



FALL 2026 WESTMOUNT SPORTS AND RECREATION ACTIVITIES

SEPTEMBER TO DECEMBER

Online registration:
Starts August 11, 2026

westmount.org

SPORTS AND RECREATION

Activity registration
Facility Membership Card
General skating and hockey
Indoor swimming
Activities for youth
Activities for adults
Activities for seniors

COMMUNITY ORGANIZATIONS AND RESOURCES

General information



REGISTRATION DATES

SPORTS AND RECREATION

Recreation Activities Westmount residents Non-residents	begins Tuesday, August 11, 2026 begins Tuesday, August 25, 2026
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FOR MORE INFORMATION

CITY HALL

General Inquiries	514-89-5200
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WESTMOUNT RECREATION CENTRE

Sports and Recreation Department	514-989-5353
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VICTORIA HALL

Community Events Office	514-989-5226
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WESTMOUNT PUBLIC LIBRARY

General Inquiries	514-989-5300
Adult Department	514-989-5300
Audio-Visual Department	514-989-5300
Children's Department	514-989-5300
Reference Desk	514-989-5300

WESTMOUNT.ORG

Consult Westmount's website for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.

SR2026-07

If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.

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City of Westmount
4333 rue Sherbrooke O.
Westmount, Quebec H3Z 1E2
Telephone: 514 989-5200
Fax: 514 989-5484
westmount.org

WELCOME MESSAGE

As summer reaches its peak and Westmount's parks, tennis courts, and pool continue to come alive with activity, it's also a great time to start planning for the fall season. A new session of exciting programmes is just around the corner, and we invite you to discover all that Westmount has to offer!

Registration for fall programmes begins in early August and can be completed online or in person at the Sports and Recreation Office in the Westmount Recreation Centre. Our team will be happy to assist you with registration and provide information about all the programmes featured in this brochure.

Inside these pages, you'll find a wide variety of activities, classes, and opportunities designed to help residents stay active, connected, and engaged throughout the season. If there's a program or activity you'd like to see offered in the future, we encourage you to share your ideas with us.

We look forward to welcoming residents of all ages to our fall programs and events. We also extend our sincere thanks to the volunteers who help make so many community activities possible. Whether you're interested in supporting a special event or lending a hand with our youth sports programs, we would be delighted to welcome you to our volunteer team.

Wishing you a wonderful fall season filled with fun, activity, and community spirit!



David Lapointe
Director - Culture, Sports, Recreation and Social Development

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For information on registering for Sports and Recreation activities, including those that take place at Victoria Hall, please contact us.
514-989-5353 • WESTMOUNT.ORG

SPORTS AND RECREATION OFFICES

Westmount Recreation Centre: 4675 rue Sainte-Catherine O.
Victoria Hall: 4626 rue Sherbrooke O.

With offices at the Westmount Recreation Centre and Victoria Hall, the Sports and Recreation Department offers a variety of programmes to residents of all ages.

Its objective is to help foster a strong sense of community, promoting Westmount as an ideal place to live, especially for young families. With a focus on personalized service, staff members are available to answer questions and comments regarding all of the City of Westmount's sports and recreation activities and programmes.

OFFICE HOURS

Monday to Friday	8:30 a.m. to 4:30 p.m.
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PERSONNEL - SPORTS AND RECREATION

WESTMOUNT RECREATION CENTRE		514-989-5353
David Lapointe	Director dlapointe@westmount.org	ext. 5410
Jennifer Heaps	Administrative Officer jheaps@westmount.org	ext. 5389
Andrew Maislin	Division Head Operations & Sports Facilities amaislin@westmount.org	ext. 5323
Alyssa Sherrard	Sports Coordinator asherrard@westmount.org	ext. 5212
Gabrielle Jay-Riendeau	Sports Coordinator gjay@westmount.org	ext. 5320
Kai Duenez	Sports Coordinator kduenez@westmount.org	ext. 5391
Jessie Zhou	Administrative Support Clerk jzhou@westmount.org	ext. 5303
Matthew Ciampini	Arena Foreman mciampini@westmount.org	ext. 5387
VICTORIA HALL		
Claude Danis	Programme and Community Services Coordinator cdanis@westmount.org	ext. 5393

ACTIVITY REGISTRATION

ONLINE REGISTRATION INFORMATION

To register online, you must have an active account.

RESIDENTS OF WESTMOUNT:

- All existing accounts are suspended as of December 31 each year. To reactivate your account for the current year or to activate a newly created account, please send us two current proofs of residence by email to recreation@westmount.org (see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account or click on "set up a new account" to create one. Once you have created your account, it will not be activated until you provide the department with recent (within 3 months) proofs of residence.
- For any inquiries, please email recreation@westmount.org.

NON-RESIDENTS:

- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account, or click on "set up a new account" to create one.

FEES MUST BE PAID IN FULL UPON REGISTRATION USING ONE OF THE FOLLOWING:

ONLINE: Visa/MasterCard

BY PHONE: Visa/MasterCard. Call 514-989-5353.

All taxes are included. Cheques returned due to non-sufficient funds (NSF cheques) are subject to a \$35 fee.

