMINER: PLAYER MUST HAVE INSTRUCTOR APPROVAL FOR CLASS.**

**TUES 4:30 - 5:50PM • MEYER**

**THUR 4:30 - 5:50PM • MEYER**

**MEMBERS \$115 • NON-MEMBER \$175**

## 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 3:00 - 4:30PM • MEYER**

**THURS 3:00 - 4:30PM • MEYER**

**SAT 12:00 - 1:30PM • MEYER**

**MEMBERS \$157 • NON-MEMBER \$240**

## ADVANCED HITTING (AGES 14 - 18)

This class is for the varsity level high school tennis player. It will be filled with fast paced drills with an emphasis on match play for both singles and doubles. **PLAYER MUST HAVE INSTRUCTOR APPROVAL FOR CLASS.**

**MON 3:00 - 4:30PM • MEYER**

**WED 3:00 - 4:30PM • MEYER**

**MEMBERS \$157 • NON-MEMBER \$240**

## INTRODUCTION TO TENNIS (AGES 9 - 18)

These classes are geared towards children and young adults with little or no tennis experience. The class will focus on learning the basic fundamentals and rules of tennis.

**CHECK BACK FOR DATES WHEN THIS CLASS WILL RETURN**







**NIEBUR CENTER: (618) 656.0436**  
**MEYER CENTER: (618) 655.1460**  
**[www.edwardsvilleyymca.com](http://www.edwardsvilleyymca.com)**

## **FOLLOW US ON SOCIAL MEDIA**

**Facebook: Edwardsville-YMCA • Instagram: EDWYMCA**  
**TikTok: EDWYMCA • Twitter: EDWYMCA • YouTube: YMCAEdwardsville**

## **VISIT THE YMCA DURING THESE HOURS**

**Monday – Friday • 5:00am – 9:00pm**

**Saturday • 7:00am – 6:00pm**

**Sunday • 10:00am – 5:00pm (Meyer) • 10:00am – 3:00pm (Niebur)**

## **UPCOMING HOLIDAY HOURS**

**Christmas Eve • Sunday, Dec. 24<sup>TH</sup> • CLOSED**

**Christmas • Monday, Dec. 25<sup>TH</sup> • CLOSED**

**Tuesday, December 26<sup>TH</sup>: 7:00am – 9:00pm**

**New Year's Eve • Sunday, December 31<sup>ST</sup>: 10:00am – 3:00pm**

**New Year's Day • Monday, January 1<sup>ST</sup> • CLOSED**

## **YMCA BOARD OF DIRECTORS**

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