Pre-season skating program in Thornhill

THORNHILL - Well-known Thornhill minor hockey coach Al Morris and associates will be offering a pre-season skating and conditioning program at the Thornhill Community Centre from Sept. 7 to

Morris, coach of the Road Runners All-Ontario Minor Bantam championship team, will be doing the instructing along with Dr. Yahsa Smushkin, former Soviet Union Skating coach.

Smushkin will be getting the players in condition with his repertoire of training methods which were formally considered unorthodox in North America. He combines fitness and fun with games of volleyball, badminton and even soccer on skates.

The A group is for players with some hockey background with emphasis on skating and conditioning but zeroing in on agility and balance exercises. These sessions will be held for three hours per week over four weeks.

Registration is \$48 with a limit of 26 participants. The second group is for players with a limited background and will also run for the same length of time. Cost is \$36 with a limit of 30 per class. The final group is similar but will run for only two

Players must bring their own equipment. Registration includes insurance. Anyone wishing further information may contact Al Morris at 889-0518 Irving S. Pisarek, D.C. wishes to announce the opening of his office for the practice of Chiropractic

Sheppard-Yonge Chiropractic Office Willowdale Plaza 4761 Yonge Street, Suite 1 Willowdale, Ontario

M2N 5M5

office hours by appointment

telephone 222-1177

CLEAN FILL NEEDED

A controlled dump site is available for clean fill near the centre of Richmond Hill. Fill accepted until mid September 1976.

Call 884-0651

The program will be divided into various groups. or 225-0460.



Ouaker, 21 biscuits, buttermalt or regular 16 muffets

Fleischmann's corn oil, 2 tubs 1 lb. 189 soft margarine

Save All, refill roll

wax paper popsicle pkg of 24 popsicle each

up posters (reg price 5 99)

3 qt. bag or jug (plus deposit on jug)

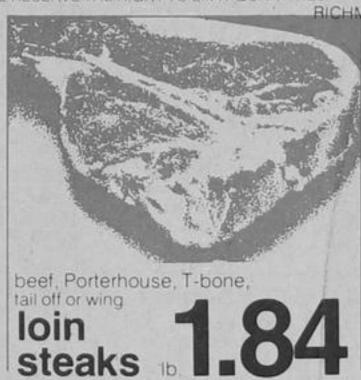


skinless



smoked 1.69









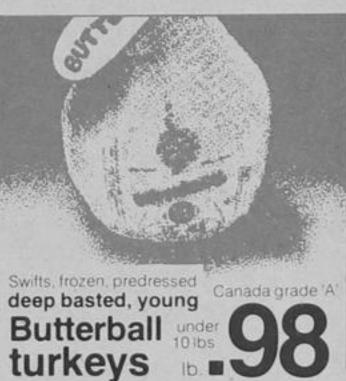


young





sirloin 1.74



fat content freshly ground lean

ground beef



pork chops 1.48



ground



fresh predressed frying or roasting		
Canada grade 'A'		75
chickens 2 to 3 lb.	average.lb.	.13
beef boneless steaks or roasts	4	11
top round	lb.	.44
beef steaks or roasts	-	00

boneless sirloin tip 16. 1.08 butt pork chops fresh boneless

red hots butt pork roasts 1.23 sliced bologna

side bacon

Schneiders wieners

Loblaws or Swifts sugar plum boneless cooked smoked

dinner hams

cottage rolls

1 lb. 1.73

1 lb. .88



buy one pkg. of 6 corn holders for 49¢ get one for only

Steak dinner



Steak dinner

at any Ponderosa

Steak House in

box of 15's buy one Fleecy fabric softener sheets for 97¢

1 lb. pkg. our regular price 1.09

all beef

no fillers!

Loblaws, family pac, pure pork sausage

fish sticks

1.25

