



Fitness in the pool

THE HALTON HILLS RECREATION AND PARKS Department offers a number of programs designed to promote health and fitness, for all ages, throughout the Halton Hills community. One of the more innovative programs is fitness through exercise in a water environment. This program is available to both males and females and sessions are scheduled Tuesday and Thursday evenings at the Georgetown

Indoor Pool, from 8-9 p.m. The Georgetown Indoor Pool is located at the rear of the Georgetown District High School property. The program's instructor is Debbie Knoepfli and more information can be obtained by contacting Susan LeFeuvre at the Recreation and Parks Department, 873-2600, extension 266. (Herald photo)

Flyers shot down

Sabres snap losing string

By COLIN GIBSON
Herald Sports Editor
Acton Sabres got the monkey off their collective backs and in the process boosted their playoff hopes by edging Caledon Flyers 3-2 in a game played Tuesday evening at Mayfield Arena.

The win snapped an eight-game Sabres losing spiral and clinched fifth place for Acton in the six team Mid-Ontario Junior "C" Hockey League standings - just ahead of Alliston Hornets.

"We needed the win," said Sabre coach Ken Steen, "and give the guys credit, they went out and got it when it counted."

Sabres were only able to ice a 15 man roster - including goaltenders - because of injuries and suspensions and saw their lineup further depleted when newcomer Mike Hunchuck went down with a knee injury in the third period.

But instead of folding, Sabres simply regrouped and continued their high level of play.

Caledon emerged from the first period of play with a slim 1-0 lead but a pair of Acton second period

markers, put the Leather town squad ahead 2-1 entering the third period.

Acton and Caledon matched single markers in the third period and the Sabres left the ice with a well-deserved 3-2 triumph.

Jeff Shevalier, Jamie Curran and Adam Hills were the Sabres marksmen, while Jim Mantione was outstanding in the Acton goal.

The win bumped the Sabres season record to 11-23, but of more importance to coach Steen, it brought the team's road record to the .500. This should stand the team in good stead entering playoff action as, because of their fifth place position, it is unlikely they will enjoy any home ice advantage in post-season series play.

The Sabres wrapped up regular season play Friday evening at the Acton Community Centre with a game against Schomberg. At press time, the score was not available.

Sabres will face Caledon Flyers in the best-of-five opening round playoff series with the first game scheduled for this coming Tuesday at Mayfield Arena.

Sabres first playoff home encounter is scheduled for Friday, Feb. 9, 8 p.m. at Acton Community Centre.

Golden Age bowling

GOLDEN AGE BOWLING TEAM STANDINGS

Jet Set	87
Happy Gang	82
Alley Cats	76
Bowler Domes	68
Snow Birds	68
Super Six	65
Blitzers	64
Hopefuls	60
Skylarks	59
Corner Pins	55
Dominoes	53
Toilers	50
Blue Jays	43

High Single Flat

Flo Carswell	214
Kay MacMillan	205
Marg Davidson	204
George Archibald	296
Trevor Williams	292
Ernie Pearce	243

High Triple Flat

Flo Carswell	563
Marg Davidson	540
Marg Martin	501
Trevor Williams	681
George Archibald	659
Bill Scannell	609

High Single with Handicap

Eunice Lowery	269
Marg Davidson	264
Kay MacMillan	260
Emme Peavoy	260
Ernie Pearce	313
Trevor Williams	303
Bill Scannell	271

High Triple with Handicap

Marg Davidson	720
Agnes Dobbie	719
Lauretta Mills	694
Ernie Pearce	726
Trevor Williams	714
Al Crawford	712

Hustlers hiding from loop rivals

WEDNESDAY, JAN. 24 INDUSTRIAL LEAGUE

The league returned to league play after the previous weeks triples tourney. Very little change in the standings these days as the league winds its way down the last round of league play. In the first division Snowjacks Hustlers stay well ahead of Gasketman Cutters, Exports and Westenders.

Ensigns and Golden Flights together with Acadian Pools are the relegation haunted outfits for the moment. Panthers continue to lead the way in the second division with Firemen, Independents and Aces battling it out just below. Bandits are safe at the bottom and unlikely to be challenged for the low place.

Ensigns came very close to upsetting Snowjacks Hustlers as did Exports over Gasketman Cutters. Westenders scraped through against High Rollers and Acadian Pools just made it over Golden Flights.

Steeprock had an easy win over Bulldogs to round off the first division. With Roy Rudiger in full flight Ensigns won three out of the first four sets and a formidable fight back by the Hustlers salvaged the one point win. Cutters battled all the way with Exports and Cutters took two, lost three and took three to seal the one point win.

Panthers lost to Taxmen and yet stay at the top. Firemen move into second place with the night's biggest win, 8-1 over Bandits. Independents 6-3 win over Power of Pain holds third place.

