



Westchester Senior Center

TIS
THE
Season

W I N T E R C L A S S E S

Annual
Membership
dues \$12
Jan 1-Dec 31

REGISTRATION
OPENS
DEC 2, 2024

TO REGISTER FOR OUR PROGRAMS VISIT:
LAPARKS.ORG/SCC/WESTCHESTER
CALL 310-649-3317, OR SIGN UP IN PERSON



WESTCHESTER.SCCLA

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE

PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE.

WSC WINTER 2025

MONDAY (No class: 1/20 & 2/17)

PROGRAM	TIME	NON MEMBER FEE	MEMBER FEE	DATES
Knitting & Crochet Class	9am-12pm	\$25 / month	\$25 / month	1/6-3/24
NEW Meditation	9am-10am	NA	Free	1/6-3/24
NEW Arthritis Exercise Program M/W	9:30-10:30	Free	Free	1/13-2/26
NEW Artist's Way	10:30am-11:30am	NA	Free	1/6-3/24
Boardgames Galore	12p-1p	\$15	Free	1/13-3/17
Watercolor for Beginners	2pm-4pm	\$100	\$50	1/13-3/17
Bachata Evenings	6pm-7pm	\$80	\$40	1/13-3/17
NEW MMA for Fitness & Self Defense	7:00-8:30pm	\$90	\$45	1/13-3/17

TUESDAY

Zumba	9am - 10am	\$10 /month	Free	1/7-3/29
Garden Charm	10am - 11am	\$10 / month	Free	1/7-3/25
Walking Club	1pm - 2pm	Free	Free	1/3-3/28
NEW Bridge Tech Help	12pm - 1pm	NA	Free	1/7-3/25
Mixed Media Studio Time	1pm-4pm	\$20 / month	\$10 / month	1/2-3/25
Pilates	6pm-7pm	\$90	\$45	1/14-3/4

WEDNESDAY

Chair Yoga	10:30-11:30am	\$10 / month	Free	1/3-3/26
Bingo	12pm-2pm	\$.25c a card	\$.25c a card	1/3-3/26
Ping Pong	2:30-3:30pm	Free	Free	1/3-3/26
NEW Intro to Spanish	6pm - 7pm	\$80	\$40	1/15-3/5

THURSDAY

Gentle Exercise	10am - 11am	\$10 / month	\$5 / month	1/4-3/27
Karaoke: 1&3 Thurs	12pm - 2pm	Free	Free	1/4-3/27
Watercolor Studio	2pm - 4pm	\$10 / month	\$5 / month	1/4-3/27

FRIDAY

Zumba	9am-10am	\$10 / month	Free	1/10-3/28
Walking Club	10:00 am	Free	Free	1/3-3/28
One on One Tech Help	10am - 1pm	NA	Free	1/3-3/28
Gentle Yoga	10:15am - 11:15am	\$80	\$40	1/19-3/7
Brain Fitness	12pm - 1pm	\$15	Free	1/19-3/7
Cinema Club: 4th Fri	1pm - 3pm	Free	Free	1/31, 2/28, 3/28
NEW Knit & Crochet Club	1pm - 3pm	Free	Free	1/3-3/28
Scrapbooking Club	1pm - 3pm	Free	Free	10/4 - 12/27

SATURDAY

NEW Yoga Flow	9:00am-10:00am	\$80	\$40	1/18-3/8
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MUSIC CLASS OPTIONS

NEW Guitar & Piano T, W, Th,	times varie	\$150	\$150	1/14-3/6
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