

Recreation looking up for Acton and area residents

Recreation in Halton Hills is shaping up for this fall and winter.

Community recreation folders have been sent to every home in the town with many programs offered for the Acton and Esqueping areas.

Children's ballet for beginners will be offered for youngsters five to 12 years old. It will be held at Robert Little school on Thursdays, beginning on September 18 through to November 20 and at Speyside public school on Saturdays from September 20 to November 22.

Ballinafad community hall will see modern square dancing every Tuesday night beginning October 7 until November 25. Glen Helka will be the instructor for this program which will allow adults to progress through the various movements and basics of square dancing. Regis-

tration will be at the hall September 23 costing \$20 per couple and \$12 for singles.

For the toddler Children ages three to five can get together at Robert Little school Saturday mornings for Kidelliewinks. Miss Marty Walker, a qualified nursery school teacher, will supervise the children in arts and crafts, active and quiet games, music and other activities.

The program runs September 27 until December 13 with a fee of \$10 per child and \$14 for two children in the same family.

Gymnastics for beginners will be offered for boys and girls ages six to 12 years old. Speyside school classes will be Monday evenings from September 22 to November 31 and at Acton high school Saturday mornings beginning September 27 and ending November 29. Registration

fee will be \$9 per child. Speyside participants can register September 16 at the school.

Saturday mornings Saturday Morning Club will be offered at M. Z. Bennett school and Limehouse school for children six to 12 years old. This club will include arts and crafts, sports, films and outings.

M. Z. Bennett and Limehouse schools will be the meeting place on Saturdays from September 27 to December 13. Fees will be \$6 per child, \$10 for two children of the same family or \$12 for three or more children of the same family.

Programs which have been set up since the publication of the community book include a sign language course. Kathy Quigley, a teacher of the deaf at E. C. Drury school in Milton, will be teaching the course to be held at Robert

Little. This program's purpose is to teach anyone who is interested in communication with the deaf, voice, hand-signs and fingerspelling. All ages are welcome beginning September 25 to November 27.

Tentative There is a possibility of a program "Let's Create Together" for mothers and tots at two to five years old. The purpose of the class is to have mothers and tots enjoy creative activities together. For the mother to appreciate the child's experience with materials, and for the child to socialize with peers.

The group will explore media concepts in a two hour program. The mother and her child will do arts and crafts for the first hour and mums will get into discussion groups for the remaining time. In the meantime, the tots will continue with their arts and crafts.

Children seven to 14 can enjoy an hour and a half at M. Z. Bennett of arts and crafts beginning October 6.

A similar program will be held Thursdays at Speyside school beginning October 2. Registration will be September 16 at the school. Fees will be \$8 per child including their materials.

Papier mache, macrame, and coil pottery will be just a few of the many subjects undertaken.

An introductory arts and crafts program for adults will be held at Ballinafad hall beginning on October 6.

Tennis This will be much the same as the children's but with tie dyeing, stenciling and candle making.

Tennis lessons for youths only, 10 to 15 years old, will be Saturday mornings beginning September 13. The fee is \$6 for six lessons.

There will be tennis lessons in the spring for the adults. Registration for most of these programs will be this week at the Acton Municipal

office on Mill St. Acton, Georgetown and Limehouse (school) libraries will also be offering activities. Some of these will be film shows, story hours, puppet shows, crafts programs, general interest lectures and workshops.

Area schedule The Acton arena will be busy this year with public skating hours increased. Residents can now enjoy seven hours a week on the ice. Two hours on Sunday, two on Saturday and an hour and a half after school hours have been allotted for the public.

Parents and Tots days are Tuesdays and Thursdays. A program, Parents and Tots Learn to Skate, will be offered, Monday mornings from October 20 to December 8. Linda Coe will be teaching

the basics of skating to beginners. Tots will be between two and five years old. Registration fees will be \$6 per child and \$9 per adult. Registration will be October 6 at the arena.

Power skate A power skating class will be held with professionals from the Acton Figure Skating club instructing. The course is designed "to improve one's skating ability and hockey playing by understanding the principles of balance, body control and the correct way to skate," according to the program.

Anyone is invited to take the course for the two weeks of instruction during the two week period. A tentative date of October 8, depending on ice availability has been set for the commencement of the program. Registration was last Saturday and this coming Saturday at a cost of \$10 per person.

The Acton Figure Skating club will be the same as last year with four groups consisting of pre-schoolers (\$20), Juniors (\$32), Intermediate (\$44), Senior (\$55). Mondays, Thursdays and Fridays are the days available and registration day is the same as the power skating.

Hockey teams Four separate hockey divisions will have the majority of ice time. The Acton Junior Sabres play Wednesdays and Fridays and are in the Central Ontario Jr. C.O.H.A. league. Bill Campbell is their manager.

Acton Industrial Hockey League games will be played on Sundays with Ed Hillier the man to contact. John Toebes can be reached for information regarding the Acton Minor Hockey Association.

An All Star Hockey league has been devised "by a group of citizen volunteers whose philosophy is to produce championship teams. A boy makes an all-star team in this league by his ability to play hockey."

