



**Centre des Femmes West Island**  
**West Island Women's Centre**

**NEWSLETTER**

**Spring 2017**

**Join our Spring 2017 Courses!**

Registration Dates to Remember	
<b>Tuesday, March 14</b> 1-3 p.m./6:45-7:45 p.m.	Pre-registration for Current Members
<b>March 15-22</b> 8:30 a.m.-12 p.m./1-3 p.m.	Pre-registration for members continues during office hours
<b>Thursday, March 23</b> 8:30 a.m.-1 p.m.	<b>No registrations are accepted</b> as we prepare for open registration
<b>Thursday, March 23</b> 1-3 p.m./6:45-7:45 p.m.	Registration for New Members
<b>After March 23</b> Monday to Friday 8:30 a.m.-12 p.m./1-3 p.m.	Registration Continues

**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](mailto:womenscentre@wiwc.ca)

**Visit our website:** [www.wiwc.ca](http://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 Tuesday, April 18, 2017
- Classes are 9 weeks unless indicated otherwise.
- There are no daytime classes on April 25 and June 15 as well as no afternoon classes on May 16. Also, there are no classes (daytime or evening) on Monday, May 22 (Victoria Day)
- Payment is by cash or cheque (preferred) or by credit card (in person only).
- Consult the **WIWC Member's Guide** for more information on registration policies and procedures.

## SCHEDULE AT A GLANCE – SPRING 2017

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES	7	\$32
	9:00-9:45	MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)	7	\$36
	10:00-10:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 10 a.m.	7	\$24
	10:00-10:45	TODDLER TUNES (12-24 MOS. WITH MOM)	7	\$36
	10:00-12:00	CONVERSE IN FRENCH—BEGINNERS AND INTERMEDIATES	7	\$48
	11:00-11:45	MOM AND BABY YOGA (3 MOS. TO CRAWLERS) * 11 a.m.	7	\$24
	11:00-11:45	SILLY SONG SING ALONG (2-5 YRS WITH MOM)	7	\$36
Monday P.M.	1:00-2:15	MONDAY SWEAT AND TONE	7	\$40
	1:00-2:30	SINGING GROUP	7	\$45

05/04/17

## SCHEDULE AT A GLANCE – SPRING 2017 Cont'd

DAY	TIME	COURSE	# WKS	COST
Monday Evening	7:00-9:00	DIGITAL PHOTOGRAPHY: PEOPLE, PLACES, PORTRAITURE	7	\$61
	7:00-9:00	HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK	7	\$48
	7:30-8:30	ZUMBA® NITE	7	\$32
Tuesday A.M.	9:00-9:45	BREAK A SWEAT WITH BABY (4-18 MOS.)	8	\$28
	9:30-11:30	KNITTING FOR ALL – AND SOME CROCHET TOO!	8	\$69
	9:45-11:45	BECOMING A MANAGER OF YOUR OWN LIFE	8	\$55
	10:00-10:45	MOMS AND TOTS GYM (2-3.5 YRS)	7	\$36
	9:00-10:00	START RUNNING! COUCH TO 5K RUNNING GROUP — 9 a.m.	8	\$37
	10:00-11:00	START RUNNING! COUCH TO 5K RUNNING GROUP	8	\$37
	11:00-12:00	TUESDAY SWEAT AND TONE	8	\$37
Tuesday P.M.	1:15-2:15	ESSETRICS	7	\$32
Tuesday Evening	6:30-7:30	PRENATAL YOGA	9	\$41
	7:45-9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	9	\$52
Wednesday A.M.	8:40-9:40	WEDNESDAY CLASSICAL PILATES	9	\$41
	9:00-9:45	BUSY BEES (5-12 MOS. WITH MOM)	9	\$48
	9:45-11:45	HANDY WOMAN JANE	9	\$78
	9:50-10:50	TOTAL BODY FITNESS	8	\$37
	10:00-10:45	MAMA'S MOVERS (12-24 MOS. WITH MOM)	9	\$48
	11:00-12:00	LITTLE LEARNERS (2-4 YRS WITH MOM)	9	\$48
	11:00-12:00	WEDNESDAY ZUMBA®	9	\$41

