

Best of new and old mixed for winter classes

Continued from Page 4A

TAILORING-MEN'S/LADIES — Wednesday, 9:30 a.m. to noon, Room 9, \$25. For the experienced seamstress who is interested in learning to make suits or other tailored items. Come to first class with notebook and an idea of what you'd like to make. Patterns and materials are not necessary until second meeting. Limited to 10 students.

PRESCHOOL DANCE I — Monday, 1-2 p.m., gym, \$15. A special hour designed for the 4-5-year-old in tap, ballet, and tumbling. Basic routines combined with song and dance routines for

the beginning youngster. Black body board and pink tights preferred.

PRESCHOOL DANCE II — Monday, 10:45-11:45 a.m., gym, \$15. Continuation of Preschool Dance I. Children with some dance background in tap, ballet and acrobatics will enjoy this class combining basic rhythms with song and dance routines.

PRESCHOOL III — Monday, 2-3 p.m., gym, \$15. A continuation for returning students. Bring outgrown tap shoes for resale.

INTERMEDIATE DANCE — Monday, 5-6 p.m., gym, \$15. A continuation

for returning students. Bring outgrown tap shoes for resale.

CHILDREN'S DANCE, ADVANCED — Monday, 4-5 p.m., gym, \$15. For students previously enrolled in several dance classes or for those who have had basic skills. Bring outgrown tap shoes for resale.

BALLET, CONTINUING — Tuesday, 6-7 p.m., gym, \$15. A continuation for students previously enrolled in beginning ballet. New students who have had prior ballet instruction are welcome. The class is for 8-14-year-olds and includes warm-up exercises, bar work and center-floor exercises. Children learn ballet basics and combinations with music.

BALLET, ADVANCED — Thursday, 5:30-7 p.m., gym, \$18. Former students only.

JAZZ — Tuesday, 5-6 p.m., gym, \$15. A continuation for students previously enrolled. New students welcome. Ages 8-14.

TAP, CONTINUING — Tuesday, 4-5 p.m., Room 8, \$15. A continuation for students previously enrolled in beginning tap and students who have had some tap instruction. Al Gilbert tap technique. Ages 8-14.

TAP, ADVANCED — Thursday, 4:30-5:30 p.m., C.C. Room, \$15. Former students only.

POMPONS & CHEERLEADING — Child Care Room, \$15. Basic pompon routines taught to popular music. Chants and sideline cheers along with basic movements. Class session begins with warm-up and stretching exercises. Areas of concentration will include form, smile and posture. Monday, 4-5 p.m., girls in grades three and four; Tuesday, 4:30-5:30 p.m., girls in grades one and two.

POMPONS — Monday, 5-6 p.m., Child Care Room, \$15. For girls in grades five-eight. Basic pompon

routines will be taught to popular music. Class sessions will begin with warm-ups and stretching exercises. Areas of concentration will include kicks, form, smile and pose.

PERSONAL TYPING FOR TEENS — Monday and Wednesday, 4-5:30 p.m., Room 2, 15 weeks, \$35. This course is a beginning class in personal typing designed especially for teen-agers. Electric typewriters. Bring your own paper, supplies. Book extra, sold at first class.

TEEN AEROBIC DANCE FITNESS — (East Middle School) \$15. For girls in grades six-eight. Warm-up and stretching exercises will be done at the beginning of each class. Special attention will be given to the leg and stomach areas while exercising on the floor. For fun and fitness, dance-exercise routines will be taught too to the accompaniment of popular music. Tuesday 3:10-4:10 p.m.; Wednesday, 3:10-4:10 p.m.

DANCE/CERISE — Monday, 9:30-10:30 a.m., gym, \$15. An hour of ballet barre stretches and jazz combinations to music. Trim those added inches while you learn to dance.

SHAPE UP — Gym, \$15. Get in shape the fun way. Exercises set to mu-

sic that will condition and tone every part of your body. Class includes warm-ups followed by vigorous exercise and concludes with relaxation techniques. Tuesday, 10-11 a.m.; Tuesday, 4-5 p.m.; Thursday 4:30-5:30.

WOMEN'S FITNESS — Gym, \$15. Physical fitness is how you feel and how you look. Have fun while learning exercise routines for muscle tone and aerobic routines for heart conditioning. You will learn how to check your heart rate. Suggested attire, comfortable clothing and tennis shoes. Wednesday, 11-11 a.m., 4-5 p.m.

