



Centre des Femmes West Island
West Island Women's Centre

NEWSLETTER

Winter 2017

Join our Winter 2017 Courses!

Registration Dates to Remember	
Tuesday, November 29 1-3 p.m./6:45-7:45 p.m.	Pre-registration for Current Members
November 30-December 7 8:30 a.m.-12 p.m./1-3 p.m.	Pre-registration for members continues during office hours
Thursday, December 8 1-3 p.m./6:45-7:45 p.m.	Registration for New Members
After December 8 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: womenscentre@wiwc.ca

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: \$15
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, January 16, 2017
- Classes are 10 weeks unless indicated otherwise.
- There are no classes during the school March break (March 6-10).
- 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 2017

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES	10	\$46
	9:00-9:45	MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)	10	\$47
	10:00-10:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 10 a.m.	10	\$34
	10:00-10:45	TODDLER TUNES (12-24 MOS. WITH MOM)	10	\$47
	10:00-11:30	CREATIVE JOURNALING	10	\$52
	11:00-11:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 11 a.m.	10	\$34
	11:00-11:45	SILLY SONG SING ALONG (2-5 YRS WITH MOM)	10	\$47
Monday P.M.	1:00-2:15	MONDAY SWEAT AND TONE	10	\$58
	1:00-2:30	SINGING GROUP	10	\$65

22/12/16

SCHEDULE AT A GLANCE – WINTER 2017 Cont'd

DAY	TIME	COURSE	# WKS	COST
Monday Evening	7:00-9:00	INTRO TO PHOTOSHOP CS FOR DIGITAL IMAGES	10	\$86
	7:00-9:00	WHAT WE KNOW FOR SURE	8	\$55
	7:30-8:30	ZUMBA® NITE	10	\$46
Tuesday A.M.	9:00-9:45	PRESCHOOL GYM (3-5 YRS)	10	\$47
	9:30-11:30	KNITTING FOR ALL – AND SOME CROCHET TOO!	10	\$86
	9:50-10:35	ABC - APPRENDRE EN S'AMUSANT (3-5 ANS)	8	\$39
	9:50-10:35	MOMS AND TOTS GYM (2 YRS)	10	\$47
	10:45-11:45	TUESDAY SWEAT AND TONE	10	\$46
	11:00-11:45	BREAK A SWEAT WITH BABY (4-18 MOS.)	10	\$34
Tuesday P.M.	1:00-2:30	BABY MASSAGE	6	\$31
	1:15-2:15	ESSENTRICS	8	\$37
Tuesday Evening	7:00-8:30	EVENING KRIPALU-INSPIRED HATHA YOGA	10	\$69
Wednesday A.M.	8:40-9:40	WEDNESDAY CLASSICAL PILATES	9	\$41
	9:00-9:45	BUILDING BLOCKS FOR BABIES (4-12 MOS. WITH MOM)	7	\$41
	9:50-10:50	TOTAL BODY FITNESS	9	\$41
	10:00-10:45	EXPLORATION THROUGH THE SENSES (18-36 MOS. WITH MOM)	7	\$41
	11:00-12:00	COOL TOOLS TO GET READY FOR SCHOOL (3-5 YRS WITH MOM)	7	\$41
	11:00-12:00	WEDNESDAY ZUMBA®	9	\$41
Wednesday P.M.	1:00-2:00	THE PRACTICE OF MEDITATION	10	\$34
	1:00-2:30	ADULT BALLET	10	\$69
	1:00-3:00	COOKING: SOUPS, STEWS & CASSOULETS	10	\$86

SCHEDULE AT A GLANCE – WINTER 2017 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday Evening	7:30-8:45	YOGALATES	10	\$58
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	5 times	\$21
Thursday A.M.	8:30-9:30	THURSDAY TOTAL BODY FITNESS	10	\$46
	9:30-11:30	LIFE MAPPING FOR THE NEW YEAR	10	\$69
	9:40-10:40	BOOTCAMP FITNESS	10	\$46
	10:50-11:50	BODY FACTORY	10	\$46
Thursday P.M.	1:00-1:45	KODOMO (KIDS') KARATE (4-5 YRS)	9	\$43
	1:00-3:00	DRAWING	9	\$78
	1:30-3:00	BEGINNER'S SPANISH	10	\$65
	2:00-2:45	MOM & TOTS ZUMBA® (4-5 YRS WITH MOM)	9	\$43
Thursday Evening	7:00-8:15	GENTLE FLOW YOGA AND MEDITATION	10	\$58
Friday A.M.	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	9	\$62
	10:00-12:00	FRENCH FOR NEWCOMERS	9	\$62
	10:40-11:25	MOM & TOTS YOGA (2-5 YRS WITH MOM)	9	\$43
Friday P.M.	1:00-2:15	GENTLE TONING	9	\$52
	1:00-3:00	CONVERSE IN FRENCH – BEGINNERS AND INTERMEDIATES	9	\$62
	1:00-3:00	WATERMEDIA	9	\$78

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.
- 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.

