Roller hockey equipment swap on today

Hockey players are holding an equipment sale and swap and parent information session on the maintenance of their children's skates, today (Sunday), 2-3 p.m. at

The Georgetown Wolfpack Roller Memorial Arena. The swap and sale is being held for all players in the Georgetown Roller Hockey League. There is no cost or reservations required. For information: Paul Mintha, 1-888-6INLINE.

Skeletons

in your closet?

Research

confirms

regular

weight

bearing

activity

walking.

dancinal

will help

preserve

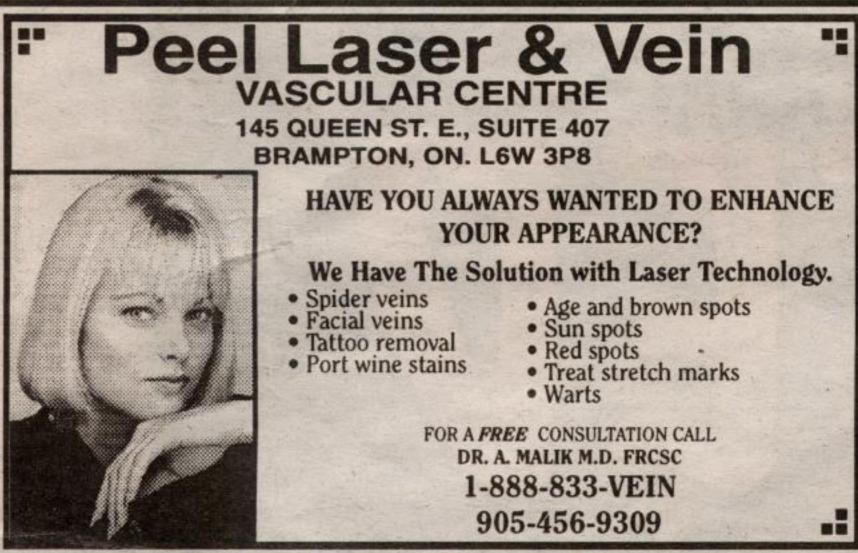
healthy

Bone up

on the facts!

noring a Healthier Future "

build and





ATTENTION EMPLOYERS AND JOB SEEKERS

Help Has Arrived!

Sheridan College presents the Targeted Wage Subsidy Program (TWS) to Job Seekers and **Employers in Halton and Dufferin regions.**

Job Seekers (El Recipients) - We will market you to employers. Benefits include:

- Extensive employer data bank
- · Faxing, phone lines, networked computers and a comprehensive resource centre
- Employer subsidy to aid both employer and employee (currently in receipt of El benefits) during job orientation period.

Employers - We will pay you to make the right choice. You receive:

- Needs analysis of your employment requirements
- Subsidized employee wages
- Highly motivated individuals.

For more information, call the TWS office today: (905) 459-7533, ext. 8026.

A Sheridan College program funded by Human Resources Development Canada.

Human Resources Développement des Development Canada ressources humaines Canada



Jump Start Your I.T. Career!



Become a Microsoft Certified Systems Engineer Job Offer Guarantee!

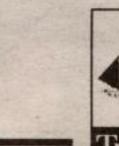
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Why IT is the hottest career option!

Why certification is the answer to an IT career? Why Microsoft certification?

Authorized Technical Education Center Microsoft





Centres

FREE INFORMATION SESSIONS

Call now to reserve your seat. (905) 257-3688 or (905) 632-5858

Notre Dome S.S. (Burlington) - Thursday, April 30/98 Bishop Reding S.S. (Milton) - Thursday, May 7/98 6:30 - 8:30 p.m.

Ask us about our Digital Media Programs featuring Digital Imaging, 3D Animation, Video & Sound, Web Page Design, etc. and our one week workshops in Windows 95, Word, Excel, Simply Accounting, Powerpoint & Internet.

CORRECTION

We wish to draw your attention to the following in our current "Spectacular Savings" flyer.

Page 1 - (Insert), CAR WASH GEL, 39-4573. Copy Reads: 600-G

Should Read: 600-ML Page 4 - (Insert), ARMOR ALL PROTECTANT, 39-2516.

Copy reads: 500-ML Should read: 475-ML Page 10 - 10 PIECE SNAP/SEAL SETS,

MAILBOXES, 61-0016X

42-4231X.

This is not a Rubbermaid product. Page 12 - Item 7 & 8, ASSORTED

Copy should read: Save 20-50% NOT 33-50%. Page 19 - AUTO CLEANERS.

The illustrations on product #47-5812X and product #47-5629 should be transposed.

WE SINCERELY REGRET ANY INCONVENIENCE WE MAY HAVE CAUSED YOU

Canadian Tire Associate Store

Georgetown

Location: Ayensu's Olympic Taekwondo-Karate Academy (Opposite McDonald's Restaurant, Georgetown on Hwy. #7)

Ladies' Aerobic, Kick Boxing and Self Defense Fitness We Make Learning FUN with Superior Instructions

 The Edge Everyone Needs To Succeed Morning
Evening & Saturday Classes Available

Finally, a

We've taken the excitement, music, and energy of an aerobics program, but instead of the same old aerobics moves, you're learning self-defense techniques like punching, blocking, and kicking in an action-packed workout!! The advantages of our Cardio-Karate™ classes

Classes are for adults only - age 16 and up You can wear your regular workout clothes and

shoes There are no belts or uniforms involved

No physical contact No experience required - everyone works at their

You'll learn important self-defense techniques And it's the most fun way to get in shape ever! Isolate thighs, buttock, hips - upper body strength. You will learn important Self Defense technique like

kick-butt, sweat pouring, ggression releasing, power unching kout to ne "bored with the spa scene deep inside It's great for your body - You'll learn valuable self defense techniques and how to defend yourself in any situation, while you're toning and losing weight.

it's great for your mind - Your self confidence and self esteem will absolutely soar!

It's definitely not boring - Learning Aerobic Kick Boxing is exciting, fun, and keeps you interested.



Aerobic Kick Boxing

THE WORKOUT THAT PACKS A PUNCHT





According to Muscle and Fitness magazine, Aerobic Kick Boxing is the Number One Calorie Burning workout. Classes forming now. Call us and enroll today.

Introductory

Trial Program

No Obligation

Limited Time Only Call Today