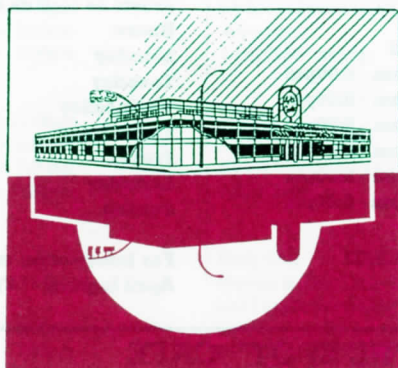


NORTH PEACE CULTURAL CENTRE



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.

**ARTSPACE CLASSES
POOL AND ARENA SCHEDULE
BODYSHOP AEROBICS SCHEDULE
AND MUCH MORE COMMUNITY INFORMATION**

NORTH PEACE CULTURAL CENTRE

FACILITY INFORMATION

FORT ST JOHN PUBLIC LIBRARY

The Library invites you to drop in.

Hours:	
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

PEACE GALLERY NORTH

The gallery invites you to view the current and changing exhibits featuring local artists as well as artists from abroad.

Hours:	
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 Coordinator

"HIT THE SPOT" CAFE

Soup	HOURS:	
Sandwiches	10:00 am - 3:00 pm	Mon.
Caesar salads	10:00 am - 5:00 pm	Tues - Fri
and lots more!	11:00 am - 3:00 pm	Sat.

A great place to get together with friends
for a quick bite.



Cultural Centre Staff

Ian Forsyth	General Manager
Pam Mroz	Administrator
Karen Christensen	Reception
Betty Jean Goodwin	Artspace Classes Coordinator
Paul Seguin	Building Maintenance

Registration Information for Artspace Classes

- * Register anytime, in person at the Cultural Centre.
- * Classes are 8 weeks long running from Jan 16 to March 19 /92 unless otherwise indicated.
- * No classes will be held on statutory holidays.
- * Refunds will be given only if the class is cancelled
- * All prices are subject to G.S.T.



10015 100th Ave.
Fort St. John, B.C. V1J 1Y7

Hours:
Monday to Friday
9:00 am - 5:00pm

CITY OF FORT ST JOHN NORTH PEACE RECREATION CENTER

SWIMMING POOL SCHEDULE JANUARY 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

SATURDAYS

1:00pm - 3:45pm

closed

EVERYONE WELCOME

SUNDAYS

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

Family Swim
EVERYONE WELCOME

PUBLIC SKATING SCHEDULE January - March 1992

Sundays	3:30pm - 5:15pm
Tuesdays	1:15pm - 2:15pm
Thursdays	10:45pm - 11:45pm
Fridays	7:30pm - 9:00pm

Public Skating times are subject to change or cancellation due to Special events. Be sure to check the master schedule on the bulletin boards at the North Peace Recreation Centre for up to date information.

DECEMBER HOLIDAY SWIMMING AND SKATING SCHEDULES ARE
AVAILABLE FROM THE NORTH PEACE RECREATION CENTRE.

FOR ADDITIONAL INFORMATION, CALL	
SWIMMING POOL	785-6148
ARENA	785-6145
RECREATION OFFICE	785-4443

PRE-SCHOOL (ages 2-5)

PAINT AND PUTTER

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

Starts: **JANUARY 20**
WEDNESDAY 9:15-10:15am

or

JANUARY 16
SATURDAY 9:15-10:15am

Cost \$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.

Starts: **JANUARY 19**
TUESDAY 10:00 - 11:30am

Costs \$50.00

LITTLE RASCALS

(ages 4-5)
A joyful introduction to the visual arts. Exporation of shapes, color and texture through painting, collage and crafts. All this in an atmosphere of fun and discovery!

Start: **JANUARY 20**
WEDNESDAY 10:30 - 12:00 noon

Cost: \$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.

Starts: **January 21**
Thursday 9:30-10:30am

Cost: \$35.00

MAGIC CARPET TIME

(ages 2-3)
Join the gang for an hour of stories, fingerplay, songs, puppets and crafts.

Starts: **January 21**
Thursday 10:45 - 11:45am

Cost: \$35.00

Parents are encouraged to participate.

SATURDAY CRAFTS

(ages 3-4-5)
A variety program including games, songs, arts and crafts. Imaginative themes will help develop the child's creativity.

Starts: **January 16**
Saturday 10:30-12:00noon

Cost: \$50.00



Playful Learning Center

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



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

ALICE LOCK
Owner - Manager
Res. 785-2201

PRE-SCHOOL (ages 2-5)

PARENT AND ME PEE WEE GYM (ages 2-3)

Let your two year old burn off steam in a fun environment. Music and movement are emphasized.

