



Adult Swim Classes

Whether you are a master swimmer or want to work on your flexibility in the water, we have the class for you. Registration ends one week prior to the class starting date. Contact the Enrollment Center at (618) 468-2222 to enroll today.

Arthritis Exercise

\$50 per section

Improve your flexibility and mobility in this gentle exercise class. Designed for swimmers and non-swimmers, this low-impact exercise is recommended for relieving pain, stiffness and stress associated with arthritis. Classes are held in the shallow end of the Hatheway Pool on the Godfrey Campus.

Monday/Wednesday/Friday
(3 classes per week, 6 weeks)

May 13, 2024 - June 21, 2024

09:30AM - 10:30AM CESW-004-1A

June 24, 2024 - August 2, 2024

09:30AM - 10:30AM CESW-004-1B

Master Swimming

\$50 per section

You don't have to be a "Master" to join Master Swimming! This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. One of the greatest benefits of Master Swimming is to be able to practice with an organized group. Master Swimming will challenge you with structured workouts, and help improve your technique along the way.

Tuesday and Thursday
(2 classes per week, 6 weeks)

May 14, 2024 - June 20, 2024

06:00PM - 07:00PM CESW-006-6A

June 25, 2024 - August 1, 2024

06:00PM - 07:00PM CESW-006-6B

Water Exercise

\$40 per section

Get into shape in a refreshing new way. Designed for both swimmers and non-swimmers, this aquatic exercise class is held in the shallow end of the pool. Each class period includes calorie burning, low-impact workouts guaranteed to get your heart pumping.

Tuesday and Thursday
(2 classes per week, 6 weeks)

May 14, 2024 - June 20, 2024

08:00AM - 09:00AM CESW-001-1A
09:30AM - 10:30AM CESW-001-2A
07:00PM - 08:00PM CESW-001-6A

June 25, 2024 - August 1, 2024

08:00AM - 09:00AM CESW-001-1B
09:30AM - 10:30AM CESW-001-2B
07:00PM - 08:00PM CESW-001-6B

Adult Learn to Swim

\$40 per section

This basic course is designed for non-swimmers, very new swimmers and for swimmers who need to work on endurance and refining their strokes. Small group sessions are taught by Red Cross certified water safety instructors in a relaxed atmosphere with one-on-one assistance as needed. In addition to the obvious health benefits from this class, you can achieve more self-confidence as a swimmer.

Saturday
(1 class per week, 10 weeks)

May 18, 2024 - July 20, 2024

08:30AM - 09:15AM CESW-005-1A



Youth Swim Classes

All classes are taught by Red Cross certified water safety instructors and include eight sessions at a cost of \$55 per person. Registration ends one week prior to class starting date. Contact the Enrollment Center at (618) 468-2222 to enroll today.

Preschool Swim

For ages 3 to 5

Learn water safety, personal safety, physical and mental adjustments to the water, buoyancy, body position and basic water skills such as front and back floating, with a goal of coordinating a beginning crawl and elementary back stroke.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

10:45AM - 11:30AM CECK-090-1A

Monday and Wednesday

(2 classes per week, 4 weeks)

May 13, 2024 - June 5, 2024

04:30PM - 05:15PM CECK-090-5B
 05:15PM - 06:00PM CECK-090-6B
 06:00PM - 06:45PM CECK-090-7B
 06:45PM - 07:30PM CECK-090-8B

June 10, 2024 - July 3, 2024

04:30PM - 05:15PM CECK-090-5C
 05:15PM - 06:00PM CECK-090-6C
 06:00PM - 06:45PM CECK-090-7C
 06:45PM - 07:30PM CECK-090-8C

July 8, 2024 - July 31, 2024

04:30PM - 05:15PM CECK-090-5D
 05:15PM - 06:00PM CECK-090-6D
 06:00PM - 06:45PM CECK-090-7D
 06:45PM - 07:30PM CECK-090-8D

