

## YMCA classes set

Registration for fall classes at the Lancaster YWCA will open Monday, September 8 and end on Saturday, September 13. Hours are 9:30 a.m. to 8:30 p.m. Monday through Friday, and from 9:30 to 1:30 on Saturday. Phone registrations will be accepted after September 9, excluding new enrollments in swim, gym and dance, which must be made in

person (except those for children which parents may make).

"New Horizons," informal education classes for adults and teens, are scheduled for Tuesday, Wednesday and Thursday evenings. New this season will be a six-week course conducted in cooperation with representatives of Rape Aid and Prevention on Tuesdays from 7:30 to 9:30

p.m. Entitled "The Tragedy of Rape," the class will study the psychological and legal aspects of rape from the perspective of both victim and rapist. Cost is \$12.00 for YWCA members, and \$15.00 for non-members. The Lancaster Women's Center will present "Women Alone" on Thursdays from 7:30 to 9:30 p.m. The eight-week course will focus on the joys and problems of single,

separated, divorced and widowed women, with emphasis on self-worth. It is \$16.00 for members and \$19.00 for non-members.

Wednesday daytime activities under the "Holiday at the YW" program reflect current popular interests. Morning classes from 9:30 to 11:30 a.m. include "Inexpensive Gift Creations" and "Fabric Fun," both suggesting Christmas gift possibilities.

A course on "Bread Making" will be offered from 12:30 to 2:30, teaching basic yeast breads and simple coffee cake, using various types of flours. A "Swim Clinic" will be held from 10:30 to 11:30 a.m. At the same time some women will opt for "Belly Dance, learning the art with Nabila. Arts, crafts and discussion groups will run for eight weeks and cost \$14.00 with a special full day rate of \$21.00. Holiday health, physical education and recreation classes will run 12 weeks, with classes priced individually from \$6.00 to \$18.00.

Youth activities include Y-Teen Workshops on Mondays from 4 to 7 p.m. and Tuesday Club for 5th and 6th grade girls on Tuesdays from 3:30 to 5:30. Big Sister Club meets on Wednesdays from 3:45 to 5 p.m. The YWCA Drop-in Center will continue its successful weekend sessions

Lancaster Farming, Saturday, September 6, 1975—59

when young people from 12 to 18 years of age may participate in sports, games, dancing and special events on Saturdays from 5 to 11 p.m. and on Sundays from 1 to 10 p.m. One membership card is good for all activities for a year and costs \$2.00 for students 17 and under.

In the Health, Physical Education and Recreation program, preschoolers from six months to six years of age may take gym, swim, rhythms, rhythmic movement and, new this year, tap and ballet. Half-hour classes are 12 weeks for \$12.00, and the dance class will be 12 weeks at \$15.00 for ¾ hour or \$24.00 for 1½ hours combined tap and ballet.

For physical fitness, juniors and teens, ages six to 17 years, may choose ballet, baton, gymnastics, jazz, tap and modern dance, karate, swimming and the new Sports Workshop to develop skills in basketball, badminton, volleyball and gymnastics.

Most classes will be for 12 weeks at \$12.00 or \$15.00. The new "Saturday Special" offers special rates for taking two or more activities on Saturdays.

Adults, 18 and up, may participate in belly dancing, gymnastics, jazz, modern and tap dance, karate, yoga, slimnastics, swimming,

tennis, volleyball and dips (recreational swim). Modern Dance for Men will be repeated on Wednesdays from 8:15 to 9:30 p.m. Length of course and prices vary.

All classes begin the week of September 15. Sign-up for Y-Teen Workshops is September 15, for Tuesday Club, September 16 and for Big Sister Club, September 10. Teen dances start on September 5 and will be held every other Friday night. Drop-In Center is in continuous operation on weekends. For complete details, you may pick up a program at the YWCA, 110 N. Lime St., Lancaster, or call 393-1735. The YWCA serves the city and county with membership categories for men and women, girls and boys.

