



# Town of Milton PARKS and RECREATION DEPT.



## 1981

# Spring Programs



### FLOWER ARRANGING COURSE

This Program will teach participants how to make beautiful arrangements, as well as learning about the various types of flowers and house plants. The cost will be approximately \$5.00 per class for the fresh flowers. After each class participants will take home fresh flower arrangements which they have made.

**PLEASE NOTE:** (Approximately \$5.00 per class for fresh flowers)

**LOCATION:** Laurier Avenue Community Room  
**COMMENCING:** Thursdays; April 2, 1981 to April 30, 1981  
**TIME:** 8.00 to 10.00 p.m.  
**FEE:** \$17.00 for 5 weeks  
(Approximately \$5.00 per class for fresh flowers)

### WOMEN'S FITNESS

Feel Better, Look Better!!! An evening fitness program for women designed to help the individual obtain a desirable fitness level. The result of attending the program will be an overall feeling of fitness and well being.

**LOCATION:** J.M. Denyes Public School  
**COMMENCING:** Thursdays; April 2, 1981 to May 21, 1981  
**TIME:** 8.00 to 9.30 p.m.  
**FEE:** \$18.00

**PLEASE NOTE:** Class is limited to 32 participants. Running shoes must be worn in the gym at all times.

### RUG HOOKING

This is the old pioneer craft of hooking strips of cloth material into a backing of burlap. It is not latchet hooking or knotting. The course will teach you the basic knowledge of hooking 3 dimensional flowers and leaves, and colour planning. Equipment will be available at the classes. Bring your note books and small scissors.

**LOCATION:** Rotary Park Community Centre  
**COMMENCING:** Thursdays; April 2, 1981 to May 21, 1981  
**TIME:** 7.30 to 9.30 p.m.  
**FEE:** \$14.00

**PLEASE NOTE:** Class is limited to 15 participants

### LADIES' JAZZNASTICS

This Program is designed to improve your fitness through exercise movements, and creative dance routines. The everchanging rhythms carry the class through a complete workout. This rhythmic method of exercising is great for trimming down and firming up muscles. The first 45 minutes of this Program are designed especially for you... the lady attending the first Jazznastic Class. It consists of gentle, light exercising and routines. This portion of the Program could also be used as a warm-up session for the more advanced participant. The remaining hour will be spent doing more strenuous exercising and will also include dance routines.

This Program is sure to help you obtain and maintain a desirable fitness level.

**LOCATION:** Robert Baldwin Public School  
**COMMENCING:** Wednesdays; April 1, 1981 to May 20, 1981  
**TIME:** 8.45 to 10.30 p.m.  
**FEE:** \$16.00

**PLEASE NOTE:** Participants are asked to wear gym shoes for the program. Registrations are limited to 32 participants.

### INTRODUCE YOUR PRE-SCHOOLER TO

#### BROOKVILLE PRE-SCHOOL PLAYSHOP

**LOCATION:** Brookville Community Centre  
**AGES:** Girls & Boys 3 to 5 years  
**TIME:** 9.00 a.m. to 11.30 a.m.  
**COMMENCING:** Tuesday Thursdays  
Tuesday, March 31, 1981  
to Thursday, June 4, 1981  
**FEE:** \$50.00 for 20 days

#### CAMPBELLVILLE PRE-SCHOOL PLAYSHOP

**LOCATION:** Campbellville Lions Club Hall  
**AGES:** Girls & Boys 3 to 5 years  
**TIME:** 9.00 a.m. to 11.30 a.m.  
**COMMENCING:** Mondays & Wednesdays  
Monday, March 30, 1981 to  
Monday, June 8, 1981  
**FEE:** \$50.00 for 20 days

**PLEASE NOTE:** Assistance of volunteer helpers, two or possibly three times per session would be greatly appreciated in order to keep this program operating.

### CHILDREN'S DANCE LESSONS

This fun-filled 8 week program provides the youngsters with opportunities in modern jazz or ballet. Special class groupings are offered for pre-schoolers in ballet and jazz as well. Instruction follows the guidelines of the Royal Academy of Dancing and the teaching staff are active members of the Canadian Dance Teachers Association.

**LOCATION:** Martin Street Public School  
**DATES:** Wednesday, April 1 to May 20, 1981  
**TIME:** 5:30 to 7:30 p.m. (classes range from 1/2 hr. to 1 hr. in length)  
**N.B.** Parents are not allowed in the gym during the program. Please indicate which dance you would like for your child. The first class will be an introductory warm-up class for everyone at 5.30 p.m.  
**FEE:** \$20.00/child

### TABLE TENNIS FOR JUNIORS

Table Tennis is a game anyone can play. Even the youngsters can become proficient at the sport. The children will be instructed on the basic rules of play and will have ample opportunity to use their new skills in recreational games.

