

Winter 2021 WIWC Courses

We are looking forward to welcoming our community back online with our Winter 2021 courses!

GENERAL REGISTRATION INFORMATION:

- Our Winter 2021 courses will take place online, mostly via Zoom.
- To register for a course, you must be a member.
- Pre-registration for current members begins on December 4 at 9 a.m. and open registration for new members begins on December 7 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 membership fee for programming from January to June 2021 is \$5.
- Courses begin Monday, January 11, 2021 and there are no classes February 27-March 5 (March break).
- Most courses are 10 weeks unless indicated otherwise.
- Once Open Registration begins, refunds can only be issued under certain circumstances. For more information, please call the office.

PERSONAL DEVELOPMENT COURSES

From Surviving to Thriving in 2021

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

Online via Zoom

\$58

It is a new year, and we are all learning to cope with a "new normal" in our lives. The threat of the virus is still here, and therefore limited social contact and mask-wearing are still part of our reality for the foreseeable future. This discussion-led class will focus on behavioral health so that we can do more than simply survive, but rather learn to thrive mentally and physically. Each week the class will share an experience that will promote mindfulness-based stress reduction, life balance, emotional awareness, the power of positivity and creativity for reframing, refreshing and reconnecting to living life with a sense of purpose and meaning despite our circumstances. And expect to have some fun along the way!

Required supplies:

- A journal or notebook.

Important information:

- There is no class on March 3 (March break). The last class is on March 10. This is an 8-week course.

Instructor: Ann Papayoti, CPC, PCC, is the founder of SkyView Coaching and the co-author of "The Gift of Shift - Discover the Key within to Unlock Your Best Life". She helps people help themselves through life's losses and transitions as a relationship and mindset expert through writing, speaking, teaching and private coaching.

PERSONAL DEVELOPMENT COURSES

Emotional Eating

Thursday 10:00 – 11:30 a.m.

Online via Zoom

\$43

Have you found yourself going back and forth from the kitchen to your couch since COVID hit? You're not alone! Emotional eating is a normal physiological response to stress but is not always the most effective. In this course, you will learn more about the biology of cravings, how to accept and manage them, and find other ways to deal with your emotions with kindness and self-compassion in order to create a healthier relationship with food.

Important information:

- There is no class on March 4 (March break). The last class is on March 11. This is an 8-week course.

Instructor: Zeina Khawam, R.D. (Registered Dietitian), Member of O.P.D.Q (Ordre professionnel des diététistes du Québec) and Dietitians of Canada

Converse in French for Intermediates

Friday 10:15 – 11:45 a.m.

Online via Zoom

\$48

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:

- There is no class on March 5 (March break). The last class is on March 19. This is a 9-week course.

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

SPECIAL INTEREST COURSES

Spanish Conversation for Beginners

Monday 8:00 – 9:15 p.m.

Online via Zoom

\$58

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. Some knowledge of Spanish is recommended.

Important information:

- There is no class on March 1 (March break). The last class is on March 22. This is a 10-week course.

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

Knitting Club

Tuesday 9:30 – 11:00 a.m.

Online via Zoom

\$56

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:

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

Important information:

- There is no class on March 2 (March break). The last class is on March 9. This is an 8-week course.

Instructor: Janet Callary

SPECIAL INTEREST COURSES

Ukulele Club

Wednesday 7:00 – 8:30 p.m.

Online via Zoom

\$63

Do you already play the ukulele or have a basic understanding of techniques? Are you looking for inspiration to play ukulele more often or expand your knowledge and skills? We will meet weekly, play for each other, share resources, cover intermediate topics and learn new music!

Important information:

- There is no class on March 3 and 17 (March break and WIWC event). The last class is on March 24. This is a 9-week course.

Instructor: Shannon Simpson, Bachelor of Music

Wednesday Night Book Club

Wednesday 7:30 – 9:30 p.m. on January 20, February 24, March 24, April 21, and May 19

Online via Zoom

\$22

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 one Wednesday every month. For information about meeting dates and the book selected for the upcoming meeting, call the WIWC Office at 514-695-8529.

Beginner's Ukulele

Thursday 7:00 – 8:30 p.m.