Starts: **JANUARY 18**
MONDAY 9:15-10:15

OR

JANUARY 22
FRIDAY 9:15-10:15

Cost: \$35.00

Parent participation is required



Mini-Movers (ages 4-5)

This is a great program for pre-schoolers. An hour of climbing, jumping and play. Use of music and drama skills encourages imagination and physical self confidence. The main elements of dance; time, space, coordination and body awareness will be stressed.

Starts **JANUARY 18**
MONDAY 10:30-11:30am

or

JANUARY 22
FRIDAY 10:30-11:30am

Cost: \$35.00

MUSICAL ME (ages 4-5)

Introduce your child to the wonder of music. This program is taught by a qualified music teacher. The emphasis is on fun and rhythm.

Starts **JANUARY 19**
TUESDAY 10:30-11:00am

Cost: \$25.00

NORTHERN
DANCE
THEATRE
SOCIETY



A local accredited dance study and performance troupe. Including technical and performance study in Tap, Jazz Ballet and Stage Song and Dance.
1992/93 membership: 51 dancers ages 8 - 18yrs.

The troupe will take performance bookings to provide a wide range of exciting entertainment for all kinds of events.

Inquire about costume rentals, individual or group costumes. Available at very reasonable rates for plays, recitals ect.

Contacts: Pam Okraimec (President) 785-5264
Linda London (House Chairman)
785-8742 or 785-6671

Watch for EXTRAVAGANZA '93
our annual show and musical revue.
April 23 and 24 1993 at the North Peace
Cultural Centre.

Other events include:

February 27/93 Fort Nelson Show
March 27/93 Dawson Creek Show
Prince George Festival of the Arts March 13-18
Peace River North Festival of the Arts April 1-3
B.C. Festival of the Arts
Provincials May '93
Royal Academy of Dance
Childrens Ballet Examinations Fort St John Feb '93
Major Ballet Exams Edmonton, AB Feb/93
Canadian Dance Teachers Assoc.
CDTA Tap Examinations June '93

We are proud to be a member of
the local Arts Council.

YOUTH (ages 8-17)

CREATIVE DRAMA

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.

Starts: January 18

Monday 4:30-5:30pm (ages 8-10)
5:30-6:30pm (ages 11-13)

Cost: \$35.00

BEGINNING DRAWING

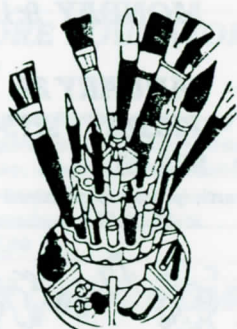
(AGES 8-14)

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

Starts: January 16

Saturday 10-12noon

Cost: \$45.00



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.

Recipes include stir fry, apple crisp and much more. The kids will get to eat what they create!

Starts: January 20

Wednesday, 6-7:30pm

Cost: \$50.00

* Please note: Clay sculpture for children is available at the college.
Phone 785-6981 for information.

**CAMERON
TRAVEL**



GIANTS

Travel arrangements
at no extra cost.

9508 - 100th Street
Fort St. John, B.C. V1J 3X6
Ph: (604) 785-4481 Fax: (604) 785-5644
TOLL FREE 1-800-663-2680

YOUTH (ages 8-17)

MODELLING

(ages 12-15)

Learn basic modelling techniques with an emphasis on posture. This is a great class to give young girls confidence and poise. (5 sessions only)

Starts: Jan 21

Thursday 6-7pm

Cost: \$27.00



LIFESKILLS

Babysitting course

DIPLOMA COURSE

(ages 11-17)

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

Dates: January 25, 26, 27, and Feb 1
6:30 - 8:30pm

Cost: \$25.00

C.P.R. for Babysitters

(ages 12-15)

Learn the skills of primary first aid. Learn to deal with a child who is choking or has stopped breathing.

Date: January 31

Sunday 1:30-4:30pm

Cost: \$22.00



North Peace
Gymnastics Association

Fort St. John, B.C.

Beginner and Advanced
classes available

Boys and Girls Gymnastics

3 years old and up accepted

Fall, Winter and Spring Sessions

For information call 785-4598

Member of the B.C. Gymnastic
Association

a
stage
NORTH
presentation

LITTLE SHOP OF HORRORS

A musical

February 25, 26, 27, March 4, 5, and 6

Zone Festival Play Auditions

February 9, 10, 11
7:00pm

North Peace Cultural Centre

For Information call
787-7469 (SHOW)

ADULT CLASSES

LIFESKILLS

FITWISE

Follow up your New Year's resolution to put fitness into your schedule. This information is important for anyone who is now on or is considering starting a fitness program. We will discuss fitness components, motivation, how to avoid injury and how to plan a successful workout schedule.

