



**Challenging to Gentle Intensity Water Running,
Core Conditioning and Dynamic Stretch**
Presenter: Charlene Kopansky, CALA Founder & President

Hosted by City of Mississauga at Malton Community Centre
*Registration through City of Mississauga - **BAR CODE: 728058***

WORKSHOP DESCRIPTION: Invite everyone to choose the level of intensity that suits their needs, their energy level and their goals. Introduce a diverse vertical water training session using water running as the base move. Add carefully constructed core exercises that target all four abdominals, the pelvic floor and the multifidus using cues that motivate participants. Complete the class with a dynamic stretch formula that releases muscle tension, improves body awareness and leaves participants with a 'feel good finish'.

WHERE: Malton Community Centre, 3540 Morning Star Drive, Mississauga, ON L4T 1Y2
For directions & facility info visit Mississauga.ca/recreation

WHEN: **Sunday**, April 23, 2017 from 1pm – 5pm
Multi-Purpose Room for Active Theory from 1pm-3pm
Main Pool and Therapeutic Pool from 3pm – 5pm *option to observe on the pool deck

CECS: Earn 4 **CALA CECS**. Also accredited by canfitpro, OFC, YMCA & YWCA

PREREQUISITE: No pre-requisite necessary, earn & bank CALA CECS, even before you are CALA trained

BRING: One swimsuit/towel, a combination lock/key lock for our daily use lockers, comfortable clothing that allows for movement, layers of clothing, your water bottle, pens, pencils, highlighters, and anything else to assist you with your learning process. Food and refreshments are not provided. There is no access to a kitchen on site.

REGISTER: In-Person: Front desk of any Community Ctr. in City of Mississauga Visa, MasterCard, AMEX, Debit, Cheque or Cash
On-line: Use credit card: Visa or MasterCard using the following link. Using the search bar enter either CALA or enter the Bar Code: **728058**
<https://www1.city.mississauga.on.ca/connect2rec/Start/Start.asp>

COST: **Non-City of Mississauga residents: \$135 + tax**
City of Mississauga residents: \$125 + tax and City of Mississauga Staff: \$93.75 + tax

MORE INFO: CALA 416-751-9823 or cala_aqua@mac.com

www.calainc.org