CITY OF OCEANSIDE

NEWS RELEASE

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PARKS & RECREATION SERVICES

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PARKS AND RECREATION PRESENTS: "SOMEWHERE OVER THE RAINBOW" 46th ANNUAL SYNCHRONIZED SWIMMING SHOW

On Saturday July 21, Parks and Recreation presents its 46th annual Synchronized Swimming Show, "Somewhere over the Rainbow". The show starts at dusk (approximately 8pm), at the Brooks Street Swim Center, 130 Brooks Street in Oceanside. Admission is $2 for adults and $1 for children 3-18 years of age (includes one raffle ticket).

Researchers have found that teaching your children to swim and encouraging them to swim regularly can have significant benefits for their health and safety. Swimming is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina, and even improves balance and posture. In addition, swimming is a way to prevent childhood obesity, which has been linked to juvenile diabetes.

For more information regarding this (program, class, service, event) please contact Parks and Recreation at 760-435-5041, or visit us on the Web at www.oceansiderec.com. Parks Make Life Better!

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