



**Experienced Piano Teacher offering an Introduction to the Keyboard**

Small group lessons available beginning mid Sept. 8 week Sessions will introduce students aged 7-11 to the **FUN** of playing piano/keyboards

A limited number of spaces are also available for

**Private Piano Lessons**

Piano/Theory/Classical/Popular/RCM Exam prep. Private lessons & Semi Annual Recitals held on Grand Piano call Jennifer at 519-853-5897 email: [jculpeper@coceco.ca](mailto:jculpeper@coceco.ca)



**It's registration time - so check out these pages and join in**

# Summer's over - it's time to register, start classes

*Keep in shape*

## Town has variety of programs

With summer's end only weeks away, the Town's Recreations and Parks department has a selection of programs and services available to encourage ac-

tive lifestyles.

A Sweat and Swim monthly pass offers unlimited recreational swimming and daytime adult aqua fitness classes (Diaper Fit excluded). Current Sweat and Swim pass holders or anyone looking to become one, should be advised that as of September 1, there will be a slight price increase in the cost of a monthly pass from \$42 to \$45.86. However for a limited time, one can take advantage of the Town's "end of summer price freeze." If you purchase your September Sweat and Swim monthly pass before September 18, it will be offered at the current rate of \$42.

Memberships can be purchased at the Civic Centre or Gellert Community Centre during hours of operation or at Acton Indoor Pool during scheduled recreational swims.

A monthly membership Power Pass offers all the benefits of the Sweat and Swim pass plus unlimited access to Power Zone Fitness Centre! Someone can swim when they want,

weight train when they like. This monthly membership can be purchased at either the Gellert Community Centre during hours of operation or at Acton Indoor Pool during scheduled recreational swims.

Unlimited recreational swims can be purchased monthly or yearly at the location of choice. The Town offers passes for adults, youth and passes for the entire family!

The Town also offers skating passes so you can enjoy unlimited recreational skating. Three month and six month passes can be purchased at Acton, Mold Masters, or Georgetown Memorial Arena during recreational skating times and/or at the Civic Centre and Gellert Community

Centre during hours of operation.

**Discounted fees**

People currently receiving the Guaranteed Income Supplement, are eligible for discounted fees of registered programs and memberships. Fall registration begins August 30. Anyone currently working



Reading | Writing | Math | Spelling | Grammar | French | Study Skills

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# staying **Alive**

## FITNESS INC

11 Main Street North, Acton ON

**519.853.2650**

### CLASS SCHEDULE September 1- 30 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Sept. 1 9:30am Circuit Training 10:45am Spinning	Sept. 2 8:30am Bosu
Sept. 4 CLOSED	Sept. 5 9:30am Core Stability 10:45am Spinning 5:00pm Pilates Lite 6:00pm Bosu 7:00pm Pilates	Sept. 6 9:30amBosu/Pilates 6:30pm Yoga 7:30pm Spinning	Sept. 7 9:30am Yoga 1:30pm Tai Chi 6:00pm Spinning 7:00pm Core Stability	Sept. 8 9:30am Core Stability 10:45am Spinning	Sept. 9 8:30am Bosu
Sept. 11 8:15am Pilates Lite 9:30am Pilates 6:00pm Pilates 7:00pm Spinning 8:00pm Pilates Lite	Sept. 12 9:30am Core Stability 10:45am Spinning 5:00pm Pilates Lite 6:00pm Bosu 7:00pm Pilates	Sept. 13 9:30amBosu/Pilates 6:30pm Yoga 7:30pm Spinning	Sept. 14 9:30am Yoga 1:30pm Tai Chi 6:00pm Spinning 7:00pm Core Stability	Sept. 15 9:30am Core Stability 10:45 Spinning	Sept. 16 No Class
Sept. 18 8:15am Pilates Lite 9:30am Pilates 6:00pm Pilates 7:00pm Spinning 8:00pm Pilates Lite	Sept. 19 9:30am Core Stability 10:45am Spinning 5:00pm Pilates Lite 6:00pm Bosu 7:00pm Pilates	Sept. 20 9:30amBosu/Pilates 6:30pm Yoga	Sept. 21 9:30am Yoga 1:30pm Tai Chi	Sept. 22 9:30am Circuit Training 10:45am Spinning	Sept. 23 8:30am Bosu
Sept. 25 8:15am Pilates Lite 9:30am Pilates 6:00pm Pilates 7:00pm Spinning 8:00pm Pilates Lite	Sept. 26 5:00pm Pilates Lite 6:00pm Bosu 7:00pm Pilates	Sept. 27 9:30amBosu/Pilates 6:30pm Yoga	Sept. 28 9:30am Yoga 1:30pm Tai Chi	Sept. 29 9:30am Circuit Training 10:45am Spinning	Sept. 30 8:30am Bosu

Come visit us & check out our New Equipment & Fall Schedule  
NEW HOURS AS OF SEPT 5.

**NEW FITNESS CENTRE HOURS**

MON & WED. 5:30AM-1PM, 3:30PM-9:00PM FRI. 5:30AM-1PM, 3:30PM-8:00PM  
TUES. & THURS 7AM-1PM, 3:30PM-9:00PM SAT/SUN. 7AM-1PM



## Acton Jiu-Jitsu

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Self Confidence,  
Self Defense, Fitness  
& Fun*



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**(519)853-2424**

5A MILL STREET, E. ACTON  
E-mail: [jiujitsu1@sympatico.ca](mailto:jiujitsu1@sympatico.ca)



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Early Registration Tues Aug 29 & Wed Aug 30 10pm-2pm or call 905-873-8783

HALTON DISTRICT SCHOOL BOARD