FLY HIGH AT THE YMCA THIS FALL!

Registration begins August 29, 1997

CLASSES BEGIN THE WEEK OF SEPT. 8TH

PRESCHOOLSWIM

SCHEDULE & TIMES

SCHEDULE & TIMES

Skip: Parent/child experience that offers an Introduction to water and beginning swimming skills through songs and games. No prorequisites. Approximate class size is 15 parents with children 6-36 months. Cloth dispers and rubber partia must be worn in the proof-bothson Cloth dispers and rubber partia must be worn in the proof-bothson Cloth beginning swimming skills through songs and games. No prerequisites. Approximate class size is 15 parents with children 3-5 years. Robertson Pool. Pikes instruction in floats, flutter lick and paddisettook. No prerequisites. Approximate class size is 6-7 students aged 3-5 year. Robertson Pool. Earl: Develops the ability to swim with and without floation device. Includes stroke development, treading water, and surival floating. Must be able to swim 20 feat using paddistroke with floation device. Includes stroke development, treading water, and surival floating. Must be able to swim 20 feat stroke with rotary breathing, backstroke and diving skills are laught. Water sports afid games are introduced. Must be able to swim 20 feat using paddistroke with no assistance. Approximate class size is 6-7 students ages 3-5 years. Adams Pool.

Starflash This advanced class ofters andurance building, breaststroke and an introduction to some swim team skills. Must be able to swim front erawl 15 years. Adams Pool.

