

WINTER 2022

## Classes for Youth

Ages 6 - 12

## Early Bird Discount\*

Receive a 10% discount when you register before January 3, 2022!

**Art with Hanna's Studio**

Join Hanna's Studio for creative and playful opportunities to discover what different art materials can do and how to use them for creative self-expression. Your child's ideas will grow through imaginative art experiences, investigating colour and value, line, texture, shape and form, space, and mark making. We will develop their skills and technique, helping participants learn to see in new ways, and create exciting artwork. Each course session incorporates new projects so you can sign up for multiple sessions in a year.

**Beginner's Guide to Dungeons and Dragons**

Dungeons and Dragons is a game unlike any other – it's driven by the imaginations of the groups that sit down to play it. However, it can be daunting to start, with a thick rule book and seemingly complex system of dice rolls and math. This course aims to give you all the knowledge you need to start playing and creating in D&D. We'll cover the basics of play, game rules, and character creation and development. Through playing the game, concepts such as focus, cooperation, problem-solving, leadership, risk-assessment, mathematics, writing, and live storytelling can all be explored in an exciting and engaging environment. By the end of nine weeks, you will have a full character ready to play in any game of D&D, a basic grasp of the rules of play, an understanding on how to create your own adventures, and hopefully have your imaginations sparked!

**Board Games Galore**

Are your kids crazy for board games? Then join us for an hour of fun sharing our favourite ones! A great deal of learning takes place through play, and board games have significant benefits for kids – both socially and academically. Older kids benefit from boosts in brain development increasing many visual, perceptual, cognitive, and thinking skills. Board games solidify literacy math, strategy, problem solving, and decision making skills, helping to sharpen focus and lengthen attention span. Goal setting, teamwork, patience, resiliency, creativity, communication, and self-confidence are skills that are improved from game play.

\*No early bird discount for Rock Climbing

**Hip Hop Dance with Pulse Studios**

Students will explore fundamental concepts and techniques of Hip Hop and Streetdance including: groove, rock, bounce, rhythm, and coordination. In addition to building vocabulary that is unique to this fun and athletic dance form, learn moves such as: "Bart Simpson", "Biz Markie", and "Prep". We'll put combinations together that focus on breaking, hip hop, and popping and locking!

**Rock Climbing\***

Feed into your kid's sense of adventure! This course introduces kids to the amazing sport of climbing, building their confidence while learning climbing terminology and skills (knot tying, top roping, signaling, and belaying). Advanced students will learn repelling and lead climbing. Our goal is to create a positive, social environment that makes the physical challenge of climbing fun and rewarding. One of our most popular programs – sign your children up today as space is limited!

**Save the Drama!**

Do you have stories to tell? This new theatre class with award-winning arts educator, Aliza Sarian will provide participants with a chance to develop confidence and public speaking skills while exercising your creativity muscles. Through ensemble-building theatre games and playmaking exercises, you will develop original performances that tell your stories about the issues that are important to you. The nine-week session will culminate with a sharing for the community.

**Yoga & Dance**

This fun class is a fusion of dance / fitness and yoga designed especially for kids! We perform rhythm-based moves in simple combos so that kids can dance along to their favourite chart-topping songs! Our choreography is purposefully designed to develop physical literacy and fundamental movement skills. The second half of the class is yoga focused – kids learn yoga poses, breathing, and relaxation exercises. The benefits are increased strength and flexibility, improved gross and fine motor skills, and better focus, concentration, and self regulation. Games, books, and music will be incorporated into this engaging class.

# To register call Customer Service Desk

**Ages 6 - 12**

**☎ 403-253-8600**

CLASS	DAY	TIME	DATES	CODE	PRICE
<b>Beginner's Dungeons and Dragons</b> 9 classes	<b>MONDAY</b>	6:00 - 7:00PM	January 10 - March 14 (no class Feb.17)	<b>8489</b>	\$153 M \$180 P
<b>Board Games Galore</b> 9 classes	<b>MONDAY</b>	4:30 - 5:30PM	January 10 - March 14 (no class Feb.21)	<b>8492</b>	\$153 M \$180 P
<b>Art Classes</b> 10 classes	<b>TUESDAY</b>	4:30 - 5:30PM	January 11 - March 15	<b>8477</b>	\$170 M \$200 P
<b>Rock Climbing</b> 10 classes	<b>WEDNESDAY</b>	3:30 - 4:45PM	January 12 - March 16	<b>8478</b>	\$170 M \$200 P
<b>Rock Climbing</b> 10 classes	<b>WEDNESDAY</b>	4:45 - 6:00PM	January 12 - March 16	<b>8479</b>	\$170 M \$200 P
<b>Yoga &amp; Dance</b> 10 classes	<b>WEDNESDAY</b>	4:30 - 5:30PM	January 12 - March 16	<b>8476</b>	\$170 M \$200 P
<b>Hip Hop Dance</b> 9 classes	<b>THURSDAY</b>	3:30 - 4:30PM	January 13 - March 17 (no class Feb.17)	<b>8472</b>	\$153 M \$180 P
<b>Rock Climbing</b> 9 classes	<b>THURSDAY</b>	3:30 - 4:45PM	January 13 - March 17 (no class Feb.17)	<b>8480</b>	\$153 M \$180 P
<b>Rock Climbing</b> 9 classes	<b>THURSDAY</b>	4:45 - 6:00PM	January 13 - March 17 (no class Feb.17)	<b>8481</b>	\$153 M \$180 P
<b>Save the Drama!</b> 9 classes	<b>THURSDAY</b>	4:30 - 5:30PM	January 13 - March 17 (no class Feb.17)	<b>8502</b>	\$153 M \$180 P

**Questions?** Contact Cathy Bjorndalen [cbjorndalen@cjcc.ca](mailto:cbjorndalen@cjcc.ca)

**\* M - Member, P - Public**