



Centre des Femmes West Island
West Island Women's Centre

JOIN OUR FALL 2019 COURSES!

REGISTRATION DATES TO REMEMBER	
TUESDAY, AUGUST 27 <i>In person:</i> 9-11 a.m., 1-3 p.m., and 6-7 p.m. <i>Online:</i> Starting at 9. a.m.	CURRENT MEMBERS: Pre-registration begins in-person and online
AUGUST 28-SEPTEMBER 1	CURRENT MEMBERS: Pre-registration continues in- person during office hours and online.
MONDAY, SEPTEMBER 2	Registration closed as we prepare for open registration
TUESDAY, SEPTEMBER 3 <i>In person:</i> 9-11 a.m., 1-3 p.m., and 6-7 p.m. <i>Online:</i> Starting at 9 a.m.	NEW & CURRENT MEMBERS: Open Registration begins in-person and online
AFTER SEPTEMBER 3	NEW & CURRENT MEMBERS: 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

Email: 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

- To register for a course, you must be a member.
- The annual membership fee is \$25.
- Prices include federal and provincial sales taxes where applicable.
- Free childcare is available during most daytime weekday classes. If it is not available, it will be indicated in the course description.
- Courses begin Monday, September 16, 2019.
- Classes are 10 or 12 weeks unless indicated otherwise.
- There are no classes on October 12 and 14, November 8, and November 23. There are no afternoon classes on October 8 and 31. There are no evening classes on October 31.
- 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.
- Once Open Registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.

MONDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Monday a.m.	8:45-9:45	CLASSICAL PILATES Low Intensity	11	\$55
	9:00-9:45	TODDLER TUNES (18 months – 5 years, with mom)	11	\$54
	10:00-10:45	10 a.m. MY FIRST MUSIC CLASS (0 to 18 months, with mom)	11	\$54
	10:00-10:45	MOM & TOTS YOGA (2-3 years)	11	\$59
	10:30-12:00	PHOTOS FROM YOUR DEVICES: FROM ORDINARY TO OUTSTANDING	10	\$70
	11:00-11:45	11 a.m. MY FIRST MUSIC CLASS (0 to 18 months, with mom)	11	\$54
	11:00-11:45	MOM AND BABY YOGA (3 to 7 months)	11	\$41
Monday p.m.	1:00-2:15	MONDAY SWEAT AND TONE Medium/High Intensity	11	\$69
	1:00-2:45	SINGING GROUP	10	\$81
	2:45-3:45	YIN YOGA AND MEDITATION	11	\$55
Monday Evening	6:00-8:00	INTRODUCTION TO DIGITAL PHOTOGRAPHY	10	\$92
	7:30-8:45	EVENING ADULT BALLET	11	\$69

TUESDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Tuesday a.m.	9:00- 9:45	MOM & TOTS GYM (2-3.5 years)	12	\$58
	9:30- 11:30	KNITTING FOR ALL	10	\$92
	10:00- 10:45	BREAK A SWEAT WITH BABY (4-18 months) - Low Intensity	12	\$45
	10:00- 11:30	STRESSED OUT? FINDING BALANCE IN YOUR LIFE	10	\$55
	10:55- 11:55	TUESDAY SWEAT AND TONE Medium/High Intensity	12	\$60
Tuesday p.m.	2:00- 3:00	ESSETRICS Low Intensity	11	\$55
Tuesday Evening	6:15- 7:15	EVENING RUNNING GROUP Medium/High Intensity	10	\$50
	6:15- 7:15	ZUMBA® NITE Medium Intensity	12	\$60
	7:00- 9:00	CONVERSATION EN FRANÇAIS POUR INTERMÉDIARES	10	\$72
	7:30- 9:00	EVENING KRIPALU-INSPIRED HATHA YOGA	12	\$90
	7:30- 9:30	TUESDAY NIGHT BOOK CLUB 8 meetings per year	8	\$36

WEDNESDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Wednesday a.m.	8:40- 9:40	CORE PILATES Low Intensity	12	\$60
	9:50- 10:50	TOTAL BODY FITNESS Medium/High Intensity	12	\$60
	10:30- 11:45	ORGANIZING: LESS IS MORE	10	\$45
	11:00- 12:00	WEDNESDAY ZUMBA® Medium Intensity	11	\$55
Wednesday p.m..	1:00- 2:30	ADULT BALLET	12	\$90
	1:00- 3:00	ESL CONVERSATION	10	\$72
Wednesday Evening	6:00- 8:00	EXPLORING DIGITAL PHOTOGRAPHY: LIGHT AND PORTRAITS	10	\$92
	6:30- 7:30	INTERVAL TRAINING Medium/High Intensity	12	\$60
	7:30- 9:30	WEDNESDAY NIGHT BOOK CLUB 8 meetings per year	8	\$36

THURSDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Thursday a.m.	8:40-9:40	THURSDAY ESSENTRICS Low Intensity	12	\$60
	9:45-11:45	CONVERSE IN FRENCH Beginners and Intermediates	10	\$72
	9:50-10:50	BOOTCAMP FITNESS Medium/High Intensity	12	\$60
	10:00-12:00	CREATIVE ART JOURNALING FOR PERSONAL EXPRESSION	10	\$72
	11:00-12:00	BODY FACTORY Medium Intensity	12	\$60
	11:00-12:00	OUTDOOR STROLLER FIT (6 weeks-18 months) - Medium Intensity	10	\$50
Thursday p.m.	1:00-1:45	KODOMO (Kids) KARATE (4-5 years)	9	\$46
	1:00-3:00	DRAWING WITH COLOUR	10	\$92
Thursday Evening	7:00-8:15	THERAPEUTIC GENTLE HATHA YOGA AND MEDITATION	11	\$69
	7:00-9:00	PAPER CRAFTING	10	\$92

FRIDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Friday a.m.	8:45-9:45	START RUNNING! – COUCH TO 5K Medium Intensity	10	\$50
	9:00-10:30	KRIPALU-INSPIRED HATHA YOGA	11	\$83
	9:30-11:30	BUILDING SELF-TRUST	10	\$72
	9:45-11:45	BEGINNER'S FRENCH	10	\$72
	10:00-11:00	FRESH AIR FITNESS FRIDAYS Medium/High Intensity	10	\$50
	10:45-11:30	MOM AND BABY YOGA (6 to 12 months)	11	\$41
Friday p.m.	1:00-2:15	BABY MASSAGE	7	\$33
	1:15-2:30	GENTLE TONING Low Intensity	11	\$69
	1:00-3:30	WATERMEDIA	10	\$138
Friday Evening	6:00-7:00	JHOOMLAY BOLLYWOOD DANCE FITNESS Medium Intensity	7	\$35

SATURDAYS: SCHEDULE AT A GLANCE

DAY	TIME	COURSE	# WKS	COST
Saturday a.m.	8:00-9:00	HATHA YOGA AND MEDITATION	9	\$45
	9:00-9:45	JHOOMLAY JUNIOR (5-7 years)	9	\$46
	9:15-10:00	ZUMBINI® (0-4 years)	8	\$41
	9:30-11:30	CAREER COACHING BASICS	8	\$58
	10:15-12:00	SATURDAY SINGING GROUP	9	\$73
	10:30-11:45	REIKI, MEDITATION AND MINDFULNESS	7	\$33
Saturday p.m.	12:15-2:00	ANIMATION: DRAWING DISNEY CHARACTERS (9-11 years)	9	\$105
	12:30-1:30	STRONG BY ZUMBA® Medium/High Intensity	8	\$40
	2:00-3:30	PRENATAL FITNESS Low Intensity	8	\$40
	2:15-4:15	ANIMATION: HOW TO DRAW MY EPIC FEMININE HERO (12-16 years)	9	\$120

PERSONAL DEVELOPMENT/WELLNESS

Important information:

- 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 into our women's courses.

MOM AND BABY YOGA (3 to 7 months)

Monday 11:00 – 11:45 a.m.

Gym

Enjoy 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. This is a wonderful way to reconnect with your practice or to begin your journey into yoga.

Important information:

- 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.
- Strollers are not allowed in the class. Please leave your stroller outside the building.
- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

YIN YOGA AND MEDITATION

Monday 2:45 - 3:45 p.m.

Gym

Yin Yoga is a slow-paced style of yoga, with postures (asanas) that are held for longer periods of time (3-5 minutes). Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine. It also targets the body's ligaments, bones, and joints that are not normally stretched as much as in a more active style of yoga. Each class will include a meditative component which will tie together the mind and body for a more restorative and peaceful practice. Suitable for all levels and ages.

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.
- The WIWC's childcare service is not available during this course.

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

STRESSED OUT? FINDING BALANCE IN YOUR LIFE

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

Upstairs Classroom

Do you feel that your life is not balanced? In this course, we will explore the different domains in your life and identify areas of imbalance. Identification of the symptoms of stress, as well as its typical causes, will be explored. We will look at coping strategies for handling stress when it arises and find ways to help you reduce it in your life. Each class will include an opportunity for discussion. Join us and start living a more balanced life!

Instructor: Caroline Bougie, Certified Empowerment Life Coach, Early Childhood Educator

CONVERSATION EN FRANÇAIS POUR INTERMÉDIAIRES

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

Upstairs Classroom

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. Venez passer un moment agréable avec nous...en français!

