

Fall 2020 WIWC Courses

We are looking forward to welcoming our community back with our Fall 2020 courses! This year, we are offering two main streams of activities: in-person and online.

Our **in-person activities** consist of:

- courses that will take place outside on Centre property and move into our gym in case of inclement weather
- courses that take place off our property and around our neighbourhood.



Our **online activities** consist of:

- scheduled individual registration courses of various types
- our new fitness and yoga bundle, which will allow participants – for one low fee - to access a variety of classes either on a live basis or at a time that is convenient to them.

IMPORTANT INFORMATION ON HEALTH AND SAFETY MEASURES:

- In keeping with the Quebec government's mask regulations, anyone 10 and over must wear a mask when entering an enclosed or partially enclosed public space. Your mask must be worn in all common areas of the building, including the front entrance, hallways, and washrooms.
- Most daytime classes will be held outside.
- In case of inclement weather, on-site outdoor classes will be held in the gym, which has been divided into 2-metre squares to ensure physical distancing.
- The ventilation system will be on and all windows will be open during indoor classes.
- Maximum capacity will be set at 12 participants and 1 instructor per class (both outside and inside).
- Any courses that require sitting at desks will have tables spaced out to allow for physical distancing.
- Hand sanitizer must be applied upon entry into building, the gym, and the outdoor class area.
- To avoid crowding, participants are encouraged to arrive ready to engage in the activity and at the appointed time. They are also encouraged to leave as quickly as possible after the activity ends.
- Prior to the start of each class, a staff member will take attendance and ask a brief health questionnaire.
- Each participant will bring their own equipment if required (yoga mats, weights, etc.).
- Individuals must stay 2 metres away from each other, regardless of whether they are carrying out activities indoors or outdoors, unless they live under the same roof.
- There will be a break between each class to allow for exit and entry traffic, along with enough time to disinfect the gym between classes and the disinfecting of frequently touched surfaces.

GENERAL REGISTRATION INFORMATION:

- To register for a course, you must be a member.
- Pre-registration for current members begins on September 8 at 9 a.m. and open registration for new members begins on September 11 at 9 a.m.
- In-person registration is by appointment only, please contact programming@wiwc.ca or call the Centre to book an appointment.
- The fall membership fee is being waived.
- Free childcare is available during most daytime weekday in-person classes. If it is not available, it will be indicated in the course description.
- Courses begin Monday, September 21, 2020.
- Individual registration classes are 8 weeks unless indicated otherwise. Fitness and Yoga bundle classes are 12 weeks unless indicated otherwise.
- There are no **daytime** classes on **October 12** (Thanksgiving Monday).
- Consult the WIWC Member's Guide for more information on our refund policy, registration policies and procedures.
- Once Open Registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.
- The symbol  indicates that the course takes place in-person, either on Centre property or in our neighbourhood.
- The symbol  indicates that the course takes place online, either as an individual registration course or as part of our fitness and yoga bundle.

For all Frequently Asked Questions (FAQ) regarding health and safety measures, Childcare Service protocols, and general information about the Fall 2020 Session, please refer to our FAQ document.

PERSONAL DEVELOPMENT COURSES

Important information:

- Most classes run for 8 weeks.
- There may be a list of required materials. These materials are noted in the course description.
- Please do not bring a child with you into our women's courses.

Personal Development Courses

New Creative Journaling™

Tuesday 10:30 a.m. – 12:00 p.m.

Online



New Creative Journaling™ is an unconventional journaling process, developed by an art therapist. This creative method combines writing, collage, and some very basic elements of drawing as a vehicle for personal expression. A powerful personal development tool, it is nonetheless playful, creative, and intuitive. This workshop is about process, not product, so no previous art or writing experience is required.

Required supplies:

- Mix media notebook or sketchbook with blank pages (no lines) about 9" x 12"
- Pens and/or pencils
- Coloured pencils
- Chalk pastels and/or oil pastels
- Felt markers
- Scissors and glue stick
- White glue (school glue) or matte acrylic medium
- Old magazines and papers (tissue paper, Japanese paper, newspaper, etc.)
- 1 or 2 paintbrushes (medium size)
- One water soluble medium: watercolours, acrylics in small tubes or any water-soluble pencils, crayons, or markers.

