



FARMINGTON YMCA KICK OFF FALL PROGRAM

PROGRAMS OFFERED

FROM A TO Z!

Classes Start the Week of Sept. 18
For Six Weeks - Join Today

Call for Full Descriptive
Brochure for Times & Locations
553-4020

ACT FAST - Programs are a first come first serve basis. SAVE WITH A MEMBERSHIP. Youth \$15, Adult \$25 or Family \$37.

DOG OBEDIENCE

Mr. Henry Van Der Weken (9 years of professional experience) and his Certified Staff will teach all the A.K.C. commands. Utilizing a leash, your dog will learn to heel, sit, stay, stand, down and walk. The class size is limited and future classes will offer off leash and hand signals.

EQUIPMENT REQUIRED PRIOR TO FIRST CLASS

- Shot record showing date of distemper, Hepatitis and Leptospirosis (contact your veterinarian)
- Six foot leather leash.
- Choke collar of proper size.
- Dogs are not to be fed after 3:00 p.m. on day of class

Conducted at Mercy Center, 28600 11 Mile Road.

THURSDAYS - Starting September 21.

D.O. 1 8:00-9:00 p.m. Basic Obedience
D.O. 2 9:00-10:00 p.m. Basic Obedience

Fee: \$40 for all participants.

DANCE AND MOVEMENT

All classes are Beginning level
DM-1 Pre-School Thurs. 1:30-2:30
DM-2 Adult Thurs. 2:30-3:30

Babysitting Available at 75¢ per hour
DM-3 Youth

DISCO DANCE

Learn the basic steps to the popular dances; meet people and make friends. Dress in comfortable clothing. Classes will be held at Mercy Center Gym. 11 Mile just east of Middlebelt. Participants may register as singles or couples.

Teens Co-Ed—Beginning 8:30-9:30 p.m. Monday

Adults Co-Ed—Beginning 9:30-10:30 p.m. Monday

Y-Member \$15 Single Non-Member \$19 Single
\$20 Couples \$29 Couples

DANCE FIT

Part of the Detroit Metropolitan YMCA's Cardiovascular Health Program. Fitness that combines basic elements of a good fitness work out with fun of dancing.

"DANCE" moving in design patterns that follow the mood or rhythm of a piece of music.

"FIT" in fine physical condition, in good health. The reward of exercise.

FIRST CLASS - FREE DEMONSTRATION ON SEPTEMBER 19

(Course begins Sept. 26 and 28.)

Gymnastics

Preschool thru Junior High on Saturday from 9-4 at Kenbrook School.

Beginning to Advanced

RIDING

Indoor English Riding Instruction will be offered at Haverhill Farms on 14 Mile Road just west of Haggerty. Instruction will be offered for Adults, Teens and Youth. All classes are co-ed and will meet for 6 weeks. Class size is limited so sign up early.

YOUTH AND TEEN AND ADULT CLASSES AVAILABLE

FOOD FOR FITNESS (Nutrition)

Topics—Special food needs throughout life cycle—babies thru Golden Age.

Weight reduction—Energy input and output relationship.

Vegetarianism

Food Fads.

Fun eating in quick, easy and nutritious ways.

Recipes and handout materials.

VEGETARIAN COOKING

Learn how to turn plain vegetables into exciting dishes, snacks and meals. Discussions on nutrition and use of spices and herbs. Class participation in the preparation of meals is essential, so come prepared with aprons (and good appetites)

INSTRUCTOR: Sat Kaur Khalsa (a vegetarian herself)

POSTER WORKSHOP

Learn stencil, silkscreen and make your work stand out in a crowd. Supplies will be provided.

SWIM TEAM

WE WERE #1 last year and we need you to do it again!!!

TRYOUTS - Oct. 8, 1:00-3:00 p.m. MERCY CENTER

PRACTICES - Monday, 5:30-7:00 p.m.

Tuesday, 5:30-7:00 p.m.

Wednesday, 5:30-7:00 p.m.

FIRST PRACTICE OCTOBER 9, 1978

LIFESAVING

Become certified as a Lifesaver. Minimum Age 15 years

Thursdays - 6:00-9:00 p.m. at Mercy Center

6:00-7:00 p.m., Room D

7:00-9:00 Pool

OPEN SWIM

SUNDAY 4:00-5:00 p.m. FAMILY OPEN

MONDAY 8:00-9:00 p.m.

TUESDAY 10:00-11:00 a.m.

WEDNESDAY 10:00-11:00 a.m.

SATURDAY 12:00-1:00 p.m. YOUTH OPEN

Children under 12 must be accompanied by parent (or another adult except Youth Swim.)

SWIMNASTICS

Do you have stiff muscles, aches and pains? Then exercise in WATER! A great conditioner for swimmers and non-swimmers.

Monday, 8:00-9:00 p.m.

Thursday, 1:00-2:00 p.m.

Thursday babysitting available at 75¢ per hour.

TIP DIP

Here is a chance to pick up suggestions and to work on your strokes in a low-keyed class environment

S-16 8:00-9:00 p.m., Tuesday

S-19 10:00-11:00 a.m., Wednesday

COMPETITIVE TECHNIQUES

Shape up your strokes with Jewel Cooke at Mercy Center Pool. Designed for swim team participants.

S-42 10:00-11:00 a.m., Saturday

LEARN TO SWIM CLASSES Available 7 Days. Age 6 Months-Adult, at Mercy Center. All levels, All Ages, All Times, Act Now.

