## Physical fitness at the Y starts with the diaper set

By LORAINE McCLISH

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Y classes keep growing, both in content and in numbers, for the preschool set, who are swimming, with or without their mothers, tumbling with or without their mothers, tumbling with or without their instructors, or learning new concepts with numbers, or having their own variety show in Mercy Center.

Shelia Wade holds sway over the Preschool Variety Show, a 90-minute session of mixed art, gym, stories, music and games activities.

"Nobody gets bored and nothing gets old halt," said Carol Green, who is program director and aquatic director for the Parmington YMCA.

Ms. Green has been associated with YMCAs for the past eight years, and after her graduation from Michigan State Prince of the Parmington YMCA.

She teaches a couple classes in addition to her directorship positions, and overall it's been "a lot of running around from Mercy Center to schools to churches" where satellite classes are given, pending the opening of the Ysnew building in 1880.

The big thrust at the Y is still filtess, both yb design and demand, as Americans become more and more concloss of the value of keeping physically fit.

"AND HERE IS where it starts," Ms.

"AND HERE IS where it starts" Ms. Green said, pointing to babies in dispers learning the ways of water and a gym full of tots crawing through barrels and balancing on teeter totters. She inherited many of the programs and classes that are offered in the spring brochure, but a portion of her job has to do with developing new ones. "I have a strong theater background so I'm looking forward to the new drama club we've started for teens," she said.

said.

Another something new she points to is "Fun With Numbers," designed for 4-and 5-year-olds.

The Preschool Variety Show is wind-

The Preschool Variety Show is wind-ing up its first season and "going excel-lently," she stated. She described the class for the 3-to-6-year-old set as "a learning experience but really recre-ation and leisure oriented rather than educational."

The tot attends the class without mother with an option of times, dates

mouner with an option of times, dates and places.

In another section of Mercy Center, preschoolers are taking gym and swim classes on their own, and yet another class invites both parent and tot to get together for a gym workout.

"The kids teach us a lot," Ms. Green said

Equipment in the gym sessions is changed from week to week following



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the nobody-gets-bored-and-nothing-gets-old-hat formula, "but the kids are constantly showing us new and neat ways they've decided they want to use the equipment," Ms. Green said.

ALL\_TOLD, there are better than 50 classes offered by the Y in aquatics alone running from the diaper group up to "Fraidy Cat" for adults.

Ms. Green highlights the classes that wind up with litesaving certifications, Swimnastics, for swimmers and non-swimmers, and all of those in between for every age level and every level of expertise."

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The Y is open year-round with a fitness staff that has grown to 12 in number, all of whom are certified as fitness instructors by the Y's standards.

"What that means more than anything else is that we all have the same philosophy on how to go about getting fit," Ms. Green said, "and all of our fitness programs have built-in monitoring systems for the participants."

The monitoring system is a prescreening process and periodic checks on learth beat, blood pressure, chlorestral, body fat and the like.

"This is most important in our cardiovascular programs, or programs."

This is most important in our cardiovascular programs, or programs. Be Slim Living, Healthy Back, Smoking Withdrawal and Weight Control DanceFit, an eerobic exercise," she explained.

THE FARMINGTON Area YMCA serves Farmington, Farmington Hills, Novi and West Bloomfield, with head-quarters at 28100 Farmington Rd., north of 12 Mile Road. Its new \$2 million facility, now under

construction adjacent to the present location, will contain a 25-meter pool, high school sized gym, handball and recquet ball courts, an indoor running track and health clubs.

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The Y sponsors Indian Guides and Indian Maidens, T-ailblazers, a gymnastic team, a swim team and Guys and Dolls, a social and learning group made up of adult handicapped persons.

The Y offers camping, including day camp and overnight camp for preschoolers.

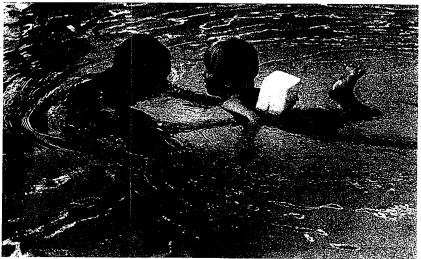
choolers.

Growing activities are the Ys hiking, canoeing and skiing trips. The next back-packing jaunt on the calendar will take hikers to North Carolina in April.

The Y's executive director is Gary



Beth Parkinson gets an assist on the teeter totter from her mother Pat in the "Parent & Tot Gym" sessions for the child who is walking up to three years of age. Two morning classes are offered, on Tuesdays or Thursdays, in the next term which begins the week of March 5. (Staff photos by Harry Mauthe).



Aquatic specialist Penny Stone encourages Chris Kelbert in a morning swim workout. Chris spends 90 minutes in the "Pre-School Variety Show," then takes to the water. The variety show continues on Mon-

days and Tuesdays for the next set of classes. Pre-school gym and swim classes are scheduled for Thursdays.



Toddler Danny Kinney is fascinated by the nuts and bolts that holds together one of the pieces of gym equipment for the small fry. All of the tots' equipment, for crawling,

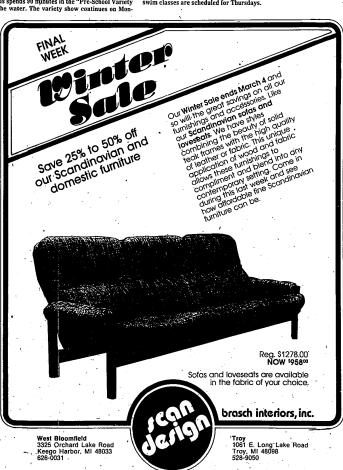
climbing, pushing, pulling, and balancing aims to strenghten motor development and coordination.

## YMCA program has solution for that aching back of yours

The Y's way to a healthy back is a special exercise program for people who suffer back pain and discomfort, estimated to be about seven instend to the about seven instend to the about seven instituted in the program state to be about seven instituted in the program is produced at Columbia transport of the Yes New program are performing at 8 pm and 4 the end of the six dinator for the local Y, the instructor.

The program and has mitinated to 18 persons. Overall, the three distinct patterns of exercise muscule toning, and muscular strength and the flexibility of key postural muscles and its tresses relation.

The program is produced at Columbia to Presbyterian Hospital in the Y produced i



Store Hours: Mon., Thurs., Fri. 10:00-9:00: Tues., Sat. 10:00-5:30. Sunday.12:00-5:00. Closed Wednesday.