

Nothing to do? Try some of these

BY SANDY STOUTH

No matter what your New Year's resolutions may be for the coming year, don't just sit there — do something.

Learn a sport such as skating, swimming or golfing. Discover your creative talents: ceramics, sewing, or rug hooking. Or, lose some of those extra pounds gained over the Christmas season and keep fit with yoga, basketball or gymnastics.

This winter, the Mississauga Recreation and Parks Department and the Peel Board of Education are offering innumerable programs for every age of the family.

Registration for Recreation and Parks programs will be accepted by mail, cheques made payable to the City of Mississauga, at 1 City Centre Dr., Mississauga, L5B 1M2. For details on any of the following programs, phone 279-7600 local 209.

The following is an alphabetical list of Recreation and Parks programs:

ART & CRAFTS — Art Awakening, a 10 week program for children aged 8 to 13 is held at four locations at various times, starting the week of Jan. 9.

• Painting, a 12 week program for amateur or beginners, is held at three locations, starting week of Jan. 3.

• Crafts concert, for children aged 8 to 13, a 10 week program held at Lorne Park Community Centre, from Jan. 11 to March 15.

• Pottery and sculpture, for children aged 8 to 13, at two locations Saturday mornings, Jan. 11 to March 15.

• Cake decorating; learn various icing mixtures, at Petrescue Community Centre only, Wednesday nights, Jan. 15 to March 19.

• Ceramics; hand modelling only, for advanced, beginners and children at Huron Park Recreation Centre, various times and days starting Jan. 6.

• Copper enamelling; techniques in design and colouring at Springbank Community Centre, Thursday nights from Jan. 9 to March 13.

• Crocheting is held at Huron Park Recreation Centre and Springbank Com. Centre, Thursday nights, Jan. 9 to March 27.

• Crafts for Adults; explore various media such as fabric, paints, sculpture Tuesday nights at Marvin Heights Public School and Wednesday afternoons Petrescue Community Centre, from Jan. 14 to March 18.

• Sewing, learn latest techniques with knits at Huron Park Recreation Centre, Monday mornings Jan. 13 to March 17.

• Tailoring at Springbank Community Centre, Friday mornings, Jan. 3 to March 21.

• Needlecraft for teens at Petrescue Community Centre, Thursday evenings, Jan. 16 to March 20.

• Macrame, the art of knotting at Huron Park Recreation Centre, Monday and Tuesday nights from Jan. 15 to March 19.

• Rug hooking; create rugs and wall hangings at Springbank Community Centre, Thursday afternoons Jan. 9 to March 13.

BADMINTON — Two badminton clubs will hold their second sessions, starting Jan. 4. Malton Junior Badminton Club has openings for beginners, intermediates and advanced, and meets at Westwood Secondary School various times and days. Whiteoaks Badminton Club meets at Lorne Park Sec. School Monday nights from Jan. 6 to April 7.

BASKETBALL — Four basketball groups begin their sessions, starting the week of Jan. 4. Basketball for merit on a competitive league basis is held every Saturday afternoon at T.L. Kennedy School and continues to end of April. Contact Terry Whitehead at 845-4736 or Doug Coombs at 625-5571. Women's basketball on a competitive basis is held Tuesday evenings at T.L. Kennedy School. Register at the

new Burnhamthorpe Community Centre, Jan. 7 from 7:30 to 9 p.m. Contact Sharon Malowney at 279-0560.

• Basketball program for boys in grades 7 and 8 is held at Clarkson Secondary School Saturday mornings, Jan. 4 to March 15. Phone 279-7600 for information.

BOXING — Mississauga Boxing Club is for boys aged 11 to 25, held at Burnhamthorpe Community Centre Tuesday and Thursday evenings. Phone 279-7600 for details.

