

**Between Friends
Club presents:**

I.C.A.N! WINTER 2012 PROGRAMS

I.C.A.N! Programs are designed to transition our members into community based programs. There will be one staff from Between Friends Club present at each program to assist the program staff, participants and Between Friends Club member, ensuring that the program is as inclusive as possible (or assisting the program to be as inclusive as possible).

Dance Fusion – Youth (12 - 15 yrs): Dip your toes into a variety of styles while increasing your core strength, coordination and flexibility. Cost: \$105
Sir Winston Churchill Aquatic & Recreation Centre, 1520 Northmount Dr. NW
Tuesday (Jan 10 – Mar 13) 6:25 – 7:25 pm

Hip-Hop Dance – Youth (12 - 14 yrs): Learn the fundamentals of Hip-Hop and practice cool dance moves including popping and locking! Cost: \$105
Southland Leisure Centre, 2000 Southland Dr. SW
Wednesday (Jan. 18 – Mar. 21) 6:00 – 7:00pm

Badminton- Youth (10 – 13 yrs): Develop your skills and become a better player. Chase whizzing shuttles while learning to smash your way to fun. Cost: \$105
Eau Claire YMCA, 101 3 St. SW
Wednesday (Jan 11 – March 21) 6:30 – 7:30pm

Cartoons & Comics (13 – 17 yrs): Explore the basic drawing and cartooning fundamentals of line, proportion, shading and perspective. Cost: \$157.80
North Mount Pleasant Arts Centre, 523 27 Ave. NW
Wednesday (Jan 18 – Mar 14) 7:00 – 9:00pm



Zumba (12 yrs and up): This class will take you through basic salsa, reggaeton, flamenco and cumbia steps with a fitness flare. Cost: \$165
Crowfoot YMCA, 8100 John Laurie Blvd NW
Thursday (Jan 12 – Mar 22) 5:30 – 6:30pm

Kick Boxing (15 yrs and up): Try this circuit style class and learn some great Kick boxing techniques. Cost: \$ 105
Village Square Leisure Centre, 2623 56 St. NE
Thursday (Jan 19 – Mar 15) 6:15 – 7:15pm

Karate (5 - 9 yrs): A recreational introduction to the basic techniques of Karate. Sir Winston Churchill Aquatic & Recreation Centre, 1520 Northmount Dr. NW Cost: \$105
Friday (Jan 13 – Feb 17) 5:40 – 6:40pm

Hip-Hop (18yrs & Up): Learn the basics of Hip-Hop and get familiar with the fundamentals of this urban dance style. Cost: \$112.25
Wildflower Arts Centre, 3363 Spruce Drive SW
Wednesday (Jan 18—Mar 14) 7:45 - 9:00pm

For more information or to register, please phone Tannis Smith, Support and Outreach Coordinator, at 403-508-0116 to register.

