

This Spring Try Us!

- Defensivesize
- Studio Cycling
- Theater Games
- Learn drama with mini
- skirts, improvisation and
- fun. Wear comfortable
- clothing.
- Tai Chi
- Swimming

YMCA

OF METROPOLITAN DETROIT
Farmington Family Branch

Camp Registration **APRIL 22nd**

Preschool Swimming Programs

Skip! Parent/child experience that offers an introduction to water and beginning swimming skills through songs and games. No prerequisites. Approximate class size is 15 parents with children 3-5 years. Each diaper and rubber pants must be worn in the pool.

North: Parent/child experience that offers an introduction to water and beginning swimming skills through songs and games. No prerequisites. Approximate class size is 15 parents with children 3-5 years.

Phar: Instruction in float, flutter kick and paddling. No prerequisites. Approximate class size is 6 students aged 3-5 years.

Set: Develops the ability to swim with and without flotation device. Includes similar development, freestyle water, and survival floating. Must be able to swim 20 feet using paddles with flotation device. Approximate class size is 6 students aged 3-5 years.

Hay: Crawls stroke with rotary breathing, backstroke and diving skills are taught. Water sports and games are introduced. Must be able to swim 20 feet using paddle stroke with no assistance. Approximate class size is 6 students aged 3-5 years.

Starfish: This advanced class offers endurance building, breaststroke and an introduction to swim team skills. Must be able to swim front crawl 15 yards with float underwater. Approximate class size is 6 students aged 3-5 years.

ALL CLASSES ARE 30 MINUTES
Spring 1 fee: Facility Members \$34.00*

Program Members \$64.00*

*No class May 25 NO MAKEUP PERMITTED

Skin
Monday* 9:00-9:30 am 02101-25

Tuesday 9:30-10:00 am 02101-26

Wednesday 9:30-10:00 am 02101-27

Thursday 10:30-11:00 am 02101-28

Friday 9:30-10:00 am 02101-29

Saturday 12:30-1:00 pm 02101-30

Phar
Monday* 9:30-10:00 am 02101-31

Tuesday 10:30-11:00 am 02101-32

Wednesday 9:30-10:00 am 02101-33

Thursday 11:00-11:30 am 02101-34

Friday 9:30-10:00 am 02101-35

Saturday 11:00-11:30 am 02101-36

Sunday 12:00-12:30 pm 02101-37

Hay
Monday* 9:00-9:30 am 02101-38

Tuesday 9:30-10:00 am 02101-39

Wednesday 9:30-10:00 am 02101-40

Thursday 11:00-11:30 am 02101-41

Friday 9:30-10:00 am 02101-42

Saturday 11:00-11:30 am 02101-43

Sunday 12:30-1:00 pm 02101-44

Starfish
Monday* 9:00-9:30 am 02101-45

Tuesday 9:30-10:00 am 02101-46

Wednesday 9:30-10:00 am 02101-47

Thursday 11:00-11:30 am 02101-48

Friday 9:30-10:00 am 02101-49

Saturday 11:00-11:30 am 02101-50

Sunday 12:30-1:00 pm 02101-51

Ed
Monday* 9:30-10:00 am 02101-52

Tuesday 10:30-11:00 am 02101-53

Wednesday 9:30-10:00 am 02101-54

Thursday 11:00-11:30 am 02101-55

Friday 9:30-10:00 am 02101-56

Saturday 11:00-11:30 am 02101-57

Sunday 12:30-1:00 pm 02101-58

Flax
Monday* 11:30-12:00 pm 02101-59

Tuesday 9:30-10:00 am 02101-60

Wednesday 9:30-10:00 am 02101-61

Thursday 11:00-11:30 am 02101-62

Friday 9:30-10:00 am 02101-63

Saturday 11:00-11:30 am 02101-64

Sunday 12:30-1:00 pm 02101-65

Starfish
Monday* 9:30-10:00 am 02101-66

Tuesday 10:30-11:00 am 02101-67

Wednesday 9:30-10:00 am 02101-68

Thursday 11:00-11:30 am 02101-69

Friday 9:30-10:00 am 02101-70

Saturday 11:00-11:30 am 02101-71

Sunday 12:30-1:00 pm 02101-72

Youth Swimming Programs

Polliwog: A class for students with little or no experience. Instruction in float, kick, paddles and rhythmic breathing. Approximate class size is 6 students, 6-12 years of age.

Supper: Instruction in the front crawl, rotary breathing and survival skills. Must be able to swim 20 feet using the paddles with no assistance. Approximate class size is 6 students, 6-12 years of age.

