

# Y offers noon fitness program

With spring comes the inspiration to get into better shape. And it looks like the Y's noon hour fitness club for working people just might get off the ground this time. The program was not given this winter because of insufficient enrolment.

This season, the lunch hour program is offered to women as well as men. The women's program is scheduled for Tuesdays and Thursdays; the men's for Mondays, Wednesdays and Fridays. Hours are 12 noon to 1:30 p.m. to accommodate all lunch breaks.

The program is informal with participants following their own routines. Program director Brenda Coburn will

orient registrants to the facilities and equipment and recommend an individualized exercise regimen. She will consider adding a formal exercise class for women during the noon hour if enough are interested.

The fee includes use of sauna and shower facilities. Fees for women are \$20 for 20 sessions or two dollars per visit. Fees for men are \$25 for 30 sessions or two dollars per visit. Miss Coburn asks those interested in attending on a per visit basis to notify her so she can judge whether there would be sufficient attendance to warrant running the program.

As part of its expanded fitness program for adults the Y

is offering for the first time a cardiovascular fitness program. The program — the first Y program to be offered in the evening — is geared for the man or woman of average health who wants an exercise program designed to help the heart and circulatory system. Before starting the program, participants will be tested to determine their level of fitness.

As well as organized and individualized exercises, sessions will feature discussions on nutrition.

Space has been found in the Y's quarters for another change room and shower, making it possible to offer this program to both men and women. Sessions will run from 7 p.m. to 9 p.m. Ten

sessions are offered, starting April 3. The fee is \$25.

Other new programs offered by the Y this spring are modern jazz movement, baton twirling, horsemanship, family camping, co-op play, toddler gym and beginners' gymnastics.

Baton twirling is offered for six to 12-year-olds. Modern jazz movement is offered Wednesdays for youth and Tuesdays for adults.

There are youth and adult programs in horsemanship as well. This course will be conducted at Mountain View Farm in Acton. Instruction will be in the English method of riding.

Instructor for the family camping program, offered to adults, is Rocco Lasole, outdoor education instructor at Humber College and Champion columnist. Optional outings for the family will be included.

Co-op play morning is a program for pre-schoolers in which parents take turns in supervising children. By so doing, parents can gain an

understanding into the child's world of play.

Toddler gym, for children from the time they can walk to three years, is another in which parent and child participate together. The program is designed to develop a healthy attitude toward exercise at an early age and, as well, to accustom the child to going to the Y with his parent there to give him a sense of security.

Beginners' gymnastics is a basic course for children six and up.

Definitely going ahead this season is the creating together program for parents and toddlers from two to four. Parents share in the program and can learn creative things to do with their kids at home. Each week will focus on a different theme, such as color, drama or music.

Besides the new activities outlined, the Y is offering programs that have proved popular in the past. These include kindergym, kinder-crafts, pre-gymnastics and creative movement for pre-schoolers, teen fitness and weight lifting for youth, employees' fitness packages,

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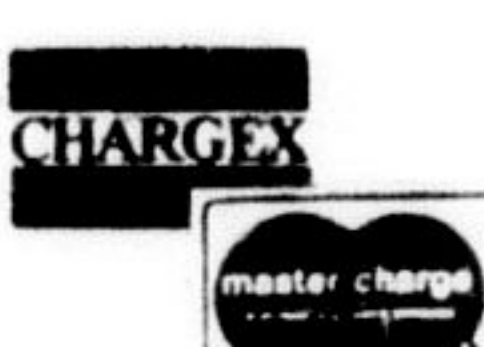


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GENIUS AT WORK. Robbie Crowe is admired by friend Trevor Framp-ton. The children were part of a group of 10 painting masks for Circus Day activities at the Y. The day-long program, which included an outing for lunch, was one of two programs the Y held for pre-schoolers during the March break.



IN THE BAG, Jeffrey Belford is led by Joel Harkoff, both 4. Painting bag masks was a Circus Day project at the Milton Y.



WALKING THE PLANK is a preliminary step to working on the balance beam. Pre-gymnastics was offered this winter for the first time by Milton Y and will be offered again in the spring program.

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Left to right: Enjoying Earl's living room are: Earl Warren, (seated) left to right: Gordon Sinclair, Bill Stephenson, Allen Spraggett, David Craig and Bob Hesketh, (standing) left to right: Bob Greenfield, David Tafler, Peter Dickens, Bill McVean and Andy McConvey.

# Earl Warren & friends

Every weekday 10:00 AM to 1:00 PM, Earl Warren packs a full house of radio entertainment into your morning. With his down-to-earth philosophy and infectious good humour, you'll find Earl a delight. He has a fondness for country, as well as contemporary music; gourmet recipes; bowling; and of course, spectator sports—especially when the Cincinnati Reds are playing baseball. He enjoys involving you in his everyday experiences particularly with amusing incidents about his family. In a way, you become part of Earl's family too, when you listen in to 'The House of Warren'.

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  - o Bill Stephenson for 'Sports' 12:40 PM
  - o Allen Spraggett the 'Astrologer' 'You and your Sun Sign' between 10:00 AM and 11:00 AM
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  - o Bob Hesketh for 'News and Comments' at 1:00 PM and 'Dialogue' with Bill McVean at 10:07 AM

- o Bob Greenfield for 'Authoritative News'
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