

# Find out how your 'Body Works'

BY JOHN WOOD  
Y director

The Georgetown and District YMCA proudly introduces Body Works, the body-sculpturing pro-

gram of the 1980s for both men and women. Our Y has for years been able to provide suitable fitness programs for women, but for some unknown reason not dev-

veloped an interesting exercise program for men. Well, we have it now! Body works is an intense structured fitness program of isotonic (Rhy-

abdominals; hips and buttocks; thighs and legs. Since the key to spot exercising is the number of repetitions done, each muscle group will be worked to its maximum

without straining, then relaxed and stretched to prevent stiffness and to maintain flexibility. (Rhythmic, repetitive motion) exercises done to music and designed to tone and

streamline the body. Muscle groups will be exercised individually to strengthen and tone these specific areas: neck and shoulders; arms and chest; waist and midriff;

Our goal is to develop muscles which are long and lean as well as supple and limber.

Jan. 10 there will be a free introductory evening for this new program at 8 p.m. in Park Public School gymnasium. Come in suitable exercise clothing and bring your spouse or a friend. Co-ed is a great way to get in shape.

We will have a draw prize of a free semester (winter session) from those who attend the introductory class. For further information, contact your YMCA at 877-6163.

## Aquatics, aerobics return for winter

By NANCY SHORTILL  
Y publicist

Y Aquatics program for preschoolers to adults begins Jan. 9 with lessons from 6 to 8:30 p.m.

Parent and Tot; Tiny Tots; the learn-to-swim awards for Otter, Seal, Dolphin, Swimmer, the Star programs offers six levels of achievement and recognition for the intermediate and more advanced swimmers. Swim lessons for adults includes Terrified Adult, Adult I and II. The Y will also offer Aqualize, which is a water exercise program.

ATTENTION ALL Y MEMBERS, a membership swim will now be held Sundays 5-8 p.m., beginning Jan. 9. Register for swim lessons at the Y in person at 89 Mountainview Rd. S. or call 877-6163 for further information.

CROSS-COUNTRY SKI LESSONS

The Georgetown Y will be offering six weeks of cross country ski lessons beginning Jan. 15, 10 a.m. to noon. The first class will be held at the Y and will involve an in-class theory session. The program will also include five one-hour ski lessons. Enjoy an outing with your family. For further information call 877-6163. It is important to register at 89 Mountainview Rd. S.

AEROBICS

The Georgetown Y's Aerobics program will continue in January. Aerobics is a choreographed dance fitness program designed by the YMCA. The Y will be offering Aerobics for teens Tuesdays and

### It's For Girls

The Georgetown Y is still accepting registrations for "For Girls Only", a six-week self improvement course for 11 to 15 year olds.

"For Girls Only" includes the following topics: hair care, skin care, wardrobe, and wardrobe co-ordination, 'make up'.

The final evening will include dinner at a special restaurant. The program will be Tuesdays from Jan. 11 to Feb. 15, 7 to 8:30 p.m. at 89 Mountainview Rd. S.

Babysitter's Training for 12 to 14 year olds begins Jan. 15, 9 to 11 a.m. at Mountainview Baptist Church. This eight-week training program is for boys and girls who wish to prepare themselves for the responsibility of babysitting.

Thursdays 3:30-4:15 p.m. at St. George's Church. Aerobics will also be held for adults Monday and Wednesday, 1-2 p.m.; and Tuesday and Thursday 9-10 a.m., both at the

Y. Aerobics will also be held Monday to Thursday evenings 7-8 p.m. Participants are required to take the program two times per week. Register for Aerobics

by Jan. 3 at 89 Mountainview Rd. S. For further information call 877-6163.

YOGA

Yoga returns Monday evenings at Georgetown High School. Rita Parker

will be returning to instruct the Y's beginner and advanced Yoga classes. Beginner classes will be held from 7-8 p.m. and advanced classes will be held from 8:30-10 p.m.

Learn to enrich your life by participating in one of the oldest forms of exercise. Register by Jan. 3 at 89 Mountainview Rd. S. Call 877-6163 for further information.

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Placing of snow or ice on streets in a manner as to obstruct or encumber is prohibited by by-law. As improper snow and ice cleaning can be a serious hazard, please comply with the requirements of the by-law so as not to create a hazard.  
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R.C. Austin, P. Eng.  
Town Engineer

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**RULES:** Each week the first and last name of the player will appear in two advertisements on this feature. Simply read through the advertisements, find the player's name, write down the names of the advertisers where it appears and submit to Meet The Geminis, c/o The Herald, 45 Guelph St., Georgetown. Each week a draw will be made and the winner notified.

**WHO IS THIS PLAYER?**

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