



## **City of Westlake Village Senior Recreation** **Fall 2 2019 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, September 16th 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, September 30<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 /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 & Wednesday Classes:** Bring both a Yoga block and strap to class. Instructors: M/W - Lisa Wildermuth, & F- Katie Whittaker.

No class 10/18, 11/11, 11/25, 11/27, 11/29. **Enrollment: Max 28**

8500.5191	Monday	9:00 - 10:00am	\$10	10/7-12/9	8 wks
8501.5191	Wednesday	9:00 - 10:00am	\$10	10/9-12/4	8 wks
8502.5191	Friday	12:20 - 1:20pm	\$10	10/11-12/13	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. No class 11/11, 11/25, 11/27. **Enrollment: Max 28**

8503.5191	Monday	10:30 - 11:30am	\$10	10/7-12/9	8 wks
8504.5191	Wednesday	10:15 - 11:15am	\$10	10/9-12/4	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. No class 11/11, 11/25, 11/27, 11/28. **Enrollment: Max 28**

8521.5191	Monday	7:50 - 8:50am	\$10	10/7-12/9	8 wks
8514.5191	Wednesday	11:30am-12:30pm	\$10	10/9-12/4	8 wks
8512.5191	Thursday	9:00 - 10:00am	\$10	10/10-12/5	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. No class 11/28. Instructor: Nora Li. **Enrollment: Max 28**

8513.5191 Thursday 10:10 - 11:10am \$10 10/10-12/5 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. For students with no prior knowledge of the 24 yang style. No class 11/28. Instructor: Nora Li. **Enrollment: Max 28**

8515.5191 Thursday 11:15am – 12:15pm \$10 10/10-12/5 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 11/28. Instructor: Diane Gunther. **Enrollment: Max 40**

8505.5191 Thursday 1:00 - 3:00pm \$10 10/10-12/5 8 wks

### **Mat Pilates**

A combination of stretching and core strengthening exercises on the mat to realign and rebalance your body and mind. Instructor: Katie Whittaker. No class 10/18, 11/29. **Enrollment: Max 28**

8524.5191 Friday 11:10am - 12:10pm \$10 10/11-12/13 8 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. No class 10/18, 11/29. **Enrollment: Max 28**

8526.5191 Friday 9:00-10:00am \$10 10/11-12/13 8 wks

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

### **NEW!! 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! No class 11/27. **\$10 Lab fee due to instructor**

**first class.** Instructor: Art Trek. **Enrollment: Max 20**

8529.5191 Wednesday 1:00-2:30pm \$10 10/9-10/30 4 wks

8530.5191 Wednesday 1:00-2:30pm \$10 11/6-12/4 4 wks