



City of Westlake Village Senior Recreation Fall 1 2018 Brochure

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, July 9th 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, July 23rd 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 /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:** Bring both a Yoga block and strap to class. No class 8/10, 9/3. Instructors: M - Lisa Wildermuth, and W & F - Jennifer Lesovsky. **Enrollment: Max 28**

8500.4181	Monday	9:00 - 10:00am	\$10	7/30-9/24	8 wks
8501.4181	Wednesday	8:45 - 9:45am	\$10	8/1-9/19	8 wks
8502.4181	Friday	12:30 - 1:30pm	\$10	8/3 – 9/28	8 wks

Gentle Yoga Basics

A gentle practice for those with the need to move more slowly. Can 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. Instructors: M – Lisa Wildermuth, W - Jennifer Lesovsky.

Enrollment: Max 28

8503.4181	Monday	10:30 - 11:30am	\$10	7/30-9/24	8 wks No class 9/3.
8504.4181	Wednesday	10:00 - 11:00am	\$10	8/1-9/19	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 9/3. Instructor: Stacy Gross. **Enrollment: Max 28**

8521.4181	Monday	7:50 - 8:50am	\$10	7/30-9/24	8 wks
8514.4181	Wednesday	1:00 - 2:00pm	\$10	8/1-9/19	8 wks
8512.4181	Thursday	9:00 - 10:00am	\$10	8/2-9/20	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 keep muscles toned and supple with joint flexibility. Introduces the 24 forms in a simple step-by-step class. For students who know the basics of the 24 yang style. Instructor: Nora Li. **Enrollment: Max 28**

8513.4181 Thursday 10:10 - 11:10am \$10 8/2-9/20 8 wks

Beginner Basics Tai 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 keep muscles toned and supple with joint flexibility. Introduces the 24 forms in a simple step-by-step class. For students with no prior knowledge of the 24 yang style. No class 8/10. Instructor: Nora Li. **Enrollment: Max 28**

8515.4181 Friday 9:00 – 10:00am \$10 8/3 – 9/28 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**

8505.4181 Thursday 1:00 - 3:00pm \$10 8/2-9/20 8 wks

NEW! Healing with Yoga and Chi

Gentle yoga & Tai Chi type movements and visualizations to stretch the body & promote self-healing. A chair or mat can be used. Breath-work (pranayama) and meditations included. No class 8/10, 8/31. Instructor: Katie Whittaker. **Enrollment: Max 28**

8523.4181 Friday 5:30 - 6:30pm \$10 8/3 – 10/5 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 8/10. Instructor: Jennifer Lesovsky. **Enrollment: Max 28**

8524.4181 Friday 11:20am - 12:20pm \$10 8/3 – 9/28 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. Instructor: Katie Whittaker. **Enrollment: Max 28**

8525.4181 Wednesday 11:10am - 12:10pm \$10 8/1-9/19 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**

8519.4181 Tuesday 10:00 - 11:30am \$10 7/31-8/21 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**

8518.4181 Tuesday 11:30am - 1:00pm \$10 7/31-8/21 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

8517.4181 Wednesday 10:00 - 11:30am \$10 8/1-8/22 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**

8520.4181 Wednesday 11:30am - 1:00pm \$10 8/1-8/22 4 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 for your own expression, stress relief or just for fun! We will explore alternate tools for drawing such as pencil, charcoal, and more! No class 9/3.

Instructor: Vanessa Gomez. **Enrollment: Max 28**

8526.4181 Monday 1:00-2:00pm \$10 8/20-10/1 6 wks*

Watercolor Painting Class

Learn and or improve your art skills with this watercolor painting class. Learn basic techniques of watercolor. Use this course for your own expression, stress relief or just for fun! No class 9/3.

Instructor: Vanessa Gomez. **Enrollment: Max 28**

8527.4181 Monday 12:00noon-1:00pm \$10 8/20-10/1 6 wks*