



Centre des Femmes West Island
West Island Women's Centre

NEWSLETTER

Winter 2019

Join our Winter 2019 Courses!

Registration Dates to Remember	
Monday, November 26 In person: 7-8 p.m. Online: Starting at 7 p.m.	Pre-registration begins in-person and online for Current Members
November 27-December 2	Pre-registration for members continues in-person during office hours and online until 11:59 p.m. on December 2.
Monday, December 3 - Office Hours	Registration closed as we prepare for open registration
Monday December 3 In person: 7-8 p.m. Online: Starting at 7 p.m.	Open Registration begins in-person and online for New and Current Members
After December 3	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

Website: 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 pro-rated membership fee is \$15.
- Prices include federal and provincial sales taxes where applicable.
- **Free childcare** is available during most daytime classes.
- Courses begin Monday, January 14, 2019.
- Classes are 10 weeks unless indicated otherwise.
- There are no classes March 4 - 8 (Spring Break).
- 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 – WINTER 2019

DAY	TIME	COURSE	# WKS	COST
Monday A.M.	8:45-9:45	CLASSICAL PILATES - Low Intensity	10	\$50
	10:00-10:45	MOM & TOTS YOGA (2-3 yrs)	10	\$55
	10:00-10:45	MY FIRST MUSIC CLASS (Babies up to 12 mos. with Mom)	10	\$50
	10:00-11:30	EATING TO MOVE	10	\$55
	11:00-11:45	MOM AND BABY YOGA (3 to 7 mos.)	10	\$37
	11:00-11:45	TODDLER TUNES (12-24 mos. with Mom)	10	\$50
Monday P.M.	1:00-2:15	MONDAY SWEAT AND TONE - Medium/High Intensity	10	\$63
	1:00-2:45	SINGING GROUP	10	\$81
Monday Evening	6:00-8:00	INTRO TO PHOTOSHOP CS FOR DIGITAL IMAGES	9	\$83
	7:30-8:45	EVENING ADULT BALLET	8	\$50

15/11/18

SCHEDULE AT A GLANCE – WINTER 2019 Cont'd

DAY	TIME	COURSE	#WKS	COST
Tuesday A.M.	9:00-9:45	MOM & TOTS GYM (2-3.5 yrs)	9	\$46
	9:30-11:00	GUIDED MEDITATION BASED ON SOMATIC AWARENESS	9	\$48
	9:30-11:30	KNITTING FOR ALL	9	\$83
	10:00-10:45	BREAK A SWEAT WITH BABY (4-18 mos.) - Low Intensity	9	\$34
	10:55-11:55	TUESDAY SWEAT AND TONE - Medium/High Intensity	9	\$45
Tuesday P.M.	1:00-1:45	CHILDREN'S CREATIVE MOVEMENT (3-5 yrs)	7	\$38
	2:00-3:00	ESSETRICS - Low Intensity	9	\$45
Tuesday Evening	6:15-7:15	WINTER WORK OUT! - Medium/High Intensity	8	\$40
	6:15-7:15	ZUMBA® NITE - Medium Intensity	10	\$50
	7:00-9:00	CONVERSATION EN FRANÇAIS	10	\$72
	7:30-9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	10	\$75
Wednesday A.M.	8:40-9:40	CORE PILATES - Low Intensity	10	\$50
	9:00-9:45	SINGING WITH MOM (18 to 36 mos.)	9	\$46
	9:50-10:50	TOTAL BODY FITNESS – Medium/High Intensity	10	\$50
	10:00-11:30	ESSENTIALS OF INTERIOR DECORATION	10	\$70
	10:00-11:30	PROFESSIONAL PHOTO EDITING ON THE GO	9	\$62
	11:00-12:00	WEDNESDAY ZUMBA® - Medium Intensity	10	\$50
Wednesday P.M.	1:00-2:30	ADULT BALLET	10	\$75
	1:00-3:00	EASING YOUR DEPRESSION THROUGH PAPER AND PEN	10	\$72
Wednesday Evening	6:15-7:15	INTERVAL TRAINING - Medium/High Intensity	8	\$40
	7:30-9:00	YES, LET'S: A BEGINNER'S GUIDE TO IMPROV	10	\$70

