

FOCUS ON BUSINESS


Unionville Renovations



- Basements
- Bathrooms
- Kitchens
- Cabinetry
- Decks
- Cabanas

416-779-3325
Call for a free consultation

Unionville Renovations



With Over 20 Years Residential Experience

- Additions
- Basements
- Bathrooms
- Kitchens
- Cabinetry
- Decks
- Cabanas
- Hot Tubs

HOME FUSION
Custom Kitchens & Bath



- Refacing & Refinishing
- Renovations
- Ceramic Tiles
- Flooring

905-201-5136
5694 Hwy. #7 Unit 18, Markham
Sherwood Plaza

SHERLASE clinic

Specializing in Advanced Skin Treatments

- Botox Treatments
- Laser Hair Removal
- Vein Treatments
- Facial Peels & Photorejuvenation

383 Main Street N, Markham
(905) 201-8005
www.sherlaseclinic.com

ALL DECKED OUT

- Planning and Design
- Custom Build
- Restoration
- Landscape Integration
- Hot Tub Enclosures
- Pressure Treated Cedar • Concrete

(416) 779-DECK (3325)

Since 1947 **Edmunds** Flexible Payment Plans

- ☐ REROOFING
- ☐ EAVES/SIDING
- ☐ VINYL WINDOWS
- ☐ ENTRANCE/PATIO DOORS

(905) 472-0276
Showroom: 166 Bullock Dr., Unit 1, Markham

416-779-3325 Call for a free consultation
Specializing in basement renovations

PAINT SALE

Renew your home with colour from our Paint Café Designer series
Buy 3 gallons
Get the 4th free!

Queensbridge Mill
4160-19th Avenue, Markham, 887-1127
(Between Warden & Kennedy)
Queen's Pantry
176 Main Street, Unionville, 477-4625

CHILDREN'S PROGRAMS
Fun, Fitness & Self-Defense

Boys & Girls
4-7 & 8-12

Mixed Martial Arts
After School & Summer programs

Ron Beer Family Self Defense
905-294-6044 www.grappling.ca

FUN, FITNESS and SELF DEFENSE

Would you like your child to learn valuable self-defense techniques while developing essential skills for life?

Ron Beer Family Self Defense offers highly qualified instruction along with an excellent variety of programs.

All classes are taught in a small, casual setting by Ron Beer, who is a fully certified national coach, law-enforcement trainer, and martial arts instructor.

Martial arts training is great for the development of important character traits, such as increased confidence, self-esteem and social competence. Children develop these important abilities while learning to overcome their weaknesses and fears. More than just punching and kicking, Ron's unique approach teaches children to interact using both physical and language skills while under stress and during combat situations. Classes emphasize the importance of using language first to help diffuse a potential confrontation before resorting to physical self-defense.

At a more advanced level, students develop mental toughness and the ability to make decisions and act swiftly under stress.

Ron Beer's Family Self Defense offers fun and exciting self defense programs for a variety of age groups.

The 4-7 Year Old Program was personally designed by Ron in 1985, and has evolved, producing excellent results. Children learn basic essentials of Judo and Karate, however there is no striking at this level. Sport specific games geared towards the development of large muscle groups are also introduced, and children learn a variety of important skills such as working together in a group through character building games, while a goal-oriented program rewards children with stickers and stripes for their good behaviour, effort and achievement.

Next, the 8-12 Year Old Program offers a modern self-defense system incorporating more advanced skills and controlled striking is



introduced. Before learning the more advanced techniques, however, children must reach a certain maturity and skill level.

8 to 12 year olds learn an effective system of self-defense based on Ron's famous Advanced Officer Safety and Shoot Wrestling Canada programs, as well as the FSD Boxing program. When combined, these various sport and self-defense systems create a method of instruction that is unmatched. Parents can enjoy peace of mind knowing their children have the necessary street-proofing and decision-making skills to avoid potentially dangerous situations and the confidence to succeed in life.

The facility is clean and modern, and features an open-concept design. All training takes place on a modern, matted sports floor. Lockers and shower facilities are available.

Ron's Beer Family Self-Defense is located at 60 Bullock Drive in Markham. For information about the boxing program call 905-294-6044 or visit www.grappling.ca

SANDY'S AUTO SERVICE LTD.

FUEL INJECTION SPECIAL

Clean all injectors, air intake plenum & service throttle body.
Decarbonize internal engine.
(Pistons, valves, etc.) Reset to specs.

Reg. \$149.95 **\$99.95** Special most cars

176 Bullock Dr., #8, Markham-905-294-3868
Not to be used in conjunction with any other special.
Parts: PST & GST extra. Offer expires Oct. 18, 2004.

CUSTOM WINDOW COVERINGS FOR DISCRIMINATING WINDOWS

MAIRI VASIL DESIGNS

MEMBER OF ARIDO Since 1987

"Solving your Design Dilemmas"
Call to see our extensive selection of fabrics and designs

905-415-0218

It is all about **success!**

- Little Readers (3 - 5 years)
- Beyond Tutoring (Gr. 1 - 8)
- High School Advantage

Markham South 416-321-1646
Markham East 905-201-2700
Unionville 905-513-8186

www.oxfordlearning.com

Skills for Success, Lessons for Life. **OXFORD LEARNING**

READING • WRITING • MATH • SCIENCE • FRENCH

KATHY NAILS & BODY SPA

- Manicure/Pedicure
- Seaweed Gel
- UV Gel
- Acrylic tips
- Overlay Nails
- Facial
- Massage
- Paraffin Treatment
- Air Brush Hand Design
- Waxing

M-F: 9-7
SAT: 9-6
SUN: 10-5

905-472-8810
8515 McCowan Rd. Unit 3 • Markham
North East corner of McCowan & Hwy 7

To Advertise in **FOCUS ON BUSINESS**
Call Your Sales Representative at **905-294-2200**