Important information:

- The WIWC childcare service is not available during evening courses.

Instructor: Boglárka Gaál, M.A., Philologist and Teacher in French Language and Literature

EVENING KRIPALU-INSPIRED HATHA YOGA

Tuesday 7:30 – 9:00 p.m.

Gym

In the Kripalu tradition, this Hatha yoga course 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. Detailed instruction is provided so that you will feel safe, looked after, and confident. Mindfulness, compassion, and patience are encouraged throughout seated centering, warm-ups, standing sequences, and guided meditations.

Important information:

- Participants are strongly urged to come equipped with a sticky yoga mat. Other yoga props that you enjoy are welcome as well.
- The WIWC 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)

ORGANIZING: LESS IS MORE

Wednesday 10:30-11:45

Upstairs Classroom

Are you feeling overwhelmed by clutter or frustrated by searching for misplaced items? Organizing is an important life skill that can be learned with time and motivation. This hands-on course offers strategies, resources, and in-class activities to help you learn how to free your home of clutter. Topics we'll discuss include room-by-room organizing, the benefits of decluttering, paper management, and more!

Instructor: Malorie Kohos, B.A. in Communication Studies and Psychology, POC Trained Professional Organizer

ESL CONVERSATION

1:00 – 3:00 p.m.

Upstairs Classroom

Do you feel like you could use more practice in speaking English? Come join us as this is a low pressure, friendly group composed of upper elementary and intermediate students. We will be discussing a variety of topics, from job searching to gardening. The topics will be chosen according to your needs and interests. This course follows a “whole language approach” which uses native language resources (videos and articles) to practice the skills you need to get by with English speakers. There is so much to talk about that you may even forget you are practicing your English!

Instructor: Mélanie L. Sisley, B.Ed., M.A.

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, helping to communicate effectively in everyday situations. The aim of this class is to improve listening and speaking skills for conversation. 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!

Instructor: Hasnaa Rzouzi, Baccalauréat en Droit Français, Maitrise en Politiques Publiques, Certificat en Développement de carrière

CREATIVE ART JOURNALING FOR PERSONAL EXPRESSION

10:00 a.m. – 12:00 p.m.

Upstairs Classroom

Creative journaling is an excellent self-discovery tool that sparks your creativity using simple art materials. Many of us have lost our connection to this enriching process even though we are creative by nature. Rediscover the joy of child-like expression! Although sharing is always optional, group journaling offers a nurturing common experience. No writing or art experience is required.

Important information:

- Bring an unlined 9 x 12 inch sketchbook, preferably multi-media. All other materials will be provided.
- There is a \$7 consumables fee payable to the instructor at the first class to cover the cost of additional supplies.

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

THERAPEUTIC GENTLE HATHA YOGA AND MEDITATION

Thursday 7:00 – 8:15 p.m.

Gym

Connecting to your breath and body while letting go of your stress, worries, and burdens will have you leaving this course feeling healthy and at peace. 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. With the combination of controlled breathing with asanas and meditation, stress will be reduced and it is 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.

Important information:

- Participants are strongly urged to come equipped with a sticky yoga mat. Other yoga props that you enjoy are welcome as well.
- There is no class on Oct. 31. The last class is on Dec. 5. This is an 11-week course.
- The WIWC's childcare service is not available during evening courses.

Instructor: Subanki Sivanantharajah, RYT 200, 300 YTT (Therapeutic Yoga), Pain management and Pranayama (Siddha Vedha - Ancient Science)

KRIPALU-INSPIRED HATHA YOGA

Friday 9:00 – 10:30 a.m.

Gym

In the Kripalu tradition, this Hatha yoga course 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. Detailed instruction is provided so that you will feel safe, looked after and confident. Mindfulness, compassion and patience are encouraged throughout seated centering, warm-ups, standing sequences and guided meditations.

Important information:

- There is no class on Nov. 8. The last class is on Dec. 6. This is an 11-week course.

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

BUILDING SELF-TRUST

Friday 9:30 – 11:30 a.m.

Upstairs Classroom

Do you suffer from self-doubt? Are you scared to make a mistake or fail, and do you have difficulty making decisions? Would you like to let go of people-pleasing and comparing yourself to others? If the answer to any of these questions is yes, then this course is for you! Based on the work of Non-Violent Communication, created and established by the late Dr. Marshall Rosenberg, and combined with body processes, such as Tapping (EFT), Somatic (body) exercises, and role-playing, we will work together to find your authentic voice. With these precepts and exercises, you will develop tools that you can apply to your daily life and connect to your inner wisdom.

