

WINTER/SPRING 2010 PROGRAMS in your Community

**REGISTRATIONS FOR ALL PROGRAMS MUST BE COMPLETED BEFORE
PROGRAM BEGINS**

PROGRAM REGISTRATIONS:

**ONLINE STARTING DECEMBER 1st ON OUR WEBSITE: www.calgaryarea.com
or
IN PERSON AT THE COMMUNITY CENTRE DURING REGULAR OFFICE HOURS**

**NOTE: ONLINE REGISTRATION WILL REQUIRE THAT PAYMENT BE MADE BY
CREDIT CARD. YOU WILL BE E-MAILED A CONFIRMATION WHEN THE
REGISTRATION IS COMPLETE. MEMBERSHIPS CAN ALSO BE
PURCHASED/RENEWED AT THE SAME TIME IF NEEDED.**

***For more information on programs listed below, please contact the Scenic
Acres Community Centre at 403-547-9589 or email scenacre@telusplanet.net***

FOR CHILDREN. . .



SCENIC ACRES DRAMA GROUP

This great program has been highly valued by the many participants over the years. Run by a local retired teacher and resident in our community, Joyce has provided boys and girls with opportunities to develop acting and public speaking skills in a co-operative, supportive, non-competitive, fun-filled setting. Through drama, they can develop self-confidence, creative thinking and group interactive skills, memory abilities and a sense of personal and social responsibility. Boys and Girls in Grades 3-6 are welcome. Instructor: Joyce Wilson.

TUESDAYS AFTER SCHOOL

Dates: January 19 – March 23 (10 weeks)

Times: 3:45- 5:45 pm

Fees: \$155 member / \$175 non-member

Number of students in the Drama Group is limited.

****NEW PROGRAM****

SPEECH CLUB

An opportunity for students in Grade 4, 5 6 to experience success through speech making. Time will be given for students to learn and practice the fundamentals of delivery, expressions, gestures, voice and vocabulary which assist in speech giving. The purpose is for club members to gain confidence in expressing ideas and develop potential as communicators and leaders in a non-threatening and supportive atmosphere. This training and practice will promote confidence and leadership skills which will assist club members in all aspects of school and community life. Instructor: Joyce Wilson

THURSDAYS AFTER SCHOOL

Dates: January 7 – March 4

Time: 3:30 – 5:00 pm

Fees: \$130 member / \$150 non-member

Number of students in Speech Club is limited.



PRESCHOOL DANCE

These special classes for preschool children (ages 3-5 yrs) develop a broad range of movement skills and enhance coordination, flexibility and rhythm. The class work, designed specifically for this age group, leads children naturally into the study of ballet and other dance forms. This is a fun experience for all children. Instructor: Jacqueline Boon (under guidance of Shana Eriksen)

SATURDAY MORNINGS

Dates: Jan. 9 – Apr. 24 (14 weeks - no class Feb. 13, Apr. 3)

Time: 9:15 – 10:00 am

Fee: \$140 member / \$170 non-member



THE ART OF DRAWING for 5 and 6 year olds

First steps!! This 10-week, 60 minute class is geared for enthusiastic, 5 & 6 year-old budding artists. Students will be introduced to life drawing, still life, landscapes, abstraction pen and ink and collage. Each class will be centered on an artist or artistic principle as a context for their projects. Students will have the opportunity to explore different forms of art and mediums, which will include: chalk, charcoal, ink, watercolour/gouache, graphite (pencil), oil pastels, pencil crayons and felt pens.

Join us for a fun, hands-on class with lots of opportunities for students to share their ideas and their work with one another every week. This session will culminate with an Art Show and Sale in March, with the proceeds directed to charity.

Instructor: Sarah Jarvis-Deschamps (to learn more about Sarah, please visit www.purplewanda.ca)

THURSDAY AFTERNOONS

Jan. 21 – Mar. 25 (10 weeks)

Time: 4:00 – 5:00 pm

Fee: \$115 member / \$135 non-member

THE ART OF DRAWING for 7-10 year olds

Does your child love to draw? This 10-week, 90-minute class is intended for enthusiastic and inspired 7 – 10 year olds. Students will be introduced to life drawing, still life, landscapes, abstraction, pen and ink, collage, relief and age appropriate studies of human anatomy. Each class will be centered on an artist or artistic principle, as a context for their projects. Students will have the opportunity to explore the history of art and its purpose, both now and throughout our history. Mediums will include: chalk, charcoal, ink, watercolour/gouache, graphite (pencil), oil pastels, pencil crayons and felt pens.

