

Try scuba diving, swimming or diving at your leisure

The much-anticipated opening of the Milton Leisure Centre brings with it a selection of programs and activities both in and out of the water.

Those interested in scuba diving and snorkelling but don't know how can learn with the help of courses offered at the new Main Street facility.

Training will be provided for the two-night snorkelling program and the eight-night scuba diving course Tuesdays starting February 11.

Participants successfully complet-



ing the scuba program will become certified Naui scuba divers.

Learn to swim this winter.

Canadian Red Cross Society swim programs for children aged 1 to 13 years will be available at the centre Monday, Tuesday, Wednesday, and Friday nights; Monday, Wednesday, and Friday mornings, Monday and Tuesday afternoons; and Saturdays.

They say swimming is one of the best forms of exercise, but how about Aquacize. It's the latest swimming sensation.

Those interested in this water-exer-

cise program are welcome to take part at the leisure centre Mondays, Wednesdays, and Fridays from 9 a.m. to 12 noon.

Swimmers who prefer a little more excitement in their aquatic activities might enjoy the Town of Milton's diving program which will be held Wednesday evenings.

Children will likely have fun par-

ticipating in Aquamania every Friday at 7:30 p.m.

Different activities are enjoyed every week in this program for kids aged 8 to 13 years.

Adults and teenagers can learn to be leaders through the Town of Milton's leadership training course.

This program will take place Sunday mornings and Monday evenings.

To register for any of these programs, or for more information, contact the Town's leisure services department at 878-7211 or call the Milton Leisure Centre at 878-SWIM.

All programs begin the week of February 10.

Young at heart

Cupid will be the guest of honour at the upcoming Valentine's Lunch at the Milton Senior Citizens Recreation Centre.

Tickets must be purchased in advance for the event which takes place appropriately on February 14 from 12 noon to 1:30 p.m.

The hot lunch, which includes tea, coffee, and dessert, costs \$4 per person. For tickets, visit the centre at 21 Charles St., or call 875-1681.

Seniors who like to go out for lunch regularly may wish to become a member of the Lunch Bunch.

Participants get together for lunch at a local restaurant on the second Tuesday of each month at 11:30 a.m. The only fee is the price of your meal.

Those seeking a more extravagant social outing might like to join the centre's Diner's Club.

By car pool, the group goes out for dinner on the third Thursday of each month at 5 p.m. Again, the only cost is the price of your meal.

The Milton Senior Citizens' Recreation Centre hosts programs for people aged 55 years and over on a regular basis Monday to Friday, 9 a.m. to 4 p.m.

Coffee and tea is always available at the centre which is equipped with a comfortable lounge area, library, television, and much more. Drop in!

And don't be afraid to call for more information about any of the facility's programs or events.

Go curling with Big Brothers

Big Brothers of Halton is busy preparing for its 14th annual Appeal Spiel fundraising event scheduled for March 21.

The Appeal Spiel, which last year raised more than \$17,000 for the organization, will be held at the Oakville Curling Club.

This year, Big Brothers hopes to raise \$20,000. The event is designed to accommodate 28 teams from different occupational groups throughout Halton.

Each team consists of four players, and is expected to raise a minimum of \$500 in pledges. Curlers collect money by finding pledges to sponsor them.

Participants don't necessarily have to be expert curlers. The curling bonspiel runs for one full day, from 9 a.m. to 5 p.m. Lunch, as well as prizes, are included.

For more information about the curling bonspiel, contact Irene at 847-7267.

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