

Parent / Child Swim Lessons (6months-36 months of age)

SKIPs

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------------------------|---------------------------|------------------|------------|----------|----------|---------|---------|---------|
| SKIPs(shrimp, kipper, inia & perch) | Swim Lessons-Parent/Child | M 5:15-5:45pm | Spring I | | Pool | 6-36 mo | \$34.00 | \$68.00 |
| | | W 6:00-6:30pm | | | | | | |
| | | Th 10:45-11:15am | | | | | | |
| | | Sa 10:30-11:00am | | | | | | |

Preschool Swim Lessons (Ages 3-5 yrs.)

Pike

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|--------------------------------|------------------|------------|----------|----------|---------|---------|---------|
| Pike | Swim Lessons-Youth (Preschool) | M 4:15-5:00pm | Spring I | | Pool | 3-5 yrs | \$39.00 | \$73.00 |
| | | M 5:15-6:00pm | | | | | | |
| | | M 6:10-6:55pm | | | | | | |
| | | T 10:45-11:30am | | | | | | |
| | | T 5:00-5:45pm | | | | | | |
| | | T 6:00-6:45pm | | | | | | |
| | | W 5:00-5:45pm | | | | | | |
| | | W 6:00-6:45pm | | | | | | |
| | | Th 10:45-11:30am | | | | | | |
| | | Th 5:15-6:00pm | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| | | Sa 9:30-10:15am | | | | | | |
| | | Sa 10:30-11:15pm | | | | | | |

Eel

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-----------------|--------------------------------|------------------|------------|----------|----------|---------|---------|---------|
| Eel | Swim Lessons-Youth (Preschool) | M 4:15-5:00pm | Spring I | | Pool | 3-5 yrs | \$39.00 | \$73.00 |
| | | M 6:10-6:55pm | | | | | | |
| | | T 10:45-11:30am | | | | | | |
| | | T 6:00-6:45pm | | | | | | |
| | | W 5:00-5:45pm | | | | | | |
| | | Th 10:45-11:30am | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| Sa 9:30-10:15am | | | | | | | | |

Ray

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-----------------|--------------------------------|------------------|------------|----------|----------|---------|---------|---------|
| Ray | Swim Lessons-Youth (Preschool) | M 4:15-5:00pm | Spring I | | Pool | 3-5 yrs | \$39.00 | \$73.00 |
| | | M 6:10-6:55pm | | | | | | |
| | | T 10:45-11:30am | | | | | | |
| | | T 6:00-6:45pm | | | | | | |
| | | W 5:00-5:45pm | | | | | | |
| | | Th 10:45-11:30am | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| Sa 9:30-10:15am | | | | | | | | |

Polliwog

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|----------------------------|------------------|------------|----------|----------|----------|---------|---------|
| Polliwog | Swim Lessons-Youth (Youth) | M 4:15- 5:00pm | Spring I | | Pool | 6-12 yrs | \$39.00 | \$73.00 |
| | | M 5:15- 6:00pm | | | | | | |
| | | M 6:10-6:55pm | | | | | | |
| | | T 5:00-5:45pm | | | | | | |
| | | T 6:00-6:45pm | | | | | | |
| | | W 5:00-6:00pm | | | | | | |
| | | W 6:00-6:45pm | | | | | | |
| | | Th 5:15-6:00pm | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| | | Sa 9:30-10:15am | | | | | | |
| | | Sa 10:30-11:15am | | | | | | |

Polliwog Plus

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|---------------|----------------------------|------------------|------------|----------|----------|----------|---------|---------|
| Polliwog Plus | Swim Lessons-Youth (Youth) | M 6:10-6:55pm | Spring I | | Pool | 6-12 yrs | \$39.00 | \$73.00 |
| | | T 5:00-5:45pm | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | Sa 10:30-11:15am | | | | | | |

