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## Media Advisory

### **SRC's "Adult Swim Lessons" Just Right for Beginner and Intermediate Swimmers**

- WHAT:** The Student Recreation Center (SRC) at the University Student Union invites all CSUN students, faculty and staff who are at the beginner or intermediate levels of swimming to sign up for "Adult Swim Lessons" this semester. Whether you are a complete beginner or just want you to improve your stroke and stamina in the water, these affordable lessons will make a stronger swimmer out of you!
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for putting on this event.
- WHEN:** Classes will take place from Monday, Oct 3 to Thursday, Oct. 27 with 30-minute lessons twice a week. The weekly class schedule is as follows:
- Monday and Wednesday, 5:30 to 6 p.m. and 6 to 6:30 p.m.  
Tuesday and Thursday, 6 to 6:30 p.m. and 6:30 to 7 p.m.  
\*Registration ends Monday, Oct. 3
- WHERE:** Rec Pool at the SRC
- WHY:** Provide adult swimmers with an affordable and convenient opportunity to learn proper swimming techniques and safety.
- BACKGROUND:** Beginner swim lessons are designed for adults with no experience in the water and will highlight floating, holding your breath, as well as an introduction to basic strokes and water safety. Intermediate lessons are meant for adults who are comfortable in the water but want to improve their swimming stroke in freestyle, backstroke and breaststroke, as well as enhancing their overall water fitness. Each series, which includes eight 30-minute lessons, is being offered at the affordable cost for students of \$18 and also for non-students at \$34. You can register from now until Monday, Oct. 3 at [www.csun.edu/src/aquatics](http://www.csun.edu/src/aquatics) or at the SRC front desk. For more information, please visit the SRC aquatics website.

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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](http://www.csun.edu/usu).*