MENS FITNESS AT MERCY CENTER

Tuesday - 7:00 - 8:00 pm Thursday - 7:00 - 8:00 pm

NOVI CO-ED FITNESS - 10 Weeks (See Novi Section)

CO-ED EARLY BIRD FITNESS

Russ Yaguinto, instructor, Mercy Center

Monday, 6:30-7:00 a.m. Thursday, 6:30-7:30 p.m.

CO-ED FITNESS

Monday, 6:30-7:30 p.m. Wednesday, 6:30-7:30 p.m.

KARATE

Co-ed beginning instruction, all ages.

Wednesdays, 8:30 to 9:30 p.m. STARTS Sept. 20

JUDO

Learn basic and advanced Judo techniques, from instructor Ray Thibodeau, Black Belt. Classes stress safety, self-defense, and correct technique. Co-ed classes available for all ages.

YOGA

Bring a mat. Wear comfortable clothes. HATHA - Gentle exercise. Yoga postures. 6 weeks or 10 weeks. Classes available.

7-8:30 6 Wks. Thursday, Nardin Park Church

Instructor: Karen Farkas

9:30-11:00 a.m. 6 wks. Wednesday, YMCA BUILDING

Instructor: Jack Irwin

Baby sitting available.

Fee: Y-member \$12 Non-member \$18

CAMERA CLASS

Learn how to take good pictures! Class will cover cameras, films, lenses, filters, flash attachments, picture composition, camera settings, light meters, and all of the participants questions. Participants will receive a special discount on film processing while in the class. Instructor will be Al Weiss, Professional Photographer from World Camera, Inc. Please bring your camera to first class. Fee: Y-Member \$11, Non-Member \$16. CA-1, 7:30-8:45 p.m. Wed. at Y-Bldg.

PARENT/CHILD PROGRAMS

The Farmington Area YMCA is proud of its Parent/Child programs: Indian Guides (father/son), Indian Maidens (mother/daughter), Indian Princess (father/daughter), Blazers (father and older son) and Trail Mates (father and older daughter). The YMCA will be organizing NEW tribes in YOUR community later this month. Watch for a special school flyer or call Dave Heiser at 553-4020.

PARENT AND TOT GYM

Walking through 3 years WITH PARENT.
Tumbling, climbing, motor skills.
Tuesday and Thursday Available.

PRE-SCHOOL VARIETY SHOW

AT MERCY CENTER. ART-GYM-STORIES-GAMES.
A great combination of learning experiences. 3-6 years old without parent.

PRETEND TIME

Drop youngsters at YMCA and enjoy your class. This will be a world of make believe for those age 3-6.
Wednesday, 9:30-11:15 a.m.

YMCA CARDIO-VASCULAR FITNESS PROGRAM

PROGRAM WILL INCLUDE Exercises to improve Cardiovascular fitness; tone, firm and strengthen skeletal muscles; improve flexibility, balance, coordination and mental attitudes.

PHYSICAL SCREENING IS REQUIRED of all participants. This includes smoking history, blood pressure check, blood cholesterol check and weight. Cost \$5.00. DATE: Sept. 23rd, Saturday at YMCA Building, 9:00 to 10:30 a.m. Food fasting necessary. Sign up at registration.

EQUIPMENT - good gym or jogging shoes, jump rope, small floor mat.

MANDATORY - New registrations must attend 15 minute introduction to class the first week. Plan to arrive 15 minutes early.

HEALTHY BACK

The "Y's Way" to a healthy back is a medically approved program. A mild form of exercise to stretch and strengthen muscle groups. Also teach art form of relaxation. Students need comfortable stretch clothing (fit for weather temperature), floor mat.

INSTRUCTOR: Kay Burns - Fitness Specialist.

WOMEN'S FITNESS AT MERCY CENTER

Tuesday - 10:00-11:00 a.m.

Thursday - 10:00-11:00 a.m.

Monday - 1:00-2:00 p.m.

Wednesday - 1:00-2:00 p.m.

*Babysitting at daytime classes if registration warrants it. Indicate at time of registration. 75¢ per hour-per child.

MASSAGE WORKSHOP

A 6 week class

INSTRUCTOR: Guru Jiwan Kaur Khalsa.

Learn to give and receive a relaxing massage. Basic strokes with breathing exercises and relaxation techniques to release the tension and revitalize your body.

TENNIS-INDOOR

Small group lessons (Class size 5-11). Bring racquet. Balls are supplied. All classes 1 hour long, all Coed. All classes taught at Westbrook Elementary School. (Maps available from YMCA). No showers-come dressed to play.

Tuesday or Wednesday classes.

GUITAR

Learn to play chords and songs.

Minimum age 11 years of age.

G-1 Tuesday - 4:00-5:00 Y BLDG., Beginner

G-2 Tuesday - 5:00-6:00, Y BLDG., Inter.

G-3 Thurs. - 7:00-8:00 p.m., Y BLDG., Beg.

G-4 Thurs. - 8:00-9:00 PM, Y BLDG., Int.

Bring your guitar to first class.

Baby Sitting Available
for some
classes

GROUND BREAKING
Sunday
Sept. 24
2 p.m.
Farmington YMCA
You are cordially invited to the ground breaking ceremony for the new family facility! 28100 Farmington Road