

Central, LaSalle YMCAs' winter programs completed

The Central and LaSalle Branch YMCAs today announced the kick-off of the winter program which begins Saturday.

The Central Branch YMCA will again be taking girls into the membership as full YMCA members from 2nd grade through 9th grade. The Central Branch has been programming for girls for the last two summers and last fall offered a program, including a singing group, crafts, gym, recreational swims, games and instructional swimming. Included is a full Saturday morning program of swimming, games, crafts, gym and movies.

The Early Bird Fitness Class will meet under the direction of Paul Traver on Monday, Wednesday and Friday from 7:30 a.m. to 8:45 a.m. A men's evening volleyball league will be held from 6 to 7 p.m. on Tuesdays, beginning on Jan. 18. The house basketball senior league is underway on Thursday evenings from 6:30 to 10 p.m. through March 16. The circuit training program will be available whenever the YMCA is open. The running track will be open whenever activities permit running in the gym. The 100, 200 and 500 mile running clubs will continue operating.

Karate will be held on Monday and Wednesday evenings from 7:30 to 9:30 p.m. and Saturdays from 3:30 to 6 p.m. in the YMCA Dojo, under the supervision of Robert Heisner. Judo will be held in the Dojo on Tuesday and Thursday from 7:30 to 9:30 p.m. under Robert Palmer. The handball, paddleball and racketball courts will be open during regular physical department hours. (Courts must be reserved.) The weight-lifting room will be open Monday, Wednesday and Friday from 9 a.m. to 7 p.m. and Tuesday and Thursday from 9 a.m. to 10 p.m., and

Saturdays from 9 a.m. to 9 p.m. The Bar Bell Club will meet on Monday, Wednesday and Friday in the Weight Room under Dan Bax from 7:30 to 10 p.m.

The Gym will be open on Mondays from 12 to 5:30 p.m. and 6 to 7 p.m.; Tuesdays from 11:30 a.m. to 5:30 p.m. and 7:30 to 10 p.m.; Wednesdays from 12 to 5:30 p.m.; Thursdays 11:30 a.m. to 10 p.m.; Fridays 9 a.m. to 5:30 p.m. and 8:30 to 10 p.m.; Saturdays from 1:30 p.m. to 9 p.m.

Family gym will be Fridays from 7 to 8 p.m. beginning Jan. 14. Other activities to be announced include golf and ski club. The swimming pool will be open for men Monday through Friday from noon to 4 p.m. Other hours for men's swimming are Mondays 5 to 5:30 p.m.; Tuesdays 5:30 to 8 p.m.; Wednesdays 5 to 5:30 p.m., 7 to 10 p.m.; Thursdays 5:30 to 8 p.m.; Fridays 5 to 5:30 p.m., 7 to 8 p.m., and 9 to 10 p.m.; Saturdays 12 to 12:45 p.m., 1:30 to 2 p.m.; 5:30 to 8 p.m. Father and Son swim will be held on Saturdays from 5:30 p.m. to 8 p.m.

The swimming pool will be available on a rental basis for co-ed pool parties, birthday parties, and special events on Saturday from 8 to 9 p.m. (Reservations must be made.) Family Night swims will be held on Tuesday and Thursday from 6:30 to 8 p.m. and on Fridays from 8 to 9 p.m.

A sauna bath will be installed during January for senior, intermediate, college and high school members.

The physical department will be open daily Monday through Friday for 13 hours from 9 a.m. to 10 p.m. and Saturdays from 9 a.m. to 9 p.m. The Health Club will be open the same hours as the physical department, but will be open additionally on Sundays from 10 a.m. to 3 p.m.

The Youth Aquatic (swim-

ming) program will be completely co-ed this year. Beginners and Minnow classes will be held Monday, Wednesday and Friday from 4:15 p.m. to 5 p.m.; Fish, Flying Fish, Shark and Porpoise will meet Tuesday and Thursday from 4 p.m. to 4:45 p.m. Junior Life Saving will be announced. Tiny Tot classes (age 2 to 6) begin on Sunday, Feb. 6 with classes held at 1, 2 and 3 p.m.

