

International Student Programs

For more information about our International Student Programs, please visit our website at www.reccenter.siu.edu.



International Coffee Hour

Friday, January 20
3:00 p.m. - 5:00 p.m.
SRC Alumni Lounge
Start the year right and join us at the Rec for the first International Coffee Hour. What a great way to meet people from around the world.

International Swim Lessons

Thursdays, February 2 - April 12
(No class on March 15)
6:00 p.m. - 7:00 p.m.
Student Recreation Center Pool
M = \$35 NM = \$45
International students are encouraged to sign up for this introduction to swimming class. This beginner-level class focuses on the fundamental skills needed to increase confidence and comfort in the water. The class is limited to 12 participants and advanced registration is required.

International Campout

April 21 - April 22
Arrive: Saturday, 3:00 p.m.
Depart: Sunday, 10:30 a.m.
Campus Beach
Student and/or Spouses
\$10 per person

How would you like to spend some time in the outdoors around a campfire with friends? Join the Rec. Center Staff on our Spring International Campout! You will learn to put up a tent, build a campfire, canoe, and make traditional s'mores. Campfire stories and Native flute music add to the magical experience when night falls. Bring your friends or make new ones... but don't miss this opportunity to enjoy the great outdoors.



International Night at the Rec

Friday, April 13
5:30 p.m. - 10:00 p.m.
SRC small gymnasium
Participate in a Badminton Doubles and Mixed Doubles Tournament. Tournament format will depend on the number of people participating. Registration begins Wednesday, March 21 and ends Wednesday, April 11 at 4:30 p.m. Contact (618) 453-1267 for more information.

Women's Swim

Saturdays, February 4 - April 21
(No class on March 10 or 17)
Session A: 12:15 p.m. - 1:00 p.m.
Session B: 1:15 p.m. - 2:00 p.m.
Pulliam Pool
M = \$35 NM = \$45
International women are encouraged to participate in this class for women only, ages 17 or older. Only female lifeguards will be present. The beginner level class focuses on fundamental skills to increase comfort and confidence in the water. Sessions must have more than six participants signed up or the sessions will merge to session A time of 12:15 p.m. - 1:00 p.m.. Advance registration fee required at the SRC Administrative Office.

Women's Water Work Out

Mondays, Feb. 6 - April 23
(No classes March 12)
7:45 p.m. - 8:45 p.m.
Pulliam Pool
M = \$35 NM = \$45
This program is for women only. It allows women to workout in the presence of female staff and participants. Water fitness is a great way to cross-train while being refreshed. You don't have to know how to swim because participants' heads never go under water.

M = SRC Member NM = Non-Member

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CARBONDALE