

# 2001 ~ BEST OF MARKHAM ~ 2001

## Kicks Dance Studio

Since 1984, Kicks Dance Studio has offered high quality dance training to students of all ages in a friendly, supportive atmosphere. Professional teachers specialize in the art of jazz, tap, hip hop, ballet, cabaret, song & dance, modern, lyrical, stretch and technique.

Recreational and competitive programs are available for dancers of all levels, from beginner to advanced. Kicks Dance Studio provides professional dance instruction to over 400 students. All students receive the same high-quality instruction and attention. Every dancer is made to feel special. Kicks students and teachers have performed on TV, in movies, at Casino Rama, in the NHL All-Star 2000 Fantasy, Music videos, the Air Canada Centre and Toronto Sky Dome, Myrtle Beach Showstopper Finals to name just a few.

Dance classes are taught by fully qualified teachers who are constantly upgrading their teaching skills and knowledge by attending dance classes and workshops at the Broadway Dance Centre in N.Y.C. The competitive teams have earned numerous prestigious awards this year from upscale competitions in Canada and the U.S.

For details call 905-294-2618.

## Mother Nurture Childbirth and Parenting Preparation

Mother Nurture offers the most comprehensive prenatal preparation for expectant couples in the Markham area. The 10-week series provides couples with the obstetrical information about the labour process in a relaxed, nurturing environment. Eight of the classes are prenatal, while the remaining two are postpartum. All couples receive an excellent handbook and workbook, and many other freebies.

Parents learn about the technical information and emotional preparation for childbirth and parenting. The postpartum classes offer a Mothers' Only time to talk about actual birth experiences and a Fathers' Only time to air any concerns about fatherhood.

Phone support for each couple is also offered during pregnancy, labour and postpartum. "We have been called when women have been in labour and when their babies are over six months old [for parenting questions and concerns]," says Joanne Mathon, Owner/Operator of Mother Nurture, who is a certified childbirth educator and a registered certified master hypnotherapist.

Mother Nurture also offers workshops such as Birth Tiger Safan (dealing with fears) Birth Story (dealing with less than ideal birth experiences) and Beautifully Breastfeeding (breastfeeding preparation).

Mother Nurture is located at 5871 Hwy 7 East, Suite 205. For more information, call (905) 943-9022.

## Seaway Pools/Billiards/Hot Tubs

Gary and Jan Walters are celebrating 20 years in business with the family-owned and family-run Seaway Pools/Billiards/Hot Tubs in Markham.

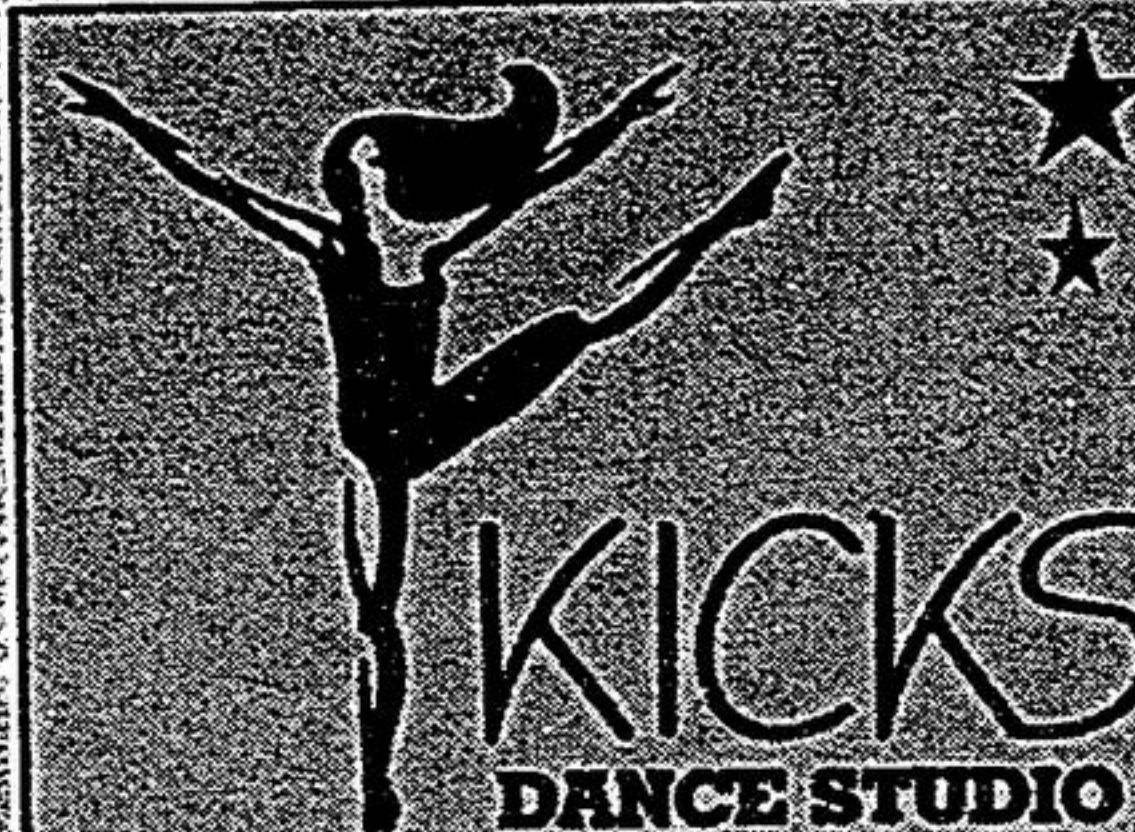
As the name suggests, Seaway carries it all; in fact Gary says that the Hot Tub business has "really grown to where we've become one of the largest Hot Tub suppliers in York Region." Seaway specializes in the Canadian manufactured Beachcomber Hot Tubs, which are engineered for outdoor use, year-round.