**LOCATION:** Old Firehall, 2nd floor, 275 Main St. East.  
**DATES:** Friday, April 3 to May 29, 1981 (cancelled April 17)  
**TIME:** 5.30-7.15 p.m.  
**FEE:** \$10.00/person  
**N.B.** Players are asked to wear gym shoes during the program.

### BADMINTON

This popular program allows the players to improve their skills, strategy and overall play. The sport is very challenging and enjoyable in addition to being a great way of meeting new friends.

**LOCATION:** Milton District High School  
**DATES:** Wednesday, April 1 to May 20, 1981  
**TIME:** 7.30-9.30 p.m.  
**FEE:** \$12.00/person  
**N.B.** Gym shoes must be worn at all times during the program. Players must supply their own racquets.

### MEN'S FITNESS & EXERCISE

This program will provide the participants with a general program of exercises and sports geared to increase fitness levels. At the beginning of each class the instructor will guide the men through a series of warm-up calisthenics. The remainder of the class will be a number of recreational games in a non-competitive atmosphere.

**LOCATION:** Milton District High School (gym 110)  
**DATES:** Tuesday, March 31 to May 19, 1981  
**TIME:** 8.00-10.00 p.m.  
**FEE:** \$14.00/person  
**N.B.** Please wear appropriate clothing including gym shoes.

### LADIES' VOLLEYBALL

This popular recreational pursuit is an excellent way to get some valuable exercise. The players will be taught the basic rules of play and participate in enjoyable games. The program is fun for all involved and a great way of meeting new friends.

**LOCATION:** W.I. Dick School—Highside Drive  
**DATES:** Monday, March 30 to June 1, 1981 (cancelled Apr. 20 & May 18)  
**TIME:** 7.30-9.30 p.m.  
**FEE:** \$12.00/person  
**N.B.** Please wear gym shoes during the program.

### TABLE TENNIS FOR ADULTS

This popular activity is once again being offered by the Parks & Recreation Department. The 8 week program will introduce participants to the game and most of the classes will be recreational playing.

Come out and learn a new game or brush up on your old skills.

**LOCATION:** Old Firehall, 2nd floor, 275 Main St. East.  
**DATES:** Thursday, April 2 to May 21, 1981  
**TIME:** 8.30-10.30 p.m.  
**FEE:** \$10.00/person  
**N.B.** Players are asked to wear gym shoes during the program.

### MEN'S RECREATIONAL BASKETBALL

This increasingly popular program allows the players to enjoy the sport in a recreational atmosphere. The instructor will put the participants through some warm-up drills at the beginning of each class and then new teams will be formed each week prior to playing.

**LOCATION:** Milton District High School (gym 124-126)  
**DATES:** Thursday, April 2 to May 21, 1981  
**TIME:** 8.00-10.00 p.m.  
**FEE:** \$14.00/person  
**N.B.** Participants are asked to wear appropriate clothing including gym shoes

### HORSEMANSHIP—Youth

The Horsemanship Program offers a variety of activities such as: grooming, care of a horse, stable management, equipment, learning to ride a horse or further improving your basic riding skills.

**LOCATION:** Almar Stables  
**DATES:** Saturday, May 2 to May 30, 1981  
**TIME:** 1.30-3.30 p.m.  
**FEE:** \$28.00 for 5 lessons  
**N.B.** Participants are required to wear shoes with a heel for the classes. Please indicate any related experience on the registration form.

### HORSEMANSHIP—Adult

If you would like to learn how to ride a horse, or further develop your riding skills—this program is for you.

**LOCATION:** Almar Stables  
**DATES:** Thursday, May 7 to June 4, 1981  
**TIME:** 7.00-9.00 p.m.  
**FEE:** \$32.00 for 5 lessons  
**N.B.** Participants are required to wear shoes with a heel for the classes. Please indicate any related experience on the registration form.

### INTERESTED IN CYCLING?

The Milton area is ideally suited for the enthusiastic cyclist because of the combination of flat and rolling terrain.

The Parks & Recreation Department is trying to determine if there is enough interest in the area to form a Milton Cycling Association. One should have a lightweight bike with gears and have the desire to cover distances of 20 to 30 miles at a moderately fast pace. Anyone interested in joining this group should contact the Parks & Recreation Department at 878-7211 ext. 49, or call Eric vander Holt at 878-1378.

