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Media Advisory

Student Recreation Center Offers Beginner and Intermediate Swimming Lessons for Adults

- WHAT:** The Student Recreation Center at the University Student Union invites all CSUN students, faculty and staff interested in improving their swimming ability to Adult Swimming Lessons. Participants can choose to take either beginner or intermediate 30-minute lessons with trained instructors. Each class is scheduled two days a week.
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for putting on this event.
- WHEN:** Block One:
March 7 to March 30 (Monday/Wednesday sessions)
March 8 to Apr. 1 (Tuesday/Thursday sessions)
- Block Two:
Apr. 4 to Apr. 27 (Monday/Wednesday sessions)
Apr. 5 to Apr. 28 (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:** Rec Pool, Student Recreation Center
- WHY:** Provide CSUN students, faculty and staff an opportunity to enhance their swimming ability at an affordable cost, right here on campus.
- BACKGROUND:** Classes will cover the fundamentals of swimming such as holding your breath, floating and basic strokes and safety skills in beginner classes as well as general improvement of already present skills such as stamina and different types of strokes in intermediate classes. Classes are \$16 for students and \$32 for non-students. Registration starts Monday, February 8 at the SRC front desk. For more information on Adult swimming 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 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.