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Weather



TODAY:
60 PER CENT
CHANCE OF
FLURRIES

HIGH OF -3
LOW OF -11



TUESDAY:
MIX OF SUN
AND CLOUD
HIGH OF 0
LOW OF -6



WEDNESDAY:
SNOW

HIGH OF -1
LOW OF -4



THURSDAY:
PERIODS OF
SNOW

HIGH OF -2
LOW OF -8



FRIDAY:
60 PER CENT
CHANCE OF
FLURRIES
HIGH OF -2
LOW OF -7

CABMN youth centre

CONT'D FROM PAGE 1

and theatre began when she was 5 years old and skyrocketed from there. She completed Commercial Dance Studios in Toronto, trained for several years at popular studios around Montreal, danced in Step Up 5, an American franchise film and performed in the first french interpretation of Mary Poppins with Just For Laughs as a dancer and back up singer.

Creative movement, play and wonder are all part of Sarah's vocabulary.

Sarah moved back to her native town of Knowlton two years ago to buy a home and offer her charismatic energy to the people of her community. She now runs a small business, SKH Move & Fitness and offers group fitness classes, private coaching, personal training, events, workshops and dance classes for children and adults.

"I am passionate about moving my body in joyful ways and encouraging others to do the same," says Sarah. "I also focus on a style of teaching

that allows people to feel at home, confident and comfortable in their own skin," she adds.

With the MAYO/JAM farm group on Tuesdays after school, the new Home Ec group for cooking on Wednesdays, Dance on Fridays and SADD Students Against Destructive Decisions on Saturday, the youth programs are gearing up for the holiday season.

"We've got lots of fun things planned and adding the dance program with Sarah was something we wanted to try to determine interest and participation," said Youth Centre Coordinator, Ethan Ball who is assisted by Animator, Karina Coates at the Centre.

"I know Sarah from my school days," said Katrina Coates-Animator. "I suggested her to lead the Friday after school dance program because she is so enthusiastic and joyful."

A seasoned dance instructor today, many moons ago Sarah Holmes performed in Christmas shows organized by the CABMN Volunteer

Centre.

"I was friends with someone in the groups back then and was invited from time to time to join in their annual show," she shares.

The admiration on the faces of the children attending the group speaks volumes in regards to Sarah's talent in teaching the Potton group.

While spaces are limited and more youth have signed up for next week, if you want more information about the Friday dance group contact e.ball@cabmn.org or k.coates@cabmn.org or you can call the centre and leave a message for a call back at 450-292-4886.

The Youth Centre takes this opportunity to proudly welcome Sarah Holmes to the weekly program schedule through to Christmas.

"If the first week is any indication, the happy faces and feet indicate that this program will be a winner," said Ball. "Our centre has a beautiful mirrored dance floor area in the basement and it is a space that many deem rare for a small community."

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Ben by Daniel Shelton

