



Centre des Femmes West Island
West Island Women's Centre

NEWSLETTER

Spring 2018

Join our Spring 2018 Courses!

Registration Dates to Remember	
Tuesday, March 13 1-3 p.m./6:00-7:00 p.m.	Pre-registration for Current Members
March 14-21 8:30 a.m.-12 p.m./1-3 p.m.	Pre-registration for members continues during office hours
Thursday, March 22 8:30 a.m.-1 p.m.	No registrations are accepted as we prepare for open registration
Thursday, March 22 1-3 p.m./6:00-7:00 p.m.	Registration for New Members
After March 23 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

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: \$10
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, April 16, 2018
- Classes are 9 weeks unless indicated otherwise.
- There are no daytime classes on April 17 and June 14 as well as no afternoon classes on May 15. Also, there are no classes (daytime or evening) on Monday, May 21 (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 2018

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES - Low Intensity	8	\$37
	9:30-10:30	SELF-DEFENCE	8	\$28
	10:00-10:45	MOM & TOTS YOGA (2-3 yrs)	8	\$44
	10:00-10:45	MY FIRST MUSIC CLASS (Babies up to 12 mos. with Mom)	8	\$39
	10:00-11:00	RUNNING GROUP - Medium/High Intensity	8	\$37
	11:00-11:45	MOM AND BABY YOGA (3 mos. to Crawlers)	8	\$28
	11:00-11:45	TODDLER TUNES (12-24 mos. with Mom)	8	\$39
Monday P.M.	1:00-2:15	BABY MASSAGE	7	\$31
	1:00-2:15	MONDAY SWEAT AND TONE - Medium/High Intensity	8	\$46
	1:00-2:45	SINGING GROUP	8	\$61

06/03/18

SCHEDULE AT A GLANCE – SPRING 2018 Cont'd

DAY	TIME	COURSE	#WKS	COST
Monday Evening	7:00-8:00	ZUMBA® NITE-Medium Intensity	8	\$37
Tuesday A.M.	9:00-9:45	MOMS & TOTS GYM (2-3.5 yrs)	8	\$39
	9:30-11:30	KNITTING FOR ALL - AND SOME CROCHET TOO!	8	\$69
	9:30-11:30	SELF-CARE THROUGH CREATIVE JOURNALING	8	\$55
	10:00-10:45	BREAK A SWEAT WITH BABY (4-18 mos.) - Low Intensity	8	\$28
	10:55-11:55	TUESDAY SWEAT AND TONE - Medium/High Intensity	8	\$37
Tuesday P.M.	1:00-1:45	CHILDREN'S CREATIVE MOVEMENT (3-5 yrs)	7	\$36
	2:00-3:00	ESSETRICS - Low Intensity	7	\$32
Tuesday Evening	6:15-7:15	START RUNNING! COUCH TO 5K - Medium/High Intensity	9	\$41
	6:30-7:30	PRENATAL YOGA	9	\$41
	7:00-8:30	GROWING ECO-FRIENDLY GARDENERS	9	\$58
	7:45-9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	9	\$52
Wednesday A.M.	8:40-9:40	CORE PILATES - Low Intensity	9	\$41
	9:00-9:45	BUSY BEES (5-12 mos. with Mom)	9	\$48
	9:50-10:50	TOTAL BODY FITNESS – Medium/High Intensity	9	\$41
	10:00-10:45	MAMA'S MOVERS (12-24 mos. with Mom)	9	\$48
	10:00-11:00	NATURAL ALTERNATIVES FOR DAILY LIFE	8	\$35
	10:55-11:55	LITTLE LEARNERS (2-4 yrs with Mom)	9	\$48
	11:00-12:00	WEDNESDAY ZUMBA® - Medium Intensity	9	\$41
Wednesday P.M.	1:00-2:30	ADULT BALLET	9	\$62
	1:00-3:00	COOKING: SUMMER BBQ AND SIDE DISHES	9	\$78

