

## Parkland Senior Citizen Classes

The following classes will be offered this fall to Senior Citizens, ages 55 and older, who reside in the Parkland School District. The classes are FREE of charge. Please register online at [www.parklandsd.org/seniors](http://www.parklandsd.org/seniors).

If you don't have Internet access, call us at 610-351-5578 and we will assist you. We ask that people do not register unless they can attend a majority of the sessions. All classes will be reserved via a lottery system. Parkland School District will send out course notifications starting on September 30th.

### WATER AEROBICS

Parkland High School Pool

Wednesdays, October 9- November 20, 6:00 PM-7:00 PM

Saturdays, October 12-November 23, 1:00-2:00 PM (No Class October 19)

This class, co-sponsored by Upper Macungie Township Recreation and South Whitehall Township Recreation features low impact aerobics (conducted in shallow water). The class will focus on the use of all muscles and limbs, breathing and stretching. Water shoes or old, clean sneakers are suggested. Swim noodles are provided at the pool. Swimmers should enter through the lower entrance at the back of the Athletic Wing. Please arrive between 5:30 and 5:45 PM to ensure entrance to the building and time to change in the locker room. Please note that no one will be allowed to enter the building before 5:30 PM. The classes will be held in the Parkland High School Pool located at 2700 North Cedar Crest Blvd., Allentown, PA 18104.

### DOABLE YOGA FOR SENIORS

Kernsville Elementary School Gym

Mondays, October 14-December 16 (NO CLASS December 2) and January 6-May 19 (NO CLASS February 17, March 31 & April 21)

4:30-5:30 PM

Schnecksville Elementary School Gym

Wednesdays, October 16-December 18 (NO CLASS November 27) and January 8-May 21

4:30-5:30 PM

The class will provide a gentle practice to improve the connection between body and mind. Through a combination of seated floor positions (no chairs) and standing flow, you will learn to maintain or increase range of motion as well as improve balance. Please bring your own yoga mat. Please arrive 15 minutes prior to the class starting to get set up as the class will start promptly at 4:30 PM. Maximum of 40 participants per class. Monday classes will be held at Kernsville Elementary School, 5051 Kernsville Road, Orefield, PA 18069. Wednesday classes will

be held at Schnecksville Elementary School, 4260 Sand Spring Road, Schnecksville, PA 18078. Thursday class is at Veterans Memorial, 250 Twin Ponds Rd., Breinigsville, PA 18031.

## **ST. LUKE'S CHAIR & STRENGTH CLASS**

**St. Luke's Fitness & Sports Performance Center-West End**

**Wednesdays & Fridays**

**October 2-November 8 and**

**January 8-February 14, 9:00-9:45 AM**

This class, co-sponsored by Upper Macungie Township Recreation and South Whitehall Township Recreation is a chair strength and mobility class, a low-impact program designed to improve strength and mobility for adults of all activity levels. It is movement-based training for persons that want to work on balance, coordination, agility and functional strength. This class is led by a St. Luke's Instructor. The St. Luke's Fitness & Sports Center is located at 501 Cetronia Road, Allentown, PA 18104.

## **INTRODUCTION TO AI**

**Parkland High School Library Classroom**

**Tuesday, October 22, 3:15-4:15 PM**

This class is led by Parkland High School students and sponsored by South Whitehall Recreation focuses on introducing the world of AI by teaching some AI applications, how to access it, and understand how it works. Participants should bring their own smartphone, or other device, to the class. Parkland High School is located at 2700 North Cedar Crest Blvd., Allentown. Please enter through the main entrance.

## **INTRODUCTION TO CYBERSECURITY/VIRUS PROTECTION**

**Parkland High School Library Classroom**

**Tuesday, October 29, 3:15-4:15 PM**

This class is led by Parkland High School students and sponsored by South Whitehall Recreation focuses on educating threats, viruses, and vulnerabilities that may attack your laptop and how to prevent them from happening. This class requires a laptop. Parkland High School is located at 2700 North Cedar Crest Blvd., Allentown. Please enter through the main entrance.

## **INTRODUCTION TO PHONES**

**Parkland High School Library Classroom**

**Tuesday, November 5, 3:15-4:15 PM**

This class is led by Parkland High School students and sponsored by South Whitehall Recreation focuses on how to navigate your smartphone and use its abilities efficiently and effectively. This course requires a smartphone. Parkland High School is located at 2700 North Cedar Crest Blvd., Allentown. Please enter through the main entrance.