



City of Westlake Village Senior Recreation Spring 2020 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, February 24th 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, March 9th 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. Instructors: M/W - Lisa Wildermuth. **Enrollment: Max 28**

8500.2201	Monday	9:00 - 10:00am	\$10	3/16-5/4	8 wks
8501.2201	Wednesday	9:00 - 10:00am	\$10	3/18-5/6	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. Bring both a Yoga block and strap to class. Instructor: Lisa Wildermuth.

Enrollment: Max 28

8503.2201	Monday	10:15 - 11:15am	\$10	3/16-5/4	8 wks
8504.2201	Wednesday	10:15 - 11:15am	\$10	3/18-5/6	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!

Instructor: Stacy Gross. **Enrollment: Max 28**

8521.2201	Monday	7:50 - 8:50am	\$10	3/16-5/4	8 wks
8514.2201	Wednesday	11:30am - 12:30pm	\$10	3/18-5/6	8 wks
8512.2201	Thursday	9:00 - 10:00am	\$10	3/19-5/7	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 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

8513.2201 Thursday 10:10 - 11:10am \$10 3/19-5/7 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. Instructor: Nora Li.

Enrollment: Max 28

8515.2201 Thursday 11:15am – 12:15pm \$10 3/19-5/7 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. No Class 4/16. Instructor: Diane Gunther.

Enrollment: Max 40

8505.2201 Thursday 1:00 - 3:00pm \$10 3/19-5/7 7 wks

Tai Chi Kung Fu Fan

Another form of Tai Chi using a fan. The physical graceful moves help to build more body strength, increase more energy, get better concentration and improve balance technique.

Instructor: Mabel Chow. Enrollment: Max 28

8526.2201 Friday 12:00pm-1:00pm \$10 3/20-5/8 8 wks

NEW!! Introduction to Ukulele

This class will get absolute beginners, and those with some experience, strumming chords and playing simple melodies by class end. Sing-alongs and Hawaiian Culture will also be included in the class. **Please come to class prepared with your own instrument, paper, and a pencil.**

Instructor: James Swing UCLA EthnoMusic Grad. **\$15 Lab fee due to instructor the first day of class.** Enrollment: Max 12

8531.2201 Friday 3:00pm-4:00pm \$10 3/20-4/10 4 wks

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

Art Trek

Have fun with stained glass-imitation with ink and watercolors, canvas painting with acrylics, colorful florals with pastels and more! Instructor will guide classes with gentle expertise. Learn a lot, laugh heartily, and be thrilled with your art! **\$10 Lab fee due to instructor first class.**

Instructor: Art Trek. Enrollment: Max 20

8529.2201 Wednesday 1:00-2:30pm \$10 3/18-4/8 4 wks

8530.2201 Wednesday 1:00-2:30pm \$10 4/15-5/6 4 wks