



West Island Women's Centre  
Centre des Femmes West Island

## NEWSLETTER

Winter 2015

### Join our Winter 2015 Courses!

Registration Dates to Remember	
<b>Tuesday, December 2</b> 1-3 p.m./6:45-7:45 p.m.	Pre-registration for Current Members
<b>Tuesday, December 9</b> 3 p.m.	Pre-registration Period Closes
<b>Thursday, December 11</b> 1-3 p.m./6:45-7:45 p.m.	Registration for New Members
<b>After December 11</b> Monday to Friday 8:30-12 p.m/1-3 p.m.	Registration Continues

---

#### West Island Women's Centre

11 Rodney Avenue, Pointe-Claire, QC, H9R 4L8

(Entrance via the parking lot entrance on Vincennes Avenue)

*Mailing Address: P.O. Box 521, Pointe-Claire, QC, H9R 4S6*

**Telephone:** 514-695-8529

**E-mail:** [wiwc@qc.aibn.com](mailto:wiwc@qc.aibn.com)

**Visit our website:** [www.wiwc.ca](http://www.wiwc.ca)

Follow us on **Facebook:**

<http://www.facebook.com/westislandwomenscentre>

## GENERAL INFORMATION

### **What you need to know ... Registration Information**

- Pro-rated membership fee for new members: \$15
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, January 12, 2015
- Classes are 10 weeks unless indicated otherwise.
- There are no classes during the school March break (March 2-6, 2015)
- The WIWC is closed between December 22, 2014 and January 2, 2015
- Payment is by cash or cheque only.
- Consult the **WIWC Member's Guide** for more information on registration policies and procedures.

## SCHEDULE AT A GLANCE – WINTER 2015

DAY	TIME	COURSE	#WKS	COST
Monday A.M.	8:45-9:45	Classical Pilates	8	\$29
	9:00-9:45	Stories and Art (2-3 yrs with Mom)	8	\$32
	9:30-11:30	French for Newcomers	8	\$50
	9:45-11:45	Cooking: Taste the World - International Flavours	8	\$59
	10:00-10:45	Art on My Own (3-5 yrs)	8	\$32
	10:00-10:45	Mom and Baby Yoga (3 mos. to Crawlers) * 10 a.m.	8	\$21
	11:00-11:45	Mom and Baby Yoga (3 mos. to Crawlers) * 11 a.m.	8	\$21
Monday P.M.	1:00-2:15	Monday Sweat and Tone	9	\$41
	1:00-2:30	Choir: Unison and Two-Part Singing	9	\$50
Monday Evening	7:00-9:00	A Beginner's Guide to Interior Design	9	\$75
	7:30-8:30	Zumba® Nite	9	\$39

24/11/14

## SCHEDULE AT A GLANCE – WINTER 2015 Cont'd

DAY	TIME	COURSE	#WKS	COST
Tuesday A.M.	9:00-9:45	Preschool Gym (3-5 yrs)	10	\$40
	10:00-11:00	Self-Defence	10	\$31
	9:30-11:30	Knitting for All	10	\$75
	9:50-10:35	Moms and Tots Gym (2 yrs)	10	\$40
	10:45-11:45	Tuesday Sweat and Tone	10	\$37
Tuesday P.M.	1:00-2:00	Zumba® Gold	9	\$33
Tuesday Evening	7:00-8:30	Evening Kripalu-Inspired Hatha Yoga	10	\$63
	7:00-9:00	Digital Photography: Lighting and Interior Photography	10	\$82
Wednesday A.M.	8:30-9:30	Step	10	\$37
	9:00-9:35	Babies Love Music (6-12 mos.)	10	\$40
	9:30-11:30	Raw Food Power: Thrive, Detox and Empower Your Health	10	\$75
	9:40-10:40	Total Body Fitness	10	\$37
	9:50-10:25	Sing and Play Together (12-24 mos.)	10	\$40
	10:40-11:20	Movin' and Groovin' (2-5 yrs with Mom)	10	\$40
	10:50-11:50	Wednesday Zumba®	10	\$37
Wednesday P.M.	1:00-2:30	Adult Ballet	10	\$56
Wednesday Evening	7:00-9:00	Communiquer en français (Intermediate)	10	\$70
	7:30-8:30	Piyo Strength: A Pilates/Yoga/Aerobics Combo	10	\$43
	7:30-9:30	Wednesday Night Book Club	5 times	\$19