Seaway also offers "total flexibility" on custom design for Inground Pools, "to suit any yard," plus Seaway carries Deluxe Above Ground Pools by brand name Aqua Pro, which is manufactured by Jacuzzi.

Seaway boasts a large showroom, open year-round, with friendly, knowledgeable staff to serve you.

Seaway "is a company geared around the recreational and the health markets," says Gary. One more aspect of this, is that Seaway also carries a full-line of residential Billiard Tables, made by Olhausen.

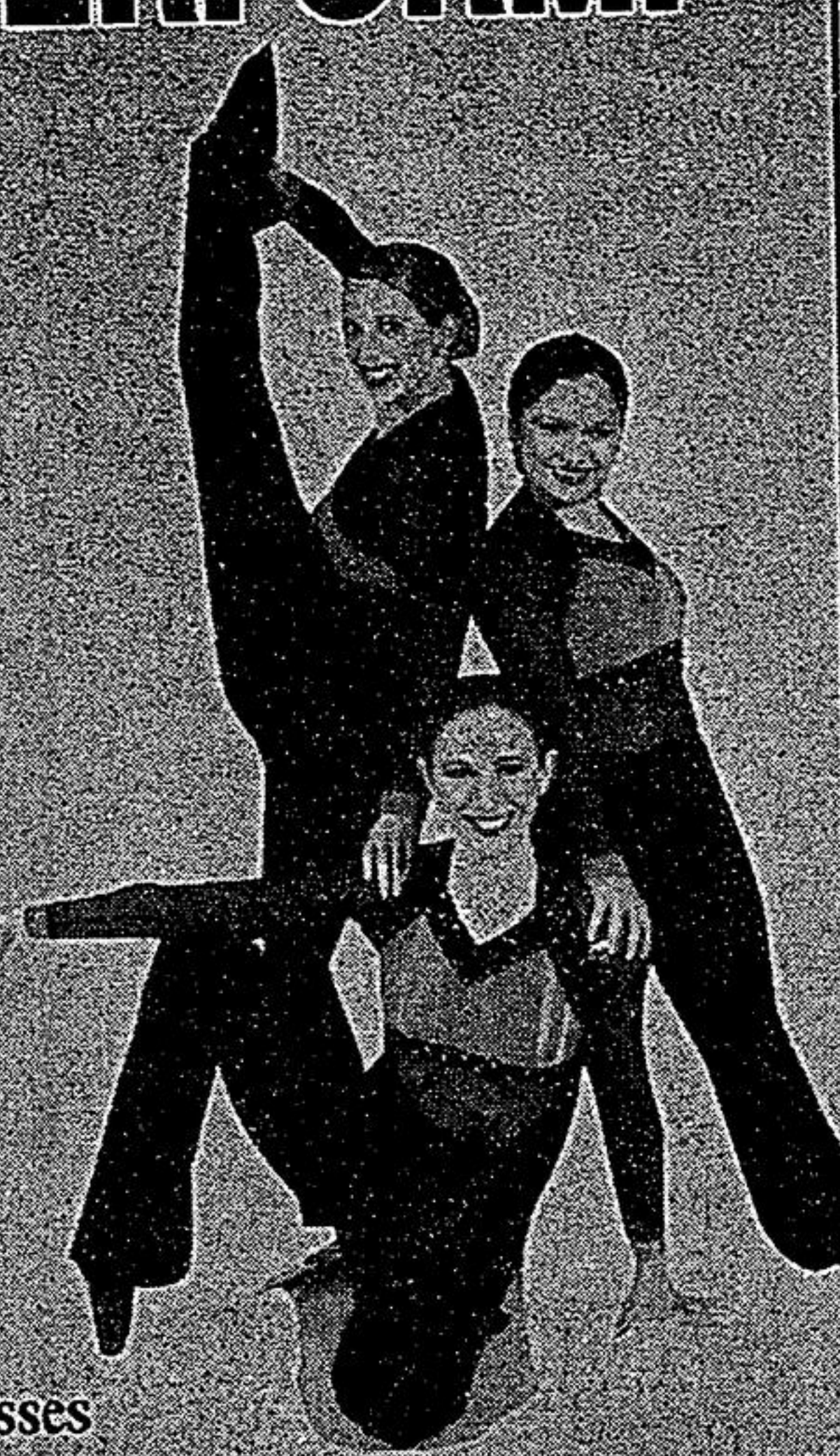
Seaway Pools/Billiards/Hot Tubs is located at 25 Heritage Road in Markham and can be reached at 905-294-8030.



