

FALL REGISTRATION GUIDE

Exercise should be fun and easy to do

For many of us the word exercise is scary. Exercise does not have to be about sweaty locker rooms or

overpriced gymnasiums. It can be simple, fun and easy to add to our daily schedules. One of the major

benefits of exercise it that it works our hearts and lungs. It also strengthens our muscles and bones. Participation in regular physical activity is important to our health.

Some of the many benefits to regular exercise are: improved overall health, decreases in blood pressure, increases in "good" cholesterol, weight control, helps with diabetes control, and helps to promote relaxation.

Everyone realizes that exercise is good for us but

the question is how are we going to get started. It might be easier to think about those things that have stood in our way. Listed are some reasons we do not get involved in regular activity. See if you can relate!

The top reasons we don't want to exercise: lack of time, don't want to exercise alone, equipment for fees to expensive, poor weather, anxious about going to a gym, thinking that exercise has to be hard and hurt to be effective,

and there is something better on TV.

So we need to find a fun and easy way to add to regular activity to our lives. Luckily we have a great place to start. An activity that we have all been practising for many years, walking.

Walking is an Aerobic Activity.

Aerobic activities are those activities that require our bodies to use oxygen.

They work our heart and lungs and are the most beneficial to our overall health. They including: walking, running, cycling, swimming and many more.

To begin with a goal of 30 minutes, at least three times per week is a great place to start. We can break that 30 minutes up into three sections:

Light stretching and warm up walk 10 minutes.

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ACTON FIGURE SKATING CLUB REGISTRATION

Saturday September 14th
at the Acton Arena
9 am - 11am

PRESEASON Starts Sept. 9th/02
Session II /III/IV & CanPower
(Hockey Skating Skills)

REGULAR SEASON Starts Oct. 7th/02

Monday

4:00- 5:00 Session II
5:00-6:20 Session III
6:20 -7:10 Canskate A
6:30-7:00 Tiny Tots (ice pad)
7:20-8:50 Session IV

Tuesday

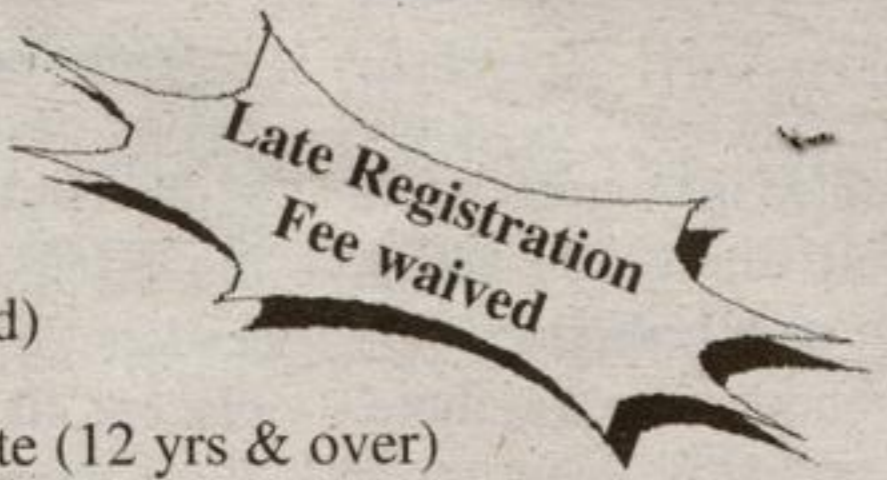
4:00-4:50 CanSkate B
4:50-5:50 Jr. Achievers (formerly Session I & Juniors)

Wednesday

4:00-5:30 Session III/IV
5:30-6:20 CanPower Jr.
6:00-7:20 Session III/IV Clinics ice pad (once a month)
6:20-7:20 CanPower Sr.

