

Senior Center Classes

Keep an active mind with a variety of classes offered at the Senior Center

The Senior Center hosts a variety of fitness, aquatics, and special interest classes for resident and non-resident seniors!

For class descriptions, schedules, and fees, please refer to:

[Santa Clara Parks & Recreation Activity Guide](#)



Requirements:

- Age 50+
- Complete a Registration Form and Release of Liability and Assumption of Risk Agreement form
- Register at the Senior Center Front Desk Office, Community Recreation Center, OR online

Online Registration is Here!



Please [click here to Register Online](#). Note: Online registration requires barcode and PIN numbers. Contact the Senior Center at 408-615-3170 for your PIN and barcode numbers prior to registering.

Fitness Classes

Fitness for All

Gentle aerobic, toning, and stretching exercise will improve your balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. Exercises include chairs for props while sitting or standing. All abilities are welcome.

Day	Times
Monday	9:00 - 9:45 am
Wednesday	10:30 - 11:15 am

Jazzercise with Jerome!

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants.

Day	Times
Monday and Wednesday	7:30 - 8:30 am

No Falls S.O.S.

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Day	Times
Tuesday and Thursday	11:00 - 11:30 am

Pilates Mat - Building the Foundation

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants.

Day	Times
Tuesday and Thursday	7:30 - 8:30 am

P90X for Active Seniors

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class focuses on fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class.

Day	Times
Tuesday and Thursday	12:00 - 12:45 pm

Self Defense for Seniors

The concept of self-defense deals more with not showing fear than with ways to overpower an individual. Strength to protect oneself comes from an awareness of surroundings, a fearless presence, and an understanding of your capabilities. In this class, participants will learn strategies to help protect yourself from assaults and escape from attackers whether is in the home, in public, or in an automobile. Instructor will also discuss everyday items that can be used for self-defense.

Day	Times
Tuesday	5:15 - 6:15 pm

Senior Cize

A dance exercise class for active seniors that will elevate the heart rate and strengthen joints. The instructor will teach dance choreography, and provide simple and easy to follow instructions, all to fun disco dance music.

Day	Times
Tuesday	9:40 - 10:25 am

Small Group Fitness Training

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

Day	Times
Tuesday and Thursday	11:00 - 11:55 am

Strength Training for Golfers

Do you golf? This is a set of classes organized to condition, practice flexibility, and teach multi-planer strength training specifically for golfers. The focus is to improve head speed, bolster drive distance, and reduce the chance of lower-back injuries.

Day	Times
Tuesday and Thursday	12:00 - 12:50 pm

Tai Chi for Life!

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity.

Level	Day	Time
Beginning	Tuesday and Thursday	9:45 - 10:45 am
Intermediate	Tuesday and Thursday	8:45 - 9:45 am

Aquatic Classes

Balanced Aquatic Conditioning

This no-nonsense shallow and deep water workout formula delivers high intensity training options with and without equipment designed to target fitness components of agility, balance, coordination, and speed in addition to cardio capacity. This class is open to beginners who are very comfortable in shallow and deep water.

Day	Time
Thursday	5:30 pm - 6:30 pm

Basic Water Rescue

This class provides participants with the knowledge and skills necessary to prevent, recognize, and respond to different aquatic emergencies. Participants will also learn how to protect themselves while assisting others. This class does not provide participants with all the knowledge and skills needed to be a certified lifeguard.

Day	Time
Monday	5:30 pm - 6:30 pm

Senior Coached Swim Workout

Are you tired of swimming laps on your own? Come join us for an hour of coached workout sessions in the Natatorium lap pool. This class is not for beginning swimmers.

Day	Time
Tuesday	5:30 pm - 6:30 pm

Home Pool Safety

Participants will learn how to be aware and take steps in order to keep their family and guests safe at a home pool, or a pool at a condominium or apartment complex. Participants will learn how to perform reaching, throwing and wading assists.

