

ACTIVITIES AT THE YWCA MONTREAL!

Detailed description of activities - Winter/Spring 2018*

Registration from January 22nd, 2018 (trial week Jan 29th to Feb 2nd)



COST & REGISTRATION POLICY: Registration is done in person only at the YWCA Montreal, from Monday to Thursday, between 10 am to 1 pm or between 2 pm to 6 pm. **The cost is \$30 for the Winter/Spring session (10 weeks); maximum 3 activities.** Some activities are free of charge (see the table below). Zumba and Groove have an additional \$10 fee for the session. There will be no refunds after the trial week. Registration entitles you to a 10% discount at Fringues, the YWCA thrift boutique. Please let us know if you need babysitting; we will try to accommodate you as far as possible. Please read our detailed registration policy on our website: ydesfemmesmtl.org

ACTIVITIES	DATES	DAY	TIME	ROOM	DESCRIPTION	NOTES
PHYSICAL ACTIVITIES						
Cardio Mix	Jan 29 th to April 30 th	Monday	4 pm - 5 pm	Holden-Fisher Hall	Cardio Mix is a blend of Zumba, Cardio-box and classic aerobics. Level: Moderate.	Mandatory registration.
Zumba	Jan 31 st to May 2 nd	Wednesday	4 pm - 5 pm	Gymnasium 3 rd floor	Zumba is a fitness activity which includes a medley of dance styles. Level: Moderate.	Basic fees + \$10. Mandatory registration.
Zumba	Feb 1 st to May 3 rd	Thursday	11:30 am - 12:30 pm	Holden-Fisher Hall	Zumba is a fitness activity which includes a medley of dance styles. Level: Moderate.	Basic fees + \$10. Mandatory registration.
GROOVE*	Feb 1 st to May 3 rd	Thursday	5:15 pm - 6:15 pm	Studio 1	Liberating dance class using simple movements integrating spirit, body, heart and soul! Come shake your feathers without embarrassment or shyness on vibrant music for a mind-blowing experience! All levels.	Basic fees + \$10. Mandatory registration.
FAMILY ACTIVITIES (free)						
Parental Skills Group	Jan 22 nd to June 11 th *except April 2 nd	Monday	12 pm - 2 pm	Holden-Fisher Hall	Group promoting the development of positive parenting skills for Arabic-speaking mothers with children aged 0 to 8 living in the Peter-McGill area (Ville-Marie). Childcare provided.	Free. Info: 514-866-9941, #209 In Arabic.
Toddler Gym (2-4 year olds)	Jan 15 th to June 11 th *	Monday	10 am - 11:30 am	Holden-Fisher Hall	Activities designed to stimulate the motor development of 2-4 year olds with parent participation. *No activity on March 5 th .	Free. Info: 514-866-9941, #431
Parent Time	Ongoing	Tuesday	10 am - 12 am	Lobby	A meeting time for parents or future parents for exchanging and sharing information about local services and resources.	Free. Info: 514-866-9941, #431
Parent-Child Group (0-2 years old)	Jan 10 th to May 16 th *except March 7 th	Wednesday	10 am - 12 am	Studio 4	Activities designed to stimulate the development of 0 to 2 year-olds. Share with your child moments of music and play. Short discussions with parents led by professionals in conjunction with the CLSC Metro. Open to all.	Free. Snacks included. Info: 514-866-9941, #431
WELLNESS						
Yoga	Jan 29 th to April 30 th	Monday	6 pm - 7 pm	Studio 1	Hatha yoga practice enhancing physical, mental and emotional well-being, with elements of meditation, breathing techniques, body gestures and postures connecting mind and body. All levels of ability, age & condition.	Mandatory registration.
Yoga	Jan 30 th to May 1 st	Tuesday	5 pm - 6:15 pm	Studio 1	Gentle fitness sessions that focus on self-discovery and personal growth through meditation, visualization and breathing exercises as well as yoga postures. Level: Gentle-moderate.	Mandatory registration.
Yoga - limited mobility	Jan 30 th to May 1 st	Tuesday	6:30 pm - 7:30 pm	Studio 1	Yoga adapted for participants with limited mobility.	Mandatory registration.
Yoga	Jan 31 st to May 2 nd	Wednesday	12 pm - 1 pm	Studio 1	Gentle fitness sessions that focus on self-discovery and personal growth through meditation, visualization and breathing exercises as well as yoga postures. Level: Gentle-moderate.	Mandatory registration.
Meditation	Jan 31 st to May 2 nd	Wednesday	1:15 pm - 2 pm	Holden-Fisher Hall	Introduction to meditation including gentle stretches and yoga breathing techniques followed by short a guided meditation. All levels.	Mandatory registration.
Coffee get-together & (...)	Feb 1 st to May 3 rd	Thursday	1:30 pm - 4 pm	Lobby	A meeting place to exchange and socialize in a friendly and relaxed atmosphere, not to mention the pleasure of playing board games!	Free. Coffee & material provided.
SKILLS						
Computer Essentials	Jan 31 st to March 7 th	Wednesday	1 pm - 3:30 pm	Studio 4	Essential concepts and skills relating to the use of devices and interfaces, file creation and management. Level: Beginner. Offered by La Puce, Ressource Informatique. More information below.	Mandatory registration. In French only.
English Conversation Group	Jan 31 st to May 2 nd	Wednesday	6 pm - 7:30 pm	Room 409	Facilitator-led conversation groups where participants practice a second language in a relaxed learning environment. Level: Intermediate.	Mandatory registration.
French Conversation Group	Feb 1 st to April 19 th	Thursday	6:30 pm - 8 pm	Room 409	Facilitator-led conversation groups where participants practice a second language in a relaxed learning environment. Level: Intermediate.	Mandatory registration.
ART & CREATIVITY						
Art Hive	Jan 29 th to April 30 th	Monday	1:30 pm - 4 pm	Lobby	Community Art pop-up program makes art more accessible, strengthens social ties and celebrates diversity through dialogue and creative art making projects each week. Join us so you can nurture your creativity!	Free. Material provided.
Greeting Cards Creation Group	Jan 30 th to May 1 st (every 2 weeks)	Tuesday	1:30 pm - 4 pm	Lobby	Would you like to put your creative talents to work? We are looking for volunteers to create greeting cards for our partners, volunteers and participants!	Free. Volunteer registration is required.
Creative Expression	Jan 9 th to April 10 th	Tuesday	6 pm - 8 pm	Art Room	Community art education workshops animated by Concordia University Art Education students. This activity allows you to discover various art mediums while promoting creative self-expression.	Mandatory registration. Material included.
Femmes fabuleuses	Jan 18 th to March 8 th	Thursday	1:30 pm - 4:30 pm	Art Room	Painting and drawing course. All levels. Material not included.	\$105 + material. Mandatory registration 514-866-9941, # 205