TWO FOR \$25 — Enroll in any two of the daytime hour exercise classes above and get a discount. Be sure to specify which classes you desire. Limited enrollment.

TOTAL FITNESS WORKSHOP — Thursday, 10-11:30 a.m., \$17. A combination of several forms of exercise. Class begins with yoga, stretching and toning muscles while improving cardiovascular and respiratory systems. Intensive workout. Class concludes with relaxation exercises leaving students energized and refreshed. Exercises accompanied with music.

YOGA — Thursday, 10 a.m. to noon, Room 8, \$20. Build a healthier life through improved posture, breathing and relaxation. Bring a mat or rug and wear loose clothing or leotard. Anyone with a history of back complaints should consult their doctor. Limited enrollment.

ACCOUNTING & BOOKKEEPING I — Thursday, 12:30-2:30 p.m., Room 7, \$20. The fundamentals of bookkeeping and principles of accounting procedures will be taught. Books sold at first class meeting.

Club offers all the pizza you can eat

Women of North Farmington plan a bowling party with all the pizza you can eat beginning at 11 a.m. Wednesday, Jan. 13, in Norwest Lanes, on Northwestern Highway and 14 Mile roads. The event is open to guests. Cost is \$6.75 per person. Reservations are taken by Irene Karpiński, 553-0485.

YMCA highlights

The Farmington area YMCA provides a variety of services for youth and adults. Further information may be obtained by calling 553-4020 between 9 a.m. and 10:30 p.m. daily.

WINTER PROGRAMS BEGIN — Classes for the 1992 winter begin the week of Jan. 11. Programs for preschoolers, youth and adults are offered. For a free schedule of classes, call 553-4020. Registration will be accepted all week.

YOUTH BASKETBALL COACHES NEEDED — Volunteer coaches are needed for the Youth Basketball Association. The program will begin Jan. 25. Practices are held after school or in the evenings with games played on Saturdays. Call Dave Potthoff at 553-4020 if you are interested.

SHAPE UP CLASSES — The YMCA has an abundance of exercise classes at variety of times. You can pick up a schedule of classes at the Y.

GYMNASTICS — Qualified instructors teach tramp and apparatus work to boys and girls aged 4-15. Classes

are available every day of the week.

WOMEN'S BODY TONING — Women can lift small weights to make their body beautiful without the fear of developing big muscles. A women's body toning class is being taught 7:30-8:30 p.m. Monday and Tuesday. A women's weightlifting class will be taught 10-10:45 p.m. Monday, Tuesday, Wednesday or Thursday.

WINTER SWIM LESSONS — The YMCA has a warm pool to learn to swim. Classes are available for people 6 months to 60 years of age. The YMCA has a list of classes.

JUDO — This martial art teaches discipline defense. Beginning classes start on Jan. 9.

DOG OBEDIENCE — Teach your dog to obey in seven easy lessons. Classes are held 7:15-8:15 p.m. Monday. The cost is \$32.

JAZZ DANCE — This class meets 6:30-7:30 p.m. Wednesday. The fee for Y members is \$16, or \$20 for non-members.

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Free Introductory Sessions:

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Providence Hospital-Southfield	Wed., Jan. 14, 10:00 AM
Woodward Medical Center-Southfield	Tues., Jan. 19, 10:00 AM
Woodward Medical Center-Southfield	Wed., Jan. 20, 10:00 AM
Woodward Medical Center-Southfield	Thurs., Jan. 21, 10:00 AM
Woodward Medical Center-Southfield	Fri., Jan. 22, 10:00 AM
Woodward Medical Center-Southfield	Sat., Jan. 23, 10:00 AM
Woodward Medical Center-Southfield	Sun., Jan. 24, 10:00 AM
Woodward Medical Center-Southfield	Mon., Jan. 25, 10:00 AM
Woodward Medical Center-Southfield	Tues., Jan. 26, 10:00 AM
Woodward Medical Center-Southfield	Wed., Jan. 27, 10:00 AM
Woodward Medical Center-Southfield	Thurs., Jan. 28, 10:00 AM
Woodward Medical Center-Southfield	Fri., Jan. 29, 10:00 AM
Woodward Medical Center-Southfield	Sat., Jan. 30, 10:00 AM
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