

FOR IMMEDIATE RELEASE

CITY OF PALMDALE

NEWS RELEASE

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City of Palmdale Offers Water Resistance Exercise Classes

PALMDALE – The City of Palmdale is offering water exercise classes at the Palmdale Oasis Park pool, located at 3850 E. Avenue S in Palmdale.

Classes will begin on Tuesday, Sept. 23 and will be held each Tuesday and Thursday through Oct. 16 from 6:30 to 7:30 pm.

The classes are taught by members of the City's award winning lifeguard team. The cost of the program is discounted to \$24 for Palmdale residents and is \$32 for non-residents. Participants must be 15 years old. Children under 16 must be accompanied by an adult registered in the class.

To register, go to www.cityofpalmdale.org/playpalmdale or stop by the City's recreation and culture office, 38260 10th St. East, Palmdale, Monday through Thursday from 10 am to 6 pm.

“Join us in the shallow end of Palmdale Oasis Park pool for fun and exercise,” said Aquatics Supervisor Jacki Nuss. “This course will provide a workout for all levels of water exercise enthusiasts, with the goal of providing training while reducing impact on your body.”

For more information, call 661/267-5611.

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