

1983 SPECIAL INTEREST & FITNESS PROGRAMS OFFERED BY TERRACE BAY RECREATION

Aerobic Dancing

Evening (Lyn Black)

An hour of fun Aerobic dance movements to music.

Day & Time: Monday 8:30 to 9:30 p.m. & Wednesday 7:30 to 8:30 p.m.

Starting: Monday, January 17th

Ending: Wednesday, March 9th (8 weeks)

Location: St. Martin School Gym

Cost: \$24.00

Deadline is Friday, January 14th, 1983.

Aerobic Dancing

Afternoon (Lyn Black)

Day & Time: Tuesday & Thursday 2:00 to 3:00 p.m. (8 weeks)

Starting: Tuesday, January 18th

Ending: Thursday, March 10

Location: Multi-Purpose Room, Terrace Bay Recreation Centre

Cost: \$24.00

Deadline is Friday, January 14th, 1983.

Ladies Fitness & Exercise

Evening (Gwen Black)

An hour and a half of exercises to music to get you in shape.

Day & Time: Thursday, 7:00 to 8:30 p.m.

Starting: Thursday, January 20th

Ending: Thursday, March 10th (8 weeks)

Location: St. Martin School Gym

Cost: \$18.00

Deadline is Monday, January 17th, 1983.

Ladies Get Fit

Morning (Cindy Thompson)

A morning exercise class with some workout in the Fitness Room. Aimed to get you fit for the new year.

Day & Time: Monday, Wednesday & Friday, 10:00 to 11:00 a.m.

Starting: Monday, January 17th

Ending: Friday, March 11th (8 weeks)

Location: Multi-purpose Room, Terrace Bay Recreation Centre

Cost: \$36.00

Deadline is Friday, January 14th, 1983.

Beginners Sewing

(Linda Ditchfield)

A course for the beginner in Basic Sewing. A few small projects will be completed.

Day & Time: Monday 6:30 to 9:30 p.m.

Starting: Monday, January 17th

Ending: Monday, March 21st (10 weeks)

Location: Home Economics Room, Lake Superior High School, Terrace Bay

Cost: \$45.00

Deadline is Friday, January 14th, 1983.

Beginners Macrame

(Sharon Mark)

Learn basic knots of Macrame and complete 2 or 3 projects, i.e., plant hanger, purse or other.

Day & Time: Wednesday 7:00 to 9:00 p.m.

Starting: Wednesday, January 19th

Ending: Wednesday, March 23 (10 weeks)

Location: Multi-purpose Room, Terrace Bay Recreation Centre

Cost: \$30.00

Deadline is Monday, January 17th, 1983.

Advanced Macrame

(Sharon Mark)

For the person who has a knowledge of the basic knots and wishes to learn more advanced techniques. Project ideas: small table or hanging table.

Day & Time: Tuesday 7:00 to 10:00 p.m.

Starting: Tuesday, January 18th

Ending: Tuesday, March 22nd (10 weeks)

Location: Multi-purpose Room, Terrace Bay Recreation Centre

Cost: \$45.00 (plus materials)

Deadline is Friday, January 14th, 1983.

Beginners Needlepoint or Learn To Crochet

(Whichever program has sufficient registration will be offered)

Beginners Needlepoint

(Joyce Gilmore)

A beginners course in needlepoint to teach you all the basic stitches. Small projects will be completed.

Day & Time: Wednesday 7:30 to 9:30 p.m.

Starting: Wednesday, February 2nd

Ending: Wednesday, April 27th (12 weeks)

(There will be no class on March 30th, during the March break.)

Location: 619 Strathcona Ave., Terrace Bay

Cost: \$36.00 (plus materials)

Deadline is Friday, January 28th, 1983.

Learn To Crochet

(Joyce Gilmore)

Learn the basics of Crochet and how to read a pattern to complete a project.

Day & Time: Wednesday 7:30 to 9:30 p.m.

Starting: Wednesday, February 2nd

Ending: Wednesday, March 16th (7 weeks)

Location: 619 Strathcona Ave., Terrace Bay

Cost: \$21.00 (plus materials)

Deadline is Friday, January 28th, 1983

Advance Needlepoint or Learn To Knit

(The program with sufficient registration will be offered)

Advanced Needlepoint

(Joyce Gilmore)

You must have completed Beginners Needlepoint with Joyce Gilmore, in order to register for this program. A variety of advanced stitches will be taught to complete different projects.

