

West U at your Leisure



Fall 2020

Virtual Classes included inside!

www.westutx.gov/parks



City of
West University
Place
Parks & Recreation

Facility Telephone Numbers

Senior Services (713) 662-5895

Friends of West U Parks (713) 662-7430

Recreation Center (713) 662-7420

Colonial Park Pool (713) 662-7460

Facility Hours of Operation

Community Center (only available for calls)

7:30a-5:30p

Recreation Center

M-F 6a-7p Sat & Sun 7a-7p

Colonial Park Pool (for hours)

visit westutx.gov/colonial

To reserve a lap lane or weight room time visit [here](#)



DANCE-Virtual

Classes are based on appropriate developmental skills for each specific age. Participating in dance helps children develop socially while improving their posture, coordination, rhythm, flexibility, strength, and balance. Students must participate a full year before moving to the next class.

Fees: Budding Ballet, Ballet & Tap I, II, III: \$40R, \$50 NR;

Ballet & Tap IV, Ballet, Tap & Jazz I, II, III: \$55 R, \$65 NR

Instructor: Gwen Shaffer

Location: Virtual

Sept 28-Oct 24

Dance with me Ballet

305111 02	10:00-10:35am	W
305111 03	1:45-2:20pm	Th
305111 04	9:45 - 10:20 AM	Sa

Ballet & Tap II

305131 02	3:30-4:15p	Th
305131 03	10:30 - 11:15 AM	Sa

Ballet & Tap III

305141 01	5:00 - 5:45 PM	M
305141 03	11:15 - 12:00 PM	Sa

Ballet, Tap & Jazz I

305161 01	5:30 - 6:45 PM	M
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Ballet & Tap I

305121 01	3:30 - 4:15 PM	W
305121 02	4:15 - 5:00 PM	Th
305121 03	9 :00 - 9:45 AM	Sa

Ballet & Tap IV

305151 01	4:30 - 5:30 PM	M
305151 02	5:00 - 6:00 PM	W

Ballet, Tap & Jazz II

305171 01	12:00-1:15PM	S
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Ballet, Tap & Jazz III

305172 01	5:00 - 6:15 PM	T
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ARTS & ENRICHMENT

Kids Bollywood Dance - Virtual

Active lifestyles begin at a young age - and with the instructor, Kajal Desai's Kids' Bollywood Dance programming, she ensures that young students begin to associate dance, fitness, and movement with fun. Through this class, students will learn basic Bollywood-inspired movements with emphasis on developing rhythm, body coordination and control, and understanding story-telling through dance. Students will have added benefits of dance games to supplement learning.

Ages 5 - 6 **12:00 - 12:30 PM** 307334 02 Oct 18- Dec. 13 Su

Ages 9 - 12 **12:35 - 1:10 PM** 307334 03 Oct 18- Dec. 13 Su

Ages 7 - 8 **1:15 - 2:00PM** 307334 04 Oct 18- Dec. 13 Su

Fee: \$110R, \$125NR **Instructor:** Kajal Desai **Location:** Live Online

Acrylic Painting

Join Rachel for a virtual step by step class acrylic painting tutorial. Class will be available for you to watch when you can within the two week time. Learn how to make beautiful artwork while at home. Supplies will be able to be picked up during open hours at the West U Rec Center. Password to the class will be emailed after registration and the video will be on her website.

301170 01 Available anytime within the two weeks Sept 28-Oct 12

Fee: \$35 per person (includes paint and canvas) **Instructor:** Paint with Ville

Gardening

Join a Master Gardener online for weekly classes as you grow fall vegetables in your garden. Weekly classes will include how to get a great harvest, care of the plants, and how gardening works. Each child will get a planter and vegetables to grow. Supply fee for garden sold separately and can be picked up at West U Rec Center

4:00-4:30PM

302111 01 Oct 3-Dec 5 Th

Fee: \$550R, \$575NR **Instructor:** Stephanie Baker **Location:** Live Online

Garden Supplies: \$500 per person to include metal trough 4x2x2, soil, fertilizer, 3 types of seeds, trellis and set up instructions. Photo of planter on page 2.

