

FOR IMMEDIATE RELEASE

## CITY OF PALMDALE

### *NEWS RELEASE*

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#### Palmdale Offers Water Resistance Exercise Classes

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

Sessions will begin on Monday, March 16 and will be held each Monday and Wednesday through May 6 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](http://www.cityofpalmdale.org/playpalmdale) or stop by the City's recreation and culture office, 38260 10<sup>th</sup> St. East, Palmdale, Monday through Thursday from 7:30 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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