



## City of Westlake Village Senior Recreation Summer 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, April 29th 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, May 13th 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 5/27, 5/31, 6/28. **Enrollment: Max 28**

|           |           |                |      |           |       |
|-----------|-----------|----------------|------|-----------|-------|
| 8500.3191 | Monday    | 9:00 - 10:00am | \$10 | 5/20-7/15 | 8 wks |
| 8501.3191 | Wednesday | 9:00 - 10:00am | \$10 | 5/22-7/10 | 8 wks |
| 8502.3191 | Friday    | 12:20 - 1:20pm | \$10 | 5/24-7/26 | 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 5/27. **Enrollment: Max 28**

|           |           |                 |      |           |       |
|-----------|-----------|-----------------|------|-----------|-------|
| 8503.3191 | Monday    | 10:30 - 11:30am | \$10 | 5/20-7/15 | 8 wks |
| 8504.3191 | Wednesday | 10:05 - 11:05am | \$10 | 5/22-7/10 | 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 5/27, 7/4. **Enrollment: Max 28**

|           |           |                |      |           |       |
|-----------|-----------|----------------|------|-----------|-------|
| 8521.3191 | Monday    | 7:50 - 8:50am  | \$10 | 5/20-7/15 | 8 wks |
| 8514.3191 | Wednesday | 12:15 - 1:15pm | \$10 | 5/22-7/10 | 8 wks |
| 8512.3191 | Thursday  | 9:00 - 10:00am | \$10 | 5/23-7/18 | 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. No class 7/4. **Enrollment: Max 28**

8513.3191 Thursday 10:10 - 11:10am \$10 5/23-7/18 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. No class 7/4. **Enrollment: Max 28**

8515.3191 Thursday 11:15am – 12:15pm \$10 5/23-7/18 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. Instructor: Diane Gunther. No class 7/4. **Enrollment: Max 40**

8505.3191 Thursday 1:00 - 3:00pm \$10 5/23-7/18 8 wks

### **Healing with Yoga and Chi**

Gentle yoga & Tai Chi type movements and visualizations to stretch the body & promote self-healing. A chair or mat can be used. Breath-work (pranayama) and meditations included. Instructor: Katie Whittaker. No class 5/31, 6/28. **Enrollment: Max 28**

8523.3191 Friday 5:30 - 6:30pm \$10 5/24-7/26 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 5/31, 6/28. **Enrollment: Max 28**

8524.3191 Friday 11:10am - 12:10pm \$10 5/24-7/26 8 wks

### **Tai Chi/Gong Bone Strengthening**

Easy flowing movements that can be done standing or in a chair (provided). Bone Cleansing & strengthening to assist with osteo (bone) issues. Balance exercises & meditations. Instructor: Katie Whittaker. **Enrollment: Max 28**

8525.3191 Wednesday 11:10am - 12:10pm \$10 5/22-7/10 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 5/31, 6/28. **Enrollment: Max 28**

8526.3191 Friday 9:00-10:00am \$10 5/24-7/26 8 wks

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

**NEW!! Baby Boomers Academy**

Bringing joy and information to those who have entered what is mistakenly known as the Golden Years and insert some fun and adventure into the lives of those who still believe they have a great deal left undone. Learn to face the challenges inherent in aging and create a new paradigm for your life. Come and find friendship, hope, fun and improve quality of life. The focus will be on finding new ways to stay young and engaged. Instructor: Norma Zager. No class 5/27.

Enrollment: Max 20

8528.3191 Monday 12noon-1:00pm \$10 5/20-7/15 8 wks

**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! **\$10 Lab fee due to instructor first class.**

Instructor: Art Trek. Enrollment: Max 20

8529.3191 Wednesday 1:30-3:00pm \$10 5/22-6/12 4 wks

8530.3191 Wednesday 1:30-3:00pm \$10 6/19-7/10 4 wks