SCHEDULE AT A GLANCE – SPRING 2018 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday P.M.	1:00-3:00	POWERFUL PRACTICES FOR POSITIVE CHANGE	8	\$55
	1:00-3:00	WHAT DO YOU WANNA-DO™	7	\$48
Wednesday Evening	6:15-7:15	INTERVAL TRAINING - Medium/ High Intensity	9	\$41
	7:30-8:30	BELLY DANCING	9	\$39
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	2 times	\$9
Thursday A.M.	8:40-9:40	THURSDAY ESSENTRICS - Low Intensity	8	\$37
	9:30-11:30	THE ART OF COMMUNICATION	8	\$55
.	9:45-11:45	CONVERSE IN FRENCH - Beginners and Intermediates	8	\$55
	9:50-10:50	BOOTCAMP FITNESS - Medium/ High Intensity	8	\$37
	11:00-12:00	BODY FACTORY - Medium Intensity	8	\$37
Thursday P.M.	1:00-1:45	KODOMO (Kids') KARATE (4-5 yrs)	8	\$39
	1:00-3:00	DRAWING	8	\$69
	2:00-2:45	MY FIRST MUSIC CLASS THURSDAY (Babies up to 12 mos. with Mom)	8	\$39
Thursday Evening	6:30-8:30	INTRODUCTION TO CODING: HTML & CSS	9	\$78
	7:00-8:15	HATHA YOGA AND MEDITATION	9	\$52
Friday A.M.	9:00-10:00	FITNESS - TAKE IT OUTSIDE! - Medium Intensity	9	\$41
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	9	\$62
	9:45-11:45	BEGINNER'S FRENCH	6	\$41
	10:00-11:30	WHAT HIDDEN MOTIVES DETERMINE OUR BEHAVIOURS	9	\$46
	10:30-11:30	OUTDOOR STROLLER FIT (6 wks-18 mos.) - Medium Intensity	9	\$41
	10:45-11:30	FRIDAY MOM AND BABY YOGA (3 mos. to Crawlers)	9	\$31
Friday P.M.	1:00-2:15	GENTLE TONING - Low Intensity	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.

SELF-DEFENCE

Monday 9:30 - 10:30 a.m.

Childcare Room 2

Do you know what to do if you are grabbed from behind? Did you know that 80% of self-defence is common sense? Are you aware of how your body language can help you avoid violent situations? Come and learn tricks and techniques to escape from every possible kind of attack and how to harness your power and deliver it in explosive strikes and kicks. Be prepared. Be empowered.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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

PERSONAL DEVELOPMENT/WELLNESS

MOM AND BABY YOGA (3 MOS. TO CRAWLERS)

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.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

BABY MASSAGE

Monday 1:00 - 2:15 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

PERSONAL DEVELOPMENT/WELLNESS

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, at least 2 receiving blankets (or towels) and a yoga mat 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: There is no class on May 21 (Victoria Day). The last class is on June 4. This is a 7-week course.

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

SELF-CARE THROUGH CREATIVE JOURNALING

Tuesday 9:30 - 11:30 a.m.

Upstairs Classroom

From fun and colourful art journaling to meaningful soul writing, take this journey of self-discovery in a group of like-minded seekers. Learn the basics of journaling as well as some useful techniques you can use again and again in your own journal writing. Find out how to use simple art supplies to explore your thoughts and emotions in a new and creative way. Discover how enriching group journaling can be! Materials needed: a journal and pen. There is a \$5 consumables fee payable to the instructor on the first class to cover the cost of art journaling supplies.

Please Note: **This class begins April 24.** The last class is on June 12. This is an 8-week course.

Instructor: Helene Brunet, B.A. Honours English, Journal to the Self Certified Instructor

PERSONAL DEVELOPMENT/WELLNESS

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 evening courses.