Fac: Encility Mambar \$28 Non-Mamber \$52

		Fee:	Facility Member	\$2	B Non-	Member	\$52
			8 Week Cl		Sche	Jule	
	Skip:						
	Tuosday		10:30	-	11:00	am	Y-38 Y-39 Y-40
	Tuesday		5:45 6:45 11:00	_	6:15	pm	Y-39
	Thursday		6:45	_	7:15	pm	V-41
	Saturday		11:00	_	11:30	Am	Y-41 Y-42 Y-43
	Saturday.	*******	11:30	_	12:00	DM	Y-43
•							
	Tuesday		5:15	_	5:45	pm	Y-44 Y-45 Y-46
	Tuosday		6:15 6:15	-	6:45	pm	Y-45
	Thursday.		5:15	_	5:45	pm	Y-46
	Thursday.		6:15	-	6:45	pm	Y-47
	Saturday.	******	9:30	-	10:00	pm	Y-4B
	Piker		11:00 3:45 4:15 4:45 11:00		11.20		V.40
	Monday		3:45	Ξ	4:15	nm	V-50
	Monday		4:15	_	4:45	pm	Y-51
	Monday		4:45	_	5:15	om	Y-52
	Tuosday		11:00	_	11:30	am	Y-53
-	Tuesday.		3:45 4:15	_	4:15	pm	Y-54
	Tuesday		4:15	-	4:45	pm	Y-55
	Tuesday		4:45	-	5:15	pm	Y-56
	Tuesday		6:15	-	6:45	pm	Y-57
	Tuesday		6:15 6:45	_	7:15	pm	Y-58
	weanesa	ay	4:15	_	4:45	pm	V 60
	Thursday	ау	11:00	_	11:30	pm	V-61
	Thursday		4:45 11:00 3:45 4:15 4:45 6:15	Ξ	4:15	DITT	V-62
	Thursday		4:15	_	4:45	pm	Y-63
	Thursday		4:45	_	5:15	pm	Y-64
	Thursday		6:15	_	6:45	pm	Y-65
	Thursday		6:45	_	7:15	pm	Y-66
	Friday		3:45	-	4:15	pm	Y-67
	Friday		4:15	-	4:45	pm	Y-68
	Friday		4:45	-	5:15	pm	Y-69
	.Saturday.	******	9:00	-	9:30	am	Y-70
	Saturday		11:30	_	12:00	um	V-72
	Sunday.		3:45 4:15 9:00 10:30 11:30	Ξ	2:00	DD	V-73
					2.00	P	V4B Y4B Y4S0 Y5S0 Y5S0 Y5S1 Y5S1 Y5S2 Y5S2 Y5S3 Y5S4 Y5S6 Y5S7 Y5S8 Y5S9 Y5
	Monday		11:00	_	11:30	am	Y-74
	Monday		4:15 4:45 3:45 4:15		4:45	pm	Y-75
	Monday		4:45	_	5:15	pm	Y-76
	.Tuesday	******	3:45	-	4:15	pm	Y-77
	Tuesday	******	4:15	-	4:45	pm	Y-78
	Tuesday	*******	4:45 5:15	_	5:15	pm	V-90
	Tuesday.		5.45	Ξ	6:15	nm	V-81
	Wodnosd	av	4:15 4:45 11:30	_	4:15	pm	Y-82
	Wednesd	av	4:15	_	4:45	pm	Y-83
	Wednesd	ay	4:45	_	5:15	pm	Y-84
	Thursday		11:30	-	12:00	noon	Y-65
	Thursday		3:45 4:15 4:45 5:15 5:45	-	4:15	pm	Y-86
	Thursday		4:15	_	4:45	pm	Y-87
	Thursday.	•••••	4:45	-	5:15	pm	V-90
	Thursday.		5.45	_	6:15	pm	V-90
	Friday.		3:45	Ξ	4:15	D.M.	Y-91
	Friday		4:15	_	4:45	DM	Y-92
	Friday		4:45	_	5:15	pm	Y-93
	Saturday.		9:00	_	9:30	am	Y-94
	Saturday.		10:00	_	10:30	am	Y-95
	Saturday.	******	11:00	-	11:30	am	Y-96
	Sunday		4:45 9:00 10:00 11:00	-	2:00	pm	Y-97
	HAYI				4.45		Y-98
	Monday		4:15	_	4:45	Pm	V.00
	Tuesday		5:15	=	5:45	PIII	V-100
	Worknost	BV.	4:15	_	4:45	pm	Y-101
	Thursday	_,	11:30	_	12:00	noon	Y-102
	Thursday		4:15	-	4:45	pm	Y-103
	Thursday		5:15	_	5:45	pm	Y-104
	Saturday.		9:00	-	9:30	am	Y-105
	Saturday.		11;30	-	12:00	noon	Y-98 Y-100 Y-101 Y-102 Y-103 Y-104 Y-105 Y-106
	Starfish	2	4:15 4:15 5:15 4:15 11:30 4:15 5:15 9:00 11:30				
	Monday		4:15 4:15 5:15	_	4:45	pm	Y-107 Y-108 Y-109 Y-110
	Tuesday.		5:15	_	5:45	pm	Y-109
	Wordsord	n.,	4.15	_	4:45	om	Y-110

YOUTH SWIM

SCHEDULE & TIMES

Polithrog: A class for students with little or no experience. Instruction in floats, tecks, padded service and rhythroic breathing. Approximate class size is 8-10 students, 6-12 years of ego.

Ruppy Ir instruction in the fortic crawl, rotary breathing and survival skills. Must be able to swim 20 feet using the paddie stroke with no assistance. Approximate class size is 6-10 students, 6-12 years of ego.

Guppy III instruction in back crawl and emphasis on swimming endurance, that be able to the fortic craw. Approximate class size is 8-10 million of the fortic craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw. Must be able to swim 15 years of the front craw.

of age.

Fish: Instruction in elementary backstroke, breaststroke and delphin kicks.

Must be able to swim 25 yards front and back crawl. Approximate class size is 8-10 students, 6-12 years of eggs the class size is 6-10 students, 6-12 years of eggs the class size of the class of the class size is 6-10 students, 6-12 years of legislation and back crawl. 25 years elementary backstroke and 15 yards because front and back cause. 25 years elementary backstroke and 15 yards because the class size is 8-10 students, 6-12

breastarcké and coprint not. representations of popular depo-years of ago.

Sharks Instruction in aldestroke as well as competitive starts and turns.

