

Summer Programs

Summer Arts Day Camps 2010

For ages 5 -12

July 12-16 – STONEY CHALLENGE

Let's explore the town and discover together! This special week will be full of environment protection fun activities around the community. Campers will learn how to care and protect our eco system. Come play, create and learn

July 19-23 - THE TIME MACHINE

This will be a fun learning experience about our world cultures in the past (dinosaurs, cavemen, Egyptian pyramids, Mayas and more) and then look into your future and be ready for exciting projects.

July 26-30 - THE CREW SPORTS CAMP

Do you love sports and team work? This is the camp designed for you. You will participate in many team sports within the week. Learn tactics, some techniques and crew skills. Be part of a team!

Aug. 3-6 - DISCOVER WHY AND HOW?

You may experiment in an extraordinary way to discover WHY AND HOW. Science is our feature for this special week that will be filled with discovery through our unique and creative way to learn.

Aug 9-13 - LET'S GO GREEN

In this week the campers will learn creative ways to do recycling and how to use resources daily. Make your own recycling shopping bag, bracelets, room decorations and much more.

Aug 16-20 - MOVE UP SPORTS CAMP

You can't wait to join this week because all you want is to MOVE UP. There will be a variety of sports again but this time we will implement more individual sports. Self defense and security will be one of a kind feature in this wonderful week.

Aug 23-27 - TREASURE ADVENTURE

Set sail on a voyage of creativity in our Summer Camps! Our days will be filled with treasure maps, sculptures, Caribbean drawings, acrylic painting and other messy projects related to our search for the Pirate's treasure!

5 Day - SAC Member \$103; non member \$120

4 Day - SAC Member \$ 83; non member \$100

Cooking Classes

Kids in the Kitchen

Ages 9-12

Learn to read recipes and cook basic meals, using taste and eye. Learn that cooking is fun!

Time: 5:00-6:30pm

10 Weeks -Tue. Sept. 21 - Nov. 23

Chef: Shona Anderson

Food Included \$100



Cooking Workshops

Italian Delight

16+

Try a new style of cooking; Let your taste buds visit Italy.



Wed. Oct.13, 2010

6:00 – 9:00pm

\$45 Food Included

Chef: Antonio Durocher

Preschool Program

Arts for Tots- Preschool Program

Ages: 3-5

The most creative way to learn. Explore creativity and early childhood development through Music, Crafts, Drama and Dance in professional studios.

Instructors: Miss Carol & Miss Pam

Sept. 13, 2010 - June 14, 2011

Mon & Wed. 9-11:30 am or 1-3:30 pm \$65/month

Tues & Thurs 9-11:30 am or 1-3:30 pm \$68/month

NOTE: Memberships are required for all SAC programs

Dance Programs

Latin Dance

Learn tempos & basic Salsa, Cha-cha, Merengue, Samba and more

13 weeks - Thurs. Sept 9 – Dec 9

Time: 6:30-7:30pm

Instructor: Allan Nelson

\$110

NEW! Social Dance- Beginner I

Learn several styles of dance. 1 hour of instruction & 1 ½ hours of practice time each night

13 weeks - Thurs. Sept 9 – Dec 9

Time: 8:30 – 9:30pm Practice Time: 9:30 – 11 pm

Instructor: Allan Nelson

\$180

NEW! Social Dance- Intermediate

Learn several styles of dance. 1 hour of instruction & 1 ½ hours of practice time each night

13 weeks - Thurs. Sept 9 – Dec 9

Time: 7:30 – 8:30pm Practice time: 9:30 – 11pm

Instructor: Allan Nelson

\$180

**ALL CLASSES AT FRIEDENSFELD COMMUNITY CENTRE
NEW OFFSITE MEMBER RATES FOR COUPLES!!**

Belly Dancing- Beginner

Intro and brief history of Belly Dancing.

10 weeks - Sat. Sept. 25 – Nov. 27

Time: 10-11 am

\$125

Belly Dancing- Returning

A more advanced class for returning students.

