

MONDAY CLASSES

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!

Time: 6:30 – 8:00 pm

13 Mon; Sept 20 - Dec 13, 2010

Instructor: Kari Martens

Thanks to the Creative Contribution Senior Grant - it funds the first 20 participants, no cost.



Zumba Ages 16+

Come and work out using Latin rhythms and easy moves! The most fun!

Time: 5:30 – 6:30pm

\$90

13 Mon; Sept 13 - Dec 13, 2010

Instructor: Marisol Acacio

TUESDAY CLASSES

25 Classes - Sept 14 – Apr 16

Instructor: Natalie Forest

Creative Movement Ages: 3-5

A great class to begin a young dancer's training. Explore how your body moves and dabble in some pre-ballet. Enjoy music and movement in a creative atmosphere.

Time 4:15 – 4:45pm



Dress Up Song & Dance 4-5

Dancing with a theatrical twist to your favorite songs and characters, featuring weekly themes, such as Fairy Tales, Safari, Under The Sea, Rainy Day, My Favorite Animal, Pop Star and more.

Time 4:45 -5:15pm

Pre-Ballet Ages: 6-8

Learn basic techniques, port de bras, jumps, traveling steps, conditioning stretching and improvisation.

Time 5:15 – 6:00 pm

Ballet

Ages: 8-10

Level 1 Ballet in the Ceccetti Format, with bar exercises and regulations, posture positioning and core strength. (Ceccetti is the Italian style taught at the Royal Winnipeg Ballet)

Time 6:00 – 7:00 pm

WEDNESDAY CLASSES

25 Classes - Sept 15 – Apr 16

Instructor: Bethany Friesen

Learn basic hip hop moves, with hip hop attitude, while having a blast!



Hop' N Bop Ages 3-4

Time: 4:15pm – 4:45 pm

Hop' N Bop Ages 4-5

Time: 4:45 – 5:15 pm

Hop' N Bop Ages 5-6

Time: 5:15 – 6:00 pm

Class fees start at:

\$115 - ½ hour

\$175 – ¾ hour

\$220 - 1 hour

Costume fee extra

THURSDAY CLASSES

25 Classes - Sept 16 – Apr 16

Creative Tap **Ages 4 – 7**

Perfect for those children who enjoy rhythm and sound. Explore basic tap steps such as shuffle, flaps, drawbacks, rifts, and much more!

Time: 5:00 – 5:45 pm

Instructor: Natalie Forest

Urban Ballet **Ages 8 – 10**

A twist on traditional ballet! Instill a passion and love for ballet, focus on choreography, including lyrical and jazz movements. Enjoy dancing to popular music, appealing to all dancers.

Time: 6:00 – 7:00 pm

Instructor: Bethany Friesen



SATURDAY CLASSES

25 Classes - Sept 18 – Apr 16

Instructor: Marisol Acacio

Hop N Bop **Ages 6-7**

Time: 10:00 – 11:00 am

Pop Dance **Ages 7-10**

Learn and perform the new styles of dance with electronic and euro music, energetic movements and some pirouettes will be used to introduce dancers to pop world

Time: 11:00 – 12:00 noon



Youth Pops **Ages 11-15**

Performance based dance using pop music and some new mix styles that are blended from swing and jazz to current pop choreography.

Time: 12:00 – 1:00 pm



Steinbach Arts Centre
304 Second Street, Steinbach
Phone Number: 346-1077

www.steinbacharts council.ca

All classes require a SAC membership

Urban Ballet – ages

As of May 31, 2010