

'Get Fit' classes now underway



(Photo by Hogg)

No child's play this as Charles Osborne skips to keep, or get, in shape at the Richmond Hill and District Family Y Fitness Classes now underway at Bayview

Secondary School. The program is held Monday and Wednesday under physical education instructor Cliff Nuttall.

Richvale Lions league champs

Novice
Richvale Lions defeated Baker's Sales & Service in two straight games for the league championship last week. They played an exhibition game this week.

Atom
Herrons picked up scoring punch in their series against Pizzaville to take the atom championship. The first game was tied, Herrons took the second 2-1 and the third game 7-1.

Chris Wanschura with four goals led Herrons to their win with Craig Fenn adding a goal and two assists, Dave Doucett and Bruce Maheu a goal each and Larry Thorsell an assist.

Despite the score Pizzaville's Murdock Murray played a tremendous game scoring their lone goal assisted by Kinnaird Vander Sander.

Peewee
Raymore left no doubt as to who were the champions of this league March 30 as they massacred R&R Motors 10-1 to take the third game of the final series.

The first game was tied and Raymore won the next two.

Their sparkplug in the final game was Erich Ahnert who scored an amazing five goals and two assists in what would have been a complete rout but for R&R's loner scored by Robert Cashin assisted.

Other Raymore points went to Mike Moyal with two goals and three assists, Frank Cavallo with two goals and two assists, Craig Hinch with a goal and an assist and Tod Sandback and Adam Celsie with an assist each.

Bantam
The Bantam division championship was in doubt right until the final whistle.

The first game of the three-game finals was tied, the second game was won by Romano and the third game by Surf Marine 2-1.

This led to sudden death overtime to decide this season's champions. Bruce Simmaz got the winning goal assisted by Jim Semple giving the championship to Surf Marine.

In the regular game Surf's goals were netted by Glen Gettel and Andrew Petersen with help from Semple. Roman's goal came from Mark Murphy.

Richvale Midgets York Simcoe champs

Richvale's Nortown Midgets haven't been noted through the past hockey season for handing in reports of their games — but it appears they do one thing exceptionally well and that is play hockey.

In the seven-game final series of the York Simcoe League Unionville took the first two games, the second by a 7-1 score. It began to look as if the Richvale Nortowners had little hope of winning any games at all. But much to the surprise of everyone, including Unionville, they won the next four games in a row to take the series in only six games.

Juveniles
In the first game of the York Simcoe finals against Barrie Richvale's Hillcrest

Mall Juveniles registered a 6-4 victory.

The local lads came out flying and scored at the 10 second mark of the first period to surprise Barrie and keep them off balance for most of the first period. The line of Ablett, Mills and Amodeo was the most aggressive, Amodeo scoring the first goal from the other two and Ablett getting the next two, Mills and Hartwick assisting on one and Mills and Amodeo on the other.

Barrie came right back with a goal in the first and closed the gap to one goal in the second. Peter Fraser opened it up again with Bailey and Hartwick helping and then Barrie made it 4-3

at the end of the second.

In the third it went Richvale, Barrie and Richvale and a 6-4 win as Wilson from Hartwick and Murchison from Payne and Bailey put the finishing touches to the game.

Milton tournament
Hillcrest Mall AA Juveniles went to the Milton Tournament Easter weekend and though they won their first game 4-3 over Paris they were knocked out 3-0 by Preston in their second game.

Three of Richvale's big guns were missing for this one and they couldn't seem to get going as a team though Ken Ablett came up

with three big ones and Brian Murchison scored the other. Assists were by Chris Amodeo, Siegf Pflug, Greg Payne and Bob Mills.

The first game was tied at the end of regulation time but Ablett scored his third goal of the game almost immediately after the start of the sudden death overtime.

Banquet
The annual banquet provided by the Richvale Women's Hockey Auxiliary is scheduled for May 10 at Don Head Secondary School, Trench Street, Richmond Hill. All trophies will be presented that evening.

'Ridges teams lose to U.S.

It was international day at Bond Lake Arena March 29 when the Oak Ridges Minor Hockey Association hosted three teams from Arlington Heights, Illinois, who played Oak Ridges house league peewee, bantam and midget teams and won all three contests.

The Oak Ridges peewees faced tough opposition from Arlington Heights and went down 12-0. The winners' goals were scored by Garber with three, Lund and Bailey with two each, Challen, Auk, Schlichting, Mitchell and Herrmannson with one each.

A strong, fast-moving visiting team mowed down the Oak Ridges bantams 6-0 on goals by Nolte with two, Chatten, Casey, Schumann and Gould.

The Oak Ridges midgets fared well until the third period but eventually went down to a 6-3 loss. Anderson, Wilton and Lusk were the goalgetters for the Ridges and Schumann, Herdrich, Gardner (2), Dudziak and Loche for the visitors.

Opening ceremonies were performed by Oak Ridges Hockey President Shirl Smith and Arlington Heights representative Frank Dell. Before each game the teams exchanged gifts and after each game the players enjoyed a buffet lunch upstairs. Oak Ridges Hockey Association extends appreciation for the support they received from parents and friends, to the women who prepared the lunch and to the senior girls hockey players who served the lunch. Billets for the midget boys from Arlington Heights were supplied by Oak Ridges residents.

An Invitation you can't afford to pass up!



