

## 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 swim lessons).

6:00pm-6:40pm

### Stroke Endurance Workshop

This 40 minute class is for those swimmers who have breath control and want to improve their form and endurance.

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.