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FOR IMMEDIATE RELEASE

SRC Fall Swim Challenge asks Participants

to Go for Distance, Win Awards

Northridge — The Student Recreation Center at the University Student Union invites all SRC members to the first ever Fall Swim Challenge. Swimming is a good workout with its own reward, so the chance to also win an award is a nice potential bonus.

“The Fall Swim Challenge is a great way to engage SRC members who are looking for a low impact workout, but still want to see fitness results,” said SRC Aquatics Coordinator Ryan Hairapetian “At each distance milestone, participants will be awarded with various prizes.”

Registration for the Fall Swim Challenge will be available from Monday, Aug. 17 to Monday, Sept. 28. All participants can start the challenge on Tuesday, Sept. 1 and continue adding to their total distance through Monday, Oct. 5. This event is free for all SRC members. The challenge is to swim as many laps as you can at the SRC Rec Pool. The more laps you swim, the more you win.

Prizes will be awarded to members who complete various distance sets. Interested SRC member can register for the

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Fall Swim Challenge through the Netpulse app or at the SRC Aquatics tabling station near the rock wall in the SRC.

Distance milestones include 5k (125 laps), 10k (250 laps), 15k (375 laps), 20k (500 laps), 25k (625 laps) and 30k (750 laps). First place through third place will receive a gift card to the Matador Bookstore with different dollar amounts based on order of finish. Fourth place and fifth place will get free SRC towel service for the semester.

Sign up early and go the distance! For more information about the Fall Swim Challenge, please visit csun.edu/src or contact Aquatics Coordinator, Ryan Hairapetian at ryan.hairapetian@csun.edu.

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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.