### SERVICES FOR THE DISABLED

#### We'd Like You To Join In!

The Parks and Recreation Department offers a wide variety of recreation programs which you are welcome to join. If you, or anyone in your family has a physical or mental disability, and would like to learn more about recreation activities available in the community, call Bonnie Ward at 878-7211 Ext. 48.

### MARCH BREAK PUBLIC SKATING

**DATES:** Monday, March 23, 1981 to Friday, March 27, 1981  
**LOCATIONS:** Milton Memorial Arena and Milton Sports Centre  
**TIME:** 2.15 to 3.30 p.m. daily  
**FEE:** 25¢ per person.

### SPRING AQUATICS—Ernest C. Drury Indoor Pool

#### \* INSTRUCTION—Pupil Training Levels

<b>Friday Evenings</b> —April 3 to June 12	<b>Saturday Mornings</b> —April 4 to June 13
6.00-6.30 p.m.—Parent & Tot, Pre-Beginner	9.00-9.30 a.m.—Pre-Beginner, Beginner
6.00-6.45 p.m.—Intermediate	9.00-9.45 a.m.—Pre-Jr./Survival, Intermediate
6.30-7.00 p.m.—Parent & Tot, Beginner	9.30-10.00 a.m.—Parent & Tot, Beginner
6.45-7.30 p.m.—Junior, Senior	9.45-10.30 a.m.—Pre-Jr./Survival, Junior
7.00-7.30 p.m.—Pre-Beginner, Beginner	10.00-10.30 a.m.—Parent & Tot, Pre-Beginner
	10.30-11.15 a.m.—Junior, Senior
	11.00-11.30 a.m.—Parent & Tot, Pre-Beginner
	11.15-12 noon—Pre-Jr./Survival, Intermediate
	11.30-12 noon—Pre-Beginner, Beginner

**FEES:** Parent & Tot \$12.00 ea. Pre-Beginner \$12.00 ea. Beginner \$16.00 ea. Pre-Junior/Surv. Junior Intermediate Senior

#### \* ADULT INSTRUCTION & SENIOR CITIZENS SWIM

—3 levels—Novice (full), Level 1, Level 2.  
—each Saturday, 1.00-1.45 p.m. starting April 4 to June 13  
—\$16.00/person.

#### \* BRONZE MEDALLION/SENIOR RESUSCITATION

—pre-requisite—Senior Red Cross and age 14 by test date  
—each Saturday—2.30-3.00 p.m. lecture  
3.00-4.00 p.m. pool session starting April 4 to June 13  
—\$25.00 person (plus manual)

#### \* PUBLIC SWIMMING

**Winter Session**—remaining dates  
Friday, March 13, 1981—8.00 p.m.—9.00 p.m.  
Saturday, March 14, 1981—CANCELLED  
**Spring Session**  
Fridays, April 3 to June 12, 1981—8.00-9.00 p.m.  
and Saturdays, April 4 to June 13, 1981—2.00 p.m.—3.00 p.m.  
**FEES:** 50¢ for children 12 yrs. & under  
75¢ for those over 12 yrs. of age.  
\$2.50 Family Rate (max.)

**N.B.** All Aquatic Programs will be cancelled Easter Weekend.

### YOUTH DROP-IN CENTRE

If you are 13 to 18 years of age and looking for something interesting to do, or a place to go to meet others your age, then drop around to the Centre. The Drop-In will be held at the Optimist Centre on Commercial Street.

The Drop-In Centre features an informal drop-in format, allowing plenty of opportunity to do things if you choose to! Activities available at the Drop-In include tournaments, ping pong, pinball machines, music, table games, cards, guest speakers, and trips.

There will be few structures, leaving it up to you to set up activities that interest you, along with whatever help we can give.

However, if you choose, just sit down with your friends and do nothing other than relax!

**LOCATION:** Optimist Centre—Commercial Street  
Phoenix Room  
**DATES:** Monday thru Fridays  
**TIME:** 7.00 to 10.00 p.m.  
**FEE:** No Charge

## REGISTRATION INFORMATION

Anyone wishing to participate in any of the programs offered by the Parks and Recreation Department, should complete the registration form and forward it by MAIL to the Milton Parks & Recreation Department, 251 Main Street East, P.O. Box 1005, MILTON, Ontario L9T 4B6

Should you wish to register for more than one program, (or more than one person) please use the printed registration form as a guide and duplicate the necessary information on a plain sheet of paper.

