



## Westlake Village Fall 2 2017 Brochure

The Senior Recreation Programs are offered in cooperation with the Conejo Recreation and Park District. Please call (805) 375-1003 with any questions about registration of class availability.

- Online and Mail-In Registration will begin for City of Westlake Village Seniors on **Monday, September 18<sup>th</sup> at 9:00am.**
  - **YOU WILL NOT HAVE ACCESS TO ONLINE REGISTRATION UNTIL 9:00am.**
  - **YOU MAY REGISTER VIA PHONE (805) 375-1003 at 9:00am.**
- Online and Mail-In Registration will begin for Out-of-City Residents and Non-Seniors (18-54) on **Monday, October 2<sup>nd</sup> at 9:00am.**
- **Attention Out-of-City Residents/ Non-Seniors:** Please note that pricing varies per class and that there are separate registration fees for non-residents and non-seniors. Non-residents are considered to be anyone whose address is outside of the City of Westlake Village – LA County. Any courses marked with an \* are \$60 and those without a \* are \$45 for the class session.

**Thanksgiving break: No class 11/20-11/24. ALL DAYTIME CLASSES ON 10/13/17 WILL BE HELD IN CITY COUNCIL CHAMBERS. 5:30 YOGA IN COMMUNITY ROOM.**

### Yoga Basics

For healthy active, beginning, and continuing students. More physically and mentally challenging yoga exercises to strengthen, stretch, and energize the bones, muscles, joints, organs and respiratory system. Yoga experience is recommended. Instructors: M - Lisa Wildermuth, and W & F - Jennifer Lesovsky. NO CLASS 10/20, 11/10, 11/20, 11/22, & 11/24. **Enrollment: Max 28**

8500.5171	Monday	9:00 - 10:00am	\$5	10/9-12/4	8 wks
8501.5171	Wednesday	8:45 - 9:45am	\$5	10/11-12/6	8 wks
8502.5171	Friday	12:30 - 1:30pm	\$5	10/13-1/5	8 wks No Class 12/22 & 12/29

### Gentle Yoga Basics

A gentle practice for those with the need to move more slowly. Participants must have the ability to move from floor to standing and vice versa. Yoga exercises strengthen, stretch, and energize the bones, muscles, joints, organs and respiratory system. Instructors: M – Lisa Wildermuth, W - Jennifer Lesovsky and F – Katie Whittaker. NO CLASS 10/20, 11/10, 11/20, 11/22, & 11/24.

**Enrollment: Max 28**

8503.5171	Monday	10:30 - 11:30am	\$5	10/9-12/4	8 wks
8504.5171	Wednesday	10:00 - 11:00am	\$5	10/11-12/6	8 wks
8523.5171	Friday	5:30 - 6:30pm	\$5	10/13-1/5	8 wks No Class 12/22 & 12/29

### Zumba Gold

Join this invigorating Latin-inspired dance-fitness program that was designed to take the Latin and international dance rhythms created in the original Zumba program and bring them to the active adult, the beginner participant that may need modifications for success. With its party-like atmosphere, Zumba Gold is exhilarating, easy and effective. So ditch the workout, join the party! Instructor: Stacy Gross. NO CLASS 11/20, 11/22 & 11/23. **Enrollment: Max 28**

8521.5171	Monday	7:50 - 8:50am	\$5	10/9-12/4	8 wks
8514.5171	Wednesday	1:00 - 2:00pm	\$5	10/11-12/6	8 wks
8512.5171	Thursday	9:00 - 10:00am	\$5	10/12-12/7	8 wks

## **T'AI CHI**

The slow meditative movements in T'ai Chi are an exercise system that can facilitate balance, posture and reduce stress. It can be beneficial for all ages with its slow, flowing movements that help keep muscles toned and supple with joint flexibility. Introduction to the standard 24 forms are in simple step-by-step movements. Instructor: Nora Li. NO CLASS 11/23. **Enrollment: Max 28**  
8513.5171 Thursday 10:10 - 11:10am \$5 10/12-12/7 8 wks

## **T'AI CHI Qi Gong**

Learn the basic moves of Tai Chi that will be applied to learning the Long Form. Begins with QiGong for breathing and relaxing and then into the tai chi patterns. Use exercises with a long pole to build strength, flexibility and overall health. Note: Bring pole that is 1" in diameter, 1" above your height. Instructor: Stella Matsuda. NO CLASS 10/20, 11/10, 11/24, 12/22 & 12/29.