**SCHEDULE AT A GLANCE – WINTER 2015 Cont'd**

<b>DAY</b>	<b>TIME</b>	<b>COURSE</b>	<b>#WKS</b>	<b>COST</b>
Thursday A.M.	9:30-11:30	<b>The Anti-Inflammatory/ Anti-Ageing Diet</b>	9	\$56
	9:40-10:40	<b>Bootcamp Fitness</b>	10	\$37
	9:45-10:20	<b>Exploring the Senses - For Mommy and Me (4-12 mos.)</b>	10	\$40
	10:45-11:45	<b>Circle Time with Mom (12-24 mos. With Mom)</b>	10	\$40
	10:50-11:50	<b>Body Factory</b>	10	\$37
Thursday P.M.	1:00-1:45	<b>Kodomo (Kids') Karate (4-5 yrs)</b>	9	\$36
	1:00-3:00	<b>Reiki I and II</b>	10	\$63
Thursday Evening	7:00-8:15	<b>Gentle Flow Yoga and Meditation</b>	10	\$52
	7:00-9:00	<b>Archetypes: Understanding Who We Really Are</b>	10	\$70
	7:00-9:00	<b>Introduction to German</b>	10	\$82
Friday A.M.	9:00-10:30	<b>Kripalu-Inspired Hatha Yoga</b>	9	\$50
	9:30-11:30	<b>Imagery and You</b>	9	\$56
	9:30-11:30	<b>Converse in French: Beginners and Intermediate</b>	9	\$56
	10:40-11:15	<b>Yoga Movement for Kids (3 yrs)</b>	9	\$36
	11:20-11:55	<b>Yoga Movement for Kids (4-5 yrs)</b>	9	\$36
Friday P.M.	1:00-2:15	<b>Gentle Toning</b>	9	\$41
	1:00-3:00	<b>Say It Out Loud: Public Speaking 101</b>	9	\$56
	1:00-3:00	<b>Mixed Media Collage</b>	9	\$68

## PERSONAL DEVELOPMENT/WELLNESS

### ***What you need to know ...***

#### ***Personal Development/Wellness classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.

### **FRENCH FOR NEWCOMERS**

**Monday 9:30 – 11:30 a.m.**

**Childcare Room 2**

Bonjour! Are you new to Quebec? This introductory class is designed for women with little or no background in French who would like to begin to navigate their way by learning basic sentences, grammar and expressions. Through vocabulary and conversational activities, we will learn to meet and greet people as well as practice basic communication for other daily life situations. À bientôt!

Please Note: There will be no class on March 9th. This is an 8-week course.

**Instructor: Thomas Maxwell, B.A. (Northumbria), C.S.R. (UQAM), M. Communications (UQAM)**

**\$50**

### **MOM AND BABY YOGA (INFANTS FROM 3 MOS. TO CRAWLING) \* 10 A.M.**

**Monday 10:00 – 10:45 a.m.**

**Gym**

Here's a 45-minute class for you and baby! Together we will learn the basics of infant massage and baby yoga, with time for you too. A wonderful way to reconnect with your practice or to begin your journey into yoga. Please bring a mat, a towel and a diaper bag. It is recommended that you consult your health-care professional before beginning any post-natal exercise regime. Please Note: ***Strollers are not allowed in the class. Please leave your stroller outside the building.***

## **PERSONAL DEVELOPMENT/WELLNESS**

Please Note: There will be no class on March 9th. This is an 8-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**  
**\$21**

### **MOM AND BABY YOGA (FROM 3 MOS. TO CRAWLING)**

**\* 11 A.M.**

**Monday 11:00 – 11:45 a.m.**

**Gym**

Here's a 45-minute class for you and baby! Together we will learn the basics of infant massage and baby yoga, with time for you too. A wonderful way to reconnect with your practice or to begin your journey into yoga. Please bring a mat, a towel and a diaper bag. It is recommended that you consult your health-care professional before beginning any post-natal exercise regime. Please Note: Strollers are not allowed in the class. Please leave your stroller outside the building.

Please Note: There will be no class on March 9th. This is an 8-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**  
**\$21**

### **SELF-DEFENCE**

**Tuesday 10:00 – 11:00 a.m.**

**Upstairs Classroom**

Do you know what to do if you are grabbed from behind? Did you know that eighty percent of self-defence is common sense? Are you aware of how your body language can help you avoid violent situations? Come and learn tricks and techniques to escape from every possible kind of attack and how to harness your power and deliver it in explosive strikes and kicks. Be prepared. Be empowered.

## PERSONAL DEVELOPMENT/WELLNESS

**Instructor: Meghan Greig, 2nd degree black belt in Wado kai karate**  
**\$31**

**EVENING KRIPALU-INSPIRED HATHA YOGA**  
**Tuesday 7:00 – 8:30 p.m.**  
**Gym**

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath and discover strength already within you. This is a mixed class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer very detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. **Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks.** Other props you enjoy are welcome as well.

