COPPS works with cops to keep town safe at night

From Page 1 see that they are being watched, they will probably move on."

Williamson said if the COPP volunteers saw a window being broken or car be-

ing broken into, they will be trained to get a good description and possibly follow the person while they use their cellular phone to call Halton

"We don't want them

(COPP volunteers) getting close enough to be getting themselves hurt. We're going to emphasize big time that they are not getting involved," Williamson said, adding the COPP volunteers

will not "chase bad guys."

"Genuine wannabes, like Law and Security students who want to become police are acceptable, but we don't want the kind who would think he was in the police

department now and would be going through red lights, suspecting everybody and anybody of doing something wrong," Williamson said.

Bell Mobility has donated cellular phones

Williamson is currently looking for additional corporate sponsors.

Applications for the COPP program are available at the Georgetown and Milton police stations.



Flamingo Dance Studio

Dorri L. Bland Professional Dance Instructor CDTA Member 905-873-4907 or 873-0620

Don't Let Your New Year's Resolution "Go To Waist"

Line Dancing

Exercise was never so much fun. Learn the latest dances to the hottest music.

Dance to Fit

Not your traditional

workout, enjoy a 1/2 hour of

body contouring exercises

and then 1/2 hour of

dance moves.

Hip Hoppin Good Fun

for Kids Ages 3-5

Kids will love this.

Dance moves mixed with

tumbling, circle time and

lots more.

country and "Techno" music. Flamingo Kids Shake Rattle

Pre-Teen & Teen

Line Dancing

Move your feet to the "New

Country" beat. Learn the

hottest line dances to the new

Boys and Girls will Shake, exciting one hour class. Learning the basics of fun fitness.

& Roll (6-10 years old)

Rattle & Roll to music in this

Funky Cardio & Hip Hop Dancin!

For high energy junkies, this transforms standard aerobics through techno-funk combinations to make you Hip-Hop and move.

Lean Legs & Buns

Achieve a body that holds it's own against the forces of gravity and the process of aging.

1 Hour Class & 40 Min. Class (Lunch time)

T'ai Chi

Slow non exertive

movements. A gift to yourself

or someone else. Ladies &

Gentlemen Welcome

Ballroom/Latin Dancing

Learn to Dance, Jive, Cha Cha, Rumba, Waltz, Rock & Roll & more. Singles welcome.

Exercise for the Older Active Adult

This class is carefully designed to help with flexibility and strength.

The Shape Up

An hour of low impact exercise for beginner intermediate levels.

Muscles in Motion

Intervals of low impact aerobics with muscle conditioning. Resistance is the name of the game. 1 Hour Class & 40 Min. Class (Lunch time)

Salsa Aerobics 1/2 hour Great form of stress relief.

Great for Waist & Hips. Move that body! No dance background required.

Spend Quality Time Together. Exercise was never so much fun.

Country Partner Dance Mix

Learn Two-Step, Country Waltz, West Coast Swing and more.

Pre/Post Natal Fitness Class

This program will help you stay in shape while you are pregnant and get back into shape after the birth of your baby.

Line Dance & Retro Dance Mix

Ages 13 and up. Fat Jam, Master Jam, Street Jam. A re-mix of Hip Hop and Street Dance to challenge your creative expression, with Club & Video Style.

Circuit Challenge

A versatile program that achieves both cardiovascular and muscle conditioning results in a time efficient manner. 1-1/2 Hour (Sundays) Class &

Awesome Abs-Hips-Thighs

1 Hour Class

Improve your strength and mobility. A class designed to target those hard to get at areas. 1 Hour Class & 40 Min. Class (Lunch time)

Flamingo Water Bottles and Fitness Wear Available.

20% OFF for month of January.

Step n' Sweat

A power-packed aerobic workout providing progressive fat burning and body shaping moves.

1 Hour Class & 40 Min. Class (Lunch time)

Cardio Express 1/2 hour

Short but Sweet - Warm up, stretch, cardio, cool down. Catered to those on the run.

Wear comfortable clothing, and a good pair of running shoes and bring a water bottle.

Morning Motivator

Great Way to Start the Day. All the components of a total body workout.

Family Line Dance

All classes start week of Jan. 6/97. Participants taking more than one class per week are eligible for special discounts. Example 1 exercise class/week \$60.00. 2 exercise classes/week \$96.00. 3 exercise classes/week \$108.00. Based on one hour class. Classes subject to minimum number of participants. All classes are 12 weeks. OPEN 7 DAYS. Classes start at 7:00 a.m. - 8:30 p.m.

36 Main St.

Georgetown

873-4907