SCHEDULE AT A GLANCE – WINTER 2019 Cont'd

DAY	TIME	COURSE	# WKS	COST
Wednesday Evening Cont'd	7:30-9:30	WEDNESDAY NIGHT BOOK CLUB	5 times	\$22
	8:00-9:00	PRENATAL FITNESS - Low Intensity	10	\$50
Thursday A.M.	8:40-9:40	THURSDAY ESSENTRICS - Low Intensity	9	\$45
	9:30-11:30	BOUNDARY BOOT CAMP - GET YOUR LIFE IN SHAPE	9	\$65
	9:45-11:45	CONVERSE IN FRENCH - Beginners and Intermediates	8	\$58
	9:50-10:50	BOOTCAMP FITNESS - Medium/ High Intensity	9	\$45
	11:00-12:00	BODY FACTORY - Medium Intensity	9	\$45
Thursday P.M.	1:00-1:45	KODOMO (Kids') KARATE (4-5 yrs)	10	\$50
	1:00-3:00	DRAWING	10	\$92
	1:00-3:00	REMINISCENCE: SHARING OUR LIFE STORIES	9	\$65
	2:00-3:00	TAI CHI	10	\$50
Thursday Evening	7:00-8:15	HATHA YOGA AND MEDITATION	10	\$63
Friday A.M.	9:00-9:45	BUSY BEES (5-12 mos. with Mom)	10	\$55
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	10	\$75
	9:45-11:45	BEGINNER'S FRENCH	10	\$72
	10:00-10:45	MAMA'S MOVERS (12-24 mos. with Mom)	10	\$55
	10:00-11:00	WINTER WORK OUT! - Medium/ High Intensity	8	\$40
	10:45-11:30	MOM AND BABY YOGA (6 to 12 mos.)	10	\$37
	10:55-11:55	LITTLE LEARNERS (2-4 yrs with Mom)	10	\$55
Friday P.M.	1:00-2:15	GENTLE TONING - Low Intensity	10	\$63
	1:00-3:00	PARENTING HIGHLY SENSITIVE CHILDREN	9	\$65
	1:00-3:00	WATERMEDIA	7	\$65

PERSONAL DEVELOPMENT/WELLNESS

What you need to know ...

Personal Development/Wellness classes

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

EATING TO MOVE

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

Childcare Room 2

Regular physical activity is great for the body and soul, but we need to be able to re-fuel properly to keep at it. When we do not have the proper nutrients, this can lead to fatigue, pain, and a more difficult recovery. Through this course, you will learn how to increase energy with specific foods; find the best timing for your meals and snacks; stay hydrated; and keep your joints healthy!

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

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

PERSONAL DEVELOPMENT/WELLNESS

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)

GUIDED MEDITATION BASED ON SOMATIC AWARENESS

Tuesday 9:30 - 11:00 a.m.

Upstairs Classroom

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. Yoga blocks are provided. Please bring two yoga mats or a thick fitness mat.

Please Note: The last class is on March 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

CONVERSATION EN FRANÇAIS

Tuesday 7:00 - 9:00 p.m.

Upstairs Classroom

PERSONAL DEVELOPMENT/WELLNESS

Améliorer son français tout en passant une belle soirée? Bienvenue au cours de Conversation en français pour intermédiaires! Dans une ambiance amusante, développez votre confiance pour parler plus facilement. Différentes activités, jeux et fiches d'exercices vous permettront d'améliorer votre vocabulaire, votre grammaire et votre prononciation. Le cours aide pour le travail, faire les devoirs avec les enfants, communiquer avec l'école et dans la vie quotidienne. Repartez avec des trucs pour continuer à vous pratiquer à la maison, dans la voiture, au magasin, etc. Venez passer un moment agréable avec nous... en français!

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

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

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.** Other props you enjoy are welcome as well.

