



**Parks
Make
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LIVE AND PLAY WITH US!

Newsletter: June 2011

Each month the Visalia Parks & Recreation Department Newsletter shares details about great leisure and lifestyle classes, activities and events offered at City parks and facilities. Please pass this e-newsletter along to your friends and family and encourage them to join in the fun!

In this issue:

- Announcements
- Special Events
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ANNOUNCEMENTS

Summer Registration

The summer recreation program guide is available now! If you did not receive your copy in the mail, please stop by and pick one up at the Anthony Community Center or visit us online at www.liveandplayvisalia.com. We are currently accepting registration for summer programs. For more information call 559-713-4365 or email recreation@ci.visalia.ca.us.

Spread the Word!

Help us spread the word. Send this newsletter to your friends, family and neighbors so they can stay up to date on the latest news and events from the City of Visalia Parks & Recreation Department. Encourage them to sign up at www.liveandplayvisalia.com. Follow us on Facebook at: <http://www.facebook.com/visaliaparksandrecreation>.



SPECIAL EVENTS

Vi-Tri for Kids

Jump start your child's summer with our inaugural Kids Triathlon. Each child will swim, bike and run in our closed course event (distances to be determined by age). Transition area will open at 6:30am and day of registration begins at 7:00am. To ensure your child gets an event t-shirt, register before June 1st, 2011.

Location: Golden West Pool

#5313	1 st – 3 rd Grade	Saturday	6/11	8:00am	\$35 / \$40 day of fee
#5314	4 th – 6 th Grade	Saturday	6/11	8:00am	\$35 / \$40 day of fee
#5315	7 th – 8 th Grade	Saturday	6/11	8:00am	\$35 / \$40 day of fee

Movies in the Park

Join the fun Friday Nights at the Riverway Sports Park for a FREE movie. Movies will begin at dark (approx. 8:30pm)

June 17 th	Legend of the Guardians
June 24 th	Nanny McPhee Returns
July 1 st	The Last Airbender
July 8 th	How to Train Your Dragon
July 15 th	The Karate Kid
July 22 nd	Megamind
July 29 th	Twilight Saga Eclipse

Summer Night Lights

Visalia youth and teens are encouraged to join us Saturday nights this summer for FREE food, activities and entertainment. Event is from 8pm – 11:30pm

June 11 th	Manuel F. Hernandez Community Center
June 18 th	Wittman Center
June 25 th	Boys & Girls Club
July 2 nd	Mt. Whitney Pool ***
July 9 th	Rawhide Stadium
July 16 th	Anthony Community Center
July 23 rd	Visalia NAZ
July 30 th	Riverway Sports Park ***

***Families welcome on these nights



4th Annual Corporate Games

Visalia area businesses and employee based organizations can register their team to compete in diverse team activities to encourage participation from employees of all interests and abilities. The Corporate Games aims to promote healthier lifestyles through teamwork, participation and fun!

Th - F 9/15 – 9/23 \$500 per team

For more information call 713-4336 or email mfitzgerald@ci.visalia.ca.us

Summer Specialty Camps

Camps include a daily snack, t-shirt and complimentary photo. For a complete listing of camp descriptions and to view camp itineraries, visit our website at www.liveandplayvisalia.com.

Ages 5 – 8

- Super Science & Math Camp 6/13-6/17 9am-12pm \$60 #5512
- Barbie Camp 6/27-7/1 1-4pm \$60 #5515
- Jr. Rangers Camp 7/11-7/15 9am-12pm \$60 #5519
- Animal Planet Camp 7/18-7/22 1-4pm \$60 #5522

Ages 5 – 12

- Sports Action Camp 7/11-7/15 9am-12pm \$60 #5547
- Flag Football Camp 8/1-8/5 9am-12pm \$60 #5909

Ages 6 – 9

- Brazilian Jiu-Jitsu Camp 6/20-6/24 10-11am \$50 #5911

Ages 7 – 12

- Dorothy Collins Volleyball Camp 7/25-7/29 1:30-4:30pm \$100 #5892

Ages 8 – 14

- Aquatics Adventure Camp 7/25-7/29 1-4pm \$60 #5886

Ages 9 – 12

- MythTesters Camp 6/13-6/17 1-4pm \$60 #5513
- Jr. Rescuers Fire Camp 6/20-6/23 9am-12pm \$60 #5516
- Native American Legends Camp 7/5-7/8 1-4pm \$60 #5518
- Pirate Camp 7/11-7/15 1-4pm \$60 #5520
- Art Camp 8/8-8/12 9am-12pm \$60 #5524

