

September 12, 2017

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Media Advisory

“Adult Swim Lessons” Helps Members of All Ages and Skills Levels Become Great Swimmers at the SRC

- WHAT:** The Student Recreation Center at the University Student Union invites all CSUN students, faculty and staff interested in improving their swimming ability to sign up for Adult Swim Lessons. Participants can choose to take either beginner classes for swimmers with little to no comfort in the water, or intermediate for swimmers who want to improve their present skills. Each class is 30-minute and will be led by a trained instructor two days a week for four consecutive weeks in October. Registration ends Monday, Oct. 2!
- WHO:** Briell Huerta, SRC Head Lifeguard, is responsible for putting on this event.
- WHEN:** Oct. 2 to Oct. 25 (Monday/Wednesday sessions)
Oct. 3 to Oct. 26 (Tuesday/Thursday sessions)
- Times:
Monday/Wednesday: 5:30 to 6 p.m. and 6 to 6:30 p.m.
Tuesday/Thursday: 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 classes will cover the fundamentals of swimming such as holding your breath, floating, basic strokes and safety skills. Intermediate classes will focus on general improvement of already present skills including stamina and different stroke formats, including backstroke and breaststroke. The four-week series of classes are \$18 for students and \$34 for non-students. Register now at the SRC front desk. For more information on Adult Swim Lessons please visit www.csun.edu/src/aquatics.

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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