

HeART - Health, Art, Recreation, Technology, is a health and wellness program committed to building an "age-friendly" community by engaging adults age 50+ with high-quality activities and services.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ Mary <b>Resistance Band Workout</b> ( In-person & Online ) Zoom ID:863 9883 5924	10am w/ Yelitza <b>AquaFit: Water Aerobics</b>	9:30am - 10:15am <b>Ping Pong Time</b> ( In-person Activity )	10am w/ Mary <b>Pilates</b> ( In-person & Online ) Zoom ID:863 9883 5924	9:30am w/ Yelitza <b>Strength &amp; Endurance</b>  Online Only Zoom ID:878 2260 0852	10am w/ James <b>Dynamic Stretch</b>  Online Only Zoom ID:822 9471 9185
	11am w/ Regina <b>Swim Strong</b>	10am w/ James <b>Better Bones</b>  Online Only Zoom ID:822 9471 9185	10am w/ Regina <b>Swim Strong</b>	10am - 11:30am <b>Chinese Line Dance</b> ( In-person Only )	10am - 12pm <b>Hangout Group</b> ( In-person Only )
	11am w/ Dawn <b>Dance to the Oldies</b> ( In-person & Online ) Zoom ID:869 9331 2735	10:30am - 12pm w/ Henry <b>Quick Waltz</b> ( In-person Only )	11am w/ Regina <b>AquaFit: Water Aerobics</b>		
	1pm - 2:30pm w/ Henry <b>Slow Waltz</b> ( In-person Only )		1pm - 2:30pm w/ Henry <b>Samba</b> ( In-person Only )		

Summer 2024 semester registration begins at 9:15 am on Thursday, June 27. Please note that spots are limited and enrollment is on a first-come, first-served basis. Each participant can only enroll up to two individuals.

**Water-Based Class**

Tuesday		Thursday	
<b>Water Aerobics</b> 8 sessions, \$45	<b>Swim Strong</b> 8 sessions, \$45	<b>Swim Strong</b> 8 sessions, \$45	<b>Water Aerobics</b> 8 sessions, \$45

\* 2 courses: 20% Off (\$72 in total); 3 courses: 25% Off (\$101 in total); 4 courses: 30% Off (\$126 in total).

\* Refunds will not be issued once the semester has started. If classes are canceled due to pool closures, a credit will be provided. This credit must be used within the next two semesters. In the event that you are unable to attend the class for personal reasons, credit will only be granted with a valid doctor's note.

**Ballroom Dance Class**

<b>Slow Waltz (TUE)</b> 8 sessions, \$40	<b>Quick Waltz (WED)</b> FREE	<b>Samba (THUR)</b> FREE
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**Participants who pay for this semester's Tuesday Foxtrot class are guaranteed priority access to register for all ballroom dance courses earlier on June 26.**

**Land-Based / Online Fitness Class**

FREE

HeART - Health (健康), Art (藝術), Recreation (娛樂), Technology (科技), 專為50歲以上的長者設計的項目, 提供多樣有益身心且充滿創意的課程和活動, 旨在促進長者的全面健康與幸福。

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/ Yelitzta 水中運動	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/ Yelitzta 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
	11am w/ Regina 游泳強化	10am w/ James 強健骨骼鍛煉 [網絡課程] Zoom ID:822 9471 9185	10am w/ Regina 游泳強化	10am - 11:30am 廣場舞 [現場課程]	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:869 9331 2735	10:30am - 12pm w/ Henry 快三 [現場課程]	11am w/ Regina 水中運動		
	1pm - 2:30pm w/ Henry 慢三 [現場課程]		1pm - 2:30pm w/ Henry 桑巴 [現場課程]		

夏季課程報名時間：6月27日（星期四）上午9點15分開始，先到先得，額滿即止！每人最多只能提交兩份報名表。

水中課程			
星期二		星期四	
水中運動 本期8週課程, \$45	游泳強化 本期8週課程, \$45	游泳強化 本期8週課程, \$45	水中運動 本期8週課程, \$45
* 參與兩個以上的水中課程可享優惠：兩個課程：八折（共\$72）；三個課程：七五折（共\$101）；四個課程：七折（共\$126）。 * 學期一旦開始，恕不接受任何退費申請。若因泳池關閉取消課程，將提供相應的課程抵用點數，該點數必須在接下來的兩個學期內使用完。若因個人原因無法參加課程，需提供有效醫生證明，方可獲得相應的課程抵用點數。			

交誼舞課程		
慢三 (星期二) 本期8週課程, \$40	快三 (星期三) 免費	桑巴 (星期四) 免費
付費參加星期二交誼舞課程的學生, 可優先於6月25日提前報名所有交誼舞課程。		

陸地或網絡 運動課程
免費