Note: It is not necessary to buy expensive materials - just have a good variety.

Important information:

- This online course takes place via Zoom.

Instructor: Helene Brunet, B.A. Honours, English; Certified Journal Facilitator; Journal to the Self Certified Instructor; Centre for Journal Therapy; Certifié en Journal Créatif®

Personal Development Courses

Finding Happiness in the Age of Covid

Wednesday 1:00 – 3:00 p.m.

Online



For many, the change imposed on daily living by the COVID-19 pandemic has affected their ability to feel happy. In turn, this is negatively impacting their physical and mental health, and creating stress in their relationships. This discussion led class will focus on the science of happiness and the power of positivity to decrease general stress and anxiety while increasing life balance and overall well being. Participants will learn skills to become happier, despite circumstances and change, allowing for healthier relationships and the ability to cope with and conquer adversity.

Required supplies:

- A journal or notebook.

Important information:

- This online course takes place via Zoom.

Instructor: Ann Papayoti, CPC (Certified Professional Coach), ELI-MP (Energy Leadership Index- Master Practitioner), and certified practitioner of NLP (Neurolinguistics Programming). Ann is the co-author of the soon to be released book, *The Gift of Shift - Discover The Key Within To Unlock Your Best Life*

Converse in French for Intermediates

Friday 10:00 – 11:30 a.m.

Online



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!

Important information:

- This online course takes place via Zoom.

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

SPECIAL INTEREST COURSES

Important information:

- Most classes run for 8 weeks.
- There may a list of required materials. These materials are noted in the course description.
- Please do not bring a child with you into our women's courses.

Special Interest Courses

Work Café

Monday 10:30 a.m. – 12:00 p.m.

Gym



Do you have a project or hobby on the go, but find yourself without the time or space to dedicate to it? If so, this might be just the thing for you! It is a 2-hour block of time each week to spend on whatever craft or project you have on the go. Writing a novel? Starting your own business? Just need to catch up on 99 emails and phone calls? We can help! Registration includes free wi-fi access.

Important information:

- Free childcare is available. Please note that this activity begins on September 21 and ends on October 19. There is no Work Café on October 12 (Thanksgiving). This is a 4-week activity.

Spanish Conversation for Beginners

Monday 8:00 – 9:00 p.m.

Online



In this course, participants will be provided with basic elements of Spanish language through vocabulary (alphabet, numbers, prepositions, verbs, gender, etc.) and present-tense grammar, in order to be able to ask and answer questions, express likes and dislikes, and to interact with the other participants in a natural and relaxed environment.

Important information:

- This course takes place online via Zoom.
- This course begins on September 21. There is no class on October 12 (Thanksgiving). The last class is on November 16. This is an 8-week course.

Instructor: Melba Mafun, Degree in Finance Administration, DVS (Interior Design), Business English Instructor, Native Spanish Speaker

Special Interest Courses

Knitting Club

Tuesday 9:30 – 11:30 a.m.

Outside



Experienced knitters are invited to join this class. Bring your ongoing project or start a new one, all while picking up a few tips and tricks. Class projects will be presented but are not mandatory.

Required supplies:

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

Important information:

- This course begins on September 22 and ends on October 13. This is a 4-week course.

Instructor: Janet Callary

Zero Waste for Beginners

Wednesday 10:30 – 11:45 a.m.

Online



This course is an introduction to the principles of zero-waste living, touching upon some of the environmental problems our planet is currently facing and discovering what we, as individuals, can do to minimize our negative impact. Participants will learn how to incorporate low-waste living into normal daily life through hands-on activities and visual demonstrations. This course will also provide a safe, non-judgemental space to discuss problems and concerns, leaving you feeling empowered to reach your personal eco-goals.

Important information:

- This course takes place online via Zoom.