WAITING LIST

If the programme you want to register for is full, your name will be placed on a waiting list. You will only be contacted if a space becomes available.

PROOFS OF RESIDENCE

To register, two (2) recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identity card such as a driver's licence) are required for all participants aged 18 years and over.

Anyone between the ages of 4 and 17 are required to provide one (1) proof of residency (official school or government document), along with one (1) proof of age (health insurance card or passport).

Have a valid 2026 Recreation Facility Membership Card?

This card can serve as your proof of residence, and no other documentation is required.

NON-RESIDENTS

Non-residents may register for Westmount programmes and activities on the date indicated below. Please note, however, that non-residents must pay a fee surcharge of 50% for all programmes.

REGISTRATION PERIOD

RESIDENTS: AS OF TUESDAY, AUGUST 11, 2026

ONLINE begins at 8 a.m.

IN PERSON begins at 8:30 at the Sports and Recreation office.

Spaces are not guaranteed, so register early to avoid the waiting list.

westmount.org/onlineregistration

NON-RESIDENTS: AS OF TUESDAY, AUGUST 25, 2026

ONLINE begins at 8 a.m.

IN PERSON begins at 8:30 a.m. at the Sports and Recreation office.

REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax as of August 25, 2026.

BY MAIL

Sports and Recreation
City of Westmount
4675 rue Sainte-Catherine O.
Westmount QC H3Z 1S4

BY FAX

514 989-5486

When registering by mail or by fax, please include your payment information on the registration form (credit card – Visa or MasterCard only). Don't forget to include copies of your proofs of residence!

CANCELLATIONS

Programmes with insufficient registration may be cancelled. Unless otherwise indicated, minimum registration for all programmes is 10 participants. When a programme is cancelled, all participants will receive a full refund by cheque in the mail.

ACTIVITY REGISTRATION

REFUND POLICY

For participants who withdraw from programmes, all refund requests must be submitted in writing and will be subject to a \$15 administration fee. Refunds will be issued by cheque in the mail.

Programmes:

- A full refund, less the administration fee, will be issued for requests received prior to the start date of the programme.
- A pro-rated refund, less the administration fee, will be issued for requests received the week of the start date of the programme.
- No refunds will be issued as of the second week of a programme unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration fee, will be issued.

Summer Camp/Swim Lessons/Tennis Lessons:

- A full refund, less the administration fee, will be issued for requests received at least 7 days prior to the start date of the camp or lessons.
- No refunds will be issued within 7 days of or after the start date of camp or lessons unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration fee, will be issued.

Hockey:

- A full refund, less the administration fee, will be issued for requests received prior to the start of the season.
- For requests received within the first 50% of the season, a pro-rated refund, less the administration and equipment fee, will be issued.
- No refunds or credits will be issued after 50% of the season has been played unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration and equipment fee, will be issued.

Transfers:

- The administration fee will be charged for any transfers made between programmes/camps/lessons within 7 days of the start date. No transfers will be made after the start date.

SUGGESTIONS

If you cannot find an activity that interests you, or would like to suggest a new programme, please contact the Sports and Recreation Department at 514-989-5353 or by email at recreation@westmount.org.

FACILITY MEMBERSHIP CARD

This handy membership card with a photograph serves to identify users of Westmount sports facilities, allowing quick and easy access to the Westmount Recreation Centre, Victoria Hall, and Westmount's tennis courts, all with the same card.

Residents can apply for their card online by visiting the City of Westmount website at the following link: westmount.org/card.

Two (2) recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identification card such as a driver's licence) are required for all participants aged 18 years and over. Anyone between the ages of 4 and 17 is required to provide one (1) proof of residence (official school or government document), along with one (1) proof of age (health insurance card or passport).

Please note that the Facility Card is not required to register for sports and recreation activities, unless otherwise indicated.

ANNUAL MEMBERSHIP FEE FOR RESIDENTS (2026)

INDIVIDUAL MEMBERSHIP	\$65
SENIORS MEMBERSHIP (65 YEARS +)	\$50
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$12 charge for each additional card.	\$130

NON-RESIDENTS

Single-use passes may be purchased for the use of the various facilities in Westmount. Please contact the Sports and Recreation department for details at 514 989-5353 or visit our website at westmount.org.



ACCESSIBILITY

The City of Westmount recognizes that persons with a disability have the same rights and needs as their fellow citizens, including the right to participate in community recreational activities.

The City endeavors to ensure that there is no discrimination against any citizen and that facilities are accessible to all.

It is the policy of the Westmount Sports and Recreation Department to integrate, where possible, persons with a disability into their regular programming. Persons with disabilities that register for an activity in Westmount may have a companion attend with them at no cost.

Interested parties are invited to contact the Director of Sports and Recreation for information about potential participation and/or with ideas on inclusivity.

VOLUNTEERING IN WESTMOUNT

Over the years, the key to the success of Westmount's sports and recreation programmes has been the involvement of keen volunteers from the community. Westmount is indeed fortunate to have residents who willingly give their time and expertise to help provide quality programmes and services, but there is never a shortage of tasks for new volunteers. For example, we are always looking for:

- coaches for various sports teams
- volunteers to help at various community events such as Winter Carnival and Family Day



These are but three of a wide range of activities where volunteers are essential. If the notion of getting involved in these or other programmes is of interest to you, we invite you to scan the QR code or call the Sports and Recreation office at 514-989-5353 for additional information.

