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Media Advisory

SRC's "Adult Swim Lessons" Now Available for Beginner and Intermediate Skill Levels

- WHAT:** The Student Recreation Center of 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 currently 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. 25 for all sessions and will close on Tuesday, April 2.
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for putting on this event.
- WHEN:** April 3 to April 29 (Monday/Wednesday sessions)
* Times: 5:30 to 6 p.m. and 6 to 6:30 p.m. (eight 30-minute lessons)

April 2 to April 25 (Tuesday/Thursday sessions)
* Times: 6 to 6:30 p.m. and 6:30 to 7 p.m. (eight 30-minute lessons)
- WHERE:** Rec Pool at the SRC
- 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 and float while learning basic swim strokes and water safety skills. Participants in intermediate lessons will improve their stroke development in free style, backstroke and breaststroke while strengthening overall water fitness. Each series of lessons costs \$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.

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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.