

Senior HeART Program

HeART is a health and wellness program committed to building an “age-friendly” community by engaging adults age 50+ with high-quality activities and services.

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Registration for Early Fall session (9/5 - 10/28) on August 29th; limited spot, first come first service.

EARLY FALL (September 5 - October 28) Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ Mary Resistance Band Workout (In-person & Online) Zoom ID:863 9883 5924	10am w/ James Better Bones (Online Only) Zoom ID:822 9471 9185	9:30am - 10:15am Ping Pong Time (In-person Activity)	10am w/ Mary Pilates (In-person & Online) Zoom ID:863 9883 5924	9:30am w/ Yelitza Strength & Endurance (Online Only) Zoom ID:878 2260 0852	10am w/ James Dynamic Stretch (Online Only) Zoom ID:822 9471 9185
	10am w/ Yelitza Water Aerobics	10:30am - 12pm w/ Henry Taiwan Tango (In-person Only)	10am - 11am Swim Time (non-instructional)	9:30am - 10:15am Ping Pong Time (In-person Activity)	10am - 12pm Hangout Group (In-person Only)
	11am w/ Dawn Dance to the Oldies (In-person & Online) Zoom ID:863 9883 5924		11am w/ Mary Water Aerobics		12pm - 12:45pm Ping Pong Time (In-person Activity)
	11am - 12pm Swim Time (non-instructional)		1pm - 2:30pm w/ Henry Jive (In-person Only)		
	1pm - 2:30pm w/ Henry Foxtrot (In-person Only)				

- * No class on Saturday, September 2nd, and Monday, September 4th, in observance of Labor Day.
- * No Class on Monday, October 9th, in observance of Indigenous Peoples' Day.

Land-Based
Class, Online
Class

Water Aerobics & Swim Time (9/5 - 10/28)

FREE

1 Water
Aerobics
\$45

2 Water
Aerobics
\$75

1 Water
Aerobics
+ 1 Swim Time
\$70

1 Water
Aerobics
+ 2 Swim Time
\$90

2 Water
Aerobics
+ 1 Swim Time
\$95

2 Water
Aerobics
+ 2 Swim Time
\$115

- All courses must be registered for participation. In light of the pandemic, Early Spring 2020 classes were canceled. To compensate for this, any participant who had already paid for that semester will be granted priority enrollment in our free classes. Additionally, participants who pays for this semester's water courses/activities will also have priority access to free course slots.
- For free courses, failure to attend for three consecutive weeks will result in forfeiture of your qualification for the remaining classes in this semester.

Senior HeART 長者藝文健康項目

HeART 長者藝文健康項目為50歲以上的長者提供各種有益身心且富有創意的課程及活動。

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8月29日開始接受秋季第一期（9月5日至10月28日）課程的報名申請，名額有限，先到先得。

秋季第一學期（9月5日至10月28日） 課程時間表

星期一	星期二	星期三	星期四	星期五	星期六
9:30am w/ Mary 彈力單健身 [現場及網絡同步] Zoom ID:863 9883 5924	10am w/ James 強健骨骼鍛煉 [網絡課程] Zoom ID:822 9471 9185	9:30am - 10:15am 乒乓時間 [現場活動]	10am w/ Mary 普拉提 [現場及網絡同步] Zoom ID:863 9883 5924	9:30am w/ Yelitza 耐力與體力測試 [網絡課程] Zoom ID:878 2260 0852	10am w/ James 動態拉伸運動 [網絡課程] Zoom ID:822 9471 9185
	10am w/ Yelitza 水中運動	10:30am - 12pm w/ Henry 台灣探戈 [現場課程]	10am - 11am 愜意游池 -- 自行游泳	9:30am - 10:15am 乒乓時間 [現場活動]	10am - 12pm 身心康樂小組 [現場活動]
	11am w/ Dawn 有氧舞蹈 [現場及網絡同步] Zoom ID:863 9883 5924		11am w/ Mary 水中運動		12pm - 12:45pm 乒乓時間 [現場活動]
	11am - 12pm 愜意游池 -- 自行游泳		1pm - 2:30pm w/ Henry 牛仔舞 [現場課程]		
	1pm - 2:30pm w/ Henry 慢三 [現場課程]				

* 因勞工節放假，9月2日(星期六)至9月4日(星期一) 中心暫停開放，課程從9月5日開始。
* 因原住民日放假，10月9日(星期一) 課程暫停。

非水中課程 或網絡課程		水中運動課與自行游泳（9月5日至10月28日，共8周）				
免費	1門水中 運動課 \$45	2門水中 運動課 \$75	1門水中運動課 +1個自行 游泳時段 \$70	1門水中運動課 +2個自行 游泳時段 \$90	2門水中運動課 +1個自行 游泳時段 \$95	2門水中運動課 +2個自行 游泳時段 \$115

* 所有課程必須報名方可參加。2020年春季課程因疫情取消但已經繳費的學生，以及付費參加本學期水中課程的學生，將享有優先報名免費課程的機會。
* 對於免費課程，若連續三個星期未參加課程，將視為放棄本期課程資格。