RECREATIONAL SPORTS AND SERVICES

SPRING CLASSES

- **Triathlon**
  - Begins February 5
  - $10 per Participant

- **Indoor Triathlon**
  - Begins January 30
  - $50 Student, $50 Member, $60 Non Member

- **Adult Swim Lessons**
  - Begins January 26
  - $85 Student, $90 Member, $100 Non Member

- **Thai Boxing**
  - Begins February 4
  - $55 Student, $60 Member, $70 Non Member

- **Kickboxing**
  - Begins February 5
  - $55 Student, $60 Member, $70 Non Member

- **Beginner GPP**
  - Begins February 5
  - $30 Student, $35 Member, $45 Non Member

- **Spring Semester 2019**
  - Begins March 19

- **Yoga on the Water**
  - Begins March 19
  - $30 Student, $35 Member, $45 Non Member

- **Rocky Ledges 5K/10K**
  - Begins March 19
  - Advanced: $30 - Adults, $20 - 17 & Under
  - Day of: $35 - Adults, $25 - 17 & Under

- **Salsa Dance**
  - Begins March 19
  - $30 Student, $35 Member, $45 Non Member

- **General Physical Preparedness**
  - Southern Illinois University - Spring 2019
  - $30 Student, $35 Member, $45 Non Member

- **Spring Semester 2019**
  - Begins February 4

- **Triathlon Team**
  - Begins February 4
  - $25 Entry Fee

- **Youth Swim Lessons**
  - Begins January 26
  - $45 Student, $45 Member, $55 Non Member

- **Yoga**
  - Begins March 19
  - $30 Student, $35 Member, $45 Non Member

- **5K/10K**
  - May 4
  - $30 - Adults, $20 - 17 & Under
  - $35 - Adults, $25 - 17 & Under

SIU CARBONDALE
RECREATIONAL SPORTS AND SERVICES

@SIURecCenter
618/453-1277

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RECREATIONAL SPORTS AND SERVICES SPRING CLASSES

Triathlon
$10 per Participant
Begins February 5

Adult Swim Lessons
$50 Student $50 Member $60 Non Member
Begins January 30

Thai Boxing
$85 Student $90 Member $100 Non Member
Begins February 4

Kickboxing
$55 Student $60 Member $70 Non Member
Begins February 5

BEGINNER

General Physical Preparedness
Southern Illinois University - Spring 2019
$30 Student $35 Member $45 Non Member

Rec your body
INDOOR TRIATHLON

Triathlon Team
That's NOT a word... It's a SPORT!

Triathlon
$25 Entry Fee
February 24

Boxing
Spring Semester 2019
$85 Student $90 Member $100 Non Member
Begins February 4

YOUTH SWIM LESSONS
$45 Student $45 Member $55 Non Member
Begins January 26

YOUTH CLIMB LESSONS
$55 Student $55 Member $65 Non Member
Begins January 26

Salsa Dance
$30 Student $35 Member $45 Non Member
Begins March 19

ROCky ledges 5k/10k
Advanced:
Day of:
$30 - Adults $35 - Adults
$20 - 17 & Under $25 - 17 & Under
May 4

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SOUTHERN ILLINOIS UNIVERSITY
RECREATIONAL SPORTS AND SERVICES

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