

# Press Release

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FOR IMMEDIATE RELEASE

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## Community Center at Stuyvesant High School Offers: Cardio Swim Workout

Learn low impact workouts useful for a lifetime

**Date:** Wednesday evenings  
**Time:** 7:30 – 8:15 pm  
**Place:** Community Center at Stuyvesant High School (CCSHS)  
345 Chambers Street (access: West Street)  
**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
**Cost:** Free for members. Adult \$15 Day Pass, Seniors, Students and Youths \$10 Day Pass  
**Information:** 212-267-9700, [communitycenter@bpcparks.org](mailto:communitycenter@bpcparks.org) or visit [www.ccshts.org](http://www.ccshts.org)

The Community Center at Stuyvesant High School will host a Cardio Swim Workout on Wednesday evenings at 7:30pm beginning September 16. Workouts will incorporate sprint, distance and interval training to increase speed, endurance and overall fitness. This small group program is for experienced swimmers ages 14 and up. Participants must be able to swim 40 laps.

Swimming results in lean muscle mass and increased cardiorespiratory fitness, all without causing stress to your joints. This low impact exercise is a great alternative or addition to your weekly routine. Join Water Safety Instructors and fellow swimmers for innovative and fun swim workouts.

Free for members. Pool day passes available, \$15 for adults, \$10 for seniors, students and youths. Kick boards and fins provided. All swimmers need to bring a towel, swim cap, goggles and a lock. Caps and goggles are available for sale at the CCSHS.

*Battery Park City Parks Conservancy is the non-profit organization that manages, operates and maintains the parks of Battery Park City. It offers over 2,000 events and outdoor programs for all ages from May 1 through October 31. Indoor programs take place year-round at our multi-purpose 6 River Terrace venue, which is also available for party and event rental. BPCPC also manages the Community Center at Stuyvesant High School. Please visit our website: [www.bpcparks.org](http://www.bpcparks.org) for more information.*