

## FOR IMMEDIATE RELEASE

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## Palm Desert Community Center to Introduce Wrestling, Tai Chi Classes

Palm Desert, CA (April 28, 2015) – The [Desert Recreation District](#) (DRD) is expanding its Palm Desert Community Center programs to include youth Wrestling classes and Tai Chi classes for active adults. Both classes will take place in the community center located at 43-900 San Pablo Avenue, Palm Desert, CA.

For youth wrestling, DRD is partnering with Desert Cities Wrestling Academy (DCWA) to offer the wrestling program for children ages 4 to 13. It will be the only DRD Community Center in the Coachella Valley to offer youth wrestling. DCWA's certified coaches will focus on teaching the fundamentals and techniques of wrestling in a clean, safe and dynamic environment.



Classes begin May 4, 2015 and will be held Mondays through Thursdays from 4 to 5 p.m. The monthly fee for Palm Desert residents is \$100; for non-residents, the fee is \$115 per month. Sibling discounts are also available for families with multiple children interested in signing up for the program.

In addition to catering to the youth population, the Palm Desert Community Center has introduced Tai Chi classes for active adults. To add to their exercise schedules, Active Adults can join Meditation in Motion, specifically designed for adults age 50 and older. Tai Chi can improve strength and balance and can help with arthritic pain and stress management.

Meditation in Motion classes started in April and will continue through August. Classes are held on Tuesdays and Thursdays from 9:30 a.m. to 10:15 a.m. and cost \$25 for Palm Desert residents per month, or \$8 per individual class. The monthly non-resident fee is \$30.



### 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, events such as the Senior Games and partners with health care organizations such as Kaiser Permanente who has provided grant monies to fund scholarships for swim lessons and junior lifeguard classes. 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.*

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