Instructor: 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

PERSONAL DEVELOPMENT/WELLNESS

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)

POWERFUL PRACTICES FOR POSITIVE CHANGE

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

Upstairs Classroom

This course is inspired by the famous quote by Mahatma Ghandi: "Be the change you wish to see in the world." It is designed to empower those who feel the need and are ready to take charge of their lives as well as to step up and collectively address the challenges and crises of these turbulent times. The course will provide the opportunity to learn and use some of the most powerful transformation practices: affirmations, mantra-chanting, intention-setting, prayer, gratitude, and the Hawaiian practice of Ho'oponopono. Integrating these practices into participants' daily lives will result in enhanced well-being, increased feelings of connection, as well as empowerment to generate positive change on both a personal and larger scale. Please bring a notebook and a pencil or pen to each class.

Please Note: The last class is on June 6. This is an 8-week course.

Instructors: Sylwia Dyjak, B.A. Human Relations and Monique Arseneault, Alternative Health Practitioner

PERSONAL DEVELOPMENT/WELLNESS

WHAT DO YOU WANNA-DO™

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

Childcare Room 2

This is a fun and interactive 7-week course that will inspire women to remember what they wanted to do, and be, in life. Find your JOY through what you truly Wanna-Do™. Have you actually ever thought about what you want to do with your life 6 months or even several years from now? If you have, what have you done to make it happen? We have this one beautiful life that we are blessed to have yet we often put our dreams or goals on the back burner and never get to them.

In this course we are going to have lots of fun! Each participant will create her own Wanna-Do™ tree to have a solid visual of her “wish” list. The instructor will walk each participant through the process of how to begin tapping into her desires and daydreams so she can put them in her tree. We will walk through creating the tree and dive into the importance of having good roots so the tree can blossom (rest, restoration, nutrition, etc.!). We will spend time exploring and understanding how the Law of Attraction works and impacts our lives. We will finish by creating a solid action plan to help participants move forward with all or at least some of the things they Wanna-Do™ so their dreams are no longer forgotten! It's time to make the magic of your life manifest into what you want! Please note that participants will supply their own craft materials.

Please Note: The last class will take place on May 30. This is a 7-week course.

Instructor: Sherry Nash, Certified Naturopath and Professional Coach

PERSONAL DEVELOPMENT/WELLNESS

THE ART OF COMMUNICATION

Thursday 9:30 - 11:30 a.m.

Upstairs Classroom

Communication is an art; it is our canvas to get a message across to others. What does your canvas look and sound like? Have you mastered the art and therefore paint a beautiful picture when you interact with others? There are many “artist” tools that can be used, yet many fail to use them with awareness and purpose. In this interactive course, participants will be introduced to all elements of *the art of communication* while learning the listening and speaking skills that help us move beyond the misinterpretations and misunderstandings that create turmoil and havoc in our relationships, both personal and professional.

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

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

CONVERSE IN FRENCH: BEGINNERS AND INTERMEDIATES

Thursday 9:45 - 11:45 a.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: The last class is on June 7. This is an 8-week course.

PERSONAL DEVELOPMENT/WELLNESS

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

HATHA YOGA AND MEDITATION

Thursday 7:00 - 8:15 p.m.

Gym

Hatha yoga is the foundation of all yoga styles. It is easy to learn, beginner friendly, and can be used for physical, mental, and spiritual purposes. It combines controlled breathing with asanas and meditation. It is very popular for stress reduction and a great way for non-meditators to experience the benefit of meditation. This class is for those who are looking for a gentle, grounding relaxation practice. Together we will return to centre 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. Let's work together in a fun and friendly environment. Please bring a sticky yoga mat to class.

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

Instructor: Subanki Sivanantharajah, YTT200 Yoga Instructor

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

PERSONAL DEVELOPMENT/WELLNESS

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)

BEGINNER'S FRENCH

Friday 9:45 - 11:45 a.m.

Childcare Room 2

This introductory class is designed for women with little or no background in French. Come and join us to be motivated to learn French. Participants will begin by learning basic pronunciation, grammar, spelling, and conjugation. Through conversational activities you will learn to meet and greet people as well as practice basic communication for other daily life situations. The course will be adapted to your needs and the instructor will guide you through your language learning process.

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

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

PERSONAL DEVELOPMENT/WELLNESS

WHAT HIDDEN MOTIVES DETERMINE OUR BEHAVIOURS

Friday 10:00 - 11:30 a.m.