**Instructor: Ilaini Scholl, Certified Kripalu-inspired Hatha Yoga Teacher**  
**Please Note: The WIWC's free childcare service is not available during evening courses.**  
**\$63**

**COMMUNIQUER EN FRANÇAIS (INTERMEDIATE)**  
**Wednesday 7:00 p.m. – 9:00 p.m.**  
**Childcare Room 2**

Désirez-vous vous exprimer spontanément et participer pleinement à des discussions? Voilà l'objectif du **cours intermédiaire**. Chaque semaine, la lecture de courts extraits portant sur divers sujets d'actualité (tirés de revues ou de journaux) incitera chaque participante à exprimer son point

## PERSONAL DEVELOPMENT/WELLNESS

de vue et lui permettra d'entretenir des échanges réels avec ses interlocutrices. Les participantes seront invitées à poser des questions, à formuler des opinions, à montrer leur accord ou leur désaccord, à faire valoir leur point de vue, à dialoguer en français. Deux heures pendant lesquelles on parlera de tout... ou presque. Pour celles qui désirent perfectionner leurs connaissances de la langue écrite quelques minutes en début du cours seront dédiées aux questions de grammaire.

**Instructor: Sandrine Grekov**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

**\$70**

### **THE ANTI-INFLAMMATORY/ANTI-AGEING DIET**

**Thursday 9:30 – 11:30 a.m.**

**Childcare Room 2**

Inflammation is the root of the diseases linked to ageing — everything from wrinkles to autoimmune diseases (like rheumatoid arthritis), and just about everything in between. The good news is there is a “dietary pattern” that we can adopt that will slow it down and help us stay healthier for longer. Join dietitian Kim Arrey and find out how inflammation is affecting your body and what you can do to reduce it. Topics will include the definition of inflammation and its causes; how inflammation affects the body; lifestyle choices and how they affect inflammation; and how to change inflammation levels by looking at how and what you eat. You will leave this class knowing what changes you can immediately make that will start you on the road to a more youthful, healthier self.

Please Note: The first class will take place on January 22nd. This is a 9-week course.

**Instructor: Kim Arrey, RD Dietitian/Nutritionist, member of the Order of Dietitians of Quebec, Dietitians of Canada, and the American Academy of Nutrition and Dietetics**

**\$56**



## *PERSONAL DEVELOPMENT/WELLNESS*

### **REIKI I AND II**

**Thursday 1:00 – 3:00 p.m.**

**Upstairs Classroom**

Whether you are new to energy healing or have always felt drawn to it, here is a great opportunity to learn the principles of chi (universal energy) and how they apply to everyday living. Learn about the chakras, auras, kundalini, and how they all work together. Taught by a qualified Reiki Master, you will receive the attunements in both Reiki Level I and II. No pre-requisites needed; in fact, this course is open to all, that is, if you are ready. Certificates will be issued by the instructor upon the successful completion of this course.

**Instructor: Nazzarena Santini – Reiki Master, Certified  
Massage Therapist & Founder of Avalon Massage Academy  
\$63**

### **GENTLE FLOW YOGA AND MEDITATION**

**Thursday 7:00 – 8:15 p.m.**

**Gym**

This class will benefit those who are looking for a gentle, grounding, relaxation practice. Together we will return to center by touching upon basic yoga asana, breath work, and meditation principles. The focus will be on alignment, balance, improving strength and mobility, and stress release. All levels are welcome.

**Instructor: Laura Gilmour, 200RIT Hatha Yoga Instructor,  
Y.M.C.A. Corrective Conditioning Certificate and FIT  
Certified Personal Trainer  
Please Note: The WIWC's free childcare service is not available  
during evening courses.  
\$52**

## *PERSONAL DEVELOPMENT/WELLNESS*

### **ARCHETYPES: UNDERSTANDING WHO WE REALLY ARE**

**Thursday 7:00 – 9:00 p.m.**

**Upstairs Classroom**

Are you the Hero, the Sage, the Caregiver? This course will look at the 10 most common archetypes for women in this day and age and their male counterparts. Participants will be directed to identify which archetypes they most relate to and then apply this knowledge in order to live more authentically and wholly. With the knowledge of archetype characteristics, participants will gain valuable insight into what is at the root of their desires, learn to recognize their basic human motivations, and develop a better understanding of their own and others' behaviours. Participants will be required to purchase a workbook (\$10) from the instructor at the first class.

**Instructor: Anna Szczygieiski, B.Ed., McGill University**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

**\$70**

### **KRIPALU-INSPIRED HATHA YOGA**

**Friday 9:00 – 10:30 a.m.**

**Gym**

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath and discover strength already within you. This is a mixed class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer very detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks. Other props you enjoy are

## PERSONAL DEVELOPMENT/WELLNESS

welcome as well.