*Schedules and activities are subject to change without notice.

COMPUTER ESSENTIALS

Introductory courses in computer science are offered free of charge by La Puce, Ressource informatique. www.puce.qc.ca

Course outline: Basic manipulations (keyboard, mouse, desktop, windows), file and folder management, how to browse the hard drive and files, how to use a USB key, how to browse and research the Internet, cybersecurity and cyberconduct. Learning materials included. Course mainly conducted in French.



COLLECTIVE KITCHEN

Group cooking sessions that give participants a chance to share and try new recipes, flavors, tools and ideas in a festive, multicultural atmosphere. Participants must attend both sessions (planning and cooking). Please bring containers to take meals home. Participants share the cost of prepared meals (maximum \$5). Mandatory registration: 514-866-9941, ext. 607. **Planning:** Thursdays, February 8th & March 22nd, from 11 am to 12 pm, room 409. **Cooking:** Mondays, February 14th & March 28th, from 1:30 pm to 4:30 pm, 4th floor Kitchen.

LEGAL INFORMATION (registration: 514-866-9941, ext. 293)

- Workshop on **economic violence**, by Option Consommateur, Tuesday February 6th at 1:30 pm. In French.

- Information session "**Dr. Droit de la famille : Conjoint de fait, garde d'enfants et pensions alimentaires**", by Juripop, Thursday February 22nd at 1 pm. In French.

CARE-GIVERS

The Family Caregivers Support Program offers support services and recreational activities tailored to the needs of women caregivers of seniors including yoga, reiki and various healing workshops. FREE. See the **complete activity schedule** on our website: www.ydesfemmesmtl.org

YWCA MONTREAL
1355 RENÉ-LÉVESQUE BLVD WEST
MONTREAL (Quebec) H3G 1T3
⤵ Lucien-L'Allier or Guy-Concordia



Opening hours:
Monday to Thursday
10 am to 1 pm and 2 pm to 6 pm

For more information:
ydesfemmesmtl.org
facebook.com/YWCA.Montreal