## SCHEDULE AT A GLANCE – SPRING 2017 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday P.M.	1:00-2:30	ADULT BALLET	9	\$62
	1:00-3:00	COOKING: INTERNATIONAL VEGETARIAN	9	\$78
	1:00-3:00	THE JOY CIRCLE	8	\$55
Wednesday Evening	7:30-8:45	YOGALATES	9	\$52
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	2 times	\$9
Thursday A.M.	8:40-9:40	THURSDAY TOTAL BODY FITNESS	6	\$28
	9:45-11:45	ANTI-INFLAMMATORY EATING MADE QUICK AND EASY	6	\$41
	9:50-10:50	BOOTCAMP FITNESS	8	\$37
	11:00-12:00	BODY FACTORY	8	\$37
Thursday P.M.	1:00-1:45	KODOMO (KIDS') KARATE (4-5 YRS)	8	\$39
	1:00-2:30	JOURNALING THROUGH TRANSITIONS	8	\$41
	1:00-3:00	DRAWING	8	\$69
	2:00-2:45	MOM & TOTS ZUMBA® (4-5 YRS)	7	\$36
Thursday Evening	7:00-8:15	GENTLE FLOW YOGA AND MEDITATION	9	\$52
	7:00-8:30	GROWING ECO-FRIENDLY GARDENERS	9	\$58
Friday A.M	9:00-10:00	HEALING MEDITATIONS	9	\$31
.	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	9	\$62
	10:00-12:00	FRENCH FOR NEWCOMERS	9	\$62
	10:30-12:00	RESILIENCE IN THE EMOTIONAL WELL-BEING JOURNEY	9	\$46
	10:40-11:25	MOM & TOTS YOGA (2-5 YRS)	9	\$43
	10:45-11:45	OUTDOOR STROLLER FIT (6 WKS-18 MOS.)	9	\$41
Friday P.M.	1:00-2:15	GENTLE TONING	9	\$52
	1:00-3:00	WATERMEDIA	9	\$78

## 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.

### **MOM AND BABY YOGA (3 MOS. TO CRAWLERS) \* 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: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

## ***PERSONAL DEVELOPMENT/WELLNESS***

### **CONVERSE IN FRENCH — BEGINNERS AND INTERMEDIATES**

**Monday 10:00 a.m. - 12:00 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 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

**Instructor: Jacinthe Messier, Baccalauréat en Éducation Préscolaire et Primaire (U.Q.A.M.), Formations en Francisation**

### **MOM AND BABY YOGA (3 MOS. TO CRAWLERS) \*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.

## ***PERSONAL DEVELOPMENT/WELLNESS***

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**

### **HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK**

**Monday 7:00-9:00 p.m.**

**Upstairs Classroom**

Because children don't come with an instruction manual, join Valerie each week to learn practical, simple, and effective parenting tips and techniques. Based on the book, *How to Talk so Kids Will Listen and Listen so Kids Will Talk*, this course will give you the skills you need to do the following:

- Teach your child to understand, identify and communicate feelings;
- Encourage cooperation;
- Discipline without hurting or alienating;
- Encourage autonomy;
- Help your child develop a positive and realistic self-image;
- Foster a family atmosphere of love and respect.

Each class will include a presentation of new tools, practical exercises, assignments for the following week, and an optional sharing time. This course is intended for parents of children between 1 and 12 years old. Please note that all course participants will be required to buy a workbook from the instructor. The approximate cost of the workbook is \$13, payable to the instructor at the first class.

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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

**Instructor: Valérie Gotteland, Certified Workshop Facilitator**



## ***PERSONAL DEVELOPMENT/WELLNESS***

### **BECOMING A MANAGER OF YOUR OWN LIFE**

**Tuesday 9:45 – 11:45 a.m.**

**Upstairs Classroom**

Every day you are required to make decisions: how to spend your time, how to use your money, what to do about your well-being. Every decision you make plays a role in determining your overall life direction. The goal of this course is to develop practical skills to manage your daily life most effectively and to overcome a feeling that other people or circumstances are controlling your existence and your well-being. Participants will evaluate their self-management, determine strategies to strengthen communication, and learn to ignite and sustain their motivation to become the ultimate managers of their lives.

