



MILTON YMCA

ADULT

The Y's Way to Fitness:

The Y's Way to Fitness is an evening fitness program for women designed to help an individual to achieve and maintain a desirable fitness level. Enjoy an evening out and benefit from these well-balanced exercise sessions to music.

Ladies' Fitness:

Feel better, look better! A total body workout with exercises done to music. Take a break and benefit from a social as well as physical fitness experience. Diane French has taught the last sessions of Ladies Fitness at the 'Y' with Sue Hunt. Both are well-qualified instructors with a great deal of fitness experience and a knack for putting fun into fitness.

Dance Fit:

Are you looking for a fun activity? Do you want to improve the fitness of your heart and lungs? Do you like to dance? Do you enjoy the music you hear on the radio, TV and in the movies? Do you want to look and feel better? THEN TRY DANCE FIT!

Improve your fitness while your favourite pop singers and groups provide the lively beat. Dance Fit is a vigorous, healthy happy program for the woman interested in an enjoyable fitness activity. Dance Fit is not for the professional dancer. Dance Fit is for you. A program of Dance Fit consists of an hour class twice a week. Each program and each class is different.

Sue Hunt is a more-than-qualified instructor who has taught Dance Fit for numerous sessions at the 'Y'. With the help of Barbara Smith, Willena Redden, Marita Roffey and Madeline Clendinning who were previous participants who like to so much they attended Dance Fit Canada Workshops in order to be able to teach. Their enthusiasm and good humour takes some of the hard work out of the exercise and leaves you with good feelings about yourself. Thus, the reason for the constant return of so many participants. (Participants are asked to bring a towel and sturdy running shoes to class).

Trim-A-Size:

You Dance Fit fanatics who wanted an extra class to get you through the weekend well, here it is!! This course will supplement your Dance Fit course and get you over that weekend layoff.

In addition to the floor exercises to music it includes cardiovascular exercises to keep your heart in shape.

Women's Self-Defense:

Mark Yates and Blake Hancock, our instructors in judo, comment: "we both share the opinion that rape and violence are wrong and that they both won't just go away. We feel that what we have to offer is worthwhile and indeed even necessary." Six one hour seminars will teach women what to be aware of on the street, and when necessary how and when to attack or defend themselves. The techniques taught are very basic and easy to learn but also very effective statistics now lean towards victims who resist end up unharmed more often.

Business Girl's Fitness:

A "prime-time" for working women to do their fitness. Drop in on the way home, so that you're in for the rest of the evening. No need to have to go back out again. Many women find this an excellent time to work out, either through convenience or after a tough day behind a desk dealing with the problems of the world. Relax with us and get more out of your free hours.

Ladies' Afternoon Fitness

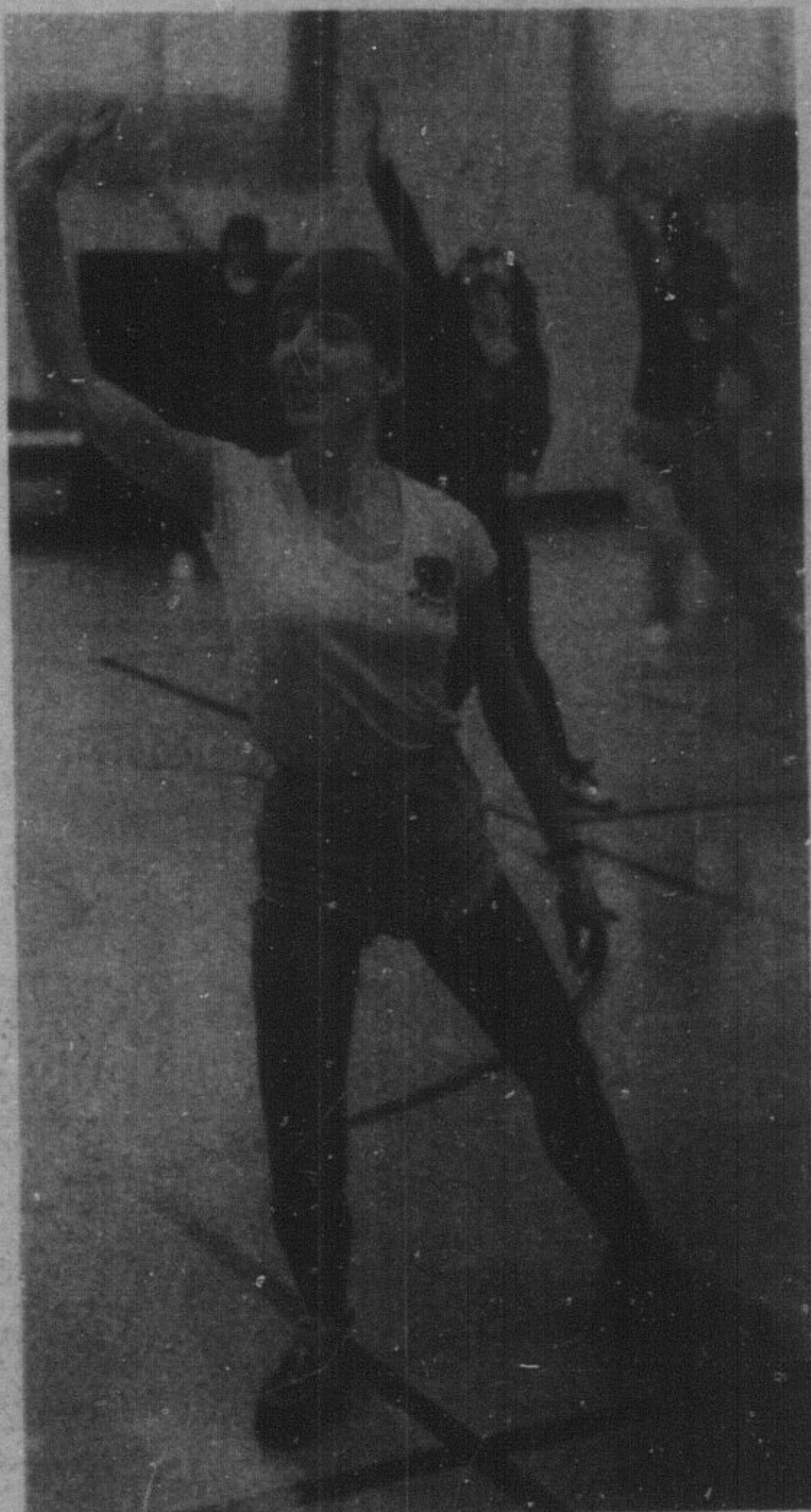
Start the new year out right! Feel refreshed and look great. The Y is holding an afternoon fitness class for ladies. Enjoy a total body workout with Diane French. Diane is a highly qualified instructor who puts fun into a physical fitness experience. The fitness program is co-ordinated together with music. Join up and feel great into 1983! Class held on Monday and Friday, 1.45-2.45.