Ski teams impressive

On Sunday, Milton Heights Ski Club Red Team raced against Loretto at London.

The top three girls for Milton were Allison Sterling from Brampton finishing first, Natalie Clarke from Milton finishing second, and Maryanne Doyle from Oakville finishing third.

The top three boys were Danny Antonois from Campbellville finishing first, Mark Cornwall from Oakville in second and Jeff Kunze from Milton in third.

On Saturday, Milton Heights Ski Club MacKenzie Mountain raced against Chicopee at Hamilton.

The top three girls for Milton Heights were Kristen McElhone from Campbellville finishing first, Siobhan Doyle from Oakville finishing second and Kathy Shier from Limehouse finishing third.

The top three boys were Kevin Martin from Campbellville finishing first, Matt McIntosh from Milton finishing second and Jonathan Burak from Georgetown finishing third.

Also on Saturday, Milton Heights Ski Club MacKenzie Mountain raced against Hamilton at Hamilton. The final score was Milton 117, Hamilton 75.

The top three girls for Milton were Kristen McElhone from Campbellville finishing first, Siobhan Doyle from Oakville in second, and Heather Gathercole from Burlington in third.

The top three boys were Matt McIntosh from Milton in first, Kevin Martin from Cmapbellville in second and Jonathan Burak from Georgetown in third.



Darts

By ALEX TOUGH

Dwayne Maltby shot 180, closed out 107 and shot 140 and 130 for an outstanding performance. Dan Engleby finished 109. Brian Hicks fired 160 high and Ged Williams shot two 140s. Several players shot 140 and 130 plus in a high scoring Monday night.

Al Murphy opened five, one of 112. Bruce Stevens had an 88 close to go with 100. Ray Ackroyd had four opens and closes with Eric Fuller shooting 140, 160 and 100. Jim Charter opened four, closed one and shot 100. Brad Hale popped in a 140 and 138. Paul Kirby opened and closed three and shot three 140s and 100 for a big, big night.

Alex Tough opened three, one of 112, and closed two; Joe Cairns had a three - one match. Roy Rudiger opened five, first time up each time. John Burke had four tons, three opens and two closes.

Mike Hope opened three and shot 114. Ace Bailey opened three and closed out four. Alex Bowie opened two. Gord Bottoms opened four and closed one with a 120 high score to match. Rob Poyner opened three closed two and scored 125 and 123. Al Gardiner and Paul Kavanagh both opened four. Bruce Capriol opened with 82 and scored 94, 98 and opened five.

Not a bad week for some, see you next week.

HALTON LEAGUE STANDINGS

	P	W	T	L	PTS.
Time Out I	18	18	0	0	207
McGibbon I	18	15	1	2	183
O'Toole II	18	13	0	5	157
O'Toole I	18	11	1	6	142
Time Out II	18	7	4	7	124
Station House	18	6	2	10	113
Copper Kettle I	18	8	1	9	108
Copper Kettle II	18	4	2	12	94
Kaspers	18	3	1	14	74
McGibbon II	18	0	0	18	55

INDUSTRIAL LEAGUE STANDINGS

	P	W	T	L	PTS.
FIRST DIVISION					
Snowjacks Hustlers	20	20	0	0	123
Gasketman Cutters	20	17	3	107	
Exports	20	11	9	87	
Westenders	20	13	7	84	
Steeprock	20	8	12	75	
High Rollers	20	7	13	71	
Bulldogs	20	6	14	69	
Acadian Pools	20	6	14	63	
Ensigns	20	7	13	62	
Golden Flights	20	5	15	62	
SECOND DIVISION					
Panthers	20	13	7	108	
Firemen	20	15	5	103	
Independents	20	14	6	100	
Aces	20	15	5	99	
Taxmen	20	12	8	88	
Power of Pain	20	11	9	84	
Outlaws	20	8	12	78	
Bandits	20	2	18	44	



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Golf Bag

What clubs they carry

Club	Approximate Yardage	Approximate loft
#1 wood	220+ yards (the "driver")	11°
#2 wood	200 yards	15°
#3 wood	190 yards	18°
#4 wood	180 yards	21°
#5 wood	170 yards	24°
#1 iron	210 yards	17°
#2 iron	200 yards	21°
#3 iron	190 yards	24°
#4 iron	180 yards	28°
#5 iron	160 yards	32°
#6 iron	150 yards	36°
#7 iron	130 yards	40°
#8 iron	100 yards	44°
#9 iron	80 yards	48°
Pitching Wedge	60-80 yards	54°
Sand Wedge	up to 70 yards	58°



NEA GRAPHICS

Most golfers carry the one, three and five woods; two through nine irons; plus a pitching wedge, a sand wedge and a putter. The yardage attained with a particular club varies according to ability and experience. (The approximate distances for women are about 30 yards less than those shown.)

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