

Keep team sports fun and safe by raising child's self esteem

There is nothing healthier for your child than being involved in team sports.

However, not all things run according to plan, as testified earlier by the victims of two hockey coaches who

were charged with sexual assault. With abuse of this nature more out in the open one question remains "how do we prevent this from happening on our children?" Stay Alert...Stay Safe offers these

- tips:
- Never force your child to play a sport that he doesn't want to play.
 - Get to know your child's coach. Make sure he has a fair and healthy approach to his role with the children.

- Be your child's most important coach.
 - Give your child positive feedback.
 - Acknowledge good intentions, effort and cooperation.
 - Encourage an open relationship with your child.
 - Make sure your kids know that what they say to you is more important than the sport or the coaches.
 - Remember, it's only a game.
- For details about SASS call 1-800-748-8903.

PARENTS: Give us 30 Days and we'll increase your child's concentration and self-confidence - guaranteed!

\$99 SPECIAL
includes uniform

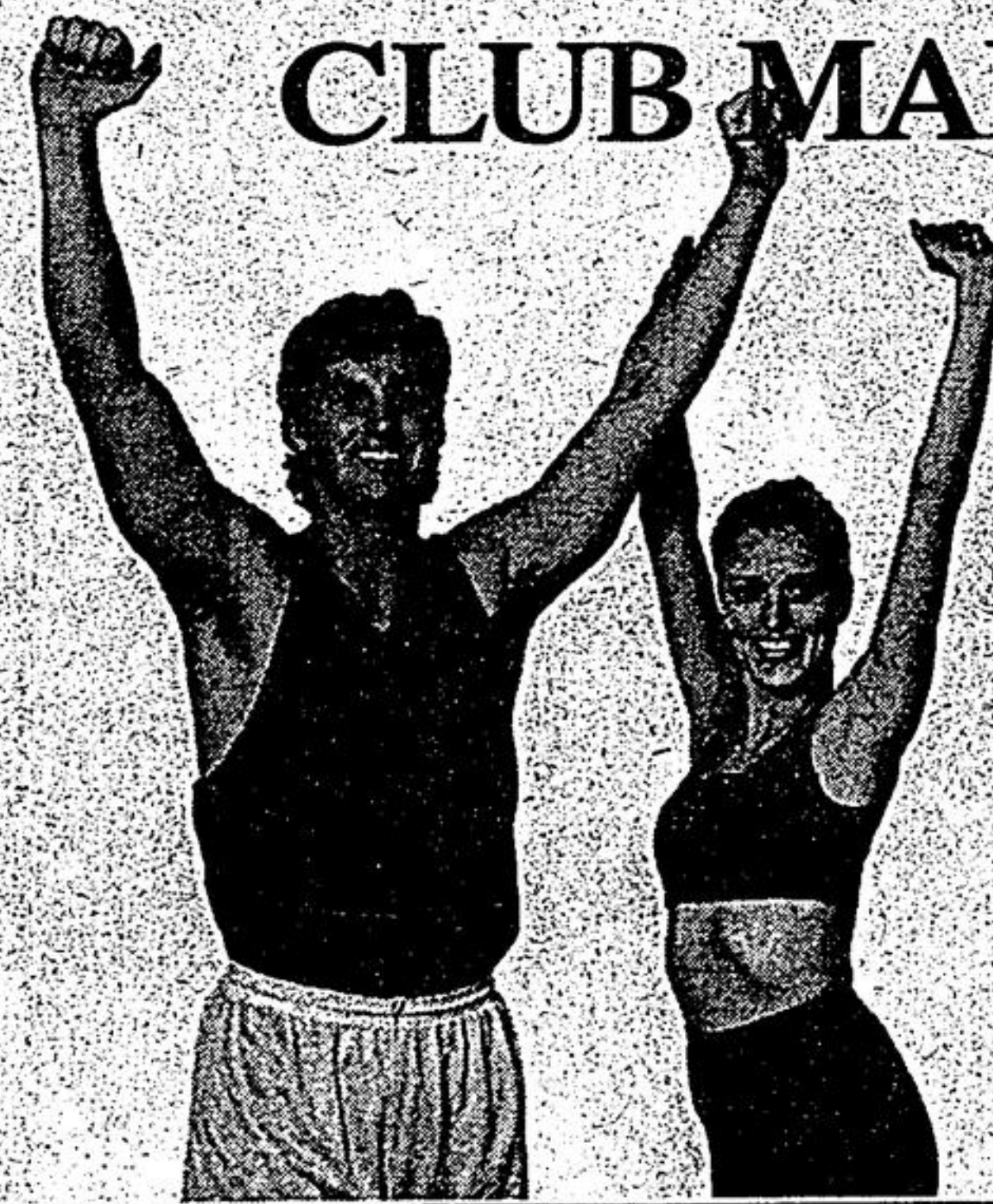


OUR GUARANTEE
You'll see a positive change in concentration and self-confidence in your child in just one month, or your money back.

