



## **MEDIA RELEASE**

### **FOR IMMEDIATE RELEASE**

**Date:** February 8, 2011

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**Subject:** Upcoming and New Programs at Parks and Recreation

The Yountville Parks and Recreation Department is pleased to announce our upcoming excursions. February 22 we will be traveling to the De Young Museum, where the Colossal Stone Heads will be on exhibition. The Olmec developed an iconic and sophisticated artistic style as early as the second millennium BC. The Olmec are best known for the creation of colossal heads carved from giant boulders that have fascinated the public and archaeologists alike since they were discovered in the mid-19<sup>th</sup> century. The charter bus will depart from Yountville Community Center at 9:00am and return at 5:00pm. The cost is \$51/person for Non-Residents and Discounted Yountville Resident Rate of \$45/person. Pre-registration is required.

In March we are headed to the very popular Cache Creek Casino! We can't promise winning but we can promise a fun day! The charter bus will depart from Yountville Community Center at 9:00am and return at 5:00pm on Tuesday, March 15. \$30/person for Non-Residents and Discounted Yountville Resident Rate of \$25/person. Pre-Registration is required.

The Yountville Parks and Recreation Department is also happy to announce two new fitness classes being offered in partnership with the Napa Valley Adult School:

- Tai Chi will assist you with becoming familiar with your life energy (chi), to enhance and empower your health, mind and spirit. Wednesdays, February 9 through April 18, 4:00pm to 5:30pm. \$75 registration fee payable to the Napa Valley Adult School on the first day of class.

- Lightness of Being uses easy movements to improve lower back, shoulders, neck, spine and feet. This class will enhance vitality and ease pain and stress. Movements can be done in, beside or without a chair. Mondays, February 7 through April 18, 10:00am – 11:30am. This class is free with a \$25 per year registration fee payable to the Napa Valley Adult School. The \$25 registration fee is good towards any free-older adult classes the Adult School offers.

To find out more information on these programs and more, log on to  
[www.townofyountville.com/parksandrecreation](http://www.townofyountville.com/parksandrecreation)

or call 944-8712.