

# More recreation programs scheduled

## PROGRAMS: Intermediate Aerobics (Jacquie Snider)

There will be another Intermediate Aerobics Session to begin on March 17 and run to April 24. This program is under the able instruction of Jacquie and will help those interested to increase their aerobics level and to trim and tone their body. Aerobics portion will progress from 20 to 30 minutes by midseason, on Mondays in the Conference Room at 8 to 9 p.m., and Tuesday and Thursdays at the Public School, 8 to 9 p.m.

## Drying Plants (Eleanor Gould)

Learn how to collect, dry and preserve plants for arrangements and decorating purposes by attending this one day seminar. Also see a demonstration on the making of a Pot Pourri.

## Fitness For Fun Maureen Tychoniak

Maureen will be instructing another session of

Fitness for Fun which will commence on March 3 to May 2 every Monday, Wednesday and Friday mornings from 10:15 to 11:15 a.m. There are several more openings available. Give us a call at 3542.

## Introduction to Flower Arranging (Eleanor Gould)

There is a possibility of having another flower arranging program. If you are interested, give us a call at the Recreation Office.

## Body Basics (Wendy Landry)

Another session of Body Basics is being offered from March 17 until April 24th. Past sessions have included women ranging in age from 20 to 50 years who have enjoyed and benefitted from the

aerobic, resistance, stretching and relaxation techniques practised throughout the course. Babysitting is also provided.

## Jazz Dancing (Angela Prince)

There are more openings in this Jazz Dancing Program where the participants will learn the intricacy of Jazz. There will be a warm up session and floor exercises also included in this program. Starting date is February 24 at St. Martin School at 6:00 p.m.

## Karate (Shotokan) Frank Pullia

The response to this new form of Karate has been tremendous and we welcome participants to come out to the Public School on February 18 at 6:00 p.m. to find out more

information on this interesting program. There are hopes for the development of a Karate Club to be formed from the enrollment in this program. Don't forget this important date.

## Gourmet & Children's Microwave Cooking Carolyn Cotton, Thunder Bay

We must have a minimum of 15 persons registered for this program in order to have it successful. The deadline is fast approaching and we need more enrollment. Give us a call today.

## Public Skating Arena Schedule: February 12 to February 19

February 12, Wednesday - 11 to 12, 1 to 2 and 7 to 8 p.m.  
February 13, Thursday -

11 to 12 noon and 1 to 2 p.m.

February 14, Friday - 1 to 2 p.m. and 7 to 8:30 p.m.

February 15, Saturday - Pee Wee Invitational - 8 a.m. to 8 p.m.

February 16, Sunday - Pee Wee Invitational - 8 a.m. to 5 p.m.

February 17, Monday - 1 to 2 p.m.

February 18, Tuesday - 11 to 12 noon and 1 to 2 p.m.

February 19, Wednesday - 11 to 12, 1 to 2 and 7 to 8 p.m.

## PeeWee Invitational

Why not come out and see Minor Hockey at it's best. Make a point to attend the Pee Wee Invitational on the weekend of February 15, Saturday, from 8 a.m. to 8 p.m. and February 16, Sunday from 8 a.m. to 5 p.m.



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## Marathon

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## Florida

Information Seminar on Florida - properties, condominiums, and housing. Scheduled for the end of February. Anyone interested call our office.

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For The North Shore

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## Notice

The regular meeting of the North of Superior District Roman Catholic Separate School Board will be held on Saturday, February 15 starting at 9 a.m. at St. Edward School in Nipigon, according to a news release from the Director of Education, G.J. Matys.

The Board covers the communities of Marathon, Nakina, Nipigon, Manitouwadge, Red Rock, Schreiber, and Terrace Bay.

## Meet set

The Superior Tumblers will be hosting a Gymnastics Meet at the Terrace Bay High School on February 15 and 16 from 9 a.m. to 5 p.m. on both days. The public is invited to attend the event. Admission prices will be \$2 for adults, \$1 for students and 50 cents for children.

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