Guppy

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|----------------------------|-----------------|------------|----------|----------|----------|---------|---------|
| Guppy | Swim Lessons-Youth (Youth) | M 4:15-5:00pm | Spring I | | Pool | 6-12 yrs | \$39.00 | \$73.00 |
| | | M 5:15-6:00pm | | | | | | |
| | | T 5:00-5:45pm | | | | | | |
| | | W 6:00-6:45pm | | | | | | |
| | | Th 5:15- 6:00pm | | | | | | |
| | | Th 6:10-6:55pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| | | Sa 9:30-10:15am | | | | | | |

Minnow

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|----------------------------|-----------------|------------|----------|----------|----------|---------|---------|
| Minnow | Swim Lessons-Youth (Youth) | M 4:15-5:00pm | Spring I | | Pool | 6-12 yrs | \$39.00 | \$73.00 |
| | | M 5:15-6:00pm | | | | | | |
| | | T 6:00-6:45pm | | | | | | |
| | | W 6:00-6:45pm | | | | | | |
| | | Th 5:15-6:00pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |
| | | Sa 9:30-10:15am | | | | | | |

Fish

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|----------------------------|---------------|------------|----------|----------|----------|---------|---------|
| Fish | Swim Lessons-Youth (Youth) | M 6:10-6:55pm | Spring I | | Pool | 6-14 yrs | \$39.00 | \$73.00 |
| | | W 5:00-5:45pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |

Flying Fish

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------|----------------------------|---------------|------------|----------|----------|----------|---------|---------|
| Flying Fish | Swim Lessons-Youth (Youth) | M 6:10-6:55pm | Spring I | | Pool | 6-14 yrs | \$39.00 | \$73.00 |
| | | W 5:00-5:45pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |

Shark

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|------|---------------|------------|----------|----------|----------|---------|---------|
| Shark | | M 6:10-6:55pm | Spring I | | Pool | 6-14 yrs | \$39.00 | \$73.00 |
| | | W 5:00-5:45pm | | | | | | |
| | | F 4:15-5:00pm | | | | | | |

Teen / Adult Swim Lessons (ages 13-19 yrs.)

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------|-------------------------|--------------------|------------|----------|----------|-----------|--------|--------|
| Teen Swim Lessons | Swim Lessons-Teen/Adult | | Spring I | | Pool | 13-19 yrs | | |
| | | Sa 11:20am-12:05pm | | | | | | |

Adult Swim Instruction (ages 18+)

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------------|-------------------------|--------------------|------------|----------|----------|------|---------|---------|
| Adult Swim Lessons | Swim Lessons-Teen/Adult | W 6:00-6:45pm | Spring I | | Pool | 20+ | \$39.00 | \$73.00 |
| | | Sa 11:20am-12:05pm | | | | | | |

Private Swim Lessons

| Class Name | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|---|---------------------|------------|----------|----------|----------|----------|----------|
| Private Lessons 7 sessions -30 minutes | Contact Aquatic Dir | TBD | TBD | Pool | 1-99 yrs | \$98.00 | \$149.00 |
| Semi-Private Lessons sessions -45 minutes | Contact Aquatic Dir | TBD | TBD | Pool | 1-99 yrs | \$147.00 | \$205.00 |

Swim Stroke Clinics

Pre-competitive swim technique instruction for children who are interested in Swim Team or are currently on a swim team and would like some additional practice on stroke development and endurance. Introduction to stroke drills and conditioning.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|---------------|---------------------------------|---------------|------------|----------|----------|----------|---------|---------|
| Stroke Clinic | Swim Lessons-Youth (Comp. Swim) | M 5:15-6:00pm | Spring I | | Pool | 6-13 yrs | \$39.00 | \$73.00 |
| | | W 5:00-5:45pm | | | | | | |

Boy Scout / Girl Scout Water Badges

This class covers everything scouts need to complete their Water Badges. Contact the Aquatic Director for details and fees.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-----------------------------|------|---------------------|------------|----------|----------|------|-----------|-----------|
| Boy/Girl Scout Water Badges | N/A | Contact Aquatic Dir | TBD | TBD | Pool | N/A | \$4/scout | \$4/scout |

Aquatics Lap Swim & Open Swim

****During Open Swim, children under the age of 8 must be accompanied in the water by a responsible adult age 18 yrs. or older. Children ages 8-13 may participate in Open Swim as long as they pass a swim test and parent remains in the facility.**

****Swim Test:**

- Jump into water over individual's head and return to surface.
- Tread water for at least one minute.
- After completing the above, swim unassisted to a ladder and climb out of the pool.
- If pass, swimmer will be marked with a wristband.

