



WEST ISLAND WOMEN'S CENTRE/CENTRE DES FEMMES WEST ISLAND
WINTER 2017 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	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
Monday P.M.	11:00-11:45	Silly Song Sing Along (2-5 yrs with Mom)	10	\$47
	1:00-2:15	Monday Sweat and Tone	10	\$58
Monday Evening	1:00-2:30	Singing Group	10	\$65
	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.	9:30-11:30	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 & Tots Gym (2 yrs)	10	\$47
	10:45-11:45	Tuesday Sweat and Tone	10	\$46
	10:50-11:35	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
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

No classes during March 6 - March 10 (Spring Break), March 1st morning classes (WIWC event) and April 14 (Good Friday).

CLASSES BEGIN January 16, 2017

Current Members: PRE-REGISTRATION Tuesday, November 29, 2016 1-3 P.M. & 6:45-7:45 P.M.

New Members: OPEN REGISTRATION Thursday, December 8, 2016 1-3 P.M. & 6:45-7:45 P.M.