

Out & About

A collection of photos from around town



At last month's Winter Celebration at Willow Park Ecology Centre, education program manager Teresa Rigg decorated a tree with fresh fruit and seeds for the birds and other critters residing in the park this winter. Willow Park hosts public events every month with upcoming events on Family Day and during March Break. Visit www.willowparkecology.ca for more information.

Photo by Andrea Lefebvre



ABOVE: Olivia Olson strikes a pose as she flies down the hill.

TOP RIGHT: Elsa Schrader and Paige Olmstead laugh their way down the toboggan hill.

MIDDLE RIGHT: Taylor McLauchlin, Nick Gavao and Sarah Galvao go for a slide.

BELOW: Ashton Sicara gains some speed.



Tobogganing in Cedarvale Park



Now that the snow has finally arrived, Cedarvale Park's toboggan hill has come alive with kids, parents and families sliding, sledding and gliding down the slope. *Independent & Free Press* photographer Ted Brown dropped by one sunny afternoon and caught some of the fun, smiles, chills and spills. Happy tobogganing!

Photos by Ted Brown

NORVAL PLUMBING CENTRE INC.

"If You Don't Know How - We'll Show You How"

BATHROOM RENOVATION PARTS - INSTALLATION - SERVICE

KOHLER Heartland Sink Cast Iron, White MSL \$514.88 Sale \$299⁹⁵ Strainers extra.	Vanity 49" Vanity with granite top & basin. MSL \$1599.95 Sale \$1299⁹⁵	Deluxe Style AHM VANITY WITH MARBLE TOP 49" x 22" White high gloss finish MSL \$896 Sale \$699⁹⁵
WASAGA 8 Jet Whirlpool with Air Switch White & Bone MSL \$1850.00 Sale \$949⁹⁵ 60" x 60" x 21"	DIANA 8 Jet Whirlpool White & Bone MSL \$1650.00 Sale \$949⁹⁵ 60" x 32" x 20.25"	Studio™ 62 x 32 x 84 in. (three-piece) STANDARD FEATURES: • Roof Cap • Integrated soap dishes, shelves and towel bar White, Bone, Biscuit MSL \$1951.00 Sale \$999⁹⁵ Cash & Carry
ULTIMATE by Toto Streamlined one piece toilet with high profile tank. Power Gravity flushing system. Round front bowl with color-matched Soft Close seat. Chrome-plated trip lever. 12" rough-in 5 year limited warranty. Part of the ultimate suite. White. Sale \$399⁹⁵	ADD-A-SHOWER Chrome plated, complete with shower and rectangular frame. Reg. \$299.95 Includes 53" Riser, Faucet, 23" x 42" Frame, Flange/Wall Bracket & Ceiling Support Sale \$199⁹⁵	RENDEZ-VOUS™ 66 x 31 x 27 in. Clawfoot Bathtub, High Backrest MSL \$1840.00 Sale \$999⁹⁵ Smooth-action drawer slides Design Engineered Sale \$2199⁹⁵
Fairfield by American Standard ELONGATED ONE PIECE TOILET WITH SEAT • Elongated Bowl • 16" bowl rim height • Oversized 3" flush valve • Fully glazed 2" trapway • Includes Toilet seat and Cover Limited Quantities Sale \$299⁰⁰	Australian-Made Caroma Toilets Offers both a 6-litre flush for solids and a 3-litre half-flush for liquid waste and a 4-inch trap way. Caravelle Easy Height. One piece Ultra-Low Flush. Seat incl. MSL \$759 Sale \$429⁹⁵	KOHLER Elongated 1-piece Toilet Cachet Quiet-Close Quick-Release seat. Class five flushing system. White MSL \$660.00 Sale \$449⁹⁵ (ADA)

Norval Plumbing Center Inc.

509 Guelph St., Norval

(on Hwy #7, west of Winston Churchill)



Tel. 905-873-4140
 Toll Free 1-866-249-0187

Owner: Baxter Butler (Max)

*While Quantities Last.

Mon-Fri 8:00-5:00
 Saturday 8:00-5:00
 Closed Sunday

*Limited Time Expires February 29, 2012

baofit TRAINING

baofit BOOTCAMP

DO: ONE HOUR SEMI-PRIVATE BOOT CAMP TRAINING
 HAVE: EXPLOSIVE POWER, ENDURANCE, AND AN EXPANDED LEVEL OF DETERMINATION

baofit SUSPENSION

DO: ONE HOUR SEMI-PRIVATE GYM RING SUSPENSION TRAINING
 HAVE: VISIBLY SUBSTANTIAL IMPROVEMENTS IN OVER-ALL STRENGTH AND STABILITY

baofit MUAY THAI

DO: ONE HOUR SEMI-PRIVATE MUAY THAI KICK BOXING TRAINING
 HAVE: NEW-FOUND SPEED, FOCUS, DISCIPLINE, COORDINATION, AND (YES!) CONFIDENCE

baofit KETTLEBELL

DO: ONE HOUR SEMI-PRIVATE KETTLEBELL CIRCUIT TRAINING
 HAVE: STRONGER CORE, INCREASE IN ATHLETIC PERFORMANCE AND CONDITIONING

SEMI-PRIVATE TRAINING LIMITED TO 10 PEOPLE ASK HOW YOU CAN TRY IT FOR FREE!

Designed and Developed by top fitness coach, Jeff Nguyen.



232 Guelph St., Georgetown 905-877-0771
www.atlantisathletics.com