



Dancing for funds

Students, staff and parent volunteers at Holy Cross School held a dance-a-thon recently and the fourth annual event raised \$10,256 for school projects. Holy Cross's 478 students collected pledges and were able to earn draw tickets for prizes donated by the teaching staff. Principal Tony Agro (right) joined some of his senior students for a Village People number. Funds raised will be used to purchase sports equipment, additional books and classroom education kits, along with some money set aside as part of a three-year initiative to buy a new school sign.

Photo by Eamonn Maher



Try-it ...for FREE!

Can't decide which Recreation & Parks programs suit your needs? Try one class for **FREE!** No pre-registration required! Just show up! Choose from the many Try-it classes scheduled below.

Participants must complete a Physical Readiness Questionnaire (Par-Q). Participants attending a Try-it class for children must be accompanied by an adult.

Program	Age	Date	Time	Location
Diaper Fit	Adult	March 7	9 to 9:30 am	Gellert Community Centre
Water Sports	Youth	March 8	6 to 6:30 pm	Georgetown Indoor Pool
Aqua Yoga	Adult	March 10	9 to 9:30 am	Gellert Community Centre
Dash Sports	2 to 7	March 28	1 to 2 pm	Acton Community Centre
Latin Dance	Adult	March 28	7 to 7:30 pm	Acton Community Centre
Dance Fit	Adult	March 28	7:30 to 8 pm	Acton Community Centre
Fitness, Baby & U	Adult	March 29	7 to 7:30 pm	Gellert Community Centre
Total Conditioning	Adult	March 29	7:30 to 8 pm	Gellert Community Centre
Power Pass*	Adult	March 30	6 am to 11 pm	The Power Zone Fitness Centre
Tennis Lessons	8 to 12	May 15	7 to 7:30 pm	Prospect Park
Tennis Lessons	Adult	May 15	7:30 to 8 pm	Prospect Park

*1 day Try-it at The Power Zone Fitness Centre located at 324 Guelph St., Unit 10 in Georgetown. Access to weight training and fitness classes. Call 905-702-1774 for more information.

For program and registration information visit the Town of Halton Hills website at www.haltonhills.ca or call 905-873-2601, ext. 2275.



Water connection for Terra Cotta homes 'not back door development', says planner

Connecting seven Terra Cotta homes to the Peel water supply will not result in "back door development" says Town Planner Bruce MacLean.

At a recent council meeting, Ward 3 Councillor Mike Davis questioned a town report commenting on changes to Halton Region's Official Plan to allow the connections.

The seven homeowners, five on 27 Sideroad and two on Winston Churchill Blvd., would connect to the Region of Peel watermain across the road.

"This... amendment would not drive any issue of allowing additional development," said MacLean. "It's solely geared to addressing water quality issues from private wells for the seven lots in Terra Cotta."

Halton Region's Health Department supports the residents' request.

Terra Cotta representative, Regional Councillor Clark Somerville, took issue with Davis's description of a possible "back door to development".

"It's not a back door deal— to use your term— to suddenly pave over the hamlet of Terra Cotta. It's providing basic water service to the people who are having problems with their well. They're bearing the cost of it," said Somerville. "The big pipe is not coming to Terra Cotta, it's simply an extension of service to seven homes."

"I'm just trying to protect our town," rebutted Davis.

—By Cynthia Gamble, staff writer

LOOK WHO'S TEN

LOOK WHO'S TEN

Love Mom, Dad & Adam

LOOK WHO'S TEN

Swing Tips

By Mike Harris

As the Winter season turns to Spring it is critical to get the golf muscles back into the "Swing" of it.

Simple stretching programs used throughout the winter can keep your golf swing loose and relaxed as the golf season approaches.

Fitness is an often overlooked aspect of golf at the club level, and is not to be taken lightly as the golf season approaches.

If you have a practice, weighted golf club take some time to swing and stretch for about 10 minutes up to once a day, if possible. Even 3 - 5 sessions per week will certainly keep your golf muscles in tune.

Stretching your legs with some knee bends, and other stretches to keep your hamstrings and quads limber is also critical. Most golfers associate the golf swing with arm and upper body stretches, but in fact the legs and lower body muscles provide the base on which the golf swing is built. Consult your own local fitness trainer to find exercises that will keep your legs fit and strong. You will discover that it is possible to start the golf season more consistently without having to build up the strength that is required to be back to your old self. This will allow you to then work on your game to improve, rather than to "get it back".

NORTH HALTON GOLF & COUNTRY CLUB

363 Maple Ave. W., Georgetown
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www.northhalton.ca

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