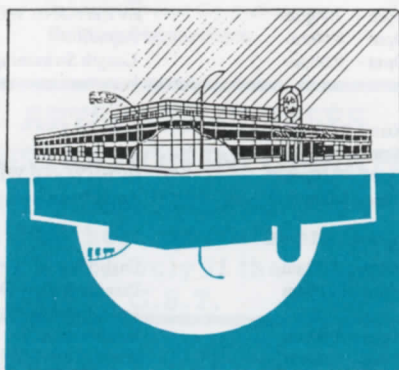


# ARTSPACE CLASSES SPRING SESSION



## **NORTH PEACE CULTURAL CENTRE**

## **ARTS AND LEISURE COMMUNITY BROCHURE**

*The North Peace Cultural Centre believes that the Arts are an integral part of family living and that every person deserves the opportunity to express and develop his natural creative abilities.*

**CHECK INSIDE FOR**  
**\*NEW ARTSPACE CLASSES**  
**\*POOL AND ARENA SCHEDULE**  
**\* LIBRARY AND GALLERY HOURS**  
**AND MUCH MORE COMMUNITY INFORMATION**

# CITY OF FORT ST JOHN NORTH PEACE RECREATION CENTER

## SWIMMING POOL SCHEDULE

February 1 - March 14, 1993

March 20 - June 27, 1993

### MONDAYS

7:00am - 8:30am  
10:00am - 11:00am  
  
6:00pm - 7:00pm  
7:00pm - 8:00pm  
8:00pm - 9:00pm

Early Bird  
Parents & Tots Drop-In  
and Length Swimming  
EVERYONE WELCOME  
Aquafit  
Length Swimming

### TUESDAYS

10:00am - 11:00am  
12:00pm - 1:00pm  
6:00pm - 7:00pm  
8:00pm - 9:00pm

Aquafit  
Adult Swim  
EVERYONE WELCOME  
Adult Swim

### WEDNESDAYS

7:00am - 8:30am  
10:00am - 11:00am  
  
12:00pm - 1:00pm  
6:00pm - 7:00pm  
7:00pm - 8:00pm  
8:00pm - 9:00pm

Early Bird  
Parents & Tots Drop-In  
and Length Swimming  
Seniors Aquafit  
EVERYONE WELCOME  
Aquafit  
Length Swimming

### THURSDAYS

10:00am - 11:00am  
12:00pm - 1:00pm  
6:00pm - 7:00pm  
8:00pm - 9:00pm

Aquafit  
Adult Swim  
Family Swim  
Teen Swim

### FRIDAYS

\*available for rentals\*

### SATURDAYS

1:00pm - 3:45pm

EVERYONE WELCOME

### SUNDAYS

1:00PM - 3:00PM  
3:00pm - 4:45pm

Family Swim  
EVERYONE WELCOME

MARCH 15 - MARCH 19, 1993  
SPRING BREAK

### MARCH 15 (Mon.) and MARCH 17 (Wed)

1:00pm - 3:00pm  
3:00pm - 4:30pm  
6:00pm - 7:00pm  
7:00pm - 8:00pm  
8:00pm - 9:00pm

EVERYONE WELCOME  
Family Swim  
EVERYONE WELCOME  
Aquafit  
Length Swimming

### MARCH 16 (Tue.) and MARCH 18 (Thur)

12:00pm - 1:00pm  
1:00pm - 4:30pm  
6:00pm - 8:00pm  
8:00pm - 9:00pm  
8:00pm - 9:00pm

Adult Swim  
EVERYONE WELCOME  
Family Swim  
Adult Swim (Tuesday only)  
Teen Swim (Thursday only)

### MARCH 19 (Friday)

1:00pm - 4:40pm

EVERYONE WELCOME

FOR ADDITIONAL INFORMATION, CALL 785-6148

# NORTH PEACE CULTURAL CENTRE

## FACILITY INFORMATION

785-1992



NORTH  
PEACE  
CULTURAL  
CENTRE  
10015 100th Ave.  
Fort St. John, B.C. V1J 1Y7

### Cultural Centre Staff

Ian Forsyth

Karen Christensen

Betty Jean Goodwin

Jacqueline London

Paul Seguin

General Manager

Reception /Administration

Artspace Classes Co-ordinator

Publicist/Events Co-ordinator

Building Maintenance

### Hours

Mon-Fri

9am-5pm

Saturday

12pm-4pm

## ARTSPACE CLASSES REGISTRATION INFORMATION

Register anytime at the Cultural Centre.

