

Senior & Social Services
Division Services

AARP DRIVER SAFETY PROGRAM

310- 253-6700

COMPUTER LAB (Tue/Thurs 10 - 2)

310- 253-6720

DISABILITY SERVICES

310- 253-6729

GENERAL INFORMATION

310- 253-6700

VOLUNTEER PROGRAM

310- 253-6722

SENIOR NUTRITION PROGRAM

310- 253-6712

SENIOR RECREATION PROGRAMS

310- 253-6715

SOCIAL SERVICES

310- 253-6729

TRANSPORTATION SERVICES

310- 253-6729

TRIP OFFICE (M/W/F, 10-1)

310- 253-6708

FACILITIES RENTAL OFFICE

310- 253-6625

PARK RENTAL OFFICE

310-253-6650

CULVER CITY SENIOR CENTER
4095 Overland Avenue
Culver City, CA 90232

Culver
CITY

FITNESS ROOM

Culver **CITY**
SENIOR & SOCIAL SERVICES
DIVISION



PARKS, RECREATION AND
COMMUNITY SERVICES
DEPARTMENT

4095 Overland Avenue
Culver City, CA 90232

Phone: 310- 253-6700

FAX: 310- 253-6711

**[www.culvercity.org/Government/PRCS/
SeniorServices.aspx](http://www.culvercity.org/Government/PRCS/SeniorServices.aspx)**

Senior & Social Services Mission Statement

The Senior & Social Services Division, a multi-service agency housed at the Culver City Senior Center, provides a variety of educational, recreational and social services that meet the needs and interests of seniors, residents with disabilities and members of the general community. The numerous programs and services offered provide access to information and support as well as opportunities for participation in activities that lead to personal growth and enrichment.

How to Participate

Participants must:

- ❖ Be 50 & older
- ❖ Become a member of the Culver City Senior Citizens Association, Inc. (CCSCA)
- ❖ Sign the City of Culver City's Release, Assumption of Risk and Publicity Rights Waiver
- ❖ Annually submit a completed Physician's Authorization Form including your doctor's signature
 - Exercise Equipment Use Form
- ❖ Select 1 of 2 payment options:
 - A. \$125 Annual
 - B. \$75 Semi-annual (6 months)
 - i. January through June
 - ii. July through December
- ❖ No pro-rating or refunds
- ❖ Adhere to the City's "Participant Guidelines and Information" Brochure
- ❖ Adhere to CCSCA's Members Code of Conduct
- ❖ For your safety, a caregiver **MUST** accompany and remain with you at all times. if you unable are to use the equipment independently
- ❖ All new CCSCA participants must complete the Monitoring Form prior to using the facility independently

Program Highlights

Hours of Operation

- ❖ Monday thru Friday 8:00 a.m. to 3:55 p.m.
- ❖ Saturday & Sunday 12:00 p.m. to 3:55 p.m.
- ❖ Participants must exit by 3:55 p.m.

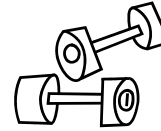
CCSCA current year Membership Card

- ❖ Must always be presented upon request
- ❖ Must have stamp identifying fee(s) paid

Equipment sponsored by CCSCA

Available Equipment

- Three Stack Multi-Gym with Leg Press/Calves, Incline, Bench, Shoulder Press, Lat Pull-down, Seated Row, and Bicep Curl with a Tricep Extension
- Free Weights
- Leg Abductor/Adductor
- Leg Extension
- Leg Curls
- Abdominal Crunches
- Back Extension
- Treadmills
- Elliptical Cross Trainers
- Recumbent Bicycles
- NuStep TRS 4000 for people with limited mobility



Fitness Room Mission Statement

Moderate physical activity is good for seniors of all ability levels. The Fitness Room allows CCSCA members to stay active in a safe, nurturing, and fun environment.



Anything not covered in this brochure will be at the discretion of the City of Culver City, Fitness Room Monitors, and/or CCSCA.

Fitness Room Policies

- Please ask a monitor to familiarize you with the equipment for a safe workout
- Monitored by Culver City employees. They are not Physical Therapists, Aides or Personal Trainers and are not authorized to lift, hold or guide members
- City monitors will not provide a workout regimen
- Bring a towel to wipe down yourself and the equipment. Do not use hand sanitizer to clean equipment
- Only plastic sealed water bottles are allowed
- Appropriate exercise clothing and closed toed athletic shoes are to be worn at all times
- Inappropriate clothing, including, but not limited to suggestive clothing and clothing with offensive language and/or graphics, is prohibited
- For safety reasons, the following are not allowed, including, but not limited to, flip flops, sandals, hiking boots, opened-toed shoes, non-athletic shoes, and other hard-soled, slicked-soled or shoes leaving black marks
- Cardiovascular equipment may be used for a maximum of 30 minutes if other members are waiting to use the equipment
- Weight machines must be shared and multiple sets are prohibited when others are waiting
- Priority is provided to disabled participants on the Nu-Step Cardio machine
- Per Fire Department regulations, room capacity is restricted to 14 participants. When occupancy capacity is reached and there is a member on the wait list, each person will be limited to one hour and fifteen minutes in the room

The City of Culver City's Senior Center offers a Fitness Center Program that strives to promote a healthy lifestyle for all participants by educating them on proper and safe use of the exercise equipment. The City's Fitness Room Monitors will explain the proper use of the equipment. During orientation, Monitors will familiarize you with the equipment. Once you have determined that you have obtained the necessary knowledge and are comfortable with using the equipment independently and without direct supervision by the Monitors, place your initials next to the listed equipment. You will not be permitted to use the equipment until this form has been completed and signed.