Thursday

4:00-5:20 Session III
5:20-6:20 Session II
6:20-7:10 Canskate C
6:30-7:00 Tiny Tots (icepad)
7:20-8:50 Session IV
8:50-9:50 Update your skate (12 yrs & over)



For more info call (519)853-1329

1st Acton Scouting - Registration Fee \$100

Tuesday, September 10, 7-8 p.m.
Acton Scout Hall, School Lane

Beavers (ages 5-7)

Cubs (ages 8-10)

Scouts (ages 11-13)

Venturers (ages 14-16)

Girls and Boys
as of Decem-
ber 31st, 2002

Call Tom Niblock 853-0655



Paintin' Friends

Decorative Art Studio

77 Mill St. E., Acton

Thinking of trying a new hobby?
Beginners classes start Sept. 24

Open House & Registration

Thurs. Sept. 5 10 am to 9 pm

Fri. Sept. 6 10 am to 9 pm

Sat. Sept. 7 10 am to 5 pm

Check us out at:

www.paintinfriends.ca



853-0777



REGISTER FOR ALL FALL LEAGUES

Starting the week of
September 2nd

Mixed Leagues Monday, Thursday & Friday Evenings
Ladies Tuesday Evenings & Wednesday 1pm
Competitive Wednesday Evenings
Mixed Seniors 55+ Monday & Thursday 1pm

Kids Leagues Forming
Mondays, Tuesdays, Wednesdays,
Fridays-After School
Saturday & Sunday Mornings

