



CALA Workshop – All About Ai Chi

CALA Presenter: Dale Douglas

Hosted by City of Mississauga at Clarkson Community Centre

Registration through City of Mississauga - BAR CODE: 775733

WORKSHOP DESCRIPTION: This four-hour workshop features a specialized class designed by Jun Konno called “Ai Chi”. This form of aquatic exercise is used for recreation, relaxation, fitness, physical rehabilitation and aquatic post rehabilitation. There are 19 standardized movement patterns in an Ai chi session. The class is usually conducted in chest deep to shoulder depth water. The Ai Chi sequence of movements emphasizes coordination and breathing patterns that solicit a calming, peaceful and gentle physical response.

WHERE: Clarkson Community Centre, 2475 Truscott Drive, Mississauga, ON L5J 2B5
For directions & facility info visit Mississauga.ca/recreation

WHEN: **Saturday**, June 9, 2018 from 5:30pm to 9:30pm
Margaret Marland Room for Active Theory available 5:30pm – 9:30pm
Therapeutic Pool available: 7:30pm – 9:30pm

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: **775733**
<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