VILLE DE | CITY OF
WESTMOUNT

WINTER 2027 WESTMOUNT SPORTS AND RECREATION ACTIVITIES

JANUARY TO MARCH 2027

Online registration:
starts November 17, 2026
westmount.org

SPORTS AND RECRATION
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	begins Tuesday, November 17, 2026
Non-residents	begins Tuesday, December 1, 2026

FOR MORE INFORMATION

CITY HALL

General Inquiries	514 989-5200

WESTMOUNT RECREATION CENTRE

Sports and Recreation Department	514 989-5353

VICTORIA HALL

Community Events	514 989-5226

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, Public Library activities and recreation programmes.

SR2026-10

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

ISBN 978-2-922359-77-0

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

RIGHT TO USE | The City of Westmount reserves the right to use in its publications the photos taken during its programmes, activities and events.

WELCOME **MESSAGE**

MESSAGE FROM THE
DIRECTOR OF SPORTS AND RECREATION

As the leaves change colour and winter begins to make its way into Westmount, it's time to look forward to a new season of fun, activity, and community!

This winter, the Westmount Recreation Centre and Victoria Hall will once again be welcoming residents of all ages to enjoy a variety of sports, programmes, and activities. Resident registration opens on November 17 and will continue while spaces are available, so we encourage you to register early to secure your spot in your favourite activities.

Registration is available online or in person at the Sports and Recreation office at the Westmount Recreation Centre. Our friendly staff are always happy to help, whether you have a question or need a hand with the registration process.

In the pages ahead, you'll find everything you need to plan an active and enjoyable winter. We're always looking for new ways to bring people together, so if there's an activity you'd love to see offered, let us know. Your ideas and suggestions help us keep our programmes fresh, diverse, and connected to the interests of our community.

Winter is a wonderful time to get out, stay active, try something new, and spend time with family, friends, and neighbours. We look forward to welcoming you and seeing our community come together throughout the season.

Stay active, stay connected, and enjoy winter in Westmount!

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

TABLE OF CONTENTS

SPORTS AND RECREATION	
Sports and Recreation Offices	2
Personnel	2
Registration Information	3
Facility Membership Card	4
Accessibility	5
Volunteering	5
Part-time Employment	5
GENERAL SKATING AND HOCKEY	5
INDOOR SWIMMING	5
YOUTH RECREATION ACTIVITIES	6
ADULT RECREATION ACTIVITIES	9
SENIOR RECREATION ACTIVITIES	12
COMMUNITY ORGANIZATIONS	13

WESTMOUNT
SERVICE DES SPORTS ET LOISIRS
SPORTS AND RECREATION DEPARTMENT

SPORTS AND RECREATION

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.

PERSONNEL - SPORTS AND RECREATION

WESTMOUNT RECREATION CENTRE		514-989-5353
David Lapointe	Director dlapointe@westmount.org	ext. 5410
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	Customer Service Agent 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

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 because of 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 and you will 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 Access 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 NOVEMBER 17, 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.** **NON-RESIDENTS: AS OF DECEMBER 1, 2026** ONLINE begins at 8 a.m. IN PERSON begins at 8:30 a.m. at the Sports and Recreation office.	westmount.org/onlineregistration

REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax as of December 1, 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.

PARTICIPATION POLICY

It is the Westmount Sports and Recreation policy that each participant must attend a minimum of 75% of all sessions within the season. WSR reserves the right to withdraw a participant from the programme (without refund), and replace them with someone from the waiting list, if they do not conform to the rules and regulations

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 at recreation@westmount.org.

FACILITY ACCESS **CARD** 2027

This handy access 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 Access Card is not required to register for sports and recreation activities, unless otherwise indicated.

ANNUAL FEE FOR RESIDENTS

INDIVIDUAL CARD	$67
SENIORS CARD (65 YEARS +)	$52
FAMILY CARDS Maximum 5 cards per family. There is a $15 charge for each additional card.	$134

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 two 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:

- Devon Park
- King George Park
- Queen Elizabeth Gardens
- Prince Albert Park
- Stayner Park
- Westmount Park

Facility Membership Cards are not required for the outdoor rinks.

