

Darts season is rounding into shape

By ALEX TOUGH
Special

We are at that time of the year again when we should be thinking, although briefly, of our fall and winter activities.

The Wednesday night Industrial League held a preseason captains' meeting at the host premises, McGibbon Hotel Wednesday (Aug. 14) and season play opening date was to be set

that night.

The Halton league is, at the moment, about to arrange their preseason meeting night, likely before the end of the month, based upon prior years. Team and player registration may well be finalized around Aug. 25. Play usually commences the first Monday after the Labor Day weekend— this year Sept. 9.

Bracky's is hosting a blind draw open doubles Monday, Aug. 19 and an inter-

Bracky's teams night Aug. 26 as an opener.

Several establishments, new to the league, have expressed an interest in hosting and sponsoring teams. They should be putting up lists for those interested in playing, in the meantime, in order to test the market.

The Halton League executive usually visit the bars to test the interest and provide information. I am certain that this year will be no exception.

At Fairy Lake

Sailing program geared to children

In co-operation with the Ontario Sailing Association the Recreation and Parks Department is hosting the Best Ever Ontario Optimist Mobile (BOOM) Sailing Program.

The program operates August 19 - 23 at Prospect Park, Fairy Lake from 9 - 4 p.m. The cost is \$100 for the week and all equipment and safety gear are provided. Extended hours are available for an additional cost.

This introductory program travels around the province promoting the sport of sailing

to children between the ages of 7 to 13. It is for children who may or may not have had previous on-shore and on-water instruction in a safe and exciting manner.

Included in this one-week camp is the Canadian power and Sail Squadron's BOATWISE program which includes all facets of operating boats safely.

If you would like more information on this exciting program please contact the Rec and Parks Department at 873-2600 ext. 275.



Dorri L. Bland
Professional
Dance Instructor
CDTA Member

Session starts the week of September 9th - December 15th/96 inclusive. All classes are 14 weeks.

Call for more registration information.

Special Discount given for taken more than one class per week.

**Register at Georgetown Marketplace Mall
August 24 - 9-6 or call 873-4907.**

Line Dancing

Exercise was never so much fun. Learn the latest dances to the hottest music. Beginner and advanced levels.
\$70.00 per session
Instructor: Dorri Bland
Monday 8:30 pm Thursday 7:30 pm
Friday 9:00 am Friday 6:30 pm

Fat Burner!

90-minutes
Using the longer duration, lower intensity fat-burning theory, this class offers 55 minutes of cardiovascular endurance using the STEP, STEP-n Sculpt and Low Impact Aerobics with a long warm-up and cool down.
Instructor: Kathie Cordery
Saturday 12:30-2:00 pm
\$90.00 per session

Dance to Fit

Not your traditional workout, enjoy a 1/2 hour of body contouring exercises and then 1/2 hour of dance moves. Designed to make fitness fun, this program has an exciting mix of exercise and dance. Suitable for all levels.
\$70.00 per session
Instructor: Dorri Bland
Wednesday 8:30-9:30 pm

Step 'n Sculpt

A powerful toning workout. Using a dynamic combination of step, step using light hand weights and muscle strength & endurance components, you will tone quicker than ever!
This is NOT for beginners.
Instructor: Kathie Cordery
Mondays 6:30-7:30 pm
or Wednesdays 6:30-7:30 pm
\$70.00 per session

Sunday & End of the Week Stress Releaser

No need to feel guilty about the class you missed during the week. Come out and beat the Sunday blahs or T.G.I.F.! Boost your energy, lower stress and strengthen your body, enjoy 1 hour hillylow aerobics. Work your body and ease your mind.
\$70.00 per session
Instructor: Wendy Delaney
Sunday 1:30-2:30 pm
Friday 5:30-6:30 pm

Flamingo Kids Shake Rattle & Roll

6-10 years old
Boys and Girls will Shake, Rattle & Roll to music in this exciting one hour class. Learning the basics of gymnastic tumbling, line dancing and rhythmic gymnastics. Participants will learn something new every week. The fun will never stop. Hooola Hoops, skipping ropes, and lots of fun is in store. Wear comfortable clothing and bring dance slippers for the studio.
Instructor: Wendy Delaney
Saturday 11:30 am to 12:30 pm
\$55.00 per session

Ballroom/Latin Dancing

Learn to Dance. Jive, Cha Cha, Rumba, Waltz, Rock & Roll and more. Singles Welcome
\$80.00 per person/per session
Instructor: Dorri Bland
Thursday 8:30 pm-9:30 pm
Friday 7:30 pm-8:30 p.m.