AQUATICS

Infant Aquatic Swim

Infant Aquatic Swim is a proven method that equips children ages 6 months to 6 years. The essential skill taught is a roll from a facedown position in the water to an independent face-up back float. Children 6 to 13 months learn the roll to back float method, and children 13 months to 6 years learn the swim float-swim sequence. All classes are taught one on one. For more information, please contact Melissa Stoll for scheduling. (A registration fee of \$65 payable online is required before you can register through the West U Recreation Center.) Please check out infantaquatics.com for additional program details.

Days: 4 days a week

Time: 15 minutes each class **Fees:** \$180 R, \$195 NR 6 Classes \$360 R, \$385 NR 12 Classes \$540 R, \$565 NR 18 Classes \$480 R, \$505 NR 16 Classes \$720 R, \$745 NR; includes 24 classes

Time: 30 minute lessons **Fees:** \$360 R, \$385 NR 6 lessons \$720 R, \$745 NR 12 lessons \$1080 R, \$1105 NR 18 lessons



Aquatics Personal Training

Corrie Kristick also known as the “Swim Guru,” has been an athlete her whole life and a coach for over 17 years. Corrie is a graduate of Rice University and is a Division I NCAA and Olympic Trials swimming qualifier, as well as an accomplished professional triathlete. Corrie's true passion in life is helping others find comfort and confidence in the water and in life through sport. To schedule a lesson, please contact Corrie at swimgurutx@gmail.com

Lifelong Swim School has been a swim school in West University Place for over 26 years. It offers infant lessons starting as young as 4 months and then continues swimming techniques at all ages and levels. The school also provides lessons for special-needs swimmers. To learn more and schedule your “lifelong” learning classes, please call 713-389-0944 or lifelongswimschool@gmail.com.

Stuart Harper has been teaching with Jane Harper and the Total Aquatics program for over 5 years. He coaches the popular Swim Fit program as well as private clients. Stuart, Jane's son, grew up watching her teach, swam on the swim teams she coached, then naturally progressed to coaching and teaching with her. He is ASCA certified and works well with both kids and adults. He can provide water exercise, along with lessons to all ages. For more information or to book a swim lesson, please call 281-900-3089.

YOGA

Yoga-Slow Flow

Enjoy slow, mindful, breath-based movements that are slower in pace to allow you time to settle into each pose and facilitate change in the mind and body. This class is appropriate for all levels or experience from beginners to advanced as modifications and variations will be provided.

9:00 - 10:00 AM

307308 01

Oct 1 - Nov 19

Th

Fee: 100 R, \$110 NR

Instructor: Alix Schmidt-Gupton **Location:** Live Online

Yoga PM

This class is an excellent way for students to develop flexibility, strength, mental focus, and a more balanced lifestyle. It alternates postures and relaxation, allowing students to work at their own pace. Yoga also works on internal organ health and the nervous system. Leave class with more energy and a relaxed state of mind.

4:30 - 5:50 PM

307303 01

Sept. 28 - Dec 30

M,W

Fee: Session 1 \$200 R, \$215 NR

Instructor: Sharon Bukaty

Location: Live Online

Soulful Sunday Yoga

This mellow, slow-paced class offers a softer approach to yoga that is perfect for anyone seeking a calm, soothing practice that supports the body, mind and soul.

10:30 - 11:30 AM

307302 01

Oct 4-25

S

Fee: \$50 R, \$60NR

Instructor: Alix Schmidt-Gupton **Location:** Live Online

To view more virtual classes visit

<https://www.westutx.gov/1189/West-U-Virtual-Play>

PILATES

Pilates M/W

Optimal musculoskeletal performance is the goal of this class. Pilates helps develop strength, flexibility, and endurance without risking injury or building bulk. The result is a balanced and aligned body that looks fit, feels revitalized, and moves with ease! Joy Oden is STOTT certified.

