



**Fredericton**

## **CALA Introduction to Healing Waters Clinic**

### **Hosted by The City of Fredericton** **Fredericton Indoor Pool**

The Canadian Aquafitness Leaders Alliance provides **top-notch training** and access to up-to-date information for fitness professionals in one on one and group settings. The Introduction to Healing Waters Clinic includes power posture, gait, range of motion and balance training. Experience a series of movements designed to improve the key elements for healthy, independent living including:

1. Static and Dynamic Flexibility Training – to improve range of motion to nourish joints and to lengthen muscles.
2. Static and Dynamic Balance Training – to improve confidence and decrease the risk of falling
3. Strength Training – to enhance daily functioning and build energy reserves.
4. Stress Release Training – to cope with chronic pain and the challenges associated with aging.

**WHERE:** Fredericton Indoor Pool, 79 Carrington Lane, Fredericton, NB. E3A 5R5  
For facility info contact Customer Service Representative at (506) 460-2983

**WHEN:** Monday June 25, 2018 from 8:00am – 4:30pm, includes a lunch break  
Be prepared for active theory and practical pool experience

**WHAT:** Bring your own food, refreshments, towel, bathing suits, fitness gear, running shoes, pen, paper, an open mind, enthusiasm and be ready for lots of learning and laughter.

***CALA Members - \$225 + tax; Non-Members: \$250 + tax***

***Contact Adam Munn or the front desk team to register***

**Phone 506- 460-2983**

**Email: [adam.munn@fredericton.ca](mailto:adam.munn@fredericton.ca)**