The boys' swim team will practice Monday, Wednesday and Friday from 5:30 p.m. to 7 p.m. and Saturday from 3 p.m. to 5 p.m.

Grade School Recreational Swims will be held on Tuesday and Thursday from 4:45 p.m. to 5:30 p.m. Junior high recreational swims will be Monday, Wednesday and Friday from 5 p.m. to 5:30 p.m.

The Saturday programs will be as follows:

First and 2nd grade boys will have gym from 9 to 9:45 a.m., swim 9:45 to 10:30 a.m.; crafts 10:30 to 11:15 a.m., game room 11:15 to noon, movies noon to 12:45 p.m., and lunch period from 12:45 to 1:30 p.m.

Third and 4th grade boys will have movies from 9 to 9:45 a.m., gym 9:45 to 10:30 a.m., swim 10:30 to 11:15 a.m., crafts 11:15 to noon, game room 12 to 12:45 p.m. and lunch 12:45 to 1:30 p.m.

Fifth and 6th grade boys will have crafts 9 to 9:45 a.m., game room 9:45 to 10:30 a.m., movies 10:30 to 11:15 a.m., gym 11:15 to noon, lunch 12 to 12:45 p.m., swim 12:45 to 1:30 p.m.

Second and 3rd grade girls will have game room 9 to 9:45 a.m., movies 9:45 to 10:30 a.m., gym 10:30 to 11:15 a.m., swim 11:15 to noon, crafts noon to 12:45 p.m., lunch 12:45 to 1:30 p.m.

Fourth, 5th and 6th grade girls will have swim 9 to 9:45 a.m., crafts 9:45 to 10:30 a.m., game room 10:30 to 11:15 a.m., movies 11:15 to noon, gym noon to 12:45 p.m., lunch 12:45 to 1:30 p.m.