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.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

CREATIVE JOURNALING

Monday 10:00 – 11:30 a.m.

Childcare Room 2

What is invisible to us does matter.

Deena Metzger

Over the course of 10 weeks, we will invite our inner selves to appear

PERSONAL DEVELOPMENT/WELLNESS

and our inner answers to come forward through writing. Our journaling will focus on the art of self-discovery, personal growth, and creative expression. The course is loosely based on the work of Ira Progoff and Julie Cameron. Suggestions and techniques for journal writing will be given.

Participants write together, listening for their own voices, then share to hear the voices of others. Weekly prompts will be given and we will explore such topics as:

- Persons: Who are the people active in your life — living or not?
- Works: What are the works that are currently active — what do you invest your time and energy in?
- Body: What is your relationship with your body?
- Society: What are your roots, your beliefs?
- Spirit: What is your relationship with spirit? Joy?
- Crossroads: What are you facing at the present time?
- Events: What moments of your life are marked by the sharpness of their impact?

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Come prepared for a journey of discovery. All that is needed is your favourite notebook — and a curiosity about yourself and the process!

**Instructor: Lesley Pasquin, B. Ed., M. Ed. (McGill University),
Poet, Educator**

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

PERSONAL DEVELOPMENT/WELLNESS

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.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

WHAT WE KNOW FOR SURE

Monday 7:00 – 9:00 p.m.

Upstairs Classroom

Oprah Winfrey was asked a few years ago by someone she interviewed, “What do you know for sure?” That question led her on her own journey to discover and share with others what it is that she knows for sure about life. She found this to be a profound and life-changing experience. She published a collection of these reflections in her book, *What I Know for Sure*.

Now it is your turn to answer the question. What do you know for sure? Each class we will look at a central topic or lesson that will hopefully help you live your authentic, best life. You will be asked to explore your own life story and to reflect on these themes/issues as they have been part of your life experience. The instructor will add to this by bringing to the discussion an array of perspectives from philosophers, artists, authors, visionaries, spiritual leaders, etc. At the end of the sessions, you will be invited to share what you now know for sure with the group.

Required materials: A journal or paper and pens/pencils.

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

Please Note: This is an 8-week course. The last class is on March 13.

Instructor: Anna Szczygielski, B. Ed. (McGill University)

PERSONAL DEVELOPMENT/WELLNESS

BABY MASSAGE

Tuesday 1:00 – 2:30 p.m.

Childcare Room 2

Giving 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 6-week course. Classes will take place on January 17, 24 and 31, February 14 and 21 and March 21.

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

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.

PERSONAL DEVELOPMENT/WELLNESS

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.

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

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

THE PRACTICE OF MEDITATION

Wednesday 1:00 – 2:00 p.m.

Upstairs Classroom

The practice of meditation is an ongoing journey. Meditation in a group can be a powerful dynamic that helps us to connect with others while working on our individual issues. Guided visualizations and imagery will be given to help to focus on the breath and to help clear the mind. Various themes and methods of meditation will be explored and practiced. Comfortable clothing and a water bottle are recommended for this class.

Instructor: Nazzarena Santini, CMT, Reiki Master, Founder of Avalon Massage Academy

PERSONAL DEVELOPMENT/WELLNESS

LIFE MAPPING FOR THE NEW YEAR

Thursday 9:30 – 11:30 a.m.

Upstairs Classroom

It's a new year, so take control of your destiny by charting the course for where you want to go. When you first see it, you believe it! Want to move from your current state to a new reality? Or perhaps a higher purpose? Where would you like to be and what would you like to have accomplished one year from now? Dream big, create a picture of it, and actively move in that direction by designing your own map to guide the actions that will lead you there. We will chart the paths we have taken that have led us to where we are now. Then we get ready to go where we want from here!

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

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.

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

Instructor: Laura Gilmour, RYT200 Hatha Yoga Instructor, Y.M.C.A. Corrective Conditioning Certificate and FIT Certified Personal Trainer

PERSONAL DEVELOPMENT/WELLNESS

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 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: This is a 9-week course. The last class is on March 24.

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

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 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

PERSONAL DEVELOPMENT/WELLNESS

friendly atmosphere. En espérant vous voir très bientôt!

