

MEDIA RELEASE



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Celebrate National Gymnastics Day With The District Gymnastics Academy

Indio, CA (September 15, 2014) The District Gymnastics Academy will join gymnastics clubs across the country in celebrating National Gymnastics Day this Saturday, September 20. The entire Coachella Valley is invited to celebrate this annual event at the Indio Community Center, home of The District Gymnastics Academy.

The District Gymnastics Academy gymnasts will be on hand to give demonstrations, offer assistance to guests interested in gymnastics and provide explanations of the Life Skills learned from the program. Offered through the Desert Recreation District since 2007, The District Gymnastics Academy is home to over 200 gymnasts who participate in various classes and competitions each month.

“Participating in the sport makes a life-long impression” commented Janet Cook, Recreation Specialist - Gymnastics and The District Gymnastics Academy leader. Gymnastics teaches many life skills and helps participants adopt a healthy, active lifestyle. By encouraging physical activity, health and fitness and commitment to a sport with movement, participants learn and experience the value of fair play, respect, perseverance and sportsmanship.

As part of this year’s National Gymnastics Day, gymnasts, families, friends and enthusiasts from gymnastics clubs nationwide hope to raise awareness for this exciting sport. Committed to extending their reach to underprivileged children, The District Gymnastics Academy will host children from Fred Young Farm Labor Camp and the Coachella Valley Housing Coalition. A grant awarded by USA Gymnastics will fund the registration and transportation of over 100 kids to join in the event.

Participants and guests can join one of two sessions which will include obstacle courses, rock climbing wall, games, demonstrations and life skills training. “We are encouraging the entire community to come and meet our gymnasts and experience the fun first hand. Our gymnasts are dedicated, disciplined and eager to talk about how the sport can combine skill and fun ” commented Ms. Cook.

Two sessions are planned throughout the afternoon to celebrate the event. Pre-registration is highly recommended, as previous years have had high participation. National Gymnastics Day will take place in the Indio Community Center at 45-871 Clinton Street, Indio, CA 92201. Session 1 will take place from: 12:30pm – 2:00pm and Session 2: 2:30pm – 4:00pm. There is a \$5.00 fee per session. For more information about National Gymnastics Day or The District Gymnastics Academy, call 760-347-4263.

The Desert Recreation District

The Desert Recreation District (DRD) provides quality recreation experiences to residents throughout the Greater Coachella Valley. DRD manages, maintains and assists in maintaining over 30 parks and recreation facilities; creates and delivers quality programs, services and classes; and, facilitates leisure opportunities through partnerships that support and encourage residents to engage in healthy lifestyles and wellness activities. DRD hosts special programs such as Adaptive Sports for those with disabilities and The District Gymnastics Academy which serves over 200 participants each month. DRD is funded through tax dollars, special assessments, grants and nominal charges assigned to select classes and events. Over the last year, DRD hosted over 2,400 classes and programs and more than 100 special events for 18,700+ participants.