Mast be able to exim 75 years front and back crawl, 50 yards elementary backstroke, 25 yards breaststroke and butterfly. Approximate class size is 6-10 students, 6-12 years of ago.

Advanced Youth! This class is designed for the symmetry with the passed a start swimming class or seeks a higher level of andurance and stroke training without the commitment or competitiveness of the swim learn.

Fee: Facility Member \$200.00-Month and before the swim learn.

PDB: PECKINY METHOD: \$20/40/1-Mothber \$32					
Polliwog: Monday	-	4:30 pm			

Polliwog: (Continued)			
Wednesday3:45 Wednesday4:30 Thursday3:45	-	4:30 pm	2
Wodnesday4:30	-	5:15 pmY-15	3
Thursday3:45		4:30 pmY-154	4
Thursday4:30 Thursday5:15	-	5:15 pm	5
	_	4:20 pm	2
Saturday 9:00	Ξ	9:45 am V.15	Á
Saturday 9:45	_	10:30 am Y-150	ă
Saturday10:30	_	11:15 amY-160	ŏ
Sunday2:00	_	2:45 pmY-16	ī
Saturday 9:00 Saturday 9:45 Saturday 10:30 Sunday 2:00 Guppy II		5:15 pm	
Monday4:30 Tuesday3:45	_	5:15 pmY-162	2
Tuesday3:45	-	4:30 pmY-16:	3
Tuosday4:30	_	5:15 pmY-16	4
Tuesday5:15	-	6:00 pmY-16:	5
Wednesday3:45	-	4:30 pm	2
Wednesday4:30	_	4:20 om V-16	á
Thursday3:45 Thursday5:15	Ξ	6:00 pm V-180	ă
Friday3:45	_	4:30 pm	ŏ
Coturday 0:00	_	9:45 amY-17	ī
Saturday9:45	-	10:30 amY-17	ż
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Saturday	-	2:45 pmY-174	4
			_
Monday4:30	_	5:15 pmY-17	5
Tuesday 4:30 Tuesday 5:15 Tuesday 6:00	-	5:15 pmY-170	브
Tuesday5:15	-	8:00 pm	:
Wednesday3:45	-	4:30 V.176	2
Wednesday4:30	Ξ	5:15 pm V-18	ñ
Thursday 3:45	Ξ	4:30 pm Y-18	ĭ
Thursday3:45 Thursday4:30	_	5:15 pmY-18:	ż
Thursday5:15	_	6:00 pmY-18:	ā
	-	4:30 pmY-184	4
Saturday9:00	-	9:45 amY-18:	5
Saturday 10:30	-	11:15 amY-18	8
Saturday 9:00 Saturday 10:30 Sunday 2:45	-	5:15 pm	•
Minnows Monday3:45		4:30 pm Y-18 4:30 pm Y-18 4:30 pm Y-19 6:00 pm Y-19 5:15 pm Y-19 10:30 am Y-18 3:30 pm Y-19	_
Trondou 3:45	_	4:20 pm V:190	ă
Tuesday3:45 Wednesday3:45	Ξ	4:30 pm Y-19	ŏ
	_	6:00 pmY-19	ĭ
Friday4:30		5:15 pmY-19:	2
Saturday9:45	_	10:30 amY-19:	3
Friday	_	3:30 pmY-19-	4
			_
Monday4:30 Wednesday3:45	_	5:15 pm Y-19 4:30 pm Y-19 4:30 pm Y-19 5:15 pm Y-19 6:45 pm Y-19 5:15 pm Y-20 10:30 am Y-20	5
Wednesday3:45	-	4:30 pmY-19	벛
Thursday3:45	-	4:30 pm	6
Thursday6:00	_	6:45 pm V-19	a
Friday 4:30	_	5:15 pmY-20	ŏ
Saturday9:45	_	10:30 amY-20	ī
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Monday4:30 Tuesday4:30	_	5:15 pmY-20:	2
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Wodnosday 4:30	_	5:15 pmY-20-	4
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Thursday6:00	-	6:45 pmY-20	5
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Saturday9:00 Saturday10:30	Ξ	11:15 am Y-20	ă
Sharki		11.15 4/1	•
Monday 4:30	-	5:15 pmY-210	o
Tunsday4:30	_	5:15 pmY-21	1
	_	5:15 pmY-21:	2
Thursday4:30	-	5:15 pmY-21:	э
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Advanced Vouth	-		
Tuosdov	_	6:00 pmY-21 12:00 NoonY-21	8
Tuesday5:15 Saturday11:15	_	12:00 NoonY-21	ğ
		\$ - A	ũ

