



## Westlake Village Summer 2017 Brochure

The Senior Recreation Programs are offered in cooperation with the Conejo Recreation and Park District. Please call (805) 375-1003 with any questions about registration of class availability.

- Online and Mail-In Registration will begin for City of Westlake Village Seniors on **Monday, May 1<sup>st</sup> 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 and Mail-In Registration will begin for Out-of-City Residents and Non-Seniors (18-54) on **Monday, May 15<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 – LA County. Any courses marked with an \* are \$60 and those without a \* are \$45 for the class session.

### 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. Instructors: M - Lisa Wildermuth, and W & F - Jennifer Lesovsky. NO CLASS 5/29, 6/2, & 6/30. **Enrollment: Max 28**

8500.3171	Monday	9:00 - 10:00am	\$5	5/22-7/17	8 wks
8501.3171	Wednesday	8:45 - 9:45am	\$5	5/24-7/12	8 wks
8502.3171	Friday	12:30 - 1:30pm	\$5	5/26-7/28	8 wks

### Gentle Yoga Basics

A gentle practice for those with the need to move more slowly. Participants must have the ability to move from floor to standing and vice versa. Yoga exercises strengthen, stretch, and energize the bones, muscles, joints, organs and respiratory system. Instructors: M – Lisa Wildermuth, W - Jennifer Lesovsky and F – Katie Whittaker. NO CLASS 5/29, 6/2, & 6/30.

**Enrollment: Max 28**

8503.3171	Monday	10:30 - 11:30am	\$5	5/22-7/17	8 wks
8504.3171	Wednesday	10:00 - 11:00am	\$5	5/24-7/12	8 wks
8523.3171	Friday	5:30 - 6:30pm	\$5	5/26-7/28	8 wks

### NEW!! Yin Yoga

This style of yoga includes longer held (2-3 minutes) passive stretches to work on lengthening not only the muscles but also puts gentle consistent pressure on the joints to keep them moisturized, nourished and increases range of motion. Most of these stretches are floor based. Instructor: Lisa Wildermuth. **Enrollment: Max 28**

8527.3171	Thursday	7:45 - 8:45am	\$5	5/25-7/13	8 wks
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## **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 5/29 & 7/17. **Enrollment: Max 28**

8521.3171	Monday	7:50 - 8:50am	\$5	5/22-7/24	8 wks
8514.3171	Wednesday	1:00 - 2:00pm	\$5	5/24-7/12	8 wks
8512.3171	Thursday	9:00 - 10:00am	\$5	5/25-7/13	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 help keep muscles toned and supple with joint flexibility. Introduction to the standard 24 forms are in simple step-by-step movements. Instructor: Nora Li.

**Enrollment: Max 28**

8513.3171	Thursday	10:10 - 11:10am	\$5	5/25-7/13	8 wks
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## **T'AI CHI Qi Gong**

Learn the basic moves of Tai Chi that will be applied to learning the Long Form. Begins with QiGong for breathing and relaxing and then into the tai chi patterns. Instructor: Stella Matsuda. NO CLASS 6/2 & 6/30. **Enrollment: Max 28**

8515.3171	Friday	8:45 - 9:45am	\$5	5/26-7/28	8 wks
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## **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**

8505.3171	Thursday	1:00 - 3:00pm	\$5	5/25-7/13	8 wks
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## **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**

8519.3171	Tuesday	10:00 - 11:30am	\$5	5/23-6/13	4 wks *
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## **Android and Smart Phone, So much more to learn**

Learn how to work your web browser, personal organizer, email, texting, sync with your computer, and more! Bring you Android/Smart Phone. 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**

8518.3171	Tuesday	11:30am - 1:00pm	\$5	5/23-6/13	4 wks *
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## **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 you 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**

8517.3171	Wednesday	10:00 - 11:30am	\$5	5/24-6/14	4 wks *
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### **NEW!! Smartphone Photography**

Learn how to take a great shot with your smart phone, upload pictures to your computer and learn how to edit them. Bring your own smartphone. 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**

8520.3171 Wednesday 11:30am-1:00pm \$5 5/24-6/14 4 wks \*

### **Chi Dance**

For long-term health, use these easy, flowing movements. Chi Gong gently opens energy channels within us toning & tuning from the inside out. Can be done standing or in a chair; last portion of session incorporates dancing. Instructor: Katie Whittaker. **Enrollment: Max 28**

8525.3171 Wednesday 11:30am-12:30pm \$5 5/24-7/12 8 wks

### **Mat Pilates \*NEW DAY**

A combination of stretching and core strengthening exercises on the mat to realign and rebalance your body and mind. Instructor: Jennifer Lesovsky. NO CLASS 6/2 & 6/30.

**Enrollment: Max 28**

8524.3171 Friday 11:20am-12:20pm \$5 5/26-7/28 8 wks