

## *Therapeutic Functional Fitness*

Course name	Date/Time	Cost
<p><b>Therapeutic Functional Fitness</b> Adult</p> <p>Inst: Janet Greer</p> <p>Do you want to take control of your body? If so come and learn a variety of ways to improve body alignment, core strength, balance, coordination and overall function</p> <p>Classes are co-ed</p> <p>Some equipment is needed (exercise mat for beginners and exercise ball for intermediate. Thera bands and soft medium ball for both levels)</p> <p>Not sure if this class is for you? Come and give it a try and if it is not for you then there will be no charge. If you do wish to sign up after the trial class the advertised rates will apply</p>	<p><i>Mon, Wed, Fri</i></p> <p>1. Jan 13 - Feb 3 2. Feb 5 - 8 (no class Feb 17) 3. Mar 2 - 23 4. Mar 25 - Ap 17 (no class Ap 10) 5. Ap 20 - May 11</p> <p><b>Beginner:</b> 9:00 - 10:00 or 12:00 - 1:00 <b>Intermediate</b> 10:30 - 11:30</p> <p><i>Tue/Thurs</i></p> <p>1. Jan 14 - Feb 13 2. Feb 18 - Mar 19 3. Mar 24 - Ap 23 4. Ap 28 - May 14</p> <p><b>Beginner:</b> 9:00 - 10:00 or 10:30 - 11:30 <b>Intermediate:</b> 12:00 - 1:00</p>	<p>1. \$62.50 2. \$62.50 3. \$62.50 4. \$62.50 5. \$62.50</p> <p>1. \$62.50 2. \$62.50 3. \$62.50 4. \$37.50</p> <p>Drop in rates may be available (if we have enough full time people to run a class)</p>



# CAMROSE ARTS AND RECREATION PROGRAM *WINTER/SPRING 2020*

**AGES 2 - ADULT**

Chuck MacLean Arts Centre  
4809 - 52 Street  
Camrose, AB  
T4V 1T9

Phone: 780-672-9949  
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[www.camroseartsociety.ca](http://www.camroseartsociety.ca)

Most classes are held at the Chuck MacLean Arts Centre (4809-52 St). You may register for courses by calling **672-9949**. N/B: Classes are subject to cancellation if registrations are insufficient. Gift certificates are available. Samples of some projects may be on display at the Arts Centre. Payment arrangements and subsidies may be possible for all classes, please inquire when you call. More detail for each class is available at the Arts Centre or by calling the number above. If you or someone you know is interested in teaching a class please let us know. We can now accept pay pal on our website as well as cash and cheques at the Arts Centre and etransfers (ask for details)

<b>CLASSES FOR CHILDREN &amp; ADULTS</b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Winter's Glisten</u></b> Ages 8+ Inst: Renate Burns Have fun creating this beautiful winter scene using paint and glitter (optional)	<i>Sat</i> Feb 8 1:00 - 3:00	\$20 incl supplies
<b><u>Mini Muscles on the Move</u></b> 1 & 2 Ages 2 - 5 Inst: Jacquie Munro These classes are designed to promote good health and movement through fun physical activities. Children must be accompanied by an adult	1. <i>Wed's</i> , Feb 5 - Mar 25 1:30 - 2:30 2. <i>Thurs'</i> , Feb 13 - Ap 16 (no class Mar 5 & Ap 2) 10:00 - 11:00	\$45
<b><u>Adult &amp; Child - Playful Kittens</u></b> Ages 7 & up with an adult Inst: Mindy Marshall Create these adorable little kittens in acrylic on canvas board. Each will do their own painting	<i>Sat</i> Feb 22 1:30 - 4:30	\$40 per couple \$45 adult/ 2 children \$50 2 adults/ 2 children incl supplies
<b><u>Friendly Bird in Acrylics</u></b> Ages 8+ Inst: Renate Burns Children will bring in the Spring with this adorable bird painting	<i>Sat</i> Mar 28 1:00 - 3:00	\$20 incl supplies
<b><u>Adult &amp; Child - Mermaid Fun</u></b> Ages 7 & up with an adult Inst: Mindy Marshall Create this magical underwater scene in acrylic on canvas board. Each person will do their own painting	<i>Sat</i> Ap 25 1:30 - 4:30	\$40 per couple \$45 adult/ 2 children \$50 2 adults/ 2 children incl supplies
<b><u>Silly Frogs in Acrylics</u></b> Ages 8+ Inst: Renate Burns Children will enjoy painting these silly frogs in a fun environment	<i>Sat</i> Ap 18 1:00 - 3:00	\$20 incl supplies