FIRMESS

SCHEDULE & TIMES

Note: Quick Fitt for minute warm up - twenty minutes of arcobic (high or low impact) - ton minutes of cod down and you're on your way!

Note: Bellivorm Bance: Learn the classic dance steps and have a fun arcobic workout.

Note: Box Aerobless A hard hitting, high energy cardlo workout that the ring! NO CONTACT!

Note: Contact the result of the res

the ringl NO CONTACT!

Chilling Out: Are you stressed? Need some time to yourself to unwind and stretch your fired muscles? Try 30 minutes of stretching and retaxation techniques. Improve your floxibility and state of mind.

Program	(MheNion Mhe)	Time	Day & Code	Piace
Ballroom Dance	(mar/nor-mar)	0.00.00	Tues. Y-242	
Ballroom Dance		0:00 am	Thurs. Y-243	
Active Older Adult	,,	0.00 am	Mon. Y-250	
Active Older Adult	5\$ 10/\$30	0:00 am	Wed. Y-251	Comin. Hooni
Active Older Adult	5\$18/\$JO	0:00 am	Fri. Y-252	
HI/Lo Aerobics	8\$10/\$30	0.00 am	Sat. Y-253	
Box Aerobics*		0:15 am	Wed, Y-257	Comm. Hoom
Power Step	\$30/\$00	0:15 am	Thurs. Y-258	
Step II		0.45 000	Sat Y-259	
Hi/Lo Aerobics			Моп. Ү-260	
HI/Lo Aerobics			Wed. Y-261	Gym
Dance Aerobics			Tues. Y-263	Gyiii
Dance Aerobics			Thurs. Y-264	Gyrii
Abs, Buns, Thighs		0.15 mm	Mon. Y-265	
Abs, Buns, Thighs	#10/\$301	0:15 mm	Wad. Y-266	
Strollercize	#10/\$30	0:15 Mil	Tues. Y-268	
Strollercize	#10#20	0.15 am	Thurs. Y-269	Gyiii
Step II		0; 15 am	Mon. Y-270	Comm Doom
Step I		0.15 011	Tues. Y-271	
Step I	#10/300I	0:15 4:11	Thurs. Y-272	
Creative Step	#10/#00 H	0.15 am	Frl. Y-273	
Prenatal Exercise	\$10/\$00 I	Out and	Sat. Y-274	
Quick Fit	\$10/\$-301 610/620	1:20 am	MonFrl. Y-275	
Body Shaping	#10#20	FIRE DOT	Mon. Y-278	
Step I	*10/*20	4:15 pm	Tues. Y-279	
Step I		0.15 pm	Thurs. Y-280	
Dance Aerobics	e10400	6:15 pm	Wod. Y-281	
Hi/Lo Aerobics	*19/53A	8:15 pm	Mon. Y-282	
Hi/Lo Aerobics	**************************************	0.15 pm	Wed. Y-283	Gum
Lo Impact Aerobi	C18/C2/I	6:15 pm	Tues. Y-284	Gum
Abs, Buns, Thigh	E40428	7:15 pm	Tues. Y-285	
Abs, Buns, Thight	\$18/\$38	7-15 nm	Thurs. Y-286	Gum
Box Aerobics*	#20/#20	7:15 pm	Моп. У-287	Girm
Step & Slide	C18/C38	7-15 pm	Wed. Y-288	Gum
Stop II	\$18/\$38	7:15 pm	Tues. Y-289	
Chilling Out	\$18/\$36	8:15 nm	Tues. Y-291	
Chilling Out	£10/€38	B-15 pm	Thurs. Y-292	Comm Boom
Criming Out		.0. 10 pm	111010-1-202	.comm. noom

...\$18/\$36......8:15 pm Thurs. Y-292......Comm. Room *Fees are for 8 weeks of Classes.



