



News Release
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Learn to Swim! Classes for All Ages *Recreation and Park agencies provide important service*

Sacramento, CA – It's that time of year when we think about all kinds of water activities – swimming, boating, skiing, fishing and more. Make plans to learn how to swim or sign up family members. Go to Services & Amenities on the [Your Sacramento Area Parks \(YSAP\) website](http://www.yoursacparks.com) and click on Aquatics to sign up for swim classes for all ages six months and older and all levels of ability at the following locations:

- Arden Manor Recreation and Park District
- Arden Park Recreation and Park District
- City of Folsom Parks and Recreation Department
- City of Galt Parks and Recreation Department
- City of Sacramento Dept. of Parks and Recreation
- City of West Sacramento Parks and Recreation Department
- Cordova Recreation and Park District
- Cosumnes Community Services District (Elk Grove)
- Fulton-El Camino Recreation and Park District
- North Highlands Recreation and Park District
- Orangevale Recreation and Park District
- Rio Linda Elverta Recreation and Park District
- Southgate Recreation and Park District
- Sunrise Recreation and Park District

“Knowing how to swim is an essential skill everyone should have, especially with the water recreation opportunities that the Sacramento area offers,” stated Robert Goss, City of Folsom Parks and Recreation Director and YSAP member. “Being able to swim increases confidence, boosts the fun factor of water play, and is a personal safety skill that will last a lifetime.”

Class participants will learn basic strokes, water safety, swimming readiness skills, and gain a great form of exercise. “Through our local programs, you can become an expert swimmer,” stated Goss.

Learn to swim programs offer private lessons, group instruction lessons, and parent and child classes. Registration is now open. Some classes are offered year round. Details are available at www.yoursacparks.com.



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Your Sacramento Area Parks is a partnership of 21 Park and Recreation Agencies, connecting the Sacramento Community to Their Parks.