Open Swim

Recreational swimming for YMCA members and their guests. Check specific branch schedules for availability.

| Class Name | Date / Time | Location |
|------------|-------------------------------------|----------|
| Open Swim | M 10:50am-11:30am | Pool |
| | W 10:50am-11:30am (1/2 pool) | |
| | M 2:00pm-4:10pm - (1/2 pool 2-4pm) | |
| | W 2:00pm-4:55pm -(1/2 pool 2-4 pm) | |
| | Tue & Th 2:00-4:55pm | |
| | F 2:00pm-4:10pm (1/2 pool 2-4pm) | |
| | F 5:05pm-8:45pm | |
| | Sa 1:00pm-5:45pm | |
| | Su 1:35pm-3:00pm | |

Lap Swim

For YMCA members, age 13 and older, who can swim down and back the length of the pool.

| Class Name | Date / Time | Location |
|------------|---------------------------------|----------|
| Lap Swim | M - F 5:15am - 8:10am | Pool |
| | M, Tue & Thur 11:35am - 12:55pm | |
| | W 10:50am-11:30am (1/2 pool) | |
| | W 11:30am-12:55pm- all lanes | |
| | F 10:50am-12:55pm | |
| | Sat 6:30am-8:25am | |
| | Sat 11:20am-12:05pm (1/2 pool) | |
| | Sat 12:05- 12:55pm-all lanes | |
| | Sun 12:00 - 1:30pm | |

Open Water Fitness

For YMCA members, age 13 and older, to utilize the pool and water fitness equipment-no instructor;self paced

| Class Name | Date/Time | Location |
|--------------------|--|----------|
| Open Water Fitness | Tues & Thur 10:45am-11:30am (1/2 pool) | Pool |

Aquatic Therapy

Outpatient Physical Therapy Services at St. Elizabeth's Hospital offers Aquatic Therapy to address a wide variety of orthopedic, spinal and neurological issues. The water facilitates low impact treatment of arthritis, work related injuries, sports injuries, osteoporosis, fractures, and other conditions where rehabilitation is warranted. Swimming experience is not necessary. Call 618.234.2120, ext. 1767 to learn more about this program.

| Class Name | Date / Time | How to do it |
|----------------------------------|------------------------------------|-------------------------------------|
| St. Elizabeth's Physical Therapy | M, W, F 2:00pm - 4:00pm (1/2 pool) | Set up with your doctor and St. E's |

Aqua Aerobics

A mild cardiovascular workout in the shallow end of the pool using water as resistance. Combines a light aerobic workout with muscle strengthening and flexibility. For all fitness levels.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|---------------|------|------------------|------------|----------|----------|---------|--------|-----------|
| Aqua-Aerobics | | M-F 8:15-9:00am | Ongoing | | Pool | 13+ yrs | FREE | See Above |
| | | M-F 9:05-9:50am | | | | | | |
| | | M-Th 7:00-7:45pm | | | | | | |
| | | Sa 8:30-9:15am | | | | | | |

Water Relaxation

Gentle, slow moving exercises, performed in shallow water, improve muscle tone and flexibility which may ease problems associated with arthritis. A great beginner fitness program, ideal for all ages

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------------|------|-------------------|------------|----------|----------|---------|--------|-----------|
| Water Relaxation | | M-F 10:00-10:45am | Ongoing | | Pool | 13+ yrs | FREE | See Above |

Youth Fit Club

7 week class students must attend 6 weeks. Students will learn muscles in the body, how to properly use equipment and gym rules. Take a class 7th week and get to use Wellness center with adult supervision.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|----------------|-------------------------|---------------|------------|----------|----------|------------|--------|--------|
| Youth Fit Club | Health & Wellness Youth | Saturdays 9am | Spring | | DBC | 10-15 yrs. | 12 | N/A |

Youth & Teen Programs

Children's Center

We'll watch your little ones while you work out...free with your household membership! Children enjoy active play, explore their creativity, or read a book in a friendly, colorful and well-supervised environment designed just for kids!

