

New Terrace Bay Recreation Department Presents Fall & Winter Programs 1987

Aerobics: (Gwen Black)

Place: St. Martin School
Date: Oct. 5 to Nov. 12

Day & Times: Monday: 7:30-8:30 p.m.
Thursday: 6:30-7:30 p.m.

Cost: \$18 Deadline: Sept. 25
Max. registration: 30

An Intermediate to Advanced exercise class. Students will use the arm and leg weights, Aerobics, Dance, and Toning sections. Good shoes and good fitness levels are necessary.

Non-impact**aerobics:** (Gwen Black)

Place: St. Martin School
Date: Sept. 21 to Oct. 29

Day & Times: Monday: 6:30-7:30 p.m.
Thursday: 7:30-8:30 p.m.

Cost: \$18 Deadline: Sept. 18
Max. Registration: 30

A fitness class for all ages and all fitness levels. Easy, No-jump section. Floor work will be included. Good shoes are necessary.

Tae Kwon Do: (Joe Thippawong)

Place: To be announced
Date: Oct. 6 to Dec. 7

Times: 6:30-7:30 p.m.
Days: Tuesday and

Wednesday
Cost: \$20 Deadline: Sept. 25
Max Registration: 40

Joe Thippawong, the instructor for this program, was born in Taipei, Taiman (Republic of China) and is a fully-qualified Dan Black Belt instructor.

Fitness for Fun: (Lynn Pearen)

Place: Conference room
Date: Sept. 14 to Oct. 23

Times: 10-11 a.m.
Days: Monday, Wednesday

and Friday
Cost: \$27 Deadline: Sept. 14
Max registration: 18

Why not find out how enjoyable exercise can be. Come and work out to 60 minutes of contemporary music. The program consists of warmups, aerobics, body exercises, stretches and cool downs.

Taking charge

with Aerobics: (Louise Boileau)

(Moderate Progressive

Aerobics)

Place: Conference room and
multi-purpose room

Date: Sept. 21 to Oct. 29

Times: 2:30-3:30 p.m.

Days: Monday in the
conference room and
Wednesday in the multi-

purpose room
Cost: \$18 Deadline: Sept. 15
Max. registration: 18

This program is designed to build strength, develop flexibility and increase cardiovascular endurance with moderate progressive aerobics. A class for varied age and fitness levels. Good shoes, comfortable clothing and a smile are a must!

Over-50 Hoppers: (Lorraine Clarke)

Place: Recreation centre
Activity Lounge

Date: Sept. 14 to Oct. 23
Times: 10-11 a.m.

Days: Monday,
Wednesday, Friday

Cost: \$27 Deadline: Sept. 14
Max. Reg: 18

This exercise class will be geared for those persons who wish to exercise at a more-leisurely pace. The class is suitable for pregnant women as well with the emphasis on strengthening, toning and relaxing the body.

Over-50 Hoppers: (Lorraine Clarke)

Place: Public School
Gymnasium

Date: Sept. 15 to Oct. 23
Times: 7:30-8:30 p.m.

Days: Tuesday and
Thursday

Cost: \$18 Deadline:
Sept. 15
Max. Reg: 18

The evening class of Over-50 Hoppers will be geared for those persons who wish to exercise at a more-leisurely pace. The class is suitable for pregnant women as well with the emphasis on strengthening, toning and relaxing the body.

Ladies' Squash

Lessons: (Gerry Mikalauskus)

Place: Squash Courts
Date: Oct. 15, 22 and 29

Times: 7-8 p.m.

Days: Thursdays

Cost: \$5 Deadline: Oct. 8
Max. registration: 4

Squash is a great game to play, because it can be played by people of all ages, sizes, and sexes; it is a game you can play year-round, rain or shine; anywhere there is a court. Basic instructions will be given during this program.

Ladies'

Weight Toning: (Eleanor Depaolo)

Place: Fitness room

Date: Oct. 6 to Nov. 12

Times: 10-11:30 a.m.

Days: Tuesday and Thursday

Cost: \$27 Deadline: Sept. 29
Max. Reg: 12

This is a program to guide the ladies in weight training, body toning, muscle stretching and body stretching.

Corn Husk Doll

Making: (Eleanor Gould)

(Open to youth aged 10 years
and up)

Place: Multi-purpose room

Date: Oct. 3 to Oct. 29

Times: 1-3:30 p.m.

Days: Saturday

Cost: \$7.50 (Plus charge for kit)

Deadline: Sept. 25

Max. Reg. 13

This course teaches the basic Corn Husk Doll in the manner in which the Indians made them centuries ago. Some colourful corn husk flowers will also be constructed.

Kids' Krafts: (Donna Mikuluk)

Place: Multi-purpose room

Date: Nov. 2 to Dec. 7

Times: 6:30-8:30 p.m.

Days: Mondays

Cost: \$15 Deadline: Oct. 23
Max. registration: 15

This program will enable the completion of a variety of small projects such as pottery, Christmas ornaments, puppets and many others.

Weight training

for youth: (Sam Depaolo)

At the present time we are taking names for this program which will be set up for after Christmas.