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Ilaini Scholl, Certified Kripalu-inspired Hatha Yoga Teacher**  
**\$50**

**IMAGERY AND YOU**  
**Friday 9:30 – 11:30 a.m.**  
**Upstairs Classroom**

The way we see images and react to them reflects our authentic inner selves. In this course, we will explore how photographic images can be a means of self-expression and self-evaluation. We will learn how to use photographic images and theory to examine our perceptions; we will do visualization and photographic exercises to encourage self-exploration; and we will examine concepts such as focus, intention, presence, purpose and meaning through the context of photography and imagery. The course will also help foster personal and spiritual growth by tapping into our creativity. While this is not a technical photography course (no camera is needed in the classroom), a camera (even a phone camera!) would be an asset to enable participants to take photos outside the classroom. We will create personal vision boards to guide us on our journey of self-discovery. Participants can use whatever method works best for them to express their ideas, be it a clipping from a magazine, a photo in an art book, or a personal photo (old or new).

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Lucy Baum, B.A. Psychology (McMaster University), Design Management (Ryerson University), Photography (Concordia University), AEC Commercial Photography (Dawson College)**  
**\$56**

## *PERSONAL DEVELOPMENT/WELLNESS*

### **CONVERSE IN FRENCH: BEGINNERS AND INTERMEDIATE**

**Friday 9:30 -11:30 a.m.**

**Childcare Room 2**

This course is designed for women wanting to review the basics and improve their skills in order to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills, so regular attendance and a willingness to participate are essential. Don't miss this great opportunity to improve your French within a relaxed and friendly atmosphere!

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Carole Touchette, B.A. Lettres Française, mineur sciences de l'éducation, Université de Montréal**

**\$56**

### **SAY IT OUT LOUD: PUBLIC SPEAKING 101**

**Friday 1:00 – 3:00 p.m.**

**Upstairs Classroom**

Do you want to become more confident about speaking in public? Do you need to give presentations at work? Do you have something to say, but cannot put it into words? This course is designed to help you get past your fear of public speaking. There is no pre-requisite for the class; you just need to have an honest desire to communicate at your best! In our weekly exercises, we will be working together to define the message you want to communicate plus we will come up with the best way you can do this through public speaking.

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Josephine Sciortino, B.A. Journalism (Concordia University), M.A. Sociology (McGill University), B.A. Sociology (Bishop's University), President, Toastmasters Pointe Claire**

**\$56**

## *SPECIAL INTEREST*

### ***What you need to know ... Special Interest classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.

### **COOKING: TASTE THE WORLD – INTERNATIONAL FLAVOURS**

**Monday 9:45 – 11:45 a.m.**

**Kitchen**

Travel hassle free in your very own kitchen by cooking inspirational, family-friendly international meals. Savour your old-time favourites such as pizza and pasta while discovering some novel dishes like Korean Bibimbap, Asian Pad Thai and Indian Masala. Meal and nutritional tips will be shared. Participants are encouraged to bring small plastic containers for leftovers. A fee of \$30 per participant is applicable to cover the cost of ingredients for the course and is payable to the instructor at the first class.

Please Note: There is no class March 9th. This is an 8-week course.

**Instructor: Nevine Elchibini, B. Comm., N.D.**

**\$59**

### **CHOIR: UNISON AND TWO-PART SINGING**

**Monday 1:00 – 2:30 p.m.**

**Upstairs Classroom**

Come and join us for a fun afternoon of singing. We will be exploring different styles of music in a relaxed atmosphere using both unison and two-part arrangements. Selections will include George Gershwin and Cole Porter as well as other American composers of Broadway musicals. In addition, there will be some classical selections. Simple ear training and sight reading examples will be shared to help develop musical

## ***SPECIAL INTEREST***

understanding and ability. No experience necessary — all are welcome!  
Please Note: This is a 9-week class. The final class will take place on  
March 16th.

**Instructor: Wendy Tilson, B. Mus. (McGill University), B. Ed.  
(University of Toronto)**  
**\$50**

### **A BEGINNER'S GUIDE TO INTERIOR DESIGN**

**Monday 7:00 – 9:00 p.m.**

**Childcare Room 2**

“There’s no place like home” and knowing how to decorate it so that it works for you and your family while still reflecting who you are and how you want to live is so important. In this course, we will discuss the fundamentals of interior design: the language of colour; the impact colour has on our emotions; and we’ll talk about keeping up with the trends. Bring your decorating challenges and we’ll solve them together!  
Please Note: This is a 9-week class. The final class will take place on  
March 16th.

**Instructor: Lucy Malagisi, Interior Designer at Interiors by  
Lucy Malagisi, and instructor at Sources Adult and Career  
Center (Interior Decorating and Display)**

**Please Note: The WIWC’s free childcare service is not available  
during evening courses.**

**\$75**

### **KNITTING FOR ALL**

**Tuesday 9:30 – 11:30 a.m.**

**Childcare Room 2**

Beginners and veteran knitters are welcome to join this class to either learn a new craft or work on an ongoing project while picking up a few tips and tricks. Class projects will be presented, but are not mandatory.

