



WINTER



2012

3990 Bill Robertson Lane

EXPO CENTER

(213) 763-0118

SCHEDULE OF CLASSES AT A GLANCE AHMANSON SENIOR CENTER

Monthly Membership Fee:

\$10.00 - Ages 55 years old and up

\$15.00 - Ages 18-54 years old

Free Classes included with Membership:

Walking Club

Start your day off walking and socializing with other seniors

Monday-Thursday
8am-9am

Quilting

Learn various styles of quilting while completing your projects

Wednesdays
10am-2:30pm

Scrapbooking

Bring your photos and craft supplies to create memory books

Mondays
10am-2:30pm

Sewing/Arts-n-Crafts

Start your day off walking and socializing with other seniors

Wednesdays
10am-2:30pm

Mambo Mania

Dance away the pounds with this high energy exercise class

Tuesdays/Thursdays
9:30am-11am

Square Dance

Join the Guys & Dolls Square Dance Club and kick up your heels

Thursdays
7:30pm-9:30pm

Yoga

Meditate and breathe while stretching out your joints & muscles

Tuesdays/Thursdays
11am-12pm

Video Exercise

Follow along with a mixture of exercise routines via the TV

Fridays
9:30am-11am

Boxing Training for Seniors

Build Coordination, Balance, & Strength through non-contact exercise.

Tuesdays, Wednesdays, & Thursdays
12pm - 2pm
Fridays: 11am-1pm
*Cost: \$5.00 per month

Sr. Computer Classes

*Must Pre-Register

Beginning, Intermediate, & Advance (3-Month Course)

January 9th - March 29th

Monday/Wednesday or Tuesday/Thursday
9:30am-12:00pm

BTOP Basic Computer Training

Monday - Thursday: 12:30pm-2:30pm

BTOP Open Lab Hours

Monday-Thursday: 2:30pm-4:30pm, Friday: 9am-5pm

Monday & Wednesday: 8:30am-11:00am (Intel Clubhouse)

Job Search Computer Club

Saturday: 9:30am-11:30am & 12:30pm-2:30pm

Open Gardening

Sessions

Tuesdays
9am-12pm

Community

Produce Stand

Thursdays
3pm-6pm

All classes and programs are subject to cancellation. All refunds will be assessed an 8% administrative fee.

Hours of Operation

Mon. - Fri. 9 am - 5 pm

3990 Bill Robertson Lane (formerly Menlo Ave.) Los Angeles, CA 90037 www.laparks.org/expo

City of Los Angeles Department of Recreation and Parks

All classes and programs listed may be subject to change or cancellation.