



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

**NEWSLETTER**

**Fall 2018**

**Join our Fall 2018 Courses!**

Registration Dates to Remember	
<b>Tuesday, August 28</b> <b>In person:</b> 9-11 a.m./1-3 p.m./6-7 p.m. <b>Online:</b> Starting at 9 a.m.	Pre-registration begins in-person and online for Current Members
<b>August 29 - September 4</b>	Pre-registration for members continues in-person during office hours and online until 3 p.m.
<b>Wednesday, September 5</b>	<b>Registration closed</b> as we prepare for open registration
<b>Thursday, September 6</b> <b>In person:</b> 9-11 a.m./1-3 p.m./6-7 p.m. <b>Online:</b> Starting at 9 a.m.	Open Registration begins in-person and online for New and Current Members
<b>After September 6</b>	Registration continues in-person during office hours and online

**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

**Office hours:** Monday to Friday, 8:30 a.m.-12 p.m. and 1-3 p.m.

**Telephone:** 514-695-8529

**E-mail:** [womenscentre@wiwc.ca](mailto:womenscentre@wiwc.ca)

**Website:** [www.wiwc.ca](http://www.wiwc.ca)

**Register** online: <https://www.amilia.com/store/en/west-island-womens-centre/shop/programs>

**Follow** us on Facebook: <http://www.facebook.com/westislandwomenscentre>

## GENERAL INFORMATION

### ***What you need to know ... Registration Information***

- The \$25 annual membership fee is due for all.
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, September 17, 2018.
- Classes are either 10 or 12 weeks unless indicated otherwise.
- There are no classes on Monday, October 8 (Thanksgiving Day) or Friday, November 9 (WIWC event).
- In-person payment is by cash or cheque (preferred) or by credit card. Online payment is by credit card.
- Consult the **WIWC Member's Guide** for more information on registration policies and procedures.

## SCHEDULE AT A GLANCE – FALL 2018

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES - Low Intensity	11	\$55
	10:00-10:45	MOM & TOTS YOGA (2-3 yrs)	11	\$59
	10:00-10:45	MY FIRST MUSIC CLASS (Babies up to 12 mos. with Mom)	11	\$54
	10:00-11:00	MORNING RUNNING GROUP - Medium/High Intensity	10	\$51
	10:00-11:30	GUIDED MEDITATION BASED ON SOMATIC AWARENESS	9	\$48
	11:00-11:45	MOM AND BABY YOGA (3 to 7 mos.)	11	\$42
	11:00-11:45	TODDLER TUNES (12-24 mos. with Mom)	11	\$54
Monday P.M.	1:00-2:15	BABY MASSAGE	6	\$27
	1:00-2:15	MONDAY SWEAT AND TONE - Medium/High Intensity	11	\$69
	1:00-2:45	SINGING GROUP	9	\$73

06/08/18

## SCHEDULE AT A GLANCE – FALL 2018 Cont'd

DAY	TIME	COURSE	#WKS	COST
Monday Evening	7:00-9:00	PAPER CRAFTING 101	7	\$65
	7:30-8:45	EVENING ADULT BALLET	11	\$69
Tuesday A.M.	9:00-9:45	MOM & TOTS GYM (2-3.5 yrs)	12	\$58
	9:30-11:30	CRAFT AND CHAT	10	48
	10:00-10:45	BREAK A SWEAT WITH BABY (4-18 mos.) - Low Intensity	12	\$45
	10:00-12:00	MINDFUL JOURNALING	10	\$72
	10:55-11:55	TUESDAY SWEAT AND TONE - Medium/High Intensity	12	\$60
Tuesday P.M.	1:00-1:45	CHILDREN'S CREATIVE MOVEMENT (3-5 yrs)	10	\$50
	2:00-3:00	ESSETRICS - Low Intensity	10	\$51
Tuesday Evening	6:15-7:15	EVENING RUNNING GROUP - Medium/High Intensity	10	\$51
	6:15-7:15	ZUMBA® NITE - Medium Intensity	12	\$60
	7:30-9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	12	\$91
Wednesday A.M.	8:40-9:40	CORE PILATES - Low Intensity	12	\$60
	9:50-10:50	TOTAL BODY FITNESS – Medium/High Intensity	10	\$51
	11:00-12:00	WEDNESDAY ZUMBA® - Medium Intensity	12	\$60
Wednesday P.M.	1:00-1:45	YO HABLO ESPAÑOL - SPANISH FOR PRESCHOOLERS (3-5 yrs)	12	63
	1:00-2:30	ADULT BALLET	12	\$91
	1:00-2:30	NUTRITION AFTER 40	10	\$55
Wednesday Evening	6:15-7:15	INTERVAL TRAINING - Medium/High Intensity	11	55
	7:30-8:30	BELLY DANCING	9	42
	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	8 times	\$36