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------|------|-----------------|------------|----------|-----------------|------------|--------|--------|
| Children's Center | N/A | M-F 8:30a-1p | Weekly | | Children Center | 6wks-12yrs | FREE | N/A |
| | | M-Th 4:00-8:30p | | | | | | |
| | | F 4:00p-7:00p | | | | | | |
| | | Sa 8:30a-1p | | | | | | |

YMCA Teen Leaders Club (Ages 11-18)

Learn what it takes to develop relationships, enhance decision-making skills, foster goodwill, and become a valuable resource in your community through the YMCA Teen Leader's Club! Take part in recreational activities, YMCA and community volunteer

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-----------------------------|------|-----------------------|------------|----------|----------|----------------|--------|--------|
| Teen Leader's Club Meetings | N/A | 2nd & 4th Monday: 6pm | | | OC | Ages: 11-18 | Free | Free |

Adult Health & Fitness Programs

Personal Training

One-on-one instruction that incorporates goal setting and health education into challenging training sessions specially designed for your individual needs. Your certified personal trainer will instruct you on proper technique and motivate you to achieve your fitness goals. By appointment only.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------|-------------------------|------------------------------------|-------------|----------|-------------|------|---------------|---------------|
| Personal Training | Health & Wellness Adult | Appointments w/ Fitness Ctr. Staff | Appointment | | Fitness Ctr | 13+ | 1x for \$35 | 1x for \$50 |
| | | | | | | | 3x for \$105 | 3x for \$120 |
| | | | | | | | 6x for \$170 | 6x for \$185 |
| | | | | | | | 10x for \$260 | 10x for \$275 |
| | | | | | | | 15x for \$365 | 15x for \$380 |

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------------|-------------------------|------------------------------------|-------------|----------|-------------|------|---------------|--------|
| Group Personal Training | Health & Wellness Adult | Appointments w/ Fitness Ctr. Staff | Appointment | | Fitness Ctr | 13+ | 1x for \$60 | N/A |
| | | | | | | | 3x for \$200 | |
| | | | | | | | 6x for \$330 | |
| | | | | | | | 10x for \$500 | |
| | | | | | | | 15x for \$710 | |

Fitness Center Orientation

Learn to safely operate all fitness/cardiovascular equipment using proper technique for optimum benefits. We'll get you started on a safe and effective workout program or revamp your current program. Appointments may be made at the front desk.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|----------------------------|------|----------------------------|-------------|----------|-------------|------|--------|--------|
| Fitness Center Orientation | N/A | Appointments at Front Desk | Appointment | | Fitness Ctr | 13+ | FREE | N/A |

Y.O.S.I. TaeKwonDo Tigers

Y.O.S.I. TaeKwonDo Tigers mission is to provide instruction that will assist all ages in reaching their Martial Arts goals. To help you be a more complete person by obtaining a higher level of courtesy, perserverance, self-discipline, self-confidence, and to promote a healthy spirit, mind, and body. If you are a new youth you will be in the white-green class if you are a new Adult you will be in an adult class

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------------------------|----------------------------|------------------|------------|----------|-------------------|------|--------|--------|
| Y.O.S.I TaeKwonDo Tigers | Health & Wellness Adult | T/Th 6:10-7:00pm | Spring | | White-Green Strip | | \$60 | \$90 |
| | | T/Th 7:10-8:00pm | Spring | | Green-Black | | | |
| | | T/Th 8:10-9:00pm | Spring | | Adults | | | |
| Y.O.S.I TaeKwonDo Tigers | Health & Wellness Adult | M/W 5:10-6:00pm | Spring | | White-Green Strip | | | |
| | | M/W 6:10-6:00pm | Spring | | Green-Black | | | |
| | | M/W 7:10-6:00pm | Spring | | Adults | | | |

Swansea Burning Bootcamp

Guys and gals, are you ready to get into a new fitness routine! Join us for the ultimate combination of fitness, motivation and guidance. Let us help you burn fat, mix up your workout routine, and have fun while you get fit. Burn, baby, burn!