Upstairs Classroom

Join us for a weekly discussion based on David R. Hawkins' book, *Power vs. Force*. Together, we will explore the different levels of consciousness. The intent is to help us evolve emotionally, bringing us to live in a more fulfilling level of life that will ultimately have a positive outcome on our mental and physical well-being. We will also explore the different lower resonating levels of consciousness that hold us back from being our best selves.

Instructor: Crystal Champagne, Certified Personal and Group Trainer, Certified Master Empowerment Coach

FRIDAY MOM AND BABY YOGA (3 MOS. TO CRAWLERS)

Friday 10:45 - 11:30 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)

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 - 2:45 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! There is a consumables fee of \$5 payable to the instructor on the first day of class.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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

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

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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: **The first class is on April 24.** The last class is on June 12. This is an 8-week course.

Instructor: Debra-Lynn Tomiuk

GROWING ECO-FRIENDLY GARDENERS

Tuesday 7:00 - 8:30 p.m.

Childcare Room 2

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

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

Instructor: Elaine Sanders, Landscape Designer, Gardening Coach

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NATURAL ALTERNATIVES FOR DAILY LIFE

Wednesday 10:00 - 11:00 a.m.

Childcare Room 2

In this fun hands-on course, you will learn how to use essential oils and other natural products as safe and effective alternatives for many aspects of your daily life. You will learn about the properties of different essential oils and how they impact and influence our bodies and our health. You will also learn about natural alternatives for cleaning and self-care to reduce the toxins in our lives. Every week will feature a different theme and DIY projects for you to make and take home! A fee of \$32 for materials is payable to the instructor on the first day of class.

Please Note: The last class is on June 6. This is an 8-week course.

Instructor: Michelle Falardeau Marchand, B.Sc. Environmental Science

COOKING: SUMMER BBQ AND SIDE DISHES

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

Kitchen

Wow your taste buds this summer! Why buy bottled when you can make your own signature BBQ sauces and marinades — and side dishes too? Suitable for both meat-eaters and vegetarians, each hands-on class will cover the making of a condiment sauce or marinade. Learn how to satisfy the picky eater in your house, deal with dietary restrictions, and find healthy options your family will love. This course will make summer cooking a breeze! Participants will get to take home a sampling of a sauce or marinade as well as a single portion of a side dish. Two containers (100 ml and 300 ml) will be needed weekly to transport your take-home portions. A \$40 consumable fee is payable to the instructor on the first day of class.

With over 8 years of experience teaching home economics and cooking

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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

BELLY DANCING

Wednesday 7:30 - 8:30 p.m.

Gym

Belly dancing is a great way to increase confidence, flexibility, and coordination. This class is an introduction to belly dance. The instructor will teach various moves and steps and show how they can be incorporated into fun combinations. Comfortable clothing (leggings, for example) is recommended, as this will allow for movement. Participants can wear any regular scarf or shawl tied around the hips or they can purchase a coin belt from the instructor for \$20. Participants may begin in socks; however, dance slippers are recommended and can be purchased at Walmart or Ardene. Expect to pay about \$10 for the slippers.

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

Instructor: Ana Ruiz

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

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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: 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 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.

SUPPLIES LIST (* indicates required):

PAPER:

- Newsprint pad 18" x 24" *
- Sketchbook – 11" x 14" *
- Notebook – 100 pages+ (any size)

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- 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 7. This is an 8-week course.

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

INTRODUCTION TO CODING: HTML & CSS

Thursday 6:30 - 8:30 p.m.

Childcare Room 2

Join our introductory course to learn how to build websites with HTML and CSS. Explore the fundamentals of these two programming languages while applying this knowledge to build your own simple web pages. Over the course of 9 weeks, participants will learn the following:

- key coding principles and terminology;

SPECIAL INTEREST

- the best practices for Web with a focus on digital accessibility;
- how to develop a custom, working web page from scratch;
- and the basics of JavaScript to add interactivity to pages.

