

YWCA MONTREAL - CENTRE MULTI - WINTER 2017 SCHEDULE

From January 30th to March 24th - Low-Cost Activities With Experienced Facilitators in Downtown Montreal!

ACTIVITIES	DAY	TIME	ROOM	DESCRIPTION
Physical Activities				
Zumba	Monday, Wednesday	4 pm - 5 pm	Gymnasium 3 rd floor	Zumba is a fitness activity which includes a medley of dance styles.
Zumba	Tuesday	4 pm - 5 pm	Holden-Fisher Hall	Zumba is a fitness activity which includes a medley of dance styles.
Latin Dance	Tuesday	6 pm - 7 pm	Holden-Fisher Hall	Ladies! Get ready to let your inner diva shine! Learn the basics of Latin dance with class and sass.
GROOVE*	Wednesday	5 pm - 6 pm	Studio 1	Whole-self movement class, integrating the mind, body, heart and soul! Participants will be shaking their tail feathers to great music without being self-conscious, or embarrassed. Liberating dance class using simple movements and great music to create a mind-blowing experience!
Family Activities (free of charge)				
Toddler Gym (2-4 year olds)	Monday	10 am - 12pm	Holden-Fisher Hall	Activities designed to stimulate the motor development of 2-4 year olds with parent participation.
Parent Time	Tuesday	10 am - 12 pm	Holden-Fisher Hall	A meeting time for parents or future parents for exchanging and sharing information about local services and resources.
Parent-Child Play Group (0-2 year olds)	Wednesday	10 am - 12 pm	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. Free of charge. Snack included. Open to all.
Wellness				
Viniyoga	Monday	12 pm - 1 pm	Studio 4	A gentle approach to yoga, ideal for those who would like to relax, stretch and learn to breathe deeply. All levels. (Facilitated in French).
Yoga	Tuesday	5 pm - 6 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.
Meditation	Wednesday	12 pm -12:45 pm	Holden Fisher Hall	A brief introduction to meditation including some gentle stretches and yoga breathing techniques (suitable for people of all ages and health conditions) followed by short a guided meditation.
Qi Gong	Thursday	12:15 pm - 13 pm	Studio 4	Qi Gong, meaning to "cultivate life energy," is a traditional Chinese practice involving slow movements combined with breathing, meditation and concentration exercises.
Skills				
Community 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 meal preparation). Please bring your own containers so you can take food home.
	Planification	Thurs Feb 9, March 16	11 pm - 12 pm	Room 409
	Cooking	Mon Feb 13, Mar 20	1:30 pm - 4 pm	4th floor kitchen
French Conversation Group	Monday	6 pm - 7:30 pm	Room 409	Facilitator-led conversation groups where participants practice a second language in a relaxed learning environment.
Basic Computer Skills (Bilingual)	Tuesday	6 pm - 7:30 pm	Studio 4	IT workshop covering basic computer skills. Participants must enroll for the entire session. Workshop materials: USB key (\$5).
English Conversation Group	Thursday	6 pm - 7:30 pm	Room 409	Facilitator-led conversation groups where participants practice a second language in a relaxed learning environment.
Art & Creativity				
Creative Expression	Tuesday	6 pm - 8 pm	Art Room	Join us for the opportunity to discover, learn, create and express yourself in a friendly and welcoming atmosphere! Together, we will explore a variety of art-making practices and techniques, so that you can awaken your inner artist. No previous experience or skills required.
Art Hive*	Wednesday	1:30 pm - 4 pm	Centre Multi 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. Come join us for coffee, cookies and art, so you can nurture your creativity!