



Centre des Femmes West Island
West Island Women's Centre

NEWSLETTER

Spring 2016

Join our Spring 2016 Courses!

Registration Dates to Remember	
Tuesday, March 8 1-3 p.m./6:45-7:45 p.m.	Pre-registration for Current Members
March 9-March 15 8:30 a.m.-12 p.m./1-3 p.m.	Pre-registration for members continues during office hours until 3 p.m. on March 15
Thursday, March 17 1-3 p.m./6:45-7:45 p.m.	Registration for New Members
After March 17 Monday to Friday 8:30 a.m.-12 p.m./1-3 p.m.	Registration Continues

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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

Visit our website: 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: \$10
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, April 11, 2016
- Classes are 9 weeks unless indicated otherwise.
- There are no daytime classes on Tuesday, April 12 (WIWC event), no afternoon classes on May 10 (WIWC event), and no classes on Monday, May 23 (Victoria Day).
- 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 – SPRING 2016

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES	8	\$37
	9:00-9:35	MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)	8	\$34
	9:30-11:30	LIFE MANAGEMENT 101	8	\$55
	9:50 – 10:25	TODDLER TUNES (12-24 MOS. WITH MOM)	8	\$34
	10:00-10:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 10 a.m.	8	\$28
	10:40-11:20	SILLY SONG SING ALONG (2-5 YRS WITH MOM)	8	\$34
	11:00-11:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 11 a.m.	8	\$28
Monday P.M.	1:00-2:15	MONDAY SWEAT AND TONE	8	\$46
	1:00-2:30	CHOIR	7	\$45
	1:00-3:00	DIGITAL PHOTOGRAPHY	8	\$69

25/02/16

SCHEDULE AT A GLANCE – SPRING 2016 Cont'd

DAY	TIME	COURSE	# WKS	COST
Monday Evening	7:00-8:00	GET TO KNOW YOUR CAR	8	\$35
	7:00-9:00	WHO AM I AS A LEADER IN MY LIFE?	7	\$48
	7:30-8:30	ZUMBA® NITE	8	\$37
Tuesday A.M.	9:00-9:45	PRESCHOOL GYM (3-5 YRS)	8	\$34
	9:30-11:30	KNITTING FOR ALL – AND SOME CROCHET TOO!	8	\$69
	9:50-10:35	MOMS AND TOTS GYM (2 YRS)	8	\$34
	10:00-12:00	DEVELOPING HEALTHY BOUNDARIES; HOW AND WHEN TO SAY “NO”	8	\$55
	10:45-11:45	TUESDAY SWEAT AND TONE	8	\$37
Tuesday P.M.	1:00-2:00	ESSETRICS	7	\$32
	1:00-2:30	BABY MASSAGE	5	\$26
Tuesday Evening	7:00-8:30	EVENING KRIPALU-INSPIRED HATHA YOGA	9	\$62
	7:00-9:00	A BEGINNER’S GUIDE TO INTERIOR DESIGN	9	\$78
Wednesday A.M.	8:30-9:30	CARDIO PLUS	8	\$37
	9:00-9:30	BUILDING BLOCKS FOR BABIES (5-12 MOS. WITH MOM)	8	\$34
	9:40-10:40	TOTAL BODY FITNESS	8	\$37
	9:45-11:45	INTRO TO CUPCAKE DECORATING	9	\$78
	9:50-10:35	LEARNING THROUGH THE SENSES (18-36 MOS. WITH MOM)	8	\$34
	10:50-11:50	COOL TOOLS TO GET READY FOR SCHOOL (3-5 YRS WITH MOM)	8	\$34
	10:50-11:50	WEDNESDAY ZUMBA®	9	\$41
Wednesday P.M.	1:00-2:30	ADULT BALLET	8	\$55
	1:00-3:00	DRAWING	9	\$78
	1:00-3:00	WRITING YOUR LIFE: MEMOIR WRITING	9	\$62

