

Recreation department's fall programs set

The Sandy Recreation Department will be offering a number of activities this fall for all age groups, including adult league soccer, volleyball and basketball.

The offerings are listed below:

VOLLEYBALL: Last

year two coed leagues were conducted. This fall, there may be room for a men's and a women's volleyball league.

The volleyball season will run from October through November, with games on Tuesday and Wednesday nights. An

organizational meeting will be Sept. 21 at 7 p.m. at the Sandy Community Center. All interested persons should attend.

SOCCER: There is currently one men's and one women's team. They play squads from towns in the Portland Metropolitan area. There may be room on either of these teams. For more information contact Susan or Bob Blasdik, 668-8796, or the recreation department, 668-5569.

BASKETBALL: For the men there will be three divisions, or "A," "B" and "C" leagues.

The season will run from November through April, with a break during Christmas vacation.

An important first meeting will be held Sept. 27 at 7 p.m. at the Sandy Community Center.

AEROBIC DANCE LESSONS: Beginning and advanced lessons will be offered. Beginning lessons will be from 7 to 8 p.m. on Mondays and Wednesdays

at Sandy Elementary School. The first lesson will be Sept. 13.

Dates and the time for advance lessons are to be announced. The cost is \$20 for 20 lessons. Registration is now open.

OPEN GYM: Basketball or volleyball will be offered Thursday nights at the Sandy Elementary gym beginning Oct. 14. There is no charge for the use of the gym.

LADIES GYM AND SWIM: Volleyball and optional swim will be offered Wednesday evenings beginning Oct. 13 at the Cedar Ridge School gym. The cost for the eight-week class is \$1 for Sandy residents and \$2 for non-residents.

FLAG FOOTBALL: A double-elimination tournament for junior high boys will be held on Oct. 23 and 24. Now is the time to start practicing.

TUMBLING FOR TOTS: For youngsters 3 to 6 years old, tumbling for tots will

be offered on Thursday afternoons beginning Oct. 21 at the Sandy Community Center. The cost is \$6 for six lessons.

MORNING EXERCISE: Morning exercises will be held Monday and Thursday mornings at the Sandy Community Center at 9

a.m. beginning Oct. 4. There is a \$1 registration fee for Sandy residents and a \$2 fee for non-residents.

HORSESHOES: On Thursday afternoons at Meinig Park those interested in pitching horseshoes should show up at 12:45 p.m. (till 2 p.m.)

beginning Sept. 9. There is no charge.

CASCADE FAMILY HIKES: The hikes, which feature the "Acclimatization Country Ramble," will be held on Sept. 18, and Oct. 9 and 23, from 9 a.m. till 4 p.m. There is a \$1 charge for residents and a \$2

charge for non-residents.

It is necessary to register for all the preceding activities, with registration from Oct. 4 to Oct. 8. The exception is a robotic dance classes, with registration now open.

Fall aerobic dance classes to be offered

Becky Hawley will be offering aerobic dance classes this fall, with the first session to be Sept. 7 at 5:30 p.m.

The classes, which all start at 5:30, will run Mondays through Thursdays at the Kelso Grade School gym.

Persons may want to go early to register. Participants are advised to take a small pad for the floor, to wear gym shoes and stretchable clothes,

and to "wear a smile."

Registration is \$1.50 per class, or \$10 for one night of aerobic dance a week for seven weeks. Many sign up for two nights a week, according to Hawley, who has taught in the community school program and for the city of Sandy.

Men and women of all ages are invited to participate.

For more information call 666-1261.

Dance studio's open house set

The Mountain Dance Studio in Welches will hold its open house, and registration for the fall term, on Sept. 7.

Dawn Morrison and Marilyn Leslie, the studio's proprietors, report four instructors will offer students a potpourri of classes. These classes are one hour in length and include ballet, tap dancing, jazz, "dancercize" and yoga, as well as gymnastics.

Raelene Olson of Government Camp, who reported-

ly has an extensive background in both dance and gymnastics, will be teaching on Wednesday evenings.

At 5:30 p.m. she'll instruct a pre-ballet class for kids. At 6:30 p.m. a combination ballet and tap dance class for kids is scheduled. At 7:30 p.m. a ballet and jazz dance class will be held for junior high aged-students through adults.

Kelly Merritt, also of Government Camp, will be the gymnastics instructor.

Prior to moving to the Mt. Hood area she taught for five years at the Young Women's Christian Association in Southern California.

On Saturdays, beginning at 10 a.m., she will instruct a beginning gymnastics class for 3 and 4 year olds.

At 11 a.m. classes for 5 and 6 year olds will be held. At noon, classes for 7 and 8 year olds will be held, and at 2 p.m. classes for those 8 and older will be held.

For adults wanting to improve muscle tone, Bethoany Dalton of Rhododendron will be teaching a special stretch-

ing class for adults on Wednesdays beginning at 10 a.m. The emphasis will be on yoga, pre-dance stretching and exercise.

Dalton will also be teaching a ballet class for children at 1 p.m. on Saturdays.

A "Dancercize" and yoga class is also scheduled for adults on Wednesdays at 9 a.m. This will be taught by Bonnie Stevenson-Coulling of Welches.

The studio has classes for students of any age.

For more information call 622-3538 or 622-4261.



At left: SUHS junior John Haugen aims for a goal during a Pioneer soccer practice. At right: Sophomore Jason Kern is pictured. Coach Lon Welsh told The Post he was pleased with the turnout of 35, and added that the "skill levels are a lot higher" this season.



Hunter's safety offered

Registration is underway for a Hunter's Safety Course at the Sandy Community Center.

This will be the last class offered by Sandy Police Officer Kelly Adovnik before hunting season begins.

The classes will be held Sept. 13-16 at 7 p.m. nightly at the Sandy Community Center. Sign-up for the course is at the Sandy Police Department.

A \$1 fee will be payable the first night of the course.

Hwy. 26, Sandy Phone 668-8058

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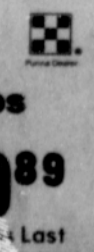
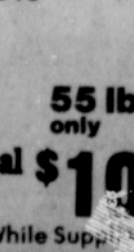
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