

GET ON COURSE!

JUNIOR GOLF DAY CAMP

All levels of play - Co-ed, Ages 7-18
 Video Analysis - USGTA/CPGA staff
 Equipment provided - Indoor/Outdoor facilities
 2 week sessions in July/August - ENROLL NOW - Space limited

DOOR TO DOOR BUSING



The only Golf Camp accredited by The Ontario Camping Association



ADULT GOLF CAMP

1, 2, 3 Day Adult Camps - All levels of play
 Grouped by ability - On course instruction
 Specialize in beginners
 Maximum 4:1 teaching ratio
 20 minutes from Yonge & 401

(416) 960-GOLF (4653)
 www.learn-golf.com

Finally, an Intelligent Way to Lose Weight.

The ice cream in the freezer is calling my name. I'll start my diet tomorrow.



Most diets fail because they are short term. At Roseglen Weight Loss & Wellness, we offer a unique program that loses the weight and keeps it off! How?

- we teach you how to eat & exercise
- support from your own personal counsellor
- short term and long term goals
- 4 part program that loses it and keeps it off
- full line of Herbal products

Join Now for \$1 a day.



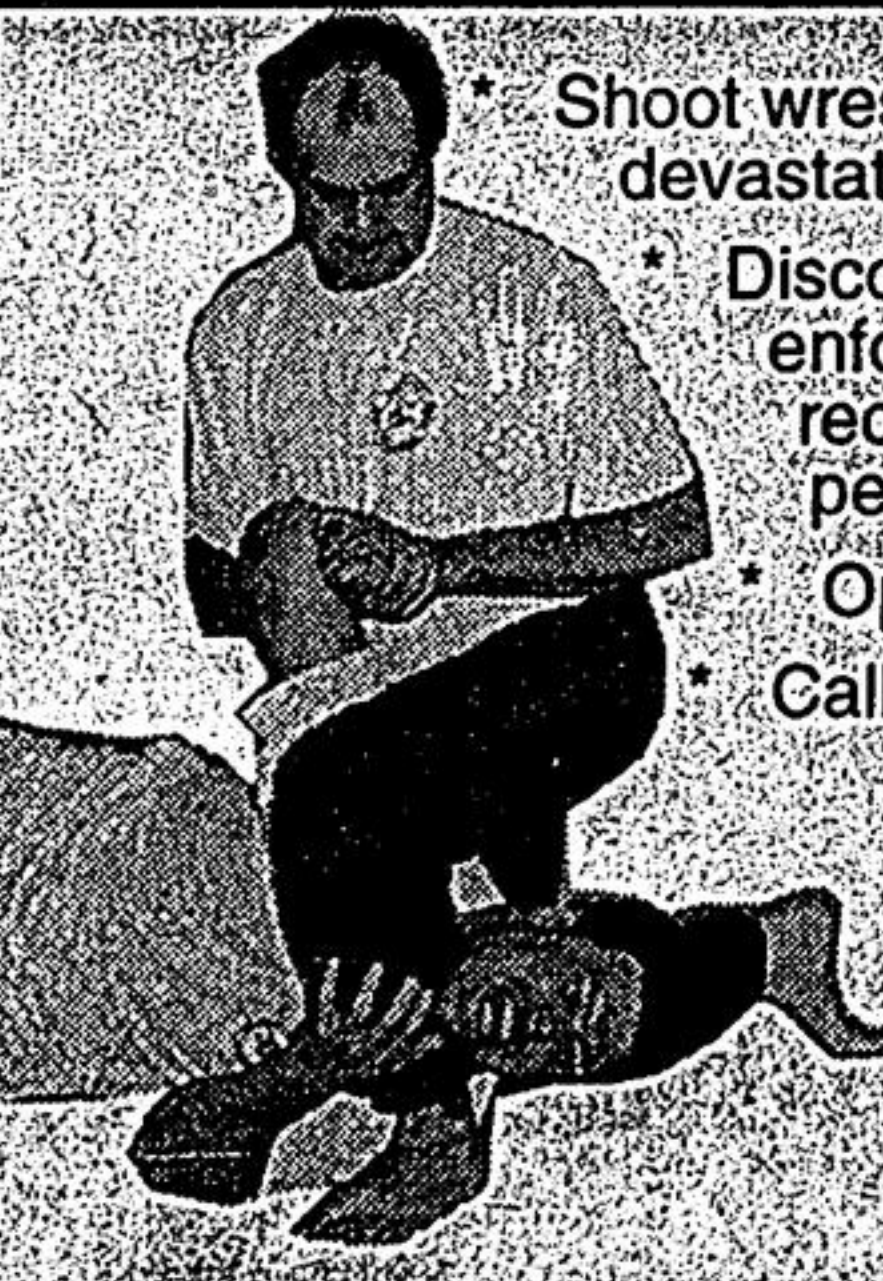
Markham 477-6999
 Newmarket 836-4011
 Thornhill 764-1901

Weight Loss & Wellness of Canada
 *Based on yearly programs. Products not included.

