



WELCOME TO FINE ARTS EXPRESS

About Us

Welcome to **Fine Arts Express**, an innovative childcare and 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

FAE Weekly Early Learning Program Classes:

- 3 HR - Fine Arts Express Program

TUITION INFORMATION Full Session October - June:

- **Registration Fee: \$35/year (NON-REFUNDABLE)**
- **Resource Fee 3HR: \$75/year or \$8.50/month (NON-REFUNDABLE)**
- **Tuition: Monday: \$150.00/month (30 Classes)**
Tuesday: \$160.00/month (32 Classes)

TUITION INFORMATION 8 Week Session:

- **Registration Fee: \$35/year (NON-REFUNDABLE)**
- **Resource Fee: \$25 (NON-REFUNDABLE)**
- **Tuition: \$360**



- **Full Session Tuition** is due on the 1st of every month.

- **8 Week Session Tuition** due upon Registration.

- **Tuition** is based on one class/week

- **Registration Fee** is a one time payment/2025-2026 session due upon registration

- **Full Session Resource Fee** is paid per year or split monthly.

- **8 Week Session Resource Fee** due upon registration

- **8 Week Session Tuition** - non-refundable after session begins

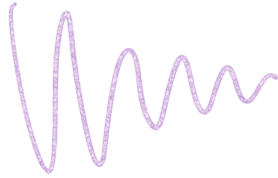


Withdrawal Policy:

Fine Arts Express operates on a month-to-month basis. If you wish to withdraw your child from the program, **30 days'** written notice is required and must be submitted on or **before the 1st** of the month.

If notice is given **after the 1st**, a weekly fee will be applied based on the number of weeks remaining in the 30-day period.

If you have paid the annual resource fee in full, any **unused portion** (calculated from your final month through June 2026) will be refunded.



**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