Participants will need to bring a laptop with the Chrome browser and Atom installed (<https://atom.io/>) to class.

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

**Instructor: Kara Schaefer, B.Sc. Kinesiology, DecodeMTL
Cohort 5**

WATERMEDIA

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

Upstairs Classroom

Create beautiful paintings while focusing on building skills in watercolour and accentuating your personal style and self-expression. This course will be offered in a workshop style with an emphasis on improving your techniques with interaction and guidance from the teacher. Participants will learn about the foundations of watercolour by exploring colour mixing, wet-in wet and controlled washes and basic brush control. In this course, we will also explore the use of ink, watercolour pencils and crayons to create luminous and exciting works on paper.

SUPPLIES LIST:

There are many different brands of paint available on the market. The instructor recommends starting with **three or four professional-grade watercolour tubes** such as Winsor & Newton, Daniel Smith, M. Graham or Holbein.

The instructor also recommends buying just **one or two quality brushes** to begin. This will give you greater satisfaction and success with your painting. Kolinsky natural sable brushes are the best and will last many years. A great alternative and more affordable option is The Neptune Series by Princeton. These synthetic brushes have excellent spring and absorbency. **Quill or mop brushes** are also a wonderful addition to your painting kit. Many of these

SPECIAL INTEREST

options will be discussed in the first class.

Buying all the starting materials will cost approximately \$75.00. Many of the items listed below can be brought from home. Here is a list of what you should bring to every class (*** 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*
- 1/4 cup rock salt or Kosher salt in a clean prescription tablet bottle or small jar*
- corrugated plastic backing board such as Coroplast or a masonite
- watercolour paper either in large sheets (to be cut into smaller sizes) or watercolour pad such as Canson Montval Watercolor or Fabriano (9" x 12" or larger)*

Brushes:

- a 1 1/2"– 2 1/2" flat wide nylon brush for washes or a larger round or "quill" brush
- small round size 2*
- round size 8*
- script or rigger brush size 4

Paint Colours:

- Prioritized: Payne's Grey, Alizarin Crimson, Ultramarine Blue, Hansa Yellow Medium*
- Later purchase: Burnt Umber, Burnt Sienna, Quinacridone Gold, Cobalt Blue, Sap Green

Other:

- a sketchbook or scrap paper
- 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)
- fine-line pens – Pigma Micron pen #01 or #03* #05

Instructor: Michèle Tougas, Painter, Member of Lakeshore Association of Artists

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).

CLASSICAL PILATES – LOW INTENSITY

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: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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

FITNESS

RUNNING GROUP – MEDIUM/HIGH INTENSITY

Monday 10:00 - 11:00 a.m.

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

This class is for those who have some running experience already and are looking to improve or who just enjoy running in a group. We will do a combination of regular runs, speed and endurance work and a little bit of runner's conditioning. Participants should be able to run at least 4 km to take part in this class. Varying participant running speeds will be accommodated, so do not hesitate to sign up even if you think you are a slower runner.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning

MONDAY SWEAT AND TONE – MEDIUM/HIGH INTENSITY

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: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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

FITNESS

ZUMBA® NITE – MEDIUM INTENSITY

Monday 7:00 - 8:00 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: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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 Step

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

Tuesday 10:00 – 10:45 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.

FITNESS

Please Note: **The first class is on April 24.** The last class is on June 12. This is an 8-week course.

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

TUESDAY SWEAT AND TONE – MEDIUM/HIGH INTENSITY

Tuesday 10:55 - 11:55 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!

Please Note: **The first class is on April 24.** The last class is on June 12. This is an 8-week course.

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

ESSENTRICS – LOW INTENSITY

Tuesday 2:00 - 3:00 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,

FITNESS

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: **The first class is on April 24.** There is no class on May 15 (WIWC event). This is a 7-week course.

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

START RUNNING! COUCH TO 5K - MEDIUM/HIGH INTENSITY

Tuesday 6:15 - 7:15 p.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: The WIWC's free childcare service is not available during evening courses.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

FITNESS

CORE PILATES – LOW INTENSITY

Wednesday 8:40 - 9:40 a.m.

