

# Classes Start The Week of March 6, 1978

### Greater Farmington Area YMCA Capital Fund Goal!

# \$900,000

We are grateful to all the hundreds of volunteers who are giving their time and pledges of dollars to make the new "Y" a reality!



## Greater Farmington YMCA

Telephone Number **553-4020**

### FITNESS

#### Y-MEMBERS

**Y-MEMBERS** - 1.00 - 2.00 p.m.  
**NON-MEMBERS** - 2.00 - 4.00 p.m.

#### WOMEN'S FITNESS

At Mercy Center  
F-1 Monday 6:30-7:30 p.m.  
F-2 Wednesday 6:30-7:30 p.m.  
F-3 Saturday 8:00-9:00 p.m.

#### SWIMMERS AT MERCY CENTER POOL

At Mercy Center  
S-7 Sunday 8:00-9:00 p.m.  
S-12 Tuesday 1:00-2:00 p.m.

#### YOGA

**HATHA** - 7:00 - 8:30 p.m.  
**VINYASA** - 9:30 - 11:00 a.m.

#### AQUATICS

**CLASS CONTENT**  
PARENT & TOT - 6 mos to 3 yrs. with parent.  
TADPOLE - 3-5 yrs. without parent.

#### MONDAY SWIM AT MERCY CENTER

**SWIMMING**  
S-1 6:30 - 7:00 p.m. Tad - All levels  
S-2 7:30 - 8:00 p.m. P&T - 6 mos - 3 yrs.

#### SATURDAY SWIM AT MERCY CENTER

**SWIMMING**  
S-13 10:00 - 10:30 a.m. Tad - All levels  
S-14 10:30 - 11:00 a.m. P&T - 6 mos - 3 yrs.

#### SUNDAY SWIM AT MERCY CENTER

**SWIMMING**  
SP-4 4:00 - 5:00 p.m. Co-Ed Adult  
SP-5 5:00 - 6:00 p.m. School age all levels

#### COMPETITIVE TECHNIQUES

**FOR SWIM TEAM CALIBER**  
S-9 Monday 1:00-2:00 p.m.  
S-10 Wednesday 1:00-2:00 p.m.

#### OPEN SWIM AT MERCY CENTER POOL

**SWIMMING**  
SUNDAY: 4:00-5:00 p.m. Begins March 12  
MONDAY: 6:00-9:00 p.m. Begins March 6

#### PRE-SCHOOL GYM CLASSES

**PRE-SCHOOL**  
P-1 Monday 10:00-11:00 a.m.  
P-2 Tuesday 10:00-11:00 a.m.

#### KREATIVE CORNER

**ART - GYM - STORES**  
AT NOVUNITED METHODIST CHURCH  
PR-1 Monday 1:00-2:30 p.m.  
PR-2 Friday 10:00-11:00 a.m.

#### KREATIVE FOR KIDDIES

**SWIM - ART - GYM**  
AT MERCY CENTER  
PR-5 Thursday 9:30-11:00 a.m.  
Y-Member \$16 Non-Member \$22

#### PARENT AND TOT GYM

**AT MERCY CENTER**  
PR-7 Tuesday 10:00-11:00 a.m.  
PR-8 Thursday 10:00-11:00 a.m.

#### PRE-SCHOOL SWIM AT MERCY CENTER POOL

**SWIMMING**  
P-1 Monday 10:00-11:00 a.m.  
P-2 Tuesday 10:00-11:00 a.m.

#### EXCITING NEW PROGRAMS

### SUNDAY CLASSES AT MERCY CENTER

March 12, 19, April 2, 9, 16, 23. Classes meet for 6 weeks.

#### AIR RIFLE CLASS

**3 CLASSES OFFERED**  
Safety, sighting, position, care of Air Rifles will be stressed in this program. All students will shoot. Tuesday, All equipment provided by YMCA. Both classes Co-Ed.

#### DANCE AND MOVEMENT

**INSTRUCTOR: Jean Robinson, M.Ed.**  
D-1 Pre-School Ballet - 4-6 Yr. Tues. 1:15-2:00 p.m.  
D-2 At Sarah Fisher Gym Thurs. 1:00-2:00 p.m.

#### DISCO DANCE

**ADULTS - TEENS - CO-ED**  
Learn the basic steps to the popular dances, meet people and make friends. Dress in comfortable clothing. Classes will be held at Harlow Park Methodist Church on 11 Mile just west of Midfield.

#### WEDNESDAY EVENINGS

**EASTER VACATION FUN**  
This Easter Vacation bring your child to Mercy Center for Gym and Swim Fun. Children will need to bring a swimsuit, towel and lunch.

