

*Study of the Arts is an Essential Component for Nurturing Thinking Skills, Creativity, the Ability to Express One's Self and Build Self Confidence.*

## 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 develop social skills while gaining a positive introduction to the performing arts.*



## CHILDREN'S DANCE, DRAMA & 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.*

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

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

St. Theresa: (Tues.) 11:35am - 12:35pm  
(Tues.) 3:00pm - 7:00pm

St. Mary: (Wed.) 3:05pm - 7:05pm

Our Lady of Fatima: (Thurs.)  
3:15pm - 4:15pm

**\*\*1 hour classes each week\*\***

**\*\*Start times will vary as classes  
are grouped\*\***

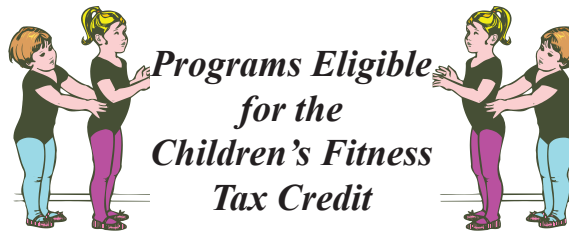
1st Term starts October - March

16 weeks : \$89.00

2nd Term starts March - June

12 weeks: \$67.00

Continuous Registration  
throughout the school year!



**Programs Eligible  
for the  
Children's Fitness  
Tax Credit**

**Classes held at:**

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

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

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

**Registration: 905-685-3276  
Call 905-735-0247 Ext. 607  
for specific program information**

## 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.*



## 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)  
(25 Whyte Ave, Thorold)
- Primary age Programs for Children  
Please Inquire.
- Keep Fit Through Dance (Adults)  
An opportunity to dance, as well as  
stretch and shape your body.

For more information and photos, please  
visit our website

[www.niagaracatholic.ca](http://www.niagaracatholic.ca)

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

**MARTHA LAGARDIS** has an extensive background in dance, modelling 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**

**NIAGARA CATHOLIC  
DISTRICT  
SCHOOL BOARD**

**DEPARTMENT OF  
CONTINUING  
EDUCATION**

**St John Centre: 905-682-3360**

**St Ann: 905-354-3531**

**Father Fogarty: 905-734-4495**

Registration

**St Thomas: 905-685-3276**

**Funding for Eligible Families:**

**Pro Kids - 905-984-3750**

Or

**Jumpstart: 905-685-1349, 905-834-3629**

**905-357-5121, 905-871-8836**

**Starting dates, times and school may be  
adjusted.**

**This allows flexibility to teach school day classes  
and special programs.**



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

**2011 - 2012**



**NIAGARA CATHOLIC  
DISTRICT SCHOOL BOARD**