Important information:

- Participants are asked to bring a personal journal, writing tools, a small folder, and post-it notes.
- There is no class on Nov. 8. The last class is on Nov. 29. This is a 10-week course.

Instructor: Julia Wight, BSc. Nutrition, Masters in Public Health, Non-Violent Communication Facilitator (in training)

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. 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.

Important information:

- There is no class on Nov. 8. The last class is on Nov. 29. This is a 10-week course.

Instructor: Hasnaa Rzouzi, Baccalauréat en Droit Français, Maitrise en Politiques Publiques, Certificat en Développement de carrière

MOM AND BABY YOGA (6 – 12 months)

Friday 10:45 – 11:30 a.m.

Gym

Still not quite ready to leave your baby 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 your 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.

Important information:

- Please bring a yoga mat, water bottle, diaper bag and one or two simple, easy to clean toys for baby.
- Strollers are not allowed in the class. Please leave your stroller outside the building.
- There is no class on Nov. 8. The last class is on Dec. 6. This is an 11-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

BABY MASSAGE

Friday 1:00 – 2:15 p.m.

CC2

Giving your baby a nurturing and loving massage is a wonderful gift that 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, even helping reduce or eliminate mild PPD in mothers. This helps stimulate 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 let your sleeping baby sleep through the class while you practice with a doll, or if baby is having a fussy day and just doesn't feeling like participating you are still welcome to observe and join our discussion!

Important information:

- Participants are asked to bring a plasticized change pad and at least 2 receiving blankets (or towels) with them to class.
- Mobile babies under the age of 12 months are welcome.
- A \$2 fee is payable to the instructor on the 1st day of class for baby massage oil.
- The last class is on Nov. 1. This is a 7-week course.

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

HATHA YOGA AND MEDITATION

Saturday 8:00 – 9:00 a.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. With the combination of controlled breathing with asanas and meditation, stress will be reduced and it is 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.

Important information:

- Bring a sticky yoga mat to class.
- There is no class on Oct. 12 and Nov. 23. The last class is on Nov. 30. This is a 9-week course.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Subanki Sivanantharajah, RYT 200, 300 YTT (Therapeutic Yoga), Pain management and Pranayama (Siddha Vedha - Ancient Science)

CAREER COACHING BASICS

Saturday 9:30 – 11:30 a.m.

Childcare Room 2

Are you thinking of re-entering the workforce after a personal leave or reorient your career into a new industry, or are you new to Canada and do not know where to start? Maybe you simply want to feel more valued in your current job. If you have answered yes to any of these, then this is the course for you! Together, we will discuss the best practices to seek out new opportunities, network with confidence, and define your professional style, as well as receive hands-on coaching in order to build a strong résumé. A new career topic will be discussed each week, with approximately 30 minutes of theory followed by 90 minutes of a hands-on activity. During these activities, we will role play and work on our résumés. There will always be an opportunity at the end of the class to network and chat with the other members. Open, honest discussions and participation of members is strongly encouraged for this course!

Important information:

- There is no class on Oct. 12 and Nov. 23. The last class is on Nov. 30. This is an 8-week course.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Melissa Argento, Bachelor of Finance, M.B.A.

REIKI, MEDITATION AND MINDFULNESS

Saturday 10:30 – 11:45 a.m.

Gym

Meditation doesn't need to be just on the mat, cross legged, trying desperately to empty your mind and be still. There are so many ways that you can connect into your own personal strength, be mindful, and relax. You will learn about how your mind works and strategies to disarm it so that you can go into a relaxing state. You will also get tips on how to be mindful during the day and ways to support you when you can't relax. Supporting your meditation practice through various techniques, we will use our own energy fields and chakras, crystals, oracle cards, journaling and personal development exercises.

Important information:

- There is no class on Oct.12. The last class is on Nov. 9. This is a 7-week course.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Nicole Fortunaso, B. Sc., B. Bus., Reiki Master

SPECIAL INTEREST

Important information:

- 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 into our women's courses.

PHOTOS FROM YOUR DEVICES: FROM ORDINARY TO OUTSTANDING

Monday 10:30 a.m. – 12:00 p.m.

Upstairs Classroom

Would you like to learn how to take stunning photos with your mobile phone? Or how to edit them to a professional level with just a couple tricks? We often find ourselves capturing our most precious moments and cherished memories on our smartphones and tablets. During this course 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, levels, colour curves and other professional editing tools. You will practice your editing skills by using a free version of Lightroom CC and Snapseed available for smartphones and tablets. At the end of the course, you will also have an opportunity to learn how to turn your edited photos into photo cards or photo gifts.