Step Aerobics for Beginners & Advanced

A great combination of cardiovascular endurance and muscle strength & endurance training. Great Workout!!!
Instructor: Kathie Cordery
Tuesdays or Thursdays 5:30 pm
Mondays or Wednesdays 10:30 am
\$70.00 per session

The Shape Up

An hour of low impact exercise for beginner to intermediate levels. All the components of a great exercise program that includes warm-up, cardio, muscle tone, stretch and cool down. A very enjoyable experience.
\$70.00 per session
Instructor: Cathy Knoespel
Tuesday or Thursday
6:30-7:30 pm

Pre/Post Natal Fitness Class

This program will help you stay in shape while you are pregnant and get back into shape after the birth of your baby.
Healthy Moms have Healthy Babies.
Instructor: Wendy Delaney
Mondays 7:30-8:30 pm
or Wednesdays 7:30-8:30 pm
\$70.00 per session

Funk & Hip Hop

Dance lessons & exercise. Catch the Rave - it's here! Attention fitness professionals or anyone looking for a new approach to fitness. High Energy, Low Impact Great Moves & Great Fun
Excellent workout for lower body and arms.
Variable intensity.
\$70.00 per session
Instructor: Teresa Bissett
Tuesdays 7:30 pm-8:30 pm

Step Aerobics

A basic Low Impact class designed to introduce aerobics into your life. A non-intimidating, casual class warming up with light movements & stretching, closing off with floor work.
Instructor: Kathie Cordery
Tuesdays or Thursdays 10:30 am
Tuesdays 8:30 pm
\$70.00 per session

Teen Line Dancing

Move your feet to the "New Country" beat. Learn the hottest line dances to the new country and "Techno" music.
\$70.00 per session
Instructor: Dorri Bland
Wednesday 5:30-6:30 pm

T'ai Chi

Great form of stress relief, slow non-exertive movements. A gift to yourself or someone else.
Ladies & Gentlemen Welcome
\$70.00 per session
Instructor: Carole Norton
Tuesday or Thursday 9:00 am
Saturday 9:30 am or 10:30 am

Exercise for the Older Active Adult

This class is carefully designed to help with flexibility and strength. Exercise is a great stress reliever no matter what level of intensity. This will be nothing but an enjoyable experience.
Instructor: Dorri Bland
Monday 9:30-10:30 am
or Wednesday 9:30-10:30 am
\$70.00 per session

Hip Hoppin Good Fun

for Kids Ages 3-5
Kids will love this. Dance moves mixed with tumbling, circle time and lots more, make this an exciting 1/2 hour.
\$45.00 per session
Instructor: Teresa Bissett
Wednesdays 11:30 am-12:00 Noon

Mid Day "Stress Releaser"

This class is designed to help you Tone, Tighten and Shape your entire body. With the use of 3 lb. dumbbells the Sculpt section is a combination of the "Isometric Movement", "Dynamic Tension" and "Muscle Isolation"
Instructor: Dorri Bland
Tuesday or Thursday 12:10 pm-12:50 pm
Friday 1:10 pm-1:50 pm
\$50.00 per session

Wear comfortable clothing and bring a good pair of running shoes. "Flamingo" water bottles are available.

**36 Main St. South, Georgetown
873-4907**

WHOPPER VALUE MEAL

Includes a delicious flame-broiled Whopper* sandwich, medium fries and a medium soft drink.

\$3.99

Late-nite Drive-thru
at participating Toronto area locations

Ajax
345 McKenzie Ave. (at Bayly)
Mon - Sun til 4 am

Brampton
186 Main Street South
(at Nanwood)
Thur - Sat til 2 am

285 Queen Street East
(at Hwy. 410)
Sun - Wed til 2 am
Thur - Sat til 3 am

Georgetown
235 Guelph St.
(at Mountainview)
Fri & Sat til 2 am

Markham
7240 Kennedy Rd. (at Denison)
Mon - Sun open 24 hours

Mississauga
4141 Dixie Rd.
(Rockwood Mall)
Mon - Sun til 4 am

6465 Mississauga Rd.
(at Hwy 401)
Mon - Sun til 2 am

920A Dundas St. (at Tomken)
Mon - Sun til 4 am

Newmarket
17395 Yonge Street South
(S. of Davis)
Mon - Sun til 1 am

North York
2372 Finch Ave. W. (at Weston)
Sun - Thur til 3 am
Fri & Sat til 4 am

Oshawa
1327 Simcoe St. N. (at Taunton)
Mon - Sun til 4 am

338 King St. West (at Park)
Mon - Sun til 4 am

Pickering
1280 Kingston Rd. (at Liverpool)
Sun - Thur til 1 am
Fri & Sat til 2 am

Richmond Hill
10909 Yonge Street
(Upper Yonge Place, at Bernard)
Mon - Sun til 1 am

Scarborough
2571 Lawrence Ave. E. at Midland
Mon - Sun til 4 am

415 Danforth Rd. (at Birchmount)
Sun - Wed til 3 am
Thur - Sat til 4 am

Toronto
1194 King St. West (at Dufferin)
Mon - Sun til 4am

940 Lawrence Ave. West
(at Dufferin)
Mon - Sun open 24 hours

11 Leslie Street (at Lakeshore)
Mon - Sun til 4 am