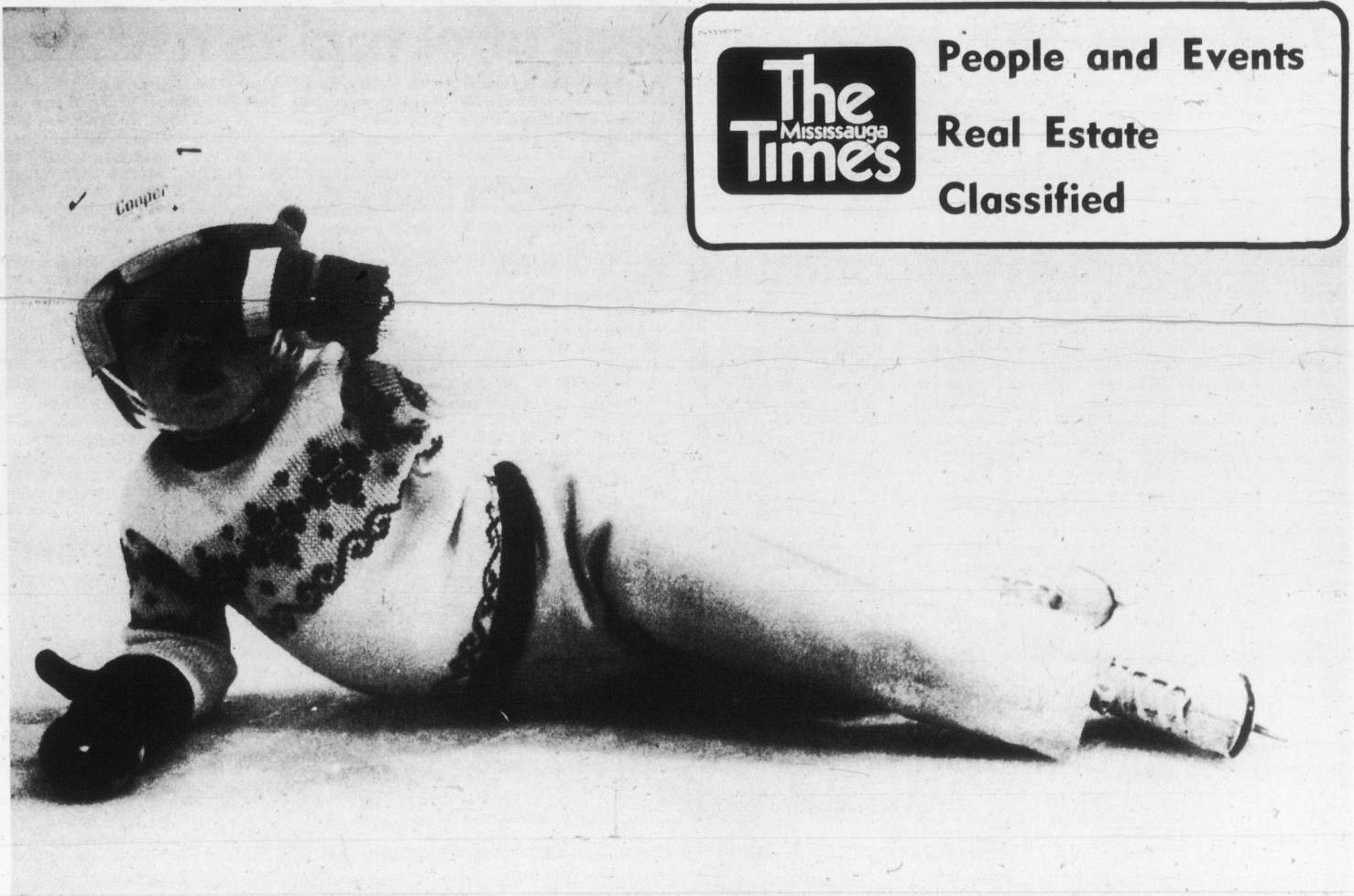
BRIDGE — Beginners and intermediate classes will be held at Huron Park Recreation Centre, Jan. 8 to March 26 various days and times.

CHESS — Mississauga Chess Club meets at Springbank Community Centre Tuesday and Wednesday evenings.

DANCING — Ballet, a 28 week program divided into four age categories from four to eight years and over, held at 13 locations, beginning Jan. 18 at various times and days.

• Modern jazz beginner and continuing classes held at Glenforest Secondary School Monday nights and Petrescue Community Centre Wednesday afternoons and evenings, from Jan. 15 at various times and days.

• Tap for six years and over is held at five locations at various times and days, beginning Jan. 14.



Oh the pratfalls of learning how to skate. Preschoolers' lessons are one of scores of programs offered by city parks and recreation department. (Times photo by Ron Pozzer).

• Square dancing has two clubs: Swinging Squares contact D. Scherlock at 826-4980.

DRAMA — Experimental Theatre for young people, seven to 11 years old meet at Springbank Community Centre Saturday mornings, Jan. 4 to March 8, and 11 years and over meet at Huron Park Rec. Centre, Wednesday nights, Jan. 8 to March 12.

• Theatrical Arts Workshop for adults 15 years and over. A special course of techniques in voice and speech, make-up, movement, mime and acting for 20 weeks at Petrescue Community Centre Tuesday nights, Jan. 14 to March 18.

EUCHRE — Held at Meadowvale Community Hall, second and fourth Friday nights. Contact Copeland at 451-4499.

FENCING — Unicorn Fencing Club meets at Glenhaven Community School Tuesday nights starting Feb. 1. Contact B. Hughes at 279-7378.

FITNESS — Ladies and men's fitness exercise and swim are held at various locations throughout the week at various times. Burnhamthorpe Community Health Centre begins its program Jan. 6, and has two squash courts and sauna. Huron Park Health Centre has two squash courts, handball courts, sauna bath, exercise room and swimming pool. The following

schools offer exercise program only: Lorne Park Sec., Erindale Sec., Sheridan Park Public, Silver Creek Public, T.L. Kennedy Sec. These secondary schools have fitness and swim programs: Clarkson, Glenforest, and Westwood.

