

Canada's Fitweek '91



Celebrate feeling *great!*



RECREATION AND PARKS DEPARTMENT

HIGHLIGHTS OF EVENTS

WEDNESDAY, MAY 22, 7:00 P.M.

Town Council takes on Brampton's Council in a friendly baseball game, Norval Park.

SUNDAY, MAY 26, 9:30 A.M.

Halton Hills Bike-A-Thon. Pick up pledge forms. Starts at Ollie's Cycle and Ski.

WEDNESDAY, MAY 29

8:30 a.m. - North Halton YES are planning to walk downtown Georgetown.

9:00 a.m. - Up Up and Away staff will be sweeping their store front and walking.

9:00 a.m. - Georgetown District High School will commence their annual walk around the block.

10:15 a.m. and 3:15 p.m. - Town of Halton Hills Employees will be participating in fitness breaks.

10:00 a.m. - Moore Place Daycare will be going on a Nature Walk.

10:30 a.m. and 2:30 p.m. - Little Cherub Nursery School will go on a walk.

11:00 a.m. and 12 and 1:00 p.m. - C.I.B.C. will organize 15 minute walks for all employees.

7:00 p.m. - Klnsmen Baseball and Meeting Workout.

All Day - Glen Williams Public School will participate in swimming, walking, physical activities.

All Day - McGruff the Police Safety Dog visits Nursery Schools.

Corporate Community Challenge

Calling all companies and organizations! You are invited to challenge each other in the Corporate Community Challenge. This is a fun fitness event that brings employees, employers and fellow community groups together for an evening of friendly competition. It takes place at the Georgetown District High School at 7:00 p.m. If you would like to submit a team please do so before May 24. Call Work That Body to reserve your place.

Halton Hills BIKE-A-THON Sunday, May 26th

A Bike-A-Thon has been organized by the North Halton Association for the Developmentally Handicapped on Sunday, May 26th. Registration is from 9:00 a.m. to 10:00 a.m. and the starting time is 9:30 a.m. Prizes will be available and funds raised will be used to support the North Halton Association for the Developmentally Handicapped. Pledge forms are available from the Town, Ollie's Cycle and Ski or the N.H.A.D.H.



PARTICIPATION CHALLENGE

 **CrownLife WED., MAY 29th**

THE CHALLENGE -

The City of Brampton has challenged Halton Hills this year to a "Battle of the Fittest." Last year Halton Hills won the battle with a 42 per cent participation rate against Brampton's 31 per cent participation rate. Please help us win again this year by calling in your participation.

WHAT TO DO -

To help in this year's challenge, you just need to participate in any physical activity, which will make your heart beat faster (i.e. walking, gardening, lawnmowing, housecleaning), and do it for 15 continuous minutes. Then call in your activity to the Civic Centre number listed below and help us beat Brampton.



873-2600



We're Celebrating Our

OPEN HOUSE EVENT

Free Use Of All Our Facilities

(Not valid for anyone who has used a Free Guest Pass in the past 12 months)

ARE YOU READY TO ACCEPT THE CHALLENGE?

Wednesday, May 29th - 9:15 a.m. to 6:30 p.m.

Join us for our Participation Circuit Challenge. We have put together an exercise circuit to determine your current fitness level. You do your own scoring and compete against yourself in a pre-determined workout

level which best suits your abilities. At the end you will receive a certificate of your current level of fitness and the circuit is designed for both men and women.



WORK THAT BODY

A FAMILY FITNESS CENTRE
232 GUELPH ST. - GEORGETOWN

- 877-0771 -