

For immediate release**July 27, 2010****Free Swim Lessons at the CVRD's Aquatic Centre**

The Comox Valley Regional District (CVRD) is offering free summer swim lessons at the Comox Valley aquatic centre August 16-20, 2010.

There are over 30 week-long swimming classes being offered at no charge with over 150 registration spots available. Classes are suited for everyone from toddlers to adults and seniors.

"This is a great opportunity to keep active during the summer and have fun learning new swimming and water safety skills," said CVRD's manager of recreation programs, Jennifer Dickins. The set of free swim lessons will be taught by Red Cross water safety instructors-in-training and supervised by certified instructor trainers and CVRD's aquatic centre staff.

Pre-registration is required as space is limited. Registration can be done in person at the Comox Valley sports and aquatic centres during regular business hours or over the phone by calling the 334-9622 ext. 2.

The Comox Valley Regional District is a federation of three electoral areas and three municipalities providing sustainable services for residents and visitors to the area. The members of the regional district work collaboratively on services for the benefit of the diverse urban and rural areas of the Comox Valley.

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