SCHEDULE AT A GLANCE – WINTER 2016 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday Evening	7:00-8:00	EVENING RUNNING GROUP	9	\$41
	7:30-8:45	YOGALATES	9	\$52
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	2 times	\$9
Thursday A.M.	9:15-10:00	ART WITH MOMMY (2-3 YRS WITH MOM)	8	\$34
	9:40-10:40	BOOTCAMP FITNESS	8	\$37
	10:00-12:00	PARENTING WITH NEW EYES AND OLD WISDOM	8	\$55
	10:15-11:00	ART ON MY OWN (3-5 YRS)	8	\$34
	10:50-11:50	BODY FACTORY	8	\$37
Thursday P.M.	1:00-1:45	KODOMO (KIDS') KARATE (4-5 YRS)	8	\$34
	1:00-3:00	AWAKEN YOUR AUTHENTICITY	8	\$55
	1:00-3:00	DIGITAL PHOTOGRAPHY: PEOPLE, PLACES AND PORTRAITURE	8	\$69
Thursday Evening	7:00-8:15	GENTLE FLOW YOGA AND MEDITATION	9	\$52
	7:00-9:00	GROWING GARDENERS	9	\$78
Friday A.M.	9:00-10:00	FITNESS - TAKE IT OUTSIDE!	8	\$37
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	8	\$55
	10:00-11:30	POSITIVE PSYCHOLOGY IN THE EMOTIONAL WELL-BEING JOURNEY	8	\$41
	10:00-12:00	FRENCH FOR NEWCOMERS	7	\$48
	10:40-11:15	YOGA MOVEMENT FOR KIDS (3-5 YRS)	8	\$34
Friday P.M.	1:00-2:15	GENTLE TONING	8	\$46
	1:00-3:00	CONVERSE IN FRENCH – BEGINNERS AND INTERMEDIATES	7	\$48
	1:00-3:00	WATERMEDIA	7	\$61

PERSONAL DEVELOPMENT/WELLNESS

What you need to know ...

Personal Development/Wellness classes

- Most classes run for 9 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

LIFE MANAGEMENT 101

Monday 9:30 – 11:30 a.m.

Childcare Room 2

Love being a mom, but feeling sometimes that you may have lost yourself along the way? Feeling burnt out without feeling that you are really “doing” anything? Feeling vulnerable and numb or possibly even resentful? Time for a role reboot, so get yourself in the classroom! Life Management 101 is not your typical how-to class ... this course is all about ENERGY... YOUR ENERGY. Using the Energy Leadership model created by Bruce Schneider of iPEC Coach Training Institute, this class explores the 7 levels of energy. Learn how your energetic profile affects your life — everything from time management, productivity, problem solving, health and wellness, emotional intelligence, and even your relationships. Strategies for increasing energy and improving each area will be introduced and discussed. Reclaim yourself, and love your life.

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Ann Papayoti, B.A. Communications, CPC (Certified Professional Coach), ELI-MP (Energy Leadership Index – Master Practitioner)

PERSONAL DEVELOPMENT/WELLNESS

MOM AND BABY YOGA (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.

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

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 May 23 (Victoria Day). This is an 8-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

PERSONAL DEVELOPMENT/WELLNESS

WHO AM I AS A LEADER IN MY LIFE?

Monday 7:00 – 9:00 p.m.

Upstairs Classroom

In today's pressure for performance and never ending to-do lists, we may at some point miss out on living a fulfilling and influential life! This course will enable you to demystify and increase your awareness of different leadership styles; recognize the leadership types you are using and want to expand; learn those leadership types you were not already aware of; and become empowered to lead in all areas of your life. Leadership is a day-to-day choice, whether in your professional or personal life. You will have the opportunity to discuss and work with others and put in practice these empowering tools to discover your full potential!

Please Note: This course starts April 18. There will be no class on May 23 (Victoria Day). This is a 7-week course.

Instructor: Veronique Pigeon, Professional Certified Coach, CPCC, ACC

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

DEVELOPING HEALTHY BOUNDARIES: HOW AND WHEN TO SAY "NO"

Tuesday 10:00 a.m. - 12:00 p.m.

Upstairs Classroom

Do you find yourself saying "yes" to things that you would rather say "no" to? Do you find it difficult to communicate your own needs and preferences? Do you feel that you frequently put the needs of others before your own needs? Do you find yourself avoiding conflict or handling it in a way that leaves you feeling dissatisfied? If your answer is "yes" to some or all of these questions, then this course is for you! In this experiential training, you will develop the ability to communicate your

PERSONAL DEVELOPMENT/WELLNESS

personal boundaries. You will learn how to let other people know your preferences and how to comfortably say “No” to situations that conflict with your own priorities.

Please Note: The course starts April 19. This is an 8-week course.

Instructor: Olga Strakovsky, MA in Human Systems Intervention

BABY MASSAGE

Tuesday 1:00 – 2:30 p.m.

Childcare Room 2

Offering your baby a nurturing and loving massage is one of the best gifts you can offer. Touch is one of the most important sensory experiences, as it can bring peace and it can bring comfort. Massaging your baby helps strengthen the bond between parent and child, and can even help reduce or eliminate mild PPD in mommy. Massaging your baby stimulates different body systems including digestion/elimination, helping to relieve pain caused by gas/colic.