INDOOR SWIMMING

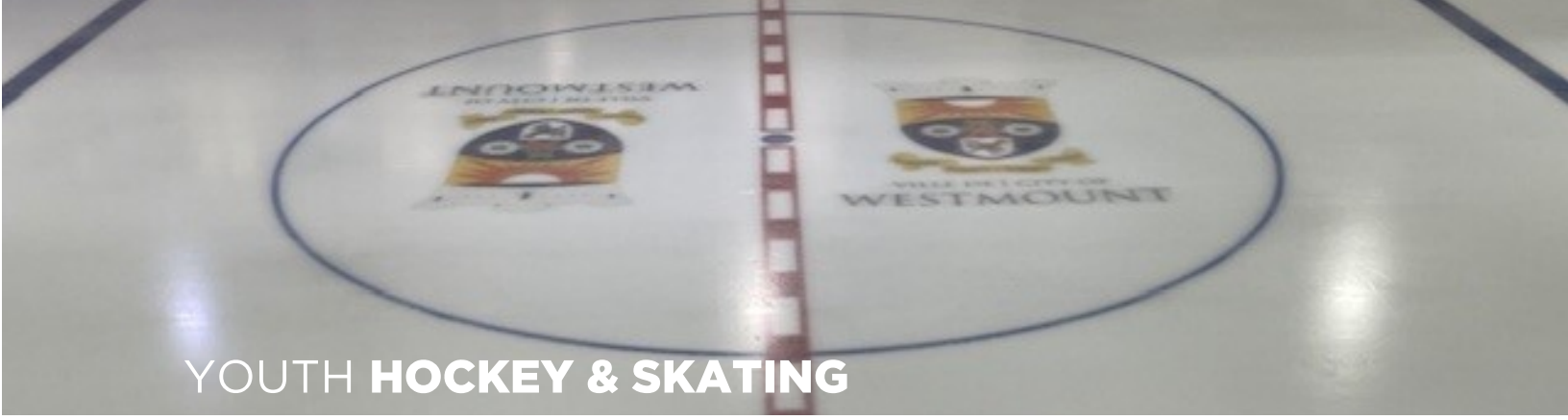
THE WESTMOUNT YMCA (4585 RUE SHERBROOKE O.) OFFERS WESTMOUNT RESIDENTS THE FOLLOWING AQUATIC ACTIVITIES ON A CONTINUAL BASIS:		
TUESDAY	6:30 TO 7:30 A.M.	LAP SWIM
TUESDAY	12:45 TO 1:45 P.M.	SENIORS AQUA-ARTHRITIS 60+
FRIDAY	10:25 TO 11:25 A.M.	FAMILY SWIM
SATURDAY	2 TO 3:30 P.M.	FAMILY SWIM
SUNDAY	8:30 TO 10 A.M.	FAMILY SWIM

