

The Westmount Parent Strolling, shopping and swimming

ANNIKA MELANSON



Let's get physical! For expecting mums who want to stay in shape during pregnancy and new mummies wanting to regain their pre-pregnancy bodies post-partum, Copines et Poussettes is now offering classes in Westmount Park. The name says it all: friends and strollers...but it sounds so much nicer in French. So grab your buggy, your baby, some good workout gear and a bottle of water and go! Two different classes will be offered beginning on July 2: *Walking Bellies* and *Power-Stroll*.

Exercise for mums

Walking Bellies is a class designed for expecting mothers who want to maintain a healthy body during pregnancy through low-impact exercise. What better way to stay fit, increase strength and flexibility, both which will be needed during delivery, while enjoying the great outdoors in our fantastic local park?

Classes are held on Tuesdays from 6:30 pm to 7:30 pm and the session costs \$160. *Power-Stroll* is a class designed for new mums to get back into shape while enjoying the company of their babies. Added bonus: no babysitting hassles or costs! For this class there is the option to bring your own two to five pound weights and an exercise mat. The class is offered on Tuesdays from 10 am to 11:15 am and Thursdays from 10:30 am to 11:15 am. The session costs \$195 whether you attend one or two classes a week.

All classes are taught by certified group fitness instructors who are trained in CPR.

Make sure that you and your baby are protected from the sun by using sun block and a hat. It is not advised for babies under the age of six months to use sunscreen so ensure that your little one is properly shaded from the sun. This is a great way to get out and have fun and a great idea to give as a gift certificate for the mum who has everything! Copines et Poussettes, 514.688.2878, www.copinesetpoussettes.com.

Westmount retail news

Pom'Canelle has temporarily moved to 386 Victoria Ave., across from Metro Fletcher.



Pom'Canelle's temporary Victoria Ave. location

The store is getting a complete facelift and will re-open at its usual location, 4860 Sherbrooke St. West, on July 15.

Speaking of retail therapy, Oink! Oink! Offers a 15-percent discount to grandparents on the first Tuesday of every month. As if any granny needs an excuse to indulge their little treasures! I always buy Amel's sunhats there as they carry hats made from SPF fabrics. The hats are called Solarweave II and offer UV protection and are UPF (Ultra Violet Protection) factor 40 to 50+. They wash well and have wide rims to shade the face. They cost about \$35. Oink! Oink!, 1343 Greene Ave., www.oinkoink.com.

Pool party

The yearly Splash Bash is happening on Sunday, July 1 at the Westmount Pool. Starting at 12 pm, there will be a barbeque with hotdogs, hamburgers and drinks served. All of the food costs \$1 to \$2.

At 2 pm the real party begins: games, races and contests galore. I remember one of the big treats of the yearly pool party was that one didn't have to wear the normally mandatory unattractive bathing caps...when I was a child the rubber caps were all that was available and as well as being ugly, they also pulled my hair! Starting this year, the Westmount Pool will no longer enforce the bathing cap rule, although people with long hair are advised to tie hair back.

For little swimmers who love the water but need the extra confidence boost, I have found a great product: Floatations Swimsuits. Okay, I know that bathing suits with incorporated flotation devices have been around for a while, but I have never seen ones that also have a flotation panel at the chest level (front and back) which definitely make a difference in stability and keeping your child's head above water.

My four-year-old daughter, Amel loves the water and has the right idea, but this suit gives her the extra confidence that she needs to develop her swimming and coordination. These suits are difficult to find but are available at www.mypoolpal.com. There are many styles for boys and girls in an assortment of colours and cost about US \$55.

Have fun in the sun and see you at the pool!

Wine: What's In Store?

Cono Sur Reserve and Monkey Bay

BY CAROLA PRICE



With rows of shelves brimming with bottles from around the globe how are you ever supposed to choose a wine for your evening meal or festivity? Your personal sommelier is here to tell you what to buy at the Westmount SAQs.

It's all about screw caps this summer and the listings are becoming plentiful here in Quebec. I will now share important information. Only 10 percent of the world's wine is meant to be drunk after ten years. While most of the wine we consume is meant for early consumption, say less than five years, why on earth should we use an unsustainable product like cork? Embrace the newest in Stelvin enclosure and drink what the winemaker wanted us to taste, without cork taint. Put your notions about the

days of the fellow on the park bench sipping bad *dep* wine. Very reputable houses are now offering this enclosure for their premium offerings, with Australia leading the way. Cheers and happy sipping.

Cono Sur Reserve Pinot Noir from Chile is a good match to BBQ salmon and even sirloin burgers. The slightly smokey nose led to a black cherry and earthy flavour. While it is a bit high in alcohol for my liking it matched with the food and at \$16.70 it is a Pinot bargain. Serve it slightly chilled so it can open in the glass. SAQ#00874891. Available at Westmount Square, Atwater and Victoria outlets.

Monkey Bay Rose from New Zealand was a delicious way to start the evening meal. The nose of strawberry and pepper gave way to a medium bodied finish with great acid to match with food. At \$16.20 it can be your apero. SAQ#10769921. Available at Westmount Square, Atwater and Victoria/Sherbrooke outlets.

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in Point St. Charles on June 12.

They installed detectors and, when needed, replaced batteries. At their June 13 meeting, the Rotarians discussed their annual garage sale and auction, which was well attended, to say the least, June 1 and 2.

The Rotary meets at 12:30 pm every Wednesday at Victoria Hall, 4626 Sherbrooke St. W.

For more information, please contact 514.935.3344 or info@rotarywestmount.org.



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