Day & Time: Thursday 7:30 to 9:30 p.m.

Starting: Thursday, February 3rd

Ending: Thursday, April 28th (12 weeks)

(No class Thurs. March 31st during March break)

Location: 619 Strathcona Ave., Terrace Bay

Cost: \$36.00 (plus materials)

Deadline is Friday, January 28, 1983.

Learn To Knit

(Joyce Gilmore)

An instruction program in Knitting for beginners.

Day & Time: Thursday 7:30 to 9:30 p.m.

Starting: Thursday, February 3rd

Ending: Thursday, March 17th (7 weeks)

Location: 619 Strathcona Ave., Terrace Bay

Cost: \$21.00 (plus materials)

Deadline is Friday, January 28, 1983.

Stained Glass

(Vivian Ludington)

Learn the skills of the art of Stained Glass and complete a lamp or other project.

Day & Time: Wednesday 7:00 to 9:00 p.m.

Starting: Wednesday, January 19th

Ending: Wednesday, March 9th (8 weeks)

Location: Lake Superior High School, Terrace Bay

Cost: \$24.00 (plus materials)

Deadline is Thurs. January 27th, 1983.

Kids Krafts

(Donna Mikeluk)

Weekly films and a variety of arts and kraft projects in the areas of painting, weaving, printing, clay, puppets and kinetic art.

Day & Time: Monday 7:00 to 9:00 p.m.

Starting: Monday, January 31st

Ending: Monday, March 7th (6 weeks)

Location: Multi-purpose Room, Terrace Bay Recreation Centre

Cost: \$9.00 (materials included)

Deadline is Thursday, January 27th, 1983.

Ceramics For Beginners

(Sylvia Broughton)

Learn the basic techniques of the fascinating hobby of Ceramics and complete two or three projects.

Day & Time: Monday 7:00 to 9:00 p.m.

Starting: Monday, January 17th

Ending: Monday, March 21st (10 weeks)

Location: 150A Birch Crescent, Terrace Bay

Cost: \$40.00 (includes cost of basic tools)

Deadline is Friday, January 14, 1983.

Ceramics Workshop

(Sylvia Broughton)

A chance to work at your leisure on skills you have learned through Beginners or Advanced Ceramics and to make items of your choice.

Day & Time: Thursday 7:00 to 9:00 p.m.

Starting: Thursday, January 20th

Ending: Thursday, March 24th (10 weeks)

Location: 150A Birch Crescent, Terrace Bay

Cost: \$20.00 (supplies are extra)

Deadline is Monday, January 17th, 1983.

Advanced Ceramics

(Sylvia Broughton)

Using basic techniques from the beginner's class, you can now indulge in advance techniques to create beautiful and useful items.

Day & Time: Wednesday 7:00 to 9:00 p.m.

Starting: Wednesday, January 19th

Ending: Wednesday, March 23 (10 weeks)

Location: 150A Birch Crescent, Terrace Bay

Cost: \$20.00 (supplies extra)

Deadline is Monday, January 17th, 1983.

Learn To Skate

(Elizabeth Singleton)

(for ages 3 & 4) To instruct the beginner in basic skating techniques, balance and movement on skates.

Day & Time: Wednesday & Friday 10:30 to 11:30 a.m.

Starting: Wednesday, January 19th

Ending: Friday, February 23rd (6 weeks)

Location: Terrace Bay Memorial Arena

Cost: \$9.00

Deadline is Monday, January 17th, 1983.

Archery For Beginners

(Burke & Gail Pollard & Bob Gendreau)

An introductory course to the basic skills of Archery.

Day & Time: Sunday 1:00 to 3:00 p.m. (ages 10 to 17 years)

Starting: Sunday, January 29th

Ending: Sunday, February 19th (4 weeks)

Location: Lake Superior High School, Terrace Bay

Cost: \$6.00 children, \$12.00 adults

Deadline is Wed., January 28th, 1983.

Jazz Dance Lessons

(Pam Turner/Pankevicz) Phase II

(for ages 4 to 12) A continuation of the Beginners Jazz class, where more advanced steps and dances will be learned.

