

## recreation news

**Each week the Farmington Hills Parks & Recreation Department will present a synopsis of upcoming activities in this column. For further information regarding our programs, contact our office at 474-8115.**

**FIT-NASTICS** — Enjoy toning your body to a formulated routine of exercise and dance. This new and exciting activity will be taught by Norene Yuskowatz, a popular fitness instructor from our area. The twice-a-week sessions will meet from 7:30-8:30 p.m. Mondays and Wednesdays beginning March 28, at the Plemontese Club, 3850 Nine Mile. The fee for the nine-week session is \$35.

**YOUTH SOCCER REGISTRATION** — All kindergarten through fifth-grade boys and girls are eligible to become participants in our spring soccer program. Teams will be formed by neighborhoods in three grade divisions. Games will be played on Saturdays with teams participating once each week. A five-game schedule will be played beginning Saturday, April 30. Registration will take place through April 1 at the Parks & Recreation office. Fee is \$10 per participant.

**SENIOR ADULT OPEN SWIM** — The Farmington Hills Parks & Recreation senior adult center offers open swimming at 2 p.m. every Monday, Wednesday and Friday. The pool is located at the Mercy Conference Center, adjacent to the senior adult activities center. Please bring your own suit, towel and lock. Fee for swimming is 50 cents.

## YMCA highlights

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

**SPECTACULAR SPORTS SHOW** — For grades one to five, the Spectacular Sports Show will feature activities such as indoor soccer, racquetball, team handball, kickball, baseball, floor hockey, relays and more. Each day will include a free swimming period. The program runs from 1:30-4 p.m. and 10 a.m. to 12:30 p.m., Monday to Friday, April 4-8. Fee for members is \$13 and \$20 for non-members.

**YOUTH STRENGTH TRAINING** — This program will introduce the fundamentals and lead you to strength training. Weights, free exercises and conditioning will be used weekly. Included is instruction on Universal weight machines and proper use and safety of equipment. From 2-3 p.m. Saturdays in the Racquetball Gallery. Fee for members is \$12 and \$20 for non-members.

**CO-ED WALLYBALL LEAGUE** — Imagine an off-the-wall volleyball game and you've got the basics. Played on racquetball courts No. 4, the co-ed league will feature teams of four (two men and two women). Rules and schedules will be given and records kept of league competition. Limit of eight teams. You may sign up as an individual or team. Friday evenings 7-10 p.m.

**LUNCH WITH THE EASTER BUNNY** — For boys and girls ages 3-5. From 12:30-2 p.m. Saturday. Have a hot lunch with games, crafts and a visit with the Easter Bunny. Members \$8 and \$10 for non-members.

**YMCA YOUTH FESTIVAL** — For ages 5-10, crafts, swimming, games and more. At the end of each session, the group will have a snack. All youngsters should bring a swim suit, towel and gym shoes. From 1-5 p.m. Friday. Fee for members is \$4 and non-members \$6. This program is while the Farmington schools are ½ days. Fees are based on a per day rate.

**HOME CHORE & OUTREACH PROGRAMS FOR SENIOR ADULTS** — Help is only a phone call away. If you need heavy chores or minor repairs done around the house or need some help to learn about services available to you in the community, you must be age 60 or older and live in the cities of Farmington or Farmington Hills. The Home Chore and Outreach programs are funded by the cities of Farmington, Farmington Hills and the Area Agency on Aging 1-B.

**INDOOR SOCCER INSTRUCTION** — This instructional program on indoor soccer stresses the basic skills, rules and regulations, strategy and organized play. This program is not a league. Program starts for first, second and third grades at 5:30 p.m. Thursday, March 24, and runs through May 12. Fourth, fifth and sixth grade classes start at 5:30 p.m. Monday, March 21, and run through May 9. Classes are an hour long. Fee is \$39 and includes a T-shirt.

**PARKEY THE PANDA** — The Parks & Recreation mascot, Parkey the Panda, has a special service to offer area residents and businesses. Parkey will deliver flowers, candy or his colorful balloon bouquet to that special person on their birthday, anniversary or any "special" occasion. Parkey will also assist at your child's birthday party, company picnic or hospital visit. Contact us for further information.

**TORONTO TRIP** — The YMCA Drop-In Program will be sponsoring an all-day trip to Toronto on Wednesday, April 6. The trip is supervised by adult staff. It includes the round trip (Toronto to Windsor, round trip to Toronto via Rail Canada, a visit to the CN Tower and Ontario Science Center, with dinner at the Spaghetti Factory and motor coach transfers. Only a few spaces available. A \$10 deposit hold your spot. Deposit deadline is Thursday, March 31. All deposits are non-refundable. Fee is \$30 for youths 8-11 and \$45 for youths 12-15. Bus leaves the Y at 7 a.m.

**YOUTH T-BALL (grades 1-3)** — T-Ball is similar to baseball. The ball is placed on a tee so each child has the opportunity to hit the ball. No walks, no strikeouts. A program designed for each individual to develop fundamental baseball skills along with teamwork. Registration is April 1-25. Played on Saturdays beginning May 7. Fee is \$15 for members and \$20 for non-members.

**TROY JUNIOR WOMEN'S CLUB SPONSORS LAS VEGAS NIGHT**  
 Saturday, March 26  
 6:30 p.m. to 1:00 a.m.  
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