28100 Farmington Road 1/4 block North of 12 Mile (248) 553-4020

Registration Hours: M-F 8:30 a.m. - 8:30 a.m. Sat. 9:00 a.m. - 4:30 p.m. Tailgater prompts wild, reckless ride

reexcess and errate driving on 1696 and M-5.
Hills police are investigating the incident, which took place around noon Saturday, Aug. 23.
Reporte of tailgating or recides driving are common, but "not to this extent," said Lt. Dennis Green, Hills police.
"I do get cases where people will teil me they've been tailgated, cut off or had an exchange of linger gestures. But it's more of people venting their anger more than anything."
The officer was off-duty and

people venting their anger more than anything."

The officer was off-duty and traveling 65-70 miles an hour on westbound 1-696 when he noticed a 1996 Lincoln Town Car following closely behind, police reports said. At one point, the Town Car went off onto the shoulder and back on and continued to tailgate other drivers.

The vehicle went off onto the shoulder a second time, traveling 100 feet before ending up behind the off-duty officer's vehicle again. The Town Car then appared to be exiting onto the Orchard Lake ramp bafore suddentating ever both lanes and back onto the highway, nearly colliding with the off-duty officer's vehicle.

The Town Car reached speech.

The Town Car reached speeds of 100 miles an hour while trail-ing closely behind other vehicles,

BY LARRY O'CONNOR

STAPT WAITE.

An off-duty Farmington Hills
police officer encountered a tenacious tailgater, who played a
game of cat-and-mouse that
involved nearly 30 minutes of
excless and erratic driving on I696 and M-5.

Hills police are investigating
the incident, which took place
around noon Saturday, Aug. 23.
A few minutes later, the offA few minutes later, the off-

A few minutes later, the off-duty officer looked behind only to find he was being followed once

ngain.

The Town Car exited off M-5 onto the Grand River ramp at a high-rate of speed. The Orf-duty officer called police dispatch and saked for help after seeing the suspect vehicle sitting in a parking lot on 34000 block of Grand River.

At that point, the Town Car.

At that point, the Town Car sped towards the off-duty offi-cer's vehicle, which moved to avoid a collision.

avoid a collision.

The Town Car then continued onto eastbound Grand River.

The officer got a plate number and found it was registered to a Farmington man, who the off-duty officer believes was driving the vehicle. The vehicle also had an expired license plate.

These are certain elements to

"There are certain elements to those types of crimes . . . and one of those elements is if he was the one driving the car that day," Green said.

As for others who encounter tailgaters, Green recommends it's best to let them pass.

POLICE AND FIRE CALLS

The following are some of the police and fire calls reported in the Farmington/Farmington Hills area during the past week:

MARUUANA POSSESSION

MARUNANA POSSESSION
In Farmington Hills:
Police arrested a Bloomfield
Township man, 24, for marijuana possession after 22 grams of
the narcotic in three plastic bags
and rolling papers inside a 1991
Ford Escort purked on Orchard
Lake and 12 Mile at 2220 a.m.
Aug. 22.
Police ticketed two Detroit
men after finding them with two
marijuana eigarettes, one partially smoked, in a 1994 GMC
Sierra behind Mayberry's on
Grand River Aug. 25.
COCAINE POSSESSION

COCAINE POSSESSION

In Farmington Hills:

In Farmington Hills:
Police arrested a Wixom man,
46, and woman, 27, after finding
2.5 grams of cocaine in the 1985
Ford Bronco they were in on
westbound M-6 and Orchard
Lake Aug. 22. Police stopped the
vehicle for a shattered windshield and loud exhaust. Both
the driver and passenger had
watery eyes and running noses,
and said they were coming back
from a drug house in Detroit.
Both denied having drugs on
them, but police found a plastic
aspirin bottle with cocaine
inside.

