



Rancho Simi

RECREATION AND PARK DISTRICT

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

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FALL IN LOVE WITH SWIMMING AT THE RANCHO SIMI RECREATION AND PARK DISTRICT

The Rancho Simi Recreation and Park District (RSRPD) is excited to launch **Swimming+** - a new adult swim program geared toward helping our community fall in love with swimming. With summer right around the corner, it's a perfect time to take a dip in the pool since swimming is one of the best ways to get fit, lose weight, and de-stress, plus it's fun!

Swimming+ is designed for all skill and fitness levels and is flexible to help you fit pool time into your busy schedule. It combines 8 coach-led classes plus access to 38+ hours of lap swim time - all included in one monthly fee.

Coach-led classes are offered on Tuesdays from 6:00–7:00am, 6:00–7:00pm and 7:00-8:00pm; Thursdays from 6:00–7:00am and 7:00-8:00pm; Fridays from 6:00-7:00am and 12:00-1:00pm; and Saturdays from 8:10-9:10am with an RSRPD coach on deck to provide guidance, workouts, and support.

Swimming+ was developed in response to community members looking for a non-competitive, structured adult swim program that is affordable, accessible and fun. Swimming+ is currently underway and runs throughout the year at the outdoor heated pool at Rancho Simi Community Park.

For more information or to register, please contact the Rancho Simi Recreation and Park District at (805) 584-4436, email erinp@rsrpd.us, or visit www.rsrpd.org

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