| Class Name | Tags | Day/Time | Location | Member | Non Member |
|---|-------------------------|-------------------|---|------------------|------------------|
| Swansea Bootcamp (If non-members are Swansea Residents they get the member rate!) | Health & Wellness Adult | M/W/F 5:15-6:15am | Thompson Civic Center Melvin Price Park 1501 Caseyville Ave. Swansea, IL | 14 classes=\$70 | 14 classes=\$84 |
| | | T/Th 6:30-7:30pm | | 21 classes=\$95 | 21 classes=\$115 |
| | | | | 35 classes=\$140 | 35 classes=\$175 |
| Look for additional classes in Swansea starting in March. Additional Aerobic/Fitness classes will accept Swansea Bootcamp Cards!!! Contact Brandon Bell for more information. | | | | | |

Speciality Group Exercise Classes:

TRX Suspension Training

The original bodyweight-based training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------------|----------------------------|--------------------------|------------|----------|----------|------|-----------------------|---------------------|
| TRX Suspension Training | Health & Wellness Adult | T/TH - 8:45-9:45am | Spring | | Studio 2 | 18+ | \$40 2x/Wk 7 wks | \$70 2x/Wk 7 wks |
| TRX Drop-Ins | Guest Pass | Any Class with Available | | | | | Member & Non-Mem: \$5 | |

| | | | | | | | | |
|-------------------|----------------------------|---------|--------|--|----------|-----|------|------|
| Level II Bootcamp | Health & Wellness Adult | M/W 7am | Spring | | Studio 2 | 18+ | \$45 | \$90 |
|-------------------|----------------------------|---------|--------|--|----------|-----|------|------|

Family Programs

Friday Family Nights

Fun for the whole family! Bring the kids to our popular FAMILY NIGHTS and enjoy activities that promote family interaction: swimming, sports, games, wall climbing, crafts, refreshments, and more.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------|------|---------------------------|------------------------|----------|----------|----------|--------|------------|
| Family Night | N/A | Friday 7:00pm - 9:00pm | scheduled for 3/9/2012 | | DBC | Families | FREE | \$5/family |

Parents' Night Out

Drop off the kids at the Y and enjoy a night out ... they'll swim, make crafts, play games, make new friends, and watch movies. Young ones must be **potty trained**. Parents must enter the building to drop off/pick up child. Preregistration and fee required.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------------|------|-------------------|-----------------------|----------|----------|----------|--------|--------|
| Parents Night Out | N/A | Sat 4:30-9pm pre- | February 25 and March | | DBC | 3- 9 yrs | \$15 | \$25 |

Active Older Adults (AOA) Programs:

AOA ... stands for Active Older Adults! YMCA Active Older Adult programs are designed to enrich the lives of people who are in their middle and older years by helping them stay active and healthy. At the YMCA, older adults have a place to go to improve their fitness levels, explore new interests and make new friends!

AOA Potlucks

Join us for a fun-filled hour of socializing...and enjoy great eats as well. Bring a dish to share.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-------------|------|-----------------------------|----------------------|----------|----------|------|--------|--------|
| AOA Potluck | N/A | Second Monday of each month | Feb. 13 and March 12 | | Gym | 50+ | FREE | N/A |

Let's Do Lunch

We'll meet for lunch at one of our Downtown Belleville neighborhood restaurants, enjoy good food and good company

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|----------------|------|---------------------------|------------------------|----------|----------|------|--------------------|--------|
| Let's Do Lunch | N/A | Fourth Wed. of each month | February 22 & March 28 | | | 50+ | Buy Your Own Lunch | |

Climbing Wall Events

Open Climb Nights

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|----------------------|------|---------------------|------------|----------|----------|------|-----------|-----------|
| Open Climbing Nights | N/A | T & Th 6:30pm - 9pm | Spring | | Teen Ctr | 7+ | \$3/night | \$5/night |

Boy / Girl Scout Climbing Badges

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------------------------|------|--|------------|----------|----------|------|-----------|-----------|
| Boy/Girl Scout Climbing Badges | N/A | Contact Brandon Bell to set up date / time - Min. charge may apply | | | | N/A | \$4/scout | \$4/scout |