In this course, parents will be guided in learning to massage their babies. There will be time for group discussion about topics relating to massaging their infants as well as other topics of interest to the group. Always remember that your baby’s needs come first, and you are welcome to allow your baby to sleep through the class (while you practice with a doll) or have a fussy day if baby just isn’t feeling it!

Participants are asked to bring a plasticized change pad and at least 2 receiving blankets (or towels) to class with them. Mobile babies under the age of 12 months are welcome. A \$2 fee is payable to the instructor at the first class for the baby massage oil.

Please Note: This is a 5-week course. The classes will take place April 19 and 26, May 17, 24 and 31.

Instructor: Patricia Olinik, CIMI (Certified Infant Massage Instructor), RMT (Registered Massage Therapist)

PERSONAL DEVELOPMENT/WELLNESS

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-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer 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.**

WRITING YOUR LIFE: MEMOIR WRITING

Wednesday 1:00 - 3:00 p.m.

Childcare Room 2

Have you ever considered writing your own life story? This 9-week introductory course will help you to move your memories from your head to the page. In class, we'll use short writing exercises to overcome blocks and supportive sharing to learn how to trust our inner voices, and ultimately, pen our stories. Whether you want to write for yourself, for your family members, or for a wider audience, this course can give you the basic tools to get started.

**Instructor: Carly Vandergriendt, Master of Fine Arts in
Creative Writing**

PERSONAL DEVELOPMENT/WELLNESS

PARENTING WITH NEW EYES AND OLD WISDOM

Thursday 10:00 a.m. - 12:00 p.m.

Childcare Room 2

Rearing children is not always what it appears to be like on television and social media. This course will offer an opportunity for new moms and seasoned ones to explore the truth about what children need developmentally to reach their potential. Along with focusing on babies and young children, there will be time and space to look at our needs as parents to enjoy sane and successful familial relationships. Each week, Behavioural Consultant Debbie Oestreich will present a relevant topic for all to discuss.

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Debbie Oestreich, Bachelor's Applied Human Sciences (Concordia University)

AWAKEN YOUR AUTHENTICITY

Thursday 1:00 - 3:00 p.m.

Childcare Room 2

This course will take you through a strategic process of self-discovery and personal growth. Through individual writing exercises, paired and small group sharing, and powerful group processes, you will have the opportunity to work on health, financial, relationship, or career-related goals. Facilitator and Motivational Speaker Melinda Atkinson will use storytelling and memorable teaching techniques to guide you in getting out of your own way and becoming your best self. This course is for those ready to be gently pushed outside of their comfort zones, through a creative process, in a supportive and caring environment. Supplies list: A binder and a poster board.

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Melinda Atkinson, Director of Motivational Moments

PERSONAL DEVELOPMENT/WELLNESS

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, RYT200 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.

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-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer 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

PERSONAL DEVELOPMENT/WELLNESS

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.

Please Note: The last class is on June 3. This is an 8-week course.

Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher

POSITIVE PSYCHOLOGY IN THE EMOTIONAL WELL-BEING JOURNEY

Friday 10:00 – 11:30 a.m.

Upstairs Classroom

Our exploration of emotional well-being will continue with an 8-week course on positive psychology with Psychologist Melinda Morros. This course will focus on integrating up-to-date research and practical strategies from the exciting area of positive psychology into our individual and collective journeys towards emotional well-being and resilience. The course will include a discussion on using our strengths to find meaning and fulfillment. Participants will have an opportunity to explore their goals, challenges, and triumphs in the area of emotional well-being.

Please Note: The last class will be on June 3. This is a 8-week course.

Instructor: Melinda Morros, M.A., Ph.D., Clinical Psychologist

FRENCH FOR NEWCOMERS

Friday 10:00 a.m. – 12:00 p.m.

Childcare Room 2

Bonjour! Vous venez d'arriver au Québec et voulez apprendre à parler

PERSONAL DEVELOPMENT/WELLNESS

français? This introductory class is made for you! It 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, idiomatic phrases and conversational activities, you will learn to meet and greet people as well as practice basic communication for other daily life situations. There is no homework and we put a strong emphasis on talking in a very relaxed and friendly atmosphere. En espérant vous voir très bientôt!

Please Note: This course starts April 22. The last class is on June 3. This is a 7-week course.

**Instructor: Thomas Maxwell, M.A. Communications (UQAM),
Lecturer, Training Instructor & Facilitator**

CONVERSE IN FRENCH: BEGINNERS AND INTERMEDIATES

Friday 1:00 – 3:00 p.m.

Childcare Room 2

Comment allez-vous aujourd'hui? This course is designed for women wanting to improve their skills in French, in order to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills. A large amount of time is dedicated to addressing your specific needs (professional conversation, informal and formal conversation, etc.) that each participant can benefit from. Don't miss this great opportunity to improve your French in a relaxed and friendly atmosphere!