All registrations are accepted on a first come, first served basis!!

**REFUNDS:** Refunds will only be made available if a Program is cancelled, or if written notification is received one week prior to the commencement of the program. All refunds are subject to an administration charge of \$3.00.

### REGISTRATION HOW TO REGISTER:

The Parks and Recreation Department regrets that registrations will NOT BE ACCEPTED

by telephone. Registrations will be accepted by the following methods:

- 1) Mail Registration form(s) to Parks and Recreation Department.
  - 2) Mail Drop—The Department has installed a mail box outside the Recreation Office in the basement of the Town Hall. Participants have the choice of MAILING their registration into the Office, or dropping off the COMPLETED REGISTRATION in the mail drop provided.
  - 3) After Office Hours COMPLETED registrations may be dropped off in the mail slot located at the Town Hall in the front doors.
- 2) We regret that Post Dated Cheques will not be accepted.  
3) Please enclose registration fee by cheque or money order and make it payable to: TOWN OF MILTON.

### WHERE TO:

Mail Completed Registration to:  
Milton Parks & Recreation Department,  
251 Main Street East,  
P.O. Box 1005,  
MILTON, Ontario,  
L9T 4B6

Participants may drop off the COMPLETED REGISTRATIONS in the TWO mail drop locations at the Recreation Office—251 Main Street East.

### TO CONSIDER:

- 1) Registrations for the Spring Recreation Programs are accepted on a first come, first served basis.
- 2) Insufficient registrations will necessitate the cancellation of any recreation program. Participants will be advised of this by telephone or letter.
- 3) If a cheque and/or money order is incorrectly written, the registration will be returned to the sender for re-application.
- 4) Participants are solely responsible for their own medical and hospital coverage.

### SPEAK TO:

For further information regarding any Spring Program, PLEASE CALL 878-7211 Ext. 48 OR 49.

<p>Milton Parks &amp; Recreation Department, P.O. Box 1005, 251 Main Street East, MILTON, Ontario L9T 4B6 878-7211</p>		<p>Milton Parks &amp; Recreation Department, P.O. Box 1005, 251 Main Street East, MILTON, Ontario L9T 4B6 878-7211</p>	
<p>PLEASE USE THE FORM FOR ONE PERSON ONLY. IF ADDITIONAL FORMS ARE REQUIRED, PLEASE USE THE PRINTED FORMS AS A GUIDE AND DUPLICATE THE NECESSARY INFORMATION ON A PLAIN SHEET OF PAPER.</p> <p>1. FEE MUST ACCOMPANY THIS FORM. 2. ALL FEES PAYABLE TO: TOWN OF MILTON. 3. NO POST DATED CHEQUES ACCEPTED.</p>		<p>PLEASE USE THE FORM FOR ONE PERSON ONLY. IF ADDITIONAL FORMS ARE REQUIRED, PLEASE USE THE PRINTED FORMS AS A GUIDE AND DUPLICATE THE NECESSARY INFORMATION ON A PLAIN SHEET OF PAPER.</p> <p>1. FEE MUST ACCOMPANY THIS FORM. 2. ALL FEES PAYABLE TO: TOWN OF MILTON. 3. NO POST DATED CHEQUES ACCEPTED.</p>	
<p>PARTICIPANT'S NAME: _____ AGE IF UNDER 18 _____</p> <p>ADDRESS: _____</p> <p>TELEPHONE NUMBER: (HOME) _____ (BUS.) _____</p> <p>RELATED PROGRAM INFORMATION _____</p> <p>(PLEASE PRINT)</p> <p>PROGRAM REGISTRATION FORM OFFICE COPY</p>		<p>PARTICIPANT'S NAME: _____ AGE IF UNDER 18 _____</p> <p>ADDRESS: _____</p> <p>TELEPHONE NUMBER: (HOME) _____ (BUS.) _____</p> <p>RELATED PROGRAM INFORMATION _____</p> <p>(PLEASE PRINT)</p> <p>PROGRAM REGISTRATION FORM OFFICE COPY</p>	
<p>FOR OFFICE USE ONLY</p> <p>Date Received _____</p> <p>Fee Enclosed Cash ( ) Cheque ( ) Money Order ( )</p> <p>Processed By _____</p>		<p>FOR OFFICE USE ONLY</p> <p>Date Received _____</p> <p>Fee Enclosed Cash ( ) Cheque ( ) Money Order ( )</p> <p>Processed By _____</p>	