PERSONAL DEVELOPMENT/WELLNESS

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)

EASING DEPRESSION THROUGH PAPER AND PEN

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

Upstairs Classroom

Are you looking for social support in dealing with your depression in a creative way? Want to make writing a part of your routine to ease your depression? If you answered yes to these questions, then this course is designed for you. It's not therapy and it's not a writing critique group, but it's a course that will help you explore your feelings, thoughts, and beliefs through writing, done within respectful and safe boundaries. It is a place where you can create, putting one word after another to tell stories only you can tell. It is a place to support and help one another by sharing your writing and accepting without judgment the writing of your peers. No writing skills needed; only a willingness to write, to create, to explore. Please bring a standard-sized notebook (either 6 x 9.5 or 8 x 11 inch or close to either of these sizes), a writing pen and a highlighter (optional).

Instructor: Laura Campobassi, DEC in Special Care Counselling

BOUNDARY BOOT CAMP - GET YOUR LIFE IN SHAPE

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

Upstairs Classroom

Build, define, strengthen and flex your "me" muscles in this kick-butt

PERSONAL DEVELOPMENT/WELLNESS

course! This will be a whole-life workout using an intense mix of mental aerobics and personal strength training designed to bolster self-esteem and confidence while detoxing relationships. Suffering from the disease to please? You are not alone! In this group training, you will learn such skills as standing up for yourself without creating conflict; saying “no” to others without feeling guilt; and resisting codependence without losing relationships. Ready for extreme self-respect? Boundary Boot Camp is great for boundary builders of all levels, especially those looking to get in tip-top shape, break past a plateau, or drop some excess ‘weight.’ Just be prepared to work. It will be hard... and it will be worth it. Are you up for the challenge? Enlist today!

Please Note: There is a consumables fee of \$3 payable to the instructor on the first day of class.

Please Note: There is no class on March 14 (WIWC event). The last class is on March 28. This is a 9-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: There is no class on January 31 and March 14 (WIWC

PERSONAL DEVELOPMENT/WELLNESS

event). The last class is on March 28. This is an 8-week course.

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

REMINISCENCE: SHARING OUR LIFE STORIES

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

Upstairs Classroom

Everyone has a story to share and by sharing our unique stories we're able to keep our memories alive. In this course, we will reminisce about the good old days and share our fondest memories from childhood to high school days; our favourite vacations, our family life, our working years, and our experiences through all the transitions in life. This course is designed to allow everyone to feel comfortable in a safe space and friendly environment. Every participant will have the opportunity to socialize, feel heard, laugh, and learn from one another, and, most of all, feel connected, which is very therapeutic for the soul.

Please Note: The last class is on March 21. This is a 9-week course.

Instructor: Aileen Borrue, Bachelor of Social Work (McGill University); DEC Special Care Counselling (Vanier College)

TAI CHI

Thursday 2:00 - 3:00 p.m.

Gym

Tai Chi is an ancient martial art that brings numerous health benefits to your body, mind and spirit. It helps improve strength, flexibility, balance, memory and cardiovascular health, and calms the mind and nervous system. This class offers a yoga warm-up, meditative Qi Gong and Tai Chi. The Tai Chi portion of the class is broken down into two parts: static postures (to help build strength) and Tai Chi flow (a series of

PERSONAL DEVELOPMENT/WELLNESS

slow relaxed movements to promote "chi," or energy circulation, in the body). This class is suitable for all fitness levels. Please bring a yoga mat, comfortable shoes, and a water bottle to class.

Instructor: Chantal Barrette, Master Level in Tai Chi, Wing Chun, and Iron Wing Kung Fu, Advanced Level in Brazilian JiuJitsu

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, RYT200 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.

PERSONAL DEVELOPMENT/WELLNESS

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

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

PERSONAL DEVELOPMENT/WELLNESS

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.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

PARENTING HIGHLY SENSITIVE CHILDREN

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

Childcare Room 2

In this applied, intensive course, you will learn about the needs of highly sensitive children and multiple parenting strategies you can use to answer those needs. The goal of this course is to acquire knowledge that you can integrate successfully into your daily parenting. Throughout the course we will work to integrate parenting strategies into daily routines. Expect to participate in a highly interactive learning experience, share your parenting experiences and actively listen to what others share, interact closely and cooperate with other mothers in the group, and spend an average of two hours per week outside of class reading, observing your child, and trying out strategies at home. This course is for any parent who desires to better understand their highly sensitive child, become aware of diverse parenting strategies to strengthen the parent-child bond, have support in applying parenting strategies at home, and connect with other parents. Please Note: The last class is on March 22. This is a 9-week course.

