# Hill Squirts reach finals

SQUIRTS REACH

and Richmond Hill.

divisions:

competitive training on

exercise and natural

Thornhill instead of via Steeles.

to eliminate wasteful duplication.

or holidays.

DEVELOP

LEVEL

START

John St. in Thornlea.

Monday and Wednesdays skiing."

FINALS

of the Etobicoke Softball semi-finals.

The Richmond Hill Association following two The first game saw the win.

advanced into the finals week over Thornhill in the 9-0 lead, and just continue Chepelsky lead the of-tune of 12-1. on from there for a 19-9 fensive onslaught with Low continued to swing

homeruns. was greatly aided by two hits. receiving 12 walks and

nine Thornhill errors. The Langstaff Gym- program will help "Out of 13 competitive was also a member of distance on the mound fanning seven. nastics Club will launch everyone 20 years and gymnasts last year," ('anada's Pan American allowing nine hits while striking out eight.

BETTER EFFORT the Hill squad come up secondbase. with a much better effort,

The second game saw a good performance at

three hits each. Low and the hot bat as he had two Dairy Queen Squirts have straight victories last Hillers jump into a quick Scott Low and Robby Jim Hughes both had hits including his second homer in two nights. The Dairy Queen cause ('esidio Negri also had Robbie Bell did the pitching on this occasion, Joe Apps went the allowing six hits while The defence was much sharper this game, with Derek Battista turning in

The Squirts will now they thoroughly meet Bramalea in twoat Langstaff Secondary Tykes: "For boys and Zivic attributes the Masaaki Naosaki, trounced Thornhill to the Out-of-three league final.

#### its fifth year of operation older to improve their states Zivic, "10 of our (eam; Barb Halmagyi, a next Monday in Thornhill own physical fitness and members qualified to go graduate of the Seneca to prepare themselves for to the Ontario cham- School of Coaching; Classes will be held on a other sporting activities pionships. Not bad for a Naoma Gazinski, Seneca regular weekly basis on such as hockey or first-year competitive graduate with six years of coaching experience; and School on Garden girls 5-7 years old we have success to the club's Avenue. Richmond Hill, a program including a coaching staff and the and St. Luke's Separate combination of gym- way in which the children School. Dudley Avenue, nastics and directed play are brought up through

instructors will be Tom sports." Zivic who said the Zivic adds that the personal instruction. The programs would again program will also be children are also grouped "offer something for offering competitive according to their everyone, young and gymnastics for the second abilities as well as age. straight year.

Langstaff gymnastic ready

club.

The classes will be The Langstaff gym- again this year are: broken into four nastic club also boasts Bob Carisse, physical considerable success with education grad from York Artistic: "For boys and its students in the University. He competed girls 7-18 years old, we provincial competitive on the National and have recreational and field.

Thornhill. For further activities which will the club.

information call 889-6877. prepare them for further Langstaff's maximum Heading the long list of work in gym and all other gymnasts coach ratio is 7 to 1 which allows for good Competitive coaches

International teams and

#### all of the Olympic ap-

paratus such as bars. balance beams, vaulting Competitive swimming Intermediate and Senior horse, tumbling and rings is getting underway for sections. as well as trampoline." another season in the Registration will take This Richmond Hill Aquatic program includes Club.

Kate Tiffany will again movement with hand be back as the head coach apparatus done to music. and she will be con-It emphasizes the centrating on "stroke development of physical perfection and qualities such as muscle development of stamina" ione, flexibility and grace in the early going.

Adult Conditioning: There will be regular For further information "With the use of gym- swim meets with other call Mrs. Crockford at nastic equipment and clubs. Training will be 669-1840 or Mrs. Clarke at various calesthenics, this divided into Novice, 884-8003

CO-TRAINSIT

**NOTICE OF** 

SERVICE CHANGE

**Bayview-Finch Route** 

On October 1, 1979 the GO Bayview service will be rerouted between Yonge and Bayview, travelling via John Street in Thornlea/

Bus service from Thornlea to Finch Subway Station is now provided by

Markham Transit on The Bayview/Steeles route, so GO is withdrawing

With a smaller market to serve, GO trips will be cut back to 30 minute frequency in rush hour; 60 minute frequency in mid-day. There will be no GO Bayview service in the evening or on weekends

There is free transfer between Markham Transit and GO at Bayview and

EFFECTIVE October 1, 1979

3625 Dufferin Street, Downsview, Ont. M3K 1Z2

UPGRADE

(General or Technical), Science and Humanities.

