



**CFUW** CANADIAN FEDERATION OF UNIVERSITY WOMEN

# Post-secondary Education Awards 2006 Call for Applications

CFUW Georgetown invites applications by post-secondary students who are residents of Halton Hills and who meet the criteria set out on the application forms available at

**High School Guidance Departments  
Halton Hills Public Library  
Independent & Free Press Office, Marketplace Mall  
or online at [www.aztec-net.com/~cfuw](http://www.aztec-net.com/~cfuw)**

**NEW this year! Returning college or university students are now eligible to apply.**

**Deadline for submissions of applications is July 15th, 2006**

*CFUW Georgetown Scholarships are made possible by your generous support of the CFUW Annual Used Book and Toy Sale.*

# Parks and recreation department offers variety of swim programs

You can spot Water Smart(r) people right away. They're the ones who know how to swim and behave safely around water.

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. As we head into summer when many leisure activities take place around the water, the time is now to prepare for a safe and enjoyable season.

The Lifesaving Society Swim Program offered by Halton Hills Recreation & Parks Department can teach you and your children how to be Water Smart(r) before you get in too deep. Many spots are still available in summer daytime, evening and weekend swimming lessons. Choose from the Gellert and Acton indoor pools or enjoy the sunshine at the Dick Licata Outdoor Pool.

Alternative aquatic programs are also offered that may better suit your summer schedule and interests.

- Afternoon Drop-in Swimming Lessons at Dick Licata Outdoor Pool give you the chance to improve your swimming ability. Offered Mondays and Wednesdays 12:30 to 1 p.m. or 1-1:30 p.m. on a first-come, first-serve basis. Badges are not issued but screenings for appropriate swimming levels are available.

- Improve your speed, endurance and flexibility with the Lifesaving Fitness Program at the Gellert. Work towards achieving bronze, silver and gold levels in a variety of skills. A great program for those who have completed Swimmer 6,

are preparing for Advanced Lifesaving courses, or want an alternative way of getting fit.

- In the Masters Program, work with a qualified coach to design a personal workout program geared to your level of fitness and ability. Offered Monday evenings at the Gellert.

- Playing sports in the water continues to be a hot trend! How do underwater hockey, frisbee, volleyball and water polo sound? The Water Sports program focuses on team building and serious fun. Recommended for those 8 years and older it is offered at the Acton Indoor Pool and the Dick Licata Outdoor Pool. Pre-registration is required. But if you're more of a drop-in type, recreational Sport Swims will be offered at the Gellert.

Even preschoolers can get into the game at a sport swim just for them. Staff will help your little one with water tag, basketball, tic-tac-toe or a water obstacle course! For 3-5 year-olds with adult accompaniment.

- A variety of aqua fitness programs are available for getting in shape. Exercising in the water proves an effective method because of the added water resistance and fun of being buoyant! Choose from regular or gentle Aqua Fit, Deep Water, Arthritis Exercises, Aqua Yoga, Water Walking and Running H2O.

All aquatic summer programs begin the first week of July. For information on these and other Recreation & Parks' programs, call 905-873-2601, ext. 2275 or visit the Town website at [www.halton-hills.ca](http://www.halton-hills.ca).



trust nature's way

rejuvenate



ensure your physical wellness



enjoy being a healthy family



be confident

## Lifestyle Family Chiropractic *Healthcare Professionals helping you maintain an active and healthy lifestyle!*

Dr. Jennifer McLauchlan, B.Kin., DC (Chiropractor) 905.873.3113 • [www.blessed-dc.com](http://www.blessed-dc.com)

Dr. Jennifer Fitzgerald, ND (Natural Doctor) 905.877.9935

Teresa Knight, RMT (Registered Massage Therapist) 905.877.8351

Located @ 2 Guelph Street, Georgetown Ontario L7G 3Y9