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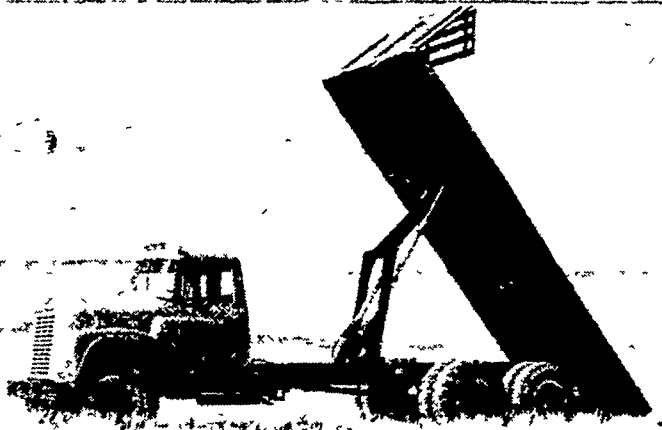
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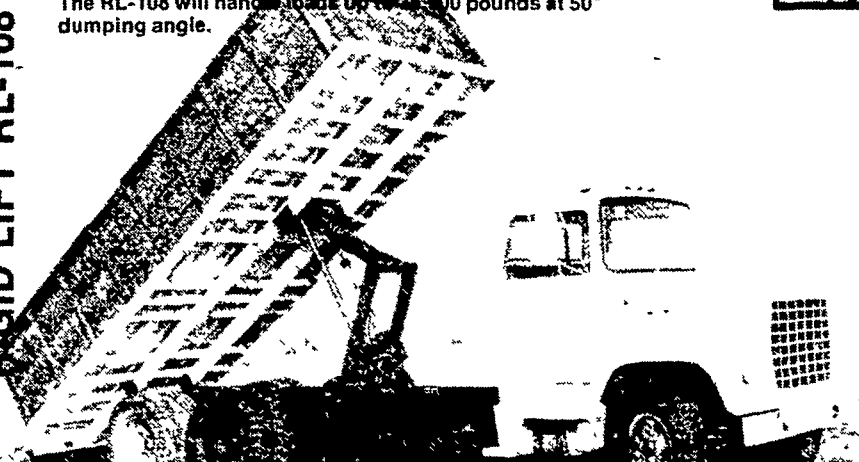
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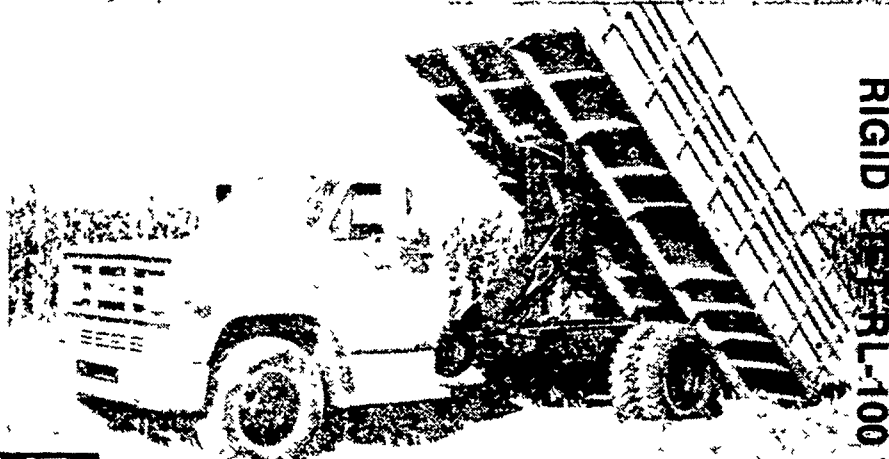


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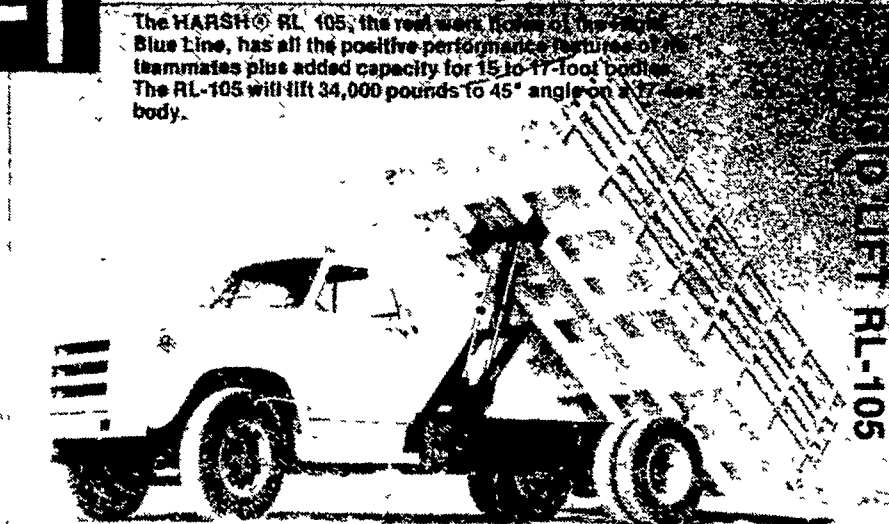
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