PART-TIME EMPLOYMENT

The Westmount Sports and Recreation Department is always in need of students to fill the following part-time positions:

- referees and timekeepers
- umpires and scorekeepers
- pass attendants and rink monitors

If you are interested, please call the office at 514 989-5353 or send an email to recreation@westmount.org.

GENERAL SKATING AND HOCKEY

INDOOR GENERAL SKATING AND HOCKEY

Ice time will be available for general skating and hockey for the entire family at the Westmount Recreation Centre. A detailed schedule as well as the information on making a reservation can be found at westmount.org.

OUTDOOR RINKS

Residents can enjoy outdoor natural ice rinks throughout Westmount from the second week of December until mid-March, weather permitting.

Rinks are set up in the following parks:

- Westmount Park (skating only - no hockey)
- Queen Elizabeth Gardens
- King George Park
- Devon Park
- Stayner Park
- Prince Albert Park

Facility Access Cards are not required for the outdoor rinks.

INDOOR SWIMMING

THE WESTMOUNT YMCA (4585 SHERBROOKE ST. W.) OFFERS WESTMOUNT RESIDENTS THE FOLLOWING AQUATIC ACTIVITIES ON A CONTINUAL BASIS:

TUESDAY	6:30 TO 7:30 A.M.	LAP SWIM
TUESDAY	12:45 TO 1:45 P.M.	SENIORS AQUA-ARTHRITIS 60+
FRIDAY	10:25 TO 11:25 A.M.	FAMILY SWIM
SATURDAY	2:00 TO 3:30 P.M.	FAMILY SWIM
SUNDAY	8:30 TO 10 A.M.	FAMILY SWIM

ACTIVITIES FOR YOUTH

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Babies On The Move

A pediatric physiotherapist will guide caregivers in techniques to help their baby develop head control, maintain good posture, and master tummy time, rolling, and sitting. In the older group, the physiotherapist will assist with skills such as sitting, crawling, standing, and walking. Additionally, they will provide useful tips on back care for caregivers.

FALL: Sept. 21 to Nov. 2 (6 wks) <i>No class October 12</i>	0-9 months 9-18 months	Monday, 10 to 11 a.m. Monday, 11 a.m. to 12 p.m.	1290.301 1290.302	Janet Hale	Claude Danis	\$48 \$48	VH
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Babysitting

The Red Cross, in collaboration with Atout Plus, offers basic first aid and caregiving skills for youth 11 to 15 years old. Participants learn how to provide care to younger children.

FALL: Nov. 5 to Dec. 10	11-15 yrs.	Thursday, 5 to 6:30 p.m.	1219.301	Annie Jolicoeur	Claude Danis	\$62	VH
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Basketball

Indoor shoes are required.

FALL: Oct. to Dec. <i>Schedule will be provided shortly after registration.</i>	7-9 yrs.	Thursday, 6:30 to 7:30 p.m.	1276.301	TBA	Gabrielle Jay-Riendeau	\$87	WHS
	10-12 yrs.	Thursday, 6:30 to 7:30 p.m.	1276.302	Instructional programme.		\$87	
	13-14 yrs.	Thursday, 7:30 to 8:30 p.m.	1276.303	Non-instructional programme.		\$82	
	15-16 yrs.	Thursday, 7:30 to 8:30 p.m.	1276.304			\$82	

Breakdance

FALL: Sept. 25 to Dec. 11	7-14 yrs. Begin. 7-14 yrs. Inter. The Next Level	Friday, 4:30 to 5:30 p.m. Friday, 5:30 to 6:30 p.m. Friday, 6:30 to 7:30 p.m.	1247.301 1247.302 1247.303	TBA	Claude Danis	\$87 \$87 \$87	VH
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Chanson Magique

FALL: Sept. 23 to Dec. 9	1-2 years 3-4 years	Wed., 3:15 to 4 p.m. Wed., 4:15 to 5 p.m.	1216.301 1216.302	Muriel Vergnaud	Claude Danis	\$82 \$82	VH
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Classical Ballet

Girls attire: a leotard, pink tights and pink ballet shoes (small ballet skirt is acceptable - no tutus)

Boys attire: white t-shirt, black leggings, white or black socks and black ballet shoes.

