

PARENTING MAGAZINE



Wise food choices from the Region Page 3



THE INDEPENDENT & FREE PRESS

Halton Hills Community Newspaper

Recreation programs for girls and guys Page 5

Special pullout section

Friday, March 31, 2006

8 Pages

Circulation 21,220



A PLACE WHERE FAMILIES COME TOGETHER FOR FUN AND FITNESS

At Rampulla's Martial Arts, families come first. All members are to be part of the martial arts family. This is reflected in the high level of quality service and the care given to each and every student. The club offers world class martial arts instructors, family-based, youth and adult classes, as well as weapons training and the opportunity to compete as a member of Team Bonsai. Rampulla's is located at 211 Armstrong Ave. in Georgetown. For more information call 905-702-1116, email tony@rampullasmartialarts.com or go to www.rampullasmartialarts.com

A Supplement To

THE INDEPENDENT & FREE PRESS

Halton Hills only Parenting Magazine

MUSIC LESSONS

INSTRUMENTS & ACCESSORIES

*ASK ABOUT OUR SUMMER LESSON PROGRAM

Store: 905-873-8478 Lessons: 905-873-1000

PINE CONE MUSIC

360 Guelph St., #40 (at Delrex)

www.pineconemusic.com



VOTED FAVOURITE STUDIO

