

Sports enthusiasts find indoor refuge for winter

There are some less than hearty souls for whom shuffling down a snow covered slope hardly constitutes the perfect day.

For those who would rather look at snow than be in it, civilization as we know it has provided indoor sports. Thus chilly sportsmen can exercise without getting their feet wet.

For racquetball fans, the Racquetball Courts of Farmington, 34200 Nine Mile, provide courts seven days a week. They are open 6 a.m. to 11:30 p.m. Prime time fees of \$9 an hour for a court are in effect 4-11:30 p.m. on weekdays. Saturdays and Sundays are considered prime time. Between 6 a.m.

to 4 p.m. on weekdays, courts fees are \$7 an hour.

Reservations are necessary. Racquets can be rented for \$1 an hour and racquetballs can be purchased in the pro shop.

Child care is provided between 9:30 a.m. and 2 p.m. on Tuesdays, Wednesdays and Thursdays. The child must be able to walk to be eligible for the service.

For the ambitious, there are sauna showers and a universal weight machine.

TENNIS ENTHUSIASTS can investigate the Farmington Racquet Club, 22777 Farmington Road, Farmington.

The private club will accept memberships which extend from Feb. 1 through Sept. 1. Single membership is \$50. Family membership is \$112.

The courts are open from 6 a.m. to 11 p.m., Monday through Friday and from 7 a.m. to 11 p.m. on the weekends.

For early birds, there is a special rate on courts between 6-9 a.m. which amounts to \$12 for two hours of tennis.

Non-prime time charges of \$9 an hour are in effect between 9 a.m. and 5 p.m. Monday through Friday and after 5 p.m. on weekends. Prime time rates of \$13 an hour are in effect after 5 p.m. on weekdays and between 9 a.m. and 5 p.m. on weekends.

Wednesday is ladies' day and between 9 a.m. and 5 p.m. women can play for four hours for a \$5 fee per person.

Men's night is on Mondays between 7-11 p.m. The fee is \$8 per person. Mixed doubles night is the second and fourth Friday of the month between 7-11 p.m. for \$8.

Players are matched according to ability by the resident pros.

Private, semi-private and group lessons are offered for adults, children and teens. There are leagues for adults.

Saunas and whirlpools are provided in men's and women's locker rooms.

IF PHYSICAL FITNESS is desired without the frills of a game, the Nautilus Fitness Center, 28350 Eight Mile, near Grand River, Farmington Hills will help provide a program for the serious devotee.

The center is open only to men. Each member has a trainer who takes him through the regime of various machines designed to hone specific muscles.

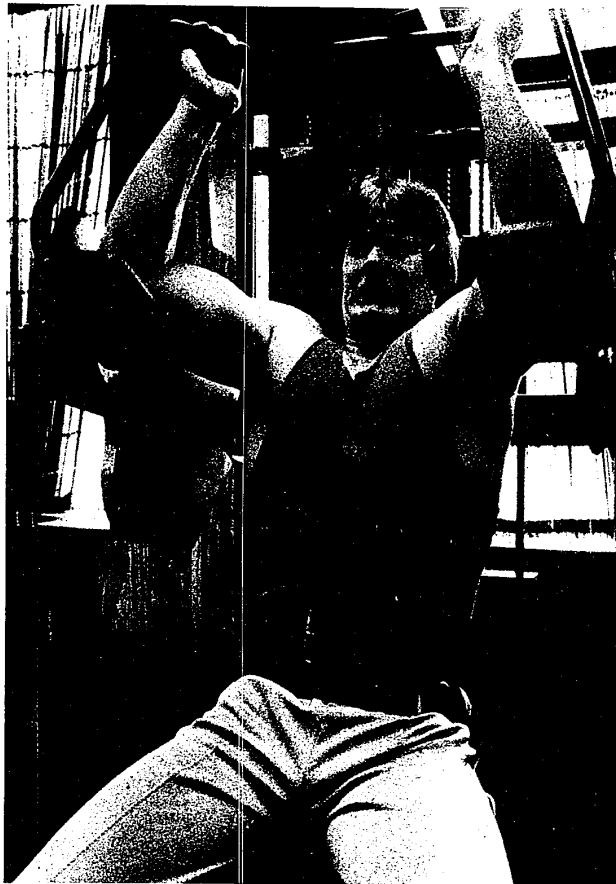
The center is open from 10 a.m. to 10 p.m. from Monday through Friday and from 10 a.m. to 5 p.m. on Saturday. Members need to go two to three times a week in order to keep up their fitness program, according to the manager Leo Meyer.

Initial memberships cost \$300 with yearly renewals at \$60.

FOR THE LESS intent, winter can afford the time for a good old fashioned game of bowling. There are several bowling lanes in the Farmington area.

Drakeshire Lanes, 35000 Grand River in Farmington is open from 9 a.m. to 1 a.m. Some of that time is taken up with league bowling but there is open bowling available during the day. Bowlers are advised to call ahead of time to avoid being shut out because of a league.

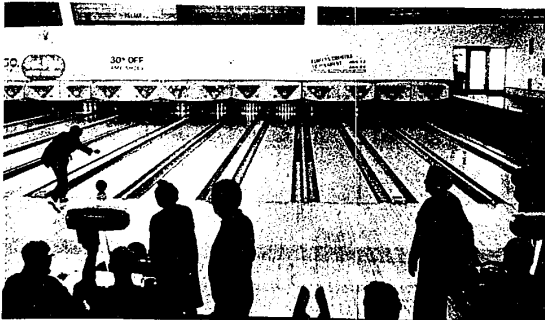
Saturday and Sunday are also good (Continued on page 4A)



Jack Presnell works out at the Nautilus gymnasium days a week for 30 minutes. (Staff photo by Harry Mauthe)



Doug Juntunen and AJ Hoyt pass the winter away by playing racquetball. (Staff photo)



Bowling has proven to be a continual favorite during the cold season as leagues vie for space at local alleys. (Staff photo)



Keeping in condition by working out on body building equipment is Dick Terry (left) who gets some instruction from Leo Mayer of the Nautilus gymnasium. (Staff photo)

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