Important information:

- You will need to bring your smartphone or tablet with the free Adobe Lightroom CC and Snapseed apps installed.
- There is no class on Oct. 14. The last class is on Nov. 25. This is a 10-week course.

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

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 two-part arrangements. We are very friendly and welcome all levels of musical ability. Singing in a group creates a special connection among people and you just might discover a new talent in yourself!

Important information:

- There is a consumables fee of \$5 payable to the instructor on the first day of class.
- There is no class Oct. 14. The last class is on Nov. 25. This is a 10-week course.

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

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Monday 6:00 – 8:00 p.m.

Childcare Room 2

Do you want to learn about the basic techniques of understanding your digital camera? This course is designed for beginners. Participants will be introduced to digital imaging methods that focus on specific practical examples for reliable photographic results. The course will be divided into three modules; the basic introduction to equipment and structural tools towards personal expression in photography, a more involved module on techniques, composition and exposure control, and finally, presentation.

Important information:

- Please note that participants should bring their digital cameras of 8 megapixels or more to each class and should expect to spend an additional hour of personal shoot time per week outside of the classroom.
- There is no class Oct. 14. The last class is on Nov. 25. This is a 10-week course.

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. Come learn a new craft or work on an ongoing project, while at the same time pick up a few tips and tricks. Class projects will be presented but are not mandatory.

Important information:

- Bring size 4.5 mm (US 7) straight knitting needles, and one 50 g ball worsted weight (4) yarn.

Instructor: Janet Callary

TUESDAY NIGHT BOOK CLUB

Tuesday 7:30 – 9:30 p.m.

8 meetings during the year: October 1, November 5, December 3, January 7, February 4, March 17, April 7, and May 5
Childcare Room 2

The Women's Centre's Book Club offers a great reading experience, exciting discussions, and enjoyable companionship. Because there are no animators, participants rotate the leadership role on a monthly basis.

Important information:

- 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.
 - The WIWC's childcare service is not available during evening programming.
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EXPLORING DIGITAL PHOTOGRAPHY: LIGHT AND PORTRAITS

Wednesday 6:00 – 8:00 p.m.

Upstairs Classroom

This class is for those who know some photography basics, who have had their cameras for a while, but would like to improve on techniques they know. Participants will learn more about what makes a good photograph and develop a better sense of composition, lighting, and exposure control. Participants will learn digital imaging methods that focus on specific practical examples for reliable photographic results. Please note this is an intermediate course and is specifically geared towards someone who knows the basics of shooting with a manual camera.

Important information:

- The WIWC's childcare service is not available during evening courses.

Instructor: Cassandra Leslie, C2 Studios

WEDNESDAY NIGHT BOOK CLUB

Wednesday 7:30 – 9:30 p.m.

8 meetings during the year: Sept. 18, Oct. 16, Nov. 20, Jan. 15, Feb. 19, Mar. 18, Apr. 15, and May 20
Childcare Room 2

The Women's Centre's Book Club offers a great reading experience, exciting discussions, and enjoyable companionship. Because there are no animators, participants rotate the leadership role on a monthly basis.

Important information:

- 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.
- The WIWC's childcare service is not available during evening programming.

DRAWING WITH COLOUR

Thursday 1:00 – 3:00 p.m.

Upstairs Classroom

Drawing with colour is a perfect way to express yourself. This course encourages students to explore a range of soft pastel techniques that will strengthen your drawing skills. Through visual presentations and demonstrations, you will gain a better understanding of topics such as composition, colour-mixing and blending. The small class size offers personalized instruction and timely feedback. Discussions around famous pastel artists and artworks will inspire your creative spirit in a relaxed setting.

Important information:

- Delivery methods include step-by-step demos, slideshow presentations, group discussions and critiques, and individual instruction.
- Expect to pay \$70-100 for supplies. The materials list will be sent to participants prior to the first class.
- Due to the dust created by the chalk pastel, each workspace must be cleaned up at the end of class.
- There is no class on Oct. 31. The last class is on Nov. 28. This is a 10-week course.

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

PAPER CRAFTING

Thursday 7:00 – 9:00 p.m.

Childcare Room 2

Learn how to create original handmade cards and gifts through the simple art of stamping. Whether you are a beginner, intermediate, or an avid stamper, this course is for you. This is the best time to join as we will be covering Halloween and Christmas! We will be using a variety of materials, making two cards and learning a new technique each week.

Important information:

- A consumable fee of \$55 for materials and adhesive is payable to the instructor on the first day of the class.
- There is no class on Sept. 26 and Oct. 31. The last class is on Dec. 5. This is a 10-week course.
- The WIWC's childcare service is not available during evening courses.

