



TERRIFIC TYKES: Jescan Power took the Tyke title, edging Eramosa Physiotherapy 4-3 for the win.



ACE ATOMS: A 3-2 win over Hotline Electric gave Nova Training and Consulting the Atom Division championship victory.

House League Day of Champions



POWERFUL PEEWEES: Berkshire Investments earned the Peewee division crown with a 3-1 win over R/M Construction.

Nail-biting overtime, close games and great hockey were on tap as the Acton House League Hockey Association wrapped up its season at the Day of Champions last month.

The Chargers battled to division wins and handed out hardware to top players, teams and coaches.

— Submitted photos



MIGHTY MIDGETS: Actonite Distribution earned the Midget Division championship title.

Town offers Sweat & Swim program

Perhaps you're a jogger or play a demanding sport and want to find an activity that keeps your heart rate up but takes some of the impact stress off of your body. Or maybe you have acquired an injury preventing you from adding additional stress on your joints. Swimming, whether in a program format or as a recreational pastime, gives you a great fitness result with less impact.

If you build swimming into your regular routine, you can expect to increase endurance, muscle strength and cardio-vascular fitness. Swimming can also be a great cross-training or alternate workout to your normal fitness regime.

Swimming is a great calorie

burner at a rate of about 3-calories a mile per-pound of bodyweight. Swimming can also be a very rewarding experience through social interaction, friendly competition and enjoyment of the company of

If you build swimming into your regular routine, you can expect to increase endurance, muscle strength and cardio-vascular fitness.

others with similar interests.

Want more from your membership? Why not choose the Town's Sweat and Swim membership to get you started? The Sweat and Swim

monthly pass offers flexibility and choice. This membership allows you the benefit of attending unlimited recreational swimming and daytime (weekday) adult aqua fitness classes (Diaper Fit excluded). The benefits of combining aerobic and weight training exercises will help you maximize the benefits of your healthy lifestyle.

Have children? Recreation and Parks also offers childcare so that you keep to your aqua fitness routine while your children have fun!

For information on the Town's memberships or for information on programs and services offered, call the Recreation and Parks Department at 905.873.2601 ext 2275.

Chamber hosts show

The Halton Hills Chamber of Commerce adds to the roster of exciting celebrity guests for the 2007 Halton Hills Home & Leisure show, welcoming two time Canadian Women's Motorcycle Road Racing champion, Shawna Aron. Shawna is well known in racing circles for her high-ranking finishes all over eastern Canada including Shannonville and Mosport, and Mt. Tremblant, Quebec. You'll be right in the action at the Gecko Racing booth where you'll get a chance to meet Shawna in person, get an autographed poster, see all kinds of race paraphernalia, and have a close look at her winning wheels. Thanks to the generosity of her main sponsor, Yamaha Motor Canada, Shawna is able to share with the public her race bike, ATV and ice race bike.

The show, showcasing over 120 local businesses at Mold Masters Sportsplex on May 11 and 12 is expected to attract in excess of 4,000 attendees. The list of vendors continues to grow and with major sponsorship a record-breaking event is anticipated.

For further information about the show or booth registration, contact Mary Ridley at the Chamber of Commerce (905) 877-7119 or via email at membership@haltonhillschamber.on.ca.