Instructor: Jessica Morales, B.Sc. (Nursing), Zero Waste Advocate

Special Interest Courses

Design Your Own Photo Gifts

Wednesday 7:00 – 8:30 p.m.

Online



A photo gift is a great way to express your love in a unique and special way. It is also a great way to stay away from crowded stores before the holidays. In this class, you will learn how to turn your photos into beautiful designs. We will discuss platforms that can be used to design and print your customized photo gifts, as well as composition rules and photo editing tips, so that you can design a special photo gift for any occasion.

Important information:

- This course takes place online via Zoom.

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

Wednesday Night Book Club

October 21, November 18, and December 16 from 7:30 – 9:30 p.m.

Online

The Women's Centre's book club offers you great reading, exciting discussion, and warm companionship. Because there are no animators, participants rotate the leadership role on a monthly basis. The club meets on the third Wednesday of every month. For information about meeting dates and the book selected for the upcoming meeting, please refer to the Events Calendar on our website or call the WIWC Office at 514-695-8529.

Ukulele

Thursday 7:00 – 8:00 p.m.

Online



This course is an introduction to playing ukulele. Musical concepts discussed will include basic ukulele technique, reading chord charts, tablature, music theory and rhythm. Participants need not have any prior musical experience or knowledge.

Materials required:

- Ukulele. If you do not have your own, rentals are available for \$40. Please contact the office for more information.

Important information:

- This course will take place online via Zoom.

Instructor: Shannon Simpson, B.A. (Music)

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Important information:

- Most classes run for 8 weeks.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel. Any other required items will be noted in 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).

Fitness and Yoga Courses – Individual Registration

Classical Pilates

Monday 8:45 – 9:45 a.m.

Outside



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!

Equipment:

- A yoga mat is required.

Important information:

- This class will take place outside except in case of inclement weather when it will move into the gym with appropriate physical distancing measures.
- There is no class on October 12 (Thanksgiving). This is a 7-week course.

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

Fitness and Yoga Courses – Individual Registration

Body Power

Monday 11:00 a.m. – 12:00 p.m.

Online



This is a total body conditioning online class that can be done in a small space at home. The instructor will guide you through efficient movement patterns in order to work on toning your muscles. No equipment required.

Important information:

- This course takes place online via Zoom.
- There is no class on October 12 (Thanksgiving). The last class is on November 16. This is an 8-week course.

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

Essentrics

Tuesday 1:00 – 2:00 p.m.

Outside



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.

Equipment:

- A yoga mat and exercise tube or towel are required.

Important information:

- This class will take place outside except in case of inclement weather when it will move into the gym with appropriate physical distancing measures.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 2)

Fitness and Yoga Courses – Individual Registration

Evening Running Group

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:

- 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.
- Please bring a headlamp and wear reflective clothing or armbands.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

Kripalu-Inspired Hatha Yoga

Tuesday 7:30 – 8:30 p.m.

Online



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:

- This course takes place online via Zoom.

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

Fitness and Yoga Courses – Individual Registration

Total Body Fitness

Wednesday 10:30 – 11:15 a.m.

Outside



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.

Equipment:

- A yoga mat or large towel is required.

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

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, 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:

- This course takes place in the gym with appropriate physical distancing measures in place. In the case of a public health shutdown, this course will move online.
- Participants should wear comfortable clothing and jazz shoes or ballet slippers. Ballet slippers can be purchased at Movimento (4307 St. Jean in Dollard) or Boutique de Danse Wendy (Pointe-Claire Plaza). Expect to pay anywhere from \$35 to \$45 for the slippers.

Instructor: Alison Dewar

Fitness and Yoga Courses – Individual Registration

Thursday Essentrics

Thursday 8:30 – 9:30 a.m.

Online



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.

Materials required:

- A yoga mat and exercise tube or towel are required.

Important information:

- This course takes place online via Zoom.

Instructor: Dolores Carroll, IDEA certified, Essentrics Classical Stretch (Certified Level 2)

Outdoor Stroller Fit (6 wks-18 mos.)

