



# LOCAL CITY FUN



Summer 2012

THE MISSISSAUGA FAMILY ENTERTAINMENT SOURCE

Vol. 4 No. 2

Discover and enjoy wholesome neighbourhood entertainment in Mississauga



Pencils, Paints  
Plasticine

Page 4

For home subscription: (905) 306-0100  
"Local City Fun"  
P.O. Box 29600  
377 Burnhamthorpe Road East  
Mississauga, ON L5A 4H2  
Spring, Summer, Autumn & Winter: \$5.25  
Add your name, postal address & phone #.



Ice Cream  
& Fruit

Page 8



## KIDS CRANK MUSIC FOR ZUMBATOMIC BLAST



Brian Chiasson

Kids love to crank up their music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it?

Zumbatomic is a Mississauga city dance program for kids aged 7 to 12 years.

Zumba, originally, is a Latin dance-inspired fitness program and includes fast and slow rhythms, along with resistance training.

It blends dance with aerobic exercises and includes hip-hop, cumbia, salsa, merengue, mambo, flamenco, chachacha, reggaeton, soca, samba, belly dancing, bhangra, axé, tango, martial arts, squats and lunges.

There are seven versions of Zumba for varying ages and exertion levels, including Aqua Zumba - performed in a swimming pool.

Zumba was accidentally created by choreographer Alberto "Beto" Perez in Colombia during the 1990s. In 1986, he forgot his music tapes for an aerobics class he taught. So, he improvised with Latin salsa and merengue tapes from his backpack.

After his success in Colombia, in 2001 he visited the United States and teamed with cofounder Alberto Perlman and, a childhood friend, Alberto Aghion. They produced a demo and had it licensed by Fitness Quest for a direct marketing campaign and a line of home videos.

Zumba started selling DVDs in 2001 and followed with video games and a clothing line.

In Mississauga, there are 45-minute classes beginning on Wednesday, July 4, from 6:30 p.m. to 7:15 p.m., and they run every Wednesday until August 29.

Residents pay \$44.21, but it's \$49.21 for non-residents (people living outside Mississauga).

There are 20 spots available in their John Holland Room, located at 40 Stavebank Road, and withdrawals must be completed five days prior to the course start date.

For more information, call the Port Credit Memorial Arena: (905) 615-4830.