Join us for a fun, hands-on class with lots of opportunities for students to share their ideas and their work with one another every week. This session will culminate with an Art Show and Sale in December, with the proceeds directed to a charity of the students choosing.

Instructor: Sarah Jarvis-Deschamps (to learn more about Sarah, please visit www.purplewanda.ca)

MONDAY AFTERNOON

Dates: Jan. 11 – Mar. 22 (10 weeks - no class Feb.15)

Time: 3:45 – 5:15 pm

Fee: \$170 member / \$190 non-member

FOR ADULTS. . .



MULTI-LEVEL HATHA YOGA

This **19-class** program is open to all levels and provides a foundation from which to build a meaningful yoga practice. The intention is to rediscover our bodies through guided stretches and strength-building poses.

Instructor: Jim Dickinson

MONDAY AFTERNOONS

Dates: Jan. 4 – May 17 *no class Feb.15

Time: 1:15 – 2:45 pm

**Fee: \$205 member
\$235 non-member**

THURSDAY MORNINGS

Dates: Jan.7 – May 13

Time: 9:15 – 10:45 am

**Fee: \$205 member
\$235 non-member**



STRETCH AND TONE

Come strengthen, tone and elongate your muscles in this invigorating combination of muscle conditioning, pilates, yoga and dance exercises designed to stretch and tone your entire body. Instructor: Erika Ringseis

WEDNESDAY EVENINGS

Dates: Jan. 13 – May 12 (18 classes)

Time: 9:15 –10:15 pm

Fee: \$150 member / \$180 non-member

SMALL BALL PILATES

This one-hour class blends traditional and contemporary Pilates exercises on the mat. The instructor will incorporate the use of the Small Ball for added benefit.

This program focuses on strengthening your core, increasing your balance, better posture and increased flexibility. All levels welcome!

Instructor: Laurie McCaughan

WEDNESDAY MORNINGS

Jan. 13 – May 12 (16 classes) *No class Jan. 27, Apr. 7

Time: 10:45 – 11:45 am

Fee: \$135 member / \$165 non-member

ALL ON THE BALL – TOTAL BODY WORKOUT

With the use of a Fit ball, this fitness class will include cardio and strength components while truly challenging your core. No previous ball experience is necessary. All levels welcome! (Participants will need to bring their own anti-burst ball). If you need assistance with this, please email the instructor at mccaughan1@shaw.ca.

Instructor: Laurie McCaughan

SATURDAY MORNING (16 classes)

Time: 8:00 – 9:00 am

Dates: Jan. 9 – May 15 (no class Jan. 30, Feb. 13, Apr. 3)

Fee: \$135 member / \$165 non-member

PILATES AND STRETCH



This 90-minute class is made up of traditional and contemporary Pilates exercises on the mat. The instructor will include the use of a small ball (easier on the back). Dynabands may also be used to assist in stretching and core stabilization exercises. Benefits of this class include increased balance, stronger core muscles, better posture and a stronger back. All levels welcome!

Instructor: Toni Smorodin

SUNDAY EVENINGS

Dates: Jan. 17 - May 16 (16 classes) *No class Feb. 14, Apr. 4

Time: 7:15 – 8:45 pm

Fee: \$175 member / \$205 non-member



SPANISH FOR BEGINNERS

Would you like to converse with the locals next time you go to Mexico? Or just learn a new language? This Spanish course for beginners is taught by an experienced Spanish teacher and will include: conversation, music, art, workbook practice and travel information. This program is an enriched and fun introduction to this beautiful and popular language. Classes will take place in our meeting room. *Optional trip to “authentic” Mexico in April!!

Instructor: Susan Hemy, B.A. (Spanish)

Dates: Thursdays, January 21 – March 25 (10 classes)

Time: 7:00 – 9:00 pm

Fee: \$140 member / \$160 non-member

Register early! Class size is limited! For adults 18 yrs & up. An additional \$10 will be charged for materials. We end the session with a FIESTA!

No refunds will be given after 1st class.