

# How to access Edmonton Seniors Centre's live online free classes

## How the FREE, live online courses work

Using an app called Zoom, ESC is bringing you live classes with the instructors you know. It's just like going to class but with the advantage of social distancing, something we all have to take seriously.

There are a few easy steps you'll need to do to attend the online, live classes. You can hear and see the other members, ask the instructor questions. and enjoy a chance to socialize with your class mates.

Follow these steps:

1. You must download the Zoom app. Below, you'll find URLs appropriate to your laptop, tablet or smart/iphone.

Download Zoom App by clicking on the link that represents your device:

For windows laptop: <https://zoom.us/support/download>

For apple products: <https://apps.apple.com/us/app/id546505307>

For Android (non iPhone) tablets/smart phones

downloads: <https://play.google.com/store/apps/details?id=us.zoom.videomeetings>

If you need more help, click on the following URL for Zoom YouTube Tutorial

<https://youtu.be/UAa3MADuvsg>

2. Zoom will only allow **those with invites to attend the meeting. You must** email [brenda@everybodysyoga.ca](mailto:brenda@everybodysyoga.ca) to get an invitation. You must tell her which classes you want to attend.

[Email Brenda the instructor](#) by clicking on the blue underline.

3. You'll get a new invite for every class so make sure you choose all the classes you want to attend.

4. When you get the invite in your email, click on the link about 5 minutes before class begins. The link will take you to the live class. Sending invitations keeps you safe online.

## **Zoom live meeting etiquette**

- Join early – up to 5 minutes before the meeting start time
- If you haven't used Zoom before click the link to download Zoom prior to the day of the meeting and familiarize yourself with any features you may need to use on the day – mute/unmute microphone, stop/start video, screenshare etc.
- Have your video on unless you are experiencing connection issues
- Find a quiet space without interruptions / background noise
- Don't do anything on camera you wouldn't do in a class full of people. Keep your clothes on, don't point the camera toward private rooms in your house
- Have good lighting on your face so you can be seen clearly
- Adjust your camera to be at around eye level if possible – especially take note of the angle of your laptop or phone screen if using the built-in camera.
- Mute your microphone when not talking and remember everyone can hear you!
- Try to avoid talking over / at the same time as other participants
- Be aware you are on camera and try to avoid doing other tasks, checking emails, looking at your phone etc.

## **Waiver for Class Participation**

**By clicking on the URLs, sending requests to instructors for invitations to online classes, or participating in any online resource provided by ESC, all participants recognize that the activities of the program you will be participating in may have some inherent risks. By participating you knowingly and voluntarily assume the risks of engaging in this activity. You acknowledge that it is your responsibility to be aware of the risks associated with the activity and to safeguard yourself by ensuring:**

1. **That you are physically able/capable of the activity;**
2. **That you exercise safety measures appropriate to the activity; and**
3. **That you do not participate beyond your capabilities.**

**By participating you acknowledge that you understand that Edmonton Seniors Centre endeavors to provide the best possible leadership and instruction, and to provide a safe environment for the program/activity you are joining. By participating you acknowledge that the Centre only organizes activities, and does not necessarily possess any special skill or knowledge in relation to the activity itself.**

**By participating you hereby release Edmonton Seniors Centre from any liability arising out of your participation.**

## **Code of Conduct**

ESC's code of conduct applies to its online, live courses as well. If you choose to participate in an online, live class you will be held to the same code of conduct. By participating you agree to the following:

**The Edmonton Seniors Centre is committed to providing a welcoming, caring and tolerant environment for its members, volunteers, staff and guests. ESC strives to create a friendly,**

supportive and respectful atmosphere and thereby, has established this Code of Conduct to ensure proper decorum is maintained for the benefit of all those that visit, volunteer and are employed at the Centre.

While attending the Edmonton Seniors Centre (ESC) live online classes everyone shall be expected and required to behave in a respectful manner and no physical or verbal abuse or inappropriate behavior will be tolerated toward fellow members, volunteers, staff or visitors.

**Inappropriate behavior includes:**

- **Creating a disturbance in the class**
- **Engaging in verbal or physical attacks**
- **Making inappropriate, disrespectful or critical comments to make someone feel uncomfortable**
- **Name calling and personal verbal attacks**
- **Yelling or profanity**
- **Harassment of any nature which is intended to make someone feel uncomfortable.**
- **Attempts to bully, intimidate or threaten others**
- **Bigoted remarks or attacks based on race, nationality, color, creed, gender or sexual orientation.**

Contraventions of this Code of Conduct shall result in sanctions ranging from a verbal warning through to a revocation of membership or privileges or expulsion from the live, online class.

## **Here are the current Free, Live Online Classes on Offer**

**Here are the times of the live online senior yoga courses**

**Remember you must [email the instructor](#) and let her know you want an invitation to attend the class. Our certified instructor, Brenda, will send you an invite and you'll need to click on the link to access the class.**

Remember you'll have to download Zoom before you can access the class. All the Zoom instructions are listed above.

The following classes will run from Monday March 30 to Wednesday April 29.

**Monday Senior Yoga 9:30 - 10:30am**  
**Tuesday Stress Reducing Meditation 9:30-10am**  
**Wednesday Senior Yoga 9:30-10:30am**  
**Wednesday Chair Yoga 10:45-11:45am.**

Here's the URL for the Senior's Zumba Led by our Instructor Bella. Just click the playlist.

[https://www.youtube.com/channel/UCqJQE15pAzFM3XmKhkHZ\\_7g](https://www.youtube.com/channel/UCqJQE15pAzFM3XmKhkHZ_7g)

If they subscribe, Bella will be adding new classes weekly and they can keep up to date on those additions.