A full day at the Y...ladies' activity workshops draw 25



Disco exercises Joanne Lister

B6 The Acton Free Press, Wednesday, Feb. 8, 1978



Modern jazz

Michelle Goodeve

Ladies' activity workshops—a first—drew 25 women to the Y last Thursday for a full day of enthusiastic exercising.

The seven sessions showed the kind of classes that are available or could be available in town to interested participants.

The day-long program was jointly sponsored by the Halton Hills recreation department and Murray Y,M.C.A. Memorial Organizer Ann Pickering was very pleased with the turn-out and reaction.

The demanding sessions were interspersed with coffee breaks and plenty of time to Baby sitting was available

in the United Church. Sessions were:

cises you should and should

Instructor says

instructs the local gymnasts. Georgetown. The women did The mother of five impressed her listeners with her advice, and she handed her leaflets showing the best and undesirable exercises.

mic gymnastics. The high school teacher whetted the appetites of participants with the use of balls and hoops. These gymnastic movements were done to lively music.

Linda Craig: Exercises to music. This R. R. 2, resident exercises here. As she demonstrated and had the group follow along, she sald there is a reason for everything. She showed which exercises would be good for back problems.

Joanne Lister: disco Janet Armstrong: Exer- exercises. To spirited disco music, this young R.R., 4

the pys ed department at the activity that goes on in her University of Toronto, she sister's classes in not dance, but took their exercises to a lively beat.

Michelle Goodeve: Modern jazz. Flexibility and grace were obvious in this session. Ann Lepik: Modern rhyth- Michelle has taught the children's ballet class at the Y and now teaches adults in both Acton and Georgetown.

> Marcia Wilkinson: Yoga. The regular yoga instructor at the Y, Marcia lives in town. She showed a few of the simpler poses, had her class relax completely, and drew special attention to their

Judy Paterson: Synchronized swimming and aquables. The coach for the synchronized swim team, Judy showed the group of swimmers some of the not do. A former instructor in resident demonstrated the routines in the pool.



Exercises to music

Linda Craig

Toe touching? Forget it!

Janet Armstrong has harsh words for some of the most going. . . such as toe touching, sit ups, hip rolls, deep knee

bends and lateral bending. She told the group of women at the workships in the Y Thursday that some of these are of little use and some can be harmful.

Toe touching, for Instance, excessive back stretching, which may not be desirable, she said. Sit ups, too, put too much strain on the back discs, she claims. Sit

ups can even cause the ab-dominal muscles to stretch to Hip rolls and hip b the point of actually just give you plak hips, says thickening the waistline-just Ms. Armstrong. Instead, what the woman doesn't jump back and forth over a

Instead, she demonstrated an alternative called the bent curi-up strengthens the abdominal muscles with few back problems.

She approves of stretching up exercises, or hanging from a bar and attempting to raise the knees, as good ways to flatten the tummy. Or

Hip rolls and hip bouncing That'll strengthen your hip

The former phys-ed instructor at the University of Toronto had hard words for TV and magazine exercises and the well-known 10BX exercises. Vibrators are out,

She has particular concern for the spine and doesn't like exercises that put undue stress on it. The movements she demonstrated take out the dangers and still previde the benefits. There are always alternatives, she demonstrated for her atten-

tive listeners.

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Exercises

Janet Armstrong

Modern rhythmic gymnastics

Anne Lepik

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ACTON AND DISTRICTI 853-2010

Bert Hinton nominated outstanding governor

The name of H. H. "Bert" Hinton of Acton, has been proposed as a candidate for the honor of being named Outstanding Governor of the last decade. Nominations are being sought by the Association of Colleges and Applied Arts and Technology of Ontario.

Acton-Esquesing board of education trustee Bert Hinton has been nominated by Dr. L. W. C. Sturgeon of the board of governors of Niagara College of Applied Arts Technology.

presented at the Association's convention at the Harbor Hotel, Toronto. February 16.

Sturgeon writes: "The appended Curriculum Vitae speaks for itself. I can. only add that Mr. Hinton after completing his term as Governor of Sheridan College offered himself as a candidate for the Board of

Displays

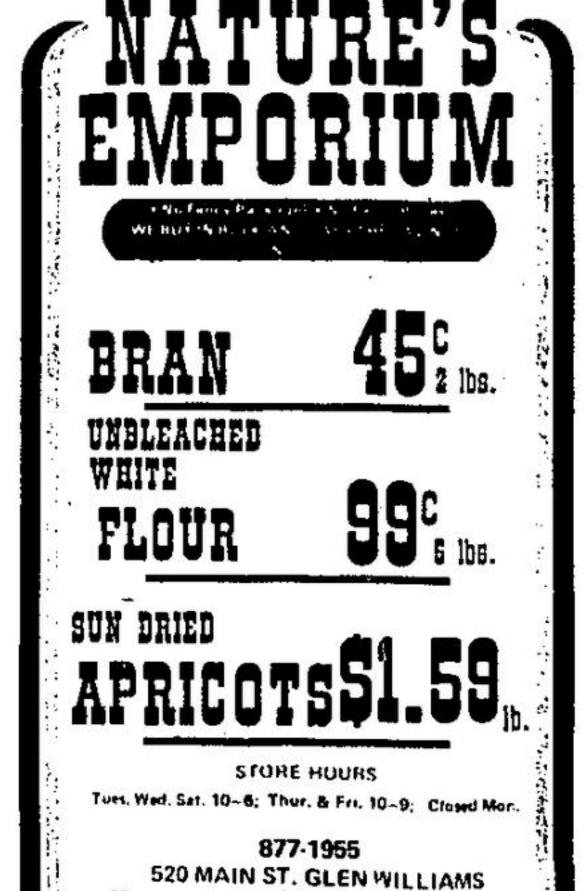
Some of the stores have attractive displays for Valentine's Day.

Education in the County of met him at an A.C.A.A.T.O. Halton and was elected there meeting. He still retained his keeness of thought and "I knew him first as an demonstrated his exceptional instructor in the R.C.A.F. but energy and ability in this dld not see him again until I capacity. Drive One To-Day!!



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