



# WEST ISLAND WOMEN'S CENTRE/CENTRE DES FEMMES WEST ISLAND

## FALL 2019 COURSE LIST



Prices include federal and provincial sales taxes where applicable.

Free Childcare is available for most daytime classes.

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 mos. to 5 yrs. With Mom)	11	\$54
	10:00-10:45	10 a.m. My First Music Class (0 to 18 mos. With Mom)	11	\$54
	10:00-10:45	Mom & Tots Yoga (2-3 yrs)	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 mos. With Mom)	11	\$54
	11:00-11:45	Mom and Baby Yoga (3 to 7 mos.)	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
Tuesday A.M.	9:00-9:45	Moms & Tots Gym (2-5 yrs)	12	\$58
	9:30-11:30	Knitting for All	10	\$92
	10:00-10:45	Break a Sweat with Baby (4-18 mos.) - 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	Essentrics - 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	\$36
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	\$36
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 wks-18 mos.) - Medium Intensity	10	\$50
Thursday P.M.	1:00-1:45	Kodomo (Kids') Karate (4-5 yrs)	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
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 Friday - Medium/High Intensity	10	\$50
	10:45-11:30	Mom and Baby Yoga (6 to 12 mos.)	11	\$41
Friday P.M.	1:00-2:15	Baby Massage	7	\$33
	1:00-3:30	Watermedia	10	\$116
	1:15-2:30	Gentle Toning - Low Intensity	11	\$69
Friday Evening	6:00-7:00	Jhoomlay Bollywood Dance Fitness - Medium Intensity	7	\$35
Saturday A.M.	8:00-9:00	Hatha Yoga and Meditation	9	\$45
	9:00-9:45	Jhoomlay Junior (5-7 yrs)	9	\$46

There are no classes on October 12 and 14 (Thanksgiving), November 8 and 23 (WIWC events). There are no afternoon classes on October 8 and 31 (WIWC events). There are no evening classes on October 31 and November 22.

CLASSES BEGIN September 16, 2019

Current Members: PRE-REGISTRATION Tuesday, August 27, 2019 In-person: 9-11 a.m., 1-3 p.m. and 6-7 p.m. Online: Starting at 9 a.m.

New Members: OPEN REGISTRATION Tuesday, September 3, 2019 In-person: 9-11 a.m., 1-3 p.m. and 6-7 p.m. Online: Starting at 9 a.m.

514-695-8529

www.wiwc.ca      11 Rodney Ave. (Vincennes Parking Lot Entrance) POINTE-CLAIRE, QC



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DAY	TIME	COURSE	#WKS	COST
Saturday A.M.	9:15-10:00	Zumbini®	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 - How to Draw Disney Characters (9-11 yrs.)	9	\$105
	12:30-1:30	Strong by Zumba® - Medium/High Intensity	8	\$40
	2:00-3:00	Prenatal Fitness - Low Intensity	8	\$40
	2:15-4:15	Animation - How to Draw My Feminine Epic Hero (12-16 yrs.)	9	\$120

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