

SWANSEA CHEERS @ SCOTIABANK WATERFRONT MARATHON

ENTERTAINMENT LINE UP!

SUNDAY, OCTOBER 16th 8:30 AM TO 11 AM

(VOLUNTEERS PLEASE ARRIVE BY 7:30 AM)

9:00 A.M.

TENTATIVE
START TIMES!



**OFFICIAL OPENING:
SWANSEA ROYAL
CANADIAN LEGION #46
COLOUR GUARD!**

SO YOU THINK YOU CAN DANCE?
COME SHOW US AT THE FIRST EVER ...
SWANSEA FLASH MOB
At the Scotiabank Marathon
DATE/TIME: Sunday, October 16th 8:45 A.M.
PLACE: Lakeshore Median @ Windermere Ave
LEARN THE MOVES YOURSELF AND JOIN THE FUN!
www.youtube.com/user/SwanseaTownHall
3 minutes / 3 songs!
Challenging . . . dance all 3!
Easy . . . Just dance the final song!



10:15 A.M.

FIT2DANCE WITH MICHELLE!

FIT2DANCE gives people of all ages a chance to get fit, have fun and just DANCE! President and Creative Director, Michelle Hillier is a specialist in dance and fitness, and is one of Toronto's most innovative and fitness instructors, adult dance teachers and educational presenters. Michelle's Groove inspired style of teaching is infused in dance styles such as hip hop, african, bollywood, disco, latin, swing, krump and more! To "Find YOUR Inner Groove" this fall, her Dance Grooves class is coming to Swansea on Wednesdays from 7-8pm and Saturdays from 10-11am - no dance experience necessary!! Everyone is welcome. For more information and to register, please visit www.fit2danceinc.com or call 416-818-8804.

CLASSIC "CRUISE" CARS



On the east side of the stage, check out some great classic cars on display!

ZUMBA WITH RACHAEL & LIGHT UP THE FLOOR!

Rachael Giraldo, Studio Owner of Light Up The Floor, Zumba Instructor
CAN FIT PRO Certified Personal Trainer

9:05 A.M.

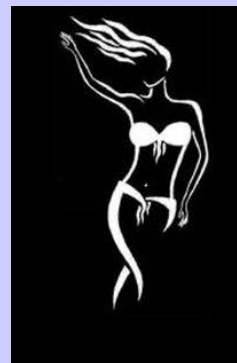


Rachael comes from the colourful twin island nation of Trinidad and Tobago; known for its beautiful weather, food, culture and Carnival. With her 25 years of dance experience and over 12 years of fitness instruction and personal training experience, combined with that rhythm that runs deep in her Trini veins, she is sure to captivate you and have you movin' and shakin' in her classes!! When she found Zumba, it was a match made in heaven. She is in love with the energy, the happiness, the stress relief, the friendships she has made and of course the AMAZING weight loss after having 2 children. This experience motivated her to create her own dance fitness studio; Light Up The Floor, where she and her staff of 12 teach many forms of dance and fitness such as Zumba, Groove, Ballet, International Ballroom and Drums Alive. Their philosophy is "Have fun first, and then the fitness will follow!". So let's dance and have FUN, be FIT and feel FAB with Rachael! For more information, please contact Light Up The Floor at 416.234.5074 or visit www.lightupthefloor.com

HiP KiK BELLY DANCING AND FITNESS

9:40 A.M.

Sue Zarik is the owner/operator of Hip Kik Belly dance and Fitness Studio, and has been located in the Junction for the past 5 years. As an instructor, it is wonderful to watch women learn how to dance, but what is even more amazing is the change in disposition. They become aware of their bodies and more comfortable in their own skin, hence creating a perfect breeding grounds for confidence, which goes far beyond belly dancing. Hip Kik does 5 live shows a year and with an ever expanding student base, those



HiP KiK
BELLY
DANCING
& FITNESS



numbers are on the rise. Enjoy a sample of what our students have to offer, we will see you on the 16th of October! Visit www.hipkik.com

CHAIR MESSAGES OFFERED BY THE SWANSEA MASSAGE CLINIC!

SWANSEA MASSAGE CLINIC
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