

Get busy, get active in 2006 Recreation, leisure healthy

Recreation and leisure activities may be one of our best methods for curbing rising medical costs. They may be one of the best investments in health and a satisfying lifestyle.

In an era in which medical costs continue to escalate and our ability to provide medical care for all segments of the population has lessened, money spent on maintaining good health pays dividends.

Costs can be reduced as much as 22% through effective wellness and fitness programs.

Researchers in Canada and Australia estimate that modest levels of active recreation for adults may reduce their national health insurance costs by 10%.

The significance of recreation, physical activity, leisure, activities and classes to one's well being was first observed by scholars in ancient Egypt and Greece. The Egyptians believed recreation was essential to one's recovery from illness and trauma. The Greeks viewed it as critical to learning and good health in their ideal: "sound mind, sound body."

The value of recreation and physical activity to health and welfare for the young helped bring the playground movement to fruition in the earlier years of this century.

Perhaps too much has been expected from the medical professions, seeing them as the basic health care providers, when, in reality, they tend to be concerned mostly with treating illness, not with developing and maintaining good health. That is the view of some social researchers, who argue that most of our gains in

healthy living and longevity have resulted from better sanitation, cleaner water, better nutrition, safer food supplies, less hazardous workplaces, etc., not the activities of medical specialists.

They believe life expectancy is more affected by good nutrition, exercise and illness prevention than through the treatment of disease. Good health results from living in healthy environments and having good health habits, one of which is to enjoy leisure – to recreate.

ACTON OPTICAL

DON'T MISS OUR SECOND ANNUAL
BACK TO SCHOOL SPECIAL

FREE GIFT with children's eyeglasses!

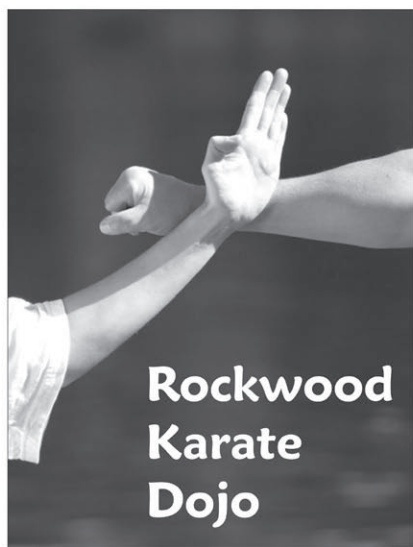
Choose your FREE GIFT from our gift table. Shop early for best selection. Come in and see what we have to offer!

Packages starting from \$99.00 complete

519-853-5133
IN THE GIANT TIGER PLAZA

Karate Open House

Sunday August 27 ☺ 1 to 3 pm



**Rockwood
Karate
Dojo**

**ST. JOHN'S
ANGLICAN CHURCH HALL**

112 Main Street • Rockwood
(across from Saunder's Bakery)

INFORMATION

Donna Haskett
519-856-2058

rockwoodkarate.com

Classes start in September

Little Tiger Program

1. Tots learn traditional Karate values of calmness, respect and health
2. Focus, memory and concentration drills
3. Coordination, agility and flexibility drills
4. Fun, exciting exercises and games
5. Preparation for regular program

Back-to-School Program

1. Confidence, self esteem and calmness
2. Conflict awareness and avoidance
3. Improve focus and concentration
4. Physical fitness and stress relief
5. Improve reflexes and coordination
6. Gain self defence skills

Adult Classes

1. Reduce stress and raise energy levels
2. Clear your mind and control your weight
3. Improve health and stamina
4. Flexibility and coordination
5. Learn self defence at your own pace.
6. Evening and daytime classes

ACTON HIGH SCHOOL PRE-REGISTRATION FOR SEPTEMBER 2006 WILL BE HELD ON TUESDAY, AUGUST 29TH

IN ORDER TO START THE PRE-REGISTRATION PROCESS, YOU MUST BRING WITH YOU:

- **SIGNED STUDENT INFORMATION VERIFICATION FORMS**
- **SIGNED ACCEPTABLE USE GUIDELINES FOR COMPUTER USE**
(Both must be signed by parents if you are under 18 year of age)

Pre-registration includes:

- the distribution of timetables
- the assignment of lockers
- the taking of photos for the Student Card and Yearbook
- the purchase of student photo packages
- the purchase of yearbook and student card/ Library Card packages
- the collection of **signed** Student Verification Forms and **signed** Acceptable Computer Use policy forms.

Schedule:

- **Grade 9** 9:00 - 10:30 a.m.
- **Grade 10** 10:30 - 12:00 noon
- **Grades 11 & 12** A-L 1:00 - 2:30 p.m.
- **Grades 11 & 12** M-Z 2:30 - 4:00 p.m.

Grades 9-12 students who cannot attend during the day may complete the pre-registration process between 5:00 - 7:00 pm

IT'S FALL REGISTRATION TIME - SO JOIN IN!!



Dance Center

New Location,
New Logo,
New Look

(Previously referred to as The Dance Inn)

FALL CLASSES STARTING SOON!

WOW
CELEBRATING
OUR 8TH YEAR
IN ACTON

REGISTRATION DATES

- Tue. Aug. 29 - 5:00 to 8:00 pm
- Wed. Sept. 6 - 5:00 - 8:00 pm
- Sat. Sept. 9 - 11:00 am - 3:00 pm

OFFERING: Tap, Jazz, Ballet, Acrobatics, Hip Hop, Musical Theatre, Adult Classes

Stefanie Pitre (Bachelor of Arts in Psychology, NCCP Level 1 & 2 Artistic Gymnastics) Will be the instructor for the following 10-week programs. Please note that all 10-week programs will be a ½ hour in length.

New 10 Week Programs

Dance with Me Infant

A ½ hour dance program for parent and baby (6 weeks +). A wonderful opportunity to bond with baby and introduce them to a variety of music and dance styles.

Jumpin' & Jammin

A ½ hour program designed for children 3 to 4yrs. A fun introductory approach to learning dance and acrobatics.

Sing & Play

A ½ hour parent and tot class designed for children 1 ½ to 3 yrs. An energetic and exciting approach to singing and playing with your child. Participants will learn new and familiar songs and games as well as use instruments to stimulate growth and development.

Dance with Me

A ½ hour parent and tot dance class, designed for children 1 ½ to 3yrs.

Sing & Play Infant

A ½ hour program for parent and baby (6 weeks +). A creative and fun approach to interacting with baby by using songs, instruments and games.

Songs & Smiles

A ½ hour program designed for children 3-4yrs old. A continuation of Sing & Play, promoting independence for the preschool aged child.

Sharing Our Love of Dance Since 1998

17 Mill Street East, Acton 519-853-8628

www.the-dance-inn.com

email: info@the-dance-inn.com