

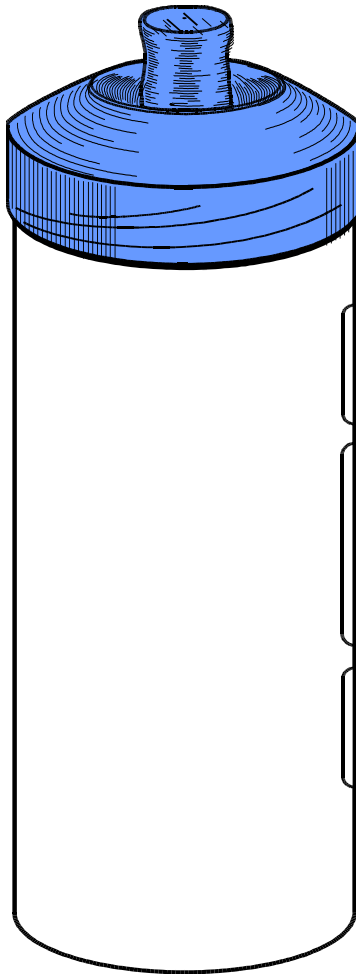
Montreal
Muscle
Activation

MAKING A DIFFERENCE

Red Cross Babysitting!

OFFERED AT FAIRVIEW POOL!

RED CROSS BABYSITTING COURSE FOR
STUDENTS 11 years +



REGISTER

Cost: \$70 tax & manual included

* \$5.00 discount for registration received before May 8th

Where: Fairview Chalet

345 Blue Haven, DDO

When: June 5 & 6, 2010

10am - 3pm

Request a registration package at:
trainingcenter@sympatico.ca

Register in Person at:

Fairview Pool on May 7th, 4-8pm

Need info? Call Wendy (514) 947-0196

Yoga in the Park: Adult & Child (5yrs+)



Healing the Body & Soul

Calming, relaxing, lengthening & strengthening! Everything we need for our bodies all bundled into one!

Bringing nature, community, families and spirit together for an incredible fitness and health experience!

Let's develop balance, co-ordination and relationships all at the same time.

Yoga in the (Fairview) Park!



Register by June 10th for best price!
Add \$10/registration after June 10th.

1st child from the same family:

- 1x/week = \$50 plus tax
- 2x/week = \$80 plus tax

2nd child from the same family

- Add \$15 1x/wk
- Add \$25 2x/wk

Per adult:

- 1x/week = \$70 plus tax
- 2x/week = \$100 plus tax
- 3x/week = \$130 plus tax
- 4x/week = \$160 plus tax

Registration: 8 week session
Starting week of June 28th
Ending August 26, 2010

Call: (514) 947-0196
Montreal Muscle Activation
John or Wendy

Field Fitness! Adult and Child (8years+)

Run! Jump! Laugh, lose weight and tone your body!

We are using sports skills and drills for fitness fun! Terrific for balance, coordination, strength, raising

metabolism and more! This is a great atmosphere where children and adults come together to exercise.

Fun and fitness at its best!



Let's see what you can do!

Bootcamp Teens and Adults Only (16yrs+)

Pretty intense exercise - be ready to work! Hurdles, reaction drills, explosive power and more!

We are using medicine balls, parachute runs,

BOSU's and more! Yes, we will teach you what to do ... and then you do it! Again, again and again!

The results of this fitness training is AMAZ-

ING! Bring your water bottle, you are going to need it!



Responsibility of Montreal Muscle Activation

- Insurance forms & Registration forms
 - Certified Professionals
 - All equipment (except yoga mats)
 - All programming - creation and execution
 - Advertising - Posters, etc. We ask that DDO Civic Center and other pools advertise as well.
 - Translation of all documents including waiver
 - Registration Staff
 - Administration staff & duties
 - Membership cards
 - 15% of gross income donated to Fairview Pool (due to high costs of insurance, equipment, staffing, advertising costs)
- If rain:
 Bootcamp for adults and teens runs in light rain. All other classes cancel and reschedule.

**Community
 Fitness
 And Fun!**

Space Required - 1/4 to 1/2 a soccer field

However, we do not require a soccer field, just a field such as the green space in Fairview Park or Centennial Park.

We would love to use the hills at Centennial park for a Bootcamp! We would make another date and time for this project.

Future projects could include at Fairview and other parks:

- Running Clinics
- Stroller Fitness
- Field Fitness (more gentle than regular bootcamp)
- Yoga / Pilates
- Games

- Older adult walking clinics
- Anything you can think of?!

The chance to get outside and bring people together!

Field Fitness, Bootcamp:
 Run, Jump up, Jump over,
 Crawl under, Clip, Skip,
 Lunge, Squat, Side Step,
 Push ups, Dips, Rolls,
 Race, Forward, Backward,
 Side Ways, Diagonal,
 Cross Stepping, Stepping

up, Stepping down, Jumping up, Jumping Down, Twist, Turn, Bend, Reach, Push, Pull, Press, Resist, Let Go, Power, Agility, Reaction Time, Speed, Coordination, Balance, Mental Agility, Mental Ca-

capacity, Team Spirit, Personal Best, Laughter.

We are number one, because you are number one. Together we make one..



LET'S GO!!!