Please Note: This course starts April 22. The last class is on June 3. This is a 7-week course.

**Instructor: Thomas Maxwell, M.A. Communications (UQAM),
Lecturer, Training Instructor & Facilitator**

SPECIAL INTEREST

What you need to know ...

Special Interest classes

- Most classes run for 9 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

CHOIR

Monday 1:00 – 2:30 p.m.

Upstairs Classroom

Come and join us for a fun afternoon of singing in the choir course! We will be working on a variety of music in two-part harmony. There will also be some exercises to help develop vocal technique. If you like to sing, this is the place to be! Some previous musical knowledge would be helpful, but not necessary. All are welcome!

Please Note: There will be no classes May 23 (Victoria Day) and May 30. This is a 7-week course.

Instructor: Wendy Tilson, B. Mus. (McGill University), B.Ed. (University of Toronto)

DIGITAL PHOTOGRAPHY

Monday 1:00 – 3:00 p.m.

Childcare Room 2

Do you want to learn the basic techniques of understanding your digital camera? This course is aimed at anyone at the beginning of their photographic journey, whether you just have a small point and shoot or a

SPECIAL INTEREST

larger dslr camera. Participants will be introduced to digital imaging methods that focus on specific practical examples for reliable photographic results. The goal? Great photographs! The course will be divided into three modules. The first module provides a basic introduction to equipment and structural tools towards personal creative expression in photography. The second module will look at techniques, composition and exposure control; the final module will deal with presentation, storage and sharing your photos.

Whether it's a snapshot for a family member, a photo montage for an assignment, or images to go onto a developed website, this course will give you knowledge to highlight your creative expression!

Please note that participants should bring their digital cameras (8 mega pixels or more) to each class along with all cords and camera attachments. This includes additional lenses if applicable. Participants should expect to spend at least an additional hour of personal shoot time per week outside the classroom and have access to a computer to submit their homework images electronically each week.

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Cassandra Leslie, C2 Studios

GET TO KNOW YOUR CAR

Monday 7:00 - 8:00 p.m.

Childcare Room 2

Here's a course designed to educate and empower! Steve Fortin will help us acquire a basic understanding of our automobile's systems. Topics will include roadside troubles — be prepared and don't get taken for a ride; smells — what to look out for; what's leaking; know your limits; good parts/bad parts; tires and tire pressure; car symptoms; what all those dashboard lights mean; and much more. Participants are encouraged to

SPECIAL INTEREST

bring their vehicle's owner's manual to the first class.

Please Note: There is no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Steve Fortin, Garage Real Fortin

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

KNITTING FOR ALL – AND SOME CROCHET TOO!

Tuesday 9:30 – 11:30 a.m.

Childcare Room 2

Beginners and veteran knitters and/or crocheters 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. We will also be covering some basic crochet techniques, which will allow you to either embellish your knitting projects or learn a new craft! Please bring a ball of inexpensive light-coloured worsted yarn, size 4.5 mm (US 7) knitting needles, your current project and a crochet hook (if applicable) to the first class.

Please Note: The course starts April 19. This is an 8-week course.

Instructor: Debra-Lynn Tomiuk

A BEGINNER'S GUIDE TO INTERIOR DESIGN

Tuesday 7:00 – 9:00 p.m.

Upstairs Classroom

“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

SPECIAL INTEREST

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!

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

INTRO TO CUPCAKE DECORATING

Wednesday 9:45 – 11:45 a.m.

Childcare Room 2

Have you ever asked yourself how they make that high icing swirl or rosette on top of a cupcake? Have you always wanted to bring “fancy” cupcakes to a potluck dinner? Did you ever want to serve iced cupcakes just to avoid the mess of slicing a cake? Then Intro to Cupcake Decorating is your answer. In this class you will learn the basics — starting with how to prepare and handle a piping bag, how to colour buttercream, and how to create decorations using several techniques and piping tips. You will also learn how to cover cupcakes with fondant and create professional decorations for every occasion or holiday. Each class, the instructor will supply a couple of freshly baked cupcakes and some delicious buttercream icing for you to use to create a masterpiece to take home after class. A consumable fee of \$10 is payable to the instructor at the first class.

Participants will also need the following supplies (approximate cost \$20) available at such stores as Walmart, Bulk Barn, Ares, Accessories Rose Blanche, Michaels: **Angled spatula (also know as an offset spatula), 2 couplers, Flower Nail, Piping tips: #3, #12, #16, #21, #47, #104, #233, #81, #1M.**

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Other materials needed: small rolling pin, small sharp knife, scissors, 2 small paint brushes, and a Tupperware container or box to bring your project home each week.