FALL: Sept. 21 to Dec. 14 <i>No class October 12</i>	3 yrs.	Sat., 9:30 to 10 a.m.	1215.311	Joanie Moreau	Claude Danis	\$77	VH
	4 yrs.	Fri., 3:30 to 4 p.m.	1215.312			\$77	
	4 yrs.	Sat., 10 to 10:30 a.m.	1215.322			\$77	
	5-6 yrs.	Mon., 4 to 4:45 p.m.	1215.303			\$82	
	5-6 yrs.	Fri., 4 to 4:45 p.m.	1215.313			\$82	
	5-6 yrs.	Sat., 10:30 to 11:15 a.m.	1215.323			\$82	
	7-8 yrs.	Mon., 4:45 to 5:45 p.m.	1215.304			\$87	
	7-8 yrs.	Fri., 4:45 to 5:45 p.m.	1215.314			\$87	
	7-11 yrs.	Sat., 11:15 a.m. to 12:15 p.m.	1215.324			\$87	
	9-11 yrs.	Mon., 5:45 to 7 p.m.	1215.305			\$92	
	9-11 yrs.	Fri., 5:45 to 7 p.m.	1215.315			\$92	
	12+ yrs.	Fri., 7 to 8:45 p.m.	1215.306			\$102	

Discovering Art

FALL: Sept. 22 to Dec. 8	7-10 yrs.	Tuesday, 5 to 6 p.m.	1221.301	Amithy Escorpizo	Claude Danis	\$87	VH
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Drama Time!

A fun and creative class where kids ages 9–13 explore acting, improv, and storytelling. Build confidence, teamwork, and self-expression—no experience needed!

FALL: Sept. 21 to Dec. 14 <i>No class October 12</i>	9-13 yrs.	Monday, 5 to 6 p.m.	1260.301	Amithy Escorpizo	Claude Danis	\$87	VH
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Hip Hop

FALL: Sept. 22 to Dec. 8	6-8 yrs. 9-12 yrs.	Tuesday, 4 to 5 p.m. Tuesday, 5 to 6 p.m.	1248.301 1248.302	Nancy Boulanger	Claude Danis	\$87 \$87	VH
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Jiu-Jitsu

FALL: Sept. 21 to Dec. 14 <i>No class October 12</i>	8-12 yrs. Gr. 1 8-12 yrs. Gr. 2	Monday, 4 to 5 p.m. Monday, 5 to 6 p.m.	1207.301 1207.302	Diego Patino	Claude Danis	\$87 \$87	WRC
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Karate - JKA (7-13 years) Participants can purchase a karate GI through the instructor.

FALL: Sept. 25 to Dec. 11	Beginner (7-9 yrs) 10th KYU Beginner (10-13 yrs) 10th KYU Intermed. (7-13 yrs) 9th to 6th KYU Advanced (7-13 yrs) 5th + KYU	Friday, 5 to 6 p.m. Friday, 5 to 6 p.m. Wednesday/Friday 6 to 7 p.m. Monday/Wednesday/Friday 7 to 8 p.m.	1206.301 1206.311 1206.302 1206.303	JKA Instructors	Claude Danis	\$87 \$87 \$107 \$127	WRC
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Only previously registered participants can partake in the Intermediate and Advanced classes.

Kidnastix Indoor shoes are required.

FALL: Sept. 22 to Dec. 12	1-2 yrs. 3-4 yrs. 5-7 yrs. 1-1.5 yrs. 1.5-2 yrs. 3-4 yrs. 5-7 yrs.	Tuesday: 3 to 3:45 p.m. 4 to 4:45 p.m. 5 to 6 p.m. Saturday: 9:30 to 10:15 a.m. 10:30 to 11:15 a.m. 11:30 a.m. to 12:15 p.m. 12:30 to 1:30 p.m.	1217.301 1217.302 1217.303 1217.311 1217.321 1217.312 1217.313	Joshua Jay	Claude Danis	\$77 \$77 \$82 \$77 \$77 \$77 \$82	WRC
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Let's Move & Dance

FALL: Sept. 24 to Dec. 10	1-2 yrs. 3-5 yrs.	Thursday, 3 to 3:45 p.m. Thursday, 4 to 4:45 p.m.	1218.301 1218.302	Nancy Boulanger	Claude Danis	\$82 \$82	WRC
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Multisport

Young athletes will be introduced to a variety of sports throughout the session including but not limited to; baseball, soccer, badminton, volleyball, touch football, ultimate frisbee, and more. Schedule will be provided shortly after registration. **Indoor shoes are required.**

FALL: Oct. to Dec.	4-6 yrs.	Tuesday, 6:30 to 7:30 p.m.	1270.301	TBA	Gabrielle Jay-Riendeau	\$87	WHS
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Soccer - Indoor Schedules will be provided shortly after registration. Indoor shoes are required.

BOYS Oct. to Dec.	8-9 yrs. 10-11 yrs. 12-15 yrs.	Monday, 5 to 6 p.m. Monday, 6 to 7 p.m. Monday, 7 to 8 p.m.	1224.301 1224.302 1224.303	Non-instructional, game play only.	Gabrielle Jay-Riendeau	\$82 \$82 \$82	RMR
GIRLS Oct. to Dec.	8-10 yrs. 11-15 yrs.	Wednesday, 6 to 7 p.m. Wednesday, 7 to 8 p.m.	1225.301 1225.302	TBA Instructional		\$87 \$87	SHS

Stay Safe! The Red Cross, in collaboration with Atout Plus, offers basic first aid and safety skills for youth 9 to 13 years old. Participants learn about being safe when they are without the direct supervision of an adult.