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

**Instructor: Olga Strakovsky, B. A. Psychology, M. A. Human Systems Intervention**

### **PRENATAL YOGA**

**Tuesday 6:30 – 7:30 p.m.**

**Gym**

Pregnancy is a time to tap into your inner strength. This gentle 1-hour Hatha yoga class is appropriate for all levels and all trimesters. We'll stretch our achy unfamiliar bodies, we'll strengthen in order to comfortably carry this little one to term and accelerate recovery, and most importantly, we'll breathe, rest, and restore. This is a chance to connect with other expectant moms in the community and share feelings of fear and uncertainty. Been there, done that moms are very welcome as well. Please bring a yoga mat, two yoga blocks, a scarf or yoga strap if you have one, and as many warm and comfy things as you'd like (blankets/pillows etc.).

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

## *PERSONAL DEVELOPMENT/WELLNESS*

evening courses.

**Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)**

### **EVENING KRIPALU-INSPIRED HATHA YOGA**

**Tuesday 7:45 – 9:00 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.

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

**Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)**

### **THE JOY CIRCLE**

**Wednesday 1:00 – 3:00 p.m.**

#### **Upstairs Classroom**

Come join this warm and lively circle to be inspired, uplifted, and

## **PERSONAL DEVELOPMENT/WELLNESS**

empowered in your day-to-day life. Each week, we will collectively experiment with self-care practices: movement exercises, self-massage, guided meditation and affirmations, mantra singing, dance, and more. Through this practice and group sharing, we will intentionally inject more energy and joy into our busy lives, and tap into our inner wisdom.

Please Note: The last class is on June 7. This is an 8-week course.

**Instructors: Sylwia Dyjak, B.A. Human Relations (Concordia Universtiy) & The GROOVE™ Facilitator and Isabelle Sayed, B.A. Human Relations & “Juicy Living” Facilitator**

### **ANTI-INFLAMMATORY EATING MADE QUICK AND EASY**

**Thursday 9:45 – 11:45 a.m.**

**Upstairs Classroom**

Inflammation is the root of the diseases linked to ageing — from wrinkles to autoimmune diseases (like rheumatoid arthritis), and just about everything in between. The good news is there is a “dietary pattern” that we can adopt that will slow down the diseases linked with ageing and help us stay healthier for longer. In this course, we will focus on why we should follow the anti-inflammatory eating lifestyle, the Mediterranean food circle and healthy plate. Participants will determine their food personality and learn how to implement this program and stay motivated.

Please Note: The last class is on May 25. This is a 6-week course.

**Instructors: Kim Arrey, Registered Dietitian, member of the Order of Dietitians of Quebec, Dietitians of Canada and American Academy of Nutrition and Dietetics and Arlene Taveroff, Ph.D. (Nutrition)**

## **PERSONAL DEVELOPMENT/WELLNESS**

### **JOURNALING THROUGH TRANSITIONS**

**Thursday 1:00 – 2:30 p.m.**

**Childcare Room 2**

This is a writing and discussion group that deals with important life transitions. In our journals, we explore strategies to process important changes such as career, health, empty nest syndrome, retirement, and divorce. We begin by “Naming the Change,” then we apply tools for managing transitions from “Letting Go” to “Accepting the New Way.” This course is recommended for anyone who is interested in using their journal to process big and small life changes. No previous writing experience is necessary and sharing is always optional. In the last class, we will be creating a vision board to celebrate! Required materials: Pen and writing pad.

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

**Instructor: Helene Brunet, Certified Journal Facilitator,  
Centre for Journal Therapy**

### **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*

### **HEALING MEDITATIONS**

**Friday 9:00 – 10:00 a.m.**

**Upstairs Classroom**

Come experience the peace that comes with meditation and the clarity that you can find with regular practice. In each class, we will do a bit of chair yoga, some breathing exercises, and focus on reuniting awareness and experience of body, mind and spirit. Come as you Are.

