

Fall Stroke Clinic

Friday Evening Swim Workshops—8 Week Sessions

November 7th — January 2nd

Stroke Improvement Workshop

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)

6:00pm-6:40pm

Stroke Endurance Workshop

This 40 minute class is for those who are just beginning swim team and want to work on their stroke development. Participants must be able to swim across the pool, without assistance.

6:50pm-7:30pm

SRC Members:

\$35 per Member

OR

\$85 Max Member Family
(one class per child per session)

Non-Members:

\$70 per Non-Member

OR

\$150 Max Non-Member Family
(one class per child per session)



Private Swim Lessons Available by Request:

For children & adults who prefer an individual class. Lessons are 30 minutes each.

SRC Members:

\$65 for 3 half hour lessons OR

\$95 for 5 half hour lessons
(max of 2 non-members per lesson)

Non-Members:

\$100 for 3 half hour lessons OR

\$130 for 5 half hour lessons
(max of 2 non-members per lesson)

Contact Symons Recreation Complex for details and to be put on a waiting list.