

# LEARNING & GROWING THROUGH EXPRESSION



## 7<sup>TH</sup> ST. CENTRE For The Arts

The 7th St. Centre for the Arts is an award winning performance centre, helping people thrive through theatre, music, art, dance and videography. Our goal is to foster personal and creative growth, while building confidence.

1. **Theatre:** Acting and theatre games promote self-expression without formal guidelines. In a failure-free environment, the focus is on the process, not the product.
2. **Dance & Creative Movement:** People develop valuable skills in self-expression, and dance promotes muscular strength, endurance, flexibility, and cardio health.
3. **Music & Choir:** People can express thoughts, feelings, and concepts through music. In addition to the 7th St. Choir, individual or small group instruction is offered in piano, percussion and guitar.



WE MAKE LEARNING AND CREATIVITY COME TO LIFE

**Theatre in the Now** is the centre's acting troupe, performing in elementary schools throughout Butte and Glenn Counties. Written or adapted by the troupe, performance themes center around inclusion, tolerance, acceptance, accountability, and reaching your potential. Bigg's Elementary stated, "On the deepest level, Theatre in the Now is showing our students that everyone is accepted, that no matter what your ability you can participate and be a valued member of a group."

In 2016 the 7th St. Centre for the Arts was awarded the Chico Mayor's Arts Awards. The award recognizes individuals, businesses and non-profit organizations for their contributions to the art community.



WE RESPOND TO PEOPLE'S HOPES AND DREAMS

4. **Performance:** Performances increase intellectual stimulation, self-esteem, growth toward maturity, and enhances peoples' ability to work towards long range goals. Performances occur in our annual school tours, recitals and main-stage productions. They take place in the community and in-house at the centre.



**WANT TO LEARN MORE?**

Call 530-809-1288 or go to [www.mainsl.com](http://www.mainsl.com).