No classes will be held on statutory holidays.

Refunds will be given only if the class is cancelled.

Prices do not include G.S.T.

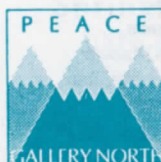
## FORT ST JOHN PUBLIC LIBRARY

The Library invites you to drop in.

Monday	Closed
Tuesday	10:00 am - 6:00pm
Wednesday	10:00 am - 6:00pm
Thursday	10:00 am - 6:00pm
Friday	10:00 am - 9:00pm
Saturday	10:00 am - 5:00pm
Sunday	1:00 pm - 5:00pm

For Information call: 785-3731

Romi Haseo Librarian



The gallery invites you to view the current and changing exhibits. The gallery also features a unique gift shop.

Monday	10:00 am - 5:00 pm
Tuesday	10:00 am - 5:00 pm
Wednesday	10:00 am - 5:00 pm
Thursday	10:00 am - 5:00 pm
Friday	10:00 am - 6:00 pm
Saturday	11:00 am - 5:00pm
Sunday	Closed

For Information call: 787-0993

April Ingham Visual Arts Co-ordinator

## "HIT THE SPOT" CAFE

in the Cultural Centre

### HOURS:

MONDAY 10:00am-3:00pm

TUESDAY - FRIDAY 10:00am-5:00pm

SATURDAY 11:00am-3:00pm

A GREAT PLACE FOR FOOD  
AND FRIENDS

## PRE-SCHOOL (ages 2-5)

Artspace  
Classes

### PAINT AND PUTTER

(age 2)

Art, painting and creative play, suitable for 2yr. olds. Encourage your child's natural desire to express themselves visually.

Instructor: Christina Knighton

Day & Time: Tuesday 9:15 - 10:15am

Dates: March 30 to June 1

Location: Cultural Centre

Fee: \$35.00

Parents must participate with their children.

### MORNING MUNCHKINS

(age 3)

A morning filled with arts discovery. Age appropriate crafts, painting and song. Each week is based on a special theme. Your child will love this program.

Instructor: Christina Knighton

Day & Time: Tuesday 10:30-12noon

Dates: March 30 to June 1

Location: Cultural Centre

Fee: \$50.00

### LITTLE RASCALS

(ages 4-5)

A joyful introduction to the visual arts. Exploration of shapes, color and texture through painting, collage and crafts. All this in an atmosphere of fun and discovery!

Instructor: Christina Knighton

Day & Time: Wednesday 10:00-11:30am

Dates: March 31 - June 2

Location: Cultural Centre

Fee: \$50.00

### EXPLORE YOUR WORLD

(ages 4-5)

A new program for the very young scientist. We will explore basic science concepts through play, experiments and observation.

Instructor: Brenda Birley

Day and Time: Monday 10:30-11:30am

Dates: March 29 - May 31

Location: Cultural Centre

Fee: \$35.00

### MAGIC CARPET TIME

(ages 2-3)

Join the gang for an hour of stories, fingerplay, songs, puppets and crafts.

Instructor: Kim Lockhart

Day and Time: Thursday 10:45- 11:45am

Dates: April 1 to June 3

Location: Cultural Centre

Fee: \$35.00

Parents are encouraged to participate with their children.



Registration is available now at the Cultural Centre.  
Phone 785-1992 for information.



Playful  
Learning Center

Parent - Teacher Store  
Educational Products & Learning Aids  
for the School and Home



ALICE LOCK  
Owner-Manager

785-3777  
9840 - 101 st Avenue  
Fort St. John, B.C.  
V1J 2B2

**PARENT AND ME  
PEE WEE GYM**

(ages 2-3)

Let your two or three year old burn off steam in a fun environment. Gross motor movement skills are emphasized.

