Best of new and old mixed for winter classes

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 sec-ond meeting. Limited to 10 students.

PRESCHOOL DANCE I — Monday, 1-2 p.m., gym., \$15. A special hour designed for the 4-6-year-old in tap, ballet, and tumpling. Basic rhythms combined with song and dance routines for

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.

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

WOMEN'S BODY TUNING
 — Women can lift small weights to make
their body beautiful without the fear of
developing big muscles. A womens
body toning class is being taught 7:308:30 p.m. Monday, and Wednesday. A
women's weightlightling 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.

YMCA highlights

The Farmington area YMCA pro-vides a variety of services for youth and adults. Further information may be obtained by culling 553-4020 women can lift small weights to make between 9 a.m. and 10:30 p.m. daily.

WINTER PROGRAMS BEGIN — Classes for the 1982 winter begin the week of Jan. 11. Programs for pres-choolers, youth and adults are offered.
 For a free schedule of classes, call 553-4020. Registration will be accepted all reach

YOUTH BASKETBALL
COACHES NEEDED — Volunteer
coaches are needed for the Youth Basketball Association. The program will
begin Jan. 55. Practices are held after
shoool or in the evenings with games
played on Saturdays. Call Dave Pothoff
at 553-4020 if you are interested.

SHAPE UP_CLASSES — The dg to obey in seven easy lessons. YMCA has an abundance of exercise Classes are held 7:15-8:15 p.m. Monday. pick up a schedule of classes at the Y.

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. Ages 6-10. 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. PRESCHOOL III — Monday, 2-3 p.m., gym, \$15. A continuation for returning students. Bring outgrown tap shoes for resale.

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

JAZZ — Tuesday, 5-6 p.m., gym, \$15. A continuing class for students previ-ously enrolled. New students with some experience are welcome. Ages 8-14.

TAP, CONTINUING — Tuesday, 4-5 p.m., Room 8, \$15. A continuation for students previously earolled in beginning tap or new 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 POMPONS & CHEERLEADING—
Child Care Room, \$15. Basic pompon routines taught to popular music.
Chants and sideline cheers along with basic movements. Class session begin with warm-up and stretching exercises. Areas of concentration will include form, smile and poise. Monday, 4-5. pm., girls in grades three and four. Tuesday, 4:30-5:30 p.m., girls in grades one and two. ≅sday, 4:3 and two.

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 mu-sic. Class sessions will begin with warm-up and stretching exercises. Areas of concentration will include kicks, form, smile and poise.

PERSONAL TYPING FOR TEENS PERSONAL TYPING FOR TEENS

Monday and Wednesday, 45:30 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 AEROBICS-DANCE FIT-TEEN AEROBICS-DANCE FIT-NESS — (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 atten-tion will be given to the leg and stom-ach areas while exercising on the floor. For fin and fitness, dance-exercise routines will be taught too to the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the stage of the control of the control of the control of the stage of the control of the control of the control of the stage of the control of the control of the control of the stage of the control of the control of the control of the stage of the control of the control of the control of the stage of the control of the control of the control of the control of the stage of the control of the control of the control of the control of the stage of the control of the stage of the control of the contro

DANCERCISE — Monday, 9:30-10:30 a.m., gym, \$15. An hour of ballet barre stretches and jazz combinations to mu-sic. Trim those added inches while you

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 ex-ercise and concludes with relaxation techniques. Tuesday, 10-11 a.m.; Tues-day, 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 erercise routhers for muscle tone and aeroble routines for heart conditioning. You will learn flow to cheek your heart rate. Suggested attire, comfortable clothing and tennis shoes. Wednesday, 10-11 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 combi-nation of several forms of exercise. Class begins with yoga, stretching and toning muscles while improving car-diovascular and respiratory systems. It continues with archives and a more in-tense workout. Class concludes with re-laxation exercises leaving students en-ergized and refreshed. Exercises ac-companied 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 en-

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 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. 6:675 per person. Reservations are taken by Irene Karpinski, 553-0485.



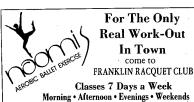
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Mahoney Institute for Health Maintenance

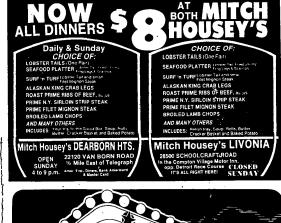
Mahoney Institute for Health Maintenance

Southfield, MI 48075

Date and Time decordand Medical Center-Mori Tues, Jan. 19 at 11 sees, 4 1636 W. 12 dillo (next to Tuebre Celta Mail) Wed, Jan. 58 at 8:30 pm







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