Level Three - Grade 10 equivalency

Level Four - Grade 12 equivalency

TO PREPARE FOR A NEW CAREER

**Toronto Area Transit Operating Authority** 

your academic skills through Seneca College's Academic Upgrading Program. Subjects include English, Mathematics

place at the Richmond Hill Centennial Pool on Newkirk Road tomorrow (Thursday) between 6 p.m. and 7 p.m.; and again next Monday between 5:30 and 7 p.m. First training session

Monday.

# will be held at 5:45 on

## 100% MATERIAL COST UP TO \*350° PAID BY GOVERNMENT

1961 ARE NOW ELIGIBLE FOR A HOME INSULATION GRANT UP TO \$500.000

HOMES BUILT PRIOR TO

Government grant portion is due to Prestige Insulation only when you receive your rebate cheque. Our representatives will prepare all necessary paper work for you.

WE USE ONLY C.M.H.C. APPROVED FIBERGLAS INSULATION. CALL US TODAY FOR DETAILS '421273 ONT. LTD.

## Prestige Insulation 11 Canso Rd. Rexdale, 247-5451 Ont. M9W 4L9

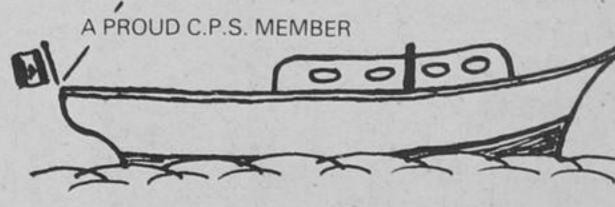
RICHMOND HILL POWER SQUADRON

Is pleased to extend your BOATING enjoyment through the long winter. COME, JOIN US, as we set sail on a course of:

"SAFE BOATING THROUGH EDUCATION"

Too many careless accidents occur each year! Let us work together to prevent an accident from happening to you.

LEARN THE RULES OF THE ROAD AND BECOME



For more information call: Dave at 497-0251 or Bob at 889-5359 REGISTRATION WILL BE HELD ON: Tuesdays Sept. 11 and Sept. 18 from 7:30 to 9:30 p.m. RICHMOND HILL HIGH SCHOOL, 51 Wright Ave.

### IMMEDIATE DELIVERY

# EAGLE

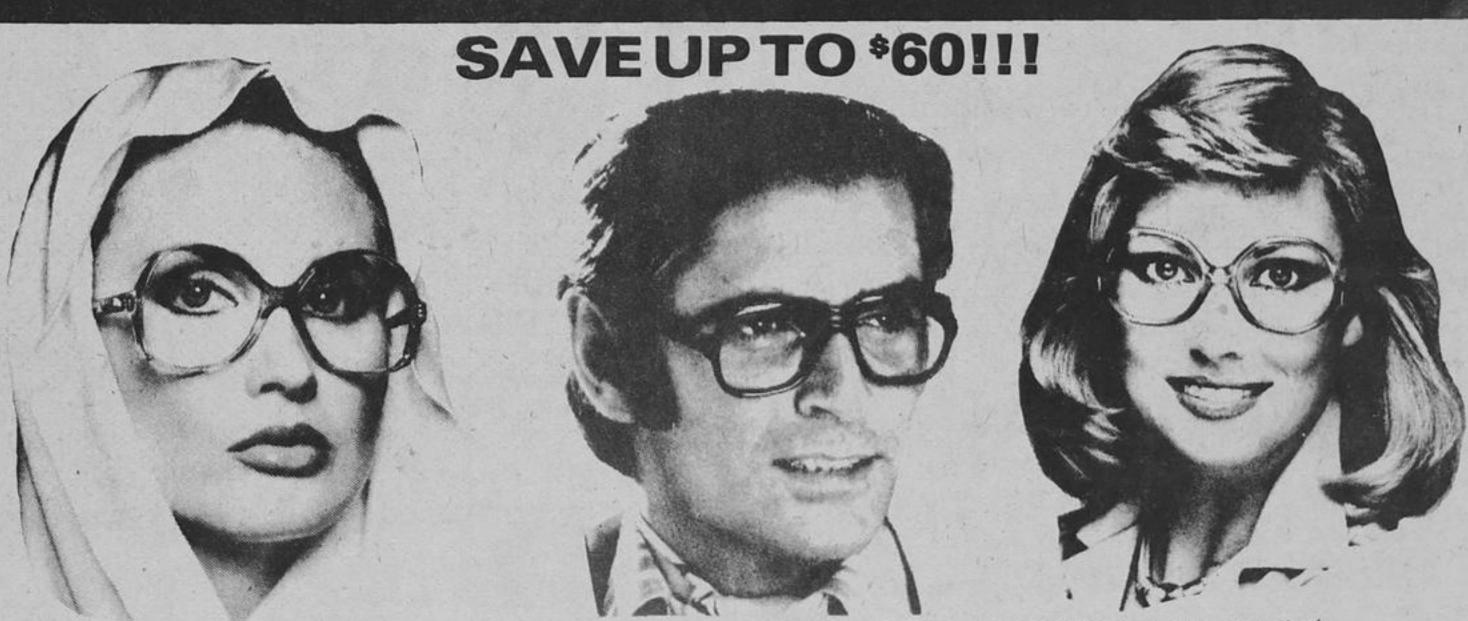
THE ONLY NORTH AMERICAN CAR BUILT WITH 4-WHEEL DRIVE.

