

YMCA highlights

The Farmington Area YMCA provides a variety of services for youth and adults in the community. Further information may be obtained by calling 553-4020 between 9 a.m. and 10:30 p.m. daily.

CLASS REGISTRATION — Body beautiful at the YMCA this winter with classes that will shape your mind as well as body. Registration for all members is from 9 a.m. to 10 p.m. Monday, March 5, non-members and members 9 a.m. to 5 p.m. Tuesday-Friday, March 6-9. Saturday-Sunday, March 10-11, 9 a.m. to 5 p.m. Visa and MasterCard only on the phone-in from 11:30 a.m. to 4:30 p.m. Wednesday-Thursday, March 7-8.

MEN'S BASKETBALL — The YMCA is offering two men's basketball leagues. The organized format includes eight league games plus tournament, 20-minute halves, four-on-four play, registered officials, scorekeepers and weekly standings. Open league, "Night Owls" games played on Wednesday, Power League-Sunday evenings after 6 p.m. Consist of a maximum of 10 players. Team fee, \$215 complete team, \$30 individual YMCA member, \$35 non-member.

FLOOR HOCKEY — The YMCA floor hockey league is a non-checking league whose objective is to promote hockey skills, fitness and fun. All games are played on Tuesday or Thursday evening after 10:30 p.m. The league is open for anyone 18 and older. Organizational meeting 7:30 p.m. Thursday, March 1. Maximum of 12 players. Team fee \$250 complete team; \$30 YMCA member and \$35 for non-member. Begins Tuesday, March 6.

PUMP IRON — A class designed to introduce the youth to proper methods of increasing strength through exercise, running, weightlifting and nutrition. An excellent opportunity to muscle up. Saturday, ages 9-10, 9:15-10 a.m.; ages 11-12, Saturday, 10:10-11 a.m. Member \$15, non-member \$22.

YOUNG ADULT WEIGHT LIFTING — Power-toning strength are the goals of this twice-weekly class for ages 13-15. A co-ed program. Monday and Wednesday 3:45-4:30 p.m. Member \$18 and non-member \$22.

FUN CLUB — Back by popular demand. Limited enrollment. Fun Club is for youth ages 6-12. Activities include games, songs, stories, movies and more. At the end of each day, take a quick dip in the pool. All youth should bring swim suit, towel, sack lunch. Saturday, 10 a.m. to 2 p.m.; seven weeks; fee for members \$18 and non-members \$24.

EVERYDAY LAW — This seminar/discussion will provide participants with the opportunity to learn more about the legal problems encountered to everyday life. Topics to be discussed will include: small claims, wills and estates, family and divorce law, and residential real estate. Thursdays, 6:15-7:15 p.m.; fee for members \$20 and non-members \$25. Instructor: attorney Jeffery Chase.

BASIC INTERIOR DESIGN — Participants will learn how to make purchase decisions and create a functional and pleasing environment. Topics will include furniture function and arrangement, fabric usage, wall and floor cov-

ering, and accessory placement. Wednesday, 6:30-7:30 p.m.; fee for members \$20 and \$25 for non-members.

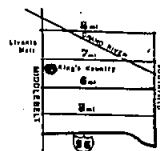
MASSAGE FOR THE HEALTH OF IT — Learn to reduce stress level with the techniques of massage. Class taught by a trained myomassologist. Participants must join with a partner. You will need mat for floor; loose-fitting comfortable clothing. Participants should eat within two hours prior to class. Tuesday, 8-9 p.m.; fee for mem-

bers \$30 and non-members \$40. Kathy Yugovich, instructor.

PRENATAL FITNESS — Exercise can help strengthen parts of the body sometimes weakened by pregnancy, increase flexibility and body awareness and dispel fatigue. A medical release is required prior to first class. Tuesday and Thursday, 11:15-11:30 a.m. at YMCA Conference Room; Monday and Wednesday 7:30-8:30 p.m. in Warner Middle School gym. Fee for member \$10 and non-member \$15.

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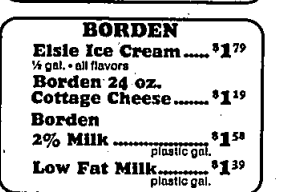
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