Ages are governed by the O.M.H.A. but are generally seven to 18 years old. Further information can be obtained from one of the executive consisting of Noel Weir, Don Lindsay, Barry Inscow, Frank Allsop, Lynn Smith and Joan Yalowica.

Pool program The Acton Lions pool, under the supervision of Miss Anne Pickering will offer instructional programs with Tadpole, Pre-beginners, Beginners and Pre-Junior, Special Aquatic Programs, with parents and tots, spring board diving, synchronized swimming and Aquatics. Recreational swimming times will be Monday, Tuesdays, Wednesdays,

Saturday and Sundays. John Cooper, recreation coordinator for wards one and two, is more than willing to look into town-run programs if enough people are interested. He also will offer his assistance to any independent group of people who wish to start up a program of their own. He is responsible for booking community centres and Board of Education facilities.

Anyone with an idea for a program or wishing to set one up themselves is asked to call Mr. Cooper in the municipal offices.

At the Y The "Y" fall program is also offering many activities for young and old alike.

Ladies' Keep Fit will be offered with Mary Simpson instructing. Marcia Wilkinson will once again be in charge of the Yoga with Bonnie Bottomley and Jean Vaughan taking care of the Ladies Take A Break. Pre-school gym will be taught by Thelma Cooper.

A Boys' Athletic Games and Sport program will be

run by Peter Morrison and a Kiddles' Drop-In will be under the care of Lynn Punt. A Babysitters Training Course will be offered but details are pending at the present time. Pre-Natal classes run by the Halton Regional Health Unit, but given publicly by the Y, will be taught by Jaci Winskill.

Night school The high school is offering many night classes, and some can be termed as recreational.

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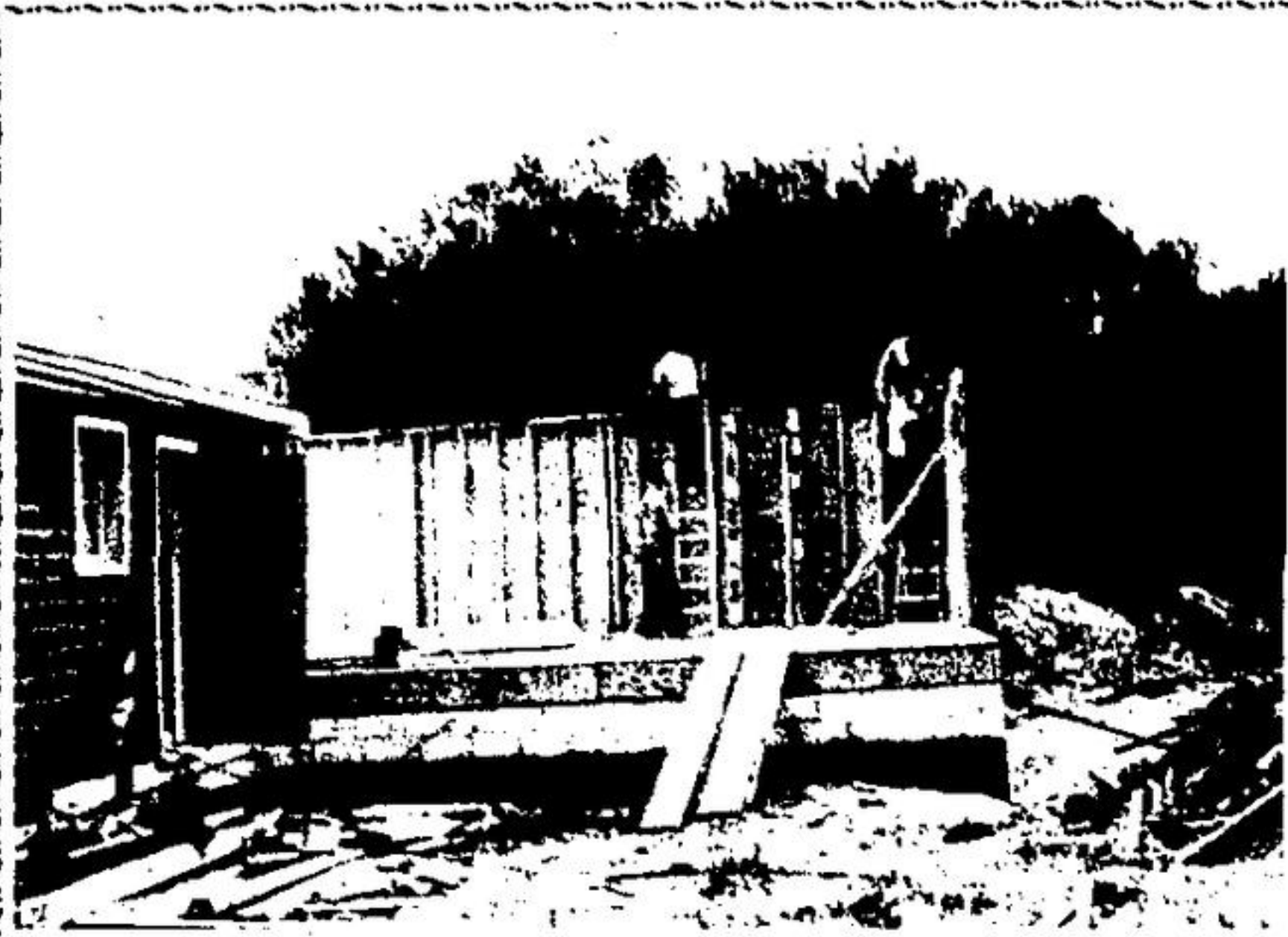
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Work bee at scout hall