Instructor: Laura Iuhas, B.A. (Hons.) Psychology, M.A. Child Studies, University Teaching Certificate (Concordia University)

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.

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

INTRO TO PHOTOSHOP CS FOR DIGITAL IMAGES

Monday 6:00 - 8:00 p.m.

Childcare Room 2

Learn how to use Photoshop on your digital images! Topics covered include basic retouching and balancing of light and colour, as well as some fun tricks! **Important -- Please Note:** This course is designed for those who are fairly comfortable with manipulating the functions of software on computers. Required equipment: A USB key, Adobe Photoshop (any level of CS, The Creative Suite, available online or on

SPECIAL INTEREST

your computer) and access to a computer or laptop. No tablets or phones please!

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

Please Note: There is no class on March 11 (WIWC Pre-registration). The last class is on March 25. This is a 9-week course.

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

Instructor: Cassandra Leslie, C2 Studios

KNITTING FOR ALL

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

Childcare Room 2

Beginners and veteran knitters are welcome to join this class to either learn a new craft or work on an ongoing project while picking up a few tips and tricks. Class projects will be presented, but are not mandatory. Please bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

Please Note: The last class is on March 19. This is a 9-week course.

Instructor: Janet Callary

ESSENTIALS OF INTERIOR DECORATION

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

Childcare Room 2

SPECIAL INTEREST

Do you like everything related to design and interior decorating? If so, then come and develop your natural talent in this field. If you would like to gain essential knowledge in home decoration, this class will help you learn how to deal with colours and lighting and choose proper materials, furniture, and accessories. By the end of this course you will have the tools to carry out your own residential interior decorating projects. Please bring graph paper, 2 to 3 décor magazines, and coloured pencils.

Instructor: Stéphanie Cardin, Interior Designer at Stéphanie Cardin Intérieurs, Baccalauréat en Marketing (Université de Sherbrooke), Home Staging and Design Certification, Haverhill Institute of Staging & Design

PROFESSIONAL PHOTO EDITING ON THE GO

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

Upstairs Classroom

Today we find ourselves capturing our most precious moments and cherished memories on our smartphones and tablets. This course will give you an inside look into professional photo-editing available for your mobile devices. You will learn how to best capture photos on your phone or tablet, as well as how to edit your photos like a pro by using split toning, colour grading and levels, colour curves and other professional editing tools. You will practice your editing skills by using a free version of Lightroom CC available for smartphones and tablets, and will learn about other editing tools that can be found in any editing software, including Snapseed and Google Photos. You will need to bring your smartphone or tablet with the free applications installed.

Please Note: **This course begins on January 23.** The last class is on March 27. This is a 9-week course.

Instructor: Liudmila Siliayeva, B.A. Fashion Design (Vitebsk State University of Technology), Certificate in Integrated Marketing Communications (Concordia University)

SPECIAL INTEREST

YES, LET'S: A BEGINNER'S GUIDE TO IMPROV

Wednesday 7:30 - 9:00 p.m.

Upstairs Classroom

In "Yes, Let's: A Beginner's Guide To Improv" we explore the fun, bold, and unrehearsed world of improvisational acting. Together, we'll look at techniques for sharpening your reflexes, creating characters, and opening yourself up to new experiences. The idea of stepping onto a stage and coming up with lines on the fly can seem overwhelming, but this class takes the stress out of performing. Here you'll learn how to keep your cool in fast-paced games, how to find your voice (and have it heard), and how you can incorporate these skills into your everyday life. Over the duration of the course, students will learn stage terms, character building, and a variety of improv games to help boost confidence and encourage team building. Upon completion, students will know how to perform a full comedic sketch using audience suggestions and their unique creative talent.

