

SWIM, GYM & VOLLEYBALL

Join in our evening classes and enjoy the exercise, a friendly game of volleyball and a dip in the pool. A complete physical programme designed for fitness and fun.

EVENING Wednesday

TIME 8:00 - 10:00 p.m.

LOCATION Georgetown High School

Session No. 1	Sept. 19 - Oct. 31	FEE	Members \$18.00
Session No. 2	Nov. 7 - Dec. 19		Non Members \$22.00
Session No. 3	Jan. 9 - Feb. 6	FEE	Members \$12.00
Session No. 4	Feb. 13 - Mar. 12		Non members \$16.00

SELF-DEFENCE FOR WOMEN

Wen Do is an effective, easy to learn method of self defence. An advantage this self defence course has over others is that it is more practical than training in the martial arts. This is a proven and effective method of self defence.

EVENING Tuesday

TIME 8:30 - 10:00 p.m.

LOCATION St. Francis of Assisi S.S.

FEE Members \$15.00
Non Members \$20.00
(Per Session)

Session No. 1 Sept. 18 - Oct. 23
Session No. 2 Oct. 30 - Dec. 4

DISCO DANCE

Learn the latest steps. An enjoyable and sociable evening of instruction and dancing. You may register as a couple or single.

EVENING Thursday

TIME Beginners 7:15 - 8:45 p.m.

Intermediate & Advanced 8:45 - 10:15 p.m.

LOCATION Cedarvale C.C. Gym

FEE Members \$15.00 a couple, \$20.00 single
Non Members \$40.00 a couple, \$25.00 single

Session No. 1 Sept. 20 - Oct. 25
Session No. 2 Nov. 1 - Dec. 6
Session No. 3 Jan. 24 - Feb. 28



BABYSITTING SERVICE

Babysitting is available for all workshops and most daytime programs. A minimum of 6 children is required.

FEE 75c per child per class. Total fee per session must be included with registration.

BADMINTON FOR ADULTS

Badminton for recreational play. Beginners are welcome and instruction and introduction to the game will be given. Six courts are available for play. Bring your own racquet.

EVENING Monday (Excepting holidays and school events)

TIME 8:00 - 11:00 p.m.

DATES Sept. 24 - Dec. 17

Jan. 7 - Mar. 10

Mar. 24 - May 26

LOCATION Georgetown High School

Registration is accepted as long as there are openings

FEE Members \$15.00 single, \$25.00 couple

Non Members \$20.00 single, \$30.00 couple

CHRISTMAS SPECIALS

CRAFTS WORKSHOPS

An interesting day of Christmas Crafts, Decorations, gift wrap, table arrangements. Start early and get some new ideas.

DAYS & DATES Friday, November 9

Friday, November 16

TIME 1:00 - 3:30 p.m.

CHARGE \$5.00 2 afternoons

Babysitting available

SHOPPING TRIP

Time to do your Christmas shopping. Jump on the bus with us. You'll have a full day to shop at the beautiful Merway Gardens.

DAY & DATE Wednesday, Dec. 5

Bus leaves the "Y" at 9:00 a.m. and returns at 3:30 p.m.

CHARGE \$5.00 per person

Babysitting available



MAC'S MILK

MOUNTAINVIEW PLAZA

WHEN YOU'RE OUT — WE'RE IN

7:00 A.M. - 12:00 P.M.

7 DAYS A WEEK