

Welcome to the LWSC Virtual Learning Environment



Recent events have caused major changes in our daily lives and the ways we interact with each other. To continue with a level of engagement and learning, LWSC is launching the **LWSC Virtual Learning Environment**. This pilot program will enable us to continue to connect with one another and enjoy LWSC classes while we are social distancing.



WHAT IS VIRTUAL LEARNING?

Simply put, virtual learning or online learning uses computer software, the Internet or both to deliver instruction to learners. LWSC will use the video communication software, Zoom.

HOW DOES IT WORK?

Learners will be able to join classes by downloading the Zoom application and inputting the Zoom Meeting ID.

HOW LONG IS THE PILOT?

This is a 4-week pilot beginning Monday, April 20th and ending Friday, May 15th.

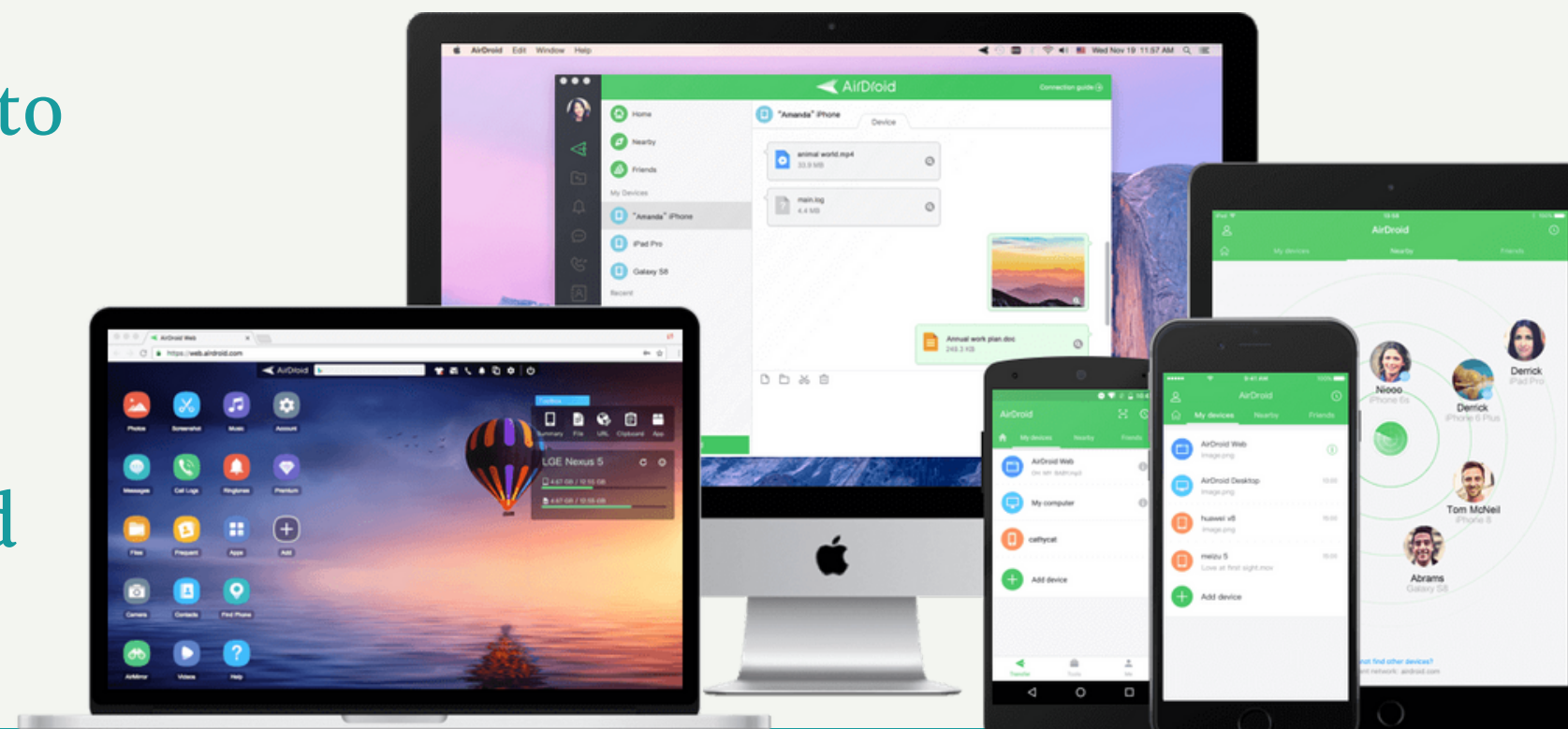


HOW TO ATTEND CLASSES

1. Download the Zoom application by visiting <https://zoom.us/download>
2. Join a class in one of two ways:
 - On your computer or mobile device, click Join a Meeting. Then, enter the meeting ID number and your display name.
 - On your phone, dial the teleconferencing number provided. Then, enter the meeting ID number when prompted, using your dialpad.

