



**FOR IMMEDIATE RELEASE
TUESDAY, MARCH 24, 2020**

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City of Laredo Parks & Recreation Department
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Parks and Rec to Offer Virtual Physical Activities, Arts & Crafts Classes

LAREDO, Texas— This Wednesday March 25, 2020, the City of Laredo Parks and Recreation Department will launch activities on cable and online for children and adults.

Cardio workout and Intense Cardio Toning workout fans can follow online sessions with instructors Joe and Arturo Rico.

Children can join in on the fun by watching our Arts and Crafts class starting on Thursday March 26 Children between the ages of 6 and 12 years can learn how to create different arts and craft activities.

The Parks and Recreation Department will provide children with a free arts and crafts starting kit. You can pick-up a free arts and craft kit on Wednesday, March 25 from 2:00 p.m. to 4:00 pm.at either the James and Maria Luisa Haynes Recreation Center curbside pick-up, located at 2102 Clarks Crossing Drive, or at North Central Park at 10202 International Blvd. by the Rev. Deacon Leonel and Irma San Miguel Pool.

Once you have the kits, follow Parks and Recreation on the city's Public Access Channel (PAC) on Spectrum Channel 1304, or online at <http://laredotx.swagit.com/live>.

For the full activities schedule, please visit our website at <http://www.laredoparksandrec.com>

Parks and Recreation Classes on PAC- Week of March 25th- 27th
30 minute classes

Spectrum Cable Customers – Channel 1304

Wednesday March 25, 2020

5:00pm – **Cardio Workout Class**

7:00pm – **Intense Cardio Toning Workout Class**

Thursday March 26, 2020

9:00am & 5:00pm – **Cardio Workout Class**

10:00am & 6:00pm – **Art Class for Kids**

11:00am & 7:00pm – **Intense Cardio Toning Workout Class**

Friday March 27, 2020

9:00am & 5:00pm – **Cardio Workout Class**

10:00am & 6:00pm – **Art Class for Kids**

11:00am & 7:00pm – **Intense Cardio Toning Workout Class**

As a reminder, Parks and Recreation will have materials ready for art class with curbside pick-up at James and Maria Luisa Haynes Recreation Center and North Central Park - San Miguel Pool on Wednesday March 25 from 2:00 pm- 4:00 pm.

For more information, please call (956) 729-4600.