Little M cAllstars -Tuesdays pm, Wednesdays,
Saturdays am

Stop in or call for more information

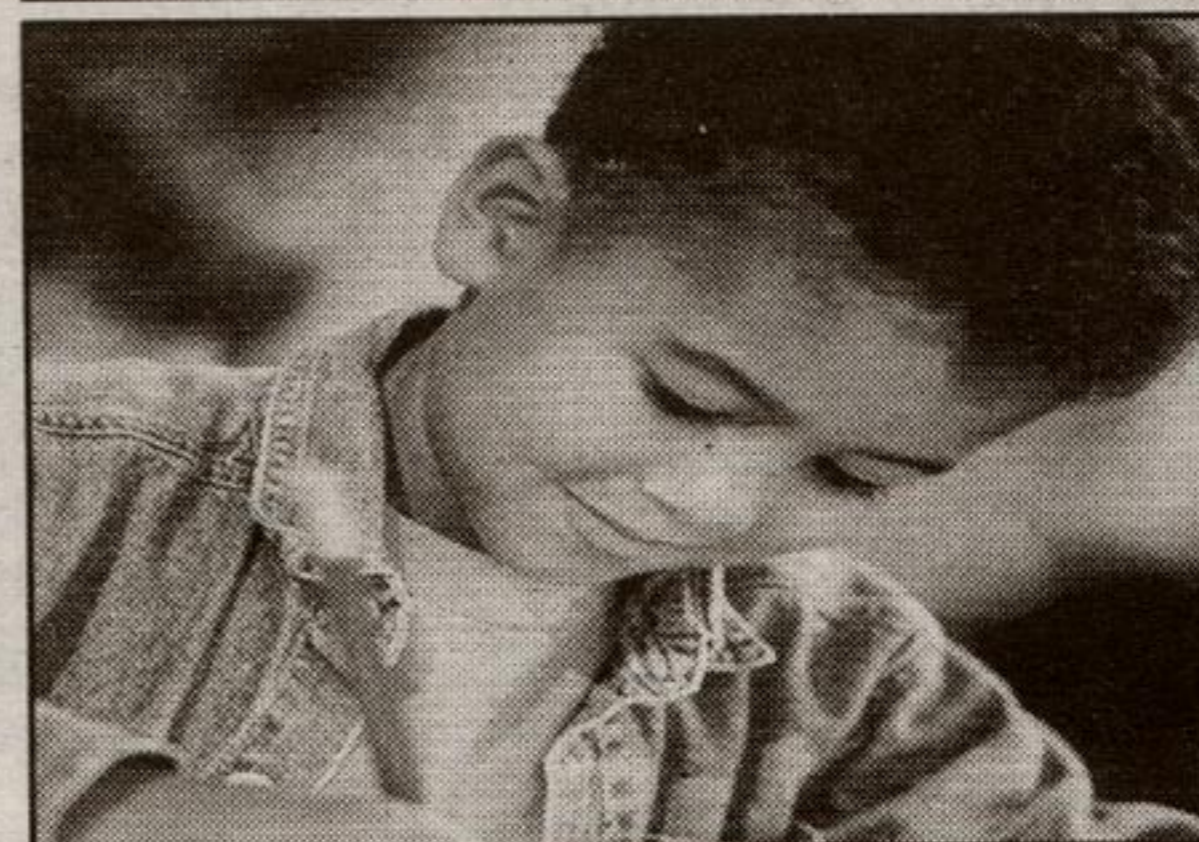
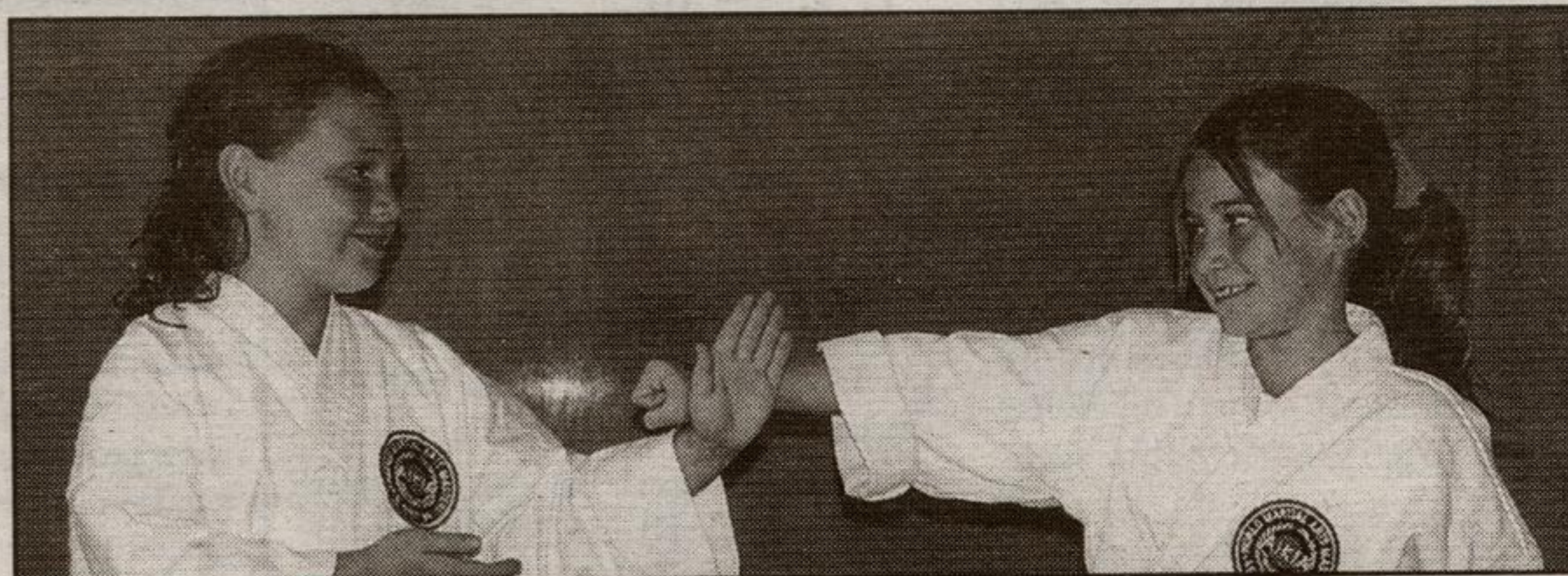
519-853-0470

10 Main St. N. Acton



Register
Now
to avoid
disappoint-
ment

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Respect. Fun!

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Acton

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