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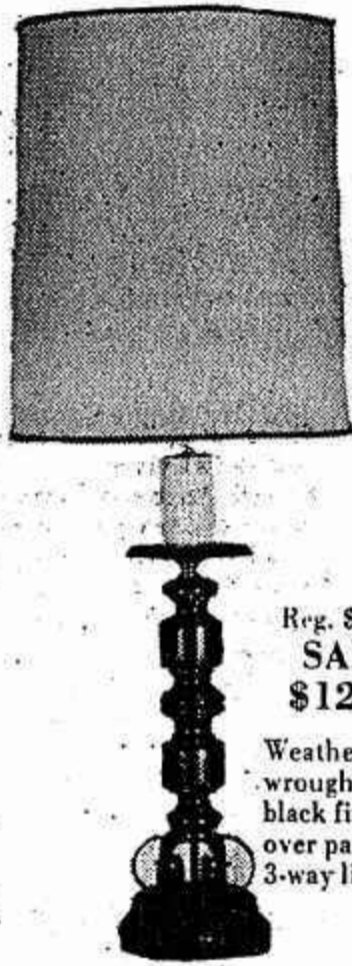
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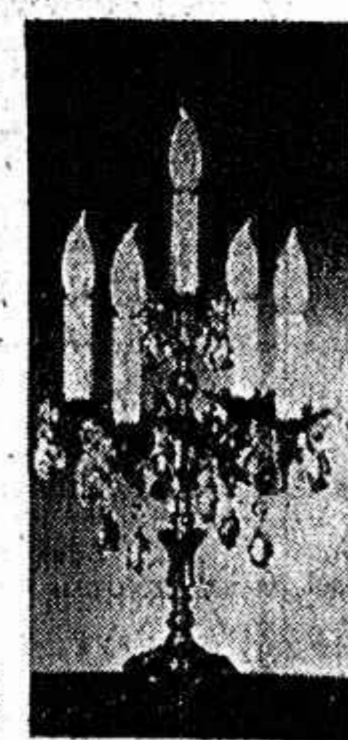
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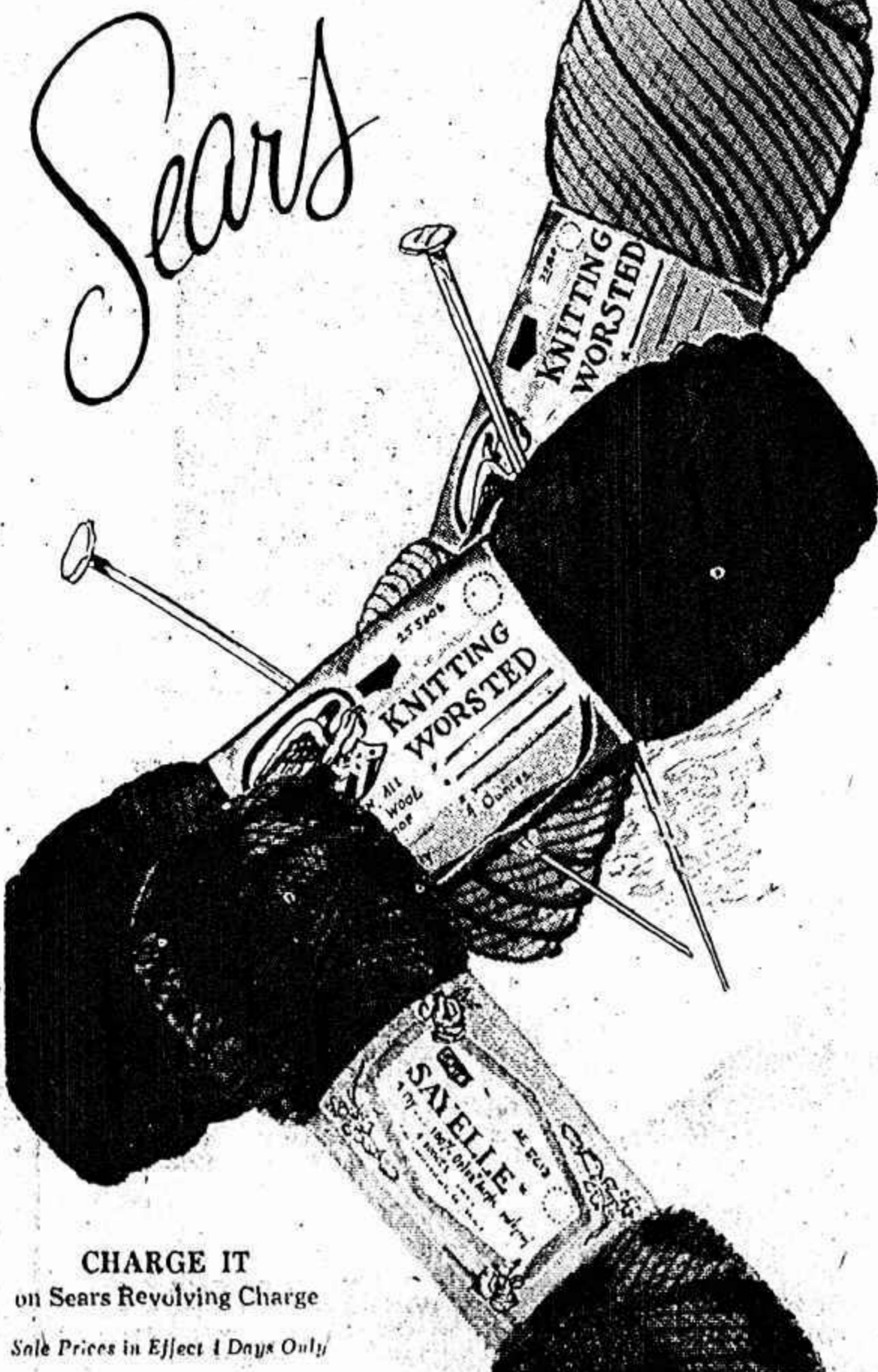
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