



## ADULT PHYSICAL COURSES

COURSE	LOCATION	DAYS	DATES	HOURS	FEE	WEEKS
Ladies Fitness "A"	St. Paul's	Mon&Wed	Jan. 3-Mar. 9	9.00-10.00 a.m.	\$40.	Ten
Ladies Fitness "B"	St. Paul's	Tue&Fri	Jan. 4-Mar. 11	10.15-11.15 a.m.	\$40.	Ten
Dance Fit "A"	St. Paul's	Tue&Thu	Jan. 4-Mar. 10	9.00-10.00 a.m.	\$40.	Ten
Dance Fit "B"	St. Paul's	Mon&Thu	Jan. 3-Mar. 10	10.15-11.15 a.m.	\$40.	Ten
Dance Fit "C"	St. Paul's	Mon&Wed	Jan. 3-Mar. 9	1.30- 2.30 p.m.	\$40.	Ten
Dance Fit "D"	YMCA	Mon&Wed	Jan. 3-Mar. 9	7.00- 8.00 p.m.	\$40.	Ten
Dance Fit "E"	YMCA	Mon&Wed	Jan. 3-Mar. 9	8.15- 9.15 p.m.	\$40.	Ten
Dance Fit "F"	YMCA	Tue&Thu	Jan. 4-Mar. 10	7.00- 8.00 p.m.	\$40.	Ten
Dance Fit "G"	YMCA	Tue&Thu	Jan. 4-Mar. 10	8.15- 9.15 p.m.	\$40.	Ten
Trim-A-Size "A"	YMCA	Fri	Jan. 7-Mar. 11	9.00-10.00 a.m.	\$20	Ten
Trim-A-Size "B"	YMCA	Sat	Jan. 8-Mar. 12	10.00-11.00 a.m.	\$20	Ten
The Ys Way Fitness	St. Paul's	Mon&Thu	Jan. 3-Mar. 10	8.15- 9.15 p.m.	\$40.	Ten
Business Girls' Fitness	'Y'	Tues&Thurs	Jan. 4-Mar. 10	5.45- 6.45 p.m.	\$40.	Ten
Ladies' Self Defense	YMCA	Thurs	Jan. 6-Feb. 10	8.30- 9.30 p.m.	\$25.	Six
Taekwondo	YMCA	Sat	Jan. 8-Feb. 26	1.00- 2.30 p.m.	\$30.	Eight
Tai Chi	YMCA	Tue	Jan. 4-Feb. 22	8.00- 9.00 p.m.	\$30.	Eight
Social Dance	St. Paul's	Wed	Jan. 5-Feb. 23	8.15-10.15 p.m.	\$60.	Eight
COURSE	LOCATION	DAYS	DATES	HOURS	FEE	WEEKS
Dance Fit 1	Brookville Hall	Mon&Wed	Jan. 5-Mar. 10	1.00-2.00 p.m.	\$35.*	10 wks. 20 hrs.
Dance Fit 2	Brookville Hall	Mon&Thur	Jan. 5-Mar. 10	7.30-8.30 p.m.	\$35.*	10 wks. 20 hrs.
Trim A - Size 1	Lions Hall Campbellville	Thurs	Jan. 6-Mar. 10	1.30-2.30 p.m.	\$18.*	10 wks. 10 hrs.
Trim A - Size 2	Brookville Hall	Thurs	Jan. 6-Mar. 10	8.30-9.30 p.m.	\$18.*	10 wks. 10 hrs.
Dance Fit - Trim A Size	Any combination of above		Jan. 5-Mar. 10		\$48.*	10 wks. 30 hrs.

## ADULT EDUCATION COURSES

Cooking - Wok	YMCA	Mon	Feb. 28-Mar. 28	8.30-10.00 p.m.	\$35.	Five
- Micro Wave	YMCA	Tue	Jan. 18-Feb. 15	7.00- 8.30 p.m.	\$50.	Five
Cake Decorating	YMCA	Wed	Jan. 19-Feb. 16	7.30- 9.00 p.m.	\$35.	Five
Calligraphy	YMCA	Thu	Jan. 20-Feb. 24	7.30- 9.30 p.m.	\$35.	Six
C.P.R.	YMCA	Wed	Feb. 9-Feb. 16	7.00-10.00 p.m.	\$15.	Two
Ladies' Day Out	meet at 'Y'	Wed&Sat	Dec. 15/Jan. 26 Feb. 26	9.00 a.m.-3.30 p.m.	\$20.	

\*(Lower fees due to lower rental fees in outlying areas.)

Classes begin Wed. Jan. 5 or Thurs. Jan. 6.  
For registration or information call Sue Hunt at 878-5216.

## REGISTRATION INFORMATION

### Registration

Avoid disappointment by registering early. All registrations are accepted on a first come, first served basis. As payments of fees must accompany the registration form, we cannot accept telephone registrations. For mailed registrations your cancelled cheque is your receipt.

### To Register In Person

We strongly recommend that you register in person as soon as you receive your brochure, as some of our courses are very popular and the mails can be very slow.

### Program Information

If you have any questions about our programs or need some help in registering please call our office at 878-8711 and we'll be happy to assist you.

### Babysitting

Babysitting will be offered during the adult daytime classes as indicated, and must be registered and paid for in advance. This is to ensure some stability of numbers, and therefore make it possible to offer a quality program with arts and crafts, singsongs and other activities included for children of appropriate ages. The cost for a ten week course will be \$22.00 for one child in the family, \$40.00 for two children in the family, and \$55.00 for three children in the family. These fees have remained the same as last year to aid mothers in getting out of the house.

### Confirmations

If a course is cancelled, or if we are unable to accommodate you, we will notify you by phone. Please indicate your second choice of time or class if possible. If you do not hear from us, please consider yourself accepted in your chosen class.

## AVOID DISAPPOINTMENT! REGISTER EARLY!! CANCELLATIONS AND REFUNDS

All courses have a maximum registration to provide an opportunity for individual attention, as well as a minimum registration to ensure comfortable participation and the necessary revenue. For these reasons, early registration is urged. Any class not reaching a minimum is cancelled. You will be notified and a full refund will be automatically mailed to you, if mail services allows.

Requests for refunds must be received in writing before the second session and may be approved only by the Regional Director. An administration charge of 20% of the course fee is withheld on all refunds. If written notification is not received prior to the second class, no refund will be issued. Please allow 4-5 weeks for processing your refund.