

Community

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Don't give in—fight the January blues

Shape up!

There's belly dancing for beginners Wednesdays at Applewood United church, sponsored by the Y. Cost is \$22 for 10 hours. Combine it with fitness at Riverside public school in Port Credit—same cost. Earhythms is exercise done to music and is offered at Christ Church United, St. Bride's Anglican churches in Clarkson and First United church in Port Credit. There's disco exercises at St. Martin separate school in Erinedale and San Tropez, Cooksville, and a keep-trim program involving makeup, hair-care and wardrobe at Forest Avenue public school in Port Credit for those who are getting better, not getting older. New mothers can whip back in shape and discuss mothering at Clarkson Christ Church United Tuesday evenings. Cost is \$22. For information call the Y at 275-3005.

PROTECT YOURSELF

The martial arts of protection are taught to women at Port Credit Riverside public school, Tuesdays 8 p.m., starting Jan. 24. Cost is \$22 and there's judo at Streetsville, for \$18.

FITNESS AND YOGA

San Tropez in Cooksville offers co-ed fitness and swim Tuesday nights and rhythmic and swim for women Tuesday afternoons. There's yoga with Siloo, yoga with Mary and yoga for women over 40 in Clarkson, as well as a program for people who suffer from back ailments. For information call the Y at 275-3005. Cross country skiing is also offered.

Sure, you're blue. It's January! But you're not alone. The aftermath of the festive season leaves most of us feeling a little low and looking around for something new. The wallet is usually a little flat as well, so when we put our heads together to come up with some programs that might stimulate a little interest, we chose some that won't break the bank.



"I spend the holiday season with my family and January is a downer for single like me. I need a new interest. I want to move in a new direction."

Get up and go

Assert yourself: Clarkson and Applewood offer programs in assertiveness training and there are Take A Break (TAB) activities at Cooksville, Port Credit and Meadowvale with babysitting provided. Speakers, crafts, demonstrations and films.

For the arty: Macrame is taught at Cooksville and Clarkson, as well as off-loom weaving programs and quilting. Cost is \$6 to \$14. Interior design is offered at Riverside public school in Port Credit for 10 weeks at \$18.

Bridge the gap: Bridge is played every Tuesday at San Tropez in Cooksville with tournaments once a month.

"I know I'm a mother, a wife and a daughter, but there has to be something left over. I need some small piece of each day to belong to me."

Mainly for men

Mississauga recreation and parks department (279-7600) has judo, karate and skating classes for men to join. A men's basketball league is already in progress at T. L. Kennedy secondary school. For information call Ron Linklater at 279-9118. For those who want to work their frustrations out on a squash court there are three locations: Huron Park (279-1152) Malton (671-2148) and Burnhamthorpe (625-8891). There are private squash clubs listed in the yellow pages.



"School's OK, I guess, but after school I get bored watching television. Mom cooks and Dad plays poker and I'd like to do something extra, too."

Tiny tots time

Get in the swim: The Mississauga Y has a new aquatic program for anyone six and older. There are two beginners levels with seven intermediate steps to climb. Classes include 30 minutes of instruction with 15 minutes of water safety and are available at Clarkson Pool, noon, beginning Jan. 14, Cooksville San Tropez Pool, 4:15 p.m. beginning Jan. 17 and Cawthra Park pool, 4 p.m. beginning Jan. 18. Cost is \$20 for seven lessons. For those tots who are timid of the water you can bring your mom or dad into the swim of things at Clarkson Pool, 11:30 p.m. beginning Jan. 14 for 10 sessions. For details call 275-3005.

Get artsy: The Y arts and crafts programs for preschoolers start Jan. 14 to 19 and run til mid-March at Christ Church United, First United Church in Port Credit and Cooksville. Cost is \$15 and includes materials. For times call 275-3005.

Be a jungle gym: Pre-school gym for energetic youngsters is offered by the Mississauga Y at Christ United Church, Clarkson, First United Church, Port

Credit and St. John the Baptist Anglican Church, Cooksville, beginning Jan. 14 to 19 and running till the end of March. Cost is \$16 for 10 hours. There's also a toddler gym for two-year-olds at Clarkson for \$18.

Be a cook: A kinder cooks course is offered by the Mississauga Y at Clarkson Presbyterian Church Jan. 25, 1:30 p.m. for eight weeks. Learn to measure, mix and munch. Cost is \$16 for eight hours.

Get in the swing: A rhythmic program is offered for children three to six years old at Christ Church United in Clarkson Jan. 19 to March 30. Cost is \$16. For further notes call the Y at 275-3005.

