

FITNESS CLASSES

We offer the following Bodyfit Fitness programs in Oakville and Burlington:

TRIM A SIZE: An aerobics program that is high impact and suitable for both men and women. Each class is 60 minutes in length.

TRIM 'N DANCE: A program incorporating the fun of dancing in an aerobic workout. For women only. Each class is 60 minutes in length.

BODYSTRETCH: A low impact, no bounce aerobics program For women only. Each class is 60 minutes in length.

FITNESS REGISTRATION: Register on the first night at your preferred location 30 minutes before scheduled start time, or complete the General Interest Course registration form and forward it along with your fee to Continuing Education, Halton Roman Catholic School Board, 802 Drury Lane, Burlington, Ontario, L7R 3Y2. Fees can be paid by cash, cheque or Visa.

PLEASE NOTE: Where a fitness program is offered two nights a week, you may attend one night per week for \$37.45.
*The Bodystretch program is offered by the same instructor at St. Patrick's and St. Raphael's schools. This means that should you decide to attend two evenings a week, you would have a class on Tuesday evening at St. Patrick's School and a class on Thursday evening at St. Raphael's School for a fee of \$64.20.

SCHOOL	PROGRAM	DAY & TIMES	SESSIONS	FEE
St. Thomas W. Campus(O) 2405 Rebecca St. Instructors: Debbie MacPhail & Marilyn Paterson	Trim A Size	Mon. & Thurs. 6:30-7:30 p.m.	Jan. 4 - Mar. 11 Mar. 22 - June 7	\$64.20
	Trim 'N Dance	Mon. & Thurs. 7:30-8:30 p.m.		
	Bodystretch	**Mon. & Thurs. 8:30-9:30 p.m.		
*St. Paul's (B) 530 Cumberland Instructor: Karen Wylie	Trim 'N Dance	Mon. & Wed. 7:30-8:30 p.m.	Jan. 4 - Mar. 10 Mar. 22 - June 7	\$64.20
	Bodystretch	Tuesday 7:30-8:30 p.m.	Jan. 5 - Mar. 9 Mar. 23 - May 25	\$37.45
St. Patrick's (B) 200 Kenwood Ave. Instructor: Valerie Silvestri	Bodystretch	Tuesday 7:30-8:30 p.m.	Jan. 5 - Mar. 9 Mar. 23 - May 25	\$37.45
St. Raphael's (B) 4056 New St. Instructor: Valerie Silvestri	Bodystretch	Thursday 7:30-8:30 p.m.	Jan. 7 - Mar. 11 Mar. 25 - May 27	\$37.45
Notre Dame (B) 2333 Headon Forest Dr. Instructor: Leslie Murray	Trim A Size	Tues. & Thurs. 7:30-8:30 p.m.	Jan. 5 - Mar. 11 Mar. 23 - May 27	\$64.20
	Trim 'N Dance	Tues. & Thurs. 8:30-9:30 p.m.		

Burlington (B) Oakville (O) *ALL FEES INCLUDE G.S.T.

** THIS CLASS WILL NOT BE HELD IN JANUARY

DRIVER EDUCATION

FEE: \$234.33 (Includes G.S.T.)

WINTER classes will begin the week of **JANUARY 18/93**

SPRING classes will begin the week of **APRIL 5/93**

SUMMER classes will take place during Summer School/93 and the new fee will be \$245.03.

- Check with your Student Services department for the date for your school.

Driver Education classes are available to Halton Roman Catholic Secondary School Students who have reached the age of 16 years and have their beginner's licence by the starting date of the course.

Please note the following points:

- a) each student receives not only 10 hours of behind-the-wheel instruction, but also 20 hours of important in-car observation of various driving techniques.
- b) students are picked up at the school at mutually agreed upon times.
- c) students who pass are eligible for insurance rate reductions.
- d) each student receives 27 hours of classroom instruction emphasizing defensive driving techniques. This is a very important part of our program. Numerous students have commented on their change of attitude - becoming more aware of the seriousness of their actions behind the wheel.

MARRIAGE PREPARATION

Marriage in the 90's is an experience different from any other time - you are "re-inventing" marriage, making it truly exciting and challenging! Engaged couples who have set a wedding date are welcome to attend. This program will provide you with information which will enable you to choose attitudes and behaviours which will enhance your relationship. All materials are from the Family Ministry Office, and a Diocesan Certificate is presented upon completion.

WHERE AND WHEN: St. Ignatius of Loyola Secondary School, Oakville
Thursday evenings from 7:30 - 9:30 p.m.
May 6, 13, 20, June 3

REGISTRATION: Forms can be obtained from your pastor or call Judy Stefnitz at 637-9824. (H) or 333-4911 (O).

FEE: \$125.00 per couple. Please make cheque payable to **MARRIAGE PREPARATION PROGRAM.**

CO-ORDINATOR: Mrs. Judy Stefnitz, Reg. N., Family Life Specialist