Ages 10 – 13

- Brazilian Jiu-Jitsu Camp 7/11-7/15 10-11am \$50 #5912

Ages 12 & over

- Knitting Camp 7/25-7/29 1-4pm \$60 #5523

Ages 13 – 16

- Project Runway Camp 6/27-7/1 9am-12pm \$60 #5514
- Teacher in Training Camp 7/18-7/22 9am-12pm \$60 #5521
- Fitness/Athletic Training Camp 8/1-8/5 10am-12pm \$60 #5913

Ages 13 – 18

- Dorothy Collins Volleyball Camp 7/20-7/22 1:30-4:30pm \$65 #5893

Kids Club Day Camp “Kamp Kaboom”

At “Kamp Kaboom” kids will engage in activities and crafts that are exciting, enthusiastic and sure to thrill! A sack lunch and snacks will be provided daily. Enrollment is limited. Registration is accepted on a first come basis. Payments must be made in advance in order for children to participate in camp. To view prices and field trip destinations, visit our website at www.liveandplayvisalia.com.

Location: Anthony Community Center

M – F

6/13 – 8/12

7:30am – 5:30pm

Ages 5 – 12

AQUATICS

Swim Lessons

Group and Private lessons are available during the summer. For a complete listing of times and class descriptions visit our website at www.liveandplayvisalia.com. Group Lessons are \$54 and Private Lessons are \$70 per participant.

Youth Water Polo

Participants will be instructed in driving, shooting, guarding and passing skills, as well as the tactical aspects of the game.

Location: Redwood High School Pool

#5878

M, W & F

6/13 – 8/5

9-10:30am

3rd – 8th Grades

\$60

Adult Water Polo

Our adult water polo program aims to keep the fun, excitement and competitiveness of water polo alive.

Location: Redwood High School Pool

#5879 – Men’s

Tu & Th

6/14 – 8/4

8:15-9:45pm

18 & over

\$30

#5922 – Women’s

M & W

6/13 – 8/3

8:15-9:45pm

18 & over

\$30

Water Aerobics

This complete low impact, cardiovascular, toning, flexibility and strengthening workout will help you tone and trim down.

Location: Mt. Whitney High School Pool

#5881

M & W

6/13 – 8/3

8:30 – 9:30am

12 & over

\$30

#5882

Tu & Th

6/14 – 8/4

5 – 6pm

12 & over

\$30

Youth Diving Classes

Classes will practice flexibility, build strength and teach first time divers the basic skills of diving.

Location: Redwood High School Pool

#5880

M, W & F

6/13 – 8/5

1 – 3pm

3rd – 12th Grades

\$60

Swim Stroke Clinic

Participants will work on butterfly, breaststroke, backstroke and freestyle swim mechanics.

Location: Golden West High School Pool

#5905

M – F

8/1 – 8/5

1 – 3pm

8 & over

\$50 for week

Swim Stroke Schedule: \$20 each individual class (M – Th)

Monday

Freestyle

Tuesday

Backstroke

Wednesday

Butterfly

Thursday

Breaststroke

Lap Swim

Location: El Diamante, Mt. Whitney & Golden West High School Pools

Lap Swim Schedule: Lap Swim Punch Card \$25 for 15 sessions, non-refundable

El Diamante:

Monday - Friday

9am – 12:15pm

4:30 – 9:00pm

Mt. Whitney:

Monday – Friday

10:30am – 12:00pm

6:15 – 8:15pm

Golden West:

Tuesday & Thursday

7:30 – 8:30am

4 – 6pm

Public Swim

Location: Redwood High School Pool

Daily	6/9 – 8/7	12 – 3pm	\$1.50 (ages 13 & over)	\$1.25 (ages 12 & under)
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Pool Care 101

Learn the basics of pool care and keep your pool looking good and running great all year long.

Location: Mt. Whitney High School Pool

#5883	Sa	6/11	9am – 12pm	18 & over	\$25
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Maternity in Motion

This aquatics class is perfect for expectant mothers looking for stress free exercise during their pregnancy.

Location: Golden West High School Pool

#5888	M, W & F	6/13 – 8/5	9 – 10am	Expectant Mothers	\$25
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Aqua Zumba

Aqua Zumba blends together a challenging, safe, water-based workout that's conditioning, body-toning and exhilarating.

Location: Mt. Whitney High School Pool

#5472	Tu & Th	6/14 – 7/7	7:30 – 8:30am	16 & over	\$35
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#5473	Tu & Th	7/12 – 8/4	7:30 – 8:30am	16 & over	\$35
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Senior Water Walking & Lap Swim

Seniors have the opportunity to complete an instructed workout by strengthening muscles and preventing heat exhaustion. Participants are required to bring aqua socks or water shoes in order to prevent foot damage.