**Instructor: Sheila Southon, Certified Counsellor, Chopra Certified Meditation Instructor, Quebec Certified Naturotherapist**

### **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.

**Instructor: Ilaini Scholl, Certified Kripalu-Inspired Hatha Yoga Teacher, RYT (Registered Yoga Teacher), PYT (Certified Prenatal Yoga Teacher)**

## *PERSONAL DEVELOPMENT/WELLNESS*

### **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 friendly atmosphere. En espérant vous voir très bientôt!

**Instructor: Hasnaa Rzouzi, Baccalauréat en Droit Français, Spécialisation en Politiques Publiques (Hassan II University, Casablanca, Morocco)**

### **RESILIENCE IN THE EMOTIONAL WELL-BEING JOURNEY**

**Friday 10:30 a.m. – 12:00 p.m.**

**Upstairs Classroom**

Join Psychologist Melinda Morros for a 9-week course on emotional well-being and resilience. Drawing from the exciting areas of positive psychology, cognitive behaviour therapy and mindfulness, this course will focus on integrating up-to-date research and practical strategies into our individual and collective journeys towards emotional well-being and resilience. Participants will have an opportunity to explore their goals, challenges, and triumphs.

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

## ***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.

### **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!

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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

### **DIGITAL PHOTOGRAPHY: PEOPLE, PLACES AND PORTRAITURE**

**Monday 7:00 – 9:00 p.m.**

**Childcare Room 2**

This class is for those who know the 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

## ***SPECIAL INTEREST***

better sense of composition, lighting and exposure control. This is not a class for beginners!

Taking pictures of people and portraits presents its own set of wonders and challenges! Participants 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 8 megapixels or more and be prepared to spend an additional hour of personal shoot time per week outside the classroom.

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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.

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

**Instructor: Debra-Lynn Tomiuk**



## ***SPECIAL INTEREST***

### **HANDY WOMAN JANE**

**Wednesday 9:45 – 11:45 a.m.**

**Childcare Room 2**

Is the “honey-do list” not getting any shorter? Have you ever wondered if you could afford a handy man to fix up all the little disasters around the house? This course will empower you to tackle some of the nitty-gritty problems and tasks that occur at home. Learn how to change a faulty electrical outlet, switch out those sticking dresser drawer runners, find a cost-cutting way to decorate your home with custom-cut picture frames, or give your kitchen a facelift by updating your backsplash with ceramic tiles — and even have the courage to create your own mosaic for behind the stove! Sign up and learn how to take on those everyday fix-ups with confidence and ease.

**Instructor: Angela Meklenschek**

### **COOKING: INTERNATIONAL VEGETARIAN**

**Wednesday 1:00 – 3:00 p.m.**

**Kitchen**

Geared toward the novice as well as the experienced cook, this class will explore the world of vegetarian cooking. We will be inspired by Greek, Mediterranean, Cajun & Creole, and Tuscan Vegetarian specialties. From Vegan Moussaka to Goat Cheese Cannelloni, Moroccan Sweet Potato and Pomegranate Tagine to Tofu Gumbo – this 9-week hands-on course is filled with lots of delicious recipes and techniques to help you transform a boring meal into a fantastic one, and you’ll even get to take home a portion for an at-home taste testing! Please bring a plastic container to class. A \$40 consumable fee for ingredients is payable to the instructor at the first class.

**Instructor: Angela Meklenschek**

## ***SPECIAL INTEREST***

### **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: Instead of the usual April meeting, the club is planning a field trip on Wednesday, April 19 to the Pointe-Claire Public Library where Montreal-based writer Susan Doherty Hannaford will be discussing her first novel, *A Secret Music*. The event will take place from 7 to 8:30 p.m.

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

### **DRAWING**

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

Drawing is fundamental to all art making. This 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.

Delivery methods include live demonstrations, slideshow presentations, group discussions and critiques as well as individual instruction. The

## ***SPECIAL INTEREST***

objectives of the course are to improve observation skills; develop increased awareness of the spatial relationship between objects, planes; expand vocabulary to express abstract concepts; and provide informed feedback during a critique.

