

'Y' programs available for all ages

The Georgetown and District YMCA-YWCA, with offices located at 89 Mountainview Road South, was founded in 1960 by 12 men and four women called the interested citizens group. It formally became a YMCA-YWCA in 1967 when it received its charter from both the national bodies.

The "Y" is a registered, charitable, non-profit institution, managed in accordance with its constitution by a board of 24 volunteer directors, who are elected yearly from among and by the voting members of the Association. It is affiliated with both the National YMCA and the National YWCA and through them with the world organizations.

The Georgetown "Y" has also more recently entered into an agreement with the Toronto Association (COLY), by which it hopes to gain the expertise, continuity and security that are so important as it moves into the 1980s.

The YMCA was founded in London, England, by George Williams (later Sir George) as an evangelical organization that would provide a place to pray together and study the Bible for the thousands of young men who were leaving the countryside and flocking to the big city during the Industrial Revolution.

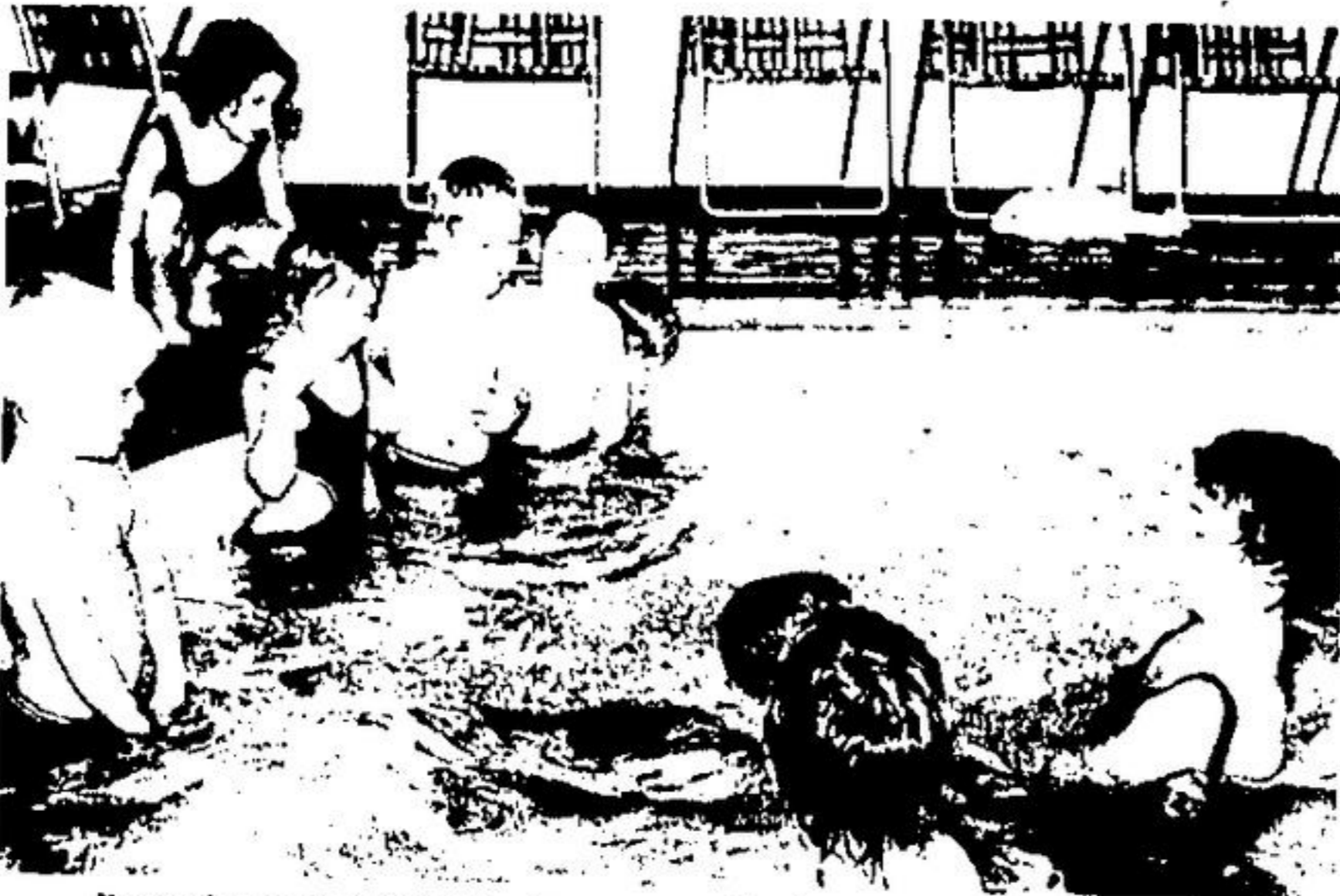
It was conceived of as a lay organization not connected with any church denomination, and has remained so to the present. The YWCA was established by Lady Emily Kinnaird and Miss Emma Roberts as an organization to pray for young girls everywhere, and to aid young nurses

