

# Languages



## EXPLORE YOUR CREATIVITY!

Acting Out Ages 5-8  
 Dramatic Discovery Ages 9-11  
 Actor's Studio Ages 10-12  
 The Audition Ages 12-17



### French Beginner III

Instructor: **Kim Heidinger**  
**Dates:** 10 Thursdays, Sept 20 - Nov 22  
**Time:** 5:30 - 7:00pm  
**Class Fees: \$97**    **Material Fee: \$10**

### French Beginner I

Instructor: **Kim Heidinger**  
**Dates:** 10 Thursdays, Sept 20 - Nov 22  
**Time:** 7:15 - 8:45pm  
**Class Fees: \$97**    **Material Fee: \$10**

### Spanish Beginner I

Instructor: **Noemi Martens**  
**Dates:** 10 Wednesdays, Sept 19 - Nov 21  
**Time:** 5:30 - 7:00pm  
**Class Fees: \$97**    **Material Fee: \$10**

### Spanish Beginner II

Instructor: **Noemi Martens**  
**Dates:** 10 Wednesdays, Sept 19 - Nov 21  
**Time:** 7:00 - 8:30pm  
**Class Fees: \$97**    **Material Fee: \$10**

### Beginner German

Instructor: **Jess Buller**  
**Dates:** 10 Tuesdays, Sept 18 - Nov 20  
**Time:** 6:30 - 7:30pm  
**Class Fees: \$75**    **Material Fee: \$10**

### German for the Workplace

Instructor: **Jess Buller**  
**Dates:** 10 Tuesdays, Sept 18 - Nov 20  
**Time:** 5:15 - 6:15pm  
**Class Fees: \$75**    **Material Fee: \$10**

### 18+ Young Company Theatre Troupe

**NEW!** Continue your theatre education with this community troupe - perform at functions around town!  
**SPECIAL:** Enroll in BTC's The Audition, and get into Young Company for only \$100!

### Fusion Musical Theatre

**18+ NEW!** Act, dance, and sing your heart out with Gabriela Gallo! Musical theatre classes for ages 5-12.  
 Email [scm@steinbachartsCouncil.ca](mailto:scm@steinbachartsCouncil.ca) to meet Gabriela or ask about studio space!

### Canvas & Coffee & Colas

**18+** Paint parties for everyone! Kids and adults alike will enjoy this afternoon event. Learn to paint in one session!  
**Instructor:** Arlene Enns  
**Time** 4:30 - 6:00pm  
**Class Fee:** \$25

### Canvas & Cabernet

**18+** A social evening of painting and fun! Includes supplies, appetizers, and wine!  
**Instructor:** Arlene Enns  
**Time** 6:30 - 9:00pm  
**Class Fee:** \$35

**18+**

October 3	Canvas Paint Party
November 21	Christmas Ornament Pouring
February 13	Couple's Night
TBA	Canvas Pouring

### CONTACT US!

**18+** Steinbach Cultural Arts Centre  
 304 Second Street  
 Steinbach, MB R5G 0T7  
 204.346.1077

[programs@steinbachartsCouncil.ca](mailto:programs@steinbachartsCouncil.ca)  
[www.steinbachartsCouncil.ca](http://www.steinbachartsCouncil.ca)

# COMMUNITY PROGRAMS

# FALL 2018

# Creative Wellness

**Pilates Core Intermediate** **18+**  
 Instructor: **Kimberley Koop**  
**Dates:** 10 Mondays | Sept 24 - Dec 3  
**Time:** 10:00 - 11:00am **No Class:** Oct 8  
**Class Fees:** \$110

**Secrets to a Strong Back** **18+**  
 How do you activate your core muscles in your day to day life so you always have support for your back? Learn exercises that help you strengthen the right muscles for the right movements.  
 Instructor: **Kimberley Koop**  
**Dates:** 10 Mondays | Sept 24 - Dec 3  
**Time:** 5:45 - 6:45pm **No Class:** Oct 8  
**Class Fees:** \$110

**Prop It Pilates** **18+**  
 An advanced class promoting a full-body workout using accessories to strengthen your core, arms, and legs. Previous Pilates experience or good physical awareness from sports is beneficial.  
 Instructor: **Kimberley Koop**  
**Dates:** 10 Mondays | Sept 24 - Dec 3  
**Time:** 7:15 - 8:15pm **No Class:** Oct 8  
**Class Fees:** \$110

**Pilates on the Ball** **18+**  
 Instructor: **Kimberley Koop**  
**Dates:** 10 Thursdays | Sept 27 - Nov 29  
**Time:** 10:15 - 11:15am  
**Class Fees:** \$110

**Lunch Time Pilates** **18+**  
 Instructor: **Kimberley Koop**  
**Dates:** 10 Thursdays | Sept 27 - Nov 29  
**Time:** 12:10 - 12:50pm  
**Class Fees:** \$110



# Dance

**Belly Dance Workshops** **18+**  
 Learn a beautiful dance using belly dance isolations and layering techniques. Students will learn a complete Egyptian Cabaret style choreography in 3 workshops.  
 Instructor: **Ildiko Gyarmati**  
**Dates:** 3 Saturdays: Sept 29, Oct 13, Oct 27  
**Time:** 10:00am - 1:00pm

**BOSS DANCE ACADEMY**  
**12 Week Sessions at SAC!**  
**No costume fees, no fundraising obligations!**

4:15-5:00	Dance4Tots	Ages 3-5	\$100
5:15-6:15	Intro Hip Hop	Ages 6-9	\$120
6:15-7:15	Intro Jazz	Ages 6-9	\$120
6:15-7:15	Hip Hop	Ages 10-12	\$120
7:15-8:15	Jazz	Ages 10-12	\$120

**Dates:** 12 Mondays | Sept 17 - Dec 10  
**No Class:** Oct 8  
 Call 204.371.8007  
 Visit [www.bossdanceacademy.com](http://www.bossdanceacademy.com)

# Aboriginal Arts

**Bannock Making** **8+**  
 Instructor: **TBA**  
**Dates:** TBA  
**Time:** 10:00am-12:00pm

**Dreamcatchers** **16+**  
 Instructor: **Roanne Plett**  
**Dates:** Saturday, October 6, 2018  
**Time:** 10:00am-12:00pm



# Culinary Arts

**Kids in the Kitchen** **9-12**  
 Instructor: **TBA**  
**Dates:** 10 Mondays | Sept 24 - Dec 3 **Cost:** \$135  
**Time:** 5:15 - 6:15pm **No Class:** Oct 8

**Creative & Cultural Cooking** **16+**  
 Check back in winter for this class!

**Mindful Meals** **18+**  
 Check back in winter for this class!



**NEW!** Montessori-Infused Curriculum  
**Ages 3-5**  
 Mon/Wed or Tue/Thu, AM or PM available!  
 The most creative way to learn with specialists in dance, music, visual arts, drama, and more!  
**Directors: Miss Pam & Miss Jen**