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**

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

SPECIAL INTEREST

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)
- Bristol board – 2 sheets for Portfolio, 20" x 28", bright colour, taped on three sides

CHARCOAL/PASTEL:

- Vine charcoal, soft (several pieces) *

SPECIAL INTEREST

- 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

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

WATERMEDIA

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

Upstairs Classroom

Have fun with watercolor and learn to relax with this medium. You will discover how to use its unpredictability to greatest effect, creating your own style and vision. While learning the basics, you will also be taught how to use various techniques that push the envelope.

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

SPECIAL INTEREST

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)
- 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

SPECIAL INTEREST

Please Note: **This course begins on February 8.** The last class is on March 29. This is a 7-week course.

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

FITNESS

What you need to know...

Fitness classes

- Most classes run for 10 weeks.
- Prices include federal and provincial sales taxes.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- Hand-held weights are needed for some classes. Check the course description.
- Please let the instructor know of any health condition or injury you have. Our instructors will provide alternate exercises when possible.
- If you have a health condition or injury, please check with your doctor before signing up for a course.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Do not bring a child with you to your class (unless it is a mom/child activity).
- Remember to put away the equipment you used at the end of the

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!

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

FITNESS

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!

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

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: **This course begins January 21.** There is no class on March 11 (WIWC Pre-registration). The last class is on March 25. This is an 8-week course.

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

Instructor: Alison Dewar

FITNESS

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.

Please Note: The last class is on March 19. This is a 9-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 last class is on March 19. This is a 9-week course.

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

FITNESS

ESSEINTRICS – 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 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 March 19. This is a 9-week course.

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

EVENING WINTER WORK OUT! - MEDIUM/HIGH INTENSITY

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

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

Exercising outside in the winter is a great way to boost your fitness and your mood! This outdoor class will combine short periods of running with a variety of strengthening and conditioning exercises out and about in our beautiful local community. Enjoy the winter scenery, get some fresh air, and build your total fitness in a fun way! Participants should be able to run 2 km. Classes will be cancelled in cases of extreme weather. Please bring a head lamp.

Please Note: **This course begins on January 22.** The last class is on

FITNESS

March 19. This is an 8-week course.

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

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

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

FITNESS

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.)

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

FITNESS

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

INTERVAL TRAINING – MEDIUM/HIGH INTENSITY

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

Gym

Cardio intervals mixed with challenging full-body muscle conditioning

FITNESS

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 last class is on March 13. This is an 8-week course.

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

PRENATAL FITNESS - LOW INTENSITY

Wednesday 8:00 - 9:00 p.m.

Gym

This low-cardio and yoga course will begin with 30 minutes of low impact aerobic exercise to help keep your body in shape during pregnancy, improve sleep, and boost your energy. During the second half of the class you will be practicing the de Gasquet method of yoga, which focusses on postural coaching, strengthening the core, and stabilizing your pelvis. Please bring a yoga mat, a pillow or cushion, and a water bottle.

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

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified Suspension Trainer (TRX), Prenatal and Postnatal Yoga (Institut de Gasquet)

FITNESS

THURSDAY ESSETRICS - 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: There is no class on March 14 (WIWC event). The last class is on March 28. This is a 9-week course.

**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.

Please Note: There is no class on March 14 (WIWC event). The last class is on March 28. This is a 9-week course.

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.

Please Note: There is no class on March 14 (WIWC event). The last class is on March 28. This is a 9-week course.

Instructor: Sue Jollimore, CAN-FIT-PRO

WINTER WORK OUT! - MEDIUM/HIGH INTENSITY

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

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

Exercising outside in the winter is a great way to boost your fitness and your mood! This outdoor class will combine short periods of running with a variety of strengthening and conditioning exercises out and about in our beautiful local community. Enjoy the winter scenery, get some vitamin D and fresh air, and build your total fitness in a fun way! Participants should be able to run 2 km. Classes will be cancelled in cases of extreme weather.

Please Note: **This course begins on January 25.** The last class is on March 22. This is an 8-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning

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 10 weeks.
- Make sure your child will turn the minimum age required for the course during the session (there are some exceptions to this rule as noted in the course descriptions).
- Once your child turns 6, he or she is too old to register for our courses for 5-year-olds.
- Another adult (**dads included**) may accompany a child to his/her class at the Centre.
- When identical classes are available, you must attend the class at the day/time you selected at registration (no switching between classes).
- Please remember that only registered children may attend our classes. Please do not bring a sibling to your child's class.