**Instructor:** Jody Decker

**Day and Time:** Friday  
9:30-10:15am

**Dates:** April 2 - June 4

**Location:** Cultural Centre

**Fee:** \$35.00



Fort St John



*Can-Canettes*

FOR ALL YOUR DANCE ENTERTAINMENT  
CALL THIS VIVACIOUS,  
HIGH STEPPING, HIGH ENERGY  
DANCE TROUPE!

A PROUD MEMBER OF THE F.S.J.  
ARTS COUNCIL

Bookings  
ANDREA BLANCHARD  
785-2434

**MINI MOVERS**

(ages 4-5)

An hour of climbing, jumping and play. Use of music and drama skills encourages imagination and physical self confidence.

**Instructor:** Jody Decker

**Day and Time:** Friday  
10:30-11:30am

**Dates:** April 2 - June 4

**Location:** Cultural Centre

**Fee:** \$35.00

**Kids Only**

Spring/Summer '93

100% cotton clothing

\*ask about fundraisers

\*earn free clothes

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Carol 785-9894

Caroline 785-4733

Kids Only clothes  
comfy, cozy, carefree - they're me!



**North Peace  
Gymnastics Association**

Boys and Girls,  
Beginner and Advanced  
Classes available

Spring session starts soon!  
3 years old and up accepted

For information call  
785-4598

Member of the B.C.  
Gymnastics Association

## YOUTH (ages 6-16)

Artspace  
Classes

### CREATIVE DRAMA

(ages 9-16)

Have you ever wanted to act, but thought you couldn't? Well you can! *Its FUN!* This class is for you. Develop your creativity and imagination. Explore the freedom of the dramatic process in a comfortable environment. Movement, improvisation, storytelling and theatre games will be explored through original work by the students.

Instructors : Adam Alyward/Jason Brekkaas

Day and Times: Monday 6-7:30pm

Dates: March 29 - May 31

Location: North Peace Cultural Centre

Fee: \$35.00

### BEGINNING DRAWING

(ages 8-13)

Learn to draw! This is an easy, fun introduction to the basics in drawing, perspective and painting.

Instructor: Brenda Birley

Day & Time: Saturday

12:00noon - 2:00pm

Dates: April 3 - May 1

Location: North Peace Cultural Centre

Fee: \$45.00

### SKETCHING/ACRYLIC PAINTING (ages 9-16)

Two different mediums will be explored: pencil sketching and acrylic painting. Different types of pictures, expressive and abstract will be practiced. This course is a good follow up to the beginning drawing sessions.

Instructor: Alison Kirstiner

Day and Time: Wednesday 4-5:30pm

Dates: March 31 to June 2

Location: North Peace Cultural Centre

Fee: \$45.00 includes supplies

### COOKING KIDS

(ages 6-9)

Easy and fun introduction to kitchen and cooking skills designed especially for young cooks.

Instructor: Judy Babcock

Day and Time: Tuesday

4-5pm

Dates: March 29 - May 31

Location: North Peace Cultural Centre

Fee: \$ 40.00

### CRAFTS FOR CREATIVE KIDS (ages 6-9)

Create interesting and imaginative projects. Explore a variety of mediums painting, collage and crafts

Instructor: Brenda Birley

Day and Time: Saturday

10:30 - 11:30am

Dates: April 3 - June 5

Location: North Peace Cultural Centre

Fee: \$35.00

### Double Indemnity Training Services



For all your First Aid and CPR courses

We offer:

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- Standard First Aid
- Childsafe courses
- Peoplesaver
- Babysitter courses
- First Aid for Teachers
- All levels of CPR
- H2S course
- Survival First Aid

Call: 785-3881

or 1-800-565-8283

for course dates and times

Artspace  
Classes

**YOUTH**  
(ages 6-16)

## MODELLING

(ages 12-16)

Learn basic modelling techniques with an emphasis on posture, poise and self confidence. This is a great class for young girls.

