

Swim Team Workshops—

For Ages 5-18

Payment is required at time of registration.

8 - week Swim Team Workshops:

Members: \$45.00 per Member

Non-Members: \$90.00 per Non-Member

Stroke Improvement—

This 40 minute class is for area swim team members who can swim a lap in the pool with some breathing control (Required to have passed Level 3 swim lessons).

January 26—March 15:

Fridays 6:20pm

March 25—May 17:

Mondays 6:20pm OR

Fridays 6:20pm

Stroke Endurance —

This 40 minute class is for area swim team members who can swim a lap in the pool with breathing control (Required to have passed Level 4 swim lessons)

January 26—March 15:

Fridays 7:10pm

March 25—May 17:

Mondays 7:10pm OR Fridays 7:10pm

Stroke Development—

This 30 minute class is for those who are just beginning swim team to focus on stroke development. Participants must be able to swim across the pool, without assistance.

March 29—May 17:

Fridays 5:45pm

Group Swim Lesson Schedule:

Cost for Group Swim Lessons :

Members: \$40.00 per Member OR \$10.00 with the Every Child A Swimmer Program **Payment is required at time of registration.**

Non-Members: \$75.00 per Non-Member OR \$10.00 with the Every Child A Swimmer Program . **Payment is required at time of registration.**

Cost of swim lessons does NOT include swimming before or after swim lessons.

***Parents will be in the water with children for these lessons.**

January—March Weekday Swim Lessons

Session 1: January 23—March 14

A session is 8 weeks in length. Each class is 30 minutes in length.

Infant/Toddler*- Tuesdays @5:30pm	Level 2—Tuesdays @5:00pm OR
3 year old Preschool*—Tues @4:30pm	Thurs. @4:30pm
Preschool 1— Wednesdays @4:45pm	Level 3—Tuesdays @6:00pm
Preschool 2 - Wednesdays @4:15pm	Level 4—Thursdays @6pm
Preschool 3 - Wednesdays @5:15pm OR	Level 5/6—Thursdays @6:30pm
Thursdays @ 5:00pm	
Level 1—Thursdays @5:30pm	

Saturday Swim Lessons

Session 1: January 27—March 16

Session 2: March 30 —May 18

A session is 8 weeks in length. Each class is 30 minutes in length.

10:00am Infant & Toddler*	11:30am Level 1
9:30am 3 year old Preschool*	12:00pm Level 2
10:30am Preschool 1	9:00am Level 3
11:00am Preschool 2	8:30am Level 4

March—May Weekday Swim Lessons

Session 2: March 26—May 16

A session is 8 weeks in length. Each class is 30 minutes in length.

Infant/Toddler*- Tuesdays @6:00pm	Level 1—Wednesdays @5:15pm
3 year old Preschool 1* -	Level 2—Tuesdays @5:30pm OR
Thurs @5:00pm	Thursdays @6:00pm
Preschool 1— Wednesdays @4:15pm OR	Level 3—Tuesdays @5:00pm
Thursdays @5:30pm	Level 4—Thursdays @6:30pm
Preschool 2— Wednesdays @4:45pm	Level 5/6— Tuesdays @6:30pm
Preschool 3—Thursdays @4:30pm	Adult—Thursdays @7:00pm

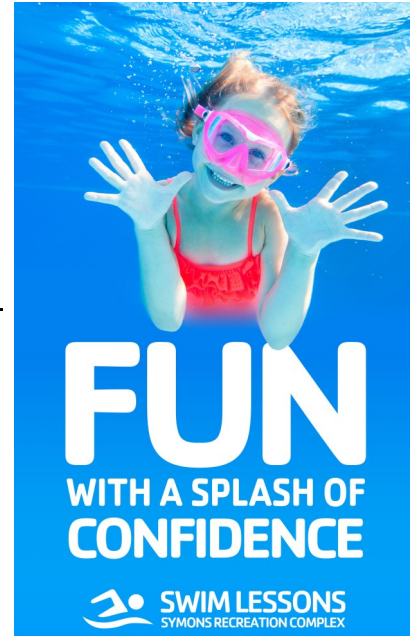
Information about the Every Child a Swimmer Program at Symons Recreation Complex

Symons Recreation Complex believes that every child should learn how to swim. If you have been unable to enroll your child in swim lessons because of the cost, you may be eligible for our Every Child a Swimmer (ECS) program.

The ECS program is made available through donations from United Givers and SRC users, which makes swim lessons available at a reduced cost for those with financial need. The ECS program is for children ages 4 years and older. Each child is eligible to use the program only one time per year.

Register over the phone or come to SRC to register in person during the sign-up period. Enrollment is based on a first-come, first-serve basis. The cost of lessons is **\$10 through Every Child a Swimmer program (ECS)** or \$40 for SRC members, \$75 for non-members. **Payment is required at time of registration.**

Complete a ECS form at Symons Recreation Complex on the first day of class (or when you register) A minimum payment of \$10.00 for each child is required for participation in the ECS Program. ECS can only be used one time per year per child.



Family Swim Times: Monday—Friday 4:00pm-7:55pm

Saturday 9:00am-3:55pm

Sunday 1:00pm-3:55pm

Cost: \$3.00 for ages 3-13; \$5.00 for ages 14+

Winter/Spring 2024:

- ♦ ***Symons Triathlon Challenge***—Feb 1— Feb 28—New this year a half triathlon option!

Have you ever wanted to complete a triathlon competition? Here is your chance to join the Symons Recreation Complex Triathlon Competition. Each participant has 28 days to swim/water walk/row 2.4 miles (that's 90 laps in the SRC Pool), bike 112 miles & run/walk 26.2 miles. You keep track of how far you go. The goal by February 28th is to have swam 2.4 miles, biked 112 miles, and ran/walked 26.2 miles.

Cost: \$20.00 for Members; \$70.00 for Non-Members

- ♦ ***Yeti Snowshoe, and Hike Event***—February 3rd, 2024

Event begins: 6:00pm at Symons Recreation Complex patio. A community-wide activity of snowshoeing/hiking the UW Wellness Trails behind Symons. Feel free to wear snowshoes or boots on this candlelit hike! Bring the kids (kids 10 & under are FREE)! Bring a flash light!

Cost : \$10.00 for those age 11 & up; FREE for ages 10 & under—Free Hot Coco & popcorn. Pre-register by 2/1/2023 & swim for FREE the day of the event—Saturday Feb. 4th from 9:00am-3:55pm

- ♦ ***Symons Recreation Complex 5K & 10 K Run/Walk***—April 25, 2024

Event begins: 5:30pm at Symons Recreation Complex. Awards will be given for overall runners and age group winners! Cost: \$25.00 includes a t-shirt.

