

LET'S GET FIT FEMALES IN TRAINING

Start NOW and get in shape for summer!

- *Are you longing for a physique transformation?
- *Are you lacking in energy?
- *Do you feel you are wasting time and energy exercising without results?
- *Are you losing muscle mass? Are your joints paying a high price?

CALL KERRY, KIM OR ANETA FOR A FREE SESSION OF TRAINING

118 Guelph Street, Georgetown
905-702-5723
Cell: 905-703-1531



Downtown work progresses

Earlier this week, workmen were busy laying the curbs on Georgetown's Main Street, north of the traffic lights, as the concrete extruder squeezed them out like toothpaste. The sidewalks will be the next step and merchants will soon have their street back, completed and brand new.

Photo by Ted Brown

Visit the Region's website and be eligible for a prize

Residents have less than a week to visit the Region's website and be eligible to win a prize simply by filling out an on-line survey.

The Region is conducting the survey this month to measure customer satisfaction with its website, www.halton.ca.

Respondents will be asked to complete a number of multiple choice questions, provide general comments and indicate their interest in participating in a focus group to be held later. All information collected from the survey responses will be kept confidential.

To show appreciation for the time taken to complete the survey, three names will be randomly selected to receive one of the following

prizes: a stadium blanket, canvas briefcase or three-ring binder portfolio.

"Our website is not only an effective way of making information available about our policies and programs—it also has tremendous potential for soliciting citizens' involvement in the process of governance and decision making," said Regional Chair Gary Carr.

In 2006, Halton Region's website received more than 1.7 million visits and over 11 million pages were viewed.

Participants can access the survey from a link on the aforementioned website's home page until the end of May. The results will be used to identify areas for improvement.

www.independentfreepress.com

Have you got Spring Fever?

Are you suffering from the restlessness and excitement brought on by the coming of Spring? Well it sounds like you caught 'Spring Fever' - and we've got your cure!

Shake off those winter blues and spring into a more active lifestyle this season with the **Recreation & Park's Sweat & Swim Membership!** Sweat & Swim offers you the flexibility to attend any daytime (weekday) AquaFit classes and unlimited recreational swims.

Have children or grandchildren? We also have childcare available so that you keep to your fitness routine while the kids have fun!

Sweat & Swim memberships are available for purchase at Acton Pool, Gellert Community Centre or the Recreation and Parks Department located on the lower level of the Civic Centre. Choose from a number of flexible payment options to get you started today!

Adult 1 Month Pass - \$45.86
 Adult Yearly Membership - \$550.32
 Family 1 Month Pass - \$76.67
 Family Yearly Membership - \$920.04

Guaranteed Income Supplement

Did you know that if you are currently receiving the Guaranteed Income Supplement, you are eligible for 50% off registered programs and memberships fees with Recreation & Parks? Spring registration currently underway; so don't let program fees get in the way of a healthy lifestyle.

For more information on Recreation and Parks membership programs, please call: 905-873-2601 ext. 2275

www.haltonhills.ca

Sweat & Swim
older adults

GEORGETOWN DAYCARE CENTRE

OPEN HOUSE & REGISTRATION

Sat. May 26th - 11 am - 1 pm

Situated in a beautiful parkland setting
 ... Come in and find out about our exciting educational programs

- JK/SK Kindergarten
- pick up to and from local schools
- NOW TAKING FALL REGISTRATION FOR SEPT. 2007

We Offer:

- Experienced/Qualified staff
- Homemade hot nutritious lunch & snacks
- Community outings, family events
- Full time and part time care on a daily basis for children 2-5 years old

COME IN AND FIND OUT ABOUT OUR EXCITING EDUCATIONAL PROGRAMS AND MEET OUR EXCEPTIONAL STAFF

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