



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

Department of Parks and Recreation continues to help residents save money during tough economic times

Sacramento, California, January 22, 2009—Whether your New Year's resolution was to spend more quality time with family members, get back in shape, or learn a new skill, the Department of Parks and Recreation's many affordable recreational opportunities and special interest courses will help you make good on your resolution without wrecking your ever-shrinking budget.

If your New Year's resolution was to spend more quality time with family members, the Department offers:

- Relaxing walks in City parks (Free);
- A game of hoops with family members on the grounds of a community center (Free);
- Park-site rentals for birthday parties (starting at \$25);
- and, much more.

If it was getting back in shape, the Department offers:

- Active Yoga (\$20);
- Ballroom Dance (\$25);
- Zumba (\$32);
- Hip Hop Dance (\$45);
- Nordic Walking (\$55);
- and, much more.

If it was learning a new skill, the Department offers:

- Karate and other Martial Arts (starting at \$25);
- Financial Planning (\$30);
- Painting (\$50);
- Pottery (\$55);
- and, much more.

Residents who wish to rent a park or facility for a special event can contact the Reservation Office at (916) 808-6060. A complete listing of all City parks, recreational facilities, and a directory of special interest courses is available on the Department's website:

<http://www.cityofsacramento.org/parksandrecreation/index.html>

Media-related inquiries can be forwarded to Hindolo Brima, Media and Communications Specialist, Department of Parks and Recreation, at (916) 808-5972.

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