(5 sessions only)

Instructor: Koni Cantlon

Day and Time: Thursday  
6:00-7:00pm

Dates: April 1 - April 29

Location: North Peace Cultural Centre

Fee: \$27.00

## LIFESKILLS

### Babysitting course

DIPLOMA COURSE

(ages 11-16)

Learn skills necessary for safe and effective babysitting. An essential course for good sitters

Instructor: BJ Goodwin

Days: Mon April 19, Tues April 20,  
Wed April 21, Mon April 26,

Time: 6:30 - 8:30pm

Location: North Peace Cultural Centre

Fee: \$25.00

## PRE-TEEN CUISINE

(ages 9-12)

Learn to measure, cut and mix, while experiencing nutrition. Exciting and easy recipes will challenge each of the young cooks. The course is based on the Canada Food Guide.

Instructor: Judy Babcock

Day and Time: Wednesday 6-7:30pm

Dates: March 31 - June 2

Location: North Peace Cultural Centre

Fee: \$50.00

Registration is available now for all Artspace classes. Register early to avoid disappointment.

PHONE 785-1992 FOR INFORMATION

## Peace Valley Shotokan Karate Club

Traditional Japanese Karate-Do

Affiliated with:

- Japan Karate Association (Tokyo)
- National Karate Association
- North American Shotokan Karate Association



The Ultimate Aim of Karate  
Lies not in Victory or Defeat  
But in the Character of Its'  
Participants.

Gichin Funakoshi

CALL 785-7428

Classes for Adults and Juniors.

日本空手協会

## ADULT CLASSES

Artspace  
Classes

### MUSIC CLASSES

#### INTRO TO GUITAR



For people with little or no previous guitar or music experience. If you've never played the guitar before but wanted to, this course is for you. Bring your guitar on the first night.  
Instructor: Bob Duncan  
Day and Time: Monday 7:00-8:00pm  
Dates: March 29 - May 17  
Location: North Peace Cultural Centre  
Fee: \$35.00



*your local art outlet will...*

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- teach you how to draw or paint
- supply you with posters of all sorts

Call Elizabeth or Wayne at  
**785-3174**  
9916-100th Avenue

### ART CLASSES

#### DESIGN AND TYPOGRAPHY

Learn the tips and trade secrets of professional designers. Produce more attractive and professional work: flyers, posters, newsletters or reports.  
Instructor: Ellen Ostero  
Day and Time: Saturday 9:00-12:00noon  
Date: March 27  
Location: Cultural Centre  
Fee: \$50.00

#### DESIGN ELEMENTS

This class focuses on basic design elements such as drawing, color use, balance, layout and unity. Several exercises will be done on each topic, with a major assignment using these "elements".  
Instructor: April Ingham  
Time and Day: Tuesday 7:30-9:00pm  
Dates: March 23 to April 20  
Location: North Peace Cultural Centre  
Fee: \$45.00 (includes supplies)

Registration for all Artspace Classes is available now.  
You can register by phone using VISA or Mastercard; or in person at the Cultural Centre.  
Phone 785-1992 for information

#### SENSORY EXPLORATION TO ENHANCE CREATIVITY

Five classes in which we explore our senses, with exercises designed to enhance creativity. People taking this class should be open minded and willing to participate.  
Instructor: April Ingham and Dinah Miller  
Day and Time: Tuesday 7:30-9:00pm  
Dates: May 4 - June 1  
Location: North Peace Cultural Centre  
Fee: \$40.00



DANCE CLASSES

BALLROOM DANCING

Session #1

Learn to dance the Viennese Waltz, the Quick Step, the Cha-cha-cha, and the Jive. There will be lots of opportunity to practice and learn new steps.

Instructors: Ivo & Anna Kratochvil

Time and Day: Friday  
8:00-10:00pm

Dates: April 2 to May 14

Location: North Peace Cultural Centre

Fee: \$50.00 /couple

BALLROOM DANCING

Session #2

Dances will include Samba, Rumba and the Tango. Expand your dance skills in this new session.