## **SPECIAL INTEREST**

Please bring a ball of inexpensive light-coloured worsted yarn, size 4.5 mm (US 7) knitting needles and your current project (if applicable) to the first class.

**Instructor: Debra-Lynn Tomiuk**  
**\$75**

### **DIGITAL PHOTOGRAPHY: LIGHTING AND INTERIOR PHOTOGRAPHY**

**Tuesday 7:00 – 9:00 p.m.**

**Childcare Room 2**

Learn lighting essentials for indoor and home lighting for shoots — including principles, techniques and tools. You will be introduced to lighting setups and techniques used in editorial and portrait photography. The course will also cover various lighting situations and accessories and the use of tungsten, studio strobe, portable strobe, daylight, fluorescent, and mixed light sources. Through lecture, visual examples, demonstrations, hands-on practice and assignments, you will gain an understanding of a variety of different lighting styles and techniques. There will also be field trips to a professional studio setting. This course will also cover how to set up an inexpensive in-home studio. Equipment needed: digital camera of 8 megapixels or more, additional lenses (if applicable), tripod, and flash. Please note that additional materials may be required, including masking tape, fabric, background paper, fishing wire, etc. *Participants should expect to spend additional personal shoot time each week outside the classroom and have access to a computer to submit their homework images electronically each week.*

**Instructor: Cassandra Leslie, C2 Studios**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

**\$82**

## *SPECIAL INTEREST*

### **RAW FOOD POWER: THRIVE, DETOX AND EMPOWER YOUR HEALTH**

**Wednesday 9:30 – 11:30 a.m.**  
**Childcare Room 2**

Do you lack energy and vitality? Is stress or anxiety affecting your ability to focus throughout the day? Do you want to heal your digestion and feel clear again? Would you like to learn how to lose weight by eating more healthfully and finding out about effective weight loss strategies? Have you ever wondered about raw foods, superfoods and their benefits to your health? This course is for you if you are looking to make a significant change in the way you eat, think and live. Learn about the anatomy and physiology of digestion and detoxification and learn how to incorporate the world's most nutritionally dense superfoods into your everyday routine with easy, creative and gourmet dishes. You will be empowered and inspired to take care of your health on a whole new level. Adopting fresh lifestyle habits will assist you in thriving and experiencing optimal health. Best of all, you will get to taste exquisite and gourmet raw dishes at every class! Whether you are a beginner or a pro, you will learn something new each class — guaranteed! Please Note: A \$30 consumable fee is payable to the instructor at the first class to cover the cost of supplies.

**Instructor: Desiree Abecassis, B.E.S., Naturopath, Homeopath**  
**\$75**

### **ADULT BALLETT**

**Wednesday 1:00 – 2:30 p.m.**  
**Gym**

This is a class designed for adults interested in increasing their strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each



## ***SPECIAL INTEREST***

week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us! Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

**Instructor: Alison Dewar**  
**\$56**

### **WEDNESDAY BOOK CLUB**

**Wednesday 7:30 – 9:30 p.m. (once a month on the third  
Wednesday of every month)**  
**Upstairs Classroom**

The Women's Centre's book club offers you great reading, exciting discussion and warm companionship. Because there are no animators, participants rotate the leadership role on a monthly basis. The club meets on the third Wednesday of every month. For information about meeting dates and the book selected for the upcoming meeting, please refer to the Events Calendar on our website or call the WIWC Office at 514-695-8529.

**Please Note: The WIWC's free childcare service is not available during evening courses.**  
**\$19 (For new members to the club; this fee covers the winter and spring sessions.)**

### **INTRODUCTION TO GERMAN**

**Thursday 7:00 – 9:00 p.m.**  
**Childcare Room 2**

Deutsch lernen, mit Vergnügen ! Let's have some fun learning German! German is a fascinating language to learn. In this introductory course, we will learn how to communicate in German in typical everyday situations

## ***SPECIAL INTEREST***

while gaining a first insight into the interesting and at times challenging world of German grammar. Practical language learning will be complemented by lots of fun facts about German culture and thinking. Komm, lern mit uns ! Come and join us!

**Instructor: Martina Thiel**

**Please Note: The WIWC's free childcare service is not available during evening courses.**

**\$82**

### **MIXED MEDIA COLLAGE**

**Friday 1:00 – 3:00 p.m.**

**Childcare Room 2**

Explore art and the creative process by creating collages. This 9-week course is offered in a workshop style so students will leave each 2-hour class with a finished or semi-finished project. Using imagination and intuition, each student creates a work from simple materials using the basic elements of design (line, space, colour, form, value and texture) while exploring the principles of design (repetition, contrast, balance, unity and movement). Participants will experiment with different papers, techniques and ideas to create spirited and innovative collages while learning about colour, composition, texture, edges and shape. Topics covered will include inventory of materials and tools, transparency, layering, value, colour theory, negative space and creating textures. The use of text and mono-printing using impressed surfaces and stencils is introduced as well. Creating in any genre — from the realistic to the abstract — is encouraged. A full list of the materials and tools required over the course of the session will be distributed at the first class.