### **Materials List (\* indicates required):**

#### **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/PASTEL**

- 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) \* 2B, 4B
- 1 sharpener \*

#### **ERASERS:**

- Kneadable eraser
- Staedler or other white plastic eraser \*
- Metal eraser shield

#### **OTHER MATERIALS:**

- Drawing Board 23" x 26" and 4 bulldog clips (optional)
- 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

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

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

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## ***SPECIAL INTEREST***

### **GROWING ECO-FRIENDLY GARDENERS**

**Thursday 7:00 – 8:30 p.m.**

**Childcare Room 2**

Gardening is fun and it's good for you! Come join us in this comprehensive 9-week journey into the world of gardening designed to inspire you to garden with confidence. Emphasis will be placed on environmentally-friendly gardening practices and topics will include starting seeds, lawn alternatives, and the importance of good soil. We will also discuss on a regular basis the best plants available (including natives) to choose for your garden. Regular slide presentations will aid in your learning while hands-on activities will help you put what you learn to good use.

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

**Instructor: Elaine Sanders, Landscape Designer, Gardening Coach**

### **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,

## ***SPECIAL INTEREST***

negative space, and creating textures. For returning students, additional exercises are planned to extend your knowledge.

The approximate cost to start with no materials would be \$60; however, many of the listed items are already in your home. Here is a list of what you should bring along to every class:

### **Materials List (\* indicates required):**

#### **WORK SPACE:**

- 2 large containers to hold water\* (potato salad, large yogurt)
- lidded pallet with wells\* (If you are a beginner, you can buy a white plate from the dollar store.)
- masking tape, roll of paper towel, roll of bath tissue or box of Kleenex tissue\*
- Q-tips in a covered container, small spray bottle\*
- ¼ cup rock salt or Kosher salt in a clean prescription tablet bottle or small jar\*
- large pad of watercolour paper (11" x 15" or larger – Strathmore, Monteval Canson or Fabriano)\*

#### **BRUSHES (4):**

- 1½"– 2½" flat wide nylon brush for washes\*
- small round size 2\*
- flat size 8 and round size 8\*
- fan brush, Chinese (optional)

#### **PAINT COLOUR TUBES (BRANDS: HOLBEIN, WINDSOR & NEWTON, DA VINCI):**

- prioritized- Payne's grey, Cobalt Blue, Alizarin Crimson, Aureolin (yellow)\*
- later purchase: Burnt Umber, Burnt Sienna, Yellow Ochre, Ultramarine Blue, Sap Green

#### **OTHER:**

- sketchbook, HB and 2B pencils, kneadable or white plastic eraser (Staedtler)\*
- Chinese ink (black), coloured inks, watercolour pencils, watercolour crayons\* (helpful if you plan to do mixed media)
- micron pigma pen #01 or #03\* (\$4 each)
- drawing board as a surface for taping the watercolour paper\*

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

## **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: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-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: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-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: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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

**Instructor: Ana Batista, Zumba Basic 1, Zumba Gold, ZumbaKids Licensed Instructor by Zumba®, CPR certified, FIT certified**

## ***FITNESS***

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

**Tuesday 9:00-9:45 a.m.**

**Gym**

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.

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

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

### **START RUNNING! COUCH TO 5K RUNNING GROUP– 9 a.m.**

**Tuesday 9:00 – 10:00 a.m.**

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

Ever wanted to start running but not sure how? Ever wanted to run but think you can't? Signed up for a 5K race and wondering what to do next? This course is for you! Using run/walk intervals, the course will gently ease you into running and take you from being a non-runner or very beginner runner to a 5K-runner! Some running strength building exercises will be included as well as warm up and cool down/stretching exercises. This course will literally run rain or shine, so please dress appropriately. Remember, if you can walk, you can run!



## ***FITNESS***

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

**Instructor: Hilary Jones, YMCA Individual Conditioning Instructor**

### **START RUNNING! COUCH TO 5K RUNNING GROUP**

**Tuesday 10:00 – 11:00 a.m.**

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

Ever wanted to start running but not sure how? Ever wanted to run but think you can't? Signed up for a 5K race and wondering what to do next? This course is for you! Using run/walk intervals, the course will gently ease you into running and take you from being a non-runner or very beginner runner to a 5K-runner! Some running strength building exercises will be included as well as warm up and cool down/stretching exercises. This course will literally run rain or shine, so please dress appropriately. Remember, if you can walk, you can run!

