


# RECREATIONAL SPORTS AND SERVICES SPRING CLASSES

February 4 - March 1




**Triathlon**  
\$10 per Participant

BEGINNER



Begins February 5



General Physical Preparedness  
Southern Illinois University - Spring 2019

\$30 Student    \$35 Member    \$45 Non Member

Begins January 30

**ADULT SWIM LESSONS**

\$50 Student    \$50 Member    \$60 Non Member

Rec your body  
INDOOR TRIATHLON



Begins February 24

\$25 Entry Fee

TRIATHLON TEAM  
There's **NOT** a crowd... It's a **SPORT!**

Begins February 4



**THAI BOXING**

\$85 Student    \$90 Member    \$100 Non Member

Begins February 4

**BOXING**  
*Spring Semester 2019*

\$85 Student    \$90 Member    \$100 Non Member

**KICKBOXING**



Begins February 5

\$55 Student    \$60 Member    \$70 Non Member

Begins January 26

**YOUTH SWIM LESSONS**

\$45 Student    \$45 Member    \$55 Non Member

Begins January 26

**YOUTH CLIMB LESSONS**

\$55 Student    \$55 Member    \$65 Non Member

Begins March 19

**YOGA ON THE WATER**



spring semester 2019

\$30 Student    \$35 Member    \$45 Non Member

Begins March 19

**Salsa Dance**

\$30 Student    \$35 Member    \$45 Non Member

May 4

**ROCKY LEDGES 5K/10K**



Advanced: \$30 - Adults  
\$20 - 17 & Under


Day of: \$35 - Adults  
\$25 - 17 & Under

February 4 - March 1

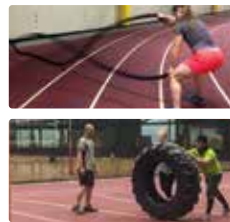


**Triathlon**  
\$10 per Participant

BEGINNER



General Physical Preparedness  
Southern Illinois University - Spring 2019



\$30 Student    \$35 Member    \$45 Non Member

Begins February 5

Begins January 30

**ADULT SWIM LESSONS**

\$50 Student    \$50 Member    \$60 Non Member

Rec your body  
INDOOR TRIATHLON



TRIATHLON TEAM  
There's NOT a crowd... It's a SPORT!

\$25 Entry Fee

February 24

Begins February 4



**THAI BOXING**

\$85 Student    \$90 Member    \$100 Non Member

Begins February 4

**BOXING**  
Spring Semester 2019

\$85 Student    \$90 Member    \$100 Non Member

**KICKBOXING**



Begins February 5

\$55 Student    \$60 Member    \$70 Non Member

Begins January 26

**YOUTH SWIM LESSONS**

\$45 Student    \$45 Member    \$55 Non Member

Begins January 26

**YOUTH CLIMB LESSONS**

\$55 Student    \$55 Member    \$65 Non Member

Begins March 19

**YOGA ON THE WATER**  
spring semester 2019



\$30 Student    \$35 Member    \$45 Non Member

Begins March 19

**Salsa Dance**

\$30 Student    \$35 Member    \$45 Non Member



May 4

**ROCKY LEDGES 5K/10K**



Advanced:    Day of:  
\$30 - Adults    \$35 - Adults  
\$20 - 17 & Under    \$25 - 17 & Under