<b>PAINTING &amp; MIXED MEDIA FOR 12—ADULT</b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Melting Snow &amp; Stream in Pastels</u></b> Ages 16 + Inst: David Shkolny www.davidshkolny.com Join this accomplished artist to learn how to apply soft pastel to achieve light and shadow and textured surfaces	<i>Sun</i> Jan 26 11:00 - 5:00 1hr lunch	\$60 + \$40 for supplies or bring your own. Take some pastels home.
<b><u>Mixed Media Art</u></b> Ages 12+ Inst: Colleen Teigen Have fun creating a beautiful artwork using a variety of materials. Explore ways to add interesting textures	<i>Tues</i> Feb 4 6:00 - 9:00	\$25 incl supplies
<b><u>Fluid Art Classes</u></b> Inst: Crafty Jenn Learn how to mix the right pouring consistency and other techniques for each of these classes 1. <b><u>Ocean Wave</u></b> - Ages 16+ Use a palette knife to swipe your paint into the motion of an ocean wave 2. <b><u>Colourful Diptych</u></b> - Adult/child or other couple Each person will get their own canvas that will then be put together to create a Diptych 3. <b><u>Silhouette</u></b> - Adult Choose from a variety of silhouettes to incorporate	1. <i>Sat</i> , Mar 7 10:00 - noon 2. <i>Sat</i> , Ap 18 10:00 - noon 3. <i>Sat's</i> , May 2 & 9 1:00 - 4:00	1. \$65 2. \$75 for a couple 3. \$55 Includes Supplies Checkout www.craftyjennart.ca
<b><u>Impressionistic Horse in Oils</u></b> Adult Inst: Gene Prokop Work with this well known artist to create this stunning piece. www.geneprokop.com	<i>Sat</i> Mar 14 2:30 - 6:30 & <i>Sun</i> Mar 15 9:30 - 3:30	\$150 Bring a good quality 16 x 20 canvas & brushes Paint provided
<b><u>Watercolour For All</u></b> Ages 14+ Inst: Willie Wong This workshop will cover landscapes, florals, portraits, still life & animals. All levels welcome	<i>Sat</i> Mar 21 10:00 - 4:00	\$60 + bring own supplies or purchase from Willie for \$10

<b>PAINTING CLASSES FOR TEENS/ADULTS</b>		
<b>Course name</b>	<b>Date/Time</b>	<b>Cost</b>
<b><u>Sing Along</u></b> Teen/adult Inst: Terry Knull Join Terry to paint this Red-winged Blackbird in acrylic on a 16 x 20 canvas No painting experience needed	<i>Sat</i> May 30 9:00 - 3:30	\$65 incl supplies
<b><u>Swans on the Water in Watercolour</u></b> Ages 14+ Inst: Willie Wong Love swans? Join Willie to create this gorgeous painting to hang on your wall to enjoy year round. All levels welcome	<i>Sat</i> Ap 4 10:00—4:00	\$60 + bring own supplies or purchase from Willie for \$10