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

**Instructor: Hilary Jones, YMCA Individual Conditioning Instructor**

### **TUESDAY SWEAT AND TONE**

**Tuesday 11:00 a.m. – 12:00 p.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!

## ***FITNESS***

Please Note: There will be no class on April 25 (WIWC Event). This is an 8-week course.

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

### **ESSENTRICS**

**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 will be no class on April 25 (WIWC Event) and May 16 (WIWC Event). This is a 7-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

## ***FITNESS***

want to tone up and transform your body, Pilates is perfect for you!

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

### **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 on April 26. This is an 8-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

## ***FITNESS***

life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

**Instructor: Violetta Naumiuk, Zumba®, Zumba Gold®, Zumba Step®, Certified YMCA 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.

**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

## ***FITNESS***

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**

### **THURSDAY TOTAL BODY FITNESS**

**Thursday 8:40 – 9:40 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.

Please Note: This course starts May 4. The last class is on June 8. This is a 6-week course.

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

### **BOOTCAMP FITNESS**

**Thursday 9:50 – 10:50 a.m.**

**Gym**

Incorporating traditional calisthenic and body weight exercises with interval training and strength training, this course will lead you through a

## ***FITNESS***

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 8. This is an 8-week course.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

### **BODY FACTORY**

**Thursday 11:00 a.m. – 12:00 p.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 8. This is an 8-week course.

**Instructor: Sue Jollimore, CAN-FIT-PRO**

### **OUTDOOR STROLLER FIT (MOMS AND BABIES 6 WKS-18 MOS.)**

**Friday 10:45 – 11:45 a.m.**

**Outside – Meet on the grass on the north side of the building**

Stroller fitness is a full-body workout that includes cardio intervals, strength training, core work, and flexibility training. This course is open to all fitness levels. Women who want to join this class should be 4+ weeks postpartum if there was no complication during delivery (or 6 weeks for caesareans or other complications). No special stroller is required. You should bring a mat and wear comfortable clothing and

## ***FITNESS***

running shoes. Childcare is available for older siblings. Please Note: This class will run rain or shine so a stroller rain shield or sun shield is recommended.

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

### **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.

**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 MOM)**

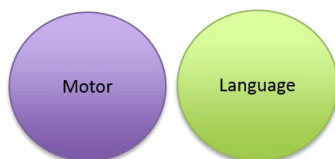
**Monday 9:00 – 9:45 a.m.**

**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!

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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





## **FOR CHILDREN**

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

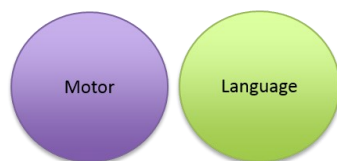
**Monday 10:00 – 10:45 a.m.**

**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.

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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



### **SILLY SONG SING ALONG (2-5 YRS WITH MOM)**

**Monday 11:00 – 11:45 a.m.**

**Upstairs Classroom**

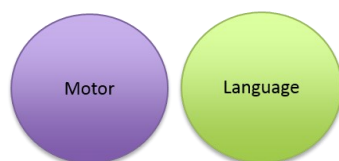
Preschoolers are ready to create and explore music with their voices and bodies. We will sing and dance and play and discover new sounds. Basic rhythm will be taught using Orff-style instruction and mallet

## FOR CHILDREN

instruments, all the while having fun!

Please Note: This course starts April 24. There will be no class on May 22 (Victoria Day). This is a 7-week course.

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



### **MOM & TOTS GYM (2-3.5 YRS)**

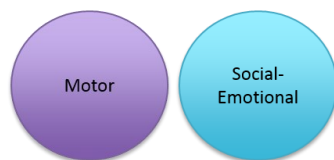
**Tuesday 10:00 – 10:45 a.m.**

**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: There will be no class on April 25 (WIWC Event) and May 2. This is a 7-week course.