Please Note: This is a 9-week course. The last class is on March 24.

**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 is a 9-week course. The last class is on March 24.

**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 10 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.

SINGING GROUP

Monday 1:00 – 2:30 p.m.

Upstairs Classroom

If you like to sing, why not join our singing group this session? We have a lot of fun working on many different styles of music in unison and 2-part arrangements. Singing in a group creates a special connection among people. We are very friendly and welcome all levels of musical ability. You just might discover a new talent in yourself!

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

INTRO TO PHOTOSHOP CS FOR DIGITAL IMAGES

Monday 7:00 – 9:00 p.m.

Childcare Room 2

Learn how to use Photoshop on your digital images! Topics covered include basic retouching and balancing of light and colour, as well as some fun tricks! Important — **Please Note: this course is designed for those who are fairly comfortable with manipulating the functions of software on computers.**

SPECIAL INTEREST

Required equipment: A USB key, Adobe Photoshop (any level of CS, The Creative Suite, available online or on your computer) and access to a computer or laptop. No pads please!

Please Note: If you do not have Adobe Photoshop CS installed, an online version of Adobe Photoshop CC is available at a lower price than the full version. Please see the instructor for details.

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

Instructor: Cassandra Leslie, C2 Studios

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.

Instructor: Debra-Lynn Tomiuk

COOKING: SOUPS, STEWS & CASSOULETS

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

Kitchen

There's nothing quite so comforting as a hot bowl of soup or as mouth-

SPECIAL INTEREST

watering as a hearty stew on a crisp winter afternoon. Soups and stews also stretch your dollar and, better yet, freeze well so make as big of a pot as you want. Join us and learn great techniques for developing delicious, healthy meals full of richness, warmth, and flavour. Our meals will include both vegetarian and meat-based recipes, as well as tips for make-ahead freezer meals and adjusting your recipes for allergies, intolerances, and dietary restrictions. Great cooking isn't about recipes — it's about techniques. In our classes, we will work together in a fun, hands-on environment, sending you home with a meal portion and the inspiration to try something new this winter. A \$40 consumable fee for ingredients is payable to the instructor at the first class.

With over 8 years of experience teaching home economics and cooking classes for teens and young adults and more than 25 years' experience catering for friends and family, Angie shares her love of cooking with every mouth-watering dish. Adapting recipes to dietary restrictions has been her recent challenge, which she has tackled with glee, and creating the healthiest food options for clients is her goal. She is looking forward to sharing her enthusiasm in the kitchen with you!

Instructor: Angela Meklenschek

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.

SPECIAL INTEREST

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

DRAWING

Thursday 1:00 – 3:00 p.m.

Upstairs Classroom

Throughout the course, participants will use simple tools and learn fundamental drawing techniques to produce visual representations to both observed and imagined subjects. The instructor's objective is to guide and encourage the participants through the art-making process to achieve successful application of perspective, shading, contour line, tones, and values.

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**

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

SPECIAL INTEREST

Watercolour brush, Chinese brushes (optional), Watercolor pencils

Please Note: This course starts one week late, on January 26. The last class is on March 30. This is a 9-week course.

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

**BEGINNER'S SPANISH
Thursday 1:30 - 3:00 p.m.
Childcare Room 2**

This is a basic Spanish course geared to improve your oral communication, be it for personal growth, travel purposes, or simple amusement as you acquire the basic grammar skills. This course will help you better enjoy your travelling experiences and enhance communications and intercultural understanding. Led by a native Spanish-speaking teacher, the lessons are held in small groups in a friendly and non-stressful environment. Close attention is given to address each participant's specific needs. Come and have a great time while you learn Spanish!

Instructor: Ileri Vergara, Founder of the Montreal Spanish Center

**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

SPECIAL INTEREST

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: This is a 9-week course. The last class is on March 24.

Instructor: Valerie McKee, B.F.A. (Concordia University)

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.
- 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!

**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!

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

Instructor: Nicole Zafar, Can-Fit-Pro F.I.S., CPR/AED, Zumba ProSkills, STRONG by Zumba, Zumba Sentao, Zumba Core, Zumba Kids & Kids Jr., Zumba Step

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

BREAK A SWEAT WITH BABY (4-18 MOS.)

Tuesday 11:00 – 11:45 a.m.

Upstairs Classroom

A class for moms and their babies. We execute simple moves that allow you to work your whole body while entertaining your baby at the same time. The baby will play the role of the weight. You get to play and give your baby all the attention he/she needs while you perform muscle strength exercises. The course will allow you to bond with your baby while you're working out. This class includes standing and floor exercises. Babies should be older than 4 months (so they can hold their heads up by themselves). Please bring a yoga mat to class.