10 weeks - Sat. Sept. 25 – Nov. 27

Time: 11-12 pm

Instructor: Ildiko Gyarmati

\$125



Wellness Programs Fall 2010

Beginner Yoga

15 weeks - Wed. Sept. 8 – Dec 15

Time: 5:30 – 7:00pm

\$145

Intermediate Yoga

15 weeks - Wed. Sept. 8 – Dec 15

Time: 7:15 – 8:45pm

\$145

Instructor: Denise Macario

***Bring own Yoga Mat.**

Zumba Classes

13 weeks - Mon. Sept 13 – Dec 13

Time: 5:30 – 6:30pm

\$90

Instructor: Marisol Acacio

Beginner Pilates

12 weeks - Mon. Sept. 20 – Dec. 13

Time 5:30-6:30pm

Intermediate Pilates

12 weeks - Mon. Sept. 20 – Dec. 13

Time: 8:00 – 9:00pm

\$110

Instructor: Kari Martens

***Bring own Pilates Mat.**

NEW! Seniors in Motion

55+

Improve balance, coordination, mental alertness, strength, agility & flexibility. We work around mobility needs, making it possible for everyone to participate in the movement!

Instructor: Kari Martens

12 weeks - Mon. Sept. 20 – Dec. 13

Time: 6:30 – 8:00 pm

Language Programs

Spanish Beginner I

Come and expand your horizons while you learn a new language! You will learn enough to be able to have a conversation on many topics like travel, animals, house and more.

10 weeks-Thurs. Sept. 23 – Dec 2 Time: 7:00 - 8:30pm

\$97 class fee \$25

Text Book

Spanish Beginner II

Did you take our Spanish Beginner I or know some Spanish? Don't lose what you have learned. More verbs, conjugation, grammar & listening in this class

13 weeks-Thurs. Sept. 16 – Dec 16 Time:6:00-7:00pm

\$85 class fee (Optional) \$25 Text Book

Instructor: Marisol Acacio

French Level I

About 50% of the course will be taught in French. Verb tenses, writing sentences, conversations & paragraphs, memorizing phrases, adverbs & adjectives & vocabulary projects.

Instructor: Kim Heidinger

10 weeks-Wed. Sept. 22 – Nov. 24

Time: 5:45 – 7:15 pm

\$97class fee \$25 Text Book

High German Level I

Expand your horizons while you learn a new language! You will learn to have a conversation on many topics like travel, animals, home and more.

Instructor: Gabriela Sulak

10 weeks-Wed Sept. 22 – Nov. 24 Time: 7:30-9:00 pm

\$97class fee \$25 Text Book

Backyard Theatre Company

Instructor: Michaela Senkiw

Dress Up Drama

Ages 5 – 6

Discover characters & stories through the use of costumes. Learn theatre basics & create a short piece to perform at the end of session.

26 weeks -Thurs. Sept 23 – Apr. 21

Time: 4:30 – 5:00pm \$98

Actor's Playhouse

Ages 6 - 8

Learn basic theatre such as vocal, projections, story tools & memorization. Showcase a short play based on a fairy tale at the end of year.

26 weeks -Thurs. Sept 23 – Apr. 21

Time: 5 – 5:45 pm \$195

Acting Exploration

Ages 9-11

Explore character development with emotions, costumes, physicality and vocal. Create your very own script showcasing your talents for your final performance.

26 weeks -Thurs. Sept 23 – Apr. 21

Time: 5:45 – 6:45 pm

\$195

Extreme Acting

Ages 12 – 14

What is IMPROV? Learn more about it and how to do it! Learn the very basics of scenes & add on to what we already know about the on stage world.

26 weeks -Thurs. Sept 23 – Apr. 21

Time: 6:45- 7:45 pm \$195

Young Company

Ages 15 - 18

Heavy improv based class. We will touch base on monologues, basic scripts & many more theatre based topics.

26 weeks -Thurs. Sept 23 – Apr. 21

Time: 8:00 – 9:45 pm \$228

NOTE: Memberships are required for all SAC programs



304 Second Street, Steinbach
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Community Programs

**Dance, Theatre,
Wellness, Cooking &
Summer Programs
2010-2011 Season**

www.steinbachartsCouncil.ca

As of June 10-2010