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you as a community
service of The Economist
& Sun/Tribune**Aquafit real workout**

From page 17.

as a dining room chair to really notice.

Ms Walton, who has been doing aquafit for 20 years and teaching it for two, didn't let up.

"Kick, kick, kick, kick, kick," she said, after even the women had started to groan.

"The harder you kick, the more of a workout you're going to get."

Aquafit isn't rough on your joints and it's real exercise. Plus, female colleagues

said you would like it.

"But did you have fun?" Ms Walton asked afterwards.

On the pool deck, you said you felt a bit dizzy.

"Did you think you were coming for fun?" she said.

For information on the aquafit program, contact your local community centre or pool.

*Been There, Done That is a regular feature that follows the exploits of staff as they try to keep up with experts in a variety of sports and recreational activities.***Kids need variety**

From page 17.

cult, considering the large number of camps.

One suggestion involves having schools seek accreditation with the association when they apply to arenas to begin a hockey school.

John Panethere, general manager of the Ontario Hockey Federation, said his organization recommends kids don't go to hockey school.

"Our philosophy is players should have the summer off," he said.

If parents want their kids to go to hockey school, he suggested they go to a camp that emphasizes a variety of activities.

That way, he said, it maintains the child's attention.

"Look at it as an alternative rather than a camp that is hockey, hockey," he said. "There's a burnout factor here. Kids need that time off."

"Even Wayne Gretzky is quoted as saying he had the summer off," he said.

"The more sports kids play the better."

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- Advertising -

New Location

Sam's Garage recently celebrated the Grand Opening of their brand new shop located at the corner of Bullock and Laidlaw Blvd. in Markham. They have been operating since 1972 and invite you to experience their new state-of-the-art auto repair facility and a more professional and comfortable atmosphere.

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