

Blue Fins swimming club offers competitive challenge

Halton Hills Blue Fins (HHBF) is a competitive swim club. The club's swimmers are girls and boys ranging in age from seven to 14 (sometimes older as high school students stay with the Blue Fins rather than swim with the high school club) and the swimming ability ranges from beginners to more advanced.

The club belongs to the Central Region in Ontario, and are in a "AAAA" club (also called Quad A). About 40 clubs in Ontario belong in this division, with about 25 in the "AAA" division, 15 in the "AA" and 15 in the "A".

The executive is composed of

parents who freely give of their time to provide a good swimming experience for all the girls and boys.

The coaches are high school students and are fully certified. Jenny Williams and Michael Zuraw are coming back for their second year and Janine Glaser is starting her first year.

All the coaches are currently working on their national coaches certification program - Level One which will put them on par with coaching at larger clubs.

The club runs training clinics for parents to help them achieve certification for timers, stroke and turn judges, etc. Parent involve-

ment is encouraged and no experience is necessary. The club always needs help in running swim meets at our home pool, fund raising, and on the executive.

Last year was very successful for both our Level One (experienced) and Level Two (novice) swimmers.

The Level One swimmers participated at numerous meets in our Region and came away with many medals. Level One highlights include winning the High Point Trophy at the Pickering "2 in 1" meets during the months of October, April, and June for small teams with under 20 swimmers. They attended the Quad A Championships in Ottawa on April 14-16 and came in 16th out of 37 teams. In these championships we had 11 swimmers attending and eight came home with medals.

Some of the Level One swimmers also attended the Provincial Long Course Championships where they also met with good results.

The Level Two swimmers had a great year attending meets in Burlington, Pickering, Richmond Hill and Ancaster. The club hosted two meets in January and June of this year with our swimmers turning in excellent results.

Participation at swim meets is optional with the Blue Fins but they help the children attain the goals the club has set out, which are:

1. To have fun;
2. To make new friends;
3. To improve general swimming ability - strokes, starts, times - stamina and health;
4. To be proud of who you are, what you do and how you do it.



Gordon Alcott Tennis Club's Ladies "A" team. Kay King, Sue Bullock, Isla Allison, Ann Kennedy, Donna MacDonald, Audrey Houston and Pat Harris. Absent when picture taker Chris Steen. (Photo submitted)

Inter county teams end net season

The Gordon Alcott Tennis Club Inter County teams wound up the season with mixed results.

The Ladies "A" team placed in the bottom half of the division. The Ladies "C" team placed third in their section. The "B" mixed with the Tuesday night elements to contend with, placed in the top half of their division.

The "C" mixed playing on Thursday nights placed second in their section. The Ladies "A" and

"C" teams got together for a wind up round robin and pot luck luncheon at Norma Maynard's.

The Ladies "A" team presented Barb Rieger, captain of "C"s with a lovely plant and also to the hostess Norma Maynard. The "C" team presented a thank you plaque to their captain Barb Rieger.

The GATC house league holds wind up Sept. 6 at 7 p.m. Mixed tournament will be Sept. 8-9-10, Jim Hamilton convenor - 873-2555.

Exercise is suggested for back problems

Chaska, MN...Proper exercise done on a regular basis is one of the best ways to prevent or alleviate back pain, say increasing numbers of experts. "The right exercise allows you to not only strengthen back muscles, but also abdominal muscles, which, in turn, help support your back," says Diane DeMarco, executive director of The National Exercise For Life Institute.

"Regular aerobic exercise also helps trim off any back-breaking extra pounds you may be carrying around your middle," DeMarco adds.

More Americans than ever need exercise — because more of them are suffering from the back ailments that come from being in poor condition, say experts. "The average American is much more out of shape than in the past," observes Greenville, South Carolina, chiropractor James Bourg, D. C. "Most people's legs and abdomens are very weak, and so they're more likely to bend at the back, rather than the knees, to pick things up. That, in turn, exacerbates back problems," Dr. Bourg explains.

The solution, says Dr. Bourg and others, is regular aerobic exercise. Among the exercises Dr. Bourg recommends at the health care classes and back schools he teaches is NordicTrack, an in-home exerciser which simulates the motions of cross-country skiing. Cross-country skiing is widely recognized by experts as the world's most effective form of aerobic exercise. "NordicTrack and cross-country skiing use more muscles than any other exercise," says Dr. Bourg.

Terry Trammell, M.D., an Indianapolis, Indiana, orthopedic surgeon who specializes in spine problems, also feels that "general conditioning is very important," and he points out another benefit: "Aerobic exercise increases the levels of endorphins in the cerebral spinal fluid, so people don't have as much pain."



Gordon Alcott Tennis Club's Ladies "C" team. Barb Reiger (captain), Margor Prior, Mary Hughes, Karin Wilson, Trudy Rby, Francine Dembie, Norma Maynard, and Ouida Graville. Absent when picture taken, Dalga Zelek, Joanne Van Den Hoek, Dynese Griffiths, Agnes Lawrence, Lois Fraser and Deb Koster. (Photo submitted)

Recreation Department lifesaving course

The Recreation and Parks Department is offering a National Life Saving (N.L.S.) Crash Course. The course is offered at the Acton Indoor Pool from Tuesday, August 29 to September 1, 9:00 a.m. to 9:00 p.m. For more information call 873-2600, Ext. 276.

Both the Acton and Georgetown Indoor Pools will be closed for annual maintenance and repairs. Acton Indoor Pool - Sept. 2-10. Georgetown Indoor Pool - Aug. 28 - Sept. 10.

Registration for both the Acton and Georgetown Indoor Pools for the Fall Session commences at 9 a.m. on Saturday, Sept. 9. Georgetown registrations will be taken at the Georgetown District High School Library Lobby Entrance and Acton registrations will take place at the pool.

For more information call 873-2600, ext. 276.

The Eighth Annual Library and Cultural Centre Anniversary Celebration is scheduled for Oct. 10-12. Local Talent Night will be held Thursday, Oct. 12 at 7 p.m. Application forms may be picked up at the Recreation and Parks Department Office, 1 Halton Hills Drive, Georgetown or the Acton Indoor Pool. For more information please call 873-2600 ext. 276.

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