Dance For The Fun Of It!

Girls, enjoy a class learning basic ballet and jazz techniques. This will include body conditioning, poses, stances, and a routine done to music. Come and join the fun. Dance class Monday 4.15-5.15 at the Y.

Social Dance:

Ivy Martin, the Social Dance instructor, has been teaching dance for over thirty years. She qualified at the Academy of Dance in Manchester, England. She believes that dance class should be lots of fun. Come learn a variety of dances such as the traditional waltz, the jive and even some disco. Our class is two hours now!



Taekwondo Instruction:

The exciting and demanding world of the martial arts is introduced through the basics of Taekwondo. The program is continuous learning of the Korean style of self-defence achieving self-confidence, discipline and physical fitness. Directed by Mr. Wai-Kin Cheung, International Master instructor certified by the Taekwondo Federation, Korea. Instructor is Dalton Ballantyne.

Tai Chi:

The ancient Chinese way to health, flexibility and peace of mind. This soft, relaxed system of exercises also introduces elementary moving, meditation and self-defence. Every day loose clothing is worn.

Wok Cooking:

You won't have to send out for Chinese food after taking this course. We will show you how to make full use of a wok. How to create exotic sauces to flavour meats and vegetables. Learn to prepare different dishes with various combinations of ingredients. You never cooked so good! Robin Lido, (the proprietor of Lido Restaurant on Main Street), has been teaching at the "Y" for several sessions now. We're glad to have him back again, because although he's a very busy fellow he sure is in demand here.

Cake Decorating:

Learn how to make professional looking cakes for all your special occasions in five easy nights. Spend a relaxing evening creating flowers, leaves, icing borders and more. Make molds and designs to dazzle your family friends. Learn writing and decorating skills as well as working with buttercream icing for that very special occasion. Carol Leworthy, our professional cake-decorator began working at this skill for a hobby. She's inclined to be imaginative and artistic, though, and now she does 'custom made' decorated cakes for the public.

Calligraphy:

We will learn this time-honoured craft through the Canadian system of handwriting. It breaks our alphabet into easy to learn basic shapes. We will learn some practical uses of calligraphy some designing skills, and a joined script. Take this opportunity to develop your skills, so that you can do your own invitations, letters, envelopes and such with a beautiful flair your friends will envy. Supplies **not** included.

C.P.R. Heartsaver:

Learn about the Heart and How to Save a Life by attending one C.P.R. "Heartsaver" course offered this winter by the Milton Y. These courses are taught by Elizabeth Bradburn, a qualified Canadian Heart Foundation instructor. There will be a slide presentation, practical training in cardiopulmonary resuscitation using a mannequin and each student will receive a certificate and literature issued by the Canadian Heart Foundation Participant will:

- 1) Understand a healthy heart lifestyle, and risk factors involved in heart disease.
- 2) Learn to recognize the signs of heart attack and stroke. Maximum of Ten.

Micro-Wave Magic:

Learn to use your micro-wave oven to the utmost. In this course you'll learn all the salting, stirring, shielding and turning techniques peculiar to micro-wave cooking. You'll see entire meals cooked to perfection and perfectly timed to be put on the table at once! You'll learn to think micro-wave!

LADIES DAY OUT

Discovery Days

Wednesday, December 15th:

Christmas Shopping to Hess Village in Hamilton. Take a marvellous opportunity to shop a very special few city blocks of boutiques and novelty stores. As always, we'll provide the lunch in a unique place and then tour Dundurn Castle in the afternoon. We'll be back in time for the kids at 3.30. Fee includes bus, lunch and tours. Register quickly, please.

Wednesday, January 26th:

Unionville and McMichael Gallery. Take a step back into the past and if you're an antique collector have we got some shops for you. Lunch will be at "Lisa's" and then we'll trip over to Klienberg to see the works of the Group of Seven.

For our Working Mom's—We've got a "Special Day for You":

Saturday, February 26th break away—come down to St. Lawrence Market for a few hours of specialty shopping as well as fresh fruits and vegetables. We'll lunch in the Front Street area and then head over to the Ontario College of Art and view some of the great masterpieces.