Gym

This class will give you a full body workout. Core Pilates will maintain the Pilates techniques of proper breathing, posture and alignment with a focus on your core muscles through movement in various positions. It will help to improve core control, build strength, flexibility, balance, posture, mobility, and stability. If you want to challenge your core, tone up, and transform your body, Core Pilates is perfect for you! This class is suitable for all fitness levels.

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

TOTAL BODY FITNESS – MEDIUM/HIGH INTENSITY

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.

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

FITNESS

WEDNESDAY ZUMBA® – MEDIUM INTENSITY

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.

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

ADULT BALLETT

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

FITNESS

INTERVAL TRAINING – MEDIUM/HIGH INTENSITY

Wednesday 6:15 - 7:15 p.m.

Gym

Cardio intervals mixed with challenging full-body muscle conditioning will guarantee you achieve your fitness goals whether you are getting back into fitness or work out regularly. Each week, our instructor will introduce something new to keep you challenged. Come prepared to sweat and reach your full potential! Please bring your own weights (one or two sets of dumbbells — one light, one heavy) and a water bottle.

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

Instructor: Lori Lesperance, CAN-FIT-PRO Group Fitness, YMCA Personal Trainer, Yogafit

THURSDAY ESSENTRICS – LOW INTENSITY

Thursday 8:40 - 9:40 a.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: The last class is on June 7. This is an 8-week course.

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

FITNESS

BOOTCAMP FITNESS – MEDIUM/HIGH INTENSITY

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 variety of 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 7. This is an 8-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

BODY FACTORY – MEDIUM INTENSITY

Thursday 11:00 a.m. - 12:00 p.m.

Gym

This is an overall strength 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 7. This is an 8-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

FITNESS – TAKE IT OUTSIDE! - MEDIUM INTENSITY

Friday 9:00 - 10:00 a.m.

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

In this class, suitable for all, we will be taking to the parks and green spaces of Valois to enjoy some outdoor exercise! Classes will feature cardio elements as well as body weight exercises and strength training

FITNESS

using the natural and man-made structures we find on our way. Variations will be offered for different fitness levels. Expect to have a lot of fun, work hard and maybe get a bit muddy! Class will run rain or shine; dressing in layers is recommended.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

OUTDOOR STROLLER FIT (MOMS AND BABIES 6 WKS-18 MOS.) - MEDIUM INTENSITY

Friday 10:30 - 11:30 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 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)

FITNESS

GENTLE TONING – LOW INTENSITY

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.

MOM AND TOTS YOGA (2-3 YRS)

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

Gym

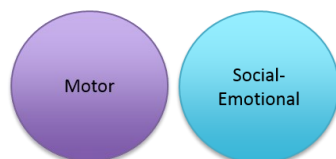
Filled with movement, stories and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games, and art. Each class will explore a yoga-based theme reinforced with a craft at the end of the class. 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 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.

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

FOR CHILDREN

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



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

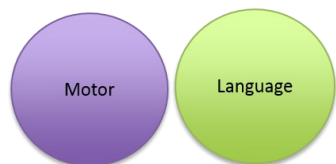
Monday 10:00 - 10:45 a.m.

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! The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-week course.

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



FOR CHILDREN

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

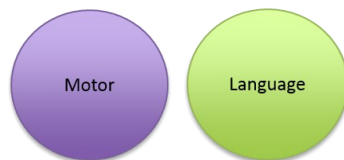
Monday 11:00 - 11:45 a.m.

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. The last few minutes of class time will be set aside to allow mothers and toddlers to socialize and interact.

Please Note: There is no class on May 21 (Victoria Day). The last class is on June 11. This is an 8-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 9:00 - 9:45 a.m.

Gym

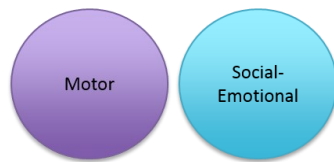
Moms attend this class with their child who will meet new friends and enjoy group participation. We offer parachute play, co-operative games, a mini-gym, songs, balls, and a fun time for the two of you. For children to get the most out of the class, it is preferable for the participants to arrive on time. This is a fast-paced class and you wouldn't want to miss out on some of the fun!