FALL: Sept. 24 to Oct. 29	9-13 yrs.	Thursday, 5 to 6:15 pm	1219.302	Annie Jolicoeur	Claude Danis	\$62	VH
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Yoga For Kids

FALL: Sept. 24 to Dec. 10	6-12 yrs.	Thursday, 5 to 6 p.m.	1209.301	Nancy Boulanger	Claude Danis	\$82	WRC
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VH: Victoria Hall • WRC: Westmount Recreation Centre • RMR: Royal Montreal Regiment • SHS: Selwyn House School • WHS: Westmount High School



Registration ends on September 1.

LEVEL	BORN BETWEEN	GAMES PLAYED	CODE	COST	LOC
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M7 (M.A.H.G.) - (September to April) - Coordinator: Alyssa Sherrard

M.A.H.G. is an introductory hockey program for boys and girls ages 5 and 6. Its aim is to introduce the participant to the basic skills of hockey, stimulate interest in the sport and instill the basic concept of team sport. **M.A.H.G. is available to Westmount residents only.**

M7 - 1	January 1, 2021 to December 31, 2021	Tuesday, 5 p.m. and Saturday, 8, 9, or 10 a.m.	1200.401	\$290	WRC
M7 - 2	January 1, 2020 to December 31, 2020	Tuesday, 6 p.m. and Saturday, 8, 9, or 10 a.m.	1200.411	\$290	
M7 - Girls	January 1, 2020 to December 31, 2021	Tuesday, 6 p.m. and Saturday, 8, 9, or 10 a.m.	1200.421	\$290	

Co-ed Semi-Instructional Hockey - Fall season only (September to December) - Coordinator: Kai Duenez

Designed to introduce children to the game. It focuses on the development of core hockey skills with game play.

Previous skating experience required.

M9	January 1, 2018 to December 31, 2019	Thursday, 5 p.m.	1200.302	\$120	WRC
M11	January 1, 2016 to December 31, 2017	Wednesday, 5 p.m.	1200.303	\$120	
M13/15	January 1, 2012 to December 31, 2015	Wednesday, 6 p.m.	1200.308	\$120	

Inter-City Hockey - (September to April) - Coordinators: Alyssa Sherrard and Kai Duenez

Westmount will provide "AA", "BB", "A", "B" and "C" level inter-city teams (where applicable) this season in the categories listed below. Player evaluations will begin in September. Games, practice times and locations are to be determined. Westmount's inter-city teams will play against other local municipalities and participate in various tournaments. Participation on an inter-city team requires a complete commitment. Attendance at games and practices is mandatory for all players. **Westmount residents only.**

PLEASE NOTE: A \$120 fee, plus the administration fee of \$15, will be charged for all withdrawals after September 1.

M9	January 1, 2018 to December 31, 2019	To be determined	1200.412	\$400	TBA
M9 Girls	January 1, 2018 to December 31, 2019		1200.422	\$400	
M11	January 1, 2016 to December 31, 2017		1200.413	\$400	
M12 Girls	January 1, 2015 to December 31, 2017		1200.423	\$400	
M13	January 1, 2014 to December 31, 2015		1200.414	\$400	
M15	January 1, 2012 to December 31, 2013		1200.415	\$400	
M15 Girls	January 1, 2012 to December 31, 2014		1200.425	\$400	
M17	January 1, 2010 to December 31, 2011		1200.416	\$425	
M18 Girls	January 1, 2009 to December 31, 2011		1200.426	\$425	
M19	January 1, 2008 to December 31, 2009		1200.417	\$425	
M21	January 1, 2005 to December 31, 2007		1200.418	\$475	

NOTE: Players who register for Inter-City Hockey CANNOT register for Instructional Hockey.



Skating Coordinator: Gabrielle Jay-Riendeau
Parents/guardians must be present during lessons for children 10 years and under. Hockey helmets with cages and neck guards are mandatory for ALL Kidskate and Beginner skaters, and helmets and neck guards are mandatory for Intermediate skaters. Bicycle and snowboard helmets are NOT permitted. Children without the proper equipment will not be permitted to participate.
KIDSKATE This programme is designed to introduce young children to the joy of skating. Participants may register for only one class per session.
SKATING INSTRUCTION Following Skate Canada guidelines, this programme focuses on fun and basic skill development. Children advancing to the next skill level are expected to attend at the new class time. Participants may register for only one class per session.
ADVANCED / FIGURE SKATING An introduction to figure skating for advanced skaters. Participants must have completed stages 1 through 6. Participants will also work toward a public performance at the Winter Carnival and a recital at the end of the session. Proper figure skates are mandatory and Instructors will evaluate the quality of skates on the first session. Participants with unsuitable skates will be required to replace them or not participate in the class. This is for the safety of all skaters.
POWERSKATING This programme is designed to increase acceleration, power, and agility to achieve balance and edge control, as well as to build leg speed and quickness for young skaters. Participants must have completed stages 1, 2, 3 & 4.