Starts: **JANUARY 23**
SATURDAY 9-11AM
3 sessions only

Cost: \$30.00

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.

Baby CPR Mon. Jan 25 6:30pm
Adult CPR Mon Feb 1 6:30pm
Cost: \$23.00 (Manual optional Cost 4.00)

Framemaster Custom Awards Inc.



Limited edition Arts, Prints, Giftware

Computerized Custom engraving of name badges, signs desk sets in lamicoids (plastics) or brass, aluminum and stainless steel.

Custom framing for all your photography and art, needle work, collectables, posters, certificates, and diplomas

9815-100 Ave
Fort St. John, B.C. V1J 1Y4

BACKEASE

This is a progressive program designed for those who are currently experiencing back pain. Emphasis is on flexibility and relaxation.

Starts: **JANUARY 18**
MONDAY AND WEDNESDAY
11:00-11:45am
Six week session, ending Feb. 24
Cost: \$35.00

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.

Starts: **JANUARY 18**
MON, WED, and FRIDAY
10:00-10:45am
Cost \$45.00

Super Market Tours

Good nutrition starts at the supermarket. Come and take our tour of the aisles, learn all you want to know about good nutrition. 2hr tours. You must pre-register
Cost: \$15.00

Monday Jan 25 12:30-2:30pm
Thursday Jan. 28 6:30- 8:30pm
Monday Feb 15 12:30-2:30pm
Thursday Feb 18 6:30-8:30pm

The instructors for all our courses are trained, dedicated and enthusiastic professionals. Our intention is to provide quality, fun and educational courses. Please let us know if you have any suggestions.

YOU CAN REGISTER NOW FOR ALL ARTSPACE CLASSES. GIFT CERTIFICATES ARE AVAILABLE.

WET ON WET OIL

(workshop)
This is a fun, quick way to learn to oil paint. No experience is required and you will complete a winter landscape by the end of the day. Start today to enjoy this absorbing and entertaining hobby.
Sunday March 7 Must register by Jan 29
9:00-4:00pm
Cost \$45.00
Supplies required.



INTRODUCTION TO DRAWING

A thorough introduction to the art of drawing, for the bold and adventurous or the faint of heart! No previous drawing experience is required. Discover your talents while exercising your eye, your hand and your imagination.

Starts: January 21
Thursday 7:00-9:00pm
Costs: \$50:00

THE FLOWER HOUSE DESIGNS BY JORDANNA



Fresh and Silk Arrangements
Wedding Rentals
Hall Decorating

JORDANNA & PEGGY
785-3156

9903 - 102 Street
Fort St. John, B.C.
VIJ 4B4

ADULT CLASSES

GROWING HOUSEPLANTS

(workshop)
You too can have a green thumb! This workshop will discuss basic plant care: light, temperature, humidity, watering, fertilization, potting, and transplanting.
Saturday January 23
9-12noon
Cost: \$25.00



STARTING YOUR OWN BEDDING PLANTS

(workshop)
This is the time of year to be thinking about starting your garden. Take this workshop for expert advice of how to get started.
Saturday February 6
9-12noon
Cost: \$25.00

Partly Arts Concert Series

The Community Arts Council along with 25 Community Minded Businesses sponsor a concert series every year that features something for everyone. From Classical to Comedy we offer it all!! Tickets on Sale now in the Box Office of the Cultural Centre.

*January 23, 1993 - Lenny Solomon Trio *
* February 6, 1993- Toronto Dance Theatre Society *
* February 20, 1993 - Missoula Children's Theatre *

ADULT CLASSES

QUILTING FOR BEGINNERS

We are offering this popular course again! Learn the basic skills of quilting

Starts: **JANUARY 19 TUESDAY**
7:00-9:00PM

Cost \$45.00.

J.C. Craft Boutique
Complete Craft Supplies

D.M.C. ANCHOR EMBROIDERY FLOSS •
WEDDING SUPPLIES • RIBBONS & LACES •
GIFTS • CRAFT BOOKS & MUCH MORE

10712 - 101st AVE.
FORT-ST. JOHN, B.C.
V1J 2B9
604-787-1353

101 THINGS TO DO WITH YOUR KIDS ON A SNOWY DAY (workshop)

Get through winter pleasantly with your kids. This workshop will give you lots of interesting and entertaining craft ideas.

February 21
Sunday 1-4pm

Cost \$25.00
Instructor: Fern L'Heureux

PRESSED FLOWERS

(workshop)
Create your own bookmarks, cards and stationary. Just in time for Valentines Day!

