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Community classes are up for grabs

Editor's Note: The Farmington School District is offering a number of courses in the community education program. This is the last of a series of Observer & Eccentric articles on the classes. You may use the accompanying coupon to register.

Parlez-vous français? If not, you can learn in one of six foreign language courses taught in the Farmington Community Education program.

Everyday French for adults will be taught from 7:30-9:30 p.m. on Wednesdays for those with no previous exposure to the language. The use of a language lab and professional tapes will help students speed along the learning process.

Besides French, there are conversation courses in German and Spanish for beginners. Advanced students can take follow up courses in Spanish and French.

All classes will be conducted in Farmington High School, 32000 Shawwassee, and last for 10 weeks unless otherwise indicated.

Most classes begin Sept. 22. Registrations will be accepted by mail or at the school before classes begin. Fees are payable at the time of registration.

Senior citizens over 65 will be admitted tuition-free to classes of unlimited enrollment.

Refunds will be granted for any class cancelled. All other refund requests must be made to the adult education office before the second class meeting. A \$2 registration fee will be deducted for withdrawal.

Gymnastics classes will be offered for elementary and junior high school students in the North Farmington High School gym from 6 p.m. to 9 p.m. Three hour-long sessions will be held in tumbling and trampoline for beginning, intermediate and advanced students. Competitive gymnastics also will be offered in the final hour.

Skiing lessons, one indoor and nine outdoors, will be offered to adults of every ability. The first class will be held in Farmington High on Monday, Nov. 16. Afterward lessons will be conducted at Mt. Brighton at 12:30 p.m. Saturdays or 1:30 p.m. Sundays. Special family rates, reduced tuition and equipment rental fees will be offered for this class.

Men developing more than their share of "love handles" around the waist may want to take advantage of the men's recreation period designed to trim up and slim down. It's a chance to participate in a favorite recreational activity while using school gym facilities.

The same goes for women too, who are offered a slimdown course to get in shape. The women's program includes not only exercises but a variety of games and activities. Women's slimdowns will be in the East Junior High gymnasium from 7:30 to 9:30 p.m. on Tuesdays.

If you're over 11-years-old you could also participate in a karate class to learn the techniques of unarmed self-defense. Also held at East Junior High, the class will meet from 6:30 to 8:30 p.m. on Thursdays.

Tension, strain and worries might melt away if you enroll in the hatha yoga class, designed to build its participants toward a healthier life through improved posture, breathing and relaxation. Men and women are both welcome. Students 15 or over will benefit from the course.

It is suggested, however, that anyone with a history of back complaints consult a doctor and the instructor before class. For the first night bring a mat or rug and wear loose clothing. Lockers and towels or sweatshirt and slacks are recommended.

Ladies only can participate in the volleyball class at Harrison High School from 7:30-9:30 p.m. Mondays.

REGISTRATION BLANK

CLASS _____ DAY _____

CLASS _____ DAY _____

Name _____

Address _____

City _____ Zip Code _____

Phone No. _____ Total Fee _____

**MAKE CHECKS PAYABLE TO:
FARMINGTON PUBLIC SCHOOLS**

Mail to:
Farmington Community Education
32500 Shawwassee
Farmington, Michigan 48024

but anyone can register for volleyball on Wednesdays in O.E. Dancel Junior High or Power Junior High.

For those who prefer less painful exercises, square dancing classes offer a chance to stay fit and have fun. Classes will be offered from 7:30-9:30 p.m. for those who have never square danced at all or who have been out of square dancing for a long time. Wear flat or comfortable shoes.

Hills man arrested for stealing signs

A Farmington Hills man will be arraigned Oct. 1 on charges of stealing political signs of Livonia candidates on primary election night Tuesday.

Facing a Livonia District Court appearance will be Joseph Gola, 47, of 25250 Liberty, who was formally charged with larceny. The maximum fine and penalty is \$500 or 90 days in jail.

Osborn told the persons the signs belong to the candidates.

Gola said he had permission to remove the signs, Osborn told police.

After Gola was taken on continuing the removal of the signs, Osborn obtained the license number of his car and notified police.

Officers found 17 signs from various candidates in his backyard.

Several mayoral and city council candidates had complained during the campaign about their signs being taken down.

The police quoted Gola as saying that he wanted the wood from the signs for construction purposes.

Det. Sgt. George Favor said that Gola and another person were seen by Robert Osborn, Livonia's public works director, taking down signs.

OCC will co-sponsor childbirth classes

The Community Services Division of Oakland Community College, Orchard Ridge Campus, will conduct a new program in childbirth education classes in cooperation with the Larnae Childbirth Education Association of Livonia.

Classes run from Sept. 24 to Oct. 29 and from Nov. 5 to Dec. 16, both meeting 7-9:30 p.m. Wednesday in room G-104 on the Orchard Ridge campus.

The class should be taken during the last trimester of pregnancy and written permission from the attending

physician is required at the first meeting.

Classes will be taught by registered nurses and will help prepare prospective parents physically, emotionally and psychologically for childbirth. Couples will learn comfort measures for pregnancy, labor and delivery and will be trained in neuromuscular control (relaxation conditioning) and breathing techniques for each stage of labor and delivery.

Couples are asked to bring two bed pillows and a blanket or similar mat to their first class.

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