



WEST ISLAND WOMEN'S CENTRE/CENTRE DES FEMMES WEST ISLAND
SPRING 2016 COURSE LIST



Prices include federal and provincial sales taxes where applicable.

Free Childcare is available for most daytime classes.

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
Monday Evening	7:00-8:00	Get to Know Your Car	8	\$35
	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 & 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	Essentrics	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 (4-12 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	Exploration 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
Wednesday Evening	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
	10:50-11:50	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

No daytime classes April 12 (WIWC Event), no afternoon classes May 10 (WIWC Event) and no classes May 23 (Victoria Day).

CLASSES BEGIN April 11, 2016

Current Members: PRE-REGISTRATION Tuesday, March 8, 2016 1-3 P.M. & 6:45-7:45 P.M.

New Members: OPEN REGISTRATION Thursday, March 17, 2016 1-3 P.M. & 6:45-7:45 P.M.