



Blue Fins Executive

The 1990-91 executive for the Halton Hills Blue Fins Swim Club gathered at the Georgetown Indoor Pool for a group picture on Wednesday afternoon. They are encouraging boys and girls who want to have some fun and be part of a team to give them a call at

877-5163 and sign on for the new season. From left to right are John Duncan, Gord Bassett, Doris Bassett, Ingrid Bassett, Laurie Norrie, Liz Willis, Ollie Terrell and Claude Willis. Absent was Allstair Macewan. (Herald photo)

GDHS field a disgrace

In almost any sport, when a team visits another opponent on the road, one of the first things a visitor is likely to notice is how the playing area looks. Good athletes study their surroundings, familiarizing themselves in order to be a little more prepared when the time comes to make a quick play in the heat of a game.

Most fields and arenas, from the smallest villages to the big cities have certain characteristics that make them different from most others. Boston has both a smaller than average hockey rink as well as a green monster in the left field of their baseball park. Toronto used to have the mistake by the lake, with artificial turf seams running underfoot and almost no foul territory to speak of.

Georgetown, while not nearly as well known as those towns, has its own field that most visiting teams won't soon forget. I'm referring to the GDHS field, which has fallen into a neglected state lately. The ground is uneven, it actually rises a few inches at one end, and is badly in need of a trim or three.

The problems with the field first came to my attention on Monday, when I was taking pictures of the girls field hockey team. A player would be making some headway with the ball, when suddenly, it would stop while the student continued on. Likewise, playing a shot from a stationary position, the ball either stayed firmly hidden amongst the weeds or would come blasting out like a cork from a champagne bottle (though there is certainly nothing to be celebrating about).

Not surprisingly, the school received their second warning



RISKY BUSINESS
By Rob Risk

from officials this year about the poor condition of the field. The referees are concerned about how safe it is for students to play on and with sports containing enough elements of risk to begin with, there is definitely a problem:

This reflects poorly on the school in the eyes of their rivals, which is unfair when you consider that it's the recreation and parks department that sends their people out to do the yardwork. I've wondered why they call themselves recreation and parks instead of the more common parks and recreation, but now I think it's probably placed in order of their person priorities.

One person I talked to cautioned me about making this an issue in the paper, saying that the recreation department usually comes out when asked to by the school. It makes me wonder if the department has a regular maintenance schedule.

By the way, I'm making it an issue because I believe there is no excuse for the way it looks and more importantly, I don't want to make it an issue after somebody is injured because of it.



**Clean Up Your Act
Pitch-In**

PEOPLE DO READ THE
HERALD CLASSIFIEDS!
CALL 877-8822 TODAY
TO PLACE YOUR AD

PRESENTING OUR SPECIALTY PROGRAMS

Classes Begin The
Week of Oct. 1/90

Join us for our special programming. We are sure that one of our new programs has been designed especially for you!

REGISTER
NOW!

PROGRAMS FOR ADULTS

TAE KWON DO - ADU 011

A martial art taught at all levels. This activity is designed to improve fitness, coordination and self confidence. Ladies welcome.
COST \$60.00 1x wk 10 wks DAY Monday TIME 8:30-9:30 p.m.

YOGA - ADU 001

Physical and mental well being through exercise, breath control and relaxation. This course is for men and women of all ages and yoga skill levels.
COST \$60.00 1x wk \$100.00 2x wk 10 wks DAYS & TIMES Tuesday 8:00-9:00 a.m. or Thursday 8:00-9:00 p.m.

TAI CHI - ADU 017

Is a Chinese art which gently exercises and stretches the entire body. Through this exercise you will improve your circulation, balance, flexibility. Tai Chi promotes relaxation and mobility.
COST \$60.00 1x wk 10 wks or \$100.00 2x wk 10 wks DAYS & TIMES Mon, Fri 7:45-8:30 a.m. or Wed 8:30-9:30 p.m.

WEIGHT MANAGEMENT PROGRAM - ADU 002

Let our registered professional dietitian and our specialty instructors help you make healthy lifestyle changes in eating habits and activity level in order to achieve and maintain a healthy weight range and lifestyle no fad dieting gimmicks. This program is based on sound nutrition and fitness principles. Includes 1-Microfit Analysis, 8-Classroom sessions with our registered dietitian, 16-exercise classes with our specialty instructor.
COST \$225.00 2x wk 8 wks DAYS Monday & Wednesday TIME Mon 6:30-8:30 or Wed 6:30-7:15
*Classroom sessions only available \$175.00. Registered professional dietitian, Gabrielle Allison

BIGGER AND BETTER - ADU 019

It's okay to be bigger, but it's better to be fit. This class is designed to improve your present level of fitness. You can get fit at any size.
COST \$50.00 1x wk 10 wks or \$100.00 2x wk 10 wks DAYS Tuesday & Thursday TIME 10:30-11:15

FOREVER FIT 40 Plus - ADU 014

This class is designed for those 40 years plus. The workout will be taught at a pace appropriate to the group with music that you are sure to easily relate to.
COST \$50.00 1x wk 10 wks DAYS Monday Wednesday Friday TIME 10:30-11:15 a.m. or COST \$90.00 2x wk 10 wks DAYS Tuesday Thursday TIME 7:30-8:15 p.m.

CPR AND FIRST AID - ADU 015, ADU 016

Learn in 6 hours how to be an emergency first responder. CPR is an emergency first aid procedure to maintain life until a victim of cardiac and respiratory arrest recovers sufficiently to be transported or until advance life support is available. Emergency level first aid is taught to give participants knowledge in handling emergencies at family, friends and co workers.
ADU 015 COST: \$45.00 DATE: Oct. 16 & 17 TIME: 6:30-9:30 p.m.
ADU 016 COST: \$45.00 DATE: Nov. 13 & 14 TIME: 6:30-9:30 p.m.

