

Register online at www.stamant.ca/leisureguide starting at 9 AM on Thursday, January 14. Support can be provided pending availability.

For more information contact Samantha at 204.256.4301 ext. 3348 or leisureguide@stamant.ca.

Get Out And Get Social (2 Classes)

Instructor: Lori Ward

Summary: Make the winter pass by faster by getting out and having fun with arts, crafts, games and friends!

Location: Bronx Community Centre
(720 Henderson Hwy)

Day: Monday

Date: January 25–March 14

Class A – 6:15pm-7:15pm

Number of participants: 10

Ages: 4-15

Class B – 7:30pm-8:30pm

Number of participants: 10

Ages: 16+

Drawing And Painting Class

Instructor: Neda Kianmehr

Summary: Creativity is experimenting, taking risk, making mistakes and having fun. In this fun filled class, students will explore the world of colours and materials to create beautiful patterns and textures. Students will be guided through the basic elements and principles of art and learn a variety of techniques that allow them to express themselves through art.

Location: Tinto Studio
(104-1483 Pembina Hwy)

not wheelchair or walker accessible

Day: Tuesday 5:00pm-6:00pm

Date: January 26-March 15

Number of participants: 12
participants

Ages: All ages

Imagine That

Instructor: Flora Wiebe (Licensed Drama Therapist)

Summary: Explore imagination and creativity using drama in a fun, social environment.

Location: St.Amant Gym

Day: Wednesday 6:00pm-7:30pm

Date: January 27-March 16

Number of participants: 12
participants

Ages: 16+

Dance Class (2 Classes)

Instructor: Vanessa Stewart

Summary: Join us for an adaptive dance program where you will learn all types of dances based on your interest.

Location: St.Amant Gym

Day: Thursday

Date: January 28–March 17

Class A: 5:00pm-5:45pm

Number of Participants: 10

Ages: 3-9

Class B: 6:00pm-6:45pm

Number of participants: 10

Ages: 10-18

Family Led Play and Exploration

Instructor: Jennifer Patterson

Brief Summary: A variety of activities stationed in the gym to allow you and your family to explore and have fun! Activities may include: playing musical instruments, board games, bowling, a Lego station, a large inflatable mattress, etc.

Music And Movement (2 Classes)

Provided by: Inspire Community Outreach

Instructor: Bethany Beaudry & Merina Dobson-Perry

Brief Summary: Designed for children with Autism Spectrum Disorders and sensory processing disorders, this class will provide a sensory enriched space for a parent and child to actively participate through a child-centered and flexible experience. Parents are active participants in this class, showing curiosity for their child's skills and gifts.

ABC, Move With Me

Instructor: Christina Dahl & Tanis Milne (fitness instructor/personal trainer)

Brief Summary: Designed to continue improving and promoting physical fitness in a fun and motivating environment. Each class has a specific theme, focusing on three important components: agility, balance and coordination.

Simple Baking & Cake Decorating (2 Classes)

Instructor: Gayani Perera

Brief Summary: Be creative with your decorating skills, then enjoy your creation after. We will decorate a variety of different baked goods with the help of your creativity and skills.

Location: St.Amant Large Gym

Day: Friday 6:00pm-7:30pm

Date: January 29–March 18, 2016

Number of Participants: 10 Families

Location: St.Amant Large Gym

Day: Saturday

Date: January 30-March 19

Class A: 9:00am–9:45am

Number of Participants: 8

Ages: 3-6

Class B: 10:00am–10:45am

Number of participants: 8

Ages: 7-10

Location: St.Amant Large Gym

Day: Saturday 11:00am-12:00pm

Date: January 30-March 19

Number of Participants: 12

Ages: 25+

Location: St.Amant, S115
(Cooking Room)

Day: Saturday

Date: January 30-March 19

Class A: 1:00pm-1:45pm

Number of Participants: 8

Ages: 3-9

Class B: 2:00pm-2:45pm

Number of Participants: 8

Ages: 10+

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St. Amant Leisure Guide Winter 2016 Catalogue



Registration Opens January 14
Classes Start January 25