

FALL REGISTRATION

k i d z
k o m e r

Register now for
Scribbles
 our Preschool
 Program and
 Make learning fun!

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It's what you Knead.


**Milton's only Fully Equipped
 Stott Pilates Studio**

Small Mat Classes
 Private & Semi Private Classes

Registered Massage Therapist on Site

Deep Tissue Massage
 Hot Stone Massage

New Ashtanga Yoga



Knead to Balance
 Massage & Pilates Clinic

Classes begin the week of September 10
**50 Steeles Avenue East, Unit #25,
 Milton, Ontario
 905-876-1228
 www.kneadtobalance.com.**

FREE FREE FREE
Adult ENGLISH CLASSES
 with computers (LINC)

Offering Literacy & Levels 1 to 7
 Full-Time, Part-Time, Evenings, Weekends
Accepting Ages 18 & Older
 Childcare offered at some locations
 "Home Study" program available

CALL & REGISTER TODAY!!!
905-875-3851
Milton, Burlington, Halton Hills, Oakville
 Toll Free: 1-866-277-5462

Visit our website: www.lincpeelhalton.com
 Peel program information: 905-279-0024 x1369
 Funded by Citizenship & Immigration Canada

Urban Sports Club
CO-ED ADULT SPORT LEAGUES

**Teams & Individuals of
 All Levels Welcome!**
 Sign up by September 4th
 for Early Bird Rates

Milton: Soccer, Volleyball, Floor Hockey
Acton: Ultimate Frisbee Indoor Turf Field
Burlington: Dodgeball, Floor Hockey

From \$70/individual and \$600/team
 Sign up details at <http://www.urbansports.ca>
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(905) 691-0628

Hundo
 Martial Arts



&
Angel Holistic's

Have you ever wondered what it's
 like to do **MARTIAL ARTS?**
 That feeling of **CONFIDENCE,**
FITNESS & MOTIVATION!

Or Imagine that special proud
 day gaining your **BLACK BELT!**
Register Now for Sept!
2 FREE CLASSES & FREE UNIFORM
 when you join!

Try- Aikido, Taekwondo, M.M.A.
 Bikini Boot Camp!

ALSO: We do Massage, Reiki,
 Life Coaching & Hypnotherapy

Units 11/12 348 Bronte St. South, Milton
Call Now! 905-864-1997
www.hundo.ca

**MILTON SPRINGERS
 GYMNASTICS CLUB**



Milton Sports Centre
 605 Santa Maria Blvd

Gymnastics • Tumbling • Trampoline

FALL REGISTRATION
Wednesday, Aug 22
Tuesday, Aug 28
 6-8pm @ Sports Centre
 Programs Begin Sept. 7

Classes for girls & boys
 ages 1 1/2 to 14 yrs.

All coaches specially trained
 & NCCP certified.

Competitive Evaluations
 Ages 5+ Wed, Aug. 22, 7-8pm

Gymnastics:
The Foundation of all Sports.
 Developing strength, flexibility, balance &
 Coordination. Why not try it!

For more information, refer to our ad in the
 Community Services Guide or call the gym at
(905) 878-5030
www.miltonspringers.ca

**Start The School
 Year Off Right**



Reading | Writing | Math | Spelling | Grammar | Study Skills | Homework Support

The right program for your child.

Make this year count. Call Today!

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MILTON KARATE

WWW.MILTONKARATE.COM

3 MONTH PROGRAM



- ages five and up •
- fitness for all ages •
- family rate available •
- includes uniform •
- registration limited •
- visit us online •
- 905-876-1470 •

NIA - DANCE FITNESS • YOGA • "NEW" FULLY EQUIPPED PILATES STUDIO

Studio HARMONIA
 mindful movement for body and soul
 Nia • Pilates • Yoga • Massage Therapy • Reiki and more...

Drop in for **Registration**
 and **Open House**
 August 27, 28, 29 & 30 • 12 - 7 pm
 September 4, 5 & 6 • 12 - 7 pm
 Saturday, Sept. 8 • 10 am - 2 pm

First Class is FREE* *Offer ends Sept. 30/07. New Students only.	Early Bird Pilates Special 10% OFF** Private Sessions **Must enroll in group class by Aug. 31/07.	Fall '07 Sessions 14 Weeks Group Classes \$196*** *** For Yoga, Nia or Pilates
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Visit our website for additional information, schedules, fees,
 workshops & upcoming events.

Fall Session Starts September 10th! • Join Classes Anytime!

Bronte Corporate Center - 410 Bronte St. S., Ste. 201 - 905-875-0075 - www.studioharmonia.ca