Instructor: Nancy Gordon

WATERMEDIA

Friday 1:00 – 3:30 p.m.

Upstairs Classroom

Have fun with watercolour 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 innovative techniques.

Important information:

- Expect to pay \$75 or more for supplies. The materials list will be sent to participants prior to the first week of class.
- The WIWC's childcare service will only be available until 3:00. Please contact the office if you are registering for this course and require childcare.
- There is no class on Nov. 8. The last class is on Nov. 29. This is a 10-week course.

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

SATURDAY SINGING GROUP

Saturday 10:15 – 12:00

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 two-part arrangements. We are very friendly and welcome all levels of musical ability. Singing in a group creates a special connection among people and you just might discover a new talent in yourself!

Important information:

- There is a consumables fee of \$5 payable to the instructor on the first day of class.
- There is no class on Oct. 12 and Nov. 23. The last class is on Nov. 30. This is a 9-week course.
- The WIWC's childcare service is not available during Saturday courses.

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

FITNESS

Important information:

- 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 into your class (unless it is a mom/child activity).
- Remember to put away the equipment you used at the end of the class.

CLASSICAL PILATES – 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. This all helps 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!

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

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

MONDAY SWEAT AND TONE – MEDIUM/HIGH INTENSITY

Monday 1:00 – 2:15 p.m.

Gym

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!

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

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

EVENING ADULT BALLET

Monday 7:30 – 8:45 p.m.

Gym

Increase your 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!

Important information:

- 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.
- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.
- The WIWC's childcare service is not available during evening courses.

Instructor: Alison Dewar

BREAK A SWEAT WITH BABY (4 – 18 MONTHS) – LOW INTENSITY

Tuesday 10:00 – 10:45 a.m.

Gym

A class designed for moms and their babies, including standing and floor exercises. 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. 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.

Important information:

- 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 & TONE – MEDIUM/HIGH INTENSITY

Tuesday 10:55 – 11:55 a.m.

Gym

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

ESSETRICS – 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. This workout leaves you feeling energized, youthful, and healthy.

Important information:

- Exercise elastics will be provided for part of the floor exercises; however, please bring a yoga mat for the class.
- There is no class on Oct. 8. The last class is on Dec. 3. This is an 11-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

This is for those who have some running experience already and are looking to improve or 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.

Important information:

- Meet on the grass on the north side of the building.
- The last class is on Nov. 19. This is a 10-week course.
- The WIWC's 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. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, and awe-inspiring movements meant to engage and captivate you for life!

Important information:

- All you need are comfortable clothes and shoes, along with a water bottle.
- The WIWC's 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

TOTAL BODY FITNESS – MEDIUM/HIGH INTENSITY

Wednesday 9:50 – 10:50 a.m.

Gym

This class has it all and be prepared to never stop moving! Following the Tabata protocol, we will work hard for 20-second intervals then rest for 10 seconds. You will experience it all in this fun and challenging class. From fun cardio moves to full body muscular exercises, with 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.

Important information:

- Please note that Cathy Wagstaff will teach this class on Sept. 18 and 25, Oct. 2 and 30, Nov 6 and 13, and Dec. 4. Natalie Pesold will teach this class on Oct. 9, 16, and 23, and Nov. 20 and 27.

Instructors: Cathy Wagstaff, CAIA, M.A. (Phys. Ed.), Natalie Pesold, CAN-FIT-PRO, Fitness Instructor, Personal Trainer

WEDNESDAY ZUMBA – MEDIUM INTENSITY

Wednesday 11:00 a.m. – 12:00 p.m.

Gym

The Zumba® program fuses hypnotic Latin and world rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fans achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, and awe-inspiring movements meant to engage and captivate you for life!

Important information:

- All you need are comfortable clothes and shoes, along with a water bottle.
- This course begins on Sept. 25. The last class is on Dec. 4. This is an 11-week course.

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

ADULT BALLET

Wednesday 1:00 – 2:30 p.m.

Gym

Increase your strength and flexibility through ballet movement. While all levels of experience are welcomed, please note that 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!

Important information:

- 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 6:30 – 7:30 p.m.

Gym

Cardio intervals, mixed with challenging full-body muscle conditioning, will guarantee you achieve your fitness goals. This is for women who 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!

Important information:

- Bring your own weights (one or two sets of dumbbells -- one light, one heavy) and a water bottle.
- The WIWC childcare service is not available during evening courses.

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. This workout leaves you feeling energized, youthful, and healthy.

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.

Important information:

- Hand-held weights (5 lbs) are required.

Instructor: Sue Jollimore, CAN-FIT-PRO

BODY FACTORY – MEDIUM INTENSITY

Thursday 11:00 a.m. – 12:00 p.m.

