

Summer fashions set to make waves

IF you want to know what the new trends are in clothing this summer, then get down to the Fit & Fun Lifestyles Expo at the Good Hope Centre from December 3 — 7 to find out what's hot for the next season. Fashion shows for the whole family will be presented nightly on the central stage from 20h30, with women, men and children showing of the very latest in smart and casual wear.

According to choreographer and organiser Sheray Thompson of The Show Case each fashion show will be a 40 minute extravaganza. "It'll be a fashion show with a difference. It is going to be fun, in keeping with the theme of the show and will also encourage audience participation."

The models will be sporting clothing and accessories available from exhibitors at the Expo and these will range from chamois bikinis to the latest gym gear and sophisticated leather wear. Don't miss out on some fashion fun at the Fit & Fun Lifestyles Expo to be held at the Good Hope Centre every evening at 20h30 from December 3 to 7. Entrance is R5 for the fashion show and the exhibition. Be there! For more information contact Sheray Thompson on (021) 462 1255.

Make sure you visit the expo for a glimpse of what fashions are set to make waves this summer! Fashion shows will be held nightly at 20h30.



Circus fun comes to expo!

SINCE beginning to operate, Dare To Dream has enthralled crowds with its wonderful circus acts.

After its show at Christians Brothers College in Green Point (which was filmed by M-Net's Carte Blanche team), Dare To Dream took its circus show to Langa where it involved the talents of the Zimasa Primary School pupils.

For the first time the team is able to combine the skills of those children and present a half-an-hour mini circus show which offers the audience the best acts of each school. This show will take place at the expo on Saturday, December

The Dare To Dream team is presently working towards touring the country with its circus show. It aims to go from school to school, spending two weeks at each place to create a show.

If you wish to experience the feeling of flying like a trapeze artist, visit the V&A Waterfront where the team will be operating its flying trapeze show.

Its next show will be in Hout Bay during the town's festival from December 16 — 20. The team wishes all participants lots of luck and

FIT
&
FUN

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THE Fit and Fun Lifestyles Expo is sure to open your eyes to a host of exciting and new products in the leisure and pleasure markets — plus, if you keep your ears open and tune in to Radio Good Hope Stereo, you could win some fantastic products.

Tune in to Alan Barnard's "Soda Network" show each morning from 06h00 till 09h00