MOM & TOTS YOGA (2-3 YRS)

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

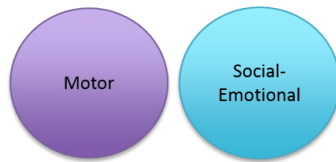
Gym

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

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)



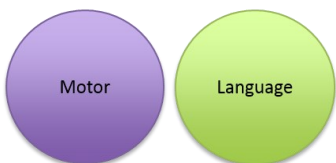
MY FIRST MUSIC CLASS (BABIES UP TO 12 MOS. WITH MOM)

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.

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



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

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

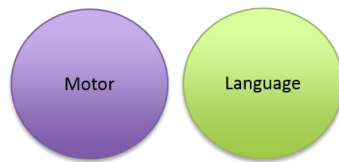
Upstairs Classroom

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

FOR CHILDREN

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.

**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)

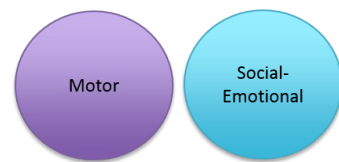
Tuesday 9:00 - 9:45 a.m.

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 last class is on March 19. This is a 9-week course.

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



FOR CHILDREN

CHILDREN'S CREATIVE MOVEMENT (3-5 YRS)

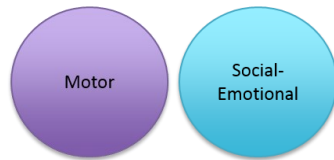
Tuesday 1:00 - 1:45 p.m.

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 January 29 and February 5. The last class is on March 19. This is a 7-week course.

Instructor: Sara Abbott



SINGING WITH MOM (18 TO 36 MOS.)

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

Upstairs Classroom

Moms and their little ones will enjoy singing both well-known and the instructor's original songs in this course. Songs will touch on musical concepts, environmental themes, and incorporate English, French, Spanish, and German. The last few minutes of class time will be set aside to allow mothers and toddlers to socialize and interact.

FOR CHILDREN

Please Note: The last class is on March 20. This is a 9-week course.

Instructor: Instructor: Kerry-Anne Kutz, M. Music



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

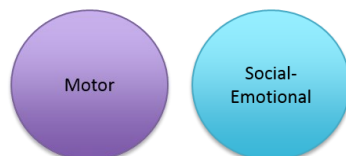
Thursday 1:00 - 1:45 p.m.

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.

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



FOR CHILDREN

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.

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



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

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

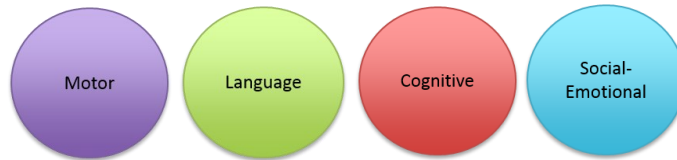
Upstairs Classroom

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

FOR CHILDREN

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



LITTLE LEARNERS (CHILDREN 2-4 YRS WITH MOM)

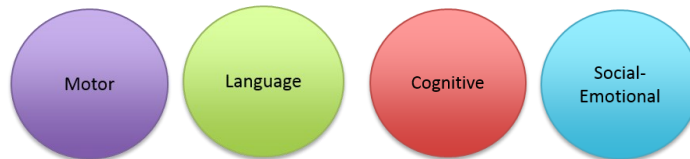
Friday 10:55 - 11:55 a.m.

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.

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



WIWC Board of Directors

OFFICERS

Chair Marlyn Brownrigg
Vice-Chair Sharon Louie
Treasurer Meredith Furlong
Secretary Dipa Mehta
Past Chair Ellen Hum

COMMITTEE REPRESENTATIVES

Programming/Seminars/Women's Issues
Kendra McFadden
Jennifer Lopes

Newsletter/Publicity
Vacant

Volunteers
Nadia Jean

Childcare
Amanda Ajram

Fundraising/Special Events
Judy Harte

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.