

BATON / DANCE / HIP HOP / MUSICAL THEATRE / CHEERLEADING

Programs for Youth & Adults
A staff of 6 and more qualified teachers

BATON

Get caught up in the catchy sport of baton, have fun, make new friends.

- Ages 3 yrs and up
- Levels - recreational to competitive in both group & solo work
- All instructors certified by the Canadian Baton Federation
- Badge program & testing offered

Many of the athletes from the 2009 program have competed at Unicity & Provincial championships and have won many awards. Some have recently returned from the Canadian Championship held in Edmonton and were well awarded for their efforts. Congratulations!

DANCE

- Tu Tu for Two's -2 yr olds
- Mini-Steps -3 and 4 yr olds
- Pre Tap and Pre Ballet -5 and 6 yr beginner and up
- Ballet -Tap -Jazz Ballet -All ages, Beginners to Advanced

These classes provide a strong foundation for each of the disciplines with an emphasis on FUN. Advanced classes further develop strength & flexibility, furthering growth in other activities. Those interested will be attending the Manitoba Dance Festival in May.

Dance & Baton take place at Southdale Community Centre on MONDAY or THURSDAY, 1/2 hr classes are \$120.00 annually and 45 min classes are \$160.00 annually. Lessons commence the end of September and conclude with a concert in May.

HIP HOP

Ages 7 yrs and up, Boys and Girls

Classes held Sunday from 1:00 pm-5:00 pm at Southdale Community Centre. Annual fee of \$160.00 for 45 min. classes.

We also offer Adult Hip Hop classes. JOIN AND HAVE FUN!!

CHEERLEADING

Be the first to catch the trend and be part of the increasing popularity of the art of Cheerleading. Classes held every Monday at Niakwa Place School from 6:15 pm -7:15 pm. We are pleased to welcome our new Cheerleading instructor Kristyn: 997-7127

MUSICAL THEATRE -Boys and Girls

Ages 6 and up.

This program provides a great opportunity for children to express their artistic and creative talents. The program consists of singing, acting and some dance. Classes are at Niakwa Place School on MONDAY from 7:15 pm to 8:15 pm, annual fee is \$180.00.

***For each of the disciplines you will receive 30 classes over the course of the program duration.
For information on any of these classes please call Linda Taylor Boyd at 256-4800***



Southdale Spring Karate

Saturday –10:00 a.m.—12:00 p.m.

Tuesday –4:00 p.m.—6:00 p.m.

Cost: \$125.00 once/wk or \$150.00 twice per wk

Welcome to Southdale Karate, the Japanese martial art of self-defense. Our martial arts program is for men, women and children from beginner, novice, intermediate and advanced levels as well as black belts. Getting physically fit through the martial arts, reducing stress from work or school while making new friends is what our program is all about. This is a safe, non-contact program that provides certified black belt instruction which includes the study of Chito-Ryu, Shotokan as well as traditional Judo training.

Uniforms: are not compulsory for karate class, but a properly fitted uniform can help set the proper tone and improve a student's attitude. Before purchasing a "gi" as it is called you'll need to earn it first. Your Karate Sensei will let you know when it is time to move to the next step.

For more information please contact Southdale Community Centre at 257- 6171

PARENTS AND TWO'S

Parents and two's is a play experience for 2 year olds. The program promotes the development of the child's social and motor skills with a variety of activities.

Join us for a free play, crafts, painting, circle time, climbing on the play structure and snack.

This is a parent participation program with Stacey Repay as our instructor.

A Southdale Activity Card is required.

Tues September 22/09 OR Thurs September 24/09 until Tues December 08/09 OR Thurs December 10/09

Tues January 5/10 OR Thurs January 7/10 until Tues March 23/10 OR Thurs March 25/10

Tues April 6/10 OR Thurs April 8/10 until Tues May 11/10 OR Thurs May 13/10

The 12 week sessions are \$50.00 or \$6.00 drop in fee. The 6 week session is \$25.00 or \$6.00 drop in fee

Any child turning two in 2010 or who is already two is welcome to attend with a parent or caregiver. They bring their own nut free snack and drink to the class. The time is from 9:00am-11:00am Tuesdays OR Thursdays.

For more information call: Stacey Repay at 255-8653

TINY TOTS

Tiny Tots is a fun learning program for first time preschoolers.

The program encourages socialization with peers through free play, show and tell, and group games. The children also enjoy crafts, stories, and songs as well as learn colors, shapes and basic letter recognition.

The program begins the week of September 21, 2009 and runs on the same schedule as the schools.

