

City of Westlake Village Senior Recreation Fall 2 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 **11/9**
 - **YOU WILL NOT HAVE ACCESS TO ONLINE REGISTRATION UNTIL 9:00am.**
 - **In-District participants will be able to sign up online and receive In-District rate. Out of City participants must call to register 805-375-1003**

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 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 11/23 and 11/25** Instructors: M/W - Lisa Wildermuth. **Enrollment: Max 28**

8500.5201	Monday	9:00 – 10:00am	\$5	11/16-12/14	4 wks
8501.5201	Wednesday	9:00 – 10:00am	\$5	11/18-12/16	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. **No Class 11/23 and 11/25.** Instructor: Lisa Wildermuth.

Enrollment: Max 28

8503.5201	Monday	10:15-11:15am	\$5	11/16-12/14	4 wks
8504.5201	Wednesday	10:15-11:15am	\$5	11/18-12/16	4 wks

Out-of-City Residents /Non-Senior Fee is \$50 for the following classes:

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. **No Class 12/25 and 1/1** **Enrollment: Max 12**

8531.5201	Friday	3:00-4:00pm	\$10	11/20-1/15	7 wks
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Out-of-City Residents Fee/Non-Senior Fee is \$65 for the following classes:

*Zoom- Art Trek

This class is open to all ages. We shall paint, use pastels and colored pencils, and thoroughly enjoy our days together! Materials can be picked up at CRPD or at Art Trek's studio in Newbury Park. **\$15 Lab Fee Due at Sign Up** Instructor: Art Trek. **Enrollment: Max 20**

8530.5201	Wednesday	1:00-2:30pm	\$10	12/9-12/30	4 wks
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