

more

doggy

fun!

# DOG DAYS of Summer

## Pet Photos

Fri. July 25th 5:00 p.m to 8:00 p.m &  
Sat. July 26th 11:00 a.m to 4:00 p.m  
in the Staples Court

## Wonderful World of Circus Bird & Dog Stage Show

Sat. July 26th 12:00 noon & 3:00 p.m  
in the Sears Court.

Don't forget to vote on your favourite dog photo for your chance to WIN a \$200 Shopping Spree!

\*See Customer Service or website for more info.

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## Local schools earn gym equipment

Three local schools earned new gym equipment for successfully completing the Go Active! Fitness Challenge.

Three classes at Robert Little Public School, three classes at Harrison Public School and five classes at Park Public School won the schools \$500 in Wintergreen phys-ed credits to use towards gym equipment.

Students at the three participating schools improved by an average of 11.15 per cent in all six exercises over the course of the Challenge.

By participating in the Go Active! Fitness Challenge and exercising regularly, Ontario students were able to improve on all six compulsory exercises, including crunches, push-ups, 50-metre dash, shuttle run, standing long jump and an endurance run, by an average of 6.63 per cent. Participants' scores were measured in May and combined with those achieved in September to determine their level of improvement.

More than 22,000 students from 300 schools across Ontario have successfully completed the Go Active! Fitness Challenge. The Go Active! Fitness Challenge, presented by McDonald's Restaurants of Canada Limited with support from the Canadian Olympic Committee, promotes physical activity amongst students.

Registration for the 2008/2009 Go Active! Fitness Challenge will open in August at [www.fitnesschallenge.ca](http://www.fitnesschallenge.ca).

## Vacation Bible Schools to be held in August

- Vacation Bible School with the theme, Rainforest Adventure, will be held August 11-15, 9-11:30 a.m. at St. Alban the Martyr Anglican Church, 537 Main St., Glen Williams. To register call 905-877-8323. All children ages 4-10 are welcome. Cost: \$20 per child (second child \$15, third child \$10 within the same family).

- Vacation Bible School with the theme, PowerLab, will be held August 11-15, 9 a.m. to 12 p.m. at Georgetown Christian Fellowship, 13619 Hwy 7 West Georgetown. For kids, ages 5-11, \$10/child, \$30 for a family of four or more. For further info or to register call 905-873-9652 or visit our website [www.gcfchurch.ca](http://www.gcfchurch.ca)

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