

Sports Outlook

Rec department gears up

The Town of Halton Hills Recreation and Parks Department has revamped its Adult Spring program schedule for 1987 and has introduced several exciting changes to old programs while also developing new programs.

One of these new programs is "Morning Workout". Morning Workout is a mild to moderate fitness program that has been developed for those of us who have allowed our fitness level to slide over the winter months. It is designed to help people slowly break into a safe and effective fitness routine and develop good exercise habits.

This program runs Thursday mornings beginning April 16 from 9:30 to 10:30 a.m. in the relaxed comfort of the rustic Town Hall in Glen Williams with fitness expert Dorri Bland as instructor.

A program for ladies has also been established for the upcoming session called "Something Different!".

This program combines 30 minutes of mild to moderate fitness with an additional 30 minutes of basic instruction in dance and is also taught by Dorri.

It provides participants with an opportunity to tone up both their bodies and their dance steps while still having a little fun and runs Tuesdays for 12 weeks from 6:30 to 7:30 p.m. beginning April 14.

The Pre/Post Natal Fitness program has also been shuffled from its traditional Tuesday time slot to Wednesday evenings at Joseph Gibbons Public School (Moore Park) from 6:30 to 7:30 p.m.

This is a safe and effective program to help ladies maintain and or return their body to its pre-pregnant state through improved fitness and relaxation training.

Due to the temporary closure of the Acton Pool Fitness Swim and Sauna will not be offered in the spring. In its place we will be providing an exciting and vigorous workout program "Fitness and Fun".

This program's emphasis will be on maintaining fitness but will try to introduce more fun and variety to the program and will run Tuesday and Thursday evenings 7:30 to 8:30 p.m. beginning April 14.

To round out the fitness programs, the highly successful and popular 60 Minute Workout (Monday and Wednesday evenings 8 to 9 p.m. at Joseph Gibbons) will once again be offered for those people requiring a more vigorous and invigorating workout.

The Recreation and Parks Department is also offering a repeat of several of the new and exciting programs from the Fall and Winter sessions. These programs include Basic and Advanced Ballroom Dancing Lessons) Tuesday evenings at the

Cedarvale Community Centre with dance expert Dorri Bland (Instructing); Creative Cookery (Wednesday evenings at St. George's Anglican Church with Gerry Kentner of Kentner's Catering (Instructing); and Horseback Riding Lessons (Saturdays, at Wildwood Manor Ranch May 2 to May 31 with instruction by Annette Milne).

In addition, two programs run last Spring for the first time were quite popular and are once again being offered.

The first, a four week program of Fishing Workshops will be held at GDHS on Tuesday evenings, April 21 to May 13.

This program is jointly hosted by renowned area fishermen Paul Campbell, George Hoare, Jack Simpson and Jack Imhof of the

Ministry of Natural Resources.

These gentlemen together provide over a decade of knowledge and love of the sport of fishing and will cover such topics as selection and care of equipment, a study of the fishing in the area, and fly tying.

The second program "Over 30 Ball Hockey" will again be offered for those who enjoy the sport but can no longer keep pace with the "young bucks".

All in all, the Recreation and Parks Department has put together an interesting and exciting package of adult programs to help people enjoy their leisure time this spring. Anyone who would like more information on these programs or is interested in registering, should drop by the Recreation and Parks Office at 25 James Street,

Georgetown between 8:30 am and 4:30 p.m. Monday to Friday or call 877-5165 ext 260.

Come on out and join the fun!

A Look Back

QUESTION
Who was the former Halton Hills gymnast who reached the status of being the fifth-ranked gymnast in Canada?

ANSWER
Mary Kay

Players needed for ladies team

The Georgetown Royals Ladies' Fastball Team is in the process of making preparations for their spring tryouts, and some positions are open for new players.

Last season proved to be quite successful for the club, and this year is shaping up to be even more promising.

The season begins May 11, so potential players shouldn't delay in showing their interest.

Home games for the Royals are played under the lights at the Georgetown fairgrounds, on Monday nights.

Providing the opposition for the locals in the upcoming season will be Acton, Hillsburg, Hornby, Orangeville, Alton, and Glen Williams.

For more information on the team and tryout times, contact coach Monika Mastalerz at 877-1520, or Linda Donald at 873-1158.

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P205/70R14	101.70
P215/70R14	104.70
P225/70R14	110.70
P195/60R14	98.70
P215/60R14	109.80
P235/60R14	100.80
P245/60R14	116.70
P225/70R15	113.70
P235/70R15	116.70
P215/65R15	106.80
P245/60R15	127.70
P255/60R15	127.80
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SPORTSCARD



Reggie Jackson

This Hall of Fame-bound slugger (born May 18, 1946) is now a DH on the Oakland A's, where he first became a star. In 419 at bats last season with the California Angels, he hit .241 with 18 homers and 58 RBIs.

GOOD YEAR

Takes you home.

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