

February 27, 2018

Contact: Gianne Braza, Public Relations Assistant
gianne.braza.460@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

SRC's "Adult Swim Lessons" to Improve Swimming Ability for all Skill Levels

- WHAT:** The Student Recreation Center at the University Student Union welcomes all CSUN students, faculty and staff interested in improving their skills in the water to sign up for "Adult Swim Lessons". Beginner lessons are designed for those who have little or no comfort in the water. Intermediate lessons will help more experienced swimmers improve their strokes and stamina in the water. Registration starts on Monday, Feb. 26 for all sessions and will close on Monday, April 2 for Monday/Wednesday sessions and Tuesday, April 3 for Tuesday/Thursday.
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for putting on this event.
- WHEN:** April 2 to April 25 (Monday/Wednesday sessions)
* Times: 5:30 to 6 p.m. and 6 to 6:30 p.m.

April 3 to April 26 (Tuesday/Thursday sessions)
* Times: 6 to 6:30 p.m. and 6:30 to 7 p.m.
- WHERE:** SRC Rec Pool
- WHY:** Provide CSUN students, faculty and staff an opportunity to enhance their swimming ability at an affordable cost, right here on campus.
- BACKGROUND:** Beginner lessons will instruct participants on how to hold their breath underwater, float and introduce them to basic strokes and water safety skills. Participants in intermediate lessons will improve stroke development in free style, backstroke and breaststroke while strengthening overall water fitness. The lessons cost \$18 for students and \$34 for non-students. To register for the lessons of your choice or to get more information, please visit the SRC front desk or go online at csun.edu/src/aquatics.

###

The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.