Guppy: Instruction in elementary backstroke, breaststroke and dolphin kicks. Must be able to swim 25 yards front and back crawl. Approximate class size is 6 students, 6-12 years of age.

Shark: Instruction in backstroke and butterfly. Must be able to swim 25 yards front and back crawl. Approximate class size is 6 students, 6-12 years of age.

Advanced Youth: This class is designed for the swimmer who has mastered a stroke and seeks a higher level of endurance and stroke training without the commitment or competitiveness of a swim team.

YMC

28100 Farmington Road

(248) 553-4020

Kids Night Out

Culture Club

Around the world in eight weeks! We'll explore cultures through food, dance, stories, music and games. Expose your child to the four corners of the world without leaving the four walls of the YMCA.

Day Camps

Gymnastics

Youth Swimming Programs (continued)

ALL CLASSES ARE 45 MINUTES
Spring 1 fee: Facility Members \$34.00*

Program Members \$64.00* Location: Robertson Pool

*No class May 25 NO MAKEUP PERMITTED

Dolphins
Monday* 4:30-5:15 pm 02201-01

Tuesday 4:30-5:15 pm 02201-02

Wednesday 4:30-5:15 pm 02201-03

Thursday 4:30-5:15 pm 02201-04

Friday 4:30-5:15 pm 02201-05

Saturday 9:45-10:30 am 02201-06

Sunday 12:00-12:45 pm 02201-07

Guppy I
Monday* 3:45-4:30 pm 02201-17

Tuesday 3:45-4:30 pm 02201-18

Wednesday 3:45-4:30 pm 02201-19

Thursday 3:45-4:30 pm 02201-20

Friday 3:45-4:30 pm 02201-21

Saturday 10:30-11:15 am 02201-22

Guppy II
Monday* 3:45-4:30 pm 02201-21

Tuesday 3:45-4:30 pm 02201-22

Wednesday 3:45-4:30 pm 02201-23

Thursday 3:45-4:30 pm 02201-24

Friday 3:45-4:30 pm 02201-25

Saturday 10:30-11:15 am 02201-26

Shark
Monday* 3:45-4:30 pm 02201-27

Tuesday 3:45-4:30 pm 02201-28

Wednesday 3:45-4:30 pm 02201-29

Thursday 3:45-4:30 pm 02201-30

Friday 3:45-4:30 pm 02201-31

Saturday 10:30-11:15 am 02201-32

Advanced Youth
Monday* 4:30-5:15 pm 02201-33

Tuesday 4:30-5:15 pm 02201-34

Wednesday 4:30-5:15 pm 02201-35

Thursday 4:30-5:15 pm 02201-36

Friday 4:30-5:15 pm 02201-37

Saturday 9:45-10:30 am 02201-38

Sunday 12:00-12:45 pm 02201-39

Adult Lessons
This class is for adults looking to overcome a fear of the water or refine any existing swimming strokes. Robertson Pool (small)

Fee (instructor) Day Time Code

\$22.00* Monday* 8:00-10:00 pm 02201-01

\$22.00* Tuesday 8:00-10:00 pm 02201-02

Masters Swim Club
Competitive team for persons 10 years and older. Free to Facility Members. For more information call the Aquatic Director at (248) 553-4020. Adams Pool (large)

Fee (instructor) Day Time Code

\$17.00* Monday* 8:00-9:45 am 02401-01

\$17.00* Tuesday 8:00-9:45 am 02401-02

Speedo Step
Step up to the challenge! Try the latest in water fitness. A high intensity class that uses your body's buoyancy and water as resistance. Adams Pool (large)

Fee (instructor) Day Time Code

\$20.00* Monday* 9:00-10:00 am 02401-01

\$20.00* Tuesday 9:00-10:00 am 02401-02

Prenatal Exercise
Most often recommended in a fun and safe water exercise class. Exercise comfortably at a moderate pace. Robertson Pool (small)

Fee (instructor) Day Time Code

\$17.00* Monday* 8:00-9:45 am 02401-03

\$17.00* Tuesday 8:00-9:45 am 02401-04

AOA - Water
A moderate intensity, high energy aerobic class for persons aged 62 and older. The workout includes stretching, toning, and working body parts through a full range of motion. Adams Pool (large)