PLEASE NOTE:

- Each meeting has a unique 9, 10, or 11-digit number called a meeting ID that will be required to join a Zoom class.
- If you are joining via telephone, you will need the teleconferencing number provided. Please email us at lwsc@dekalbcountyga.gov if you need this number.



CLASSROOM RULES & ETIQUETTE

- Whenever you're not talking, keep your microphone muted so as not to add background noise.
- Use reactions, including the raise hand, yes, no, go slower, and go faster buttons to engage with your class.
- When you need to ask a question live, use the raise hand option and/or send a chat message to request permission to speak.



JOINING A FITNESS CLASS?

You should always consult with your physician before engaging in any physical activity program. By participating in an online exercise class, you assume all dangers, hazards and risks of such participation.

The exercises demonstrated by the instructors online fitness class may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.



MONDAY CLASSES

CHAIR AEROBICS with Gabrielle Carty
7:30am-8:20am
Zoom ID: 945-0531-7274

MELLOW MOMENTS
with Rochelle Evans
10:00am-11:20am
Zoom ID: 910-7752-2877

DRAMA CLUB with Charleen Knox
1:00pm-3:00pm
Zoom ID: 913-2426-9239

COMPUTER BASICS I with Tracie Hawkins
9:00am-11:00am
Zoom ID: 967-8824-6221

HAIR CARE 101 with Antilik Black
10:00am-11:00am
Zoom ID: 935-3084-5785

SILVER SNEAKERS with Ellen Mintzmyer
3:00pm-3:50pm
Zoom ID: 936-8405-6689

ADVANCED YOGA with Lorna Lindsay
9:00am-9:50am
Zoom ID: 971-5360-4552

SELF DEFENSE with Tyrone Bailey
10:00am-10:50am
Zoom ID: 959-4363-1143

MARTIAL ARTS with Tyrone Bailey
9:00am-9:50am
Zoom ID: 973-1273-9434

BEGINNING EXCEL with Tracie Hawkins
12:00pm-1:30pm
Zoom ID: 923-7936-2319

TUESDAY CLASSES

COMPUTER BASICS II with Tracie Hawkins
9:00am-11:00am
Zoom ID: 962-1748-7380

PILATES with Karen Drake
5/5, 5/12 ONLY
10:00am-10:50am
Zoom ID: 914-0476-1292

PRO POOL 101 with Bob Ayers
1:00pm-1:50pm
Zoom ID: 923-1080-0642

SILVER SNEAKERS with Ellen Mintzmyer
9:00am-9:50am
Zoom ID: 920-0531-4664

STRENGTH TRAINING
with Karen Drake
5/5, 5/12 ONLY
11:00am-11:50am
Zoom ID: 929-7495-5377

BEGINNING YOGA with Karen Drake
1:00pm-1:50pm
Zoom ID: 945-9130-1553

BEGINNING JEWELRY MAKING
with Valerie Keith
9:00am-11:50am
Zoom ID: 912-1115-9352

LIMITED MOBILITY CHAIR
AEROBICS with Tyrone Bailey
11:00am-11:50am
Zoom ID: 984-5969-5416