Thursday 10:30 – 11:30 a.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:

- No special stroller is required.
- You should bring a mat and wear comfortable clothing and running shoes.
- This class will run "rain or shine;" a stroller rain shield or sun shield is recommended.

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

Fitness and Yoga Courses – Individual Registration

Fresh Air Fitness Friday

Friday 9:00 – 10:00 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:

- 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.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

Mom and Baby Yoga (3 to 7 mos.)

Friday 10:30 – 11:15 a.m.

Outside



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:

- This class will take place outside except in case of inclement weather when it will move into the gym with appropriate physical distancing measures.

Instructor: Kathleen McAdams, CYT (Certified Yoga Teacher)

Fitness and Yoga Courses – Individual Registration

Zumba

Friday 2:00 – 3:00 p.m.

Online



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:

- This class takes place online via Zoom.

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

NEW! FITNESS & YOGA BUNDLE - ONLINE

Important information:

- For one low fee, participants have access to all the following courses within a closed Facebook group. The price of the bundle is \$50 if you register by September 21 and \$60 after September 21. Please see the course descriptions for more details.
- Most classes run for 12 weeks.
- Classes are offered live through a closed Facebook group and will be archived on the page so that participants can take classes at their own convenience.
- Courses range from gentle to more intense workouts.
- You will need running shoes, a water bottle and towel.
- If you have a health condition or injury, please check with your doctor before signing up for a course.

Fitness & Yoga Bundle Classes

Gentle Toning

Monday 10:00 – 11:00 a.m.

Closed Facebook group



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! 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.

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

Fitness & Yoga Bundle Classes

Three-peat Fitness

Tuesday 9:00 – 10:00 a.m.

Closed Facebook group



There will be lots of sweat and a ton of toning in this class. We will do a series of repeated cardio, strengthening, and toning exercises that can be performed in a small space and with weights or household items that you have on hand.

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

Pilates

Wednesday 8:45 – 9:45 a.m.

Closed Facebook group



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!

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

Yin Yoga and Meditation

Thursday 12:00 – 1:00 p.m.

Closed Facebook group



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.

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

Fitness & Yoga Bundle Classes

Interval Training

Thursday 7:00 – 7:45 p.m.

Closed Facebook Group



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. Prepare to sweat and reach your full potential!

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

Total Body Fitness

Friday 10:30 – 11:15 a.m.

Closed Facebook group



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.

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

Hatha Yoga and Meditation

Saturday 9:00 – 10:00 a.m.

Closed Facebook group



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.

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

CHILDREN'S COURSES (0 TO 6 YEARS)

Important information:

- 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 in-person classes. Please do not bring a sibling to your child's class.

Children's Courses (0 to 6 years)

Music Medley

Monday 9:00 – 9:30

Online



This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We will 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.

Required materials:

- No materials are needed for this course. However, for those who are interested, the instructor will provide a bag of high-quality children's instruments at a cost of \$20.

Important information:

- This course takes place online.

Instructor: Shannon Simpson, B.A. (Music)

Children's Courses (0 to 6 years)

Mini Music Medley

Wednesday 9:00 – 9:45 a.m.

Outside



This course will introduce your little one to sounds, tonality, and rhythms using different instruments and songs. We will 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.

Required materials:

- No materials are needed for this course. However, for those who are interested, the instructor will provide a bag of high-quality children's instruments at a cost of \$20.

Important information:

- This course begins on September 23 and ends on October 14. This is a 4-week course.

Instructor: Shannon Simpson, B.A (Music)

Mom & Tots Gym (2-3.5 yrs. With Mom)

Thursday 9:00 – 9:45 a.m.

Outside



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 would not want to miss out on some of the fun!

Required materials:

- The instructor may ask you to bring an easy-to-transport item to class.

Important information:

- This course begins on September 24 and ends on October 15. This is a 4-week course.

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

Children's Courses (0 to 6 years)

Kodomo (Kids) Karate (4 -5 yrs.)

Thursday 1:00 – 1:45 p.m.

Outside



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.

Important information:

- This class will take place outside except in case of inclement weather when it will move into the gym with appropriate physical distancing measures.

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