## WIRE ART & PHOTOGRAPHY

<p><b><u>Tree of Life Wire Art</u></b> Ages 16+ Inst: Laura Ouimet Create a 7" Tree of Life art piece that you can treasure!</p>	<p><i>Sat</i> Mar 14 9:00 - Noon</p>	<p>\$68 includes supplies</p>
<p><b><u>Dragonfly Suncatcher Wire Art</u></b> Ages 16+ Inst: Laura Ouimet Create this beautiful 5" suncatcher to proudly display!</p>	<p><i>Sat</i> Mar 14 12:30 - 3:30</p>	<p>\$68 incl supplies</p>
<p><b><u>Photography Workshops</u></b> Teen/adult Inst: Camera Club members Please bring charged cameras, large manuals and all other equipment to each class.</p> <ol style="list-style-type: none"> <li><b>How to Use Your Digital Camera (Basic).</b> Designed for beginners.</li> <li><b>How to Use Your Digital Camera (Advanced)</b></li> </ol> <p>Basic knowledge of your camera required.</p> <ol style="list-style-type: none"> <li><b>How to Take Better Pictures</b> Beyond taking snapshots to "making pictures" &amp; getting the "Wow" factor!</li> <li><b>Taking Better Landscape Pictures</b> Hints &amp; tips for capturing scenery and nature photographs. Getting the "Wow" factor!</li> </ol>	<p>1. <i>Sat</i> Feb 8</p> <p>2. <i>Sat</i> Feb 29</p> <p>3. <i>Sat</i> April 4</p> <p>4. <i>Sat</i> April 25</p> <p>All classes are 1:00 - 4:00</p>	<p>\$35 each class</p> <p>Take 3 classes and save \$5</p> <p>Take all 4 classes and save \$10</p>

## ENNEAGRAM & FENG SHUI

Course name	Date/time	Cost
<p><b><u>Introduction to the Enneagram</u></b> Adult Inst: Pam Moskie The Enneagram is a tool of self awareness and self development. This intricate and profound system has an ancient history with modern relevance and helps you identify your personality type and tendencies that keep you stuck. It is meant to offer you a lens into patterns that may keep you in dysfunction and the choices that can set you free. The Enneagram blends psychology and spirituality to give meaning and guidance on the path of self discovery. This intro workshop is the first of many now available in Camrose on the Enneagram its many layers</p>	<p><i>Fri</i> Mar 27 5:30 - 8:30 &amp; <i>Sat</i> Mar 28 10:00 - 6:00</p>	<p>\$140</p>
<p><b><u>Introduction to Feng Shui</u></b> Adult Inst: Lisa Borin Miller This intro class will cover basic principles of Feng Shui and will prepare students to implement them to create better flow and harmony within their environments</p>	<p><i>Sat</i> Ap 11 2:00 - 5:00</p>	<p>\$55</p>

## HIP HOP

Course name	Date/Time	Cost
<p><b><u>Intro to Firehouse Hip Hop/ Street Dance</u></b> Ages 12+ Inst: Duncan McDougall Students will be introduced to the world of hip hop dancing. Workshop will be informational and hands on</p>	<p><i>Sat</i> Feb 1 4:00 - 6:00</p>	<p>\$15</p>
<p><b><u>8 week Firehouse Hip Hop/ Street Dance course</u></b> Ages 12+ Inst: Duncan McDougall The aim of this course is to offer students an in depth experience into hip hop /street dance! Students will gain confidence in a rarely offered genre of dance in the Camrose area.</p>	<p><i>Sat's</i> Feb 15 - Ap 4 4:00 - 6:00</p>	<p>\$100</p>
TAI CHI		
<p><b><u>Tai Chi Directions</u></b> Beginner and Intermediate Adult Inst: Mary Lynn Gollan The initial attraction of tai chi is the soft, flowing movement but there is so much more. Tai Chi Directions is based on modified Yang-style Tai chi and is designed to boost your overall fitness—mind, body, spirit. It is mindful motion and mindfulness in motion. Leave class exhilarated, not exhausted</p>	<p>All classes are Mons &amp; Weds</p> <p><b>Beginner</b></p> <ol style="list-style-type: none"> <li>Feb 3 - Mar 9</li> <li>Mar 11 - Ap 13</li> <li>Ap 15 - May 11</li> </ol> <p>9:15 - 10:15</p> <p><b>Intermediate</b></p> <p>Same dates but from 10:15 - 11:15</p>	<p>\$50 per set</p>

TAKING AN ART CLASS IS LIKE GIVING YOURSELF A GIFT!

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