

City of Westlake Village Senior Recreation Fall 1 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 online through ZOOM links that will be provided by the instructors before the start of class.

- Online, phone and Mail-In Registration will begin on **8/24**
 - **YOU WILL NOT HAVE ACCESS TO ONLINE REGISTRATION UNTIL 9:00am.**
 - **YOU WILL HAVE TO REGISTER VIA PHONE 805-375-1003 TO RECEIVE THE IN-DISTRICT RATE.**
- **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 \$25 for the class session for non-residents.

Out-of-City Residents /Non Senior Fee is \$25 for the following classes:

Zoom- 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 9/7 & 9/28.** Instructors: M/W - Lisa Wildermuth. **Enrollment: Max 28**

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|-----------|-----------|----------------|-----|-----------|-------|
| 8500.4201 | Monday | 9:00 – 10:00am | \$5 | 8/31-10/5 | 4 wks |
| 8501.4201 | Wednesday | 9:00 – 10:00am | \$5 | 9/2-9/23 | 4 wks |

Zoom- 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. **No Class 9/7 & 9/28**

Enrollment: Max 28

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|-----------|-----------|---------------|-----|-----------|-------|
| 8503.4201 | Monday | 10:15-11:15am | \$5 | 8/31-10/5 | 4 wks |
| 8504.4201 | Wednesday | 10:15-11:15am | \$5 | 9/2-9/23 | 4 wks |

Zoom- 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. Instructor: James Swing UCLA EthnoMusic Grad. **Enrollment: Max 12**

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| 8531.4201 | Friday | 3:00-4:00pm | \$5 | 9/4-9/25 | 4 wks |
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Out-of-City Residents Fee/Non Senior Fee is \$65 for the following classes:

*Zoom- 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 at Sign Up** Instructor: Art Trek. **Enrollment: Max 20**

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| 8529.4201 | Wednesday | 1:00-2:30pm | \$10 | 9/2-9/23 | 4 wks |
| 8530.4201 | Wednesday | 1:00-2:30pm | \$10 | 9/30-10/21 | 4 wks |