Online via Zoom

\$69

Classically trained musician Shannon leads first time ukulele players through instrument care, posture, instrument technique and introduces reading chord diagrams, strumming and tablature. With no previous musical knowledge necessary, this is a fun way to start a new passion and bring some music into your life!

Materials required:

- Ukulele. If you do not have your own, rentals are available for \$25. Please contact the office for more information.

Important information:

- There is no class on March 4 (March break). The last class is on March 25. This is a 10-week course.

Instructor: Shannon Simpson, Bachelor of Music

SPECIAL INTEREST COURSES

Felting

Saturday 1:00 – 3:00 p.m.

Online via Zoom

\$46

Discover felting, an original technique with unlimited creative possibilities. You will make s different project each of the five weeks of this course. All materials will be supplied by the instructor for an additional fee of \$25.

Important information:

- The last class is on February 13. This is 5-week course.

Instructor: Nelly Rusu

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Important information:

- Most classes run for 10 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.

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Essentrics

Tuesday 1:00 – 2:00 p.m.

Online via Zoom

\$50

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, strap or towel are required.

Important information:

- There is no class on March 2 (March break). The last class is on March 23. This is a 10-week course.

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

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Kripalu-Inspired Hatha Yoga

Tuesday 7:30 – 9:00 p.m.

Online via Zoom

\$68

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 March 2 and 16 (March break and WIWC event). The last class is on March 23. This is a 9-week course.

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

Body Power

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

Online via Zoom

\$50

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 that will work on toning your muscles. No equipment required.

Important information:

- There is no class on March 3. The last class is on March 24. This is a 10-week course.

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

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Adult Ballet

Wednesday 1:00 – 2:30 p.m.

Online via Zoom

\$60

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 begins on January 20 and ends on March 17. There is no class on March 3 (March break). This is an 8-week course.
- 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

Thursday Essentrics

Thursday 8:30 – 9:30 a.m.

Online via Zoom

\$50

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, strap, or towel are required.

Important information:

- There is no class on March 4 (March break). The last class is on March 25. This is a 10-week course.

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

FITNESS & YOGA COURSES – INDIVIDUAL REGISTRATION

Fitness Friday

Friday 9:00 – 10:00 a.m.

Online via Zoom

\$45

Have fun improving your overall fitness by combining periods of strength and conditioning exercises in this online class. If public health guidelines allow over the course of the session, we will take the class outside.

Important information:

- There is no class on March 5 (March break). The last class is on March 19. This is a 9-week course.

Instructor: Hilary Jones, YMCA Individual Conditioning Instructor

FITNESS & YOGA BUNDLE

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 January 11 and \$60 after January 11. Please see the course descriptions for more details.
- Classes run for 10 weeks.
- Classes are scheduled on a once-per-week basis through a private Facebook group and 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

30-Minute HIIT

Monday 10:00 – 10:30 a.m.

This 30 minutes is sure to get you fired up for your week! Join us for this quick and effective workout of intense intervals followed by brief periods of rest.

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

FITNESS & YOGA BUNDLE

3-PEAT Fitness

Tuesday 9:00 – 10:00 a.m.

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.

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 4:00 – 5:00 p.m.

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

Interval Training

Thursday 6:00 – 6:45 p.m.

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

FITNESS & YOGA BUNDLE

Total Body Fitness

Friday 10:30 – 11:15 a.m.

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.

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 (Siddah Vedha – Ancient Science)

CHILDREN'S COURSES

Sing-Along With Shannon (0-5 years)

Wednesday 9:00 – 9:45 a.m.

Online via Zoom

\$50

Join us for an action-packed weekly music class! We'll sing a themed sing-a-long, play with home-made instruments, dance and creatively express our inner rhythm! Make your own musical instruments, or purchase instruments curated specially for this class for \$20.

Important information:

- There is no class on March 3 (March break). The last class is on March 24. This is a 10-week course.

Instructor: Shannon Simpson, Bachelors of Music

Kodomo (Kids) Karate (4 -5

yrs.) Thursday 1:00 – 1:45 p.m.

Online

\$34

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 begins on January 21 and ends on February 25. This is a 6-week course.

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