

From wrestling to ballet

Classes blooming at parks and rec department

A potpourri of activities awaits Farmington area residents anxious to capitalize on spring's emergence, thanks to the Farmington Hills Parks and Recreation department.

Offerings for children, teens and adults vary from junior level and ballet to a course in calligraphy and pastel and charcoal drawing instruction.

Although pre-registration at the recreation office, 3155 Eleven Mile, is recommended, registrations will be accepted at the first class meeting. For information, call 474-6115.

The six week program begins next week at the following elementary schools: Shiawassee, 30415 Shiawassee, located between Orchard Lake Rd. and Middlebelt, north of Nine Mile; Kenbrook, 32180 Bonnet Hill, located in Kendallwood subdivision, 21195 Gill Rd., located north of Eight Mile; and Forest, 34545 Old Timber Rd., located between Thirteen and Fourteen Mile, west of Farmington Rd.

PRE-SCHOOL classes are:

•A Time for Me; for ages three-five, an hour of crafts, songs and games. Time: 3:30-4:30 p.m., Mondays at Shiawassee, Room 6, and Thursdays at Kenbrook, Room 1. \$5 fee. Instructor: Mary Ann Furr.

•Creative movement; for ages four-six unifies development of coordination, cooperation and simple ideas of the dance. Loose play clothes and tennis shoes or ballet shoes recommended. Time: 3:30-4:30 p.m., Thursdays in Kenbrook's multipurpose room. \$5 fee. Instructor: Lisa Patrell.

•Tap dance; for ages four-six. Time: 4:30-5:30 p.m., Mondays at Shiawassee, Room 9, and Thursdays at Kenbrook, Room 1. \$5 fee. Instructors: Arlene Birs and Linda Nassar.

All pre-school classes begin the week of April 10 and end the week of May 15.

CLASSES for the next older group (preteen) are:

•Adventures in jazz dance: basic techniques and rhythms of modern jazz class for students in grades four-six. Leotards and tights suggested. Time: 6:30-7:30 p.m., Mondays, in Shiawassee's multi-purpose room; and 5:30-6:30 p.m., Thursdays in Kenbrook's multi-purpose room. Fee: \$5.

Instructors: Arlene Birs and Linda Nassar.

•Ballet; the primary step of dance for students in grades one-three. Leotards, tights, and ballet slippers suggested. Time: 5:30-6:30 p.m., Mondays in Shiawassee's multi-purpose room and 4:30-5:30 p.m., Thursdays, in Kenbrook's multi-purpose room. \$5 fee. Instructors: Lisa Patrell and Linda Nassar.

•Creative art; a beginner course in basic concepts of drawing and crafts for students in grades kindergarten-second. Time: 3:30-4:30 p.m., Mondays at Shiawassee, Room 9, and Thursdays at Kenbrook, Room 10. \$5 fee. Instructor: Julie Lang.

•"1, 2, 3 Draw"; learning the basic techniques of drawing for students in grades three-six. Time: 5:30-6:30 p.m., Mondays at Shiawassee, Room 6, and Thursdays at Kenbrook, Room 10. \$5 fee. Instructor: Julie Lang.

•Exploratory art; work in the different medias of art including paints, inks, clay, and sketching for students in grades three-six. Sketch pad and pencil are required. Time: 4:30-5:30 p.m., Mondays at Shiawassee, Room 6, and Thursdays at Kenbrook, Room 10. \$5 fee. Instructor: Julie Lang.

•Fun-nastics; basic gymnastics with emphasis placed on development of balance and coordination for students in grades K-2. Time: 4:30-5:30 p.m., Mondays in Shiawassee's gym, and Thursdays in Kenbrook's gym. \$5 fee. Instructors: Kris Schulz and Doug Foster.

•Guitar I; introductory course for students in grades 3-6. Time: 5:30-6:30 p.m., Mondays at Shiawassee, Room 9, and Thursdays at Kenbrook, Room 1. Fee: \$5. Instructor: Richard Lytwynuk.

•Guitar II; an intermediate course for students in grades 3-6. Guitar rental available through instructor. \$8 material fee. Time: 6:30-7:30 p.m., Mondays at Shiawassee, Room 9, and Thursdays at Kenbrook, Room 1. \$5 fee. Instructor: Richard Lytwynuk.

•Junior wrestling; a new program designed to give the young athlete some formative experience in wrestling for students in grades two-six. Time: 3:30-4:30 p.m., Tuesdays for grades two-four, in Gill's gym and 4:30-5:30 p.m., Tuesdays for grades five-six, in Gill's gym. \$5 fee. Instructors: Al Hinkle and Earl Hall.

•Karate; Isshin-Ryu karate taught

by top professional black belt instructors. No previous experience necessary for the course designed for students in grades two-six. Time: 3:30-5 p.m., Mondays in Shiawassee's multi-purpose room. \$5 fee. Instructor: Peter Carbone.

