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recreation news

Each week the Farmington Hills Parks and Recreation Department will present a synopsis of upcoming activities in this column. For fur-ther information regarding our pro-grams, contact our office at 474-6115.

DANCEFIT — The Farmington Hills Parks and Recreation Department is offering a summer session of DanceFit at the Shiawassee Recreation Center, 30415 Shiawassee DanceFit is a cardiovascular fitness program that combines the basic elements of a good fitness workent with the fun of dancing contents of the summer ness workout with the fun of dancing offering an way to become physically fit. The session begins on Monday, June 28, and will continue on a Monday and Wednesday schedule through August 4. Classes will be held as follows: Session I, 9-10 a.m. or Session II, 6:30-7:30 p.m. Fee is \$26 per participant.

SWIM LESSON REGISTRATION anna LESSON REGISTRATION
Swimming instruction for beginner to
advanced levels will be held at Farmington and North Farmington Harmington acknowled to the state of the second structional session will consist of daities to the session will be held Monday through Thursday. The fifty-minute

daily classes will be held in the mornings with levels 1-5 meeting at 10 a.m. to 11 a.m. and levels 6-10 meeting at 12 noon. The first session will begin Monday, June 28, and continue to July 8; no class will be held July 5. Fee is \$14 per participant. Per-registration will begin on June 7, and is strongly suggested.

LAMAZE CHILDBIRTH EDUCA-TION — This seven-week series pre-pares expectant parents to participate fully in their birthing experience. The classes will give the couple an under-nisms of labor and delivery. Classes should be attended during the last tri-nester of pregnancy. Early registra-tion is encouraged. Classes begin on Thursdays, July 1 and will continue through August 12. Sessions meet from 7.30-9.30 pm. at the Shiawassee. Class fee is \$53 per couple and the is presentfee is \$35 per couple and the is pre ed by the Professional Associat Childbirth Education.

TENNIS LESSONS - Learn the ba sic fundamentals of the game or im-prove existing skills. Classes will meet twice each week in 50-minute sessions

for four weeks. All lessons will be at Farmington and Harrison High Schools. Participants are asked to bring a racquet and a can of new tennis balls for the lessons. The first session will begin Monday, June 21 and continue through July 16. Times vand continue through July 16. Times van throughout the day, youth classes are scheduled for 8 a.m. to 2 p.m. and 5 pm., while adult classes are acheduled 8 a.m. to 11 a.m. and 6 p.m. to 9 pm. Fee for the eight class session is \$18 per participant.

SENIOR ADULT RECREATIONAL SWIM — Farmington Hills Parks and Recreation senior adult center offers open swimning every Monday, Wednesday and Friday at 1:30 pm. The pool is located at the Mercy Conference Center adjacent to the senior adult activities center. Please bring your own sult, towel and lock. Fee for swimming is 50 cents.

is 50 cents.

Recreation Department is now gearing up for summer. We are offering a variety of classes and activities for summer enjoyment. Some of our programs include: summer fun centers, birthday party specials, kid's day, amusement park discount tickets, swimming lessons, Lamaze, day camping, board sail-

ing, safety town, softball, safety clinics, physical fitness, sailing, adaptive recreation, golf and tennis lessons, canoe and kayak club, senior adults, volleyball, bridge, wrestling camp, day trips, pienic pacs, skin and scuba diving and birthday party kits.

BRIDGE LESSONS - The senior BRIDGE LESSONS — The senior adult center is offering beginning bridge lessons for interested individuals at The Gathering Place. Lessons will be on Mondays at 1:30 p.m. No fee involved and no experience necessary. The senior adult center is located in the Mercy Center, 28500 11 Mile Road, enter through the green awning at Gate four at the east end of the building.

TAE KWON DO — This form of Karate will be starting June 15, at the Shiawassee Receation Center, 3015. Shiawassee Read, in Farmington Hills. Tae Kwon Do emphasizes self-awareness, weight control, self-discipline, and a heightend sense of inner peace. Classes will be held Tuesday and Thursday from 630 p.m. to 830 p.m. and open to participants age six and older. Class instructor will be Rich Cleveland who holds a first degree black belt. Fee is \$25 per month









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