## SCHEDULE AT A GLANCE – FALL 2018 Cont'd

DAY	TIME	COURSE	# WKS	COST
Thursday A.M.	8:40-9:40	THURSDAY ESSENTRICS - Low Intensity	12	\$60
	9:30-11:30	THE ART OF LETTING GO	10	\$72
.	9:45-11:45	CONVERSE IN FRENCH - Beginners and Intermediates	10	\$72
	9:50-10:50	BOOTCAMP FITNESS - Medium/High Intensity	12	\$60
	11:00-12:00	BODY FACTORY - Medium Intensity	12	\$60
Thursday P.M.	1:00-1:45	KODOMO (Kids') KARATE (4-5 yrs)	12	\$58
	1:00-3:00	DRAWING	10	\$92
	1:00-3:00	LEARNING TO LIVE MORE MINDFULLY & WITH SELF-COMPASSION	10	\$72
Thursday Evening	7:00-8:15	HATHA YOGA AND MEDITATION	12	\$75
	7:00-8:30	THE ESL CONVERSATION CLUB	10	\$55
	7:00-9:00	THE LONG & SHORT OF IT: THE ART OF CRAFTING SHORT STORIES	10	\$92
Friday A.M.	9:00-9:45	BUSY BEES (5-12 mos. with Mom)	11	\$59
	9:00-10:00	START RUNNING! COUCH TO 5K - Medium/High Intensity	10	\$51
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	11	\$83
	9:45-11:45	BEGINNER'S FRENCH	9	\$65
	10:00-10:45	MAMA'S MOVERS (12-24 mos. with Mom)	11	\$59
	10:30-11:30	OUTDOOR STROLLER FIT (6 wks-18 mos.) - Medium Intensity	11	\$55
	10:45-11:30	MOM AND BABY YOGA (6 to 12 mos.)	11	\$42
	10:55-11:55	LITTLE LEARNERS (2-4 yrs with Mom)	11	\$59
Friday P.M.	1:00-2:15	GENTLE TONING - Low Intensity	11	\$69
	1:00-3:00	WATERMEDIA	9	\$83

## PERSONAL DEVELOPMENT/WELLNESS

### ***What you need to know ...***

#### ***Personal Development/Wellness classes***

- Most non-yoga classes run for 10 weeks. Most yoga classes run for 12 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.

### **GUIDED MEDITATION BASED ON SOMATIC AWARENESS**

**Monday 10:00 - 11:30 a.m.**

**Childcare Room 2**

In guided somatic meditation, we tune into the basic awareness of the body and invite deep presence with our moment-to-moment experience. As the mind becomes more familiar with sensations in the body (soma), it begins to experience the “relationship” between body, mind and breath. Somatic meditation is the natural extension of yoga posture practice but does not require any experience in either yoga or meditation. It is suitable for anyone interested in cultivating a more complete sense of self and enjoying a more refined feeling of presence and aliveness in the world.

Please Note: There is no class on October 8 (Thanksgiving). The last class is on November 19. This is a 9-week course.

