

CREATIVE WELLNESS

NEW! Pilate Core Intermediate Ages 18+

For those who have taken classes for two or more years, or upon assessment. You will continue to develop your repertoire being challenged in coordination, strength, and precision of movement.

Instructor: **Kimberley Koop**

Date: 12 Mon. Jan 15 – Apr 16 No Class: Feb 19, Mar 26

Time: 10:00 – 11:00 am **\$132**

Pilates Core Basic On the Ball Ages 18+

Challenge your core and full body to be balanced and strengthened. Gain coordination, flexibility, and joint mobility. Explore basic positions using the ball.

Instructor: **Kimberley Koop**

Date: 12 Mon. Jan 15 – Apr 16 No Class: Feb 19, Mar 26

Time: 6:30 – 7:30 pm **\$132**

Pilates Core Basic

Challenge your core and full body to be balanced and strengthened. Gain coordination, flexibility, and joint mobility.

Date: 12 Thurs. Jan. 18 – Apr 12 No Class: Mar 29

Time: 11:00am – 12:00pm **\$132**

Pilates on the Ball Ages 18+

Challenge your core and full body to be balanced and strengthened. Gain coordination, flexibility, and joint mobility.

Instructor: **Kimberley Koop**

Date: 12 Thurs. Jan. 18 – Apr 12 No Class: Mar 29

Time: 10:00 – 11:00 am **\$132**

NEW! Power Pilates Ages 18+

This is a full body workout using various Pilates accessories to strengthen your core, arms, and legs. Previous experience is beneficial or good physical awareness from sports or similar activities.

Instructor: **Kimberley Koop**

Date: 12 Mon. Jan 15 – Apr 16 No Class: Feb 19, Mar 26

Time: 7:30 pm – 8:30 pm **\$132**



DANCE

Belly Dance – 3 Series Workshops Ages 18+

An introduction to Tribal Style Belly Dance including proper dance posture, fundamental Tribal troupe formations, learning Tribal dance vocabulary & how to use the learned steps in a lead-follow dance style.

Instructor: **Ildiko Gyarmati**

Date: 3 Sat. Mar 24, Apr 7, Apr 28

Time: 10:00am – 1:00pm **\$118**

XCOMPANY STEINBACH DANCE CLASSES

12 Week Dance Classes

at The Steinbach Cultural Arts Centre

-No costume fees

-No fundraising obligations



4:30 – 5:15 pm Dance4Tots - Ages 3-5 - **\$100**

5:15 – 6:15 pm Intro to Hip Hop - Ages 6-9 - **\$120**

6:15 – 7:15 pm Intro to Jazz - Ages 6-9 - **\$120**

7:15 – 8:15 pm Hip Hop - Ages 10-12 - **\$120**

8:15 – 9:15 pm Jazz- Ages 10-12 - **\$120**

Date: 12 Mon. Jan. 15 – Apr 16

No Class: Feb 19, Mar 26

Call (204) 371-8007

Visit: www.xcompany.net



NEW! for Winter 2017

Aboriginal Arts: Bannock Making Ages 13+

Learn to make a traditional Aboriginal recipe, and learn about Aboriginal culture.

Instructor: **Helena Wood**

Date: Jan. 27, Feb 24

Time: 10:00am – 12:00pm

Students: \$15

Adults: \$20

Aboriginal Arts: Dreamcatchers Ages 16+

Learn the story behind dreamcatchers while learning to make your own!

Instructor: **Roanne Plett**

Date: Sat. January 20

Time: 10:00am - 12:00pm

Class Fee: \$TBD

IN THE KITCHEN

Kids in the Kitchen Ages 9-12

Kids can cook too! With a recipe, basic tools and their 5 senses, kids can indulge in the world of food.

Instructor: **Cassandra Milcharek**

Date: 10 Mon Jan 22 – Apr 9 No Class: Feb 19, Mar 26

Time: 5:15 – 6:15 pm **Food Included \$135**

Creative & Cultural Cooking Ages 16+

Explore cultures and creativity of the world through the culinary arts. New recipes and techniques!

Instructor: **Cassandra Milcharek**

Date: 10 Mon Jan 22 – Apr 9 No Class: Feb 19, Mar 26

Time: 6:30 – 8:00 pm **Food Included \$145**

NEW! Couples Cooking Ages 18+

Dine for two and enjoy wine!

