

Photo by Barrie Erskine

CHARITIES BENEFIT: The Oakville-Milton and District Real Estate Board's (OREB) annual golf tournament was so successful in raising funds that several local groups benefitted. In addition to the committed \$10,000 donation to Surviving Strep-Strategies for Life, donations of \$1,000 each went to four other charities. Accepting their donations are: (I to r) Doris Burns (Bereaved Families of Ontario); Andy Rotsma, (Community Living Oakville); Rick Kedzior (outgoing OREB president); Mary Stephens (Lions Foundation Dog Guides); and Jocelyn Ritson (Salvation Army).

# VEITHER

### **FITNESS MEMBERSHIP**

Includes:

- fitness classes 7 days a week
  access to extensive Fitness Centre with free weights, Body Master Strength Training Equipment, Treadmills, Stairmasters, EFX Trainers, Recumbent Bikes
- FREE Get Started Clinics
- FREE Workshops
- significant discounts on most adult programs
- 6 a.m. weekday openings
- convenient nursery and preschool programs available to members while you work out

ADULT annual fitness membership \$31\*/month

STUDENT annual fitness membership \$20\*/month

\*based on annual membership paid monthly

Personal Training also available: \$125 for 5 sessions

## YOUTH PROGRAMS

- Register Now!
- Dance Makers
- · Jiu-Jitsu & Judo
- Special Needs Programming
- Indoor Soccer

- - Gymnastics
  - Hooked on Music
  - Babysitting Training
  - Taekwondo

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## PRESCHOOL PROGRAMS

Register Now!

- Parent & Tot: Mini Club or Gym Doodles
- On My Own Programs:
- · Bake & Shake
- Kids Club Kindergym
- · ABC Club
- Crafts

- Music & Movement
- All Sorts of Sports
- Dance
- Rainbow Fun

Register Now!

Great Games

## **ADULT PROGRAMS**

- Taichi
- Jiu-Jitsu Aikido
- Pilates

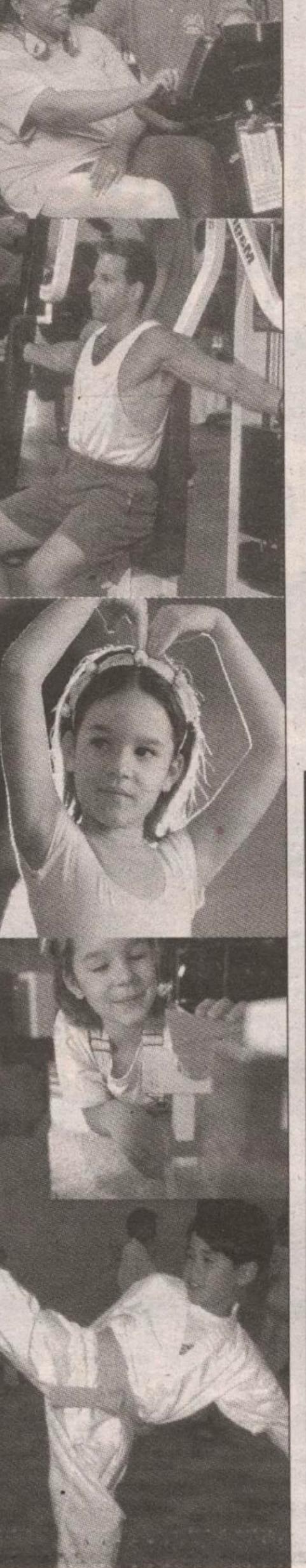
• Yoga

- Gentle Fit

- Ask about the Y's "Ready to be Fit" 12 week fitness program. Call or drop by and find out how we can get you started!
- Strength Training

All programs begin in January 2001. We build strong kids, strong families, strong communities.

410 Rebecca Street



## Valentine's dance proceeds to sexual assault centre

Halton Regional Police host their annual Valentine's Dance on Saturday, Feb. 10th to help raise funds for Nina's Place.

The facility, named in honour of Nina De Villiers, is a sexual assault/family violence centre at Joseph Brant Hospital in Burlington.

Nine years ago, Burlington resident Nina De Villiers was abducted, raped and murdered. Her mother, Priscilla, went on to found CAVEAT (Canadians Violence Everywhere Advocating its Termination).

The dance, to be held in partnership with Longo's Fruit Markets, will take place at the Burlington Holiday Inn. Tickets are \$65 per person or \$600 for a table of 10. A \$25 charitable receipt will be issued per ticket.

The evening will begin with h'ors douvres, followed by a sumptuous meal, dessert and dancing to disc jockey Night Rhythms.

For more information or to purchase tickets, please call Const. Jim Walker at 825-4747 ext. 2322 or Sgt. Frank Phillips at ext. 4899.

## Awards honour volunteers

The call has gone out for 2001 Ontario Volunteer Service Award and Outstanding Achievement Award nominations.

The awards recognize both individuals and groups. Earlier this year, more than 5,000 volunteers were acknowledged at 31 ceremonies across the province.

This year has been proclaimed the International Year of Volunteers by the United Nations General Assembly.

The Volunteer Service awards hon-

our individual volunteers for continuous years of service to a single organization, which can nominate up to six recipients each year.

The Outstanding Achievement Awards highlight volunteerism of an outstanding calibre rather than years of service contributed to a group. Twenty recipients are selected annually by a committee.

For complete information on the visit award programs, www.gov.on.ca/mczcr.