Toddler Drop-In: Get mom to drop you off for an educational and creative fun program with other youngsters two to five years old at First United Church in Port Credit, Eden United Church in Meadowvale or at San Tropez recreation centre in Cooksville. Get an hour-and-a-half break from mom for \$2.50 a week or \$10 for five weeks. Call the Y at 275-3005.

Something for students

Gym dandy: The participation gymnastic program at the Y for children five to 12 includes a red, white and blue gymnastics award system and includes tumbling, balance beam, climbing ropes and parallel bars. Courses for various levels and different age groups are held at Riverside public school in Port Credit, St. Martin's separate school in Erinedale and Streetville secondary school. For details call 275-3005. Cost is \$18. There's also an advanced achievement program at Streetville secondary school for \$23 as well as a gymnastics leader's training program for boys and girls 14 and over (free). Judo is also offered at Streetsville for \$18.

AFTER SCHOOL BLUES?

There's a supervised program for children aged four to 11 until 5:30 p.m. weekdays at St. Catherine of Siena school and Oakridges and Malton public schools three days a week for \$1 a day.

LEARN TO BABYSIT

Riverside Public School has babysitting courses for boys and girls 12 and over, Monday nights 7 p.m. to 8:30 p.m. starting Jan. 23. For information call the Y at 275-3005. Cost is \$10.

IMPROVE YOUR SELF-IMAGE

The Y offers a self-improvement course in skin care, diet, exercise, hygiene, make-up, hair, clothes, deportment and voice at Forest Avenue public school, Port Credit for \$15. For details, call the Y at 275-3005. There's also a take-off weight program for teens at Clarkson Presbyterian Church for \$25, and a dance program at St. Bride's Anglican church for \$18.

How about skiing?

Would you rather risk a broken leg than risk boredom? Go skiing—even if you haven't the equipment.

A family of four can rent poles, boots and skis for \$24 at Albion Hills in Bolton, including the tow charge. If instruction is needed it costs \$4 an hour for adults \$3 for children. Cross-country equipment is available for slightly less. Instruction for cross-country is \$3 for 90 minutes for adults, \$2 for children. Boots for both types of skis begin at size four for children. Call 661-6800 for more information.

The Mississauga Y offers a ski package that includes transportation to Loretto Ski Resort, gear and instruction for all levels. Bus leaves Square One at 8:00 a.m. Fee for a four-week program is \$45 for adults, \$43 for youth. The periods available are Jan. 7, 14, 21 and 28 and Feb. 4, 11, 18 and 25.

To go to Loretto on your own, the fee is \$8 per day for an adult and \$4 for a child. To rent poles, skis and boots the cost is \$5 per day. Children's sets cost \$4 per day. Phone 728-2385.

Other places offering down-hill skiing fairly close to home are Edelweiss Sports Centre (phone 857-3128) near Bolton; Chinguacousy Park Ski Hills near Brampton (phone 452-3422); the Caledon Ski Club (phone 927-5221) offering skiing Wednesdays and weekends and Horseshoe Valley Resort at Barrie (phone 364-9500).

Near Milton, the Glen Eden Ski Area is open days Tuesday to Sunday and evenings, Tuesday to Friday. Call 778-4332; Aspen Ski Area at 941-6188 near Orangeville and Cedar Highlands Ski Club (phone 388-1422). On Burnthorpe Drive in Toronto, Centennial Park (phone 621-5782) days and nights runs Tuesday to Sunday and Boyd Conservation area at 651-6800 is open daily.

For information about the Credit Valley Ski Club call 274-2031 Wednesday to Sunday 9 a.m. to 10 p.m.



"I sometimes think I'm a snooty tree. And maybe an after-hours chauffeur. I don't mind driving the kids to hockey, writing the cheques, picking up with up after her potty class, but I've secretly always wanted to ski."

Check your community centre

For activities at your local community centre, give them a call: Huron Park, 278-4386; Clarkson, 322-3528; Burnhamthorpe, 625-1584; Malton, 278-7600.

There are smaller centres: Brookmead Centre, 322-6401; Clark Hall, 274-5111; Crookson Centre, King Street Centre, 278-7880; Lions Hall, Large Park Centre, 274-6640; Malton Hall, 677-4864; Meadowvale Hall, 451-1700; Petrescue Centre, 278-3413; Seton Centre, Springbank, 625-9151.



"I have a nine-to-five job and it's not always easy to balance my time so I feel I'm not cheating the kids and my husband. Still, I need regular physical exercise or I think my head will explode."