



**WEST ISLAND WOMEN'S CENTRE/CENTRE DES FEMMES WEST ISLAND
FALL 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	11	\$50
	9:00-9:45	My First Music Class (Babies up to 12 mos. with Mom)	11	\$51
	9:30-11:30	Life Lessons from Legendary Women	10	\$69
	10:00-10:45	Mom and Baby Yoga (3 mos. to Crawlers) 10 a.m.	11	\$38
	10:00-10:45	Toddler Tunes (12-24 mos. with Mom)	11	\$51
	11:00-11:45	Mom and Baby Yoga (3 mos. to Crawlers) 11 a.m.	11	\$38
Monday P.M.	11:00-11:45	Silly Song Sing Along (2-5 yrs with Mom)	11	\$51
	1:00-2:15	Monday Sweat and Tone	11	\$63
	1:00-2:30	Choir	10	\$65
Monday Evening	1:00-3:00	Digital Photography	10	\$86
	7:30-8:30	Zumba® Nite	11	\$50
Tuesday A.M.	9:30-10:30	Outdoor Stroller Fit (6 wks-18 mos.)	12	\$55
	9:30-11:30	Knitting for All - And Some Crochet Too!	10	\$86
	9:50-10:35	Moms & Tots Gym (2-5 yrs)	12	\$55
	10:45-11:45	Tuesday Sweat and Tone	12	\$55
Tuesday P.M.	1:00-2:30	Baby Massage	7	\$36
	1:15-2:15	Essentrics	10	\$46
Tuesday Evening	7:00-8:30	Evening Kripalu-Inspired Hatha Yoga	12	\$83
	7:00-8:30	Self-Defence	10	\$52
Wednesday A.M.	8:40-9:40	Step	11	\$50
	9:00-9:45	Building Blocks for Babies (4-12 mos. with Mom)	12	\$60
	9:45-11:45	Exploring the World of Herbs	10	\$86
	9:50-10:50	Total Body Fitness	11	\$50
	10:00-10:45	Exploration Through the Senses (18-36 mos. with Mom)	12	\$60
	11:00-12:00	Cool Tools to Get Ready for School (3-5 yrs with Mom)	12	\$60
Wednesday P.M.	11:00-12:00	Wednesday Zumba®	12	\$55
	1:00-2:30	Adult Ballet	12	\$83
	1:00-3:00	Drawing	10	\$86
	1:00-3:00	Handy Woman Jane	10	\$86
Wednesday Evening	7:30-8:45	Yogalates	12	\$69
	7:30-9:30	Wednesday Night Book Club	8 times	\$34
Thursday A.M.	9:40-10:40	Bootcamp Fitness	12	\$55
	10:50-11:50	Body Factory	12	\$55
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	10	\$47
	1:00-3:00	Selfsight® Journaling	10	\$69
	1:30-3:00	iConversemos! - Conversational Spanish	10	\$65
	2:00-2:45	Mom & Tots Zumba (4-5 yrs with Mom)	8	\$39
Thursday Evening	7:00-8:15	Gentle Flow Yoga and Meditation	12	\$69
	7:00-8:30	Growing More Gardeners	10	\$65
Friday A.M.	9:00-10:30	Kripalu-Inspired Hatha Yoga	11	\$76
	9:30-10:45	Guided Meditations, Visualizations & Breathwork	10	\$43
	10:00-12:00	French for Newcomers	10	\$69
	10:40-11:25	Yoga Movement for Kids (3-5 yrs)	11	\$51
	11:15-12:00	Parent & Tot Creativity Art Class (2-5 yrs with Mom)	10	\$52
Friday P.M.	1:00-2:15	Gentle Toning	11	\$63
	1:00-3:00	Converse in French - Beginners and Intermediates	10	\$69
	1:00-3:00	Watermedia	10	\$86

No classes October 10 (Thanksgiving) and November 11 (WIWC Event) and no afternoon classes October 18 & 27 (WIWC Event).

CLASSES BEGIN September 19, 2016

Current Members: PRE-REGISTRATION Tuesday, August 30, 2016 9-11 A.M., 1-3 P.M. & 6:45-7:45 P.M.

New Members: OPEN REGISTRATION Thursday, September 8, 2016 9-11 A.M., 1-3 P.M. & 6:45-7:45 P.M.