

## **Information regarding Standby Programs** **at Wheaton Senior Center**

Register to be added to the Standby list for classes that are already full for Spring 2023. Participants registered will not be called and participants will need to come in person to see if there is space in the class. This does not guarantee you a spot in the class and participants will not be admitted once class is at capacity. Rosters for classes will be printed and updated every Monday at 8:30am. If you register after this time, it's recommended that you begin participating the following week to ensure your name will be on the updated roster.

**55+ Fifty Fit Standby-Arts: R07095-323**

**55+ Fifty Fit Standby-Fitness: R07012-323**

**55+ Fifty Fit Standby-Dance: R07012-324**

**55+ Fifty Fit Standby-Specialty Programs: R07114-301**

**55+ Fifty Fit Standby-Arts: R07095-323**

Registering for the 55+ Fifty Fit Standby-Arts for Spring 2023 will put you on the Standby list for the following classes:

R07095-305

Drawing & Illustration

12:30pm-1:30pm Tuesday

R07095-303

Watercolor Painting

10:00am-11:00am Thursday

R07095-302

Intro to Drawing

11:00am-12:00pm Thursday

R07095-301

Painting with Acrylics

11:00am-12:00pm Friday

**55+ Fifty Fit Standby-Fitness: R07012-323**

Registering for the 55+ Fifty Fit Standby-Fitness for Spring 2023 will put you on the Standby list for the following classes:

R07041-303

Full Body Workout

9:05am-9:55am Tuesday

R07059-303

Let's Practice Qigong

1:00pm-2:00pm Friday

R07032-302

Yoga Para Todos

3:00pm-4:00pm Friday

R07032-304

55+ Yoga

9:05am-9:55am Monday

R07032-301

55+ Yoga

3:00pm-4:00pm Thursday

R07032-303

Yogalates

9:30am-10:30am Wednesday

**55+ Fifty Fit Standby-Dance: R07012-324**

Registering for the 55+ Fifty Fit Standby-Dance for Spring 2023 will put you on the Standby list for the following classes:

R07011-302

Social Line Dance

10:05am-10:55am Monday

R07012-301

Superpower Dance Circle

11:00am-12:00pm Monday & Wednesday

R07012-306

55+ Ballet

2:15pm-3:15pm Wednesday

R07012-307

55+ Ballet

1:30pm-2:30pm Tuesday

R07070-301

Zumba

11:00am-12:00pm Tuesday

R07070-302

Zumba

2:00pm-3:00pm Thursday

R07070-309

Zumba Gold

1:30pm-2:30pm Monday

R07012-310

55+ Hip Hop & Afro Beats

10:00am-11:00am Tuesday

**55+ Fifty Fit Standby-Specialty Programs: R07114-301**

Registering for the 55+ Fifty Fit Standby-Specialty Programs for Spring 2023 will put you on the Standby list for the following classes:

R07115-301

Ukulele for Beginners

12:00pm-1:00pm Thursday

R07058-307

Memoir Writing for Beginners

10:00am-11:30am Wednesday