**Instructor: Marie-Christine Lachance, Certified Therapeutic Yoga and Meditation Instructor, Certified Massage Therapist, Member of l'Association professionnelle des massothérapeutes spécialisés du Québec and l'Association des Naturothérapeutes du Québec**

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

### **MOM AND BABY YOGA (3 TO 7 MOS.)**

**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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-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 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 mothers 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 if baby is having a fussy day and 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: **The course begins on October 15** and ends on November 19. This is a 6-week course.

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

### **MINDFUL JOURNALING**

**Tuesday 10:00 a.m. - 12:00 p.m.**

**Upstairs Classroom**

This course will combine art journaling and journal writing techniques to explore mindfulness in the pages of our journals. We will use current mindfulness techniques as springboards in our journaling in order to connect with present-moment awareness. This course is for anyone who wants to slow down her busy mind and connect to her inner world in order to live more intentionally. Please bring a 9 x 12 inch unlined spiral bound book, preferably for mixed media. There is a consumables fee of \$5 payable to the instructor on the first day of class.

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

## *PERSONAL DEVELOPMENT/WELLNESS*

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

**Tuesday 7:30 - 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)**

### **NUTRITION AFTER 40**

**Wednesday 1:00 - 2:30 p.m.**

**Upstairs Classroom**

We can't avoid it. At a certain age, we will notice changes related to menopause: loss of muscle, weight gain, hot flashes, and sleep disturbances. But what if we can prevent or manage some of these symptoms? In this course, Registered Dietitian Zeina Khawam will look at managing weight loss after 40, exercise and preserving muscle mass,



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dealing with menopausal symptoms, reducing the risk of heart disease, debunking food myths, and more.

**Instructor: Zeina Khawam, Registered Dietitian, member of l'Ordre professionnel des diététistes du Québec (OPDQ) and Dietitians of Canada**

### **THE ART OF LETTING GO**

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

**Upstairs Classroom**

We all have something we are holding on to that holds us back in life and perhaps keeps us stuck in negative emotions. Whether it be memories of a painful experience like loss or betrayal, death or divorce, the judgement of “bad” choices, or even the clutter of physical objects, letting go is a skillful art. In this group discussion class, we will seek to understand the emotional drivers of love, fear and anger, confront our personal realities, break through the natural resistance to change, and learn to forgive and let go so we can get past the past.

**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

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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!

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

### **LEARNING TO LIVE MORE MINDFULLY & WITH SELF-COMPASSION**

**Thursday 1:00 - 3:00 p.m.**

**Childcare Room 2**

If you want to learn to slow down and take some time to look at yourself, your relationships and your life, and build some new skills to be kinder to yourself, then this course may be right for you. In this 10-week self-exploration and skills-based course, we will cover the following topics: mindfulness, self-compassion, values and living deeply, our relationships, styles of communication and attachment, real happiness, and embracing our lives. By developing the inner resource of self-compassion and the skills to live more mindfully, we are better able to engage in difficulties as they arise and live a more full and satisfying life.

**Instructor: Yael Gutner, M.A. (Counselling Psychology)**

### **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

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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, RYT200 Yoga Instructor**

### **THE ESL CONVERSATION CLUB**

**Thursday 7:00 - 8:30 p.m.**

**Upstairs Classroom**

This course is organized to help you become more confident with producing spontaneous speech and conveying meaning in English. Using activities specifically chosen to maximize student involvement, the Conversation Club is designed to increase your vocabulary, improve your pronunciation, develop your receptive listening skills, and make you more comfortable speaking English — all in a fun, low pressure environment. Whether you want to learn English for work, for school, for travel, or for pleasure, the Conversation Club is sure to help you on your English language journey.

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

**Instructor: Corrina Hodgson, B.A., B.Ed., M.F.A., Certificate in Deaf Studies**

## *PERSONAL DEVELOPMENT/WELLNESS*

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

**Friday 9:00 - 10:30 a.m.**

**Gym**

This Hatha yoga course in the Kripalu tradition is suitable for all levels. Exercise your body and mind as you welcome sensation, connect with breath, and discover strength already within you. This is a mixed-level class, so by learning to listen and honour your own body, you may practice safely at any level. Ilaini's classes offer detailed instruction so that students feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations. Based on yogic teachings and silent observation, we may learn the tools necessary to navigate joyfully through life. **Participants are strongly urged to come equipped with a sticky yoga mat and two yoga blocks.** Other props you enjoy are welcome as well.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

**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

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to your needs and the instructor will guide you through your language learning process.

