

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: Mon. Sept 18 – Dec 11

No Class: Oct 9

Time: 11:00 – 12:00 pm

\$132

Pilates Core Basic Ages 18+

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

Instructor: **Kimberley Koop**

Date: Mon. Sept 18 – Dec 11

No Class: October 9

Time: 6:30 – 7:30 pm

\$132

OR

Date: Thurs Sept 21 – Dec 7

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: Thurs. Sept 21 – Dec 7

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: Mon. Sept 18 – Dec 11

No Class: October 9

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. Sept 23, Oct 14, Oct 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. Sept. 18 – Dec 11

No Class: Oct 9

24 week classes available!

Call (204) 371-8007

Visit: www.xcompany.net



NEW! for Fall 2017

Aboriginal Arts: Bannock Making Ages 13+

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

Instructor: **Helena Wood**

Date: Sat Sept 30

Time: 10:00am – 12:00pm

Students: \$10

Adults: \$15

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: Mon Sept 18 – Nov 27

No Class: Oct 9

Time: 5:15 – 6:15 pm

Food Included \$135

NEW! Teen Cuisine Cooking Ages 13+

Explore the creativity of food! Creative and cultural recipes. Learn to cook and be independent in the kitchen.

Instructor: **Cassandra Milcharek**

Date: Wed Sept 20 – Nov 22

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 Sept 18 – Nov 27

No Class: Oct 9

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. Oct 27

Time: 5:30 – 9:00 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. Oct 14

Time: 9:00 – 1:00 pm

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 I & II

Ages 18+

This is an entry-level French course for adults. Some knowledge of French is necessary.

Instructor: **Kim Heidinger**

Date: Thurs. Sept 28 – Nov 30

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 Heidinger**

Date: Thurs. Sept 28 – Nov 30

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: Wed. Sept 27 – Nov 29

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: Wed. Sept 27 – Nov 29

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

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

Directors: Miss Pam & Miss Jen



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 \$100!**

Auditions will be held for non-Backyard Theatre members in Fall – stay tuned for dates!

FUSION MUSICAL THEATRE

NEW! Masterclass Series for 2017

- Expand your repertoire!

DANCE, MUSIC AND THEATRE

Call (204) 346-1077 for Details



304 Second Street, Steinbach, MB
Phone Number: (204) 346-1077
programs@steinbacharts council.ca

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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

FALL 2017

As of August 22, 2017