Food brings people together and tastes best when shared with your significant other. Create a 5 course meal while enjoying a social evening.

Instructor: **Cassandra Milcharek**

Date: Fri. Mar 2

Time: 5:30 – 8:30 pm

Per Couple: Member \$59 Non member \$79

NEW! Cake X-Travaganza Workshop Ages 16+

Create a masterpiece to take home! From Scratch – learn to sculpt, crumb coat, ice, pipe, fondant and gum paste! Build your own special event cake!

Instructor: **Cassandra Milcharek**

Sat. Mar 10

Time: 9:00 – 12:00 Noon

Member: \$55 Non Member: \$65

Cost includes use of tools, recipes, butter cream icing, fondant & gum paste. Student Brings: 1, 6-9 inch round cake



LANGUAGES

French Beginner II

Ages 18+

This is an entry-level French course for adults.

Some knowledge of French is necessary.

Instructor: **Kim Heindinger**

Date: 10 Thurs. Jan 18 – Mar 22

Time: 5:30 – 7:00 pm

\$10 Material Fee

\$97 Class Fee

NEW! French Intermediate I

Ages 18+

This is for students who have completed the

Beginner II class.

Instructor: **Kim Heindinger**

Date: 10 Thurs. Jan 18 – Mar 22

Time: 7:15 – 8:45 pm

\$25 Text Book Fee

\$97 Class Fee

Spanish Beginner I

Ages 18+

This course will take you through the basics of

Spanish and teach you basic conversational skills.

Instructor: **Noemi Martens**

Date: 10 Wed. Jan 17 – Mar 21

Time: 5:30 – 7:00 pm

\$10 Material Fee

\$97 Class Fee

Spanish Beginner II

Ages 18+

This is the best way to keep what you've learned,

with a focus on improving grammar and

conversational Spanish.

Instructor: **Noemi Martens**

Date: 10 Wed. Jan 17 – Mar 21

Time: 7:00 – 8:30 pm

\$10 Material Fee

\$97 Class Fee



Montessori – Infused Curriculum

Ages 3 - 5

Mon & Wed am/pm or Tues & Thurs am/pm

NOW ACCEPTING JANUARY INTAKE!

The most creative way to learn with specialists in dance, music, visual arts, drama and more!

Directors: Miss Pam & Miss Jen

NOW ACCEPTING JANUARY INTAKE!



EXPLORE YOUR CREATIVITY

Acting Out! Age 5-8

Dramatic Discovery Age 9-11

The Actor's Studio Ages 10-12

The Audition Age 12-17

NEW! Young Company Performance Troupe

SPECIAL! Enroll in Backyard Theatre's *The Audition*, and join Young Company for **ONLY \$59!**
Look for Young Company at functions around town!

FUSION MUSICAL THEATRE

NEW! Master Class Series for 2017

- Expand your repertoire!

DANCE, MUSIC AND THEATRE

Call (204) 346-1077 for Details

Canvas & Cabernet

A social evening of painting and fun!

Instructor: Arlene Enns

Time: 6:30 - 9:00pm

Class Fee: \$35

CANVAS & COLAS

Paint parties for smaller hands! Make it a fun occasion with a parent or grandparent!

Instructor: Arlene Enns

Time: 4:30 - 6:00pm

Class Fee: \$25 or 2 for \$45!

Date	C & Colas	C & Cabernet
Wed. Jan 24		
Wed. Feb 14		
Wed. Mar 14		
Wed. Apr 18		

See what you could create - find images on our website!



304 Second Street, Steinbach, MB

Phone Number: (204) 346-1077

programs@steinbachartscouncil.ca

VISIT US AT

www.steinbachartscouncil.ca



COMMUNITY PROGRAMS



Arts4Tots Preschool Program

The Backyard Theatre Company

Fusion Musical Theatre,

Pilates, Belly Dance,

Steinbach XCOMPANY Dance

Creative & Cultural Cooking

Kids in the Kitchen, Teen Cuisine Cooking

Couples Cooking, Cake X-Travaganza Workshop

French, Spanish

Winter 2018

As of November 20, 2017