Instructor: Italia Saveriano, Member of West Island Cake Club

DRAWING

Wednesday 1:00 – 3:00 p.m.

Upstairs Classroom

Drawing is fundamental to all art making. This 9-week course encourages students to observe and visually express the spaces and shapes that make up both their close environment and the imagined. Using simple tools and time-honoured techniques, students will explore the creative process of sketching using the following: value, tone, shading, gesture and contour line, crosshatching, and perspective. Homework sketching assignments are not mandatory; however, completing them and follow-up with further experimentation is encouraged.

Supplies List:

PAPER: **Newsprint pad** – 18" x 24," **Sketchbook** – 11" x 14," **Notebook** – 100 pages+ (any size), **Bristol board** – 2 sheets for Portfolio, 20" x 28, bright colour, taped on three sides.

CHARCOAL/PASTELS: **Vine charcoal**, soft (several pieces), **Compressed charcoal**, **Conte crayons** – white, brown, and sepia (soft).

GRAPHITE: **Set of Pencils:** range of leads from 4H to 6B (Staedtler, Derwent, Cretacolor, Koh-I-Noor), 1 **sharpener**.

ERASERS: **Kneadable eraser**, Staedtler or other **white plastic eraser**, **Metal eraser shield**.

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OTHER MATERIALS: **Drawing Board** 23" x 26" and 4 **bulldog clips**, **Ruler**, 12 inches or longer, **Artist kit box** or fishing tackle box, Small bottle of **India Ink**, Small bottle of **distilled water**, Small **Watercolour brush**, **Chinese brushes** (optional), **Watercolor pencils**.

Instructor: Ann Kallaste Kruzelecky, B.F.A. (Concordia)

WEDNESDAY NIGHT BOOK CLUB

Wednesday 7:30 – 9:30 p.m. (once a month on the third Wednesday of every month)
Childcare Room 2

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.

DIGITAL PHOTOGRAPHY: PEOPLE, PLACES AND PORTRAITURE

Thursday 1:00 – 3:00 p.m.
Upstairs Classroom

This class is for those who know some photography basics, who have had their cameras for a while, but would like to improve on techniques they know, learn more about what makes a good photograph, and develop a better sense of composition, lighting and exposure control. Participants

SPECIAL INTEREST

will learn digital imaging methods that focus on specific practical examples for reliable photographic results. The development of solid techniques in portraiture and the taking of creative photographs will be the focus of this course. Elements from the specifics of lighting to location and positioning will be explored through hands-on methods including field trips and models. Participants should possess a digital camera of 6 megapixels or more, and be prepared to spend an **additional hour of personal shoot time per week outside the classroom. Don't forget to bring your camera!**

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Cassandra Leslie, C2 Studios

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

This 9-week journey into the world of gardening will equip participants with the essential tools to become successful home gardeners while inspiring participants to create their dream garden. After determining their needs, their site's conditions, and their preferred garden style, participants will learn about major plant groups, the soil, and some of the best plants available for their garden. Participants will also take a closer look at how design principles can help them when creating their ideal garden. Regular slide presentations will serve to inspire participants and aid in their learning while "mini" homework tasks may be assigned to encourage group interaction for the following week's class. (For example, a homework assignment might be to find inspiring photos of gardens you love.) At the end of the course, participants should also feel

SPECIAL INTEREST

more comfortable when dealing with landscape professionals to avoid making costly mistakes.

Instructor: Elaine Sanders, Landscape Designer, Gardening Coach

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

WATERMEDIA

Friday 1:00 – 3:00 p.m.

Upstairs Classroom

Create beautiful watermedia paintings by going beyond the brush. This course will be offered in a workshop style so students will leave each 2-hour class with a finished or semi-finished project. Experiment with water-based paints (watercolour, ink, acrylic and gesso) and a variety of tools and techniques 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 learn about planning paintings by using thumbnail sketches and incorporating negative spacing, which may help to enhance their composition. In the final stage, participants have the option of applying handmade collage papers and/or stamps to add texture and fix balance issues in composition. Topics covered include inventory of materials and tools, transparency, layering, value, colour theory, negative space, and creating textures. A full list of the materials and tools required over the course of the session will be distributed at the first class. For returning students, additional exercises are planned to extend your knowledge.

Please Note: The last class will be on May 27. This is a 7-week course.

Instructor: Ann Kallaste Kruzelecky, B.F.A. (Concordia)

FITNESS

What you need to know...

Fitness classes

- Most classes run for 9 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.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Do not bring a child with you to your class (unless it is a mom/child activity).
- 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 May 23 (Victoria Day). This is an 8-week course.

