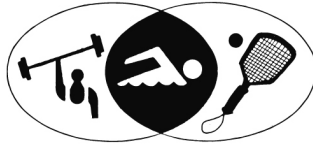


Symons Recreation Complex

DENISE A. HANOLD
Director



1250 Highway 14 West
Richland Center, WI 53581
www.symonsrec.com

(608) 647-8522

OPEN TO THE PUBLIC

Special Programming

(Not included in the free classes with membership. Additional fees will apply)

Personal Fitness Trainers

Three certified individuals offer personalized training on a fee basis. Becky Glass, Sue Larson, and Tim Fox will provide consultation at your home or at SRC. Please see their business cards for contact information.

Day Care

Let our loving professional staff care for your little ones while you get the workout you deserve. Mondays and Wednesdays from 9:00am to 11:45am. Drop in or pay by session. It is ONLY During the school year.

Lifeguarding Class

See more information on our website under Swimming Pool, Classes, Lifeguarding.

Participants must sign a registration form when they pay for the class. Cost: \$150 for members & \$200 for non-members; non-refundable. **PRE-REGISTRATION IS REQUIRED!**

Students who pass this course are invited to apply at Symons Recreation Complex.

Water Safety Instructor (WSI – Swimming Lesson teacher)

See more information on our website under Swimming Pool, Classes, WSI Training.

Participants must sign a registration form when they pay for the class. Cost: \$150 for members & \$175 for non-members; non-refundable. **PRE-REGISTRATION IS REQUIRED!**

Students who pass this course are invited to apply at Symons Recreation Complex.

Lifeguard Re-certification Class

See more information on our website under Swimming Pool, Classes, Lifeguarding.

This class is for current lifeguards whose certifications will be expiring soon. The American Red Cross recently changed its skill requirements for lifeguards.

Guards needing to challenge-out on CPR Pro/AED (annual re-certification) must plan on spending 6 hours in class, viewing DVDs as well as receiving instruction. The purchase of a new book is required and is included in the cost of the course.

Guards needed to challenge-out on all components of lifeguarding, including water rescue skills, 1st aid, and CPR Pro/AED, will spend at least 8 hours in class, viewing DVDs as well as receiving instruction (water rescue skills and 1st Aid is a 3-year certification). The purchase of a new book is required and is included in the cost of the challenge course.

PRE-REGISTRATION IS REQUIRED! Participants must sign a registration form when they pay for the class indicating their understanding that the fee is non-refundable under any circumstances (credits may be issued at the discretion of the director).

Next class date: Thursday August 23, 2007 beginning at 3pm. Cost: CPR Pro/AED Challenge ONLY: \$60 non-members, \$50 members. FULL Challenge course: \$90 non-members; \$75 members.

CPR for the layperson, Community 1st Aid, AED for the layperson

1. CPR Pro /AED (lifeguards only)
2. CPR for the Adult / AED (Community Class, not for lifeguards)
3. First Aid (community)
4. CPR for infant, child (Community Class, not for lifeguards)