



CITY AND BOROUGH OF SITKA

A COAST GUARD CITY

PUBLIC SERVICE ANNOUNCEMENT

August 6, 2023

Parks and Recreation Classes for Seniors

The City and Borough Parks and Recreation, in coordination with the Swan Lake Senior Center, will be holding Strong and Steady exercise classes at the Swan Lake Senior Center, 402 Lake Street, 1:30 p.m. to 2:00 p.m. and Senior Strength classes 2:00 p.m. to 3:00 p.m. on Tuesdays and Thursdays beginning August 15. Registration is in person at the Senior Center.

Strong and Steady is focused on reducing falls by building strength and maintaining range of motion. Sessions will include a warmup portion, light cardio, targeted strength exercises, balance challenges, and stretching. Portions of the class may be performed while seated. Senior Strength will include activities to address cardiovascular fitness, balance and agility, upper body and core strength, as well as flexibility and range of motion. Some hand weights and floor mats are provided. Both classes are free and taught by volunteer and fitness instructor Dorothy Orbison.

For more information, please contact Parks and Recreation by emailing recreation@cityofsitka.org or by calling 907.747.4031.

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