



WELCOME TO FINE ARTS EXPRESS

About Us

Welcome to **Fine Arts Express**, an innovative early childhood education program dedicated to nurturing young minds through music, dance, drama, art, and yoga. Specifically designed for toddlers and preschool-aged children, our program integrates the fine arts into their learning experiences, fostering physical development, social skills, confidence, essential life skills and having fun along the way.



Contact

To contact **Fine Arts Express**, you can reach us at the following:

email: info@fineartsexpress.com

phone: 604-219-7625

Online:

Facebook: [fineartsexpressyyc](https://www.facebook.com/fineartsexpressyyc)

Instagram: [fineartsexpress](https://www.instagram.com/fineartsexpress)

Website: [Fine Arts Express](https://www.fineartsexpress.com)



About our Education Leader

Nikkie Ruud Ripka is a Certified Early Childhood Educator with over **30 years** of experience in instructing early learners. She is the former **Director of The Preschool Fine Arts**, a certified dance instructor, a certified kids yoga instructor, music instructor and a published children's author. As an educator and a Mom of 2 girls, Nikkie is passionate about fostering young children's discovery of the world around them, helping them understand themselves, and encouraging their confidence and creativity every step of the way.



FAE 3 HR Program Sample

(subject to slight variances)

9 - 9:25: Drop off, supervision and free play

9:25 - 9:30: Clean up

9:30 - 9:45: Circle time

9:45 - 10:05: Music class

10:05 - 10:25: wash hands - Snack

10:25 - 10:45: Dance and movement class

10:45 - 11:05: Arts and Crafts class

11:05 - 11:30: Imagination station (drama) class

11:30 - 11:45: Kids Yoga class

11:45 - 11:55: Goodbye and closing circle

11:55 - 12:00: Free play

12:00 - 12:05 Pickup



Program Goals

Creativity and Imagination: Cultivate a passion for the arts and encourage creative expression.

Confidence and Self-Esteem: Build self-confidence through successful artistic endeavors and positive reinforcement.

Social and Emotional Development: Enhance social skills and emotional intelligence through collaborative and expressive activities.

Physical Development: Promote physical health and well-being through active participation in dance, yoga, and movement.

Cognitive Growth: Support cognitive development through activities that stimulate critical thinking, problem-solving, and intellectual curiosity.



Program Highlights



Music Exploration:

- Interactive Music Sessions: Children engage with various musical instruments and learn about rhythm, melody, and harmony, which enhances auditory skills and musical appreciation.
- Group Singing: Encourages vocal development and collaborative participation, building a sense of community and shared joy in music.
- Dance and Movement:
- Dance Classes: Introduce children to different dance styles, promoting physical coordination, balance, and rhythm.
- Creative Movement: Encourages free-form movement, allowing children to express themselves physically and emotionally through dance.

Drama and Role Play:

- Theatrical Play: Through storytelling, puppetry, and role-playing, children enhance their communication skills and imagination.
- Emotion and Expression: Drama activities help children understand and express their emotions, fostering empathy and social interaction.

Visual Arts:

- Art Projects: Children experiment with various media, including painting, drawing, and sculpture, developing fine motor skills and visual-spatial awareness.

Yoga and Mindfulness:

- Yoga Sessions: Incorporating KAY (Kidding Around Yoga) philosophies we use age-appropriate yoga poses in songs, stories, and games that promote physical flexibility, strength, and balance.
- Mindfulness Activities: Techniques such as breathing exercises, guided relaxation, games and crafts that help children develop focus, self-regulation, and a sense of calm.



Benefits of Fine Arts Express

Physical Development:

- Enhanced Coordination: Activities like dance and yoga improve motor skills, coordination, and overall physical fitness.
- Body Awareness: Through movement and yoga, children learn to understand and appreciate their bodies, promoting healthy physical development.

Social Development:

- Teamwork and Collaboration: Group activities in music, dance, and drama foster teamwork, sharing, and cooperative play.
- Communication Skills: Engaging in drama and group discussions enhances verbal and non-verbal communication abilities.

Confidence Building:

- Self-Expression: Opportunities to create and perform build self-esteem and confidence in expressing ideas and emotions.
- Achievement and Recognition: Completing projects and performing for peers and family members provide a sense of accomplishment and positive reinforcement.

Life Skills:

- Creative Problem-Solving: Artistic activities encourage children to think creatively and develop problem-solving skills.
- Emotional Intelligence: Drama and mindfulness practices help children understand and manage their emotions, leading to better emotional health.
- Focus and Discipline: Structured activities like music and yoga teach children the importance of focus, practice, and discipline.

Educational Philosophy:

- At Fine Arts Express, we believe that integrating the fine arts into early childhood education provides a well-rounded and enriching experience that supports all aspects of a child's development. Our program is designed to nurture each child's unique talents and interests, fostering a lifelong love of learning and creativity.





FINE ARTS EXPRESS TUITION INFORMATION AND PAYMENT POLICY 2025 - 2026

Fine Arts Express is a yearly 11-12 Week - 3 *semester* program.

- *you are not required to register for all semesters - however registration fee is waived for Semester 2&3 with completion of Semester 1.*

FAE Weekly 3 hour Early Learning Program Class Options:

- Monday/Tuesday 9am - 12pm (SOUTH)
- Tuesday/Thursday 9:30am - 12:30pm (NORTH)



FAE 45/60 Minute Weekly Class Options: (South Only at this time)

- 45 minute: Kidz Zen Den: Kids Yoga/Crafts (ages 2-4) : Tuesday 12:30 - 1:15
- 45 minute: Mini Mozart Music: (ages 2-4) : Tuesday 1:15 - 2:00
- 45 minute: Mini and Me Yoga: Parented with (ages 1-3) : Tuesday 2:15 - 3:00

TUITION INFORMATION:

- **Registration Fee: \$35**/yearly session (paid once 2025-2026)
- **Resource Fee: \$50/3 HR :: \$16/45-60 min**
- **FAE 3 HR Weekly Sessions: \$540/Semester**
- **FAE 45 Minute Class: \$195/Semester**
- **Tuition** is based on one class/week
- **Registration Fee** is a one time payment
- **Resource Fee** is paid per semester (FAE Early Learning Class Only)

A student may enroll in more than 1 class per semester.

There is a **5%** discount for each additional class.

If a Monday class falls on a holiday - the make up class will be held on the Tuesday following. If holiday falls on a Friday class made up during later date.



**Join us at Fine Arts Express, where the arts come alive
and every child's potential is nurtured through the joy
of learning and creative expression.**

Location:

Fine Arts Express will run out of a Diversity Dance Studios.

South Location located in the Shoppes of Bridlewood.

Next to Subway and a couple doors down from the Tim
Hortons. (507-2335 162 Ave SW).

North Location located Beacon Heights Shopping Centre

Address: 12024 Sarcee Trail NW #420, Calgary, AB T3R 0J1

