



# CITY OF LA PALMA

# NEWS RELEASE

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## **Aquatics Classes Return to La Palma Intercommunity Hospital**

*LA PALMA, Calif.* – As a longtime partner of the City of La Palma, La Palma Intercommunity Hospital has recently completed renovations to their indoor therapy pool in order to allow La Palma Recreation & Community Services to provide water fitness and safety classes for the community. Beginning in February, La Palma Recreation and Community Services, in collaboration with the Anaheim Family YMCA, will provide water fitness and swim safety classes in the indoor, heated pool at the hospital. Water fitness classes, for ages 55 years and above, are being offered in a Tuesday/Thursday format; with 50-minute lessons conducted over a month-long period for \$40 (or \$45 for longer months). Swim safety lessons for youth ages 6 months to 13 years old are also being offered in a Tuesday/Thursday format; with 45-minute lessons being conducted over a three-week period for \$49. The swim safety lessons are designed to develop confidence and teach basic water skills. Space is limited and in-person registration is required at the La Palma Central Park Office, 7821 Walker Street. Sessions begin on Tuesday, February 5.

For more information contact the La Palma Recreation & Community Services Department at (714) 690-3350, or go to [www.cityoflapalma.org/swim](http://www.cityoflapalma.org/swim) and download the registration form for a complete list of classes.

### ***About the City of La Palma***

Ranked by Money Magazine in both 2007 and 2011 as one of America's Best Places to Live, the City of La Palma is a 1.9 square mile general law city in northwest Orange County, consisting of 15,568 residents and 482 commercial and industrial businesses. The City was incorporated in 1955 under the name of Dairyland and has 61 full-time and 35 part-time employees.

### ***Contact Information***

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