ACTIVITIES FOR **YOUTH**

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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.							
WINTER: Jan. 11 to Feb. 15, 2027 (6 wks)	 0-9 months 9-18 months	 Monday, 10 to 11 a.m. Monday, 11 to 12 a.m.	 **1290.401** **1290.402**	Janet Hale	Claude Danis	 $50 $50	VH
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.							
WINTER: Feb. 25 to Apr. 1, 2027	11-15 yrs.	Thursday, 5 to 6:30 p.m.	**1219.401**	Annie Jolicoeur	Claude Danis	$64	VH
Basketball Indoor shoes required.							
WINTER: Jan. to Mar. 2027 *Schedule will be provided shortly after registration.*	7-9 yrs. 10-12 yrs. 13-14 yrs. 15-16 yrs.	Thursday, 6:30 to 7:30 p.m. Thursday, 6:30 to 7:30 p.m. Thursday, 7:30 to 8:30 p.m. Thursday, 7:30 to 8:30 p.m.	**1276.401** **1276.402** **1276.403** **1276.404**	Non-instructional	Gabrielle Jay-Riendeau	$84 $84 $84 $84	WHS
Breakdance							
WINTER: Jan. 8 to Apr. 2, 2027 *(No class March 26)*	7-14 yrs. Beg. 7-14 yrs. Inter. The Next Level 10-17 yrs.	Friday, 4:30 to 5:30 p.m. Friday, 5:30 to 6:30 p.m. Friday, 6:30 to 7:30 p.m.	**1247.401** **1247.402** **1247.403**	Sanaka Laurin	Claude Danis	$89 $89 $89	VH
"Chanson Magique"							
WINTER: Jan. 13 to Mar. 31, 2027	1-2 years 3-4 years	Wed., 3:15 to 4 p.m. Wed., 4:15 to 5 p.m.	**1216.401** **1216.402**	Muriel Vergnaud	Claude Danis	$84 $84	VH
Classical Ballet Attire (**girls**): a leotard, pink tights and pink ballet shoes (small ballet skirt is acceptable - no tutus) (**boys**): white t-shirt, black leggings, white or black socks and black ballet shoes.							
WINTER: Jan. 8 to Apr. 5, 2027 *(No class March 26, 27, 29)*	3 yrs. 3-4 yrs. 4 yrs. 5-6 yrs. 5-6 yrs. 5-6 yrs. 7-8 yrs. 7-8 yrs. 7-11 yrs. 9-11 yrs. 9-11 yrs. 12+ yrs.	Sat., 9:30 to 10 a.m. Fri., 3:30 to 4 p.m. Sat., 10 to 10:30 a.m. Mon., 4 to 4:45 p.m. Fri., 4 to 4:45 p.m. Sat., 10:30 to 11:15 a.m. Mon., 4:45 to 5:45 p.m. Fri., 4:45 to 5:45 p.m. Sat., 11:15 a.m. to 12:15 p.m. Mon., 5:45 to 7 p.m. Fri., 5:45 to 7 p.m. Fri. 7 to 8:45 p.m.	**1215.401** **1215.402** **1215.412** **1215.403** **1215.413** **1215.423** **1215.404** **1215.414** **1215.424** **1215.405** **1215.415** **1215.406**	Joanie Moreau	Claude Danis	$79 $79 $79 $84 $84 $84 $89 $89 $89 $94 $94 $104	VH
Discovering Art							
WINTER: Jan. 12 to Mar. 30, 2027	7-10 yrs.	Tuesday, 5 to 6 p.m.	**1221.401**	Amithy Escorpizo	Claude Danis	$89	VH
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!							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*	9-13 yrs.	Monday, 5 to 6 p.m.	**1260.401**	Amithy Escorpizo	Claude Danis	$89	VH
First Aid Training							
WINTER: Jan. 31 and Feb. 7, 2027	13+ yrs.	Sunday, Jan. 31 and Feb. 7, 8 a.m. to 5 p.m. (16 hours)	**1078.401**	Société de sauvetage	Claude Danis	$145	WRC

VH: Victoria Hall ● WHS: Westmount High School

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Hip Hop							
WINTER: Jan. 12 to Mar. 30, 2027	6-8 yrs. 9-12 yrs.	Tuesday, 4 to 5 p.m. Tuesday, 5 to 6 p.m.	**1248.401** **1248.402**	Nancy Boulanger	Claude Danis	$89 $89	VH
Jiu-Jitsu							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*	6-10 yrs. Gr. 1 8-14 yrs. Gr. 2	Monday, 4 to 5 p.m. Monday, 5 to 6 p.m.	**1207.401** **1207.402**	Diego Patino	Claude Danis	$89 $89	WRC
Karate - JKA (7 - 13 yrs.) Participants can purchase a karate GI through the instructor.							
WINTER: Jan. 8 to Apr. 2, 2027 *(No class March 26, 29)*	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.	**1206.401** **1206.411** **1206.402** **1206.403**	JKA Instructors	Claude Danis	$89 $89 $109 $129	WRC
Kidnastix Indoor shoes are required.							
WINTER: Jan. 9 to Apr. 3, 2027 *(No class March 27)*	 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.	 **1217.401** **1217.402** **1217.403** **1217.411** **1217.421** **1217.412** **1217.413**	Joshua Jay	Claude Danis	 $79 $79 $84 $79 $79 $79 $84	WRC
Let's Move & Dance!							
WINTER: Jan. 14 to Apr. 1, 2027	1-2 yrs. 3-5 yrs.	Thursday, 3 to 3:45 p.m. Thursday, 4 to 4:45 p.m.	**1218.401** **1218.402**	Nancy Boulanger	Claude Danis	$79 $79	WRC
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. **Indoor shoes required**. Schedule will be provided shortly after registration.							
WINTER: Jan. to Mar. 2027	4-6 yrs.	Tuesday, 6:30 to 7:30 p.m.	**1270.401**	TBA	Gabrielle Jay-Riendeau	$84	WHS
Soccer - Indoor **Schedules will be provided shortly after registration**. Indoor shoes required.							
BOYS Jan. to Mar. 2027	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	**1224.401** **1224.402** **1224.403**	Non-instructional	Gabrielle Jay-Riendeau	$84 $84 $84	RMR
GIRLS Jan. to Mar. 2027	8-10 yrs. 11-15 yrs.	Wednesday, 6 to 7 p.m. Wednesday, 7 to 8 p.m.	**1225.401** **1225.402**	Instructional		$89 $89	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.							
WINTER: Jan. 14 to Feb. 18, 2027	9 -13 yrs.	Thursday, 5 to 6:15 pm	**1219.402**	Annie Jolicoeur	Claude Danis	$64	VH
Yoga For Kids - Yoga mats required.							
WINTER: Jan. 14 to Apr. 1, 2027	7-12 yrs.	Thursday, 5 to 6 p.m.	**1209.401**	Nancy Boulanger	Claude Danis	$89	WRC