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

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

### **MOM AND BABY YOGA (6 TO 12 MOS.)**

**Friday 10:45 - 11:30 a.m.**

**Gym**

Still not quite ready to leave baby behind but craving the movement and peace a yoga practice can provide? This is the perfect class for you. Ignite - or reignite - the beauty of a yoga practice with baby at arm's reach. You will practice on your mat while baby enjoys valuable parallel play time on a safe and comfortable play mat. This 45-minute class is suitable for all moms from beginners to seasoned practitioners. Please bring a yoga mat, a water bottle, a diaper bag and one or two simple toys for baby that are easy to clean. Please Note: Strollers are not allowed in the class. Please leave your stroller outside the building.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

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

## ***SPECIAL INTEREST***

### ***What you need to know ... Special Interest classes***

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- There may be an additional fee for consumables. These fees are noted in the course descriptions and are payable to the instructor.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please do not bring a child with you to our women's courses.

### **SINGING GROUP**

**Monday 1:00 - 2:45 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 October 8 (Thanksgiving). The last class is on November 19. This is a 9-week course).

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

### **PAPER CRAFTING 101**

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

**Childcare Room 2**

Learn how to create original handmade cards and gifts through the simple art of stamping. Over the session you will use a variety of materials such

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as stamps, card stock, wet and dry embossing, brads, ribbon, die cuts, watercolour and more, as your love of stamping grows. You will make two cards and a surprise item or technique each week. You will also be given written instructions for each of the projects should you wish to recreate them at home. There is a consumables fee of \$57 for materials and adhesive, payable to the instructor on the first day of class.

Please Note: There is no class on October 8 (Thanksgiving) The last class is on November 5. This is a 7-week course.

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

**Instructor: Nancy Gordon**

### **CRAFT AND CHAT**

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

**Childcare Room 2**

Are you someone who has a hobby, but find yourself with no time to dedicate to it? If so, this might be just the thing for you. It's a 2-hour block of time each week to spend on whatever craft or project you need to do. So dig out your knitting, quilting, scrapbooking, drawing -- or whatever project you are working on -- and come spend some time nurturing your creative side, while engaging in friendly conversation with other members.

**There will be no moderator for this course.**

### **BELLY DANCING**

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

**Gym**

Belly dancing is a great way to increase confidence, flexibility, and

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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: There is no class on October 31. The last class is on November 21. This is a 9-week course.

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 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**



## ***SPECIAL INTEREST***

**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)
- 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 \*

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- 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

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

## **THE LONG & SHORT OF IT: THE ART OF CRAFTING SHORT STORIES**

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

**Childcare Room 2**

In this course we will explore the sometimes complicated steps of crafting short fiction. We'll look at world and character building, action and dialogue, motivation, choosing an impactful title, and even self-editing. This course covers everything you need to know about building a short story and navigating your newly honed craft. Writing can be complicated, and the process of assembling a compelling short story can often feel overwhelming to budding writers. Taking short fiction and breaking it down into easily digestible steps not only gives new writers the tools necessary to create something they can be proud of, but it also gives them the skills and confidence needed to create larger works of prose while encouraging both literacy and creativity in their everyday lives. Participants will require a notebook (preferably a new, previously unused one), a few pens, and a highlighter (optional). The instructor requests that no computers be brought to class. Upon completion of this course, students will have an edited short story and a polished query letter, and will receive a digital anthology of the class's work.

## ***SPECIAL INTEREST***

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

**Instructor: Caitlin Marceau, B.A. (Creative Writing),  
Certificate in Teaching English as a Second and Foreign  
Language**

### **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 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)

## ***SPECIAL INTEREST***

- 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

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

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

## **FITNESS**

### ***What you need to know...***

#### ***Fitness classes***

- Most classes run for 12 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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-week course.