SHOOT WRESTLING CANADA

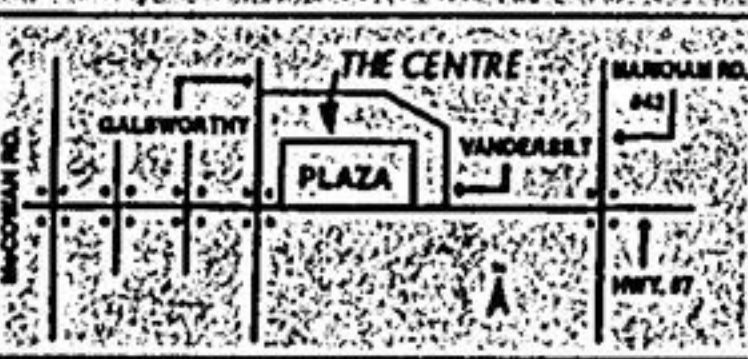
sponsors
GRAPPLING
 ...the best form of self defense

FREE! MEN'S SEMINAR TUES. APRIL 15 7:30-9:00 PM



- Shoot wrestling is the most devastating form of cross training
- Discover why leading law enforcement personnel recommend Ron Beer's personal instruction
- Open to 16 years and older
- Call to reserve your space

294-6044



FREE! WOMEN'S SELF DEFENSE SAT. APRIL 19 2:30-3:30 PM

Health and Fitness

Be more active - exercise with and without partner

Physical activity is often a social activity and companionship can provide an extra incentive to be active. The 1995 physical Activity Monitor showed that physical activity levels are related to participating with partners.

People who do activities sometimes alone and sometimes with partners are the most active. In comparison, those who do activities with a partner only are less active, and those who only do activities alone are the least active.

Only one in five home-bound participants are considered active. They are more likely to be women and are more or less evenly divided among the 25 to 44-year-olds, the 45 to 64-year-olds and the over 65.

In contrast, the outward-bound participants are three times more inclined to be active. They are somewhat more likely to be men and tend to be younger.

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Alone

Half of adult men and women participate in a least some activities alone.

About one-quarter always participates alone. These lone partici-

Family

Canadians who are more active tend to participate with family members. Participating with family decreases with age, however.

The majority of young adults aged 18-24 do some activities with family members, but the majority of seniors participate alone. Children's participation with family members also decreases steadily by age group, from nine in 10 preschoolers to four in 10 teenagers.

(Please see page 23)

DR. SHELLY LAZIER

Family Dentist

A SMILE is for a LIFETIME!!

New techniques can make yours the BEST it can be.

All insurance plans accepted

6212 MAIN ST.

STOUFFVILLE

(Just east of the GO Station)

Tel. 642-7474

NEW PATIENTS WELCOME!!!



The Great Race to No Place



...and there's no place like Club Markham

Join the Community Fitness! Fun! & Friendship!

ONE DAY EVENT

FRIDAY, APRIL 25th

Community Race Times • 4 p.m. to 7 p.m.
 Awards Party • 7:30 p.m. to midnight
 (Corporate Race Times: 7 a.m. to 4 p.m.)

Ride on!

Residents from the Town of Markham and surrounding neighbourhoods are invited to ride in 10-minute 'Stationary' Bike Races for fantastic Awards and Prizes. The Race will be held in the Aerobics Studio at Club Markham on Friday, April 25th, 1997 between 4 p.m. and 7 p.m. Funds will be raised from entry fees, individual pledges, 15-day membership passes, cap and T-shirt sales.

HUGE AWARDS AWARDS

For adults and families who accumulate the most pledges or ride the most kilometres.

THIS EVENT SUPPORTS THE MAYOR'S FUND



DON COUSENS Mayor

supporting causes and people in need in the Town of Markham

THIS YEAR'S GOAL IS \$20,000!!!

Club Markham's 8th Annual FIT N' FUN'D RAISING CHALLENGE

IN SUPPORT OF The Mayor's Fund

The Shape of Fitness in our Community in the EMBASSY SUITES

8500 Warden Ave. (at Hwy. #7)

905-470-2400

TO REGISTER

Call CLUB MARKHAM's Fitness Department before 10 p.m., Tuesday April 22nd, 1997, to reserve your 10-minute Race Time - based on availability.

For additional Entry Forms and further information, drop by CLUB MARKHAM or telephone 905-470-2400.

REGISTRATION FEE

\$25.00 - first ADULT
 \$10.00 - CHILDREN (5 to 18 years) each
 \$15.00 - ADDITIONAL FAMILY MEMBER (19 years & older)

This includes:

- Entry Fee for 'Stationary' Bike Ride on Club Markham's state-of-the-art REEBOK Studio Cycles.
- Ticket(s) to our Awards Buffet & Party** (one per Rider) to be held that evening, Friday, 7:30 p.m. to midnight in Club Markham's Member's Lounge (restricted to persons 19 years and older after 9:30 p.m.)
- Grab Bags full of valuable certificates and coupons (for all Riders who raise over \$25.00 in pledges)

Free Child-Care - 4 p.m. to 8 p.m.

Checkers should be made payable to: The Great Race to No Place
 ** Additional party tickets available \$10.00 in advance * \$15.00 at the door

The War Amps From the battlefields to your home

...with programs for child amputees.

The CHAMP Program offers financial assistance for artificial limbs, specially designed recreational limbs, peer support, regional seminars, and more.



For more information, contact:

The War Amps National Headquarters 2827 Riverside Drive Ottawa, Ontario K1V 0C4 Tel.: (613) 731-3821 (Ottawa) or use E-ZEE ACCESS! Tel.: 1-800-268-8821 Fax: 1-800-219-8988

Internet: http://www.waramps.ca
 Charitable Registration Number: 0286831 09