Day & Time: Monday, 6:30 to 8:30 p.m.

Starting: Monday, January 31st

Ending: Monday, March 21st (8 weeks)

Location: To be announced.

Cost: \$6.00

Deadline is Friday, January 28th, 1983.

Ballet Dance Class

(Cathy Dolph) Phase II

(for ages 4 to 12) A continuation of the Beginners Ballet class, where more advanced techniques will be learned.

Day & Time: Wednesday, 6:30 to 8:30 p.m.

Starting: Wednesday, February 2nd

Ending: Wednesday, March 23rd (8 weeks)

Location: Terrace Bay Public School

Cost: \$6.00

Deadline is Friday, January 28th, 1983.

THE FOLLOWING PROGRAMS ARE OFFERED BY THE TERRACE BAY RECREATION DEPARTMENT IN CONJUNCTION WITH CONFEDERATION COLLEGE OF THUNDER BAY:

Microwave Your Dinner

Why use your microwave just for defrosting your foods or reheating the leftovers?? This one day workshop will show you how to cook your meals using your microwave oven. We will cook a roast, meatloaf, cornish hen, vegetable stuffed fish, lasagna, frozen vegetables, stuffed peppers, poached eggs, quiche, peanut brittle, cake, fried rice, cherry caramel ring, sweet and sour ribs, chinese broccoli.

Instructor: Corry DeVries

Day & Time: Saturday 10:00 a.m. to 4:00 p.m.

Date: Saturday, February 5th, 1983

Fee: \$30.00

Location: Home Economics Room, Lake Superior High School, Terrace Bay

Deadline to register is Saturday, January 29th, 1983.

Dog Obedience Training

Full description will follow in next week's News and will also appear in our Winter/Spring 1983 Activity Brochure.

Instructor: Bob Greer

Day & Time: Saturday 10:00 a.m. to 5:00 p.m.

Date: Saturday, March 12th, 1983

Fee: \$25.00

Location: Conference Room, Terrace Bay Recreation Centre

Deadline to register is Friday, March 4, 1983.

THE FOLLOWING PROGRAMS ARE OFFERED IN CONJUNCTION WITH THE HOME ECONOMIST FROM THE MINISTRY OF AGRICULTURE & FOOD:

Breadmaking

(Barbara Weese)

A course to teach you how to make bread, from step one to the finished product.

Friday, February 18th, 7:00 to 10:00 p.m.

Saturday, February 19th, 9:30 a.m. to 4:00 p.m.

Location: Home Economics Room, Lake Superior High School, Terrace Bay

No charge for this course

Deadline is Friday, February 11, 1983.

Note: If enough interest is shown it will be possible to offer another beginners class for ballet and for jazz. Please call if you are interested.

Basic Photography

(Terry Korzinski)

Familiarize yourself with operation of the 35mm camera and learn basic techniques of photography (you do not need to bring a camera.)

Day & Time: Wednesday, 7:30 to 9:30 p.m.

Starting: Wednesday, January 19th

Ending: Wednesday, February 9th

Location: Conference Room, Terrace Bay Recreation Centre

Cost: \$12.00

Deadline is Monday, January 17th, 1983.

Racquetball Instruction

(Bill McDougall)

(for youths age 10 to 14)

Learn fundamentals and basic rules and strokes of the sport of racquetball. All equipment is provided. Proper footwear (non-marking shoes) must be worn. This program will be starting in March and will be completed before the March break starts. Details on dates and times will be provided at a later date. Please call 3542 to register if interested.

Piano Lessons For Beginners

(Mrs. Borrie)

(for children and adults) We will be offering a program for beginners Piano Lessons in the new year. The dates, location and fee will be determined in early January. Please call if you are interested in participating.

Advanced Chinese Cooking

(weekly program)

Enjoy the gourmet style of Chinese Cooking. Students will learn to prepare fish puffs with mixed vegetables, braised pork chops with onions, moo goo gai pan, curried shrimp and tomatoes, stuffed green peppers with oyster sauce, shrimp in tomato sauce plus soups and desserts to complete your special menu.

Instructor: Peter Monks

Day & Time: Thursday 7:00 to 9:00 p.m.