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

## ***FITNESS***

### **MORNING 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 October 8 (Thanksgiving). The last class is on November 26. This is a 10-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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-week course.

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

## ***FITNESS***

### **EVENING ADULT BALLET**

**Monday 7:30 - 8:45 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.

Please Note: There is no class on October 8 (Thanksgiving). The last class is on December 3. This is an 11-week course.

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

**Instructor: Alison Dewar**

### **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

## ***FITNESS***

while you're working out. This class includes standing and floor exercises. Babies should be older than 4 months (so they can hold their heads up by themselves). Please bring a yoga mat to class.

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

### **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!

**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, and unlocks tight joints. With a diverse music playlist accompanying



## ***FITNESS***

each routine, this workout leaves you feeling energized, youthful and healthy. Exercise elastics will be provided for part of the floor exercises; however, please bring a yoga mat for the class.

Please Note: There is no class on October 16 and 30 (WIWC events). The last class is on December 4. This is a 10-week course.

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

### **EVENING RUNNING GROUP - MEDIUM/HIGH INTENSITY**

**Tuesday 6:15 - 7:15 p.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: The last class is on November 20. This is a 10-week course.

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

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

## ***FITNESS***

### **ZUMBA® NITE - MEDIUM INTENSITY**

**Tuesday 6:15 - 7:15 p.m.**

**Gym**

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. We want you to work out, love working out, and get hooked. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! All you need are comfortable clothes and shoes, a water bottle, and a smile.

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

**Instructor: Nicole Zafar, CAN-FIT-PRO F.I.S., CPR/AED, Zumba ProSkills, STRONG by Zumba, Zumba Sentao, Zumba Core, Zumba Step**

### **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**

## ***FITNESS***

### **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.

Please Note: **This course begins on October 3.** The last class is on December 5. This is a 10-week course.

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

### **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**

## ***FITNESS***

### **ADULT BALLET**

**Wednesday 1:00 - 2:30 p.m.**

#### **Gym**

This is a class designed for adults interested in increasing their strength and flexibility through ballet movement. While all levels of experience are welcomed, some previous ballet experience would be advantageous. Participants will learn the basic positions and movements of ballet. We will learn several sequences of movement to be improved upon each week. If you took ballet lessons as a child, you will be amazed at how quickly it all comes back to you — please join us! Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

**Instructor: Alison Dewar**

### **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: There is no class on October 31. The last class is on December 5. This is an 11-week course.

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

## ***FITNESS***

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

### **THURSDAY ESSEINTRICS – 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.

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

### **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.

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

## ***FITNESS***

### **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.

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

### **START RUNNING! COUCK TO 5K - MEDIUM/HIGH INTENSITY**

**Friday 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!

Please Note: There is no class on November 9 (WIWC event). The last class is on November 30. This is a 10-week course.

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

## **FITNESS**

### **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.*

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

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

### **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.

## ***FITNESS***

This is a class that will leave you feeling a little straighter! Exercises will have options, allowing the participant to make a choice that works for her body. Equipment will be provided by the instructor and the Centre.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

**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 12 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 & TOTS YOGA (2-3 YRS)**

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

#### **Gym**

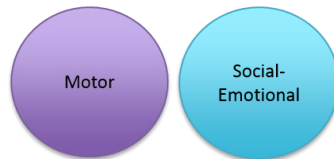
Filled with movement, stories and song, this class encourages children to explore their unique expressions of self through yoga movement. Themed classes engage imagination through lively activities, cooperative games, and art. Each class will explore a yoga-based theme reinforced with a craft at the 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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-week course.