Gym

This is an overall strength and endurance class. Using weights, tubing, and the step, this will help sculpt muscles and enhance conditioning. This class will be a workout from head to toe.

Important information:

- Hand-held weights are required.
- Tubing and steps are provided by the Women's Centre.

Instructor: Sue Jollimore, CAN-FIT-PRO

OUTDOOR STROLLER FIT (6 WEEKS - 18 MONTHS) – MEDIUM INTENSITY

Thursday 11:00 a.m. – 12:00 p.m.

Outside

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, as long as there were no complications during delivery (or 6 weeks for Caesareans or other complications).

Important information:

- Meet on the grass on the north side of the building.
- No special stroller is required.
- You should bring a mat and wear comfortable clothing and running shoes.
- Childcare is available for older siblings.
- This class will run rain or shine so a stroller rain shield or sun shield is recommended.
- The last class is on Nov. 21. This is a 10-week course.

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

START RUNNING! COUCH TO 5K – MEDIUM INTENSITY

Friday 8:45 – 9:45 a.m.

Outside

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 beginner runner to being able to run 5 kilometres. Some running strength building exercises will be included as well as warm up and cool down/stretching exercises.

Important information:

- Meet on the grass on the north side of the building.
- This course will run rain or shine, so please dress appropriately.
- Remember, if you can walk, you can run!
- Please bring a headlamp and wear reflective clothing or armbands.
- There is no class on Oct. 18. The last class is on Nov. 29. This is a 10-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

FRESH AIR FITNESS FRIDAY – MEDIUM/HIGH INTENSITY

Friday 10:00 – 11:00 a.m.

Outside

Exercising outside is a great way to boost your fitness and your mood. Have fun improving your overall fitness by combining periods of running with strength and conditioning exercises in this fresh air class. Participants should be able to run at least 2 km. Variations for strength and conditioning exercises will be offered for all fitness levels. Expect to have a lot of fun, work hard and maybe get a bit muddy!

Important information:

- Meet on the grass on the north side of the building.
- Class will only be cancelled in the case of extreme weather such as freezing rain and will normally run rain or shine; dressing in layers is recommended.
- There is no class on Oct. 18. The last class is on Nov. 29. This is a 10-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

GENTLE TONING – LOW INTENSITY

Friday 1:15 – 2:30 p.m.

Gym

This is 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.

Important information:

- Equipment will be provided by the instructor and the Centre.
- Please Note: There is no class on Nov. 8. The last class is on Dec. 6. This is an 11-week course.

Instructor: Diane Roseman, B. Ed. (Phys. Ed.)

JHOOMLAY BOLLYWOOD DANCE FITNESS - MEDIUM INTENSITY

Friday 6:00 – 7:00 p.m.

Gym

Jhoomlay, which means swing to the beat, is Montreal's ultimate Bollywood Dance Fitness experience! Enjoy dancing and fitness through the lens of Bollywood fun and happiness. Our exhilarating routines are powered by refreshing, energetic beats, giving you a reason to sweat in celebration and enjoy a total body workout. Our fun-to-follow steps, inspired by peppy Bollywood beats, encourage you to express yourself, tone your body - and connect with the dancer within you! This is a great way to stay fit while having a great time!

Important information:

- There is no class on Oct. 4, Nov. 1, Nov. 8, and Nov. 23. The last class is on November 29. This is a 7-week course.
- The WIWC's free childcare service is not available during evening courses.

Instructor: Shelley Braunstein, Jhoomlay Instructor, Early Childhood Educator

STRONG BY ZUMBA® - MEDIUM/HIGH INTENSITY

Saturday 12:30 -1:30 p.m.

Gym

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.

Important information:

- There is no class on Oct. 12. The last class is on Nov. 16. This is an 8-week course.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Gwen Woo, CanFitPro Fitness Instructor Specialist, Strong by Zumba®

PRENATAL FITNESS - LOW INTENSITY

Saturday 2:00 – 3:00 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 practice the de Gasquet method of yoga, which focusses on postural coaching, strengthening the core, and stabilizing your pelvis.

Important information:

- Bring a yoga mat, a pillow or cushion, and a water bottle.
- There is no class on Oct. 12, and Nov. 16 and 23. The last class is on Nov. 30. This is an 8-week course.
- The WIWC's childcare service is not available during Saturday courses.

Instructor: Kumie Nakane, ACE (American Council on Exercise) Certified Personal Trainer, Certified

FOR CHILDREN 0 – 6 YEARS

Important information:

- 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.

