



## **CALA Clinic – Integrating Aqua Yoga Poses & Stretches in Aquafitness Classes**

**Presenter: Katherine McKeown & Dale Douglas**

*Hosted by City of Mississauga at Malton Community Centre*

*Registration through City of Mississauga - **BAR CODE: 768225***

**WORKSHOP DESCRIPTION:** This 8 hour clinic will feature aqua infused yoga poses designed to improve range of motion, static & dynamic balance and strength while building confidence & body awareness. Various stretches using the wall for support and other stretches free from the wall will target the major muscles of the body. You will have the opportunity to explore suspended and bottom contact movements in the main pool and the therapy pool. Get ready to infuse your aquafitness classes with novel stretches and poses

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

**WHEN:** **Saturday**, March 17, 2018 from 8:30am to 5:00pm  
Multi-Purpose Room for Active Theory available 8:30am – 5:00pm  
Main & Therapeutic Pool \*option to observe on pool deck  
Pools available: 9:30am – 1:00pm & 2:30pm – 4:30pm

**CECS:** Earn 8 **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: **768225**  
<https://www1.city.mississauga.on.ca/connect2rec/Start/Start.asp>

**COST:** **Non-City of Mississauga residents: \$235 + tax**  
**City of Mississauga Staff: \$176.25 + tax**

**MORE INFO:** CALA 416-751-9823 or [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com) [www.calainc.org](http://www.calainc.org)