Parents tell us time and time again, what a positive difference Martial Arts Canada has made in their child's life. Because Martial Arts Canada teaches more than just responsible street-proofing - it teaches your child the powers of concentration, along with developing higher levels of confidence, esteem and personal discipline. Give us 30 days to show you how we can bring out the best in your child - **guaranteed!**



MARTIAL ARTS CANADA FAMILY CENTRES
FAMILIES GROWING STRONG TOGETHER
Call MARKHAM (905) 201-0988



CLUB MARKHAM'S FIT N' FUN'D* RAISER

YOUR \$15.00 DONATION WILL GO TO SUPPORT THE MAYOR'S FUND supporting causes and people in need in the Town of Markham.

15 DAYS for only **\$15*** \$25 per Family (maximum of 4)

ENTER CLUB MARKHAM'S 8th Annual Community & Corporate **FIT N' FUN'D* RAISING CHALLENGE**

The Great Race to No Place
*And there's no place like Club Markham!

COMING **Friday, April 25**
7 a.m. to 4 p.m. Corporate Riders
4 p.m. to 7 p.m. Community Riders

For more details and Registration Forms call 905-470-2400



In the **EMBASSY SUITES**
8500 Warden Ave. (at Hwy. #7)
CLUB MARKHAM 905-470-2400

CLUB MARKHAM invites community residents to join us and employees from 50 local corporations in our efforts to raise \$20,000.00 in support of THE MAYOR'S FUND.

Hurry - you must register for this unbeatable 15-DAY/\$15.00 offer on or before Friday, April 25, 1997.
*Offer valid for 15 consecutive days only. Limited to 1 per family. At least 1 family member must be parent or legal guardian.

- You get it all at **CLUB MARKHAM**
- state-of-the-art Cardio and Circuit Training Gym
 - Free-Weight Room
 - large Aerobics studio with cushioned floor
 - NEW! REEBOK Cycling Classes
 - 5 International Squash Courts
 - Indoor Swimming Pool
 - outdoor Garden & Patio
 - Whirlpools, Steam Rooms and Dry Saunas
 - licensed Lounge and Restaurant
 - Squash Professional and Pro Shop
 - Personal Trainers
 - Computerized Fitness Evaluation & Programs
 - Massage & Shiatsu Therapy
 - Beautician and Hair Stylist
 - Chiropractor & Sports Injury Specialists
 - Free Towel Service & Grooming Aids
 - CHILD CARE AND CHILDREN'S PROGRAMS
 - Plenty of Free Parking
 - much more!

TRADITIONAL LEARNING RETURNS

Flowervale School is a small, community, Grades 1-6 school with limited space available for new students, offering:

- Structured approaches to learning
- A focus on basic skill building in reading and math
- A strong homework policy
- On-going monitoring of student progress
- An emphasis on a code of behaviour
- A strong home-school partnership
- A Statement of Commitment.

INFORMATION NIGHT

Thursday, April 24, 1997 ~ 7:30 p.m.
Flowervale School
35 Flowervale Road, Thornhill
For information please call (905) 881-3104



York Region Public Schools
Purposeful, Dynamic, Inviting

JOIN FOR ONLY **\$18 PER MONTH**

We're celebrating 18 years of intelligent fitness with an \$18 sale! Our regular dues are much higher and initiation is up to \$250! You can join Canada's top fitness clubs for a limited time for: \$18 initiation and \$18 per month!

Your GoodLife membership is good at more than 35 Ontario locations. Our professionally trained staff will help you begin and maintain your individual fitness program. We guarantee your results!

Call Now!
905-475-9288
3500 Steeles Ave. E. Markham

GoodLife
FITNESS CLUBS

First time members only. Some restrictions may apply. Limited time offer.