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April 9, 1975

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Family Y.

Classes for men are planned to "condition the body, get you fit and keep you fit — through exercise, jogging and use of the universal gym. You will work at your own pace, under the guidance of a physical education teacher who will design a program for you." A similar program is provided for the girls. Cost of both programs is

\$20 for 16 classes and they run from 7:30 to 9:30 pm.

Jogging is also on the program and billed as the "healthy way to exercise — good for your heart, circulation and breathing. It's fun in a group."

These classes are held on the same days as the others with the admission fee set at \$10 for 16 classes.

The Y is also holding classes for golfing en-

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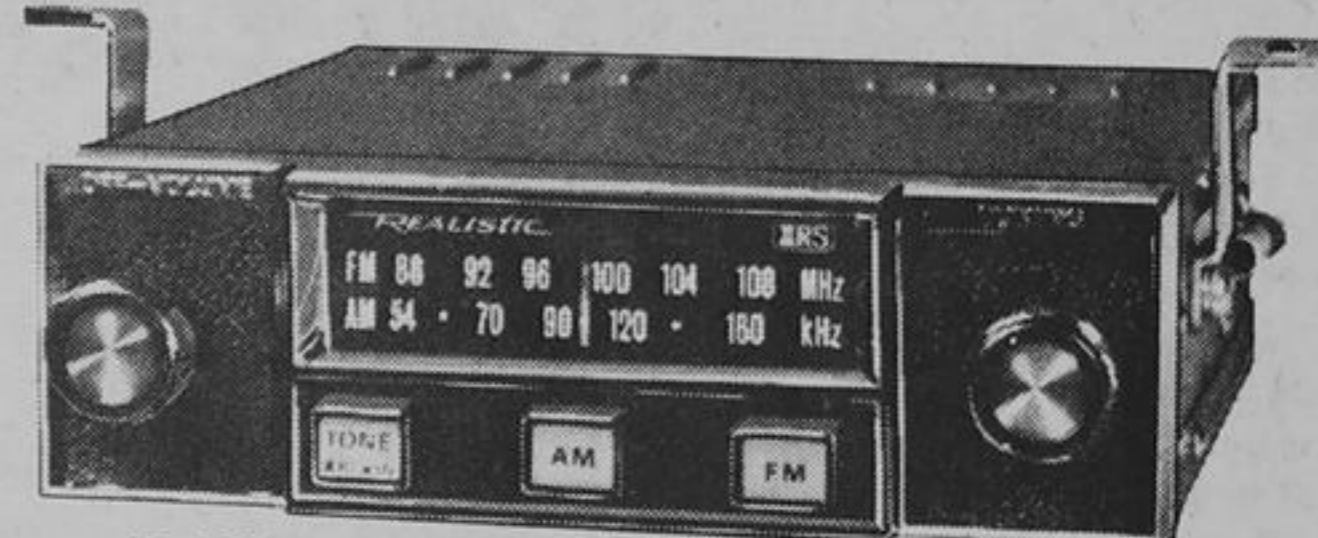
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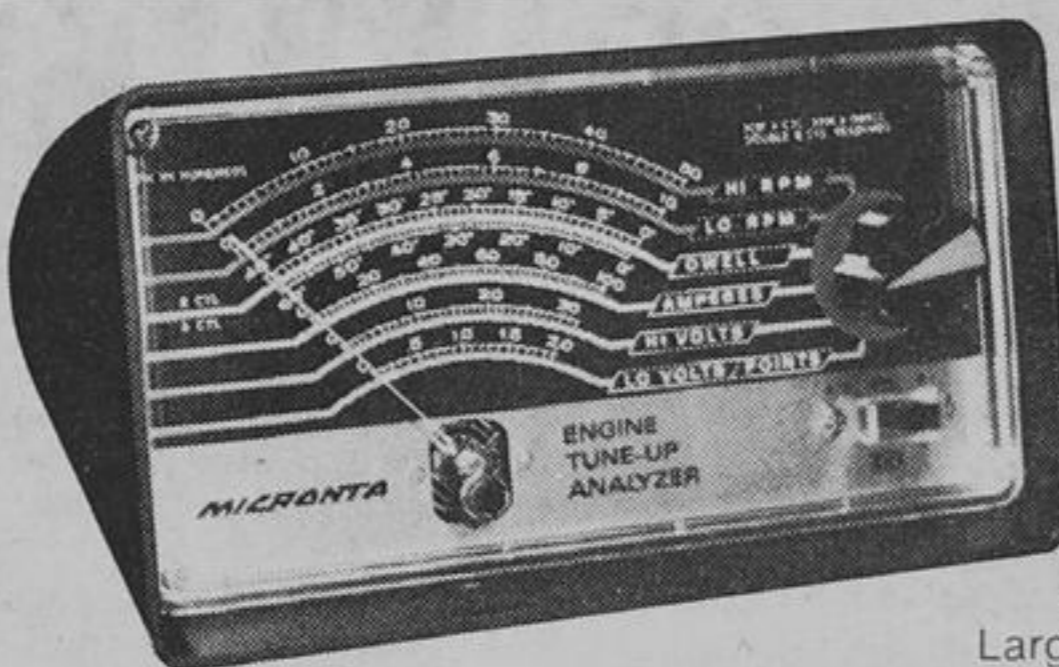
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