

Town has plenty of programs to keep in shape this winter

The Town of Halton Hills Recreation and Parks Department asks, "How do you want to have fun this winter?"

The adults are back to work, the kids are back to school so how are you going to add some fun and recreation into your life? Winter is an opportune time to try a new program or take your skill in a favourite activity to the next level. Recreation & Parks has space left in many of their winter registered programs such as swimming lessons at the Acton Indoor Pool and Gellert Community Centre or a variety of aqua fitness classes. Maximize your workout time with the Sweat and Swim Membership

ketball or volleyball for ages 13 to 15. On an upcoming February PA Day, 13 to 17 year olds can enjoy the best of what winter has to offer skiing at Blue Mountain. Preschoolers can feel free to have fun in the friendly atmosphere of weekday Kinder Fun and Saturday Fun Club.

Many health and wellness programs are on offer to all adults at the seniors' centres but many



offer- ing adults unlimited recreational swimming and Monday to Friday daytime aqua fitness classes. Other fitness classes offered in both Georgetown and Acton locations include cardio workouts, muscle strengthening and core training such as two levels of Pilates and popular Pilates— On The Ball. Combine a healthy workout with the flair of a dance routine in both adult Latin Dance and Dance Fit programs.

Children are always ready to have fun so it shouldn't be hard to entice them with Hip Hop and various sports such as Dash Sports for 3 to 6 year olds and bas-

approach right up to Sizzin' Seniors! As an added incentive to keep active, seniors receiving the Guaranteed Income Supplement can enjoy a 50% discount on all registered programs and memberships including recreational skating, recreational swimming and Sweat & Swim.

Plan on having some fun this winter! Programs are starting and space is going fast.

Visit the Town website at www.haltonhills.ca or call the Program Hotline at 905-873-2601, ext 2275 to get yourself registered.

be of special interest to those 55+ such as Tai Chi, Qi Gong, and fitness programs using an easy does it



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