

PARENT & TOT SONG 'N' DANCE

Ages 2-1/2 - 3-1/2

This course enables your child to interact with others as well as introducing them to simple songs, musical instruments, dance steps, and circle activities to develop their creativity and co-ordination through movement. There are promising results with continuous participation.

St. Theresa: Tues. & Fri. 10:30 - 11:30 am
10 weeks = \$65.00

TINY TOT DANCE, SONG & MODELLING

Ages 3-1/2 - 6

This course covers basic ballet, jazz, singing, modelling, and exercise activities. Age appropriate drama, musical instruments and speaking in front of people are also introduced. Lessons will stimulate and develop audio, visual perception and memory while improving motor coordination through movement. Your child will gain a positive introduction to the performing arts.

Our Lady of Fatima: Thurs, 6:00 - 7:00 pm
St. Theresa: Tues & Fri., 11:35 - 12:35 pm
Tues. 5:00 - 6:00 pm

St. Mary: Wed, 6:00 - 7:00 pm
16 weeks = \$89.00

For more information or photos, please visit
our website

www.niagaracatholic.ca

Programs & Services --> Continuing Education -->
Programs for Children

CHILDREN'S DANCE, DRAMA AND MODELLING

Ages 6 - 12

This entertaining course teaches classical and lyrical ballet, jazz, modelling sequences, public speaking, exercise, drama mime, singing and dance combinations. Choreographed and creative dance, drama, sequences with direction, mime and art are introduced. Emphasis is placed on building confidence through development of audio, visual perception and memory.

Our Lady of Fatima: Thurs, 7:00 - 8:00 pm
St. Theresa: Tues., 3:15 - 4:15 pm
Tues 7:00 - 8:00 pm
St. Mary: Wed, 7:00 - 8:00 pm
16 weeks = \$89.00



**Programs Eligible
for the
\$500.00
Children's Fitness
Tax Credit**



Classes held at:

St. Mary Catholic Elem. (Wednesday)
120 Plymouth Rd., Welland

Our Lady of Fatima Catholic Elem. (Thursday)
439 Vine St., St. Catharines

St. Theresa Catholic Elem. (Tuesday & Friday)
58 Seymour Avenue, St. Catharines

Call 905-735-0247 Ext. 607
for specific program information or
905-685-3276 for registration.

F.A.M.E.

Fitness, Acting, Modelling, Entertainment

Ages 12-18

This course is designed to incorporate fitness, drama, modelling, jazz, hip hop and modern dance sequences. A great opportunity to build self-confidence, develop a positive attitude, and enhance your own creativity while interacting with others. A unique workshop with endless experiences in the Arts.

Our Lady of Fatima: Thurs, 8:00 - 9:00 pm
St. Theresa: Tues., 4:15 - 5:15 pm, 7:00 - 8:00 pm
St. Mary: Wed, 8:00 - 9:00 pm
16 weeks = \$89.00

SPECIALIZED WORKSHOPS

We also offer workshops to meet your specific classroom needs including:

- Curriculum and Co-Curriculum
- Stage Performances & Fashion Shows
- Modelling & Self Improvement
- Stage Prep!...

*..Developing the Star Within You
(St. Charles Catholic Elem. School)*

- Keep Fit Through Dance (Adults)
An opportunity to dance, as well as stretch and shape your body.

**Students will be placed in classes
by age and ability.**

**Each class will work towards
a final performance.**

MARTHA LAGARDIS has an extensive background in dance and the arts and in her years of training, teaching and performing has created various specialized courses and choreography for ages 2 to adult. This allows the individual to learn dance and drama in the educational aspect as well as have fun while interacting with others in a classroom and workshop atmosphere. Each class in every age group promises great results while building self confidence, enhancing individual and group creativity, learning different dance forms and the various arts. Her classes allow the child proper direction into choices whether it be for fun or expanding their artistic options in the future.

Martha has been teaching various classes, special programs and workshops since 1988 with the Niagara Catholic District School Board. Martha has maintained her leadership skills through active participation and teaching at various conferences. She takes pride in her work and enjoys assisting children with their individual needs and challenges. Students will gain self confidence while performing or speaking in public. Martha believes, with determination and perseverance, any obstacle can be overcome with satisfactory results.



For specific program information
905-735-0247 ext. 607

Registration - 905-685-3276

Pro Kids for eligible families - 905-984-3750

Starting dates, times and locations may be adjusted.
This allows flexibility to teach school day classes

NIAGARA CATHOLIC DISTRICT SCHOOL BOARD

DEPARTMENT OF ADULT AND CONTINUING EDUCATION

Niagara Falls: 905-354-3531

St. Catharines: 905-682-3360

Welland: 905-734-4495

www.niagarcatholic.ca



Principal: Santo Scala
Chairperson: Kathy Burtnik
Director: John Crocco

NEW CONCEPTS IN **DANCE & THE ARTS** PROGRAMS FOR CHILDREN

2009 - 2010



NIAGARA CATHOLIC
DISTRICT SCHOOL BOARD