Location: Golden West High School Pool

#5884	M & W	6/13 – 8/3	10 – 11am	50 & over	\$30
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Location: Mt. Whitney High School Pool

#5885	T & Th	6/14 – 8/4	4 – 5pm	50 & over	\$30
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Senior Aqua Zumba

This low impact exercise class creates an upbeat and fun fitness party!

Location: Golden West High School Pool

#5887	Tu & Th	6/14 – 8/4	10 – 11am	50 & over	\$30
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Get Fit Visalia

Participants will receive valuable information regarding nutrition, exercise and overall wellness in this 8-week program. Each week participants will weigh in for accountability and participate in an activity. For activity schedule visit our website at www.liveandplayvisalia.com. At the end, Awards will be given to participants who have lost the most body fat.

Location: Anthony Community Center

#5461 Tu 6/21 – 8/9 6:45 – 7:15pm \$10 for 8 weeks

Zumba Fit-Pass

This Latin inspired, easy to follow, calorie burning class is for ages 16 & over. Wear comfortable clothing and shoes.

Location: Anthony Community Center

M & W 6:30 – 7:30pm \$36 for 8 punches or \$62 for 16 punches

Yoga Classes

The City of Visalia offers 4 different yoga classes, a morning session, an evening session and 2 sessions for seniors. We encourage participants to join in classes that explore easy movements to increase flexibility, strength and well-being. Participants must supply their own yoga mat.

Morning Yoga – Location: Manuel F. Hernandez Community Center

#5479 Tu & Th 6/14 – 8/4 7 – 8am Ages 16 & over \$50

Evening Yoga – Location: Manuel F. Hernandez Community Center

#5480 Tu 6/14 – 8/2 7 – 8pm Ages 16 & over \$25

Senior Yoga – Location: Visalia Senior Center

#5557 Th 6/2 – 7/7 1 – 2pm Ages 55 & over \$25

Gentle Yoga – Location: Visalia Senior Center

#5597 M 6/6 – 7/18 10 – 11am Ages 55 & over \$20

Family First Volleyball

Now offering a volleyball league that the entire family can participate in and enjoy together!

Location: Anthony Community Center

Sa 6/18 – 8/6 9am start time \$65 per team

Polynesian Dance Camp

This camp will give participants a basic understanding of traditional Polynesian Dance.

Location: Whitendale Community Center

#5474 M – F 8/8 – 8/12 2 – 3:30pm Ages 16 & over \$40

Qi Gong for Health & Well Being

This Chinese term for a diverse array of exercises is designed to increase health through gentle standing exercises.

Location: Visalia Senior Center

#5475 W 6/15 – 7/20 5 – 6:20pm Ages 14 & over \$40

Mindful Meditations for Health & Stress Reduction

This technique is widely proven to help people increase their quality of life through better mental and emotional health.

Location: Visalia Senior Center

#5477 W 6/15 – 7/20 6:30 – 7:50pm Ages 14 & over \$40

CERTIFICATION COURSES

Jr. Lifeguard Clinic

If you are interested in becoming a lifeguard but aren't quite old enough, the Jr. Lifeguard Clinic will provide you with the opportunity to develop leadership and water safety skills.

Location: Redwood High School Pool

#5890 Th 6/9 8:30am – 12:30pm Ages 11 – 14 \$5

Jr. Recreation Leader

Think you have what it takes to be a recreation leader with the Visalia Parks & Recreation Department? Learn how to be a leader and gain experience and knowledge of working with children through this 1 day class.

Location: Anthony Community Center

#5914 Sa 6/4 9 – 11am Ages 13 – 15 \$5

Swim Lesson Instructor in Training

The S.I.T. class offers youth the skills, knowledge and techniques needed in order to volunteer in our aquatics program.

Location: Mt. Whitney High School Pool

#5891 F 6/10 9am – 12pm Ages 11 – 15 \$5

Water Safety Class

This class is for parents, guardians or day care providers needing mandated state training on water safety.

Location: Mt. Whitney High School Pool

#5599 Sa 6/25 8am – 12pm Ages 16 & over \$40

Lifeguard Certification Course

This Red Cross Lifeguard Training Course will prepare participants to become a certified lifeguard. Participants will receive a schedule of class dates and times upon registration.

