

Marlins reach nine event finals at Ontario championships

Graeme Aylward and Quincy Brozo each delivered four event final qualifying swims to lead the Marlins at the recent provincial championships in Nepean.

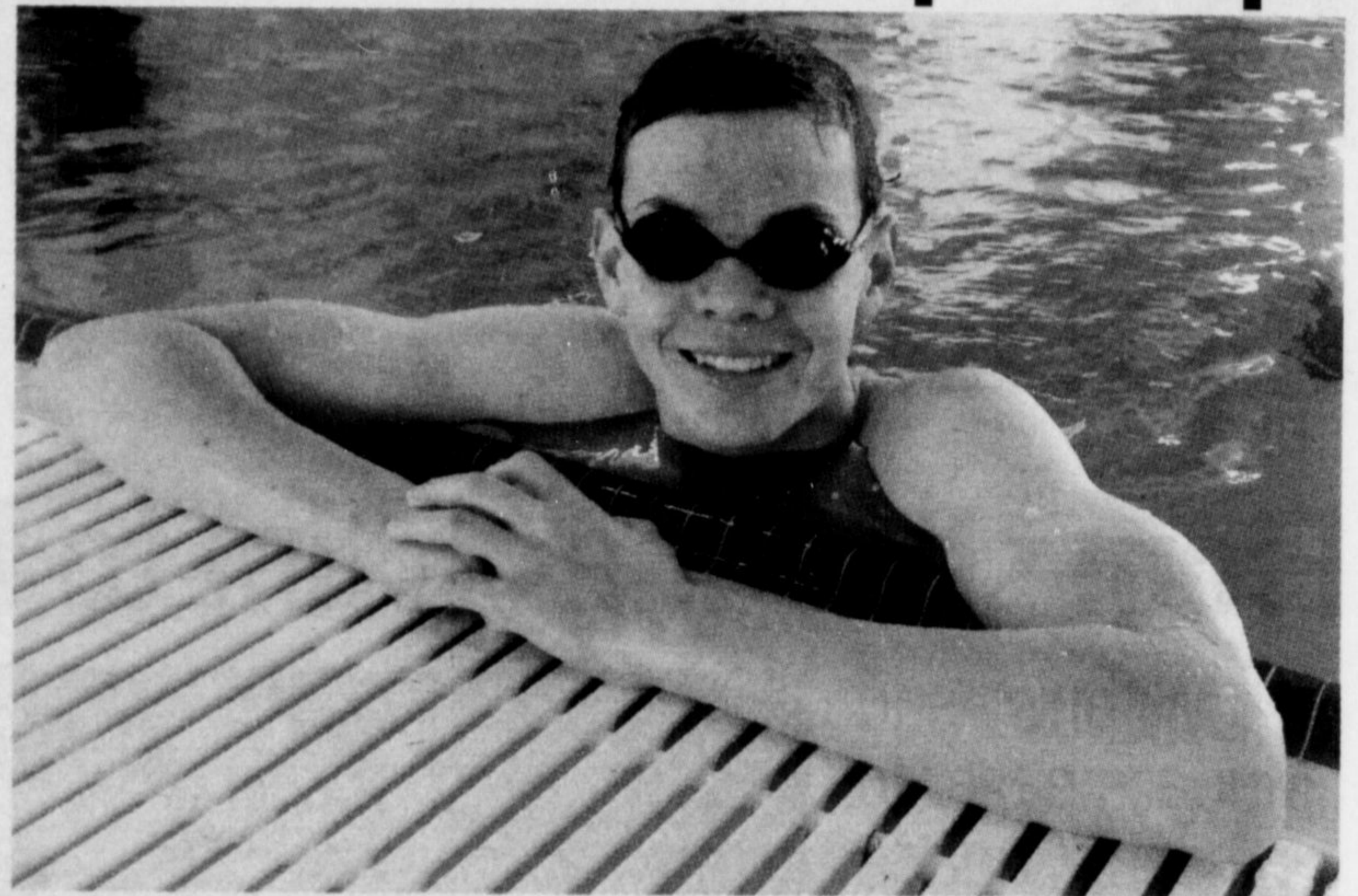
Aylward's best efforts were reserved for the 100m breaststroke, in which he took bronze among the 15-year-old boys with a time of 1:09.48.

He just missed another medal in the 200m breaststroke — placing fourth — while his performances in the 50m freestyle and 200m individual medley were both good enough

for eighth.

Also showing her endurance over the weekend with four trips to the final, 17-year-old Brozo highlighted her campaign with a fourth in the 16-and-17-year-old girls 50m freestyle. She swam to fifth-place honours in the 100m freestyle and sixth in both the 100m butterfly and 200m freestyle.

Stefan Tarla made an appearance in the event finals as well, doing so with a fifth-place showing in the 15-year-old boys 50m freestyle.