YOUTH **HOCKEY & SKATING**

DATES	LEVEL	SCHEDULE	CODE	COST	LOC.
Hockey : Co-ed Semi-Instructional Winter season (January to March) - 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.					
WINTER: Jan. 6 to Apr. 1, 2027	M9 : January 1, 2018 to December 31, 2019 M11 : January 1, 2016 to December 31, 2017 M13/15 : January 1, 2012 to December 31, 2015	Thursday, 5 p.m. Wednesday, 5 p.m. Wednesday, 6 p.m.	**1200.402** **1200.403** **1200.408**	$122 $122 $122	WRC

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.**

DATES	LEVEL	SCHEDULE	CODE	COST	LOC.
Kidskate This programme is designed to introduce young children to the joy of skating. **Hockey helmets with cages, neck guards and gloves or mittens are mandatory.** Participants may register for only one class per session.					
WINTER: January 9 to April 10, 2027	4 yrs.	Monday, 4:45 p.m. Saturday, 9:45 a.m.	**1203.401** **1203.402**	$115 $115	WRC
Skating Instruction Following Skate Canada guidelines, this programme focuses on fun and basic skill development. **Beginners: Hockey helmets with cages, neck guards and gloves or mittens are mandatory. Intermediate: hockey helmets, gloves/mittens and neck guards are mandatory.** Participants may register for only one class per session.					
WINTER: January 8 to April 10, 2027	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 p.m.	**1202.401** **1202.411** **1202.421** **1202.431** **1202.402** **1202.412**	$136 $136 $136 $136 $136 $136	WRC
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.**					
WINTER: January 13 to April 7, 2027	Participants may register for only the on-ice classes or on-ice classes plus the addition of off-ice training immediately after the class. On-ice classes: On-ice classes + off-ice training:	 Wednesday, 6:30 to 7:30 p.m. Wednesday, 6:30 to 8 p.m.	 **1202.403** **1202.413**	 $136 $200	WRC
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. **Hockey helmets with cages, neck guards, shin guards, elbow pads and gloves/mittens are mandatory.**					
WINTER: January 8 to April 9, 2027	Participants must have completed stages 1, 2, 3 and 4.	Friday, 5:30 p.m.	**1202.410**	$136	WRC

WRC: Westmount Recreation Centre

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Badminton Sports attire (shorts, T-shirt, etc.), appropriate shoes, raquet and shuttlecocks required.							
WINTER: January to March 2027 *(Schedule provided shortly after registration)*		Wednesday, 7 to 9 p.m.	**1003.401**	Not an instructional programme.	Gabrielle Jay-Riendeau	$74	WHS
Ballroom Dancing Leather-soled shoes required.							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*	Beginner Advanced	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m.	**1010.401** **1010.402**	Marie-Claude Prégent	Claude Danis	$94 $94	VH
Basketball Indoor shoes required.							
WINTER: January to March 2027 *(Schedule provided shortly after registration)*		Thursday, 8:30 to 9:30 p.m.	**1076.401**	Not an instructional programme.	Gabrielle Jay-Riendeau	$74	WHS
Belly Dancing							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*		Monday, 7:15 to 8:15 p.m. Thursday, 7:15 to 8:15 p.m.	**1018.401** **1018.411**	Natalie E. Kalinowicz	Claude Danis	$94 $94	VH
Body Design Yoga mats 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.							
WINTER: Jan. 12 to Apr. 1, 2027		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	**1005.403** **1005.603** **1005.413** **1005.613**	Johanne Lynch-Staunton	Claude Danis	$84 $69 $84 $69	WRC
Bodyweight Workout 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!							
WINTER: Jan. 13 to Mar. 31, 2027		Wednesday, 6 to 7 p.m.	**1005.402**	Lara Munro	Claude Danis	$84	VH
Boot Camp! Yoga mats required.							
WINTER: Jan. 8 to Apr. 5, 2027 *(No class March 26 and 29)*		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	**1045.401** **1045.402** **1045.403**	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	$84 $84 $84	WRC
Choir - Singing Class							
WINTER: Jan. 12 to Mar. 30, 2027		Tuesday, 5:30 to 6:30 p.m.	**1049.401**	Laura Albrecht	Claude Danis	$84	VH
Classical Ballet Ballet attire is necessary for all classes.							
WINTER: Jan. 12 to Apr. 1, 2027	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.	**1011.401** **1011.411** **1011.402** **1011.412**	Joanie Moreau	Claude Danis	$110 $110 $110 $110	VH
Essentrics Yoga mats required.							
WINTER: Jan. 12 to Apr. 1, 2027		Tuesday, 10 to 11 a.m. Thursday, 10 to 11 a.m.	**1075.401** **1075.411**	Karima Tidjani	Claude Danis	$84 $84	VH

