



Westlake Village
CALIFORNIA

Summer 2023

City of Westlake Village Senior Recreation
31200 Oak Crest Dr., Westlake Village CA 91361

- Due to current LA County Department of Public Health guidelines, masks are not required for indoor programming.
- In-city residents must live in the LA County side of Westlake.
- Non-Senior Fee applies to persons younger than 55 years old.



Yoga Basics

Out-of-City Residents Fee/Non-Senior Fee is \$72 for the following classes:

For 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. Please bring a yoga mat, block and strap to class. Instructor: Lisa Wildermuth. **Enrollment: Max 28.**

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/19-8/7	M	8	9:00-10:00am	8500.3231	\$10
18+	6/21-8/9	W	8	9:00-10:00am	8501.3231	\$10

Gentle Yoga Basics

Out-of-City Residents Fee/Non-Senior Fee is \$72 for the following classes:

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. Please bring a yoga mat, block and strap to class. Instructor: Lisa Wildermuth. **Enrollment: Max 28.**

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/19-8/7	M	8	10:15-11:15am	8503.3231	\$10
18+	6/21-8/9	M	8	10:15-11:15am	8504.3231	\$10

ZOOM! Art Trek

Out-of-City Residents Fee/Non-Senior Fee is \$98

This class is open to all ages. We shall paint, use pastels and colored pencils, and thoroughly enjoy our days together! Instructor: Art Trek. **\$25 Lab Fee due at sign up.** **Enrollment: Max 20.**

Age	Date	Days	Wks	Times	Course #	Fee
18+	5/31-7/5	W	6	10:00-11:00am	8508.3231	\$10
18+	7/19-8/23	W	6	10:00-11:00am	8508.3232	\$10

T'ai Chi

Out-of-City Residents Fee/Non-Senior Fee is \$63 for the following classes:

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, 9am-10am is for intermediate students. 10:15-11:15am is for beginners. Instructor: Nora Li. **Enrollment: Max 28.**

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/23-8/18	F	9	9:00-10:00am	8505.3231	\$10
18+	6/23-8/18	F	9	10:15-11:15am	8506.3231	\$10

Canasta

Out-of-City Residents Fee/Non-Senior Fee is \$85:

Learn how to play Triple Canasta! It's a fun card game using skill and strategy, and yes, some luck too. Great way to make new friends and learn a new card game that has been around for centuries. Instructor: Lorraine Urist. **Enrollment: Max 16.** NO CLASS MEETING 6/23.

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/2-7/14	F	6	1:00-3:00pm	8511.3231	\$10

Silver Vixen Belly Dancing

Out-of-City Residents Fee/Non-Senior Fee is \$68 for the following classes:

This is a lower-intensity belly dance class that includes basic moves and variations, simple combinations, some choreography &/or the practice of improv. Learn the art of belly dance while improving grace, strength, flexibility, dance musicality, and confidence. Instructor: Kali Sundari. **Enrollment: Max 18.** No class 7/4.

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/20-8/8	T	7	3:00-4:00pm	8515.3231	\$10

Etiquette Review Just For You!

Out-of-City Residents Fee/Non-Senior Fee is \$72 for the following classes:

Dining Skills: American & Continental Dining Styles, Cruise Ship Etiquette, Hosting with great expectations, cell phone etiquette, and more confidence. Instructor: Lisa Lutz / Manners 4 All. **Enrollment: Max 12.**

Age	Date	Days	Wks	Times	Course #	Fee
18+	6/14-6/28	W	3	3:00-4:00pm	8520.3231	\$10

REGISTRATION

Online/Phone/Mail In
4/10/23 @ 9:00am - In-City Residents
4/17/23 - Out-of-City Residents

crpd.org/reg
805-375-1003

Mail - Dos Vientos Center
4801 Borchard Rd., Newbury Park, CA 91320

The City of Westlake Village Senior Recreation
Programs are offered in cooperation with the
Conejo Recreation & Park District.