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

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: There will be no class May 23 (Victoria Day). This is an 8-week course.

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

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: There will be no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Ana Batista, Zumba Basic 1, Zumba Gold, Zumba Kids Licensed Instructor by Zumba®

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

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!

Please Note: The course starts April 19. This is an 8-week course.

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

ESSEINTRICS

Tuesday 1:00 – 2:00 p.m.

Gym

Essentrics is a full body workout that rapidly changes the shape of your body through a dynamic and fluid combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for women of all fitness levels, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

Please Note: The course starts April 19. There is no class May 10 (WIWC Event). This is a 7-week course.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (certification pending)

FITNESS

CARDIO PLUS

Wednesday 8:30 – 9:30 a.m.

Gym

Whether we're on the step for cardio moves or on the floor for some fun muscular work, Cardio Plus will challenge your heart and lungs and your muscles! Easy-to-follow step choreography will be interspersed with glider and tubing exercises to make for a complete workout. The level of this fitness course is intermediate. However, the instructor will provide alternatives for those wanting less intensity.

Please Note: There will be no class May 25. This is an 8-week course.

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

TOTAL BODY FITNESS

Wednesday 9:40 – 10:40 a.m.

Gym

This class has it all! Be prepared to never stop moving! Following a Tabata protocol, we will work hard for 20-second intervals then rest for 10. You will experience it all in this fun and challenging class! From fun cardio moves to full body muscular exercises, plus a beautiful stretch 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.

Please Note: There will be no class May 25. This is an 8-week course.

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

FITNESS

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 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

ADULT BALLET

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 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.

Please Note: This class will start April 20. This is an 8-week course.

Instructor: Alison Dewar

FITNESS

EVENING RUNNING GROUP

Wednesday 7:00 – 8:00 p.m.

Outside — Meet on the grass on the north side of the building

Thinking of signing up for a 5K run? Or just looking for a group of like-minded runners? Join this running group that will make use of run/walk intervals to prepare you to reach your goal. This outdoor class will run (literally!) rain or shine and is intended for those who can run for 5 minutes. The group will meet on the grassy area on the north side of the building, and each class will include a warm up, a run, some strength training, and a cool down. Get ready to hit the pavement this spring! All runners will need proper running shoes and attire to run outdoors. A useful tool for charting your run is the free app for Smartphones, “MapMyRun.”

Instructor: Theresa Galarneau-Bagshaw, Can-Fit-Pro group instructor, CPR certified

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

YOGALATES

Wednesday 7:30 – 8:45 p.m.

Gym

Be in the moment with an hour of mindful 3D flowing movement while still respecting your range of motion. This class blends dynamic and therapeutic yoga postures with Pilates core awareness and alignment exercises. Coast within your comfort zone or progressively challenge it! The class will end with 15 minutes of restorative breath in an asana (pose) to further relax the body. It’s all good!

Instructor: Suzanne Reid, Stott Pilates, CAN FIT PRO, Certified Massage Therapist

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

FITNESS

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

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

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.

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

FITNESS - TAKE IT OUTSIDE!

Friday 9:00 – 10:00 a.m.

Outside — Meet on the grass on the north side of the building

In this class we will be taking to the streets, parks and green spaces of Valois to enjoy some outdoor exercise! Classes will feature cardio

FITNESS

elements as well as body weight exercises and strength training using the natural and man-made structures we find on our way. Expect to work hard, have fun, and get a bit muddy! The class will run rain or shine; dressing in layers is recommended.

Please Note: The last class is on June 3. This is an 8-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

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: The last class is on June 3. This is an 8-week course.

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

FOR CHILDREN

What you need to know...

Children's classes

- Most classes run for 9 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.
- Another adult (dads included) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH THEIR MOMS)

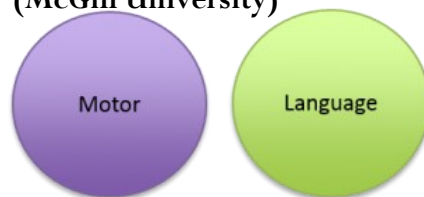
Monday 9:00 – 9:35 a.m.

Upstairs Classroom

This is an introduction to music for your child and a chance to learn new songs to sing with your child as he/she grows. Stimulate your child with soothing sounds and upbeat tunes. Meet other mothers and expand your musical vocabulary!

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

Instructor: Heather White, B. Mus. (Memorial University), M. Mus. Studies (Bowling Green State University), PhD. Music (McGill University)



FOR CHILDREN

TODDLER TUNES (CHILDREN 12-24 MOS. WITH MOM)

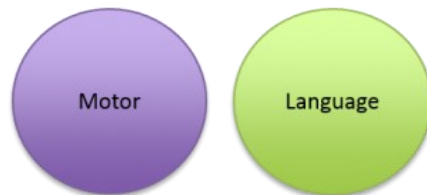
Monday 9:50 – 10:25 a.m.