I CAN'T GET my hand off the brush, wailed one of the volunteers tarring the scout hall addition foundation Saturday. Hard at it (left) are Mark Rowe, Donnie McDonald and Gordie Goulding. The Saturday bee saw the walls and roof joists go up. Seen at work (above) are Stan Miller, John Allisison, Frank Goulding and Don McDonald. Other volunteers included John Arnold, Jim McVeigh and Bob McKee. There are work crews here most nights and Saturdays.



Yoga makes life calm and serene

In this day and age of so called progress, more and more people come home from work at night feeling the strains of daily pressure.

Marcia Wilkinson has the answer to the tensions and worries of many. Yoga, a rapidly growing experience, can, with practice, banish daily stress from the mind and body with a few minutes a day.

Yoga makes the body more flexible whether the practitioner is over or underweight, stiff or tense. It helps to alleviate these conditions and helps give a healthy and flexible body.

Mrs. Wilkinson offers Yoga at the Acton Y Wednesday evenings beginning October 8. People from beginners to advanced are invited to attend.

Postures, breathing control, relaxation and concentration help form the

program. Practice Mrs. Wilkinson believes Yoga can help insomniacs sleep better at night cause tensions to ease and minds to clear. She explained that practicing 15 to 30 minutes a day will make you feel much better, making the day go more smoothly. She explained that if you spend a little bit of time relaxing a day, you will find life much easier to face. You will have the same problems; but will have a calm, serene attitude towards them. You will be able to deal with them more effectively.

The instructress is a firm believer that Yoga brings peace of mind and body and explains how relaxation can completely free your mind of anything you are thinking, thus putting the job or other problems away.

With Your help . . .



. . . the Job will be done

To be a successful Member of Parliament one must have a strong desire to serve people - and Gary Dawkins has
To be a successful Member of Parliament in 1975 one must understand and appreciate Youth - Gary Dawkins has proven this in his chosen vocation as a School Principal.
To be a successful Member one must recognize the needs of our Senior Citizens - Gary's service through Rotary and the Royal Canadian Legion has proven that he recognizes this need.

To be a successful M.P.P. one must be able to serve our rural and urban communities, as well as business and industry, and Gary has demonstrated his competence in communicating with rural and urban people and in gaining their support. Therefore, when you consider his education, his involvement with young people and ideal age for service, his desire to be a full time Member of Parliament, you will be justified in selecting Gary Dawkins as your representative at Queen's Park.

SEPT. 18 **ELECT DAWKINS** PC

Come to an Ear Piercing Clinic at:



Georgetown Market Centre

PERFORMED BY A REGISTERED NURSE

Sept. 11—Thursday 5 p.m. to 9 p.m.
Sept. 12—Friday 5 p.m. to 9 p.m.
Sept. 13 Saturday 10 a.m. to 5 p.m.

Specialty designed fashionable Ear Piercing Starters at a cost of

\$10⁰⁰

Including Hypo-Allergenic Studs

Our sterile ear studs form a straight canal. These fashionable safety shoulder starter studs are made of gold over surgical grade stainless steel, clinically proven and tested with instructions on care of ears. All minors must be accompanied by a parent or guardian.

NORTH HALTON FORD-MERCURY

No. 7 Highway East, Georgetown

BUY OF THE WEEK!

NORTH HALTON

1974 PINTO 2 DOOR SEDAN
2000 c.c., automatic, radio, white walls, accent group, wheel discs. Lic. HOD963. Only 15,000 miles!

NORTH HALTON

1973 PINTO SQUIRE STATION WAGON
Overhead cam engine, automatic transmission, radial tires, mag wheels, roof rack. Lic. JXZ771. Call Quickly!

NORTH HALTON

1974 DODGE DART
4 door sedan, 225 cu. in. slant six engine, automatic transmission, AM radio, white walls and wheel discs.

NORTH HALTON

1973 CHEVELLE MALIBU 2 DOOR HT.
2 door hardtop, 350, V-8, automatic, power brakes and steering, radio, factory air, vinyl roof. Lic. BNASS5.

NORTH HALTON

1973 FORD TORINO
2 door hardtop, V-8 engine, automatic, radio, power steering, vinyl roof, white walls and wheel covers. Lic. NBMS13.

BE SAFE—BE SURE—All Our Cars Carry the Ford Dealer A-1 Used Car Guarantee. Call Our Sales Dept. Now! Ask for Gord, Jim, John or Bob.