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



## ***FOR CHILDREN***

### **BUSY BEES (5-12 MOS. WITH MOM)**

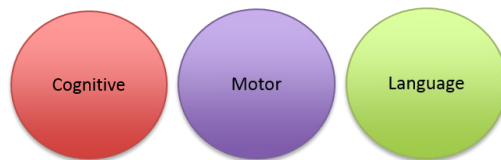
**Wednesday 9:00 – 9:45 a.m.**

**Upstairs Classroom**

Moms will get an opportunity to stimulate their child with songs, sensory activities, baby sign language, and active play. You and your “busy bee” will have fun learning baby sign language that you can use at home. You will also get an opportunity to engage your child in a variety of activities that are geared to help develop gross and fine motor skills. Moms, there will also be time set aside for you to discuss baby topics that interest you. The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact.

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

**Instructor: Wendy Pearson, B.Ed., B. A. (Bishop’s University)**



### **MAMA’S MOVERS (12-24 MOS. WITH MOM)**

**Wednesday 10:00 – 10:45 a.m.**

**Upstairs Classroom**

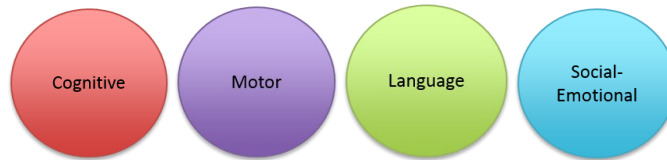
Come and explore with your child in this busy, active class. Each week you will have an opportunity to engage your child in different play activities, sing songs, and participate in a circle time. Your child will be introduced to new activities that will help develop his/her

## FOR CHILDREN

emerging gross motor, fine motor, and sensory skills.

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

**Instructor: Wendy Pearson, B.Ed., B.A. (Bishop's University)**



### **LITTLE LEARNERS (CHILDREN 2-4 YRS WITH MOM)**

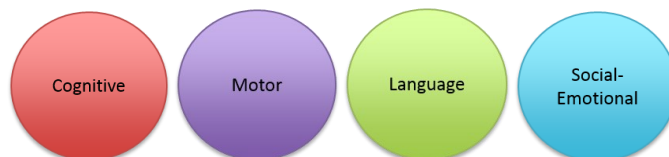
**Wednesday 11:00 a.m. – 12:00 p.m.**

**Upstairs Classroom**

Come for an action-packed hour of exciting and engaging learning. You and your child will be introduced to fun games and songs geared towards pre-academic skills. This structured time will include group time, story time, and play-to-learn activities. Children must be 2 years of age at the beginning of the session.

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

**Instructor: Wendy Pearson, B.Ed., B.A. (Bishop's University)**



## ***FOR CHILDREN***

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

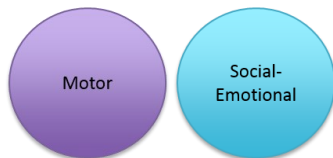
**Thursday 1:00 – 1:45 p.m.**

**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 “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 8. This is an 8-week course.

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



## **FOR CHILDREN**

### **MOM & TOTS ZUMBA® (4-5 YRS WITH MOM)**

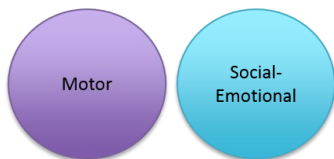
**Thursday 2:00 – 2:45 p.m.**

**Gym**

A fun, light exercise class 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.

Please Note: There is no class on May 18. The last class is on June 8. This is a 7-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.**

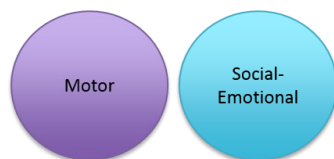
**Gym**

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. Each child should be accompanied by

## ***FOR CHILDREN***

one adult. 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.

**Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)**



## WIWC Board of Directors

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Mélanie Sisley  
Sharon Louie

Newsletter/Publicity  
Julia Gerke

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Robyn Ruckenstein

Childcare  
Amanda Ajram

Fundraising/Special Events  
Jodi Pichovich

Executive Director (ex-officio)\*  
Karen Henchey

\*Ex-officio: Non-voting member

Board members are here to serve you, our membership. Please leave a message for the appropriate board member should you have any concerns, questions, or suggestions.



Centre des Femmes West Island  
West Island Women's Centre

*We are an agency supported by  
Centraide of Greater Montreal.*

