

# Integrated bussing will save school boards money

As a result of the current and ongoing cutbacks in government funding, both Boards of Education in Halton are searching for possible reductions in operating costs that will have minimal impact on classroom instruction.

In the area of transportation, each of the public and separate school boards piloted a computerized school bus routing program - EDULOG - in 1993 and have jointly

worked towards the complete integration of the scheduling and routing of school bus transportation commencing this September.

By combining the two transportation systems, combined savings are expected to total in excess of \$1.9 million in the first three years of operation.

Some adjustments to individual school arrival and departure times for the 1996-97 school year have

resulted from this initiative.

School hours are key in providing an efficient and cost-saving bus system. The changes which will be introduced into many schools will relate to the arrival and departure *window*. The *window* is the time period allowed for the buses to arrive with students or to be available to depart at the end of the day.

Both Boards recognize

that these changes will require some re-organization in the family routines of bus students. But the changes should be easier to accommodate than changes which would directly affect the classroom

or otherwise reduce service. Individual bus routes and schedules will be posted at each school during the last week of August.

For more information, contact Reg Witoszkin,

Halton Board of Education, Transportation Department at (905)335-3663, or Heather Palmquist, Halton Roman Catholic School Board, Transportation Services, (905)632-6300.

## New school year begins

The first day of school for Halton Board of Education students is Tuesday, Sept. 3. Schools opened for inquiries on August 26.

There are 85 schools operating in the 1996-97 school year - 68 elementary and 17 secondary schools plus Adult and

Continuing Education and Syl Apps.

Areas of focus for the year include the Renewal project presented in June and the Board's budget. Further significant reductions are required in 1997, as provincial government grants are anticipated to be slashed.



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### 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

### 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

### 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

### 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.

**\$70 per session**

Instructor: Dorri Bland  
Wednesday 8:30 - 9:30 pm

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

### 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

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. \*