Drawing: (Anne Powell)

Place: To be announced

Date: Sept. 16 to Oct. 28

Times: 7-9 p.m.

Days: Wednesdays

Cost: \$21 Deadline: Sept. 16
Maximum registration: 15

This drawing course will incorporate the study of the three-dimensional form, perspective composition, and pencil and pen drawing techniques that can be employed when drawing still life and landscapes. List of supplies can be obtained from the recreation department.

Eat Well

for Less: (Donna Mikuluk)

Place: To be announced

Date: Oct. 5 to Oct. 26

Times: 7-10 p.m.

Days: Mondays

Cost: \$18 Deadline: Sept. 28
Maximum Registration: 15

Since the response to the spring workshop was so positive, a follow up cooking course is being offered. This is an introduction to cooking; delicious and nutritious meals at an economic price. A variety of natural foods such as grains, beans, tofu and bread will be prepared. Food combining and complimentary proteins will be discussed.

Knitting: (Bea St. Louis)

Place: Multi-purpose room

Date: Sept. 29 to Dec. 2

Times: 7-9 p.m.

Days: Wednesdays

Cost: \$30 Deadline: Sept. 25
Maximum registration: 15

This program is open to the beginner and the more-advanced knitter. Beginners will learn the basic stitches of knitting; how to cast on and off of stitches; purl and plain knitting; also increased and decreased know-how will be taught. The more-advanced knitter will learn how to read a pattern, and how to master the cable stitch, lace stitch and how to work with colours.

Needlepoint: (Joyce Gilmore)

Place: Multi-purpose room

Date: Oct. 1 to Oct. 29

Times: 1:15-3:15 p.m.

Days: Thursdays

Cost: \$15 Deadline: Sept. 25
Maximum Reg: 15

Quilting: (Winnie Plummer)

Place: To be announced

Date: Sept. 29 to Dec. 1

Times: 7-10 p.m.

Days: Thursdays

Cost: \$45 and own supplies
Deadline: Sept. 18
Maximum Registration: 15

Machine and Hand-quilting methods will be shown during this program. The participant will work on the the size of quilt depending upon their choice.

Rice paper

Lampshades: (Darlene Noble)

Place: Conference room

Date: Oct. 18

Times: 10 a.m. to noon; 1-5 p.m.

Day: Sunday

Cost: \$9 plus supplies
Deadline: Oct. 9
Maximum Reg: 15

This course will show the participant the art of creating a new lampshade or restoring an old one with rice paper. These lampshades can be elegantly created to suit one's individual decor. Supplies are available at the Strawberry Patch.

Stained Glass: (Ken Randle)

Place: To be announced

Date: Oct. 5 to Nov. 5

Days: Thursdays

Cost: \$27 Deadline: Sept. 25
Maximum Reg: 15

This program is a beginners' course which will introduce the participant to the techniques of how to cut foil and solder. The copper foil technique will be used. Window hangings will be made and possibly a small lamp if time permits.

Paper Tole: (Darlene Noble)

(Beginners)

Place: Conference room

Date: Sept. 25 and 26

Times: Friday, 7-10 p.m.

Saturday, 9 a.m.- 3 p.m.

Days: Friday evening and all-day

Saturday

Cost: \$12 and \$36 kit
Deadline: Sept. 18
Maximum Reg: 13

The participant will learn the basic principles of the art of Paper Tole which is the cutting and layering of several patterns onto one basic pattern background using silicone for the adhering agent. These pictures become a three-dimensional effect which is very artistic. Kits will be provided.

Paper Tole: (Darlene Noble)

(Advanced)

Place: Conference room

Date: Nov. 1

Times: 10 a.m.-noon, 1-5 p.m.

Days: Sunday

Cost: \$9 Deadline: Oct. 23
Max. Reg: 13

This workshop will teach the techniques of animalizing and feathering and will also cover the use of mixed media to enhance your paper tole pictures. Participants MUST HAVE

TAKEN A BASIC PAPER TOLE COURSE. You are also asked to bring your own supplies (scrap prints).

Ceramics: (Sylvia Broughton)

Place: 150 A Birch Crescent

Date: Sept. 29 to Nov. 30

Time: 7-9 p.m.

Day: Tuesdays

Cost: \$20 Deadline: Sept. 25
Max. Reg: 16

This course will give the participant an opportunity to work at their leisure on any article of their choice.

Youth Bowling: (Charlie Matson)

Place: Bowling Alley

Date: Oct. 10 to April 30

Times: Noon-2 p.m.

Days: Saturdays

Cost: \$25 Deadline: Oct. 2
Max. Reg: 25

This program is open to boys and girls ages five years to 15 years. The league is associated with the Youth Bowling Association. AN IMPORTANT MEETING WILL BE HELD IN THE MULTI-PURPOSE ROOM ON OCTOBER 7 AT 7 P.M.

Senior Youth Bowling:

We will be taking registrations for Senior Youth-Bowling.

This program will be open to boys and girls ages 14 to 19 years. This program will be planned if there is enough interest shown.