Instructor: Jasmina Wegrzycka, Certified YMCA, Can-FIT-PRO, Cardio Plein and NASM (National Academy of Sports Medicine)

FITNESS

ESSEINTRICS

Tuesday 1:15 – 2:15 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 workout leaves you feeling energized, youthful and healthy. Exercise elastics will be provided for part of the floor exercises; however, please bring a yoga mat for the class.

Please Note: There is no class March 14 (WIWC Event). The last class is on March 21. This is an 8-week course.

**Instructor: Dolores Carroll, IDEA certified, Essentrics
Classical Stretch (Certified Level 1)**

WEDNESDAY CLASSICAL PILATES

Wednesday 8:40 – 9:40 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 is no class March 1 (WIWC Event). The last class is on March 29. This is a 9-week course.

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

FITNESS

TOTAL BODY FITNESS

Wednesday 9:50 – 10:50 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 is no class March 1 (WIWC Event). The last class is on March 29. This is a 9-week course.

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

WEDNESDAY ZUMBA®

Wednesday 11:00 a.m. – 12:00 p.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.

Please Note: There is no class March 1 (WIWC Event). The last class is on March 29. This is a 9-week course.

Instructor: Violetta Naumiuk, Zumba®, Zumba Gold®, Zumba Step®, Certified YMCA Group Fitness Instructor

FITNESS

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.

Instructor: Alison Dewar

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!

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

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

FITNESS

THURSDAY TOTAL BODY FITNESS

Thursday 8:30 – 9:30 a.m.

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.

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

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.

Instructor: Sue Jollimore, CAN-FIT-PRO

FITNESS

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

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 course. The last class is on March 24.

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 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.
- 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.

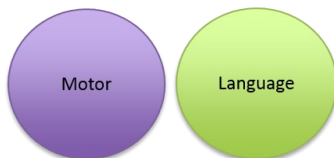
MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH THEIR MOMS)

Monday 9:00 – 9:45 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!

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



FOR CHILDREN

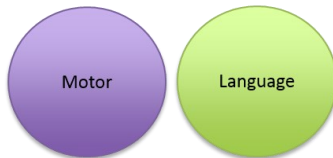
TODDLER TUNES (CHILDREN 12-24 MOS. WITH MOM)

Monday 10:00 – 10:45 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.

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



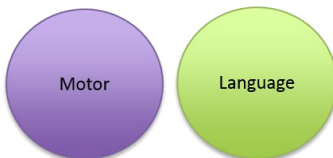
SILLY SONG SING-ALONG (FOR CHILDREN 2-5 YEARS WITH MOM)

Monday 11:00 – 11:45 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!

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



FOR CHILDREN

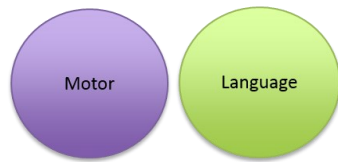
PRESCHOOL GYM (3-5 YRS)

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



ABC - APPRENDRE EN S'AMUSANT (3-5 ANS)

Tuesday 9:50 – 10:35 a.m.

Upstairs Classroom

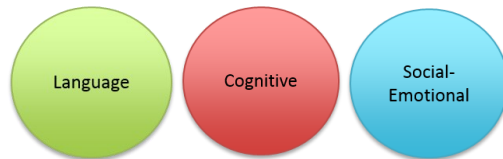
The primary goal of this class is to equip children with the language skills they need to enjoy successful experiences in any French or bilingual Kindergarten classroom. Each week, your child will strengthen his/her foundation in the French language through phonological-awareness activities that will lead him/her through a natural progression of pre-reading skills and language development. The children will work through language manipulations, such as letters and alphabet cut-outs, thematic stories, fun rhymes, songs, and phonics games. The class offers a fun learning environment for your child to build new skills and gain confidence to express him/herself in French.

FOR CHILDREN

You may be asked to bring in occasional supplies for this course.

Please Note: This is an 8-week course. The last class is on March 14.

**Instructor: Émilie Tremblay, Baccalauréat en Enseignement au
Préscolaire et Primaire (Université Laval)**



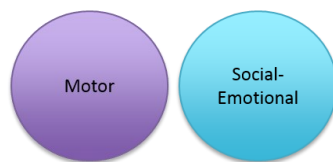
MOMS AND TOTS GYM (2 YRS)

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!

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



FOR CHILDREN

BUILDING BLOCKS FOR BABIES (4-12 MOS. WITH MOM)

Wednesday 9:00 – 9:45 a.m.