DATES	LEVEL	SCHEDULE	CODE	COST	LOC.
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Kidskate Hockey helmets with cages, neck guards and gloves or mittens are mandatory.					
FALL: September 19 to December 14	4 yrs.	Monday, 4:45 p.m. Saturday, 9:45 a.m.	1203.301 1203.302	\$114 \$114	WRC

Skating Instruction Beginners: Hockey helmets with cages, neck guards and gloves or mittens are mandatory. Intermediate: helmets and neck guards are mandatory.					
FALL: September 19 to December 14	Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Intermediate (stages 4, 5 & 6) Intermediate (stages 4, 5 & 6)	Monday, 5:30 p.m. Wednesday, 5:30 p.m. Friday, 4:30 p.m. Saturday, 10:30 a.m. Monday, 6:30 p.m. Saturday, 11:30 a.m.	1202.301 1202.311 1202.321 1202.331 1202.302 1202.312	\$134 \$134 \$134 \$134 \$134 \$134	WRC

Advanced / Figure Skating Figure skates are mandatory (see note above).					
FALL: September 23 to December 9	Participants must have completed stages 1 through 6.	Wednesday, 6:30 p.m.	1202.303	\$134	WRC

Powerskating Hockey helmets with cages, neck guards, shin guards and elbow pads are mandatory.					
FALL: September 25 to December 11	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	1202.310	\$134	WRC

ACTIVITIES FOR ADULTS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Badminton

Sports attire (shorts, T-shirt, etc.), appropriate shoes and a racket required.

October to December Schedule will be provided shortly after registration.		Wednesday, 7 to 9 p.m.	1003.301	Not an instructional programme.	Gabrielle Jay-Riendeau	\$72	WHS
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Ballroom Dancing

Leather-soled shoes required.

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	Beginner Advanced	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m.	1010.301 1010.302	Marie-Claude Prigent	Claude Danis	\$92 \$92	VH
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Basketball

Indoor shoes required.

October to December Schedule will be provided shortly after registration.		Thursday, 8:30 to 9:30 p.m.	1076.301	Not an instructional programme.	Gabrielle Jay-Riendeau	\$72	WHS
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Belly Dancing

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>		Monday, 7:15 to 8:15 p.m. Thursday, 7:15 to 8:15 p.m.	1018.301 1018.311	Natalie E. Kalinowicz	Claude Danis	\$92 \$92	VH
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Body Design

Yoga mat required.

This programme is also available online via Zoom

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 22 to Dec. 10	Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	1005.303 1005.503 1005.313 1005.513	Johanne Lynch-Staunton	Claude Danis	\$82 \$67 \$82 \$67	WRC
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Bodyweight Workout - **NEW!**

Elevate your heart rate and tone your entire body using zero equipment! This 60-minute session blends energizing cardio bursts with targeted muscle-conditioning exercises to build endurance, strength, and core stability. Adaptable for all fitness levels. Bring a mat, water bottle, and a towel!

FALL: Sept. 23 to Dec. 9	Wednesday, 6 to 7 p.m.	1005.302	Lara Munro	Claude Danis	\$82	VH
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Boot Camp!

Yoga mats required.

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	1045.301 1045.302 1045.303	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$82 \$82 \$82	WRC
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Choir - Singing Class

FALL: Sept. 22 to Dec. 8	Tuesday, 5:30 to 6:30 p.m.	1049.301	Laura Albrecht	Claude Danis	\$82	VH
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Classical Ballet

Ballet attire is necessary for all classes.

FALL: Sept. 22 to Dec. 10	Daytime Daytime Evening Evening	Tuesday, 11 a.m. to 12:30 p.m. Thursday, 11 a.m. to 12:30 p.m. Tuesday, 6:30 to 8 p.m. Thursday, 6:30 to 8 p.m.	1011.301 1011.311 1011.302 1011.312	Joanie Moreau	Claude Danis	\$108 \$108 \$108 \$108	VH
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Essentrics Yoga mats required.

FALL: Sept. 22 to Dec. 10		Tuesday, 10 to 11 a.m. Thursday, 10 to 11 a.m.	1075.301 1075.311	Karima Tidjani	Claude Danis	\$82 \$82	VH
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Gentle Movement

Designed for participants with serious and/or chronic illnesses. Encourages movement and stretching which in turn motivates posture awareness, balance, muscle memory and strength, as well as social interaction leading to one's general well-being. Loose comfortable clothing is recommended and street shoes are NOT permitted in the exercise room. Participants should bring their own towel and water bottle. Mats and exercise accessories are provided.

*****This programme is also available online via Zoom*****

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 25 to Dec. 11		Friday, 9 to 10 a.m. Online only	1405.301 1405.501	TBA	Claude Danis	\$82 \$67	WRC
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Karate - JKA Westmount (14 yrs. +)

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	Beginner 10th & 9th KYU	Monday & Wednesday, 7 to 8:30 p.m.	1006.301	JKA Instructors	Claude Danis	\$117	WRC
	Inter. & Advanced 8th & under KYU	Monday, Wednesday and Friday, 7 to 8:30 p.m.	1006.302			\$137	

Only previously registered participants can partake in the Intermediate and Advanced classes.

Line Dancing

FALL: Sept. 22 to Dec. 8		Tuesday, 5:15 to 6:15 p.m.	1080.301	Gilbert Ward	Claude Danis	\$82	VH
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Pickleball Participants may only register for one session per season. Participants must bring their own equipment.

