

DOWNTOWN YMCA

207 N. Nevada Ave

Registration begins Monday, April 8th at 8 a.m.

- **By Phone:** (719) 955-3400 or (719) 209-1717
- **On-line:** csseniorcenter.com
- **In person:**
Westside Community Center (1616 W Bijou St): Mon-Fri, 8-4
Downtown YMCA (207 N Nevada Ave): Mon-Fri, 8-4
(Please note: No in-person registration at the Southeast YMCA)

All classes require registration and are subject to cancellation or change.

FITNESS

Class Name	Description	Instructor	Date	Day	Time	Cost
Posture, Balance, and Core	Train your body to stand taller and walk with more confidence and stability! Chair-based and standing work is incorporated and can be adapted to various fitness levels. This class has a drop-in option. No class on Monday, May 27th in observation of Memorial Day.	Mariska	May 6 - Jun 27	M/Th	2:45-3:30	\$55
			Jul 8 - Aug 22	M/Th	2:45-3:30	\$55
Gentle Yoga	We will explore the benefits of yoga practice within a positive, supportive environment. We begin seated in a chair for warm-up, transitioning to standing postures using chair support if needed. Range of motion, physical strength, stamina and mental acuity will improve with a focus on adapted yoga postures and proper breathing. We end class with seated postures on the floor and a short relaxation. Open to all students of varying abilities. No class on Monday, May 27th in observation of Memorial Day.	Mariska	May 6 - Jun 27	M/Th	3:45-4:45	\$60
			Jul 8 - Aug 22	M/Th	3:45-4:45	\$60
Juggling	Juggling has been scientifically proven to improve cognition and increase hand-eye coordination! Come learn juggling techniques and have some fun!	Anthony	May 7 - Jun 18	T	2:15-3:15	FREE
			Jul 9 - Aug 20	T	2:15-3:15	FREE
Moving For Better Balance	This is an evidence-based fall prevention program that uses the principles and movements of Tai Chi to help those enrolled improve their balance and increase their confidence completing everyday activities without the fear of falling. The program consists of a one-hour movement class twice a week for 12 consecutive weeks. Fees are paid by a grant from the Area Agency on Aging for participants 60+. Required assessments completed on May 6th or May 8th. No class on Monday, May 27th in observation of Memorial Day.	Greenbaum	May 13 - Aug 7	M/W	12:15-1:15	FREE
Fly Swatter Volleyball	Are you ready for some FUN?! Try sitting in a chair and using a fly swatter to volley a balloon over a net. Volleyball rules apply. Compete with one another in a fun and friendly atmosphere! First team to reach 15 points WINS! We play the FOURTH Tuesday of every month!	STAFF	May 28	T	1:30-2:30	FREE
			Jun 25	T	1:30-2:30	FREE
			Jul 23	T	1:30-2:30	FREE
			Aug 27	T	1:30-2:30	FREE

DOWNTOWN YMCA DANCE

Class Name	Description	Instructor	Date	Day	Time	Cost
Dance Lessons Review	Enjoy reviewing 4 styles of dance we have learned: West Coast Swing, Night Club, Jitterbug and Rhumba. Reinforce prior learning as you straighten your technique and basic dance moves in each area.	Hoffner	May 8 - Jun 19	W	1:30-2:15	\$40
Waltz	Enjoy the smooth moves of a waltz as you glide along the dance floor in ¾ timing. We will accommodate all levels and abilities from basic to more advanced dancers.	Hoffner	May 8 - Jun 19	W	2:15-3	\$40
Dance Team	A continued offering for those who may have been on the team or want to join. We learn new dances all the time and even have chances to perform (optional). From Charleston to Waltz, we have fun getting to move and groove while learning fun choreography and building our fitness. Come join in the fun!!	Hoffner	May 8 - Jun 19 Jul 17 - Aug 28	W W	3-3:45 3-3:45	FREE FREE
Country Two Step	One of the most requested and popular dance styles, Country Two Step builds on the basic rhythm of quick, quick, slow, slow. Country Swing has also bloomed from this style so we will explore some moves using Country Swing as well. Come learn the basics to more advanced moves like the wrap tunnel! Let's get dancin' !!	Hoffner	Jul 17 - Aug 28	W	1:30-2:15	\$40
Foxtrot	Foxtrot brings the classic smooth ballroom style of Fred Astaire and Ginger Rogers! The music brings the slow, quick, quick pattern to life and is easy to learn and SOOO fun to dance. Come enjoy the music and movement of Foxtrot with us!!	Hoffner	Jul 17 - Aug 28	W	2:15-3	\$40

HEALTH

All classes require registration and are subject to cancellation or change. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. **Most Health & Lifelong Learning classes are free**, but we appreciate your \$1 donation for attending these classes offered under the guidelines of the Older Americans Act/Older Coloradans Act.

Class Name	Description	Instructor	Date	Day	Time	Cost
Medicare 101	Are you ready for your crash course to Medicare? Jump right in for this class, be ready to go, and know your options as your Medicare time comes!	Hennessy	May 6	M	10-11am	FREE
Medicare for Veterans	Are you a Veteran or a Spouse of a Veteran? Learn how to best optimize your medicare benefits in conjunction with Tricare, VA, CHAMPVA and others.	Hennessy	Jun 3	M	10-11am	FREE
Understanding Medicare Extra Help aka LIS	The Devoted Health Team will be there to help you understand Medicare's Extra Help program and learn more about Medicare Advantage. Enjoy refreshments while gaining valuable knowledge to help you make the most of your healthcare coverage. Don't miss out on this opportunity to get your questions answered and connect with experts in the field. See you there!	Garcia	Jun 18	T	9-10:30	FREE
Learn to Thrive at 65	Taking Advantage of your Medicare plans! Are you approaching medicare or new to it? Is your plan working for you? Learn common items to take advantage of with your medicare plan and how best to thrive at 65!	Hennessy	Jul 1	M	10-11am	FREE
Low Income and Medicare	Are your medicare costs too much? Are you concerned about addressing your basic health needs over 65? Take this class to learn more about options and assistance that may be available to you, and how it works with Medicare.	Hennessy	Aug 5	M	10-11am	FREE