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



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

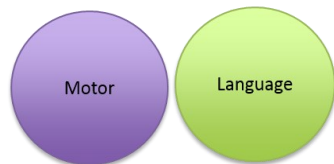
**Monday 10:00 - 10:45 a.m.**

**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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-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)**

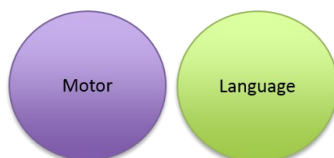
**Monday 11:00 - 11:45 a.m.**

**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 October 8 (Thanksgiving). The last class is on December 3. This is an 11-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)**

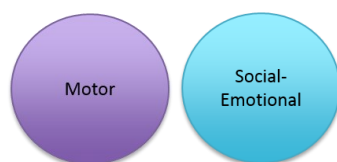
**Tuesday 9:00 - 9:45 a.m.**

**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!

## ***FOR CHILDREN***

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



### **CHILDREN'S CREATIVE MOVEMENT (3-5 YRS)**

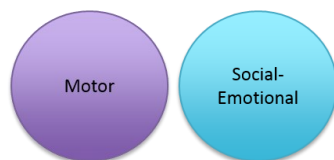
**Tuesday 1:00 - 1:45 p.m.**

**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: There is no class on October 16 and 30 (WIWC events). The last class is on December 4. This is a 10-week course.

**Instructor: Sara Abbott**



## **FOR CHILDREN**

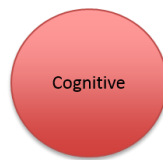
### **YO HABLO ESPAÑOL - SPANISH FOR PRESCHOOLERS (3-5 YRS)**

**Wednesday 1:00 - 1:45 p.m.**

**Childcare Room 2**

This program is designed for children aged 3 to 5 and is an introduction to Spanish language. The participants will learn the theme of the day through music, books, playing games, as well as arts and crafts. This hands-on approach will facilitate a better retention of the language. Please remember that mothers must remain in the building while their children attend this class.

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



**Instructor: Monica Lara,  
B. Ed., Escuela Normal  
Superior de  
Aguascalientes**

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

**Thursday 1:00 - 1:45 p.m.**

**Gym**

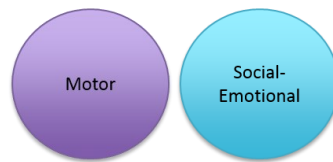
What do whoopee cushions, pool noodles and paper plates have to do with martial arts? Your child will find out in this fun and entertaining class!

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

## FOR CHILDREN

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.

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



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

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

**Upstairs Classroom**

Moms will get an opportunity to stimulate their child with songs, sensory activities and active play. You will engage your child in a variety of activities that are geared to help develop gross and fine motor skills. 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.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

**Instructor: Colleen Coolen, B.A., B.Ed.**



## **FOR CHILDREN**

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

**Friday 10:00 - 10:45 a.m.**

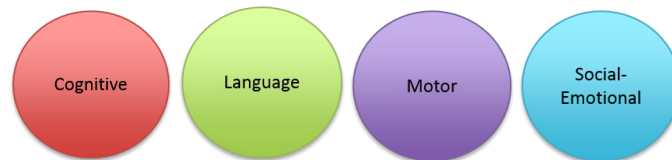
**Upstairs Classroom**

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 the price of this course.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

**Instructor: Colleen Coolen, B.A., B.Ed.**



## ***FOR CHILDREN***

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

**Friday 10:55 - 11:55 a.m.**

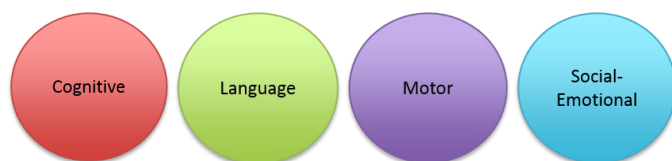
**Upstairs Classroom**

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.

Please Note: There is no class on November 9 (WIWC event). The last class is on December 7. This is an 11-week course.

**Instructor: Colleen Coolen, B.A., B.Ed.**











## WIWC Board of Directors

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Past Chair Ellen Hum

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Mélanie Sisley  
Jennifer Lopes

Newsletter/Publicity  
*Vacant*

Volunteers  
Nadia Jean

Childcare  
Amanda Ajram

Fundraising/Special Events  
*Vacant*

Executive Director (Interim)\*  
Jacqueline Morrison

\*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.