



St. Willibrord Community Learning Centre • 300 McLeod, Châteauguay

www.stwillibrord.ca • 450-691-4550



St. Willibrord Community Learning Centre **Fall** 2009

The Community Learning Centre is funded by Heritage Canada and LEARN Quebec in an effort to provide English-language services within our community.



Take a look inside... there's something for everyone this Fall at the
St. Willibrord Community Learning Centre.

Register right away! Spaces are limited. First-come First-serve basis.

All classes are
10 weeks long
unless otherwise noted.

Win a Free CLC Course!!
Community feedback is crucial to your
Community Learning Centre!

The CLC has a couple of on-line surveys, which take only 5-10 minutes to complete. Four lucky winners will be drawn randomly from those who fill out the survey, each will receive a FREE (value \$50) CLC course of their choice during the 2010 Winter (Feb-May) session. Both adults and children are encouraged to fill out their respective surveys. Check out www.stwillibrord.ca, follow the link to the surveys and fill it in! Winners will be notified in late November or early December. Good luck!

Please complete and return the registration form to the St. Willibrord CLC or your school's secretary.

- **Make sure you have clearly indicated the activity, the night and age**
 - **Please make cheques payable to St. Willibrord CLC.**
- **Parking & entrance for all activities is at the back of the school on Bell Street**



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Parenting Classes

Kids with special needs and/or learning disabilities Parental Support Group

7:00-9:00 pm • Last Wednesday of every month

Parents English support group for children with special needs or learning disabilities. If interested, contact Jennifer to fill out a survey so the group can focus on what parents want it to be. Looking forward to meeting you. (contact: Jennifer Sioui - 450-692-3450)

Positive Parenting Seminars

Tuesdays 7:00 to 9:00 •

Cost: FREE

Helpful hints and strategies of positive parenting methods are at the core of the "Nobody's perfect" program. Parents will have an opportunity to meet with other parents and share their experiences and exchange tips. The goal of this program is to reinforce parental abilities. Financial assistance for babysitting and transportation can be provided (call for more details 450-692-9805 - Alicia). Classes start: Oct 14th

"The More We Get Together" (Ages 0-2 years)

4:00-5:00 PM Cost: FREE

Moms or Dads are invited to bring their young child for a delightful hour filled with songs, nursery rhymes, stories, and some play time. An enjoyable bonding experience for you and your child, this CLC pilot program will help you discover how stories, songs, and rhymes can be used for play as well as to help you cope during those times when your little one is tired, fussy, or cranky. The weekly gatherings will give you the chance to meet other parents and share child-rearing experiences while your child has a chance to socialize with other children. Trained leaders will aid the group in a very unique experience for parent and child alike. Classes start: Oct 8th."

Seniors' Classes

Seniors' Computers 55+: Level 1 & 2

Level 1: Tuesdays @ 6:00-8:00

Cost: \$10

Level 2: Wednesdays @ 6:00-8:00

Want to learn how to use those pesky computers? We'll help you master your computer needs in a group setting (12 students per class). (Course given at the NOVA Career Centre: for more info call Pauline Wiedow 450-699-1974). Open House Oct. 7th and runs until Dec 15th and 16th.

Seniors' Writing Class (50 years old and over)

Tuesdays @ 1:30-3:30 PM

Cost: \$10

"Write your life story"- this non-fiction writing group will focus on writing chapters of their life, either for family, grandchildren or to publish. Participants will discuss the craft of writing, and write 400 words each week. They will also listen to each other other's stories in order to give constructive and helpful feedback.

Classes start Sept 15th to Nov 3rd. For more info call Pauline Wiedow 450-699-1974.

**For more
information
about the CLC
or if you'd like to
offer a service,
please contact
Chuck Halliday
at 450-691-4550
or email
[challiday@
csnewfrontiers.
qc.ca](mailto:challiday@csnewfrontiers.qc.ca)**



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REGISTRATION

Participant Name _____ Age _____ School _____
First Name Last Name

Participant Name _____ Age _____ School _____
First Name Last Name

**Parent/
Guardian** _____ Address _____

IMPORTANT! Children's special needs/health issues _____ Telephone _____

Emergency # _____

email _____

Yes! I would like to be on the CLC email list for more info and upcoming events.

Activity Name	Activity Night	Grade	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Activity Name	Activity Night	Grade	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Activity Name	Activity Night	Grade	Cost
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Please make your cheque payable to "St. Willibrord CLC" dated no later than Oct 16. TOTAL:

• Spaces are limited
• First-come first-serve basis
• Minimum # students for some courses
Contact Chuck Halliday for more info!
450-691-4550 challiday@csnewfrontiers.qc.ca



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300 McLeod, Châteauguay, QC J6J 2H6 • Tel: 450-691-4550 • www.stwillibrord.ca



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Monday



1. Cheerleading (Grades 1 to 6)

5:00-5:50 PM • Cost: \$ 50

Children will start with the basic movements involved in cheerleading, and will then combine these movements with cheers and dance moves. Classes start: Oct 5th

2. Irish Dancing (Grades 1 to 6)

6:00-6:50 PM • Cost: \$50

Builds self confidence, coordination skills, balance, and most importantly, through teamwork it builds friendships. Students will learn the basic steps for both solo and group dances and proper techniques. Classes start: Oct 5th

3. Kids' Ballroom Dancing (Grades 3 to 6)

6:00-6:50 PM • Cost: \$50

Learn to dance like the stars. They will learn to Cha Cha and merengue. Students will learn to dance with a partner. Classes start: Oct 5th.

