

PICNIC IN THE PARK



Graham Paine/Torstar

The Nigerian community in Milton recently held its annual family picnic and barbecue in the community park behind the Milton Sports Centre. Clockwise from left, Titilayo Koyo has fun pushing her daughter Modesire, 4, on the swings. Femi Salami and Tunde Olonisakin grill some chicken and corn for picnic-goers. Bube Alex-Okoro, 3, and his brother Daniel, 5, chase a soccer ball as mom Tochi looks on.

FALL Registration

Dance • Music • Sports • Education • Special Interest • Childcare • & More

Call 289-293-0691 to place your ad in the Fall Registration section publishing weekly.

The many benefits of keeping children active throughout the school year

Regular physical activity is so important for children's development, not just physically, but socially and mentally. Being active can help children:

- Build strong muscles, bones and improve cardiovascular
- Learn coordination, movement control and confidence
- Maintain a healthy body weight
- Have less risk of chronic disease in later life
- Improve self-esteem and have less depression, anxiety and emotional distress
- Improve learning and attention span, and achieve more at school
- Have more chances to express themselves, learn new skills and have fun
- Build social skills such as cooperation, respect for others, problem solving, athleticism, fair play and teamwork



FALL REGISTRATION
Celebrating Our 15th Season!

Fall Classes:

- Boy's Only Hip Hop, Jazz, Ballet, Tap, Acro, Lyrical/Contemporary
- Adult Jazz Funk/Hip Hop Fusion
- Adult Ballet Barre
- Parent & Tot classes available
- 12 week session programs available Saturdays

905.693.8113
info@thedanceelement.ca
330 Bronte Street S.
Unit 213/214/215, Milton
www.TheDanceElement.ca



Boys
1/2 price



DISCOVER WHY GIRLS LOVE HOCKEY, BE PART OF A TWISTERS TEAM!



JOIN THE SISTERHOOD

HOUSE LEAGUE REGISTRATION STILL OPEN

- ★ Fundamentals or Tyke (ONLY \$299!) ★ Novice ★ Atom ★ Pee wee
- ★ Bantam ★ Midget/Intermediate ★ Senior (full)

SEPT 28 - START OF 2019 SEASON
Register now to avoid disappointment!

FOR FEES AND INFORMATION VISIT OUR WEBSITE:
WWW.NHGHA.COM
NHGHA.INFO@GMAIL.COM