

# GET FIT & GET HEALTHY

## First Aid course offered

A Canadian Red Cross Standard First Aid and CPR/AED Certification Course will be offered in a two-day course on Sunday, April 6 and Sunday, April 20.

This is a full CPR/AED certification course which includes infant, child and adult CPR-level "C", conscious and unconscious choking. You will learn basic first aid for cuts, scrapes, wounds, fractures, strains, sprains, impaled objects, nosebleeds, and allergies-epipens. Signs and symptoms of sudden medical conditions such as stroke, heart attack, cardiac arrest, diabetes, frostbite, hypothermia, and much more.

This is taught in a learner-centered environment. Mandatory attendance is required on both days, 9 a.m. to 4 p.m. at Oxford Learning Centre, 324 Guelph St. in Georgetown. Registration is on a first-come first-serve basis.

The cost is \$110 (includes First Aid manual and certification card). To register, call Catherine, a Kids Safety First, Canadian Red Cross authorized provider, 905-877-4490.



## Crop for Cancer returns April 5

Registration is open for Crop for Cancer 2008. Join this all-day scrapbooking event in support of Cancer Assistance Services of Halton Hills on Saturday, April 5 at Knox Presbyterian Church, Main St., Georgetown.



Since this event began five years ago, more than \$56,000 has been raised. To register or for more information call 905-702-8886 or e-mail [cropforcancer@cogeco.ca](mailto:cropforcancer@cogeco.ca).

## Fitness programs offered for all ages

Physical activity is a vital contributing factor to building a healthy body and healthy mind!

The Town of Halton Hills Recreation & Parks is determined to get residents motivated and moving with a wide variety of active living programs. If you missed out on starting a new fitness routine in the new year, spring is the perfect chance to make a fresh start.

Stretch and tone with added cardio in Total Conditioning, or discover your natural rhythms at Hip Hop Fit, Ballroom Dancing, Line Dancing or Square Dancing. Higher intensity workouts include Cardio Sculpt and Step. For lower impact with strength building, Pilates, Pilates-on-the-Ball, Tai Chi, Yoga and Women and Weights are smart choices.

Parents enjoy an invigorating walking workout while baby enjoys the fresh air at Strollerize. But if you're a mom-to-be, Pre-Natal Fitness is a modified exercise program for during pregnancy.

Fitness programs are also available geared towards ages 55+ such as Stretch & Tone, Still Sizzlin', Low Impact Total Conditioning and Easy Does It Workout, but all adults are welcome!

Aqua Fitness programs offer a range of intensity easy on the joints from Gentle/Pre-Natal Aqua Fit and Arthritis, to Aqua Fit, Deep Water and Running H2O. Masters Swim is a specially designed personal training program for the serious swimmer.

Youth need to get into fitness mode as well. At new Kids Fun Fit, 10 to 13 year olds can have fun working out to their favourite music and Girls Aqua Fit for 13 to 18 year olds has been designed to appeal to this age group.

These are only some of the Recreation & Parks active programs available! For the full lineup, see the *Town's Spring and*

*Summer Community Activity Guide* or visit [www.haltonhills.ca](http://www.haltonhills.ca).

Families should be aware of a new form that's been added to the online registration process. An online participant information form will now be part of online registrations for all children and youth programs.

"This will ensure that for all online registrations we'll already have the vital information we need for the children that will be in our care when programs begin later on," says Mandy Duncan, Recreation Supervisor. "We tested the new online form with our winter dance and instructional programs with great results. The need to follow up with parents about missing medical and contact information went down considerably which is good for families and good for us."

The first time using this online form, you'll need to complete one form per child for every program they are being registered for. After this initial entry, the information is saved for you to accept if still valid or to update the next time you register. It may take a bit longer to register but don't worry! Once you've put a program in your basket, the spot is reserved as you complete the form.

Be ready to register online with Rege at [www.haltonhills.ca](http://www.haltonhills.ca) or by automated phone with Tele-Reg at 905-873-2498. Make sure you have a Family PIN. If you do not have a Family PIN yet, apply by downloading a PIN Request form on the Town website and faxing to 905-873-1587 or dropping off at the Civic Centre, Gellert or Acton Arena. Manual registrations are also accepted at these drop-off points or by mail or fax and are all processed at the Halton Hills Civic Centre.

For more information, call the Program Hotline at 905-873-2601, ext. 2275.



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"GET FIT" contest

*Apply to Power Zone if you are between the ages of 12-18 for our free three month Youth fitness contest.*

**Please submit a short outline of why you should be a part of this contest!**

Deadline to apply is March 30th, 2008



324 Guelph St., Georgetown  
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[powerzone.ca](http://powerzone.ca)



*Georgetown Therapeutic Massage Clinic*



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## In Brief

**Lose weight at TOPS**



If you want to lose weight sensibly and keep it off, join TOPS (Take Off Pounds Sensibly) at St. Andrew's United Church, Tuesdays; weigh-in 6:30 p.m. and get together, 7:30 p.m. or in Acton on Mondays at St. Joseph's Church, Church St. E. Weigh-in: 6-7 p.m. Meetings follow until 8 p.m.

## Bruce Trail hike

Take a Level 1, 5 km hike on local trail on Wednesday, April 2. Depart 9:30 a.m. from the Georgetown Market Place parking lot between Zellers and the grey medical building. Bring water and snack; lunch afterwards. The leader will be Maureen, 905-873-9757 [mosmith@cogeco.ca](mailto:mosmith@cogeco.ca)

## Free Sports Nights

Come play ball hockey, soccer, basketball... put on by Halton Hills Bible Chapel at the Georgetown District Christian School gym (use rear entrance), Thursday nights 7:30-9:30 p.m. Anyone over 14 years old (bring health card for registration). Info: [www.haltonhills-biblechapel.com](http://www.haltonhills-biblechapel.com)