**Enrollment: Max 28**

8515.5171 Friday 8:45 - 9:45am \$5 10/13-1/5 8 wks

## **Bridge Class**

Improve your game by learning new conventions and playing strategies. You can sharpen your bridge skills, exercise your mind and enjoy making new friends while playing this fascinating and exciting game. Instructor: Diane Gunther. NO CLASS 11/23. **Enrollment: Max 40**

8505.5171 Thursday 1:00 - 3:00pm \$5 10/12-12/7 8 wks

## **Apple Computer Class**

Learn how to navigate desktop, toolbar, and sidebar and create new folders. Bring your laptop. Must have City of Westlake Village's free library card with pin number on first day. Class held in City of Westlake Village Library. Instructor: Michael Kaufman. **Enrollment: Max 8**

8519.5171 Tuesday 10:00 - 11:30am \$5 10/10-10/31 4 wks \*

## **Android and Smart Phone, So much more to learn**

Learn how to work your web browser, personal organizer, email, texting, sync with your computer, and more! Bring you Android/Smart Phone. Must have City of Westlake Village's free library card with pin number on first day. Class held in City of Westlake Village Library. Instructor: Michael Kaufman. **Enrollment: Max 10**

8518.5171 Tuesday 11:30am - 1:00pm \$5 10/10-10/31 4 wks \*

## **iPHONE and iPAD, So much more to learn**

Learn how to work your web browser, personal organizer, email, texting, sync with your computer, and more! Bring you iPhone/iPad. Must have City of Westlake Village's free library card with pin number on first day. Class held in City of Westlake Village Library. Instructor: Michael Kaufman.

**Enrollment: Max 10**

8517.5171 Wednesday 10:00 - 11:30am \$5 10/11-11/1 4 wks \*

## **Smartphone Photography**

Learn how to take a great shot with your smart phone, upload pictures to your computer and learn how to edit them. Bring your own smartphone. Must have City of Westlake Village's free library card with pin number on first day. Class held in City of Westlake Village Library. Instructor:

Michael Kaufman. **Enrollment: Max 8**

8520.5171 Wednesday 11:30am - 1:00pm \$5 10/11-11/1 4 wks \*

### **Tai Chi/ Qi Gong**

For long-term health, use these easy, flowing movements. Chi Gong gently opens energy channels within us toning & tuning from the inside out. Can be done standing or in a chair.

Instructor: Katie Whittaker. NO CLASS 11/22. **Enrollment: Max 28**

8525.5171 Wednesday 11:10am -12:10pm \$5 10/11-12/6 8 wks

### **Mat Pilates**

A combination of stretching and core strengthening exercises on the mat to realign and rebalance your body and mind. Instructor: Jennifer Lesovsky. NO CLASS 10/20, 11/10, 11/24, 12/22 & 12/29. **Enrollment: Max 28**

8524.5171 Friday 11:20am -12:20pm \$5 10/13-1/5 8 wks

### **Drawing Class**

Learn and or improve your art skills with this drawing class. We will explore traditional and non-traditional forms of drawing. Use this course to for your own expression, stress relief or just for fun! We will explore alternate tools for drawing such as pencil, charcoal, and more! Instructor: Vanessa Gomez. NO CLASS 11/23. **Enrollment: Max 28**

8526.5171 Thursday 11:30am - 12:30pm \$5 10/12-12/7 8 wks\*