STRESS MANAGEMENT - ADU 010

Learn the principles of stress management: needs assessment and stress prevention. Learn how to cope with stress positively and productively.
COST: \$40.00 DATE: Nov. 10, 1990 TIME: 9:00-11:00 a.m.

SHIATSU FOR PERSONAL USE - ADU 004, ADU 005

Shiatsu is often referred to as acupuncture without needles. Shiatsu is a Japanese therapy in which pressure is applied with thumbs and fingers. Shiatsu helps to stimulate the nervous system, reinforce a person's natural healing power, improve circulation. This hands on workshop will teach you the basic techniques necessary to relieve tension, muscle stiffness and fatigue. You will learn basic techniques to relax yourself, family and friends.
ADU 004 COST: \$40.00/person \$60.00/couple DATE: Sat. Oct. 13, 1990 TIME 9:00-12:00 p.m.
ADU 005 COST: \$40.00/person \$60.00/couple DATE: Sat. Nov. 3, 1990 TIME 9:00-12:00 p.m.

SKINCARE CLINIC - ADU 012, ADU 013

This is an introductory course on the care of skin. Topics covered: skin type analysis, skin care and treatments. This is a hands on workshop, therefore space is limited. Basic skin care products will be available.
COST: \$40.00 DATE: Sat. Oct. 20, 1990 TIME 9:00-12:00 p.m.

DRIED FLOWER WORKSHOP - ADU 007, ADU 008

Learn how to design your own gifts using dried flowers. You will leave this 3 hour workshop with the knowledge on how to work with dried flowers and with a completed project of your choosing.
ADU 007 COST: \$40.00 DATE: Sat., Nov. 17, 1990 TIME: 9:00-12:00 p.m.
ADU 008 COST: \$40.00 DATE: Sat., Nov. 24, 1990 TIME: 9:00-12:00 p.m.

*There will be an additional charge for some materials.

PROGRAMS FOR YOUTH

SELF IMPROVEMENT COURSE FOR TEENS

This course is designed to enhance teens' individuality. Advice and guidance are offered on skin care, make-up, hair grooming and posture, nutrition, exercise, wardrobe planning and colours. Image building improves appearance, self confidence and the feeling of well being. Registration is limited, so individuals may receive adequate attention.
COST: \$75.00 DAYS: Monday & Wednesday TIME: 4:15-6:30 (Mon); 4:15-5:15 (Wed.)

WEIGHT TRAINING CLASSES FOR YOUTH 12-17

Formal weight training is an effective method for increasing muscular strength and endurance. Learn how to enhance your particular sport by training with weight machines. Weight training concepts and safety will be taught.
NOTE: This program is not recommended for very young children or rapidly growing children.
YOU 002 SESSION 1: Begins Oct. 7-23
COST: \$45.00 2x wk 4 wks DAYS Tuesday & Thursday TIME: 4:15-5:15 p.m.
YOU 002 SESSION 2: Begins Nov. 6-29

Above Cost, Days & Time Apply

KIDS WORKOUT — YOU 004, YOU 005, YOU 006, YOU 007

The emphasis is on fun. This dynamic workout for kids will keep them moving for one hour. Kids will have a complete workout to popular music and will play games that are designed with fitness value in mind.

YOU 004 YOU 006

COST: \$45.00 DAYS & TIMES: Friday 4:15-5:00 p.m. or Saturday 12:45-1:30 p.m. AGES: 4-8

YOU 005 YOU 007

COST: \$45.00 DAYS & TIMES: Friday 4:15-5:00 p.m. or Saturday 1:30-2:15 p.m. AGES: 9-12

P.D. DAY SPECIAL FUN WORKOUT

AGES 6-12

OCTOBER 26 - 2:30 - 3:30 P.M.

NOVEMBER 23 - 2:30 - 3:30 P.M.

Cost: \$4.00 per person

CHRISTMAS DROP IN

Let your kids workout with you during their Christmas holidays. Kids 8 years and older may workout with their parents.
COST: \$4.00/visit DATE: December 27-January 7

REGISTRATION INFORMATION

Guidelines

Registration will be accepted on a first come first served basis and will not be accepted by phone. Registration for participants under 18 years of age require a parent's or guardians signature. Please register early to avoid disappointment. Program enrollment will be reviewed September 28th, 1990 prior to the first class. Late registrations may cause a program to be cancelled unnecessarily.

How To Register

IN PERSON... Work That Body
232 Guelph Street
Georgetown, Ontario L7G 4B1
Monday, Friday 8:30 a.m. - 9:00 p.m.

PLEASE NOTE: An administration fee of \$15.00 will be charged for NSF cheques.

Policies

REFUNDS: If a registered participant cancels at least 48 hours prior to the first day of the program, a full refund (less \$5.00 administration fee) will be given in the form of a credit letter. A receipt is required. A refund may be provided in lieu of a credit letter with a medical note. There will be no refunds given once a program has started. If a program is CANCELLED by Work That Body, a full refund will be given. Please allow 2 weeks for processing.

DISCOUNTS: FAMILY AND SENIOR DISCOUNTS ARE AVAILABLE

NEED MORE INFORMATION?

WORK THAT BODY A FAMILY FITNESS CENTRE

232 GUELPH ST.

GEORGETOWN

877-0771