TODDLER TUNES (18 MONTHS – 5 YEARS, WITH MOM)

Monday 9:00 – 9:45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

Instructor: Shannon Simpson, Bachelors of Music

MOM & TOTS YOGA

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 take what they learn in class and bring it to the home, growing body and mind awareness at their own pace.

Important information:

- 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.
- A \$5 non-refundable fee for craft materials is included in the price of this course.
- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

10 A.M MY FIRST MUSIC CLASS (0 TO 18 MONTHS, WITH MOM)

Monday 10:00 – 10: 45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

Instructor: Shannon Simpson, Bachelors of Music

11 A.M. MY FIRST MUSIC CLASS (0 TO 18 MONTHS, WITH MOM)

Monday 10:00 – 10: 45 a.m.

Childcare Room 2

This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We'll also listen to different genres of music and explore movement and emotion, stimulating little one's creativity and intellect. Come join us to sing songs, dance, actively listen, play instruments, be silly, and explore different musical experiences.

Important information:

- There is no class on Oct. 14. The last class is on Dec. 2. This is an 11-week course.

Instructor: Shannon Simpson, Bachelors of Music

MOM & TOTS GYM (2-3.5 YEARS)

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 both mothers and children. 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!

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

KODOMO (KIDS) KARATE

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. Each week, our instructor will use a different "theme" to explore "dojo etiquette," basic karate techniques, and even some Japanese terminology.

Important information:

- Please remember that mothers must remain in the building while their children attend this class. Children should wear loose comfortable clothing.
- This course begins on Oct. 3. The last class is on Dec. 5. This is a 9-week course.

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

ZUMBINI® (0-4 YEARS)

Saturday 9:15 – 10:00 a.m.

Gym

Zumbini® is a music and movement experience for preschoolers and their caregivers. It incorporates singing, dancing and musical instruments for a fun-filled 45-minute class.

Important information:

- We ask that one parent/caregiver accompanies each child.
- There is a \$26 consumables fee per family payable to the instructor at the first class.
- There is no class on Sept. 28, Oct. 12, and Nov. 23. The last class is on Nov. 30. This is an 8-week course.
- The WIWC's childcare service is not available during Saturday classes.

Instructor: Emily Rossi, Certified Zumbini® Instructor

FOR CHILDREN – 5 YEARS AND OLDER

Important information:

- Most classes run for 9 weeks.
- Make sure your child will turn the minimum age required for the course during the session (there are some exceptions to this rule as noted in the course descriptions).
- 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.

JHOOMLAY JUNIOR (5-7 YEARS)

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

Upstairs Classroom

Jhoomlay Junior is an introduction to Bollywood dance for children. The happy music has a unique beat which will filter the children's boundless energy into a beautiful expression of art through movement. This co-ed class will help promote muscle strength and balance, improve coordination, and encourages creativity. Learning new steps and short choreographies contributes to children's cognitive abilities and memory skills. Jhoomlay Junior also has social benefits and offers an opportunity for children to explore their own self-expression and connect with their inner star.

Important information:

- There is no class on Oct. 12 and Nov. 23.
- The last class is on November 30. This is a 9-week course.

Instructor: Shelley Braunstein, Jhoomlay Instructor, Early Childhood Educator

ANIMATION: DRAWING DISNEY CHARACTERS

(9-11 YEARS)

Saturday 12:15 – 2:00 p.m.

Upstairs Classroom

In this co-ed class, participants will explore their own creative potential while learning how to draw familiar Disney characters. We will explore stationary and action poses and will introduce animation principles and finishing techniques.

Important information:

- Participants are asked to bring a sketchbook, pencil, eraser, pencil sharpener, pencil crayons, and ruler.
- There is no class on Oct. 12 and Nov. 23. The last class is on Nov. 30. This is a 9-week course.
- A parent must stay on WIWC premises while their child attends this class.

Instructor: Rachel Cusson, B.A., 3D Animation and Digital Design

ANIMATION: HOW TO DRAW MY FEMININE EPIC HERO (12-16 YEARS)

Saturday 2:15 – 4:15 p.m.

Upstairs Classroom

In this class for adolescent girls, participants will explore their own creative potential while learning how to draw feminine characters, taking inspiration from familiar figures in cinema (Lord of the Rings, Star Wars, Marvel). We will explore stationary and action poses with a notion of observational drawing, perspective and anatomy.

Important information:

- Participants are asked to bring a sketchbook, pencil, eraser, pencil sharpener, pencil crayons, and ruler.
- There is no class on Oct. 12 and Nov. 23. The last class is on Nov. 30. This is a 9-week course.

Instructor: Rachel Cusson, B.A., 3D Animation and Digital Design



Centre des Femmes West Island
West Island Women's Centre

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*We are an agency supported by
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