Graeme Aylward highlighted his Ontario championship campaign with 100m breaststroke bronze. *Supplied photo*

JANSZ INTERIORS HOME RENOVATIONS & CUSTOM DESIGN

Are you envisioning the renovation of your dreams? Well look no further. Jansz Interiors is your local home contractor for Milton and the surrounding area. We offer reliable and quality workmanship at affordable rates to fit any budget.



- Custom Basements
- Kitchens
- Bathrooms
- Media Rooms
- Games Rooms
- Decks
- Pergolas
- Custom Cabinetry
- Home Office
- Flooring



Call Stewart @ 647-404-5067 Or Email: janszinteriors@sympatico.ca
Take a peek at our Portfolio: www.janszinteriors.com



Are you connected to your community?

Get all the news from Milton, Oakville, Burlington and surrounding areas quickly and conveniently online and on your schedule.

www.insidehalton.com



The Corporation of the Town of Milton

• 905-878-7252 • TTY: 905-878-1657 • 1-800-418-5494 (Rockwood/Guelph)

www.milton.ca



Recreation Program Registration



Stay active • Learn more • Be creative • Meet new friends • Get fit

First time registering?

You will need to set up your account before you can register in person or online. Visit one of our registration centres or <https://eservices.milton.ca> before registration day.

Registration Start Dates

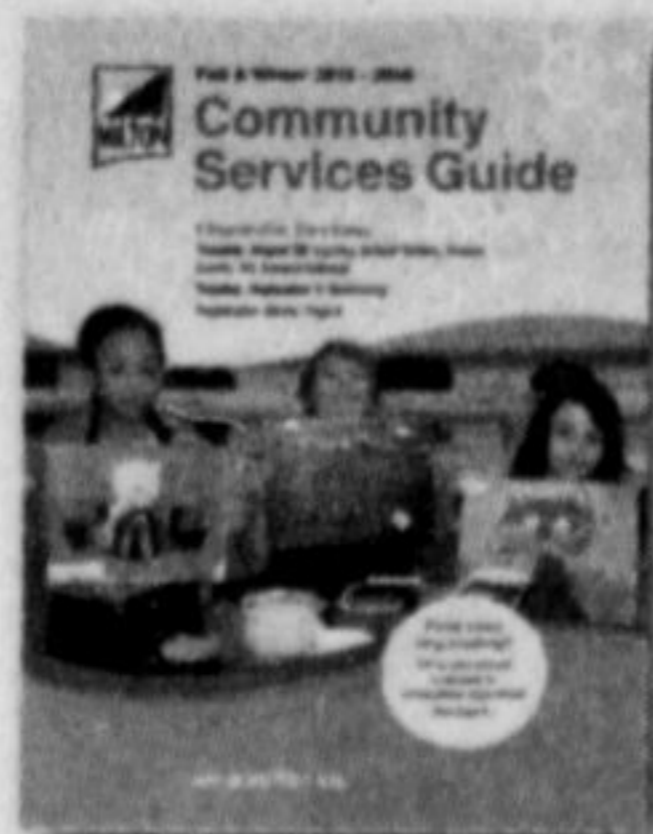
Cycling, School Breaks, Art, Fitness, Sports, General Interest: Tuesday, August 18
Swimming Lessons: Tuesday, September 1

Registration Start Times

6:00 am: Internet/phone registration starts.
9:00 am: Walk-in registration starts at in-person registration centres.

Registration Methods

Internet: <https://eservices.milton.ca>
Automated telephone: 905-875-5400 or 1-800-418-5494, ext. 2430
In-person Registration Centres: Leisure Centre, Sports Centre, Seniors' Activity Centre and Centre for the Arts (opens at 11:30 am)



Community Services Guides available August 6 at Town facilities and www.milton.ca

www.milton.ca 905-878-7252, ext. 2440



Town of Milton Fitness Programs



Look for our orange and white fitness signs

FREE Try-it Fitness Classes!

Now to September 3: Select Town of Milton Fitness Classes

Try some fitness programs on us!

Fall-winter fitness program registration opens on August 18. Take this opportunity to try some classes before registering.

August 13	Outdoor Yoga,* 6:30 pm, Milton Community Park
August 17	Barre Fitness, 7:00 pm, Leisure Centre
August 20	TRX Body Blast, 7:30 pm, Sports Centre
August 22	Zumba Step, 10:00 am, Sports Centre
August 23	Outdoor Yoga,* 6:00 pm, Victoria Park
August 26	Zumba Step, 6:30 pm, Sports Centre
September 1	H.I.I.T. (High Intensity Interval Training), 12:15 pm, Leisure Centre TRX Body Blast, 5:30 pm, Sports Centre
September 3	Barre Fitness, 7:00 pm, Leisure Centre

www.milton.ca 905-878-7946, ext. 2706

*Outdoor Yoga: please bring your own mat.