

First session

To register call: 204.258.7048
Or email: leisureguide@stamant.ca
Deadline February 26, 2015

Get Out And Get Social

Instructor: Lori Ward

Experience fun-filled events such as karaoke, games, and music that offer opportunities to meet new people and make long lasting memories.

Imagine That

Instructor: Flor Wiebe, licensed drama therapist

Through creative drama games, exercises, stories of their own creation or other forms, dramas are explored, acted out and enjoyed.

Swimming –Beginner

Provided by AquaEssence

Beginner assisted lessons focus on having fun in the water, movement, and social interactions between swimmers, instructors and volunteers.

Swimming –Intermediate

Provided by AquaEssence

Intermediate lessons focus on basic swimming fundamentals including getting wet, lifting feet off the bottom of pool, kicking, face in the water, glides, swimming on back, etc.

Soccer Fundamentals

Instructor: provided by JnJ Soccer Fundamentals

Participants will build confidence, learn skills, and techniques in a safe and fun environment.

Soccer Fundamentals

Instructor: provided by JnJ Soccer Fundamentals

Participants will develop fundamental soccer skills and gain confidence that will allow them to play as part of a team in a safe and fun environment.

Making Memories

Instructor: provided by Bumble B Photography

A unique opportunity to discover your city through a series of adventures that will commemorated into a one of a kind scrapbook on the last day!

All ages

Bronx Community Centre
720 Henderson Hwy
Wednesday, March 4 –May 6
6:30 to 8:00pm
Participants: 20

All ages

St.Amant Gym
Wednesday March 4-May 20
6:30-8pm
No class March 25 and April 2
Participants : 12

All ages

St.Amant (pool)
Tuesday, March 3– May 5
5:30 to 6:15pm
Participants: 8

All ages

St.Amant (pool)
Tuesday, March 3– May 5
6:15 to 7:30pm
Participants: 8

Children (5 – 12)

St.Amant (gym)
Saturday, March 7 –May 9
11:00 to 11:45am
Participants: 10

Ages 12+

St.Amant (gym)
Saturday, March 7 –May 9
11:45 to 12:30pm
Participants: 10

All ages

Various locations
Wednesday, March 4—May 6
6:30 to 8:00pm
Participants: 8

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Adventures in Art

Instructor: provided by Inspire Community Outreach
Come and experience art through weekly themes including: Paint Party, Me, Myself and I, #SelfieWednesdays, Framing It, Personal Pottery, Carnival Masks, Chinese Calligraphy and Remember When.

Fitness for 2

Improve physical fitness by participating in a safe, comfortable and structured environment that empowering children with Autism Spectrum Disorder. Priority will be given to individuals currently on the wait list for Autism services. (This program will be a great way to connect with other caregivers.)

Let's Dance

Balance and coordination as well as listening and processing skills through the exploration of the world of dance. Performance on final class.

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Cooking with Bacon

Instructors: Eugene, Allison, and Michelle Bacon

Learn how to make sushi, noodle bowls, and some family favourite bacon dishes!

Football Fundamentals

For those of you that love football, come out and experience the game through non-contact skills and drills as well as mini-games!

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Youth (10 – 16)

St.Amant (school classroom)
Wednesday, April 1-June 3
6:00 to 7:30pm
Participants: 10

Fitness Instructor: Christina Dahl
Children (5 and under)
St.Amant (gym)
Saturday, April 4-June 6
9:00 to 10:00am
Participants: 20

Instructor: Anna Wesolowska-Kulbinska
Children (3 – 5)
Bronx Community Centre
Thursday, April 2– June 4
5:30 to 6:15pm
Participants: 10

Instructor: Anna Wesolowska-Kulbinska
Children (6-9)
Bronx Community Centre
Thursday, April 2– June 4
5:30 to 6:15pm
Participants: 10

All ages
Spirit Cottage at St.Amant
Monday, April 13-June 22
7:00 to 8:30pm
No class May 18
Participants: 5

Children (5-12)
St.Amant
Saturday April 4-June 13
3:30-4:15
Participants: 32

12+
St.Amant
Saturday April 4-June 13
4:15-5pm
Participants: 32



Funky Monkey Café

A Friday night social club offering a variety of live music, board games and family fun. Everyone welcome.

No registration needed.

All ages

St. Amant (cafeteria)

Friday, March 6-June 5 at 5:00 to 8:00pm



Leisure Guide Spring 2015 Registration