October to December <i>Schedule will be provided shortly after registration.</i>		Tuesdays, SESSION A: 7:30 to 8:30 p.m. SESSION B: 8:45 to 9:45 p.m.	1070.301 1070.311	Not an instructional programme.	Gabrielle Jay-Riendeau	\$72 \$72	WHS
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Pilates

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	1005.306 1005.316	Kaouther (Kay) El Aloui	Claude Danis	\$82 \$82	VH
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Skating Instruction Hockey helmets are mandatory.

FALL: Sept. 19 to Dec. 12	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	1001.301 1001.302	TBA	Gabrielle Jay-Riendeau	\$144 \$144	WRC
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Soccer - Indoor Schedules will be provided shortly after registration.

MEN: WOMEN: October to December		Monday, 8:30 to 9:50 p.m. Monday, 7 to 8:20 p.m.	1024.301 1025.301	Not an instructional programme.	Gabrielle Jay-Riendeau	\$72 \$72	WHS
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Solo Latino

FALL: Sept. 22 to Dec. 8		Tuesday, 6:30 to 7:30 p.m.	1010.305	Marie-Claude Prégent	Claude Danis	\$92	VH
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Tai Chi - Chi Kung

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	1004.301 1004.303	Andrew Dearlove	Claude Danis	\$108 \$108	VH
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Tap Dancing Without tap shoes

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>		Monday, 7:30 to 8:30 p.m.	1060.301	Marie-Claude Prégent	Claude Danis	\$92	VH
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Theatre Dance

FALL: Sept. 22 to Dec. 8		Tuesday, 7:45 to 9 p.m.	1085.301	Marie-Claude Prégent	Claude Danis	\$97	VH
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Total Body Workout Yoga mats required.

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	1005.301 1005.311	Katalin Papp	Claude Danis	\$82 \$82	WRC
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Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 22 to Dec. 10		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	1009.301 1009.311	Carmen Romero	Claude Danis	\$82 \$82	VH
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Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 22 to Dec. 10		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	1009.302 1009.312	Joan Gottman	Claude Danis	\$82 \$82	VH
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Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>		Monday, 8:45 to 9:45 a.m. Wednesday, 8:45 to 9:45 a.m. Friday, 8:45 to 9:45 a.m. Saturday, 9:30 to 10:45 a.m.	1009.303 1009.313 1009.323 1009.333	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$82 \$82 \$82 \$87	VH
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Yogalates Bare feet and yoga mats required.

FALL: Sept. 23 to Dec. 11		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	1039.301 1039.311	Johanne Lynch-Staunton	Claude Danis	\$82 \$82	WRC WRC
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Zumba

FALL: Sept. 24 to Dec. 10		Thursday, 6 to 7 p.m.	1048.301	Lara Munro	Claude Danis	\$82	WRC
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Deadline for adult hockey registration is Friday, September 4.

PLEASE NOTE THAT NECK GUARDS WILL BE STRICTLY ENFORCED WITH NO EXCEPTIONS.

Full hockey equipment, including helmets with facial protection and neck guards, is required. ALL SCHEDULES ARE SUBJECT TO CHANGE.

DATES	LEVEL	SCHEDULE	CODE	COORDINATOR	COST	LOC.
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Senior Hockey

Teams are formed using a draft format.

September 2026 until April 2027	18 yrs. +	Tuesday and/or Thursday evenings	1000.401	Alyssa Sherrard	\$590	WRC
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Executive "A" & "B" Hockey

Teams are formed using a draft format. Players will be drafted in "A" first, the remainder of the players will be drafted on "B" teams. Priority is given to returning players, therefore all new registrations will be placed on a waiting list until a spot opens.

September 2026 until April 2027	40 yrs. +	Monday evenings	1000.403	Alyssa Sherrard	\$414	WRC
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Competitive Old Timers Hockey

September 2026 until April 2027	40 yrs. +	Friday, 6 p.m.	1000.405	Alyssa Sherrard	\$366	WRC
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Men's Recreational Hockey League

This league is for men of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.

September 2026 until April 2027	40 yrs. +	Sunday, 7:30 p.m.	1000.404	Alyssa Sherrard	\$386	WRC
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Women's Recreational Hockey League

This league is for women of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.

September 2026 until April 2027	18 yrs. +	Sunday, 8:30 p.m.	1000.409	Alyssa Sherrard	\$386	WRC
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Co-Ed Instructional Hockey

Must have skating experience.

FALL: Sept. to Dec., 2026	18 yrs. +	Tuesday, 8:30 to 9:40 p.m.	1000.308	Alyssa Sherrard	\$238	WRC
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Old Timers Hockey

All year. Check weekly rink schedule for possible blackout dates.	40 yrs. +	Wednesday and Friday, 12:00 to 1:20 p.m.	Drop-in hockey programme. Free for Facility Access cardholders. Guest passes may be purchased online.			WRC
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ACTIVITIES FOR SENIORS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Fitness (Low Intensity) Yoga mat required.