SATURDAY
FEBRUARY 6
9-12noon
Cost \$25.00

Instructor: Susie Clark

FABRIC ALBUMS

Create beautiful fabric albums to suitably store those treasured photos.

Times and dates to be arranged
Call 785-1992 for information

Cost: \$25.00

DECORATOR BASKETS

(workshop)
Recycle your ice cream pails into beautiful decorator baskets. These make great gifts any time of year.

WEDNESDAY
FEBRUARY 9
7:00pm

Cost: \$25.00
Instructor: Bev Gross

HELP! WE NEED INSTRUCTORS!

We are looking for instructors for a variety of classes. Introduction to woodcarving, calligraphy, craft and art classes to name but a few.

We are also looking for a storyteller. If you would like to teach adults or children and you have a skill you can share you can share... please call us 785-1992

DANCE CLASSES

TWO STEPPING FOR BEGINNERS

Join this class and learn the techniques of two stepping. Method of instruction geared to the needs of beginner two steppers. Wear your cowboy boots and expect to have fun!

Instructor: Del Alexander

Starts: January 18
Monday 7:30-9:00pm

Cost: \$45.00/per couple

BALLROOM DANCE

FIRST SESSION

International style dance steps to include Waltz, Quick step, Cha-cha-cha, Viennese Waltz and the Jive.

Instructors: Ivo & Anna Kratochvil
January 15 - February 19 (6 sessions)

Friday 8-10pm
Cost: \$45.00/couple

SECOND SESSION

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

February 26 - March 19 (4 sessions)

Friday 8-10pm
Cost: \$30.00/couple

DROP IN DANCE SOCIALS

Apply your dance skills in a fun atmosphere
Saturday 8-10pm

January 30, February 27, March 27
Cost: \$5.00/person

WOULD YOU LIKE TO HIGHLIGHT YOUR CLUB OR GROUP IN THIS COMMUNITY BROCHURE ?

CALL: BETTY JEAN GOODWIN
ph: 785-1992

ADULT CLASSES

EXPLORATION OF ART TECHNIQUES

Try a variety of things. You will be introduced to watercolor, pastel, pen and ink, acrylic, pencil, charcoal, and lots more.

Starts: Jan 19, Tuesday

7:30pm

6 week session

Cost: \$30.00 and \$15.00 supply fee

FUN

Bow Dazzle

Create! Decorate! This interesting craft uses material soaked in glue and molded to decorate baskets. You will want to use the results all around your home.

Instructor: Karen Molander
Times and dates to be arranged.
Please call 785-1992 for information.

Double Indemnity Training Services



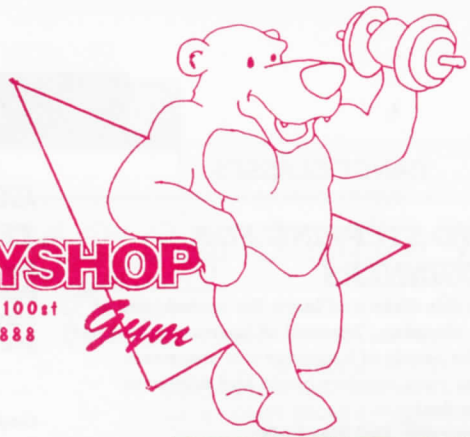
For all your first aid and CPR courses.

We offer:

- emergency first aid
- Standard First aid
- Childsafe courses
- Peoplesaver
- Babysitter courses
- First aid for Teachers
- All levels of CPR

Call: 785-3381
or 1-800-565-8283
for course dates and times

The
BODYSHOP
 10421 - 100st
 785-0888
Gym



Get in shape at your one stop fitness centre.

We offer a large variety of services. Step Aerobics, Free Weights, Exercise Bikes and over 38 exercise machines to name just a few.

Our staff will help you to develop a program that suits your style, your schedule and your goals. We can help develop a realistic fitness program by working with you.

GYM HOURS

Monday- Thursday
 6am-10pm
 Friday 6am-9pm
 Saturday 10am-9pm
 Sunday 10am-5pm

A variety of memberships available
 Come in and talk to us

785-0888

AEROBICS SCHEDULE January 4 - March 26 '93

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00am	STEP NOW		STEP NOW		STEP NOW		
9:15-10:15am	STEP IT	STARTING STEP	STEP IT	STARTING STEP	STEP IT		
10:15-11:15am	STEP UP		STEP UP		STEP UP	POWER STEP (until 11:30am)	
12:30-1:30pm							STEP IT
5:00-6:00pm		STEP NOW		STEP NOW			
5:30-6:30pm	STEP IT		STEP IT		STEP IT		
6:15-7:15pm		STEP & STRETCH		STEP & STRETCH			
6:45-7:45pm	STEP UP		STEP UP				