#### FOLK GUITAR

**LEARN STRINGS, CHORDS, SONGS - Minimum Age 11 Years**  
FG-1 Beg. 7:00-8:00 p.m. Mon. Y-Building  
FG-2 Cont. 8:00-9:00 p.m. Mon. Y-Building

#### GYMNASTICS

**AT KENBROOK SCHOOL ON SATURDAYS**  
G-1 9:00-10:00 a.m. Beg. 4-6 Year Old  
G-2 10:00-11:00 a.m. Beg. 7 and Older

#### NOVI ICE ARENA

**1/2 HOUR INSTRUCTION - 1/2 HOUR FREE SKATE**  
NI-1 KINDER LEARN TO SKATE 4-6 yrs. Tues. 1:00-2:00 p.m.  
NI-2 ADULT LEARN TO SKATE Tues. 1:00-2:00 p.m.

#### KENBROOK ELEMENTARY SCHOOL

**SPECIAL SELF DEFENSE JUDO CLASS FOR ADULTS OFFERED TUESDAY EVENINGS.**  
RAY THIBODEAU, Instruktor.  
J3 Beginning Saturday 9:10-10:30 a.m. All ages  
J4 Cont. Saturday 10:30-11:00 a.m. All ages

#### REGISTRATION

**NO REGISTRATION WILL BE TAKEN AT CLASS**  
Registration required prior to class.  
1. Mail to YMCA, P.O. Box 234, Zip 48024  
2. Bring to YMCA OFFICE, 28100 Farmington Road, Farmington, Michigan - Phone 553-4020

#### MASSAGE WORKSHOPS

**AT YMCA BUILDING - 5 WEEK COURSE**  
INSTRUCTOR: GURU JIVAN KAUR KHALLA  
Learn to give and receive a relaxing Massage. Basic Strokes with breathing exercises and relaxation techniques to release tension & revitalize your body.

#### RIDING

**"INDOOR" HORSEBACK RIDING**  
Indoor English Riding instruction will be offered at Havenhill Farms on 14 Mile Road just west of Haggerty. Instruction will be offered for Adults, Teens and Youth. All classes are co-ed and will meet for 6 weeks, beginning the week of March 6. Class size is limited to sign up only.

#### VEGETARIAN COOKING

**Prepare delightful dishes, snacks, hors d'oeuvres. Recipes to delight the most creative cook!**  
VC-1 7:00-8:00 p.m. Wed. Farmington Area  
VC-2 10:00-11:00 a.m. Fri. Non-United Methodist Church, Now

#### AUSTRIA

**The "Sound of Music" Country - AUSTRIA!**  
This is just got to be the most breathtaking place in all of Europe. Towering Alpine Mountains, scenic valleys, lakes and streams - Picturesque little mountain-side villages - And the friendly townspeople of cities like Innsbruck, Vienna, Salzburg, and "Kitzbühel", where we'll spend a whole week. From this central location there will be a wide variety of optional sightseeing excursions and other activities to choose from.

#### TRIPS

**AUSTRIA, JUNE 16-25**  
Super hiking trip in the Wilder Kaiser area around the city of Kitzbühel. This is a hiking trip only, no technical experience is required. Along with great hiking, fabulous scenery we will spend 2 nights in Munich and tour the city and Olympic Village.

#### TEENS AND YOUTHS

**ADIRONDACKS - JULY 2-8**  
The Adirondacks Mountains are located near Lake Placid New York. This years trip will take the High Peak region near Heart Lake. This is an excellent trip for those with some experience. Adirondack hikers should definitely consider this trip.

#### TEEN BRUCE TRAIL

**EXTENDED - JUNE 23-30**  
Make every day for seven days along the Haggerty escarpment from Cabot Road to Tobometry about 30 miles. This trip will be difficult in that it involves seven straight days of hiking. The terrain is considered easy yet challenging. Talk to Dave about this special trip overlooking the Georgian Bay.

#### TEEN BRUCE TRAIL - AUGUST 12-16

**Beautiful and easy hiking awaits Bruce Trail Hikers**  
Enjoy hiking along the Haggerty Escarpment from Tobometry to the Halfway Dump camp site. A short 16.5 mile trip that overlooks the Georgian Bay. IGoods fishing info!

#### FAMILY HIKING JULY 29 - AUGUST 7

**Beautiful and easy hiking awaits Bruce Trail Hikers**  
Enjoy hiking along the Haggerty Escarpment from Tobometry to the Halfway Dump camp site. A short 16.5 mile trip that overlooks the Georgian Bay. IGoods fishing info!

#### REGISTRATION

**NO REGISTRATION WILL BE TAKEN AT CLASS**  
Registration required prior to class.  
Master Charge \_\_\_\_\_ Bank America's \_\_\_\_\_  
Charge Name \_\_\_\_\_  
NAME OF ENROLLEE \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Age \_\_\_\_\_ Class Code No. \_\_\_\_\_ Class Title \_\_\_\_\_ Home \_\_\_\_\_ Office \_\_\_\_\_  
Sister \_\_\_\_\_ of Children \_\_\_\_\_  
CHECK FOR BROCHURE  Austria  Hiking & Canoeing  Fees \_\_\_\_\_  
Membership if Desired \_\_\_\_\_  
Youth \$15 Adult \$25 Family \$37  
Total Enclosed \_\_\_\_\_