Please Note: This is a 9-week class. The final class will take place on March 20th.

**Instructor: Annika Diehl, B.F.A. (Concordia)**

**\$68**

## **FITNESS**

### ***What you need to know...***

#### ***Fitness classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- Hand-held weights are needed for some classes. Check the course description.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- Remember to put away the equipment you used at the end of the class.

### **CLASSICAL PILATES**

**Monday 8:45-9:45 a.m.**

**Gym**

This class will give you a full body workout. Pilates techniques include proper breathing, posture, and alignment — all of which help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. Pilates is suitable for all fitness levels so if you want to tone up and transform your body, Pilates is perfect for you!

Please Note: There will be no class on March 9th. This is an 8-week course.

**Instructor: Orly Sharoni, PMA (Pilates Method Alliance)  
Certified Instructor**

**\$29**

## ***FITNESS***

### **MONDAY SWEAT AND TONE**

**Monday 1:00 – 2:15 p.m.**

**Gym**

Ultra concentrated! There will be lots of sweat and a ton of toning in a **75-minute** format. The class will begin with a half hour of cardio followed by core work, ab work, strengthening, and toning. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

Please Note: This is a 9-week class. The final class will take place on March 16.

**Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor,  
Personal Trainer**

**\$41**

### **ZUMBA® NITE**

**Monday 7:30 – 8:30 p.m.**

**Gym**

The Zumba® program fuses hypnotic Latin and world rhythms with easy to follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

Please Note: This is a 9-week class. The final class will take place on March 16th.

**Instructor: Marie Robinson, Zumba® Certified Group Fitness  
Instructor**

**Please Note: The WIWC's free childcare service is not available  
during evening courses.**

**\$39**

## **FITNESS**

### **TUESDAY SWEAT AND TONE**

**Tuesday 10:45 – 11:45 a.m.**

**Gym**

Ultra concentrated! There will be lots of sweat and a ton of toning in a one-hour format. The class will begin with a half hour of cardio followed by a half hour of core work, ab work, etc. Tubing and fitness mats are provided by the Centre. Please bring your own weights and a water bottle. Get ready for some sweaty fun!

**Instructor: Natalie Pesold, CAN-FIT-PRO, Fitness Instructor,  
Personal Trainer**

**\$37**

### **ZUMBA® GOLD**

**Tuesday 1:00 – 2:00 p.m.**

**Gym**

Zumba® Gold is based on the same dance moves used in the original Zumba® class, creating a party-like atmosphere that is incredibly fun, easy to follow, and EVERYONE can do it! The Gold class is less intense and uses modified movements with dance routines designed for beginners, older adults, and people with health issues. Working with Latin American, Spanish, African and Caribbean music, Zumba® Gold adds a longer warm up and cool down to give participants a program that improves balance, flexibility and cardiovascular strength. Feel the music, move with joy, and before you know it the class will be done! All you need for this class are comfortable clothes and shoes, a water bottle, and a smile.

Please Note: This is a 9-week class. There will be no class on March 10th.

**Instructor: Rachel Schlosberg, Zumba® and Zumba® Gold  
Certified Group Fitness Instructor**

**\$33**

## **FITNESS**

### **STEP**

**Wednesday 8:30 – 9:30 a.m.**

**Gym**

This class consists of a cardiovascular workout using the step. Choreography is interspersed with intervals to give your body a great workout without taxing your brain too much! Step segments are introduced and gradually built upon resulting in a fun and challenging experience. Come and enjoy the journey!

**Instructor: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)**

**\$37**

### **TOTAL BODY FITNESS**

**Wednesday 9:40 – 10:40 a.m.**

**Gym**

This class has it all! Be prepared to never stop moving! Whether we're on the step for some easy-to-follow cardio moves, on the floor for some fun muscular work or doing a lively interval, you will experience it all in this fun and challenging class! From cardio to muscular to stretching after it is all done, you will get a "total body" workout! The level of this fitness course is intermediate to advanced. However, the instructor will provide alternatives for those wanting less intensity.

