



## City of Westlake Village Senior Recreation Summer 2018 Brochure

**Attention City of Westlake Village Residents: After seventeen years, we are increasing the fee from \$5 to \$10 per class to give our wonderful instructors an increase.**

The City of Westlake Village Senior Recreation Programs are offered in cooperation with the Conejo Recreation and Park District. Please call (805) 375-1003 with any questions about registration or class availability. Mail registration forms to the Dos Vientos Center, 4801 Borchard Rd., Newbury Park, CA 91320. Classes are held at Westlake Village City Hall & Library, 31200 Oak Crest Dr., Westlake Village, CA 91361.

- Online, phone and Mail-In Registration will begin for City of Westlake Village Seniors on **Monday, April 30<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, phone and Mail-In Registration will begin for Out-of-City Residents and Non-Seniors (18-54) on **Monday, May 14<sup>th</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 – Los Angeles County. Any courses marked with an \* are \$65 and those without an \* are \$50 for the class session.

**Out-of-City Residents Fee/Non Senior Fee is \$50 for the following classes:**

### **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. **Monday Class:** Instructor would like students to bring both a Yoga block and strap to class. No class 5/28, 7/4, 6/1, 6/29.

Instructors: M - Lisa Wildermuth, and W & F - Jennifer Lesovsky. **Enrollment: Max 28**

|           |           |                |      |           |       |
|-----------|-----------|----------------|------|-----------|-------|
| 8500.3181 | Monday    | 9:00 - 10:00am | \$10 | 5/21-7/16 | 8 wks |
| 8501.3181 | Wednesday | 8:45 - 9:45am  | \$10 | 5/23-7/18 | 8 wks |
| 8502.3181 | Friday    | 12:30 - 1:30pm | \$10 | 5/25-7/27 | 8 wks |

### **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. **Monday Class:** Instructor would like students to bring both a Yoga block and strap to class. No class 5/28, 7/4, 6/1, 6/29.

Instructors: M – Lisa Wildermuth, W - Jennifer Lesovsky and F – Katie Whittaker.

**Enrollment: Max 28**

|           |           |                 |      |           |       |
|-----------|-----------|-----------------|------|-----------|-------|
| 8503.3181 | Monday    | 10:30 - 11:30am | \$10 | 5/21-7/16 | 8 wks |
| 8504.3181 | Wednesday | 10:00 - 11:00am | \$10 | 5/23-7/18 | 8 wks |
| 8523.3181 | Friday    | 5:30 - 6:30pm   | \$10 | 5/25-7/27 | 8 wks |

## **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!

No class 5/28, 7/4. Instructor: Stacy Gross. **Enrollment: Max 28**

|           |           |                |      |           |       |
|-----------|-----------|----------------|------|-----------|-------|
| 8521.3181 | Monday    | 7:50 - 8:50am  | \$10 | 5/21-7/16 | 8 wks |
| 8514.3181 | Wednesday | 1:00 - 2:00pm  | \$10 | 5/23-7/18 | 8 wks |
| 8512.3181 | Thursday  | 9:00 - 10:00am | \$10 | 5/24-7/12 | 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. **Enrollment: Max 28**

|           |          |                 |      |           |       |
|-----------|----------|-----------------|------|-----------|-------|
| 8513.3181 | Thursday | 10:10 - 11:10am | \$10 | 5/24-7/12 | 8 wks |
| 8515.3181 | Friday   | 9:00 - 10:00am  | \$10 | 5/25-7/27 | 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. **Enrollment: Max 40**

|           |          |               |      |          |       |
|-----------|----------|---------------|------|----------|-------|
| 8505.3181 | Thursday | 1:00 - 3:00pm | \$10 | 5/17-7/5 | 8 wks |
|-----------|----------|---------------|------|----------|-------|

## **Mat Pilates**

A combination of stretching and core strengthening exercises on the mat to realign and rebalance your body and mind. No class 6/1, 6/29. Instructor: Jennifer Lesovsky. **Enrollment: Max 28**

|           |        |                   |      |           |       |
|-----------|--------|-------------------|------|-----------|-------|
| 8524.3181 | Friday | 11:20am - 12:20pm | \$10 | 5/25-7/27 | 8 wks |
|-----------|--------|-------------------|------|-----------|-------|

## **Tai Chi/Gong Bone Strengthening**

Easy flowing movements that can be done standing or in a chair (provided). Bone Cleansing & strengthening to assist with osteo (bone) issues. Balance exercises & meditations. No class 7/4. Instructor: Katie Whittaker. **Enrollment: Max 28**

|           |           |                   |      |           |       |
|-----------|-----------|-------------------|------|-----------|-------|
| 8525.3181 | Wednesday | 11:10am - 12:10pm | \$10 | 5/23-7/18 | 8 wks |
|-----------|-----------|-------------------|------|-----------|-------|

**Out-of-City Residents Fee/Non Senior Fee is \$65 for the following classes:**

## **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**

|           |         |                 |      |           |         |
|-----------|---------|-----------------|------|-----------|---------|
| 8519.3181 | Tuesday | 10:00 - 11:30am | \$10 | 5/22-6/12 | 4 wks * |
|-----------|---------|-----------------|------|-----------|---------|

## **Android phone & Tablet, So much more to learn**

Learn how to work your web browser, personal organizer, email, texting, sync with your computer, and more! Bring your Android phone or tablet (no iPhones/iPads). 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**

|           |         |                  |      |           |         |
|-----------|---------|------------------|------|-----------|---------|
| 8518.3181 | Tuesday | 11:30am - 1:00pm | \$10 | 5/22-6/12 | 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 your 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**

8517.3181 Wednesday 10:00 - 11:30am \$10 5/23-6/13 4 wks \*

### **Google Class**

Learn the best way to surf the internet using google. Bring your own cellphone or laptop computer. Must have City of Westlake Village's free library card with pin number on first day to use Wi-Fi.

Class held in City of Westlake Village Library. Instructor: Michael Kaufman. **Enrollment: Max 8**

8520.3181 Wednesday 11:30am - 1:00pm \$10 5/23-6/13 4 wks \*