BREAK MS

BREAK INS

BREAK INS
In Farmington Hills:
Ceiling tiles were moved and
foot prints were found on desks
in an apparent break-in at
Pagenet on 12 Mile Aug. 21. A
video camera was on during the
time and is being reviewed,
police reports said.

HEROIN POSSESSION

MEROIN POSSESSION
In Farmington Hills:
Police arrested a Farmington
Hills man, 39, after finding six
grams of heroin and syringes in
the 1997 Ford F-150 truck he
was driving on westbound 11
Mile and Westmeath Aug. 25.
Police stopped the vehicle after
receiving a report of a truck driving orratically. Officers found
five packets of the suspected
drug in the door panel. The drivor said the white powder was
heroin.

In Farmington Hills:

A radio was stolon after the vent window was broken on a 1998 Jeep Cherokee parked at Amerisure Co. on Halsted Aug. 22.

DRUNKEN DRIVING

DRUNKEN DRIVING

In Farmington Hills:
A Farmington Hills man, 56, was ticketed for operating a motor vehicle under the influence of alcohol and failure to stop a safe distance behind another vehicle after the 1984 Cheyy Corvette he in was involved in a three-car personal nijury accident on 12 Mile and Orchard Lake at 940 p.m. Aug. 22. The Corvette rear-ended a vehicle driven by a 62-year-old West Bloomfield wan, which struck another vehicle driven by a 55-year-old West Bloomfield woman. Both driver's complained of neck and back pain. Police arrested a 16-year-old.

plained of neck and back pain.
Police arrested a 16-year-old
Howell girl under the state's zero
tolerance law on minor's driving
under the influence of alcohol on
Nine Mile and Middlebelt at
12:20 a.m. Aug. 20. The 1997
Ford Ranger was stopped after it
was seen traveling erratically on
Nine Mile Road. The driver
jumped over the middle occupant
in the truck and knocked the
side passenger out of the door. side passenger out of the door The driver had a blood alcoholevel of .10 percent.

level of .10 percent.

DOMESTIC ASSAULT
In Farmington Hills:
Police arrested a Farmington
Hills man, 27, after his wife was
found lying down in the basement with a neck nigury, bruises
and seratches on her bicep Aug.
23. The man said his wife
tripped and fell, injuring her
neck. The wife told police he
tackled her into a wall during an
argument. She was taken to
Providence Hospital and was
diagnosed with a broken collar
bone.

URINATING IN PUBLIC

URHATING IN PUBLIC
In Farmington Hills:
Police ticketed a Howell man,
44, after he was seen urinating
outside a van outside 7-Eleven
on Middlebelt and Nine Mile
around midnight Aug. 23.
Police ticketed a Farmington
Hills man, 25, after he was seen
urinating in the parking lot on
northwest corner of Renselaer
and Eight Mile at 2:50 a.m. Aug.
24.

VANDALISM

In Farmington Hills:
The fifth hole at Copper Creek
Colf Course sustained more than
\$1,000 damage after semeone
drove a vehicle on the course
around 3:30 am. Aug. 24.
BUSINESS BURGLARY
In Exemple 10.10.

Amerisuro Co. on Haisted Aug.

22.

A \$300 18-speed mountain bike was stolen from a Braeside residence between Aug. 21-22.

HOME BURGLARY

In Farmington Hills:

A \$200 TV, VCR and four Nintendo games were stolen after entry was made into the Detroit Bagel on Orehard Lake ween 7 p.m. to 3:30 a.m. Aug. 24. The money was locked in a falter entry was made through a rear window at a 8t. Francis residence between midnight and 8 a.m. Aug. 22. The resident said she was asleep during the time settled and Cantor on Northwester between Aug. 24-25, causing \$250 damage.