

FOR IMMEDIATE RELEASE

# CITY OF PALMDALE

## *NEWS RELEASE*

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### Move and Groove Tots Comes to Palmdale

PALMDALE – The City of Palmdale will host a fun exercise class for kids called “Move and Groove Tots” beginning in July at the Palmdale Oasis Park Recreation Center, located at 3850 Ave. S, and the Marie Kerr Park Recreation Center, located at 2723 Rancho Vista Blvd.

Classes will be held on Wednesdays from July 1 through 22 at Palmdale Oasis, and Thursdays from July 2 through 30 at Marie Kerr. Both sessions will run from 10 to 10:45 am.

“If your tot has energy to spare, then this class offers the opportunity for you to enjoy music and movement with them,” said Palmdale Recreation Coordinator Becky Bartlett. “Staff will provide organized games and activities that emphasize balance, coordination, motor skills and self-expression.”

Parent participation is required.

The cost is reduced to \$20 for Palmdale residents, and is \$25 for non-residents. Participants must pre-register for the course either online at [www.cityofpalmdale.org/playpalmdale](http://www.cityofpalmdale.org/playpalmdale) or at the recreation and culture department, 38260 10<sup>th</sup> St. East in Palmdale, Monday through Thursday between 7:30 am and 6 pm.

“Move and Groove Tots” will also be held in Aug.

For more information please call 661/267-5611.

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