Instructors: Ivo & Anna Kratochvil

Time and Day: Friday  
8:00-10:00pm

Dates: May 21 to June 11

Location: North Peace Cultural Centre

Fee: \$32.00



Drop in Dance Socials

Come and practice your ballroom dancing skills in our relaxed and informal atmosphere.

Saturday  
8:00 - 10:00pm

March 27

May 29

June 26

North Peace Cultural Centre

Cost: 55.00/person

TWO STEPPING FOR  
BEGINNERS

Learn the techniques of country dancing! The emphasis is on two stepping but old time waltz and jive will be covered.

Instructor: Del Alexander

Time and Day: Monday  
8:00-10:00pm

Dates: March 29 - May 10

Location: North Peace Cultural Centre

Fee: \$55.00



SPRING BALL

Come to the Cultural Centre's first Spring Ball!

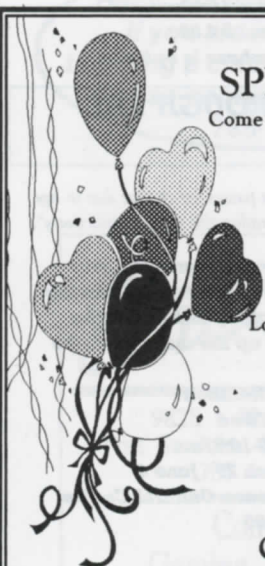
Date: April 17

Day: Saturday

Time: 8:00-12:00pm

Location: Cultural Centre

Tickets: \$15.00/person



Tickets can be purchased in advance at the Cultural Centre. Dress is semi-formal

## ADULT CLASSES

## Artspace Classes

### LIFESKILLS

#### The Wise Way to a Healthy Back

*This is a progressive program designed by experts for people who have back pain. Emphasis is on flexibility and relaxation.*

**Instructor:** Kim Reinbolt  
**Days and Times:** Mon/Wed  
11:00-11:45am or 7:30-8:15pm  
**Dates:** March 29 - May 5  
**Location:** North Peace Cultural Centre  
**Fee:** \$35.00

### CPR SKILLS

*Learn to save a life. These easy skills are essential for new moms, people working with young kids or with the general public.*

**Instructor:** Betty Jean Goodwin  
**BABY CPR** Monday May 24  
6:30pm-10:00pm  
**ADULT CPR** Monday May 10  
6:30pm-10:00pm  
**Cost:** \$23.00 (Manual \$ 4.00 ;  
purchase is optional)

### MOVING THROUGH THE YEARS

*"A great deal of what passes for change due to age is not really that, but rather the result of inactivity".*

*A very mild movement program to help seniors who are not active to start moving. Walking, mild stretching and limbering activities will make up the majority of the class.*

**Instructor:** Kim Reinbolt  
**Day and Time:** Mon/Wed  
10:00-10:45am  
**Dates:** March 29 - June 4  
**Location:** North Peace Cultural Centre  
**Fee:** \$45.00

### TAI CHI

*Tai Chi is widely considered to be the supreme "internal" martial art form of China. It combines concentration and calmness of mind and breathing with slow, graceful movements to attain a relaxed state of mind.*

**Instructor:** Jodie Shellie  
**Day and Time:** Monday/Wednesday  
6:30-8:00pm  
**Dates:** March 29 to June 4  
**Location:** Cultural Centre  
**Fee:** \$50.00



### MAKE YOUR DIET WORK! Nutrition Awareness

*A generalized view of the common nutrition problems facing consumers. Tips on how to get around these problems and develop a healthier, balanced diet without having to totally change your eating pattern. The main topics of discussion will be fiber, sodium, cholesterol, fat and meat myths.*

**Instructor:** Tracey Mooney  
**Day and Time:** Thursday 7:30- 9:30pm  
**Date:** April 15  
**Location:** North Peace Cultural Centre  
**Fee:** \$15.00

Registration for all Artspace classes is available now. Register by phone using VISA or Mastercard. Phone 785-1992

### KEEP YOUR BIKE ALIVE

This one is for everyone who owns a bicycle. A 4 hour workshop on basic maintenance, changing a tire, adjusting brakes, and keeping the chain oiled. Bring your bike and whatever tools you have.