returning from the Crimea. The typical "Y" of that time would have consisted of a reading room, a chapel, a coffee shop, a list of job openings and a list of wholesome boarding homes. It was run entirely by volunteers and funded totally through donations.

MORE MEMBERS
As the number of associations multiplied and membership expanded, it became necessary to engage a staff person: the General Secretary. He was responsible to the board for the operations of the organization. This staff-volunteer relationship has evolved into the present day partnership model with the board chiefly responsible for setting policy, with staff input, and the staff responsible for running the day to day operations, with board input.

The first Canadian YMCAs were established in Montreal in 1853 and Toronto in 1854; the first YWCA was founded at St. John, N.B. in 1870. The two organizations have kept pace with the times and are responsible for such things as building the first gymnasiums and pools in Canada; providing the first swimming lessons; introducing the games of volleyball and basketball; the establishment of the Big Brother and Big Sister movements; the first adult night schools; the first schools of domestic science and schools of stenography; and many other innovative programs that today are taken for granted as part of the fabric of society. The YMCA and YWCA have become world organizations with branches in more than 100 countries. In Canada, there are 105 associations serving more than 1,500,000 people annually through 70,000 volunteer workers and 1,400 paid professional staff.

For its part, the Georgetown



Recreational and educational courses sponsored by the Georgetown and District YM-YWCA begin next week, offering loads of fun and plenty of valuable instruction for residents of all ages. From Kindergarten to the senior citizens' Blue Triangle Club, the "Y" is thinking of you, your health and your happiness. For information about any of the courses being offered, phone the Y at 877-8183.

"Y" has upheld and strengthened this tradition of innovative, quality services. It brought the first day camp to Georgetown in 1962 and continues to offer a full range of summer programmes for children. Before there was an indoor pool here, it bused children to Mayfield and established Red Cross lessons there.

"Y" board members were important contributors in time and energy to the committee that finally got a pool built in Georgetown. The "Y" began the Gymnastics Club in town and was instrumental in getting the Contact Centre going by giving it office support. Maple Nursery school is a spin-off from "Y" pre-school programs.

The "Y" is presently operating more than 60 different programs in 14 locations in and around Georgetown. For toddlers, it continues its successful play schools, rhythmic, creative art courses and gym classes. Classes are kept small, and children are encouraged to express themselves and to enjoy doing what they can. The "Y" believes that the importance of being with other children under the guidance of an adult who is aware of the need for personal expression as well as the first steps towards group activity cannot be overstressed at this point in a child's life.

PARENT-CHILD
New pre-school courses for the winter term include Creating Together, a parent and child course under the guidance of Maria Jennings, who was responsible for the initiation of the concept in the Toronto "Y" 10 years ago. Another important new course in the pre-school area is ballet for three-year olds—a creative dance activity for the very small where the emphasis is on enjoyment, a sense of music and an initial introduction to the idea of structured dance.