**WE PERFORM!**

**"Where The Student Comes First!"**

- ♪ Spectacular Annual Recital at Markham Theatre
- ♪ Sprungwood Dance Floors
- ♪ Recreation & Competitive
- ♪ All Ages & Levels
- ♪ Professional Instructors
- ♪ 18 Years in Markham!
- ♪ NEW!! All Boys Hip Hop Classes



**TAP \* JAZZ \* BALLET \* HIP HOP \* CABARET \* SONG & DANCE...**

## FALL REGISTRATION

Aug. 15<sup>th</sup> & 16<sup>th</sup> • 5 pm - 8 pm • 6545 Highway #7, Markham

**294-2618**



**For Family fun and Relaxation at Home ....**

In-ground pools, standard and custom designs.

Above ground pools, round and oval designs.

Hot Tubs and Spas  
Billiard Tables  
Repairs and Maintenance

**SEAWAY**  
POOLS • BILLIARDS • HOT TUBS  
25 HERITAGE RD., MARKHAM  
(McCowan 1 North of Hwy. #7)  
**294-8030**



## Mother Nurture

*Prenatal Classes, Workshops and more!*

**Comprehensive 10-Week Prenatal Series Includes 2 Postpartum Classes**

**Hypnosis for Childbirth Classes**

Phone support and workbook included with classes!  
*Call for a list of our workshops & free seminars*

**905.943.9022**

## MotherPeace Postpartum Support Services

Postpartum distress can lead to a whole range of emotional ailments, including exhaustion, anxiety, self-doubt, low self-esteem and many others. Now there is a unique new service that provides practical help and information for parents of newborns.

MotherPeace Postpartum Support Services is an in-home service operated by Juliet McDonald, who has earned a National Nursery Examination board certificate and has been a home daycare provider for the past 13 years. Her services include answering questions about weight gain, feeding, crying and sleeping patterns, development and routine establishment. Other services include helping older siblings with the adjustment, teaching baby massage, mentoring to help parents receive the knowledge and confidence to care for and support their new baby.

MotherPeace will also connect parents with local services if needed. The service does not, however, provide babysitting, full cleaning services or medical advice.

MotherPeace Postpartum Support Services are provided in the client's home. For more information, call (905) 995-6522.