Instructor: Pat Ferris

Day and Time: Saturday 1:00-5:00

Date: April 3

Location: North Peace Cultural Centre

Fee: \$25.00



THE CULTURAL CENTRE has rooms available to rent for meetings, workshops, recitals and parties. If your group is interested please give us a call at the Cultural Centre, 9:00-5:00pm  
Cost: \$100 per day  
Phone: 785-1992

### Computer Support Centre

9824 - 98a Avenue  
Fort St. John, BC V1J 1S2

Consulting Sales Desktop Publishing  
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Authorized: Computer Associates  
Hewlett Packard

Sales - 785-0551 Service - 787-9063

### CRAFTS BY KARI

Four easy and nice home decor projects. Register for just one or take all four classes. Come by the Cultural Centre to see examples of the work you will learn to do.

#### FABRIC ALBUMS

May 6 7:00-10:00pm

#### DECORATOR HATS FOR HOME DECOR

April 22 7:00-10:00pm

#### WRAPPER FABRIC WREATH

April 26 7:00-10:00pm

#### FABRIC PIECES WREATH

April 29 7:00-10:00pm

Location: North Peace Cultural Centre

Fee: 20.00/workshop

Help! We need instructors.  
If you are interested in  
teaching a class at the Artspace  
please contact BJ Goodwin  
785-1992

### Encore Books

9828 - 98A Avenue  
Fort St. John, BC V1J 1S2  
787 - 0020

Comics  
Gaming Supplies  
Used Books

## ADULT CLASSES

Artspace  
Classes

### Family Cushion Concerts

Are you looking for something fun to do with your family on Sunday afternoons? We have the answer! Informal, fun afternoon concerts highlighting local talent. Suitable for the whole family.  
Times: 2:00-3:00pm  
Day: Sunday  
Dates: May 2 - June 6  
Fee: \$50.00/family (for the series)  
\$25.00/single (for the series)

### Cooking---Super Soups

Make basic soup stocks and then turn them into an endless variety of cream soups, chowders and hearty full course soups.

Instructor: Betty Ann Vance  
Day and Time: Monday 1:30-2:30pm  
Dates: April 19 and 26 (2 sessions)  
Location: North Peace Cultural Centre  
Fee: \$25.00

### Cooking---Breads and Buns

Learn to make homemade bread, specialty breads, buns, rolls and sweet dough. Involves participation as well as demonstration. You'll learn how easy it can be and take home some samples.

Instructor: Betty Ann Vance  
Day and Times: Monday  
1:30-3:00pm

Date: May 17  
Location: North Peace Cultural Centre  
Fee: \$15.00

### Furniture Upholstery

Learn to measure and cut fabrics, repair springs, sacking and webbing, and do blind stitching. Give your work a professional look. NOTE: storage space is not available. Do not bring projects on the first night.

Instructor: Lorne Davis  
Day and Time: Wednesday  
7-10pm  
Dates: March 31 to June 1  
Location: North Peace Cultural Centre  
Fee: \$55.00

The Northern Lights  
Chamber Choir & Ensemble  
present:

## CHORAL EASTER MUSIC

Bach  
*Cantata Nr. 80*  
Schütz  
*The Seven Last Words of Christ*  
Handel  
*Arrival of The Queen of Sheba*

CONDUCTOR: Merrill J. Flewelling  
*Instrumental and Vocal Soloists*

SATURDAY, MARCH 27, 8:00 P.M.  
South Peace United Church, Dawson Creek

SUNDAY, MARCH 28, 3:00 P.M.  
Cultural Centre, Fort St. John

TICKETS: D.C. - Friendly Bookworm  
F.S.J. - Artspace, N.P. Cultural Centre



Register now for all Artspace classes. You can register by phone with Visa or Mastercard. For information ph. 785-1992



## Crazy for Food

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787-1232

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