

Terrace Bay recreation news

TERRACE BAY RECREATION DEPARTMENT 1989 - WINTER AND SPRING SPECIAL INTEREST PROGRAMS

The Terrace Bay Recreation Department wishes to present the following programs to the community. For further information on any of these programs, please contact the Recreation Department at 825-3542. Registration is limited on some programs, we advise you to register early.

Exercise Classes Mixed Aerobics

this eight week total fitness class includes mostly non impact aerobics and a toning section. Held Thursday evenings from 6:30 to 7:45 p.m. - Cost \$20.00 - January 12th to March 2nd.

Total Fitness

Non impact warmup followed by a learning session of total body toning routine which may be adapted for home use. This program is held in the Fitness room on Monday evenings from 8:00 to 9:45 using the weights - Cost \$28.00 - January 9th to February 27th.

Flex and Tone

The student will learn a variety of weight training techniques to help reshape muscles. The correct training approach will be taught. Program commences January 10th to February 28th - Cost \$48.00

Taking Charge with Aerobics

A low intensity/high duration aerobics class to help build strength, increase flexibility, and improve fitness. Monday and Wednesdays 2:00 to 3:00 p.m. - Cost \$32.00 - January 9th to March 1st.

Happy Hoppers (Morning)

A more leisurely pace is the routine for these exercise classes. Suitable for the older person or pregnant women and geared to strengthen, tone and relax the body. Monday, Wednesday and Friday 10:00 to 11:00 a.m. - Cost \$48.00 - January 9th to March 3rd.

Happy Hoppers (Evening)

The evening session is suitable for those working women or men who wish to simply tone and strengthen their muscles. Held

twice a week on Tuesday and Thursday evenings from 7:00 to 8:00 p.m. - Cost \$33.00 - starts January 10th to March 2nd.

Youth Programs Babysitting

Open to boys and girls ages 10 years and over. Participants will be taught child behaviour and safety routines and the obligations and rights of parents and babysitters will be taught. Program will run from January 17th to January 25th from 4:00 to 5:00 p.m. - Cost \$12.00

Kids Krafts

The children will be making many craft items to co-ordinate with the Valentine season and other useful and decorative crafts during this six week program. Ages 7 to 9 years will attend from 6:00 to 7:30 p.m. on Saturday and 10-12 years class will be held at 1:30 to 3:00 p.m. Course will commence on January 21st and will cost \$18.00

Special Interest Programs C.P.R. (Heartsaver)

This program teaches you to prevent heart attacks, prevention of death in heart attacks, how to recognize sudden and unexpected death, initiate early entry into Emergency Care System, learn the skills of one person C.P.R. and know how to save a choking person. TWO CLASSES to be held, one on Saturday, February 11th and the other on Sunday February 12th from 9:00 a.m. to 4:00 p.m. - Cost \$20.00

Flower Arranging

This program will introduce the participant to the art of basic designs of flower arranging. Round, triangular and one sided designs will be taught. The program will commence on March

15th to April 19th on Wednesdays from 7:00 to 9:00 p.m. - Cost \$18.00 plus supplies.

Introduction to Interior Design

We are hoping to present this program to the community in the new year but at present the details of the program are not complete. Watch the Terrace Bay Recreation News in this newspaper for future details.

Introduction to Fly Fishing

Basics of Fly Tying is a day long program which will teach the participant the basics of tying their own locally effective flies, tools hooks and tying material will be discussed. Hands on experience with tying nymph, streamer and dry fly patterns. This session will take place on April 15th. More details will be forthcoming.

Basics of Fly Casting

A day long session with a video presentation on Casting Techniques of Fly Casting also tips on how to improve your back cast, forward cast, roll cast and even advanced techniques like double hauling and use of shooting heads, the correct way to assemble your fly rod outfit. Casting practice will take up the majority of time. Date of session will be April 16th. More details will be forthcoming

Beginner Paper Tole

The participant will learn the basic principles of the art of paper Tole which is the cutting and layering of several patterns onto basic pattern using silicone as the adhering agent. This program will take place on Saturday evening from 7:00 p.m. to 10:00 p.m. and Sunday from 9:00 a.m. to 4:00 p.m. on February 11 and 12. - Cost \$70.00 supplies included.

Advanced Paper Tole (Level I)

The techniques of animalizing and feathering will be taught and also the use of mixed media for enhancing the picture.

Advanced Paper Tole (Level II)

Participants will assemble a picture using the techniques learned from the Advanced Level I. This program to take place on February 16th and 23rd from 6:30 p.m. to 10:00 p.m.

Knitting

A ten week program will be presented for those wishing to learn to knit or the more advanced knitter who wishes to learn more

complicated patterns. The program will commence on January 18th till March 22nd on Wednesdays - Cost for the program is \$30.00

Smocking

There will be an evening and afternoon session of this decorative art, which can be used for decorating dresses, pillows and many more items. The sessions will run from Monday to Friday for 3 hours each day commencing on May 8th to 12th - Cost will be \$22.50 plus supplies.

Quilting

This ten week program is geared for beginners who wish to learn the basics of sewing a quilt, the size of their own choosing. The program will take place commencing January 25th to April 5th - Cost \$45.00 not including supplies.

Retirement Planning

Want to learn all the ins and outs of Retirement, then this program is the one for you. Financial, Leisure, Health, Legal and Living planning are just a few of the topics covered in this 7 week program commencing on Mondays February 8th till March 22nd - Cost to be determined.

Upholstery

Have you ever wanted to learn how to cover that chair which you haven't the heart to throw out. Here is your opportunity. There will be a two week, Monday to Friday program starting on April 3rd to April 14th. Small stool or chairs will be acceptable only - Cost \$45.00, extra cost for materials which can be purchased from the instructor.

Decorative Tole Painting

Tole Painting can be used to decorate wool, fabric, paper, tin, etc. This one day program will be held on Saturday, January 8th - Cost will be \$9.00 plus supplies.

Introductory Photography

Learn how to properly use your camera and all its features. Learn how to choose a camera, camera care, light and lens characteristics, filters, composition, exposure, flash photography, processing, accessories and more. This program will be held Sunday evenings from 7 to 9 p.m. running from April 2 to May 7. Supplies are 3 to 5 rolls of film and developing. Call the Rec Centre for details on program cost.

ALL OF THE ABOVE MENTIONED PROGRAMS WILL TAKE PLACE DEPENDING UPON SUFFICIENT REGISTRATION.

TERRACE BAY LEGION "New Year's Eve Dance"

December 31, 1988

9 p.m. - 1 a.m.

Music by Party Sound

Party Favours Cold Buffet

\$20. Couple/\$10. Single

Tickets available at the Legion from December 1 to December 17 for members and from December 19 to December 30 for guests.

Terrace Bay Curling Club

"New Year's Eve Party"

December 31, 1988
9:00 p.m. - 1:00 a.m.

Music by: Shuffle 'n Shake

Tickets: \$40.00/couple - Joanne Moore
Non-members after December 19

Champagne, Fun Food, Favours

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