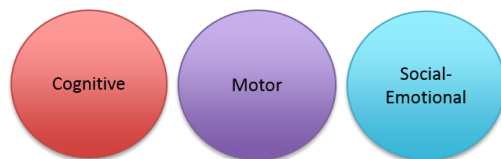
Upstairs Classroom

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 for discussion, provide learning strategies and allocate time for any questions you may have. A great way to play with your child, meet other "Mommies" and share topics that are important to you. The last 15 minutes of class will be reserved as "free time" enabling sufficient time for conversation and socialization among parents.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Please Note: This is a 7-week course. There is no class March 1st (WIWC Event). The last class is on March 15th.

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



FOR CHILDREN

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

Wednesday 10:00 - 10:45 a.m.

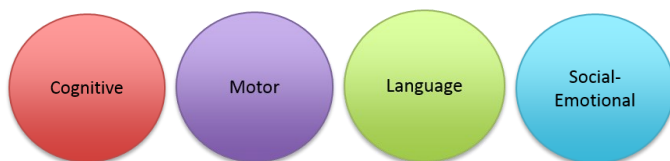
Upstairs Classroom

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 semi-structured 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 and learn valuable social skills.

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Please Note: This is a 7-week course. There is no class March 1st (WIWC Event). The last class is on March 15th.

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



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

Wednesday 11:00 a.m. – 12:00 p.m.

Upstairs Classroom

Want to help your child learn some of the prerequisite skills for school?

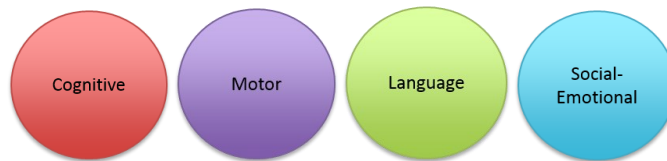
FOR CHILDREN

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. This class also helps them learn valuable social skills and how to follow a routine. Help your child to "Get it Write" and jump ahead into school readiness!

Please Note: A \$5 non-refundable fee for craft materials is included in the price of this course.

Please Note: This is a 7-week course. There is no class March 1st (WIWC Event). The last class is on March 15th.

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



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

Thursday 1:00 – 1:45 p.m.

Gym

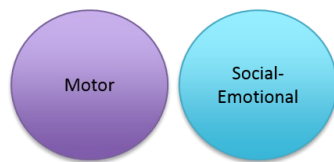
Teachers and doctors agree on the benefits children derive from martial arts training. In Kodomo Karate, your 4- or 5-year-old will get his/her first introduction to the world of Martial Arts. Each class will include a warm up consisting of exercises to increase flexibility and develop strength as well 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

FOR CHILDREN

"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 March 23 (WIWC Event). The last class is on March 30. This is a 9-week course.

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



MOM & TOTS ZUMBA® (4-5 YRS WITH MOM)

Thursday 2:00 – 2:45 p.m.

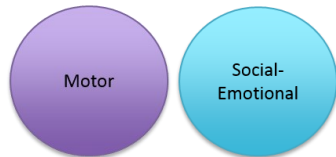
Gym

A fun light exercise where children and their moms get the chance to be active and jam out to their favourite music. Together you will enjoy dance routines from around the world and discover how easy it is to combine simple dance moves with fitness-based movements. The class will feature kid-friendly routines where we break down the steps; games; activities; and cultural exploration elements. It's a fun way to bond with your child and get active together through playful, creative, and celebratory experiences.

FOR CHILDREN

Please Note: There is no class March 23 (WIWC Event). The last class is on March 30. This is a 9-week course.

Instructor: Donna Morris, Zumba Basic®, Zumba Step®, Zumba Kids and Zumba Kids Jr



MOM & TOTS YOGA (2-5 YRS WITH MOM)

Friday 10:40 – 11:25 a.m.

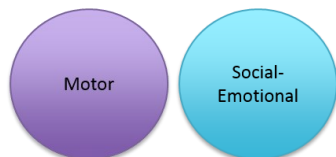
Gym

Filled with movement, stories and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games and art. We move from giggles to calm while developing gross and fine motor coordination, focus, and social skills. Moms can easily take what they learn in class and bring it to the home, growing body and mind awareness at their own pace.

Please bring a yoga mat to class. You may be asked to bring in occasional supplies, such as empty jars, glitter glue, and paper towel rolls.

Please Note: This is a 9-week course. The last class is on March 24.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



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*Ex-officio: Non-voting member

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Centre des Femmes West Island
West Island Women's Centre

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