

ACTIVITIES AT THE YWCA CENTRE MULTI!

The YWCA Centre Multi invites women, girls and families to come and enjoy a wide range of low-cost activities in downtown Montreal!



WINTER 2017 SCHEDULE – January 30th to March 24th

REGISTRATION: Starting on January 23rd, 2017

FEES: \$ 10 per session plus \$ 5 per chosen activity

The membership card also entitles you to 10% off at Fringues Friperie.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM	10 am to 12 pm Toddler Gym (2-4 years old) <i>free</i>	10 am to 12 pm Parent Time <i>free</i>	10 am to 12 pm Parent-Child Group (0-2 years old) <i>free</i>	
				11 am to 12 pm Community Kitchen (Menu planning) February 9 and March 16
NOON	12 pm to 1 pm Vini Yoga		12 pm to 12:45 pm Meditation (English)	12:15 pm to 1 pm Qi Gong
PM	1:30 pm to 4 pm Community Kitchen Cooking February 13 and March 20		1:30 pm to 4 pm Art Hive	
	4 pm to 5 pm Zumba	4 pm to 5 pm Zumba	4 pm to 5 pm Zumba	
EVENING		5 pm to 6:15 pm Yoga	5 pm to 6 pm <i>GROOVE</i>	
		6 pm to 7 pm Latin Dance		
	6 pm to 7:30 pm French Conversation Group	6 pm to 7:30 pm Basic Computer Class (bilingual)		6 pm to 7:30 pm English Conversation Group
		6 pm to 8 pm Creative Expression		

After-school programs and drop-in day care are available for residents of the Peter-McGill District.

CENTRE MULTI
INFORMATION & REGISTRATION:
 514 866-9941, # 607
centremulti@ydesfemmesmtl.org

- Physical Activities
- Family Activities (free)
- Wellness
- Skills
- Art & Creativity

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



Centre Multi - Opening hours:
 Monday to Thursday
 from 10 am to 7 pm

For more information:
www.ydesfemmesmtl.org