Fee (instructor) Day Time Code

\$46.00* Monday* 10:00-11:00 am 02401-15

\$46.00* Tuesday 10:00-11:00 am 02401-16

YMCA Arthritis Exercise & Adapted Water Fitness
Designed in cooperation with the Arthritis Foundation, this class emphasizes range of motion and flexibility with very low cardiovascular activity. Physician's approval is required. Robertson Pool (small)

Fee (instructor) Day Time Code

\$46.00* Monday* 10:00-11:00 am 02401-01

\$46.00* Tuesday 10:00-11:00 am 02401-02

MS Water Exercises
Water exercise program designed specifically for persons with multiple sclerosis. For more information, please call the Aquatic Director at (248) 553-4020. Adams Pool (large)

Fee (instructor) Day Time Code

\$20.00* Monday* 6:15-7:00 pm 02401-03

\$20.00* Tuesday 6:15-7:00 pm 02401-04

Wooden Rocking Horse
27" Tall
Choice of white or natural wood

Reg. \$99.99
AMAZING PRICE \$39.99

Helping hands for horses



Big bake sale: Students in Nancy Newman's class, shown at left, and other fifth graders at Gill Elementary raised more than \$400 at an in-school bake sale to help out a group of 35 abused horses rescued by Horses Haven. Above, Kate Groat and Matthew Lucas visit one of the new foals. One donor sent \$25 after reading about the effort in the Observer.

RECREATION NEWS

For further information regarding programs, contact the Farmington Hills recreation office at 9570. Preregistration is required for most activities.

ADULT SOFTBALL
The Farmington Hills Recreation Division is now registering new teams for men's, women's and co-ed softball. Call 473-9570.

SAND VOLLEYBALL
New team registration has begun for adults and volleyball. Call 473-9570.

KING OF THE HILLS
An eight-game/week in-line hockey season runs June 15 to Aug. 6. Games will be played weekday evenings at Heritage Park In-Line Hockey Rink in Farmington Hills. Divisions range from 10 and under to 17 and up. Both individual (\$45) and team (\$425) registration deadline is Thursday, May 28. For more information, contact Special Services at 473-9570.

SPRING BREAK CAMP
Spring Break Day Camp for children ages 6-12 will be held from 9 a.m. to 3 p.m. April 13-17 at Heritage Park Day Camp Building. The camp offers full programming in areas of arts and crafts, nature, sports, games, creative play, science fun, a field trip and more. Campers should be dressed appropriately for weather and bring a bag lunch each day. Beverage will be provided. Cost is \$80. Pre-registration is required. Call 473-9570.

SPRING BREAK TOUR
Children ages 7-11 get a chance to take a different spring break adventure every day, 9 a.m. to 3 p.m. April 13-17. Tours depart from Heritage Park Visitor Center Parking Lot. Cost is \$85 per person, and preregistration is required. Transportation will be provided by Farmington Public Schools buses.

AMAZING SAVINGS

We Sell Quality Brand Name Closeouts at "AMAZING" Prices!
New Closeouts Arriving Daily. One Time Deals!

YOUR BELOW WHOLESALE DEPARTMENT STORE!

AMAZING

Holiday Hours

Fri., April 10... 9:30 a.m. - 5:00 p.m.

Sat., April 11... CLOSED

Mon.-Wed. April 13-15... Reg. Hours

Thurs., April 16... 9:30 a.m. - 6:00 p.m.

Fri., April 17... CLOSED

Sun., April 19... Resume Reg. Hours

AMAZING

Tonka® Front Loader

Backhoe with Digger Dan

Age 18 mos. & up

Reg. \$21.99

AMAZING PRICE \$12.99

AMAZING

Space Jam™ Plush

Taz or Bugs Bunny

Reg. \$5.99

AMAZING PRICE \$1.99

AMAZING

Wooden Rocking Horse

27" Tall

Choice of white or natural wood

Reg. \$99.99

AMAZING PRICE \$39.99

AMAZING

Rocking Horse

27" Tall

Choice of white or natural wood

Reg. \$99.99

AMAZING PRICE \$39.99

AMAZING

Rocking Horse

27" Tall

Choice of white or natural wood

AMAZING

Royal Imports

5 1/2 oz. Silverplated Kiddish Cup with matching coaster

Reg. \$12.99

AMAZING PRICE \$4.99

AMAZING

Rubbermaid® Water Cooler with Spigot

Reg. \$21.99

AMAZING PRICE \$12.99

AMAZING

Black & Decker® Snake Light®

Heavy Duty Flexible Flashlight

Reg. \$29.99

AMAZING PRICE \$15.99

AMAZING

Wood Kitchen Countertop Cabinet

Reg. \$89.99