

August 28, 2018

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Media Advisory

“Adult Swim Lessons” at the Student Recreation Center Helps Swimmers of All Levels Improve

- WHAT:** The Student Recreation Center (SRC) of the University Student Union (USU) 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 classes for swimmers who want to improve their skills and swimming strokes. Each class is 30 minutes and will be led by a trained instructor two days a week for four consecutive weeks in October.
- WHO:** Ryan Hairapetian, SRC Aquatics Coordinator, is responsible for putting on this event.
- WHEN:** Oct. 1 to Oct. 24 (Monday/Wednesday sessions)
Oct. 2 to Oct. 25 (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:** Located at the SRC Rec Pool.
- WHY:** “Adult Swim Lessons” provide all 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. Register now at the SRC front desk. For more information on “Adult Swim Lessons”, the SRC, and the USU, please visit csun.edu/usu.

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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 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.