Location: Anthony Community Center Room A

#5889 F, Sa & Su 6/10-12, 17-19 Ages 15 & over \$125

SPORTS

Adult Summer 2011 Sports Schedule:

Visit us online for sport league descriptions at www.liveandplayvisalia.com/adultsports

<u>Sports League</u>	<u>Night(s)</u>	<u>Fee</u>	<u>Manager Mtg</u>	<u>League Start</u>	<u>Reg. Deadline</u>
Men's Softball	M – F	\$410	June 20	June 27	June 10
Women's Softball	M – F	\$410	June 20	June 27	June 10
Co-Ed Softball	M – F	\$410	June 20	June 27	June 10
Men's Basketball	Tu & Th	\$225	June 7	June 14	June 3
Women's Basketball	Tu & Th	\$225	June 7	June 14	June 3

Tennis Lessons:

Visit us online for complete class descriptions at www.liveandplayvisalia/tennis

<u>Course #</u>	<u>Class</u>	<u>Age</u>	<u>Time</u>	<u>Day</u>	<u>Start Date</u>	<u>Cost</u>
5581	Pee Wee	5 – 7	8 – 9am	Tu & Th	6/21	\$35
5582	Pee Wee	5 – 7	8 – 9am	M & W	6/20	\$35
5583	Starter	8 – 10	9 – 10am	Tu & Th	6/21	\$47
5584	Starter	8 – 10	9 – 10am	M & W	6/20	\$47
5585	Starter	11 – 17	10 – 11am	M & W	6/20	\$47
5586	Developer	14 – 17	10 – 11am	Tu & Th	6/21	\$47

Youth Volleyball League

Serve, Set, Smash! Our Fall Youth Volleyball League is offered for boys and girls grades 3rd through 8th. Basic fundamentals, positive peer interaction and good sportsmanship are the foundation for this league. Practice times are arranged by coach. Team requests will not be accepted.

Location: Anthony Community Center & Manuel F. Hernandez Community Center Gyms

Deadline to register: August 19th

#5906	Sa	9/10 – 10/29	3 rd – 4 th Grade	Bumpers	\$65
#5907	Sa	9/10 – 10/29	5 th – 6 th Grade	Diggers	\$65
#5908	Sa	9/10 – 10/29	7 th – 8 th Grade	Setters	\$65

NFL Flag Football

Nationally acclaimed NFL Flag Football is thriving in Visalia. Practice times are arranged by coach. Team requests will not be accepted.

Location: Whitendale Park

Deadline to register: August 19th

#5899	Sa	9/17 – 10/22	Ages 3 – 4	Tiny Tots	\$50
#5900	Sa	9/17 – 11/12	Ages 5 – 6	Pee Wee	\$65
#5901	Sa	9/17 – 11/12	1 st – 2 nd Grade	Instructional	\$65
#5902	Sa	9/17 – 11/12	3 rd – 4 th Grade	Minors	\$65
#5903	Sa	9/17 – 11/12	5 th – 6 th Grade	Majors	\$65
#5904	Sa	9/17 – 11/12	7 th – 8 th Grade	Seniors	\$65

Discount Registration:

Receive a \$10 discount when you register for volleyball or football June 18th or July 23rd at the Anthony Community Center from 9am – 12pm. Online registration is not applicable.

YOUTH CLASSES

Tiny Tot Classes

Parent participation is required for all tiny tot classes

Tiny Tot Rugrats– Manuel F. Hernandez Community Center

#5493	Tu	6/14 – 8/2	10 – 10:45am	Ages 1 – 5	\$40
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Tiny Tot Karate – Whitendale Community Center

#5910 – Beg.	M	6/13 – 8/8	4:45 – 5:15pm	Ages 4 – 7	\$40
#5491 – Beg.	M	6/13 – 8/8	5:30 – 6:00pm	Ages 4 – 7	\$40
#5492 – Int.	Th	6/16 – 8/4	5:30 – 6:00pm	Ages 4 – 7	\$40

Tiny Tot Elmo's World – Manuel F. Hernandez Community Center

#5495	W	6/15 – 8/3	10 – 10:45am	Ages 3 – 5	\$40
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Tiny Tot Lil' Athletes– Whitendale Community Center

#5496	Sa	6/18 – 8/13	10 – 10:45am	Ages 3 – 5	\$40
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Tiny Tot Cheer & Dance – Manuel F. Hernandez Community Center

#5494	M	6/13 – 8/8	10 – 10:45am	Ages 2 – 5	\$40
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Tiny Tot Zoo Animals – Whitendale Community Center

#5497	Sa	6/18 – 8/13	11 – 11:45am	Ages 2 – 5	\$40
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Enrichment Classes