**Instructor: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.)**

**\$37**

### **WEDNESDAY ZUMBA®**

**Wednesday 10:50 – 11:50 a.m.**

**Gym**

The Zumba® program fuses hypnotic Latin and other world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and

## **FITNESS**

get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

**Instructor: Ann Papayoti, Zumba®, Zumba Toning®, Zumba Kids® and Kids Jr.® Certified Group Fitness Instructor**  
**\$37**

**PIYO STRENGTH: A PILATES/YOGA/AEROBICS COMBO**  
**Wednesday 7:30 – 8:30 p.m.**  
**Gym**

Our Piyo Strength class fuses Pilates and Yoga moves and definitely has a cardio element. This unique class is designed to build strength and flexibility. The moves fit perfectly together for a class filled with intense choreography that's fun, challenging and will make you sweat. Piyo Strength focuses on agility, dance conditioning, athletic training, core conditioning, balance, flexibility, and much more. It's about energy, power and rhythm. Think sculpted abdominals, increased overall core strength and greater stability. This class is suitable for all fitness levels.

**Instructor: Danielle Lustgarten, PiYo© and Turbo Kick© Certified Fitness Instructor**  
**Please Note: The WIWC's free childcare service is not available during evening courses.**  
**\$43**

**BOOTCAMP FITNESS**  
**Thursday 9:40 – 10:40 a.m.**  
**Gym**

Incorporating traditional calisthenic and body weight exercises with interval training and strength training, this course will lead you through a

## **FITNESS**

variety of strength and cardio exercises designed to challenge your strength and endurance while burning calories. Hand-held weights (5 lbs) are required.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

**\$37**

### **BODY FACTORY**

**Thursday 10:50 – 11:50 a.m.**

**Gym**

This is an overall muscular strengthening and endurance class using weights, tubing and the step to sculpt and enhance muscle conditioning. This will be a workout from head to toe. Hand-held weights are required. Tubing and steps are provided by the Women's Centre.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

**\$37**

### **GENTLE TONING**

**Friday 1:00 – 2:15 p.m.**

**Gym**

A small group training class that allows you to work out at a slower pace and feel the target muscles working. The focus is on posture and the joints — even the small ones! We are always bent forward, so the back of the body will be worked more. Gait and balance will be challenged and the full range of motion of the muscles will be worked. This is a class that will leave you feeling a little straighter! Exercises will have options, allowing the participant to make a choice that works for her body. Equipment will be provided by the instructor and the Centre.

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Donna Lamontagne, YMCA Group/Individual Fitness Certification; YMCA & YM-YWHA Corrective Conditioning; C.A.L.A. Vertical & Healing Waters**

**\$41**



## FOR CHILDREN

### ***What you need to know...***

#### ***Children's classes***

- Most classes run for 10 weeks.
- Make sure your child will turn the minimum age required for the course during the session. (There are some exceptions to this rule as noted in the course descriptions.)
- Once your child turns 6, he or she is too old to register for our courses for 5-year-olds.
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

### **STORIES AND ART (2 – 3 YR-OLDS WITH THEIR MOMS)**

**Monday 9:00 – 9:45 a.m.**

**Upstairs Classroom**

For Mommy and me! Children and their moms will enjoy a story-time circle and then work together to create a piece of art related to the story. It is all about the children having fun while developing self-esteem and pride in their work. *It is advised that children bring a smock to wear during creative time.*

Please Note: There will be no class on March 9th. This is an 8-week class.

**Instructor: Annika Diehl, B.F.A. (Concordia)**

**\$32**

### **ART ON MY OWN (3 – 5 YEARS)**

**Monday 10:00 – 10:45 a.m.**

**Upstairs Classroom**

In this course, children will get to enjoy a story-time circle and then create a work of art related to the story. The children will explore different techniques, tools and materials, with a focus on the experience of creating art. It's about the process, self-expression and above all

## **FOR CHILDREN**

having fun! Moms are asked to wait in the waiting area downstairs. Each week one mother will be the teacher's helper. It is advised that children bring a smock to wear during creative time.

Please Note: There will be no class on March 9th. This is an 8-week course.

**Instructor: Annika Diehl, B.F.A. (Concordia)**

**\$32**

**PRESCHOOL GYM (3 – 5 YRS)**

**Tuesday 9:00 – 9:45 a.m.**

**Gym**

This fun-filled class focuses on the physical and social development of children aged 3 to 5 years. Activities will include a mini-gym, games, parachute play and lots of fun with balls, hoops and other equipment. For children to get the most out of the class, it is preferable for them to arrive on time. This is a fast-paced class so you don't want to miss out on the fun! One or two mothers will be asked to stay in class each week as assistants. Other moms are welcome to wait in the waiting area near the WIWC Office.

**Instructor: Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind & Body Fitness Specialist**

**\$40**

**MOMS AND TOTS GYM (2-YEAR-OLDS WITH THEIR MOMS)**

**Tuesday 9:50 – 10:35 a.m.**

**Gym**

Moms attend this class with their child who will meet new friends and enjoy group participation. We offer parachute play, co-operative games, a mini-gym, songs, balls, and a fun time for the two of you. For children to get the most out of the class, it is preferable for the participants to arrive on time. This is a fast-paced class and you wouldn't want to miss

## *FOR CHILDREN*

out on some of the fun!