FURNITURE REUPHOLSTERY — Held at Springbank Community Centre Tuesdays and Wednesdays, from Jan. 14 to Feb. 1 and again Feb. 25 to April 1.

GOLF — Indoor golf instruction, taught by registered C.P.G.A. professional at Britannia School, Gordon Graydon and South Peel Secondary Schools at various times and days, beginning Jan. 13 to Feb. 17.

GYMNASTICS — Kindergym, for children aged 2 to 5 years at Burnhamthorpe Com. Centre, Clarkson Com. Centre, Huron Park Rec. Centre and Petrescue Com. Centre, from Jan. 10 to March 28 at various times and days.

• Recreational gymnastics for boys and girls aged six to eight at 13 locations, first class starts Jan. 4 to March 22.

• Olympic Style gymnastics for those eight years and over held at these secondary schools — Applewood, Clarkson, Erindale, Glenforest, Lorne Park, Port Credit and Westwood.

• Teen and adult women gym-

nastics held at T.L. Kennedy Sec. School Tuesday nights, from Jan. 7 to March 25.

• Junior Gym club, girls meet at T.L. Kennedy Sec. School Wednesday nights, Feb. 12 to April 23, boys meet at Glenforest Sec. School Monday nights Jan. 27 to April 21.

• Modern gymnastics for women teens and adults held at Clarkson Comm. Centre, Huron Park and The Valleys Senior Public School, various times and days, first group meets Jan. 8.

• Trampoline, instructional program for boys and girls over 8 years for beginners and continuing at Applewood Heights Sec., Port Credit Sec., Woodlands Comm. School and Westwood Sec. School.

HOCKEY — Goaltender's clinic for boys and girls aged six to 17 years, an 11 week program held at Clarkson and Burnhamthorpe arenas Saturday mornings, Jan. 18 to March 29.

• Power skating for those aged seven to 12 is held at Cawthra East Wednesdays and Clarkson arena Fridays, from Jan. 8 to March 12.

JUDO — For those aged seven and over held at seven locations at various times and days.

KARATE — Beginner series for those aged 7 and over held at Applewood Heights Sec., Clarkson Sec., L. Kennedy Sec. and

Westwood Sec. Schools.

LACROSSE — Conducted during the school winter break, March 24 to March 28 at Applewood Heights Sec. School, for those aged 6 to 12.

MUSIC — Group guitar for beginners, intermediates, advanced and continuing at Huron Park Rec. Centre Thursday nights, from Jan. 9 to March 27.

• Preschool rhythms for children aged three years as of Aug. 31, 1974 held at Burnhamthorpe Com. Centre, Huron Park and Petrescue Com. Centre at various times and days.

SKATING — Preschool skating is held at five arenas: Huron Park, Clarkson, Cawthra East, Malton and Burnhamthorpe, various days and times. For children aged four to six.

• Beginners skating for those six years and over, held at all arenas including Port Credit.

• Advanced skating held at all arenas except Port Credit, designed for those who have passed their elementary Canadian Figure Skating Association badge.

• Teenage skating for boys and girls aged 13 to 19 who want to learn to skate and also for those who have passed 11th and 12th badges. Held at Huron Park, Clarkson, Cawthra East and Burnhamthorpe arenas.

• Adult skating, 10 week lesson held at all arenas except Port Credit.

SOCCER — Indoor soccer is held at three locations in Mississauga. Malton Minor Soccer league meets Saturday afternoons at Westwood Secondary School, phone Dave Dix at 677-8753. Erindale group for juniors, those up to 12 years meet at Woodlands Com. School. Contact J. Flynn at 279-6161. Pierre LaPorte Com. School also has soccer for boys. Phone Mrs. M. MacDonald at 828-5170.

TRACK AND FIELD — Mississauga Track and Field Club gives basic training for boys and girls, indoor meetings at Woodlands School. Contact Mel Stoner at 451-1030 or Ian Costello at 279-2105.

VOLLEYBALL — Ladies volleyball is held at Glenforest and Westwood Secondary Schools, Monday and Wednesday nights consecutively.

• Seniors volleyball is held at Woodland Community School. Phone Mr. Thate at 828-6456.

Please phone the Recreation and Parks Department at 279-7600 for any details on any of the above programs.

A diverse assortment of general interest courses is also being offered by the Peel Board of Education this winter.

New courses offered this year include Handwriting Analysis, Model Airplane Construction and Rug hooking.

For further information call Continuing Education at 270-1991.



A myriad of courses are available to those six to 60. Here, students of furniture reupholstering program refurbish old divan.