7:30 - 8:25 AM

307306 01

Sept. 28- Oct 17

M,W

Fees: \$240 R, \$265NR

Instructor: Joy Oden

Location: Live Online

Pilates Friday

Kick-off your weekend with this fun pilates class, which focuses on core stability. This class aims for strength, flexibility, and endurance, helping you achieve a balanced and aligned body that looks fit, feels revitalized and moves with ease.

7:30 - 8:25 AM

307307 01

Oct 2 - Oct 17

F

Fees: \$115R, \$130 NR

Instructor: Joy Oden

Location: Live Online



ARTS & ENRICHMENT

Texas Wine School -Intro to wine tasting

Ever wanted to learn more about wine tasting? The Texas Wine School will teach you the basics of tasting, what makes different wines unique, and how to shop for wine and order off the list. Four - six wines will be used for sampling.

Wine samples can be picked up at the West U Community Building, 6104 Auden, the day of the class.

7:00 - 8:00 PM

304101 01

Oct 8

Th

Fee: \$60 Includes wine

Instructor: Texas Wine School

Doonya

Doonya: The Bollywood Workout is a dance-based interval training fitness program. Celebrate your body, mind ,and one of the most festive cultures in the world through Doonya!

Follow along to cardio and conditioning intervals of varying intensity, each activating major muscle groups of the abs, arms, and legs. Using your body resistance and muscle control, you'll leave with a stronger core, lengthened limbs and increased stamina to keep you invigorated for the rest of your day! You'll leave class ready to take on life's obstacles with grace and power...just like a Bollywood Star. No previous experience required.

6:30-7:30 pm

Sep 30 – Dec 16

W

Fee: Packages expire at end of each session (Dec 23) 3 classes: \$45R, \$55NR; 5 classes: \$70R, \$80NR; 10 classes: \$120R, \$135NR

Nutrition Workshop

The quality of food you eat plays a crucial role in the quality of life you live as food impacts our mental, physical and emotional health. During these workshops, you will learn how to eat for energy, cut cravings, and improve your eating habits to improve your quality of life and get the results you want!

6:15-7:30pm

301191 03

Oct 6

Tu

Fee: \$75R, \$85NR

Instructor: JENUine Nutrition **Location:** Live Online

Senior Services

Email tbrooks@westutx.gov to register for any of the below programs. For a full list of classes visit www.westutx.gov/510/Hi-Neighbor-Newsletter

Thurs. Oct. 1: Artful Aging Sarah McMurray, a fantastic speaker and Geriatric Specialist, will be speaking on "Senior Home Safety". Zoom Meeting. 11 AM Free!

Tues. Oct. 13: Pumpkin Decorating Contest-Get into the Halloween spirit and produce a pumpkin masterpiece. Virtual option available. 11 AM Free!

Thurs. Oct. 15: Identifying a Stroke Dr. Grotto will provide this wonderful lecture on stroke care and information on the Mobile Stroke Unit. Join.me Meeting. 3 PM Free!

Fri. Oct. 16: Wacky Holiday Series "Dictionary Day" Celebrate with us by playing the hilarious Dictionary parlor game of "Fictionary". Join.me Meeting. 11 AM Free!

Mon. Oct. 19: Ask Laura the Lawyer Laura Bromwell is an attorney with The Dean Law Firm. Laura will provide a presentation on "Leaving a Legacy". Feel free to ask questions at this

Tues: Oct. 27: Halloween Costume Contest Join us for this fun social distancing contest. Send a photo of yourself dressed in your Halloween costume. Prize awarded for best costume. Send photos to tbrooks@westutx.gov Winners announced on Friday, Oct. 30 Free!

Special Events

Full Moon Fest

The City of West University Place Parks and Recreation Department will host its 8th annual Halloween celebration, Full Moon Fest, at 5:30 pm on Friday, October 16, at Colonial Park Pavilion. Join us for an evening of pumpkin decorating, face painting, and costume contests. The costume contests will be for different age groups, so make sure the whole family comes in their spookiest attire. Stay after the event for Movies in the Park – showing begins at 7 pm!