**Instructor: Lesley Matheson, YMCA FIT; CAN-FIT-PRO; Mind & Body Fitness Specialist**  
**\$40**

**BABIES LOVE MUSIC (6 TO 12 MOS. WITH THEIR MOMS)**  
**Wednesday 9:00 – 9:35 a.m.**  
**Upstairs Classroom**

An introduction to music for babies and their moms. The children will learn songs and games to do with their special someone.

**Instructor: Daryl Breckman-Germani, B.A. Communications (McGill University), Music Theory and Practical Exams (Piano), Royal Conservatory of Music**  
**\$40**

**SING AND PLAY TOGETHER (12-24 MOS. WITH THEIR MOMS)**  
**Wednesday 9:50 – 10:25 a.m.**  
**Upstairs Classroom**

This class offers an introduction to music for 1- to 2-year-old children with their moms. The class features age-appropriate movement, action songs, musical games, finger play and rhythm instruments. Please Note: For this course, children must be the minimum age (12 months) at the beginning of the session.

**Instructor: Daryl Breckman-Germani, B.A. Communications (McGill University), Music Theory and Practical Exams (Piano), Royal Conservatory of Music**  
**\$40**

## *FOR CHILDREN*

### **MOVIN' AND GROOVIN' (2-5 YRS WITH THEIR MOMS)**

**Wednesday 10:40 – 11:20 a.m.**

**Upstairs Classroom**

This music class offers material suitable for the older child. Included are rhythm instruments, musical games, props and recorded music.

**Instructor: Daryl Breckman-Germani, B.A. Communications (McGill University), Music Theory and Practical Exams (Piano), Royal Conservatory of Music**

**\$40**

### **EXPLORING THE SENSES – FOR MOMMY AND ME (4 -12 MOS.)**

**Thursday 9:45 – 10:20 a.m.**

**Upstairs Classroom**

Your infant will be introduced to a variety of thematic activities that will explore the senses. He/She will handle play materials, look at pictures, and listen to songs and rhymes. Basic baby sign language will also be covered. Each week, time will be set aside to discuss popular baby topics.

**Instructor: Kimberly Whitehead**

**\$40**

### **CIRCLE TIME WITH MOM (12-24 MOS. WITH MOM)**

**Thursday 10:45 – 11:45 a.m.**

**Upstairs Classroom**

This class will introduce toddlers to a variety of play materials where they can learn, grow, and discover the world around them. Sensory activities that include touching different textures and handling different types of items will be involved. Each week is theme based and will include songs and finger plays, a fun learning activity, an art project and a

## **FOR CHILDREN**

hands-on activity. Time will also be set aside for Moms to discuss popular baby topics. Children must be 12 months of age at the beginning of the session.

**Instructor: Kimberly Whitehead**

**\$40**

**KODOMO (KIDS') KARATE (4-5 YRS)**

**Thursday 1:00 – 1:45 p.m.**

**Gym**

Teachers and doctors agree on the benefits children derive from martial arts training. In Kodomo Karate, your four- or five-year-old will get his/her first introduction to the world of Martial Arts. Each class will include a warm up consisting of exercises to increase flexibility and develop strength as well as a game tailored to develop these skills. The class will be taught in the traditional karate style, including various Japanese formalities, and even some Japanese words. During this session, your "karatekas" (students of karate) will be taught the basic foundations of karate. One or two mothers will be asked to stay in class each week as assistants. Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing. This activity will be done in bare feet.

Please Note: There is no class on March 19th. This is a 9-week class.

**Instructor: Meghan Greig, 2nd degree black belt in Wado kai karate**

**\$36**

**YOGA MOVEMENT FOR KIDS (3 YRS)**

**Friday 10:40 – 11:15 a.m.**

**Gym**

With a light-hearted approach, this yoga class for young children is designed just for them! Filled with movement, stories and laughter,

## **FOR CHILDREN**

children are encouraged to explore their unique expressions of self through yoga movement. Themed classes engage imaginations through story telling, lively activities and cooperative games. Children move from giggles to calm while developing motor coordination, focus and social skills.

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

**\$36**

### **YOGA MOVEMENT FOR KIDS (4-5 YRS)**

**Friday 11:20 – 11:55 a.m.**

**Gym**

With a light-hearted approach, this yoga class for young children is designed just for them! Filled with movement, stories and laughter, children are encouraged to explore their unique expressions of self through yoga movement. Themed classes engage imaginations through story telling, lively activities and cooperative games. Children move from giggles to calm while developing motor coordination, focus and social skills.

Please Note: This is a 9-week class. The last class will take place on March 20th.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

**\$36**





**West Island Women's Centre**  
**Centre des Femmes West Island**

*We are an agency supported by Centraide of Greater Montreal.*