Upstairs Classroom

Toddlers between 1 to 2 years of age are busy learning and exploring movement and speech. Using music as a vehicle, we will be connecting singing/speech with gesture and exploring beat through basic movement and small percussion instruments.

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

**Instructor: Heather White, B. Music (Memorial University),
M. Music Studies (Bowling Green State University), PhD.
Music (McGill University)**



SILLY SONG SING-ALONG (FOR CHILDREN 2-5 YEARS WITH THEIR MOMS)

Wednesday 10:40 – 11:20 a.m.

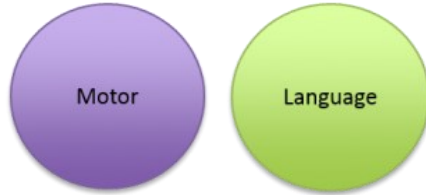
Upstairs Classroom

Preschoolers are ready to create and explore music with their voices and bodies. We will sing and dance and play and discover new sounds. Basic rhythm will be taught using Orff-style instruction and mallet instruments, all the while having fun!

Please Note: There will be no class May 23 (Victoria Day). This is an 8-week course.

FOR CHILDREN

**Instructor: Heather White, B. Music (Memorial University),
M. Music Studies (Bowling Green State University), PhD.
Music (McGill University)**



PRESCHOOL GYM (3-5 YRS)

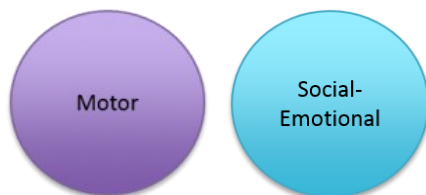
Tuesday 9:00 – 9:45 a.m.

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.

Please Note: The course starts April 19. This is an 8-week course.

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



FOR CHILDREN

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

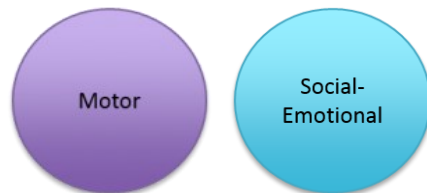
Tuesday 9:50 – 10:35 a.m.

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 out on some of the fun!

Please Note: The course starts April 19. This is an 8-week course.

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



BUILDING BLOCKS FOR BABIES (5-12 MOS. WITH MOM)

Wednesday 9:00 – 9:30 a.m.

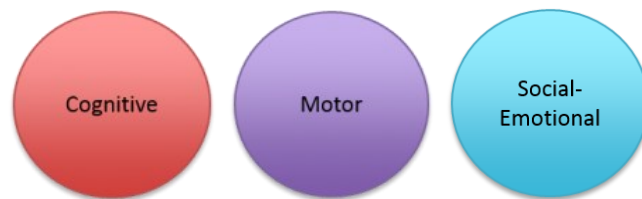
Upstairs Classroom

Would you like an opportunity to learn about and encourage your baby's development through the most important activity of all? Then, LET'S PLAY! Learn strategies and ideas to promote fine motor, sensory motor, and gross motor skills in a fun and casual environment. Interact with your baby while encouraging social and cognitive development in a group setting. Each week, the instructor will present a developmental topic and provide time for discussion. A great way to play with your child, meet other "Mommies" and share topics that are important to you.

FOR CHILDREN

Please Note: This course starts April 20. This is an 8-week course.

Instructor: Patricia Grasso, M.S. OTR/L, Masters of Occupational Therapy (Springfield College, Massachusetts), Bachelors of Adaptive Physical Education (Bridgewater University, Massachusetts)



LEARNING THROUGH THE SENSES (18-36 MOS. WITH MOM)

Wednesday 9:50-10:35 a.m.

Upstairs Classroom

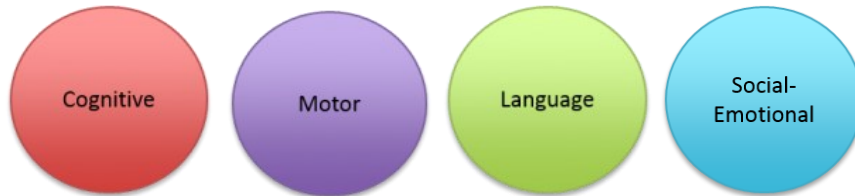
Come and explore the senses in a fun and stimulating class for you and your toddler. This class will promote body awareness, motor skill development and social interaction as your child participates in a group setting. Each week you and your child will be introduced to activities that will provide your child with sensory-rich experiences and promote flexible learning. A great way for him/her to connect with other toddlers while you meet new friends!