Private Climbing Lessons

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------------------|------|----------------|------------|----------|----------|------|----------------------|--------|
| Private Climbing Lessons | N/A | By appointment | Weekly | | Teen Ctr | 7+ | Contact Brandon Bell | |

Parties & Rentals

Party at the Rock Wall (Ages 7+)

Enjoy a private party with your friends and family celebrating your birthday or just because you're doing well in school! Your group will enjoy climbing and hanging out. It's something unique that everyone will enjoy whether you have never climbed before or you're an advanced climber. Family-friendly rates.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|-----------------------|------|-------------------|-------------|----------|-----------------|------|--------|----------------------|
| Climbing Wall Parties | N/A | Sat 4-5:30 pm | Appointment | | Children Center | 7 + | | Contact Brandon Bell |
| | | Sun 4:00 - 5:30pm | | | | | | |

Splash Parties

Bring your friends and we'll provide the pool and the fun! Great for birthday parties, scout groups, church groups, or just a group of friends! Call for details, fees and availability.

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--------------|------|-------------------|---|----------|----------|------|--------|----------|
| Splash Party | N/A | Fri 6:00- 8:00pm | fill out request form and turn in at the front desk | | Pool | 5 + | \$85 | \$115.00 |
| | | Sat 1:00-3:00pm | | | | | | |
| | | 3:30p - 5:30p | | | | | | |
| | | Sun 3:00p - 5:00p | | | | | | |

Children's Center Parties / Bounce House

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|--|------|---|------------------------|----------|-----------------|-----------|---------------------------------------|--------|
| Children's Center Parties/bounce house | N/A | Saturday 1-2:30p; Saturday and Sunday 4-5:30p | fill out party request | | Children Center | 0-12 yrs. | Contact Program Director-Cheri Borsch | |

Gym Rentals

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Ages | Member | NonMem |
|------------|------|------------------|-------------|----------|----------|------|----------------------|--------|
| Gym Rental | N/A | To Be Determined | Appointment | | Gym | TBD | Contact Brandon Bell | |

Youth Sports

Join us for one of our youth sports programs the YMCA offers in the spring/summer time. Volleyball: practices held in Belleville and games in O'Fallon. Soccer & T-Ball: All games and practices in Belleville. NFL Flag Football: Practices in

| Class Name | Tags | Day/Time | Start Date | End Date | Location | Grades | Member | NonMem |
|--------------------------|--------------------------------------|----------------|------------|----------|----------|----------|--------|--------|
| Developmental Volleyball | Sports-Youth Health & Wellness Youth | Saturday Games | 3/5/2012 | 5/5/2012 | TBD | kdg-6th | \$46 | \$72 |
| Soccer | Sports-Youth Health & Wellness Youth | Saturday Games | 3/31/2012 | 5/19/12. | OC | kdg-3rd | \$46 | \$72 |
| T-ball | Sports-Youth Health & Wellness Youth | Weekday Games | 6/3/2012 | 6/30/12. | OC | Ages 3-9 | \$46 | \$72 |
| NFL Flag Football | Sports-Youth Health & Wellness Youth | Saturday Games | 4/28/2012 | 6/16/12. | OC | 3rd-8th | \$53 | \$79 |

YMCA Outdoor Center

**2437 Park Road
Belleville, IL 62220
(618) 233-1243**

Life Adventure Programs:

Rentals:

Portable Climbing Wall

This individual challenge uses “rocks” for hand and foot holds to ascend to the top of the wall. This popular 23-foot wall provides a fun and challenging experience with three unique climbing routes appropriate for all ages. The wall can be used at the Outdoor Center or brought to your location. The portable wall is great for special events!

Lakeside Center

The Lakeside Center accommodates up to 50 people in a comfortable climate-controlled setting with an outdoor deck that overlooks the large lake. The kitchen inside may also be included with rentals along with canoeing, swimming, hiking, grilling, and much more!

Questions? Contact Brandon Bell (Senior Program Director) 618.233.1243