4. Family Yoga

7:00-8:00 PM

Cost: \$60 - for adult and child together
\$30 extra for every extra child

A fun, relaxing and stress-free activity you and your child can do TOGETHER. Relaxation, concentration and stress management techniques are learned while sharing quality time with your little one in a unique experience. Classes start: Oct 5th

All classes are
10 weeks long
unless otherwise noted.

Now offering
for Adults
Register now!
Spaces limited!

French Conversation Skills (18 years+)

Time: 7:00-8:00 pm Cost: \$50

Would you like to improve your French conversational skills? Have you had trouble finding your ideal job due to your French speaking ability? This course is designed, in a comfortable group setting, to help improve your French speaking skills for different situations. The more you practice the more you'll improve. Classes start: Oct 6th.

St. Willibrord CLC Partners

JAZZERCISE contact Cindy - jazzercisewithcindy@yahoo.ca / 514-363-4111

LES CLÉMENTINES PRESCHOOL (Harmony School) contact Laura 514-702-0427 / info@lesclementines.ca

PARKVIEW PRESCHOOL (St. Willibrord School) contact Shannon 450-691-4320

ZUMBA DANCE contact Rina 514-570-7462 / m7462@yahoo.com

Toastmasters International - leadership skills, be more persuasive and confident, public and impromptu speaking and organizing your thoughts: contact Lise Chenier 514-941-2159 or chenier.lise@gmail.com
Open house • Monday, Sept. 21st at 6:45 pm)



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Tuesday



5. Martial Arts I

4:30-5:20PM • Cost: \$50

Introduction to martial arts builds confidence, discipline and self-respect towards others. All ages are welcome. Classes start: Oct 6th.

6. Martial Arts II

5:30-6:20PM • Cost: \$50

This course is primarily intended for children 10 years and older "or" those that have passed their previous exam for Martial Arts I. Students will build, learn and improve on their techniques. (Note: Sensei reserves the right to place student in appropriate class level for both courses.) Classes start: Oct 6th.

7. Red Cross Babysitting Certification

4:00-6:00 PM • Cost: \$50 (4 classes, Nov 3 to 24)

This course will certify the students as Red Cross Trained babysitters. Students must be 11 years old and over.

8. Kids' Painting (Grades 1-6)

4:30-5:30 PM • Cost: \$50

Through the fun of painting children will explore their artistic side using many different types of paint and mediums. Come ready to use your imagination! Please bring a smock. Classes start: Oct 6th

9. Guitar Fundamentals (Grades 1-3)

6:15-7:10 PM • Cost: \$50

Students will learn the basic guitar techniques such as playing chords, strumming, finger picking, reading tabs, music notation, guitar tuning and simple guitar songs. Classes start: Oct 6th. (Please indicate on the registration form if you do or do not have a guitar)

10. Guitar Fundamentals (Grades 4-6)

7:15-8:15 PM • Cost: \$50

As above - course #9

11. Acting (Grades 1-6)

6:00-6:50 PM (Grade 1-3) • Cost: \$50

In partnership with the "The Montreal School of Performing Arts (MSOPA)" this course involves various theatre games, improv exercises and camera work, which will allow the students to explore their imagination, creativity and development. Minimum 10 students required. (Based on enrollment - if minimum 20 students enrolled in total - may split course into two age groups. Classes start Oct 7th.

12. CLC Sports' Night (Grades 1-3)

5:00-6:00 PM • Cost: \$50

A healthy body leads to a healthy mind so get active and have a ball. CLC Sports' Night lets students unleash their athletic skills and learn sports such as indoor soccer, tchoukball, etc. Classes start: Oct 7th

13. CLC Sports' Night (Grades 4-6)

6:15-7:15 PM • Cost: \$50 (same as Sports' Night description)

Classes start: Oct 7th

Thursday



17. Hip Hop I (Grades K-2)

4:25-5:15 PM • Cost: \$50

Learn to hip-hop dance with your friends. Students will learn the basics and apply their skills to a routine. Classes start: Oct 1st

18. Hip Hop II - (Grades 3-6)

5:30-6:20 PM • Cost: \$50

Our hip hop superstars continue their trek to dance superstardom. Classes start: Oct 1st

Wednesday



14. Zumba Kids (Grades K-6)

5:15-6:05 PM (Grades 1-6) • Cost: 50\$

Try a NEW and exciting workout for kids. They will follow easy dance steps and movements to fun, popular latin pop music. This course is intended to build up a sweat for students while they bounce around. The students will follow the instructors' lead and have a ball. Classes start: Oct 7th.

15. Advanced Creative Dance (Grades 3-6)

6:15-7:05 PM • Cost: 50\$

Combination of Hip Hop, Latin pop and breakdancing this course is only for students that have completed a CLC Hip Hop 2 course, the course is intended for the older and more advanced students (Grades 3-6). (Instructor "Mrs. Rina" reserves the right to place student in a Thursday Hip Hop course.) Classes start Oct 7th.

16. Knitting Loom Classes (Grades 3 and over)

7:00 - 8:00 pm •

Cost: \$60 (includes a loom, needle and wool to make one project)

If you'd like to learn how to knit or crochet then this is the class for you. Students will learn the basic steps on a loom to make a gift for yourself or somebody special. Class size is 10 - 15 people and starts: Oct 7th.

Tutoring Services

The CLC has a bank of highly skilled educational professionals that will help your child reach their full potential. Contact (450) 691-4550 and say it's for CLC tutoring program. Cost: 25\$ an hour.