

## 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 awareness as well as dispel fatigue.

## recreation news

Each week, the Farmington Hills Parks and Recreation Division will present a synopsis of upcoming activities in this column. For more information about division programs, call the office, 474-6115. To discuss Farmington Hills City Council agenda items, call the division newsletter: 476-3338.

### PLYMOUTH ICE SCULPTURE

— This annual event in the city of Plymouth is waiting for you. The tour will leave Farmington Hills City Hall at 11:30 a.m. Saturday, Jan. 10, and travel to the Hillside Inn for a lunch of stuffed, boneless breast of chicken with Marsala wine sauce, rice pilaf, bread basket and beverage. With the conclusion of lunch, you can observe the abundant and beautiful sculptures that have been carved from ice in downtown Plymouth. Fee is \$14 per person and includes lunch and transportation. Registration deadline is Friday, Jan. 2.

**RECREATION** — Registration is now being accepted for gymnastics, ballet, jazz, preschool tumbling and tap classes. Classes will begin the week of Jan. 19 in Eagle and Gill elementary schools, East Middle School and Oakland Community College. Fee is \$16 per person.

**YOUTH BOWLING** — In cooperation with Bel-Aire, Country, Drakeshire and Nor-West lanes a learn-to-bowl program for children in grades 3-5 will be offered. Individuals are taught the correct lane approach, ball delivery, timing and scoring. Classes run from 4-5:30 p.m. beginning the week of Jan. 19. Fee is \$15.

**ICE SKATING LESSONS** — Learn to skate or improve your skating technique. Classes meet for 30 minutes once a week for six weeks beginning Tuesday, Jan. 6, at 7:30 and 8 p.m. for adults, and Saturday, Jan. 10, at 3:30 p.m. for children. Rental skates are available. All lessons will be at Beech Woods Arena, and class fee is \$25.

**YOUTH BAND** — Individuals presently in the 6th-8th grades are offered the opportunity to play in a concert band while acquainting themselves with contemporary musical literature. Lessons will be held from 4-5 p.m. Thursdays at Dunckel Middle School. All participants must furnish their own instruments. Classes run from Jan. 8 to March 19. Fee is \$18.

**RIDING LESSONS** — Learning the basic riding skills is instrumental to the enjoyment of horses. This winter both Western and English riding lessons will be offered. Classes are one hour and meet once a week for eight weeks and begin the week of Jan. 5. Lessons will be held at Windshire Equestrian Academy in Milford. Participants must be 8 years of age or older. Fee is \$55.

**NATURE STUDY TOUR** — Farmington area families are invited to tour Heritage Park to learn how the land's physical features determine its use in the past and present from Tim Nowicki, writer

## campus pipeline

If you have news from a college, university or other campus of higher education — and there's a Farmington-area connection — we'd like to hear from you so we can share your news item with other Farmington Observer readers. Send items to: Campus Pipeline, Farmington Observer, 33203 Grand River, Farmington 48024.

### DEAN'S LIST

The following Farmington-area students were named to the dean's list at Lawrence Institute of Technology, Southfield: Mark Bailey, Susan Bailey, Randall Beard, Richard L. Debin, Gil Haddad, Brian McDonald, Robert Morrison, Nanette Sommers, Nikola Tomkow, Michael Weingarden, Tracy Williamson, Laura Wotrabski and Mary Marcum.

Vicky Cherry, a senior in mathematics, and Gordon Richter, a freshman in mechanical engineering, were named to the dean's list at Michigan Technological University, Houghton, by earning a grade point average of 3.5 or higher.

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 MEMBERSHIP** — 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, championship 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.

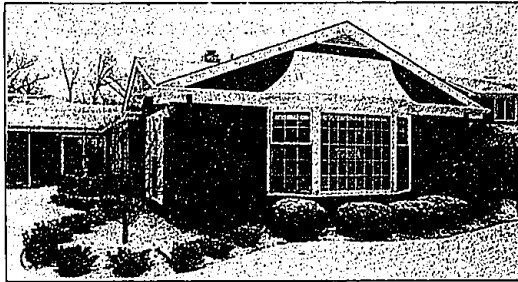
**AEROFLEX — WHAT IS IT?** — Aeroflex isn't an aerobics class, but it is an aerobic exercise. While holding hand weights you'll be taken through a series of high repetition movements that involve your heart, lungs and every major muscle group, simultaneously. For the newcomer to Aeroflex, starting out is both easy and safe. You can choose the pace you find most challenging and accomplish a comprehensive workout.

**NEW BROCHURE** — The Farmington Area YMCA brochure is out. 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.

**FIT AND FIRM** — All new and just in time for your New Year's resolution. Tired of dieting and trying to exercise by yourself? Embarrassed because you feel you look funny in exercise attire? Then this class is for you. Fit and Firm has been designed for the full-figured person who is committed to changing their life style. The instructors will lead you through a complete workout, which will be followed by group discussions and sharing. Registration begins Jan. 5 for Y members and Jan. 6 for program members. Call now for full details and your complimentary brochure.

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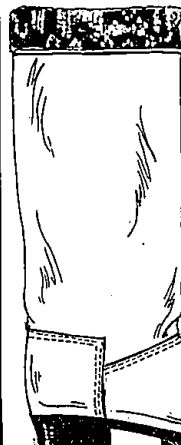
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