Please Note: **The first class is on April 24.** The last class will take

FOR CHILDREN

place on June 12. This is an 8-week course.

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



CHILDREN'S CREATIVE MOVEMENT (3-5 YRS)

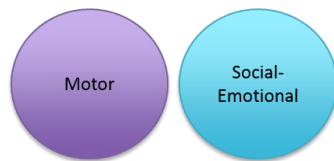
Tuesday 1:00 - 1:45 p.m.

Gym

This class for 3- to 5-year-olds will have children exploring their musical and spatial senses as well as their imaginations. Instructor Sara Abbott will use a foundation of ballet warm-ups, positions, and movements to encourage your child's creativity in dance. Children should come dressed comfortably and bring a pair of dance slippers. Please remember that mothers must remain in the building while their children attend this class.

Please Note: **The first class is on April 24.** There is no class on May 15 (WIWC event). This is a 7-week course.

Instructor: Sara Abbott



FOR CHILDREN

BUSY BEES (5-12 MOS. WITH MOM)

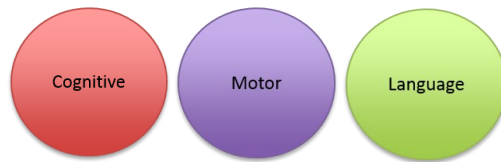
Wednesday 9:00 - 9:45 a.m.

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 bring a yoga mat to class.**

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

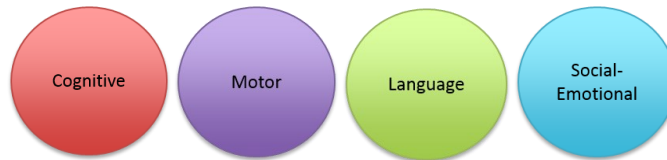
Come and explore with your child in this busy, active class. Each week you will have an opportunity to engage your child in different play activities, sing songs, and participate in a circle time. Your child will be introduced to new activities that will help develop his/her emerging gross motor, fine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

Please Note: A \$5 non-refundable fee for craft materials is included in

FOR CHILDREN

the price of this course.

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



LITTLE LEARNERS (CHILDREN 2-4 YRS WITH MOM)

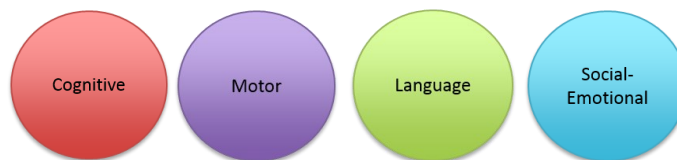
Wednesday 10:55 - 11:55 a.m.

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.

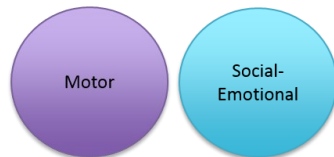
Gym

What do whoopee cushions, pool noodles and paper plates have to do with martial arts? Your child will find out in this fun and entertaining class!

Kodomo Karate is a program designed specifically to introduce preschool-aged children to the beautiful world of traditional martial arts. However, Kodomo is dynamic, fun and allows young children to harness their natural energy in a positive manner. Each week, our instructor will use a different “theme” to explore “dojo etiquette,” basic karate techniques, and even some Japanese terminology. Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing.

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

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



MY FIRST MUSIC CLASS THURSDAY (BABIES UP TO 12 MOS. WITH MOM)

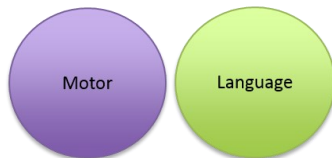
Thursday 2:00 - 2:45 p.m.

Childcare Room 2

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! The last few minutes of class time will be set aside to allow mothers and babies to socialize and interact.

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

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



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Centre des Femmes West Island
West Island Women's Centre

*We are an agency supported by
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