



Exercise not watered down

Sweat and exercise generally go hand-in-hand, unless a swimming pool is entered into the equation.

When an exercise routine moves from the gym to the pool it becomes aquacise — a cool, less strenuous way to get fit. Aquacise came to town a week ago when classes began at the new Milton Leisure Centre.

The nine-week program has attracted a variety of participants from grandmothers to pregnant women, many of whom are "aquacising" for the first time.

"You're all here for different reasons," said instructor Laurie Williams during an introductory talk at the start of the Friday session.

She says some get involved on a doctor's recommendation, others want to socialize or enjoy a time for themselves while some are using exercise to supplement a weight loss program.

Pat Robinson joined the program for the exercise and to meet people. She first experienced the aquatic program when she joined a friend at a class in Markham.

When Kim Gwilliam says she joined the class because a friend talked her into it, she's referring to Pat. The tour she took of the new centre also helped convince her to get involved. "It's wonderful. It's about time we had something like this and I'll definitely use phase two as well," Kim said.

"I love the water but I never learned to swim. With seven kids I never had the time," says Grace VanderVliet.

Her daughter, Marilyn Trento convinced her to join the program. After their first session the pair admitted they were happy they signed up.

"You don't realize how much work you're doing," said Kim Allan as she relaxed in the whirlpool after the one-hour session.

A swimmer all of her life, Kim said she's impressed with the new facility and can't wait for the second phase to get underway.

The women had spent their first lesson learning some of the basic elements of the program. Classes start by warming up muscles with some brisk walking and jogging back and forth in the pool. A session of stretches is followed by aerobic exercises that include arm and leg work.

The instructor explained the reasoning behind the warm-up and stretching segments and went on to describe the benefits of the toning exercises that follow the aerobics. Floats are used during the final segment and there's background music throughout the class to help participants keep pace.

There are a few spaces left for participants in the aquacise program. Classes geared to seniors run from 9:30-10:15 a.m. Monday, however anyone can join; other sessions are held: 11 a.m. to noon Monday; 9:30 to 10:15 a.m. Wednesday; and Friday, 11 a.m. to noon. Cost is \$40 for one class a week for nine weeks. Those who join after the program has begun will

receive discounts based on the number of classes missed. To register or to find out more about leisure centre programs call 878-SWIM (7946).

Aquacise program participants discover a swimming pool provides a cool change. This no-sweat form of exercise is offered at the new Milton Leisure Centre under the guidance of instructor Laurie Williams (photo right). She brings 10 years of aquatic teaching experience with her.



Photos by GRAHAM PAINE

Watch Your Waste Milton!

Order Your Home Composter Today!

The TOWN OF MILTON is now accepting applications on a PRE-ORDER BASIS, for the "EARTH MACHINE" home composter for residents living in Rural and Urban Milton. After the application deadline, composters will be available in about 3-4 WEEKS. Applicants will be NOTIFIED BY MAIL when their composters are ready for pickup. A sample unit is available for viewing at Town Hall.

NAME _____

ADDRESS _____

POSTAL CODE _____

PHONE (HOME) _____ (BUSINESS) _____

PLEASE circle your composter colour preference: BLACK GREEN

PLEASE circle day and indicate time between 7:30 a.m. to 4:00 p.m. when you are able to pick up the composter at the NIPISSING WORKS YARD:

DAY: Mon Tues Wed Thur Fri TIME: _____

CONDITIONS OF PURCHASE:

- Mail completed form or drop off at TOWN HALL no later than MARCH 13, 1992.
- This application form must be accompanied by a cheque or money order payable to the TOWN OF MILTON in the amount of \$17.00. Cash will not be accepted.
- Purchasers must be residents of MILTON living in dwellings in which home composting is feasible.
- Only ONE COMPOSTER is available per dwelling and will be used only at the address shown above. It is not for resale.
- Purchasers agree to participate in follow-up studies which will be done to evaluate the success of this program.
- The TOWN OF MILTON and the MINISTRY OF THE ENVIRONMENT accept no liability arising from the use and operation of composters provided through this program.

I hereby acknowledge having read the conditions of purchase. I certify that the information given is correct and that I will comply and abide with the conditions of purchase. I hereby acknowledge and agree that in the event that I fail to meet the conditions of purchase, I will return the composter to the Town of Milton and my \$17.00 purchase cost will be refunded. If you have any questions, please call PUBLIC WORKS at the TOWN OF MILTON 878-7211.

Signature: _____ Date: _____

FOR OFFICE USE ONLY: APPLICATION # _____ RECEIPT# _____



THE TOWN OF MILTON
VICTORIA PARK SQUARE
P. O. Box 1005
Milton, Ontario
L9T 4B6



ATTENTION: HOME COMPOSTING PROGRAM.

OPEN HOUSE LISTINGS THIS WEEKEND

- SATURDAY 2-4 PM**
550 Childs Drive, Unit #18
\$132,900.
Clayton Hackenbrook in attendance
RE/MAX MILTOWNE REALTY CORP.
878-2365
- SATURDAY 2-4 PM**
318 Laurier Ave. #14
\$129,900.
Sandi Kinsale in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SATURDAY 2-4 PM**
741 Woodward Avenue #22
\$135,900.
Barbara Mallalieu in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SATURDAY 2-4 PM**
890 Birch Ave.
\$189,900
Denzil Lawrence in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SATURDAY 2-4 PM**
819 Childs Drive
Norma Prouveau in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
618 Sunnyvale
\$229,900.
John (J.P.) Pears in attendance
RE/MAX MILTOWNE REALTY CORP.
878-2365
- SUNDAY 2-4 PM**
461 Bell Street
\$189,900.
Joan Tattie in attendance
RE/MAX MILTOWNE REALTY CORP.
878-2365
- SUNDAY 1-4 PM**
550 Childs Drive Unit #8
\$133,900
Gail Pullen in attendance
RE/MAX MILTOWNE REALTY CORP.
878-2365
- SUNDAY 2-4 PM**
61 Thomas St.
\$357,000.
Barb Lalleche in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
344 Williams Ave.
\$175,900.
Sandi Kinsale in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
774 Cabot Trail
\$169,900.
Joyce Hagevik in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
2192 Derry Rd. (Just W. of Twiss Rd.)
\$254,900.
Sandy Del Papa in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
726 Middleton Crescent
\$164,900.
Barbara Mallalieu in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
710 Middleton Crescent
\$157,900.
Barbara Ramsden in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
582 Sunnyvale Cres.
\$204,900
Karen Irvine in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
481 Pitfield Rd., Unit 39
\$135,500.
Len Duncan in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
4th Line, East of Acton,
6 km North of #7 Hwy. on 4th Line
\$284,900.
Heleen Hardy in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
475 Woodlawn Cres.
\$171,900
Audrea Lear-Costigan in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
774 Cabot Trail
\$169,900
Joyce Hagevik in attendance
ROYAL LEPAGE REAL ESTATE LTD.
878-8101
- SUNDAY 2-4 PM**
561 Childs Drive #38
\$124,000
Linda McHugh in attendance
REALTY WORLD - W.J. McCrudden R. E. Inc.
878-1133