•Pillow-polo: an exciting and fast moving sport similar to floor hockey for both boys and girls in grades two-five. Time: 3:30-4:30 p.m., for grades two-three, Mondays in Shiawassee's gym; and 3:30-4:30 p.m., for grades four-five, Thursdays in Kenbrook's gym. \$4 fee. Instructors: Sharon Amell and Al Hinkle.

All classes begin the week of April 10 and end the week of May 15.

CLASSES for teens and adults are:

•Belly dance; learn to dance to exotic Middle Eastern music. Time: 7:30-8:30 p.m., Wednesdays, in Forest's cafeteria. \$5 fee. Instructor: Phyllis Patlow.

•Calligraphy and pen and ink; an introductory course including projects

such as wash, line drawings, and calligraphy techniques applied to posters and greeting cards. Materials needed include graph paper, pen holder, C-3 pen point, and black India ink. Time: 7-9 p.m., Mondays, at Shiawassee, Room 6. \$10 fee. Instructor: Sue Greenwell.

•Dancercise; teen and adult exercise with ballet and jazz techniques. Leotards and tights preferred. Time: 6:30-7:30 p.m., Thursdays, in Kenbrook's multi-purpose room. \$5 fee. Instructor: Arlene Birs. Course begins April 13.

•Disco dance; learn partner and line dances including the popular Latin hustle. Time: 8:30-9:30 p.m., Mondays in Shiawassee's gym, and Wednesdays in Forest's gym; and 7:30-8:30 p.m., Thursdays, in Kenbrook's gym. Fee: \$5 per person and \$10 per couple. Instructors: Linda Nassar and Phyllis Patlow.

•Guitar; learn the chords and strings of many popular songs. Guitar rental available through instructor. \$5

material fee. Time: 7:30-8:30 p.m., Mondays, at Shiawassee, Room 9. \$5 fee. Instructor: Richard Lytwynuk.

•Gym and Swim; an exercise program designed to shape up for summer. The class begins with an organized exercise program (men and women separate) followed at 8:30 p.m. by a leisurely swim. Time: 7-9 p.m., Thursdays, at North Farmington High's gym and pool. \$10 fee. Class begins April 13 and ends June 1.

•Jazzastics; combination dance and exercise class. Time: 7:30-8:30 p.m., Mondays, in Shiawassee's multi-purpose room. \$5 fee. Instructor: Linda Nassar.

•Modern microwave magic; for microwave oven owners or potential purchasers, the course will explore cooking and baking. \$25 fee includes food, all materials, and handouts. Time: 6:30-8:30 p.m., Thursdays, at Kenbrook, Room 10. Course begins April 27 and ends May 18. Instructor: Dave Roedle.

•Pastel and charcoal drawing; an

introductory course. Pressed charcoal required. Time: 8:30-9:30 p.m., Wednesdays, in Forest's cafeteria. \$5 fee. Instructor: Sue Greenwell.

•Senior wrestling; this all-new wrestling program is aimed at boys with or without experience in grades seven-nine. Time: 3:30-5:30 p.m., Wednesdays, in Farmington High's wrestling room. \$5 fee. Instructors: Earl Hall and Al Hinkle.

•Slimastics; exercises and stretches to music and a complete fitness program. Time: 7:30-8:30 p.m., Mondays in Shiawassee's gym, Wednesdays in Forest's gym, and Thursdays in Kenbrook's multipurpose room. \$5 fee. Instructor: Theora Dawu.

•Volleyball; coed volleyball with teams informally set each night and possibility of inter-mural games. Time: 6:30-7:30 p.m., Mondays in Shiawassee's gym and Wednesdays in Forest's gym. Fees: \$5 per person and \$8 per couple.

All courses begin the week of April 10 unless otherwise indicated.

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Nichols studies student health

Dr. Donald Nichols, Dean of Students at the Orchard Ridge campus of Oakland Community College, addressed the convention of the American College Health Association.

Nichols, of Farmington, presented a study of health services and problems with data collected from more than 600 public community colleges, to the ACHA's research section. With emphasis on staff, facilities and programs the study is a five-year follow-up of a survey conducted by Nichols at the University of Michigan. The responses are a representative sample of the four million students who are attending more than 1,200 two-year institutions across the U.S.

According to Nichols, the colleges have made significant progress in responding to the health needs of students, response tends to be two-pronged: providing emergency medical care on campus while referring serious problems to off-campus centers and concentrating on prevention of illness and accidents through a comprehensive health education program.

MANY OF THE improvements have resulted from the new national

emphasis on personal health care and a new recognition of the needs of handicapped individuals," explained Nichols.

"Community colleges are taking more seriously their claim of responding to the needs of all kinds of citizens."

Nichols found that the number of colleges accommodating handicapped students has doubled since 1972. This includes tutors for blind and deaf as well as ramps, elevators and special parking for students in wheelchairs.

The most frequent health emergencies found at two-year colleges are epileptic seizures, laboratory accidents, heart attacks and drug overdose.

In related areas, the respondents rated mental health services as effective and consider health education and preventative activities at their campuses as above average.

Nichols study will be published in the ACHA Journal next summer. Interested citizens can contact him at Orchard Ridge, 476-9400.

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