For older children, the "Y" is continuing and expanding its Saturday Morning Specials, where the theme is "Turn off the T.V. and Turn On". Children will do crafts, sports, movies, games and cooking.

There's Youth Basketball for boys and girls 8 to 16, a fun program where everybody plays. The "Y" is also introducing Tae Kwon Do (Korean Karate), one of the gentle martial arts which along with effective defensive techniques imparts self discipline, grace, co-ordination and physical development. This one is also being offered to the adults in town. The Georgetown "Y"ers Gymnastics Club, under the direction of Judy Bailey, continues to offer a non-competitive program of gymnastics skills for girls six

to 14, and this winter is implementing the YMCA Red-White and Blue Participation Program as an added incentive to children to enjoy this sport.

The Georgetown "Y" School of Dance continues to offer top-notch ballet instruction to Georgetown children, and has added a new teen class and adult class to accommodate the many women who want to pursue a graceful athletic activity. And of course, there's the much touted Babysitter's Course, where young girls

learn not just how, but what it means to take care of someone's children. A special activity which will be of interest to those with school aged children is the P.D. Day program, which runs from 7:30 a.m. to 6 p.m. on P.D. Days, giving children excursions, movies, games and good care, while parents can go about their normally scheduled activities.

For adults in the physical area, there is a new Embroidery Course with Marjorie Nazer, and Bartending, a use-

ful skill both for the home entertainer and those who would like to earn a little money. There's the popular course on how to cut your child's hair, and the new Mini Heart Saver Course, an introduction to C.P.R.

For seniors, the "Y" sponsors the Blue Triangle Club, which meets Tuesday afternoons twice a month for cards, speakers, luncheons and the occasional bus trips around southern Ontario. **HELPED PERU**
Through its National and International affiliations, the Georgetown "Y" was able to support the rehabilitation work of the Lima Peru "Y" with some of the funds raised in the Annual Walk-a-Jog-a-Thon in October.

And of course, there's fitness. Ever since they built the country's first gymnasium, the "Y" has been a leader in this field. They have daytime fitness for women three times a week, and Dance Fit and Gym and Swim in the evening. There's adult ballet, taekwon do, swim lessons and an equipment and free swim for members on Sundays. There's badminton, cross country skiing and yoga, and at other times of the year, you can get tennis, jogging and indoor soccer.

With an approach to programs that are based on discovering what people want, finding a place and time to do it, and then starting the course, the "Y" has the flexibility to keep up with the community and continue serving its present needs. Call Maria Jennings, the program director, if you have some ideas you think the "Y" might help with.

All of this service, of course, takes money. Perhaps contrary to present-day trends, the "Y" believes that government cannot do, nor should it do everything. It is committed to the principle of its existence as a private-sector human service organization, fiscally independent, with a mission to meet community needs. It operates without the aid of tax dollars, and depends very much on its volunteers to raise the funds to meet operating expenses. Certainly its major source of revenue is the fees which participants pay for programs and services, but there is 20 per cent of annual revenue that must be solicited from the community.

Some events, such as the Walk-a-Jog-a-Thon, Ski and Skate Exchange and Art Auction have a high public profile. Just as important are the residential and industrial campaigns in which "Y" volunteers ask community businesses and citizens by letter, phone or in person, for their support.

The "Y" sees its services as

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About the Hills

Two on dean's list

Two former Georgetown and District High School students have made the dean's list at the University of Toronto's Erindale campus. Dean L. Brooks of the social sciences faculty recently placed Scott Turner's name on his honor list; Scott is studying commerce. Dean J.J. Fawcett of the life and physical sciences department has similarly honored Luke Salls Egan, who is majoring in science.

Charity fashions

The Ontario Heart Foundation will receive all proceeds from a Bridal Fashion Show being held in Burlington Jan. 14. Burlington's Fashion Klozette shop is presenting new bridal designs at the Holiday Inn at 8 p.m. Admission is \$3 and tickets are available in advance from the Fashion Klozette (phone 639-8061) or the Ontario Heart Foundation (522-3838).

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