

Basic Computers 3 & 4

Prerequisite: Basic Computers Part 1 & 2 or equivalent knowledge

If you enjoyed basic computers 1 and 2, you'll love this class! Basic computers parts 3 and 4 apply and review the skills learned in parts 1 and 2. This class offers hands on experience practicing the fundamentals while taking your knowledge to the next level. You will learn how to easily save information, find it, and organize that information on your computer. You will also learn how to install new programs (software) and customize your computer to fit your specific needs. After this class, working with your computer will never be easier or more fun!

Dates: . Tuesdays, July 14 & 21

Time: ... 1:30 p.m. – 3:30 p.m.

Place: . Recreation Center (McLaughlin Run Road)

www.silverscholars.com

Simple, Effective Computer Training

We turn Frustration into Fun!

Adult Fitness

Adult Golf

(Ages 16 and up)

Learn the basics of this lifelong sport or fine-tune your current game. All students must provide their own clubs.

Instructor(s): . Professional Staff of Frosty Valley Golf Links

Days/Dates: . Monday through Friday

Session 1 June 15 – 19

9:00 a.m. – 10:00 a.m. – Beginners

10:00 a.m. – 11:00 a.m. – Intermediate

Session 2 June 22 – 26

6:00 p.m. – 7:00 p.m. – All Levels

Session 3 August 3 – 7

6:00 p.m. – 7:00 p.m. – All Levels

Session 4 October 5 – 9

9:00 a.m. – 10:00 a.m. – Beginners

10:00 a.m. – 11:00 a.m. – Intermediate

Location: Frosty Valley Golf Links

Fee(s): \$62.00/session – resident discount

\$78.00/session – nonresident



Daytime Yoga

Escape from your daily routine and rejuvenate with yoga. Yoga combines physical postures, breathing techniques, and relaxation to provide a holistic mind/body connection. This class promotes balance, flexibility, strength, and stress release. We will explore a wide range of standing and seated postures, introducing you to the building block of yoga, and giving variations for all levels of practice. Bring a yoga mat and wear comfortable clothes.

Instructor: . Rebecca Drexler, E-RYT

Days:..... Mondays and/or Fridays

Time: 10:00 a.m. – 11:15 a.m.

Place: Mondays – Library Multipurpose Room
Fridays – Multipurpose Room 1

Monday session ongoing through June 29. (no class 5/25)

Friday session ongoing through June 26.

Walk-in Fees: . . \$9.00/walk-in resident discount
\$11.00/walk-in nonresident

Yoga To The Rescue

Yoga is a science and a life practice. These classes will incorporate a yoga-based program to assist with your golf game and other pursuits.

Instructor: Rebecca Drexler, E-RYT

Days:..... Fridays

Time: 9:00 a.m. – 9:45 a.m.

Place: Multipurpose Room 1

Ongoing session through June 26.

Fees: \$6.00 per walk-in resident discount
\$8.00 per walk-in nonresident

Body sculpting

This is a total body workout! Shapelier shoulders, firm arms, strong toned legs and tighter abs are what you can expect from this class. Better posture, a faster metabolism, stronger bones and a healthier heart, too!

Terri O'Brien is an ACE certified fitness professional. Reap the benefits of resistance training working at your own pace in a relaxed, fun atmosphere. Questions? Call Terri 724.969.0492.

You will need light hand weights, towel, and water.

Walk in – any class. Start at any time.

Days:..... Mondays and Wednesdays

Dates: Ongoing classes through June 24
(no class 5/25)

Time: 9:30 a.m. – 10:30 a.m.

Place: Multipurpose Room 1

Days:..... Tuesdays

Dates: Ongoing classes through June 9

Time: 7:15 p.m. – 8:15 p.m.

Place: Multipurpose Room 1

Walk-in Fees for all classes: . . \$6.00 resident discount
\$8.00 nonresident