Please Note: This course starts April 20. This is an 8-week course.

Instructor: Patricia Grasso, M.S. OTR/L, Masters of Occupational Therapy (Springfield College, Massachusetts),

FOR CHILDREN

Bachelors of Adaptive Physical Education (Bridgewater University, Massachusetts)



COOL TOOLS TO GET READY FOR SCHOOL (3-5 YRS WITH MOM)

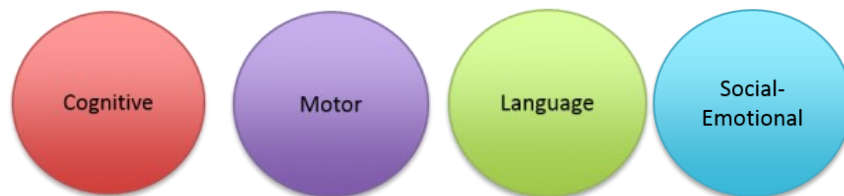
Wednesday 10:50 – 11:50 a.m.

Upstairs Classroom

Want to help your child prepare for school? This class will provide you and your child with many pre-academic tools and strategies. Help develop his/her pre-writing, fine motor, gross motor, and sensory motor skills for success now and later on. Each week you will participate in fun thematic-based activities that will be reinforced by games, songs, movement activities, and crafts. Help your child to “Get it Write” and jump ahead into school readiness!

Please Note: This course starts April 20. This is an 8-week course.

Instructor: Patricia Grasso, M.S. OTR/L, Masters of Occupational Therapy (Springfield College, Massachusetts), Bachelors of Adaptive Physical Education (Bridgewater University, Massachusetts)



FOR CHILDREN

ART WITH MOMMY (2-3 YRS WITH MOM)

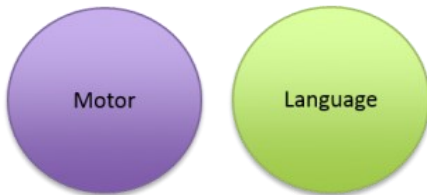
Thursday 9:15 – 10:00 a.m.

Upstairs Classroom

For Mommy and me! Children and their moms will be introduced to various art techniques, artists, tools, and materials with a focus on creating art together. It is all about the children having fun while exploring new media. During each class, we will enjoy a story-time circle, join in an active-movement activity in preparation, and create a work of art together. It is advised that children and mommy wear a smock or old clothes.

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Aileen Pugliese Castro, BFA, MAT. Elementary and Early Childhood Visual Arts Educator



ART ON MY OWN (3-5 YRS)

Thursday 10:15 – 11:00 a.m.

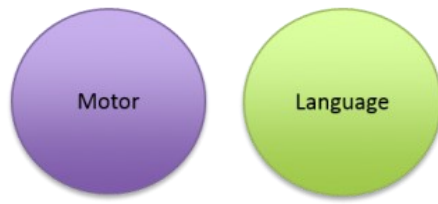
Upstairs Classroom

In this course, children will explore different techniques, artists, tools and materials, with a focus on creating art on their own. It is about the process, self-expression and above all having fun! During each class, children will enjoy a story-time circle, join in an active movement activity in preparation, and create a work of art on their own. 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 wear a smock or old clothing and go to the washroom prior to class.

FOR CHILDREN

Please Note: The last class is on June 2. This is an 8-week course.

Instructor: Aileen Pugliese Castro, BFA, MAT. Elementary and Early Childhood Visual Arts Educator



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

Thursday 1:00 – 1:45 p.m.

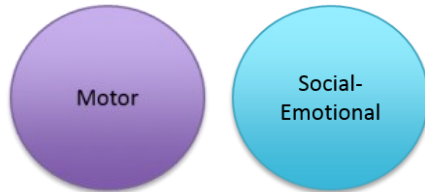
Gym

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: The last class is on June 2. This is an 8-week course.

FOR CHILDREN

Instructor: Meghan Greig, 2nd degree black belt in Wado Kai Karate



YOGA MOVEMENT FOR KIDS (3-5 YRS)

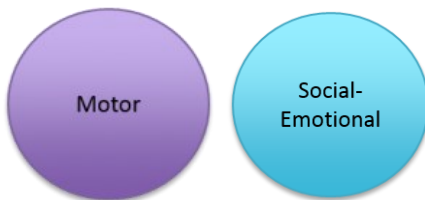
Friday 10:40 – 11:15 a.m.

Gym

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

Please Note: The last class is on June 3. This is an 8-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



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