Ballet & Tap – Whitendale Community Center

#5498	Tu	6/28 – 8/9	5 – 5:45pm	Ages 3 – 6	\$40
#5499	Tu	6/28 – 8/9	6 – 6:45pm	Ages 7 – 12	\$40

Jazzy Hip Hop – Whitendale Community Center

#5500	Tu	6/28 – 8/9	7 – 7:45pm	Ages 3 – 6	\$40
#5501	Tu	6/28 – 8/9	8 – 8:45pm	Ages 7 – 12	\$40

Guitar Class – Manuel F. Hernandez Community Center

#5481 M 6/13 – 8/8 7 – 8:30pm Students must provide their own acoustic or classical guitar Ages 10 & over \$50

Piano Class – Whitendale Community Center

#5482	W	6/15 – 8/3	6 – 7pm	Keyboards Provided Ages 10 & over	\$50
#5483	W	6/15 – 8/3	7:15 – 8:15pm	Ages 10 & over	\$50
#5484	W	6/15 – 8/3	8:30 – 9:30pm	Ages 10 & over	\$50

Fencing Class – Manuel F. Hernandez Community Center

Equipment provided					
Beginning:					
#5525	Sa	6/18 – 7/30	2 – 3pm	Ages 8 & over	\$80
Advanced:					
#5526	Sa	6/18 – 7/30	3:15 – 4:15pm	Ages 8 & over	\$80

Free Youth Programs

Manuel F. Hernandez Community Center Drop-In Program

M – F	6/13 – 8/12	12 – 6:30pm	Ages 6 – 17
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Loop Bus: Travels to youth community centers, visit our website for more information.

M – F	6/13 – 8/12	12 – 6pm	Ages 6 - 17
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Summer Lunch Program: Manuel F. Hernandez & Anthony Community Centers

M – F	6/13 – 8/12	12 – 1pm	Ages 18 & under
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ADULT & SENIOR CLASSES

A variety of adult & senior classes will be offered this summer. For class descriptions and to register online visit us at: www.liveandplayvisalia.com/adultclasses.

Basic Computer – Visalia Senior Center Meeting Room

#5569	W	6/1 – 7/6	6 – 7pm	55 & over	\$20
#5570	W	6/1 – 7/6	7:15 – 8:15pm	55 & over	\$20

The Art of Photography – Visalia Senior Center Meeting Room

#5573	Sa	6/4 – 7/9	9 – 11am	18 & over	\$40
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Troubleshooting Your Computer – Visalia Senior Center Meeting Room

#5548	Thursdays	6/2 – 6/23	7:15 – 8:15pm	18 & over	\$20
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Facebook Class – Visalia Senior Center Meeting Room

#5588	Tu	6/14	6 – 7pm	18 & over	\$20
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Microsoft Word Class – Visalia Senior Center Meeting Room

#5590	Th	6/2 – 7/21	6 – 7pm	18 & over	\$25
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How to Sell on eBay – Visalia Senior Center Meeting Room

#5594	M	6/13	6 – 9pm	18 & over	\$20
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Ceramics – Visalia Senior Center Crafts Room

#5559	Tu	6/7 – 6/28	10am – 1pm	55 & over	\$20
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Beginning & Intermediate Line Dancing – Visalia Senior Center Main Room

#5553 – Beg.	Tu	6/7 – 7/12	6 – 7pm	18 & over	\$20
#5555 – Int.	Tu	6/7 – 7/12	7:15 – 8:15pm	18 & over	\$20

Conversational Spanish – Visalia Senior Center Crafts Room

#5551	Th	6/2 – 7/7	6:30 – 7:30pm	18 & over	\$30
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Tole Painting – Visalia Senior Center Crafts Room

#5566	Th	6/9 – 6/30	10am – 1pm	55 & over	\$20
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Bocce Ball – Sons of Italy Lodge

#5579	Tu	6/7 – 6/28	6 – 7pm	18 & over	\$10
#5578	Th	6/9 – 6/30	6 – 7pm	18 & over	\$10

Frugal Living: How to Stretch a Dollar – Visalia Senior Center Meeting Room

#5593	F	6/3 – 7/8	2 – 3pm	18 & over	\$25
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Women's Self Defense Classes – Manuel F. Hernandez Community Center

#5529	Sa	6/25	10 – 11am	15 & over	\$5
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Introduction to Brazilian Jiu-Jitsu – Manuel F. Hernandez Community Center

#5533	Sa	6/25	11am – 12pm	15 & over	\$5
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Ping Pong Ladder League – Visalia Senior Center

#5468	W	6/8 – 7/27	7:15 – 8:45pm	16 & over	\$20
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