

School bus orientation teaches safety lessons

As the first day of school approaches, the Halton School Bus Safety Committee is moving into high gear in an effort to take the fear out of riding a school bus for the first time.

The committee, which has representatives from both school boards, all bus operators in Halton and the Halton Regional Police Services, is hosting the fourth annual School Bus Orientation day this Saturday (August 24).

The free sessions are necessary. The members of the committee know that starting school can be a stressful experience for a child. And watching a little one get on a large bus and drive away can be equally nerve racking for a parent. The committee

hopes to relieve some of this stress and concern, and at the same time, deliver a few critical messages about school bus safety. A tip sheet on school bus safety, entitled "Think! Think! Think Safety!" will be distributed at the orientation session to help Kindergarten students and their parents feel more comfortable with idea of riding a school bus.

The 45-minute sessions take place starting from 9 am on Saturday at the locations in the boxed area at right. To register students for a preferred time slot, parents should call the host bus company at the phone number listed next to the desired location.

At all sessions, a friendly, graphic mascot,

Buster the Safety Bus, will help drive the safety message home to parents and students alike.

All parents of Kindergarten children are encouraged to participate in this free orientation session, which features a classroom presentation on school bus safety, including a special Winnie the Pooh video, and a demonstration on a school bus. Halton Regional Police Services have endorsed this session. School bus company safety officers and bus drivers will talk to the children about safely getting on and off of the bus, proper behaviour on a school bus and crossing the street to get to a waiting bus.

Bus orientation locations for Halton Hills

AREA	LOCATION	HOST BUS COMPANY PHONE NUMBER
Acton	Acton High School	853-1550
Georgetown	Georgetown District High School	873-3321



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Saturday, August 24
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<p>LINE DANCING Exercise was never so much fun. Learn the latest dances to the hottest music. Beginner and advanced levels. \$70 per session Instructor: Dorri Bland Monday 8:30 pm, Thursday 7:30 pm, Friday 9 am, Friday 6:30 pm</p>	<p>BALLROOM/LATIN DANCING Learn to Dance. Jive, Cha Cha, Rumba, Waltz, Rock & Roll and more. Singles welcome. \$80 per person/per session Instructor: Dorri Bland Thursday 8:30 - 9:30 pm Friday 7:30 - 8:30 pm</p>	<p>TEEN LINE DANCING Move your feet to the "New Country" beat. Learn the hottest line dances to the new country and "Techno" music. \$70 per session Instructor: Dorri Bland Wednesday 5:30 - 6:30 pm</p>	<p>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 per session Instructor: Dorri Bland Wednesday 8:30 - 9:30 pm</p>	<p>THE SHAPE UP An hour of low impact exercises for beginner to intermediate levels. Includes warm-up, cardio, muscle tone, stretch and cool down. A very enjoyable experience. \$70 per session Instructor: Cathy Knoespel Tuesday or Thursday 6:30 - 7:30 pm</p>	<p>T'AI CHI Great form of stress relief, slow nonexertive movements. A gift to yourself or someone else. Ladies & Gentlemen welcome. \$70 per session Instructor: Carole Norton Tuesday or Thursday 9 am Saturday 9:30 am or 10:30 am</p>
<p>SUNDAY & END OF THE WEEK STRESS RELEASER Come out and beat the Sunday blahs or T.G.I.F.! Boost your energy, lower stress and strengthen your body, enjoy one hour hi/low aerobics. \$70 per session Instructor: Wendy Delaney Sunday 1:30 - 2:30 pm Friday 5:30 - 6:30 pm</p>	<p>FUNK & HIP HOP DANCE LESSONS & EXERCISE Attention fitness professionals or anyone looking for a new approach to fitness. High energy, low impact, great moves & great fun. \$70 per session Instructor: Teresa Bissett Tuesday 7:30 - 8:30 pm</p>	<p>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 per session Instructor: Teresa Bissett Wednesday 11:30 am - Noon</p>	<p>FAT BURNER! Using the longer duration, lower intensity fat-burning theory, this class offers 55 minutes of cardiovascular endurance using the STEP, STEP-n Scult and low impact aerobics with a long warm-up and cool down. \$90 per session Instructor: Kathie Cordery Saturday 12:30 - 2 pm</p>	<p>STEP AEROBICS FOR BEGINNERS & ADVANCED A great combination of cardiovascular endurance and muscle strength & endurance training. \$70 per session Instructor: Kathie Cordery Tuesday or Thursday 5:30 pm Monday or Wednesday 10:30 am</p>	<p>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. \$70 per session Instructor: Kathie Cordery Tuesday or Thursday 10:30 am Tuesday 8:30 pm</p>
<p>STEP 'N SCULPT Using a dynamic combination of step, step using light hand weights and muscle strength & endurance components, you will tone quickly. This is NOT for beginners. \$70 per session Instructor: Kathie Cordery Monday 6:30 - 7:30 pm Wednesday 6:30 - 7:30 pm</p>	<p>PRE/POST NATAL FITNESS CLASS This program will help you stay in shape while you are pregnant and get back into shape after giving birth. Healthy moms have healthy babies. \$70 per session Instructor: Wendy Delaney Monday 7:30 - 8:30 pm Wednesday 7:30 - 8:30 pm</p>	<p>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. \$70 per session Instructor: Dorri Bland Monday 9:30 - 10:30 am Wednesday 9:30 - 10:30 am</p>	<p>FLAMINGO KIDS SHAKE RATTLE & ROLL 6-10 year olds learn the basics of gymnastic tumbling, line dancing and rhythmic gymnastics. Wear comfortable clothing and bring dance slippers for the studio. \$55 per session Instructor: Wendy Delaney Saturday 11:30 am - 12:30 pm</p>	<p>MID DAY "STRESS RELIEVER" This class is designed to help you Tone, Tighten and Shape your entire body. \$50 per session Instructor: Dorri Bland Tuesday or Thursday 12:10 - 12:50 pm Friday 1:10 - 1:50 pm</p>	<p>Wear comfortable clothing and bring a good pair of running shoes. "Flamingo" water bottles are available. Session starts the week of September 9 - December 15 inclusive. All classes are 14 weeks. * Special Discount given for taking more than one class per week. *</p>