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## **Media Advisory**

### **“Adult Swim Lessons” at the SRC to Help**

### **Members Become Comfortable in the Water**

- 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 or intermediate 30-minute lessons with trained instructors. Each class is scheduled two days a week for four consecutive weeks in April.
- WHO:** Ryan Hairapetian, Aquatics Coordinator, is responsible for putting on this event
- WHEN:** Apr. 3 to Apr. 26 (Monday/Wednesday sessions)  
Apr. 4 to Apr. 27 (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 types of strokes. 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](http://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](http://www.csun.edu/usu).*