This programme is also available online via Zoom

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 22 to Dec. 10	60 yrs. +	Tues. & Thurs., 10 to 11 a.m.	1400.301	TBA	Claude Danis	\$82	WRC
		Online only	1400.501			\$67	
		Tues. & Thurs., 11 to 12 p.m.	1400.311			\$82	
		Online only	1400.511			\$67	

Gentle Movement

Designed for participants with serious and/or chronic illnesses. Encourages movement and stretching which in turn motivates posture awareness, balance, muscle memory and strength, as well as social interaction leading to one's general well-being. Loose comfortable clothing is recommended and street shoes are NOT permitted in the exercise room. Participants should bring their own towel and water bottle. Mats and exercise accessories are provided.

This programme is also available online via Zoom

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 25 to Dec. 11		Friday, 9 to 10 a.m.	1405.301	TBA	Claude Danis	\$82	WRC
		Online only	1405.501			\$67	

Gentle Yoga Yoga mat required.

This programme is also available online via Zoom

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m.	1409.301	Johanne Lynch-Staunton	Claude Danis	\$68	WRC
		Online only	1409.501			\$53	

Tai Chi - Chi Kung (50 yrs. +)

FALL: Sept. 21 to Dec. 14 <i>No class on October 12</i>	Level I	Friday, 1:30 to 3 p.m.	1401.301	Andrew Dearlove	Claude Danis	\$95	VH
	Level II	Monday, 1:30 to 3 p.m.	1401.302			\$95	



Contactivity Centre offers older adults programs and activities that nourish the mind, body, and soul. Our Program Guide changes quarterly and includes programs to Get Fit, Get Creative, Get Tech Savvy, and Get Your game On.

We have outreach services for information and referral to resources; we have intergenerational programs; and we have outings, lunches, and outdoor activities. Whether in person or online, Get Together with us.

We look forward to connecting with you!

www.contactivitycentre.org

514-932-2326

info@contactivitycentre.org

COMMUNITY ORGANIZATIONS AND RESOURCES

The City of Westmount is very proud of its tradition of citizen involvement, whether through local community organizations or the volunteers that work alongside City personnel at municipal events and activities. The Community Events Office provides support to Westmount residents and community groups interested in organizing new events, creating new groups or being involved as volunteers.

For more information, contact the Community Events Office at **514-989-5226**.

To consult detailed information on the organizations listed below, please consult our website at **westmount.org**.

ADULTS			
ASSOCIATION OF PEDESTRIANS & CYCLISTS OF WESTMOUNT		dflambert@gmail.com	514 -773-0257
DRAMATIS PERSONAE THEATRE GROUP		www.theatrewestmount.com	514 -484-2016
FRIENDS OF THE WESTMOUNT PUBLIC LIBRARY		www.westlib.org	514- 483-5604
ROTARY CLUB OF WESTMOUNT		www.rotarywestmount.org	514 -935-3344
WESTMOUNT DOG OWNERS ASSOCIATION		facebook.com/WestmountDogOwnersAssociation/	
WESTMOUNT HISTORICAL ASSOCIATION		www.westmounthistorical.org	514 -989-5510
WESTMOUNT HORTICULTURAL SOCIETY		westhortsoc@gmail.com	514 -233-2788
WESTMOUNT MUNICIPAL ASSOCIATION		https://wma-amw.ca/	
WESTMOUNT QUILTERS GUILD		westmountquiltersguild@gmail.com	514 -989-7939
WESTMOUNT RUGBY CLUB		www.westmountrugby.com	
WESTMOUNT TOASTMASTERS CLUB		7041.toastmastersclubs.org	514 -367-5986

CHILDREN AND YOUTH			
GIRL GUIDES		qc-birchwoodsc@district.guidescanada.ca	
SCOUTS		www.scoutswe.mywhc.ca/	514 -937-5527
WEST MONTREAL SQUADRON 1 - AIR CADETS		www.cadets.ca	514- 939-8400
WESTMOUNT FAMILY PLAYGROUP		wfplaygroup@gmail.com	514- 296-8442
WESTMOUNT TEEN ZONE		westmount.org/teenzone	514- 989-5252

SENIORS			
CONTACTIVITY CENTRE		www.contactivitycentre.org	514 -932-2326
LEISURE INSTITUTE AT SHAAR HASHOMAYIM		www.shaarhashomayim.org/	514 -937-9471

COMMUNITY RESOURCES			
ATWATER LIBRARY AND COMPUTER CENTRE	1200 ave. Atwater	www.atwaterlibrary.ca	514-935-7344
CENTRE GREENE	1090 ave. Greene	www.centregreene.org	514-931-6202
CLSC MÉTRO (CIUSSS WEST CENTRAL MONTREAL)	1801 boul. De Maisonneuve O.	www.santemontreal.qc.ca	Info-santé 8-1-1 514 -934-0354
COMMUNAUTO - CAR SHARING NETWORK	1117 rue Sainte-Catherine O.	www.communauto.com	514- 842-4545
VISUAL ARTS CENTRE	350 ave. Victoria	www.visualartscentre.ca	514- 488-9558
WESTMOUNT YMCA	4585 rue Sherbrooke O.	www.ymcaquebec.org	514 -931-8046