

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.

## 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

#### Funding for Eligible Families:

Pro Kids: 905.984.6900 ext. 3797  
Jumpstart: 905.685.1349 ext 228  
905.834.3629 905.357.5121  
905.871.8836 905.788.0744

For more information  
please visit our website  
[www.niagaracatholic.ca](http://www.niagaracatholic.ca)

Programs >> Junior >> Continuing Education >>  
Useful Links >> Programs for Children



Starting dates, times and school may be adjusted.  
This allows flexibility to teach school day classes and  
special programs.

For specific program information  
905.735.0247 ext. 607

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NEW CONCEPTS  
in



## DANCE & THE ARTS

## PROGRAMS FOR CHILDREN

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

**TINY TOT DANCE,  
SONG & MODELLING**

*Ages 3½ - 6*

This course covers basic ballet, jazz, singing, modelling, and exercise activities. Age appropriate drama, 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, singing and dance combinations. Choreographed and creative dance, drama, sequences with direction, mime and art are introduced. Emphasis is place on building confidence through development of audio, visual perception and memory.



**Registration:  
St. Ann 905.354.3531**

**Call: 905.735.0247 Ext. 607  
for specific program information**

**St. Theresa Catholic Elem.  
58 Seymour Ave,  
St. Catharines**

**(Tues.)**

3:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.

**Holy Name Catholic Elem.  
290 Fitch St.,  
Welland**

**(Tues. & Wed.)**

3:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m.

**St. Anthony Catholic Elem.  
81 Rykert St.,  
St. Catharines**

**(Thurs.)**

3:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m.



**1st Term starts October - March  
16 weeks: \$98.00**

**2nd Term starts March - June  
16 weeks: \$98.00**

*Start times will vary as classes are grouped*

**1 hour classes each week**

**Continuous Registration  
throughout the school year**

Students will be placed in classes  
by age and ability.

Each class will work towards  
a final performance.

**F. A. M. E.  
FITNESS, ACTING, MODELLING,  
ENTERTAINMENT**

*Ages 12-18*

This course is designed to incorporate fitness, drama, modelling, singing, 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
- Ballet Classes
- Stage Performances & Fashion Shows
- Modelling & Self Improvement
- Stage Prep!
- Developing the Star Within You Primary age Programs for Children, please inquire.
- Keep Fit Through Dance (Adults)
- An opportunity to dance, as well as stretch and shape your body.



**Ballet Classes**      **Ballet & Lyrical Classes**  
Ages 4-5 and 6-7 yrs. old      Ages 7-11 yrs. old

*Emphasis on Improving Focus, Balance,  
Rhythm, Musicality and Poise*