Monday - Thursday

(4 classes per week, 2 weeks)

June 3, 2024 - June 13, 2024

01:00PM - 01:45PM CECK-090-2A
 02:00PM - 02:45PM CECK-090-3A

June 17, 2024 - June 27, 2024

01:00PM - 01:45PM CECK-090-2B
 02:00PM - 02:45PM CECK-090-3B

July 8, 2024 - July 18, 2024

01:00PM - 01:45PM CECK-090-2C
 02:00PM - 02:45PM CECK-090-3C

July 22, 2024 - August 1, 2024

01:00PM - 01:45PM CECK-090-2D
 02:00PM - 02:45PM CECK-090-3D

Swim Levels 1 - 5

For ages 6 and up

Children will be skill tested on the first day of class to determine which level they are in. A wide variety of skills will be learned and as they progress through the levels, new skills are learned and old ones are refined.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

11:30AM - 12:15PM CECK-091-1A

Monday and Wednesday

(2 classes per week, 4 weeks)

May 13, 2024 - June 5, 2024

04:30PM - 05:15PM CECK-091-5B
 05:15PM - 06:00PM CECK-091-6B
 06:00PM - 06:45PM CECK-091-7B
 06:45PM - 07:30PM CECK-091-8B

June 10, 2024 - July 3, 2024

04:30PM - 05:15PM CECK-091-5C
 05:15PM - 06:00PM CECK-091-6C
 06:00PM - 06:45PM CECK-091-7C
 06:45PM - 07:30PM CECK-091-8C

July 8, 2024 - July 31, 2024

04:30PM - 05:15PM CECK-091-5D
 05:15PM - 06:00PM CECK-091-6D
 06:00PM - 06:45PM CECK-091-7D
 06:45PM - 07:30PM CECK-091-8D

Monday - Thursday

(4 classes per week, 2 weeks)

June 3, 2024 - June 13, 2024

01:00PM - 01:45PM CECK-091-2A
 02:00PM - 02:45PM CECK-091-3A

June 17, 2024 - June 27, 2024

01:00PM - 01:45PM CECK-091-2B
 02:00PM - 02:45PM CECK-091-3B

July 8, 2024 - July 18, 2024

01:00PM - 01:45PM CECK-091-2C
 02:00PM - 02:45PM CECK-091-3C

July 22, 2024 - August 1, 2024

01:00PM - 01:45PM CECK-091-2D
 02:00PM - 02:45PM CECK-091-3D

Water Babies I

For ages 6-18 Months

This class promotes water adjustment for babies and toddlers. A parent or other responsible adult must be present and in the water at all times during the class. Children should wear swim diapers or snug training pants under their swim suits.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

09:15AM - 10:00AM CECK-088-1A

Water Babies II

For ages 18 Months-3 Years

This class promotes water adjustment for babies and toddlers. A parent or other responsible adult must be present and in the water at all times during the class. Children should wear swim diapers or snug training pants under their swim suits.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

10:00AM - 10:45AM CECK-089-1A

Swim Level 6

For ages 6 & Up

The objective of Level 6 is to refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. Swimmers will also work on Personal Water Safety, Fundamentals of Diving, Fitness Swimming and Lifeguard Readiness.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

12:15PM - 01:00PM CECK-092-1A

Competitive Strokes

For ages 6 & Up

Competitive Strokes Swimmers will learn stroke techniques for all four competitive strokes -- freestyle (front crawl), backstroke (back crawl), breast stroke and butterfly. Swimmers will also learn about starts and turns, how to circle swim within lane lines, dive off starting blocks, and use a pace clock. Clinic will be taught by a certified Water Safety Instructor who works with a Swim Team. Swimmers must be currently enrolled in or have completed Swim Level 5 or Level 6.

Saturday

(1 class per week, 8 weeks)

May 18, 2024 - July 20, 2024

12:15PM - 1:00PM CECK-083-1A