

Learning how to relax is just one rec program

by Bryan Peter

The Midland Recreation Department has announced their fall line-up of recreation programs for adults.

There will be a Fitness Program on Mondays and Wednesdays from 7 p.m. — 8 p.m. at the Civic Centre. Lise Pyburn will be the Instructor for the ten week program which begins September 26. The fee is \$15 for one night of ten weeks, or \$30 for two nights of ten weeks.

Leaded Stained Glass will be held on Wednesdays from 7 p.m. — 9 p.m. at the Civic Centre. Sue Gusola will be the Instructor for the eight week program which starts September 28. The fee is \$30 per person.

A new program called the Art of Relaxation goes Tuesdays from 7 p.m. — 8:30 p.m. at the Civic Centre. Elaine Kraftscik will be the instructor for this ten week program which begins September 27. The fee is \$30.

The ever popular Square Dancing program will go

Friday nights from 7:30 p.m. — 10:30 p.m. at the Civic Centre. For an evening of fun, fitness, dancing and fellowship, join caller Dean Fisher for this thirteen week session which

starts Sept. 23. Both beginners and experienced dancers will enjoy this Modern Square and Round Dancing program. The fee is \$35 per person.

For coaches of all sports,

a Level One Theory Coaches Clinic will be on Tuesdays for five weeks at St. Theresa's High School. The course begins October 25 with Rick Presse as the Instructor. The clinic is

designed in general format which applies to coaches of all levels and in all different sports. The theory program offers coaches information on such things as leadership, motivation,

nutrition and fitness. The fee is \$10 per person.

You can register for all of these programs at the Civic Centre on Tuesday, Sept. 6 and Thursday Sept. 8 from 7 p.m. — 9 p.m. and Sat,

Sept. 10 from 10 a.m. — noon and 1 p.m. — 3 p.m. or drop in to the Recreation Office, located in the Civic Centre at 605 Yonge St. or call 526-4770 for more information.

Quilty is queen of fairway

Mary Pat Quilty has been crowned the new Ladies Club Champion at Midland Golf and Country Club.

Quilty's 234 over three days of play was 26 strokes better than her nearest competitor Linda Haig.

Haig was the winner of the First Flight with Aileen Moreau finishing second and Maddy English placing third.

In the Second Flight, Eileen Denny took top honors followed by Pat Lefave, Ruth Smith and Val Scott.

Judy Bales won the Third Flight ahead of Bernie Travers and Sue Rooney.

Bowlers wanted by league

The Sunday Night Mixed Bowling League at Bayshore Lanes in Midland is looking for more players. The League starts September 11 at 7 p.m. The cost is \$6.50. For further information contact Kim Duval at 526-0936 or Sue Charlebois at 549-8191.

Ross new teacher at school

Jane Ann Ross has joined the teaching staff of the School of Dance and Musicianship.

Ross, who recently moved to Midland from Raleigh, North Carolina, received her bachelor of fine arts-dance from the University of North Carolina, Greensboro, N.C.

School registration is now open for the fall term; phone 526-5256 to receive registration forms and further information about the School of Dance and Musicianship's other programs.

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