Day	Time
Wednesday	5:30 pm - 6:30 pm

Hydro-Pilates

Hydro-Pilates is low to non-impact strengthening and stretching movements that require precise breathing and muscle control. Practicing Pilates in the water helps develop better trunk stabilization, encourages postural alignment, helps relieve stress, and aids to facilitate increased range of motion around joints. The postures and movements are adaptable for everyone.

Day	Time
Tuesday	5:30 pm - 6:30 pm

Learn To Swim For Seniors

Classes are designed for swimmers who may or may not be comfortable in the water. Participants will learn techniques to help them float as well as stroke techniques for freestyle, and the introduction of breaststroke, sidestroke, and backstroke.

Level	Day	Time
Beginner	Monday and Wednesday	4:30 - 5:00 pm
Intermediate	Monday and Wednesday	5:00 - 5:30 pm

Special Interest Classes

Ballroom Dancing

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are FREE with paid dance admission. Dance lessons change every month. Dances taught include Waltz, Foxtrot, Latin, and more. Admission to the dance is \$6 when live bands play and \$5 when hosted by a D.J.

There is **no class registration** for Ballroom Dancing. Just come on by!

Day	Time
Tuesday	Dance Lesson: 6:30 pm - 7:30 pm Dance: 7:30 pm - 10:30 pm
Thursday	Dance Lesson: 6:30 pm - 7:30 pm Dance: 7:30 pm - 10:30 pm

Beginning Guitar & Ukulele

Learn basic rhythm, chords, and tablature, as well as playing with proper technique in a group setting. No experience necessary! Please bring your own instrument to class.

Class	Day	Time
Beginning Guitar	Thursday	5:15 pm - 6:00 pm
Beginning Ukulele	Thursday	6:05 pm - 6:50 pm

Beginning Origami for Seniors

What can you do with a single piece of paper? Spark your creativity and open your imagination to the amazing world of origami. Origami is the Japanese art of folding paper into a variety of forms that exist in the real world. Origami is great for improving manual dexterity and memory.

Day	Time
Tuesday	4:30 pm - 5:30 pm

Ceramics, Hand Building

This class is appropriate for brand new or continuing students. Begin learning the fun of hand building with clay or join us to learn new techniques as we complete many different class projects.

Day	Time
Tuesday	4:00 - 5:30 pm
Thursday	4:00 - 6:00 pm

Drop-In Open Ceramics Studio

Drop-in hand building projects for adults who have completed ceramics class at the Senior Center or Community Center, or to those who have previous clay experience and are familiar with the equipment and basic techniques.

Day	Time
Monday	4:00 - 6:30 pm
Wednesday	4:00 - 6:00 pm

Introduction to Woodworking

Learn the joy of woodworking and make this a part of your life. This class is presented in two parts: lecture and demonstrations, and construction of your projects.

Day	Time
Monday, Wednesday, Friday	9:00 am - 1:00 pm

Mindfulness through Movement

Mindfulness is the fine art of being aware of what you are doing from moment to moment. The opposite of mindfulness is going through the day using habitual patterns – doing things the same way time after time. In this class learn how small movements and deliberate breathing can bring about a state of mindfulness that offers new ways of thinking, feeling and moving. Sessions are led by supervised, pre-licensed therapists through partnership with Process Therapy Institute.

Day	Time
Wednesday	10:00 am - 11:30 am

Woodshop Orientation

This orientation is intended to provide a basic introduction to the hand tools, power tool, and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the woodshop. Additionally, set up procedures and clean up procedures will be reviewed with students.

Day	Time
Tuesday	9:30 am - 11:30 am

Write Your Life Story

Have you always wanted to write a few stories about yourself, and past generations, to give to your family? Do you want to go through and clean up your boxes of stories and photos, but don't know where to start? Come join us and learn ways to organize, schedule time, and use the computer or other methods to fulfill your dream of communication with the generations to come.

Day	Time
Monday	3:00 am - 4:30 pm