GUITAR I with Bob Ayers
2:00pm-2:50pm
Zoom ID: 999-3170-1533

HAIR CARE 101 with Antilik Black
10:00am-11:00am
Zoom ID: 939-0837-4353

BEG. MICROSOFT WORD
with Tracie Hawkins
12:30pm-1:30pm
Zoom ID: 924-3285-4959

GUITAR II with Bob Ayers
3:00pm-3:50pm
Zoom ID: 938-8396-7651

WEDNESDAY CLASSES

COMPUTER BASICS I with Tracie Hawkins 9:00am-11:00am Zoom ID: 976-7704-8025	MARTIAL ARTS with Tyrone Bailey 9:00am-9:50am Zoom ID: 923-6704-3828	HAIR CARE 101 with Antilik Black 10:00am-11:00am Zoom ID: 919-2481-9815
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ADVANCED YOGA with Lorna Lindsay 9:00am-9:50am Zoom ID: 971-5360-4552	SELF DEFENSE with Tyrone Bailey 10:00am-10:50am Zoom ID: 934-8207-0419	PIANO III with Corey Taylor 11:00am-11:50am BEGINS 4/29 Zoom ID: 992-5038-1912
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BASIC DIGITAL CAMERAS with Barry Roosevelt 9:00am-10:50am Zoom ID: 963-8131-0773	PIANO II with Corey Taylor 10:00am-10:50am BEGINS 4/29 Zoom ID: 967-1301-9471	BEG. INTERNET/EMAIL with Tracie Hawkins 12:00pm-1:30pm Zoom ID: 938-7015-0700
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PIANO I with Corey Taylor 9:00am-9:50am BEGINS 4/29 Zoom ID: 971-9421-5715	ROMANCE FROM 50 TO FOREVER with Rochelle Evans 10:00am-11:50am Zoom ID: 987-6367-0171	PIANO IV with Corey Taylor 12:00pm-12:50pm BEGINS 4/29 Zoom ID: 950-1871-4580
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WEDNESDAY CLASSES, CONT.

TOASTMASTERS with Charleen Knox

12:00pm-1:15pm

Zoom ID: 955-1219-7617

SILVER SNEAKERS with Ellen Mintzmyer

3:00pm-3:50pm

Zoom ID: 924-4970-2728

MOVIE MAKER with Barry Roosevelt

12:30pm-2:20pm

Zoom ID: 999-8897-8085

AFRICAN AMERICAN HISTORY

with Frances King

1:30pm-3:30pm

Zoom ID: 949-8275-3927

FAN TAI CHI with Hertencer Sheppard

2:00pm-2:50pm

Zoom ID: 933-1535-0402

THURSDAY CLASSES

COMPUTER BASICS II w/ Tracie Hawkins
9:00am-11:00am
Zoom ID: 941-2711-1446

DYNAMIC ABS with Karen Drake
5/7, 5/14 ONLY
11:00am-11:50am
Zoom ID: 918-8630-3977

TAI CHI FOR ARTHRITIS
with Hertencer Sheppard
2:00pm-2:50pm
Zoom ID: 967-7510-9745

ADVANCED JEWELRY MAKING
with Valerie Keith
9:00am-11:50am
Zoom ID: 993-5958-7143

WINDOWS 10 &
USING YOUR LAPTOP
with Tracie Hawkins
11:00am-11:50am
Zoom ID: 921-3312-8881

HAIR CARE 101 with Antilik Black
10:00am-11:00am
Zoom ID: 919-2481-9815

ADV. DSLR CAMERA HW TECHNIQUE
with Bob GlickSmith
1:00pm-2:50pm
Zoom ID: 919-6546-7983

PILATES with Karen Drake
5/7, 5/14 ONLY
10:00am-10:50am
Zoom ID: 914-0476-1292

BEGINNING YOGA with Karen Drake
5/7, 5/14 ONLY
1:00pm-1:50pm
Zoom ID: 945-9130-1553

FRIDAY CLASSES

INTERNET GIFT IDEAS
with Barry Roosevelt
9:00am-10:50am
Zoom ID: 939-2797-9957

YOUR CAMERA & YOU
with Barry Roosevelt
11:10am-1:00pm
Zoom ID: 926-5156-8594

ADV. DSLR CAMERA SW TECHNIQUE
with Bob GlickSmith
9:00am-10:50am
Zoom ID: 938-5812-1132

ADV. DSLR CAMERA TECHNIQUE WORKSHOP
with Bob GlickSmith
1:00pm-2:50pm
Zoom ID: 986-7084-7298

HAIR CARE 101 with Antilik Black
10:00am-11:00am
Zoom ID: 919-2481-9815

THE ART OF MEDITATION
with Larry Davis
1:00pm-2:50pm
Zoom ID: 948-1041-8763

SPANISH II with Odilia Moore
10:00am-10:50am
Zoom ID: 925-0135-1121

SILVER SNEAKERS
with Ellen Mintzmyer
2:00pm-2:50pm
Zoom ID: 989-4446-8434



ENJOY YOUR LEARNING EXPERIENCE!

Please let us know If you have any questions: lwsc@dekalbcountyga.gov