

## Cooking Classes

### Kids in the Kitchen

**Ages 9-12**

The students will learn to read recipes do measurements and learn to cook by taste and eye. They will learn that cooking is fun.

Time: 5:00-6:30pm

10 Tues. Jan. 26 - Apr. 6

**Chef: Shona Anderson \$100 food incl.**



### Cooking for the Health & Healing

**16+**

From appetizer, soups, main meals to desserts!

Wed. Nov. 25

6:00 – 9:00pm

\$45 Food Included

### Healthy Appetizers

**16+**

Just in time for the holidays...hors d'oeuvres, crispy bites, tiny tarts & turnovers just to name a few!

Wed. Dec 9

6:00 – 9:00pm

\$45 Food Included

### Weight Management

**16+**

Decreasing calories at your meals need not mean giving up taste!

Wed. Jan.27, 2010

6:00 – 9:00pm

\$45 Food Included

### Fast Food the Wholesome Healthy Way!

**16+**

Try our mouthwatering recipes that combine nutrient dense foods...quick and easy to prepare.

Wed. Feb. 24, 2010

6:00 – 9:00pm

\$45 Food Included

**All classes feature Chef: Walter Zogar**



## 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 our professional studios.

Instructors: Carol Funk & Pam Peters

Sept. 14- May 27, 2010

Mon & Wed. 9-11:30 am

\$62/month

Tues & Thurs 9-11:30 am or 1-3:30 pm \$65/month

**Give the perfect gift – a certificate for a class of their choice!**

## Language Programs

### Spanish Beginner

Want to know some Spanish, vocabulary, traveler sentences, colors, numbers, food, parts of the house, weather some directions just come and have fun while you learn

No classes March 31.

10 Wed. Feb. 3 – Apr. 14

Time: 7:30 – 9:00pm

\$97 class fee

\$25 Text Book

Instructor: Marisol Acacio



**AQUI SE HABLA ESPAÑOL**

### French Beginner II

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

No classes March 31

Instructor: Kim Heidinger

10 Wed. Feb 3 – April. 14

Time: 5:45 – 7:15 pm

\$97class fee



\$25 Text Book

### High German Level 1

Expand your horizons while you learn a new language!

You will learn to have a conversation on many topics like travel, animals, household and more.

Instructor: Gabriela Sulak

10 Thurs. Feb 4 – April 15

Time: 5:30-7:00 pm

\$97class fee



\$20 Material

## Wellness Programs Winter 2010

### Zumba

Latin rhythms and easy to follow moves

Instructor: Marisol Acacio

13 Mon. Jan 11 to Apr 26

5:30-6:30pm

13 Sat. Jan 16 to May 1

9:00-10:00am



\$80

### Seniors in Motion ages 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 Mon. Jan 11– Apr. 12 Time: 6:30 – 8:00pm

**FREE PROGRAM!**

### YOGA

#### Baby & Me Yoga

Each class will include gentle yoga postures & breathe work that can be done on your own or with your baby. The intention of these classes is to create support within the group by sharing stories, allowing the natural rhythms of your baby & relaxing your body to restore energy.

Time: 3:00 – 4:00pm

\$110

#### Pre-natal Yoga

These classes are set up to deepen your relationship with your baby both physically & mentally. You will gently relax, release & get in tune with your body & your rapidly growing baby within

Time: 4:00 – 5:00pm

\$110

#### Beginner Yoga

Classes combine the structure of Iyengar and the flow of Vinyasa Yoga

Time: 5:30 – 7:00pm

\$140

#### Intermediate Yoga

Classes are open to anyone who attended the intro classes or has some yoga experience. These classes will be an opportunity to deepen your practice & explore new poses

Time: 7:15 – 8:45pm

\$140

**Instructor: Denise Macario**

**All Yoga classes run 15 Wed, Jan 13 – April 28**

### Beginner Pilates

Instructor: Kari Martens  
25 Mon. Sept. 21 – Apr. 12  
Time: 8:00 – 9:00pm

\$225

Please bring your own Yoga & Pilates Mat.

## Dance Programs

### Moms & Tots

Instructor: Marisol Acacio  
A fantastic way to communicate your feelings and learn how to stimulate their brain and body in a perfect and natural balance  
Tues Jan 19 – April 20  
Ages 2-3 Time: 10:30-11:0am  
Grandmas & Dad's Welcome!

\$58

### Social Dance - Beginner

You will learn several styles of dance. 1 hour of instruction & 2 hours of practice time each night.  
Instructor: Harry & Lorna Warkentin  
8 Thurs. Jan 14 – March 4  
Time: 8 – 9pm Practice Time: 9 – 11pm

\$120

### Social Dance - Intermediate

You will learn several styles of dance. 1 hour of instruction & 2 hours of practice time each night.  
Instructor: Harry & Lorna Warkentin  
8 Thurs. Jan 14 – March 4  
Time: 7 - 8pm Practice time: 9 – 11pm

\$120

### **SPRING CLASSES**

#### Social Dance - Beginner

You will learn several styles of dance. 1 hour of instruction & 2 hours of practice time each night.  
Instructor: Harry & Lorna Warkentin  
6 Thurs. March 25 – Apr 29  
Time: 8 – 9pm Practice Time: 9 – 11pm

\$90

#### Social Dance - Intermediate

You will learn several styles of dance. 1 hour of instruction & 2 hours of practice time each night.  
Instructor: Harry & Lorna Warkentin  
6 Thurs. March 25 – Apr 29  
Time: 7 - 8pm Practice time: 9 – 11pm

\$90

### Latin Dance



16+

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

Instructor: Marisol Acacio

12 Tue, Jan 19 – Apr 13

Beginner

Time: 7:00 – 8:00 pm

\$96

Intermediate

Time 8:00 -9:00 pm

\$96

### Belly Dancing- Beginner



Intro and brief history of Belly Dancing. Work on a choreography.

Instructor: Ildiko Gyarmati

10 Sat. Feb 13 – April 24

Time:10-11 am

\$120

#### Belly Dancing- Returning

A more advanced class for returning students.

Instructor: Ildiko Gyarmati

10 Sat. Feb 13 – April 24

Time:11-12 noon

\$120

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



304 Second Street, Steinbach

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www.steinbachartscouncil.ca

*30* A Creative Community  
*Years!*



**Dance, Theatre,  
Wellness, Cooking &  
Winter Programs  
2009-2010 Season**

as of Dec 3 09