

Funded by



St. Amant
Foundation • Fondation

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Register online at:
STAMANT.CA/LEISUREGUIDE



StAmantMB



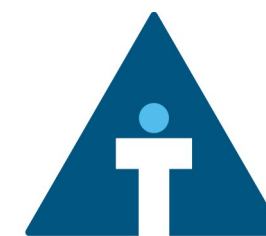
The **St. Amant Leisure Guide** welcomes all skill levels and abilities in our activities. Our facilitators will adapt activities based on various interests and talents.

Please contact us to discuss possible strategies and solutions to ensure maximized accessibility of our spring activities.

In order to ensure a positive experience as well as safety for all, we're requiring that each person enrolled have a support person/family member with them should they require supports.

The person who accompanies the Leisure Guide participant must be willing and able to:

- Support the individual to fully participate in the activity.
- Ensure any medical or behavioural needs are managed during the activity.
- Seek assistance if needed.



St. Amant

Leisure Guide Spring 2017



Online Registration:

April 7 at 9am to April 14 at 4pm

STAMANT.CA/LEISUREGUIDE

Activities Run: May 1 to July 2

Program Descriptions	Max. Spots	Age Range	Time	Dates	Location	Facilitator
Minecraft Mondays: A hosted, interactive, and collaborative opportunity to play the popular world building computer game online with expert guidance. A laptop and mouse are provided for each participant, who will choose to create and explore their own virtual world individually or with friends.	8	7+	6pm - 7pm	MONDAYS May 1 - June 12 No class: May 22	St.Amant, W402, 440 River Road *4th floor*	Vanessa & Derek Rocan
Elements of Painting: Participants can unleash their inner Picasso and create a masterpiece every class. Primary, secondary, warm and cool colors are introduced and participants will work with 3D hand painting as well as wet chalk.	10	All ages	6:30pm - 7:30pm	MONDAYS May 8 - June 26 No classes: May 1 & 22	Norberrry-Glenlee Community Centre, Multi Purpose Room 26 Molgat Avenue	Gayani Perera
Dance: An adapted dance class where participants learn various routines, ballet moves and play games incorporating dance and props. If you like music, having fun and getting your groove on, you'll love this class.	15	4+	6pm - 6:45pm	MONDAYS May 1 - June 26 No classes: May 29 & June 5	St.Amant, Small Gym, 440 River Road	Vanessa Stewart
Cooking 101: This class provides an overview of basic cooking skills like reading nutrition labels, choosing healthy food options and preparing food according to the Canada Food Guide. Participants will learn how to chop, mince and julienne while navigating whole wheat versus white grain products and the four food groups.	10	15+	6:45 pm - 7:45pm	TUESDAYS May 2 - June 20	Room 410 HE, 209 Human Ecology Building University of Manitoba	Fonnee Xu
Zumba: This class allows participants to gain physical activity and social engagement through semi-structured dance routines which incorporate self-expression and interpretation. In addition to easy to learn dance routines, participants will enjoy games and activities customized to encourage fun and fitness.	35	7+	6pm - 6:45pm	TUESDAYS May 2 - June 20	St.Amant, Large Gym, 440 River Road	Meire Anne Thorarinson
Yoga: Learn gentle yoga adapted to complement all skill levels and abilities. Breathing, stretching, swaying and some yoga postures will be the focus of this one hour class of Zen.	15	13+	6pm -7pm	WEDNESDAYS May 3 - June 21	St.Amant Chapel, 440 River Road	Leigh Morton
Shabby Chic: A crafty, do-it-your-selver's dream! Participants will be guided through Pinterest-inspired craft activities that give life to old household items. Some activity examples include: distressed and upcycled frames, chalkboard coasters, planters made out of soup cans, and country chic key holder/hooks.	10	7+	6:30pm -8pm	WEDNESDAYS May 10 & 24 June 7 & 21	Norberrry-Glenlee Community Centre, Multi Purpose Room 26 Molgat Avenue	Branden DeFoort & Lindsay Buhr
Karaoke With DJ V & Yo Mama: Who doesn't love a packed room full of enthusiastic karaoke goers? Each session is a high-energy evening full of singing, dancing, hanging out with friends and letting loose.	50	All ages	6:30pm - 8pm	WEDNESDAYS May 3 - June 21	St.Amant, Large Gym, 440 River Road	Victoria & Gaylene Romero
Yoga for Youngsters: This beginner yoga class is designed for children and will focus on breathing practices, restorative yoga poses, simple stretches and some quicker movements to get the heart rate up! Adaptations will be made to meet all skill and ability levels.	20	Ages 4-12	6:30pm - 7:15pm	FRIDAYS May 5 - June 23	St.Amant, Small Gym, 440 River Road	Angela Spencer
Outdoor Adventure: Participants will gather at a variety of parks and outdoor areas in and around Winnipeg to explore, hike and join in on games and activities together. If you enjoy scavenger hunts, camp-style activities like camp songs, kite flying, and craft making, then Outdoor Adventure is for you. May 13: Assiniboine Park, May 27: Bird's Hill Park, June 10: FortWhyte Alive, June 24: Stonewall Quarry Park.	15	All ages	2pm - 4pm	SATURDAYS May 13 & 27 June 10 & 24	Various Locations	Kristina Nugent
A Walk in the Park: Every Sunday, participants will go on an hour leisure walk at alternating parks around Winnipeg as well as attend Color Me Rad 5k for free. May 7 & June 25: Assiniboine Park, May 21 & June 11: St. Vital Park, *Saturday, May 27: Color Me Rad 5k, June 4 & June 18: Kildonan Park, July 2: Celebratory picnic at St. Vital Park.	6	7+	1pm - 2pm	SUNDAYS May 7 - July 2 No class: May 14	Various Locations	Branden DeFoort
Treats and Crafts Learn and practice basic baking and decorating skills. Participants can further express themselves with various take-home crafts while the treats are in the oven.	10	4-18	2pm - 3pm	SUNDAYS May 7 - June 25 No classes: May 21, July 2	St.Amant, S115 (Cooking Room), 440 River Road	Gayani Perera