TEST DRIVE IT AT

**BAKER'S SALES & SERVICE** (1968) LTD.

> 9144 YONGE STREET THORNHILL 889-1189 - 223-8066 BANK FINANCING - TOP TRADE IN

# HAKIMOPTICAL GIVES FREE FRAMES



"CHOOSING HAKIM OPTICAL IS THE MOST LOGICAL CHOICE"

YOU RECEIVE FREE FRAMES & PAY LESS FOR YOUR LENSES

PROFESSIONAL SERVICE GUARANTEED





Tel. 292-8686

SAME DAY

5643 Yonge St. Willowdale (JUST N. OF FINCH)

SAT. 9 a.m. - 6 p.m.

. CONTACT LENSES with a WARRANTY SERVICE

We fit contact lenses to perfection. Low reasonable price.

. EASY TO WEAR and EASY ON YOUR BUDGET FREE OF CHARGE You can try before committing yourself to WHEN YOU DECIDE TO WEAR CONTACT LENSES

Soft and easy. See naturally with contact lenses.

WE ASSURE YOU TO SAVE TIME, MONEY and

Open 9 a.m. to 9 p.m. Sat. 9 a.m. to 6 p.m.

DISCOMFORT.

**BRANCHES** 

13 Elm Street 3012 Hurontario St. 2245 Kennedy Rd. 5643 YONGE STREET (at Finch) 290 The West Mall 1911 Weston Rd. 1583 Main St. East 748 Guelph Line (Dundas & Hwy. 10) (S.E. of Sheppard Ave.) Mississauga Scarborough

WILLOWDALE 224-1400

(Corner of Bloor Weston

Hamilton

Burlington

Toronto Tel. 597-0565 Tel. 272-0383

FREE PARKING AT HAKIM'S OPTICAL Tel. 626-6550

and West Mall) Tel. 244-1137 Etobicoke

Tel. 545-1682

Tel. 637-3807

DUFFERIN STREET NORTH RR3 KING CITY ONTARIO LOG 1KO

when the course requirements are completed.

FEES

\$176.00/semester for a full-time student. \$112.00/semester for a part-time student plus a book rental/ materials fee of \$35.00 per semester.

OCTOBER 1 or the beginning of any month. INDIVIUALIZED PROGRAMMING allows a student to proceed at his or her own pace, to transfer from one level to another and to graduate

#### ADMISSION REQUIREMENT

884-9901 or 895-1581, Ext. 221 or 222.

Applicants should be 19 years of age or over and have been out of the secondary school system for one year.

FOR FURTHER INFORMATION, contact the Admissions Office at

SENECA COLLEGE OF APPLIED ARTS AND TECHNOLOGY