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YMCA highlights

These YMCA Highlights appear courtesy of the Farmington YMCA, 28100 Farmington Road, Farmington Hills. For information, call 553-4020.

PRENATAL FITNESS — The Prenatal Fitness class includes a cardiovascular workout especially designed for the changes that occur during pregnancy. This course will help increase flexibility and body wareness as well as dispel fatigue. A medical release is required at the

first class to participate. Class duration is on a monthly schedule to fit the need of the pregnant mother. For more information, call 553-4020.

BABY-SITTING — Do you want to come to the Farmington Area YMCA to work out, but cannot because you have no place for your children? The YMCA now offers baby-sitting for your convenience. The time for baby-sitting is 8:45 a.m. to 12:15 p.m. Monday through Friday. The rates are reasonable. For

further information, contact the Y at 553-4020.

COLLEGE HOLIDAY MEMBER.

SIIIP — Are you a college student and have nothing to do over the holidays? Come be a member at the Farmington Area YMCA for as little as \$25. This membership is good from Dec. 1 to Jan. 18. This membership includes the indoor jogging track, olympic-size swimming pool, champlonship racquetball courts, progressive resistance weightlifting

machines, two basketball courts and spacious clean locker rooms. For more information, call the Y at 553-4020.

CHRISTMAS VACATION — The Christmas Vacation Special will be held Dec. 22 and Jan. 2, excluding Christmas Eve, Christmas Day and New Year's Day at the Farmington Area YMCA. Children in first through sixth grades will play games (both inside and outside), make

crafts, swim and have fun away from home. Two field trips are also a part of this program. You can sign up for all days or one day. For more information, call Carol McMillan at 553-4020

AEROFLEX — WHAT IS IT? — Aeroflex isn't an aerobics class, but it is an aerobic exercise. While holding hand weights you'll be taken through a series of high repetition movements that involve your heart, lungs and every major muscle

group, simultaneously. For the newcomer to Aeroflex, starting out is both easy and safe. You can choose the pace you find most challenging and accomplish a comprehensive work out.

NEW BROCHURE — The Farmington Area YMCA brochure will be out on Dec. 19. Fit and Trim for the obese person, Aeroflex and other new programs will be available. Registration will be the week of Jan. 5. Watch for more information.



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