FALL 2023
SENIOR CENTER

SCHEDULE OF CLASSES

AHMANSON SENIOR CENTER  CALL (213) 763-0118

HOURS of OPERATION  Mon. - Fri.  8:00am - 4:00pm
MONTHLY PROGRAM FEE:  $10.00 - 55 years old and up  |  $15.00 - 18-54 years old
CLASSES included with Monthly Program Fee - Due 1st of each Month (Checks payable to the City of LA)
Some activities, programs, or events may have additional fees. All classes and programs listed may be subject to change or cancellation.

Persons with disabilities are encouraged to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

EDUCATION

COMPUTER CLASS  Mon. / Wed.  9:30am - 11:00am
Learn from an instructor on how to use a computer.

COMPUTER OPEN LAB  Tues.  9:00am - 12:00pm
Come in and use the computers to sharpen your skills. An instructor will not be available.
Location:  Ahmanson Computer Lab

ENGLISH NOW - ESL CLASS  Students develop listening and speaking skills in English. It is a multi-level class FREE to Ahmanson Senior Center members.
Thu.  09:30am - 10:30am
Fri.  10:30am - 11:30am

CREATIVE WRITING CLASS  Fri.  12:00pm - 2:00pm
Come in and learn how to enhance your writing skills.

BOOK CLUB  Fri.  12:00pm - 2:00pm
Come in to read exciting new books, and engage in discussions.

SOCIAL CAFÉ  (Members Only)  Mon. - Fri.  9am - 4pm
Come enjoy yourself in our Social Café. You can watch TV, play games, read books/magazines, or simply socialize with friends.
Contact Senior Center office for more information (213) 763-0118

HEALTH & FITNESS

SENIOR CIRCUIT TRAINING  Tone, shape, and sculpt in a class setting.
Improve your posture and get results.
Tue.  11:00am-12:00 pm  |  Thu.  11:00am-12:00pm
Sessions are instructed by a certified trainer in the fitness room at Roy A. Anderson Recreation Center.

MAMBO MANIA  Dance away the pounds with this fun, full-body workout—one hour of cardio dance.
Tue. / Thu.  9:30am - 10:30am

KNITTING & CROCHETING CLUB  Create something great while socializing
Wed.  10:00am - 3:00pm

CRAFT CLUB  Create fun craft projects
Fri.  10:00am – 12:00pm

ART CLASS  Create art projects
Mon.  10:00am – 12:00pm

QUILTING CLUB  Learn various styles of quilting while completing your projects.
Wed.  10:00am - 3:00pm

SALSA CLASS  Tues./Thu.  11:00am – 12:00pm

LINE DANCE  Mon.  12:30pm – 2:30pm

SQUARE DANCE  Thu.  7:30pm – 9:00pm

SENIOR PROGRAMS

MAMBO MANIA  Dance away the pounds with this fun, full-body workout—one hour of cardio dance.
Tue. / Thu.  9:30am - 10:30am

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AQUACISE CLASS for ADULTS
This class offers low to high intensity workouts that promotes cardio vascular fitness, conditioning, increased flexibility, and range of motion.

Adults: 18-49yrs $5.00 per class $40.00 per series*
Adults: 50+yrs $4.00 per class $32.00 per series* *(8 classes)

Mon./ Wed.
12:00pm – 1:00pm  |  5:00pm – 6:00pm

Register for classes at Roy A. Anderson Recreation Center.

GENERAL INFORMATION

IMPORTANT DATES
Fall Class Registration Begins Aug. 21
Aquatic Fall Registration Begins Sept. 16
Aquatic Fall Classes Begin Sept. 18
Fall Classes Begin Oct. 2
EXPO Halloween FunFest Oct. 31
Winter Classes Registration Begins Nov. 27

EXPO Center and POOL Closure dates
USC Football Aug. 26 / Sept. 02 / Sept. 9
Labor Day Sept. 4
Indigenous Peoples Day Oct. 09
USC Football Oct. 7 / Oct. 21
USC Football Nov. 4 / Nov. 18
Veteran’s Day Nov. 10
Thanksgiving Nov. 23 / Nov. 24
Christmas Dec. 25
New Year’s Jan. 01

Scheduling of Special Events at LA Coliseum and LAFC games may cause additional days of closure to EXPO Center and LA84/John C. Argue Swim

Hours of Operation: Mon. - Fri. 6:00am - 8:00pm | Sat. 9:00am - 5:00pm | Sun. Closed
3980 S. Bill Robertson Lane, Los Angeles, CA 90037 laparks.org/expo 
City of Los Angeles Department of Recreation and Parks
All classes and programs are subject to cancellation. All refunds will be assessed an 15% fee.

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08-02-23