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Figure Skating - *NEW!* Participants should have an existing good skating base and are ready to learn (or continue progressing) their figure skating techniques such as: spins, jumps, edgework, etc. **Participants may register for only the on-ice classes or on-ice classes plus the addition of off-ice training immediately after the class.**							
WINTER: January 13 to April 7, 2027		On-ice classes: Wednesday, 6:30 to 7:30 p.m. On-ice classes + off-ice training: Wednesday, 6:30 to 8 p.m.	**1001.403** **1001.413**	TBA	Gabrielle Jay-Riendeau	$146 $210	WRC
First Aid Training							
WINTER: Jan. 24 and 31, 2027	13+ yrs.	Sunday, January 24 and 31, 8 a.m. to 5 p.m. (16 hours)	**1078.401**	Société de sauvetage	Claude Danis	$145	WRC
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.							
WINTER: Jan. 8 to Apr. 2, 2027 *(No class March 26)*		Friday, 9 to 10 a.m. Online only	**1405.401** **1405.601**	TBA	Claude Danis	$84 $69	WRC
Hockey - Co-ed Instructional Must have skating experience.							
WINTER: Jan. 5 to Mar. 30, 2027	18 yrs. +	Tuesday, 8:30 to 9:40 p.m.	**1000.408**	TBA	Alyssa Sherrard	$242	WRC
Karate - JKA Westmount (14 yrs. +)							
WINTER: Jan. 8 to Apr. 5, 2027 *(No class March 26, 29)*	Beginner 10th & 9th KYU Inter. & Adv. 8th & under KYU	Monday/Wednesday 7 to 8:30 p.m. Monday/Wednesday/Friday 7 to 8:30 p.m.	**1006.401** **1006.402**	JKA	Claude Danis	$119 $139	WRC
Line Dancing							
WINTER: Jan. 12 to Mar. 30, 2027		Tuesday, 5:15 to 6:15 p.m.	**1080.401**	Gilbert Ward	Claude Danis	$84	VH
Pickleball **Participants may register for only one session.** Indoor shoes, racquets and balls required.							
WINTER: January to March 2027 *(Schedule provided shortly after registration)*		Tuesdays, SESSION A: 7:30 to 8:30 p.m. SESSION B: 8:45 to 9:45 p.m.	 **1070.401** **1070.411**	Not an instructional programme.	Gabrielle Jay-Riendeau	 $74 $74	WHS
Pilates							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	**1005.406** **1005.416**	Kaouther (Kay) El Alaoui	Claude Danis	$84 $84	VH
Skating - class for adults Hockey helmets are mandatory.							
WINTER: Jan. 9 to Apr. 3, 2027 *(No class March 27)*	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	**1001.401** **1001.402**	TBA	Gabrielle Jay-Riendeau	$146 $146	WRC

VH: Victoria Hall ● WRC: Westmount Recreation Centre ● WHS: Westmount High School

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Soccer - Indoor Indoor shoes required.							
WINTER: January to March 2027 *(Schedules provided shortly after registration)*	Men Women	Monday, 8:30 to 9:50 p.m. Monday, 7 to 8:20 p.m.	**1024.401** **1025.401**	Not an instructional programme.	Gabrielle Jay-Riendeau	$74 $74	WHS
Solo Latino Leather-soled shoes required.							
WINTER: Jan. 12 to Mar. 30, 2027		Tuesday, 6:30 to 7:30 p.m.	**1010.405**	Marie-Claude Prégent	Claude Danis	$94	VH
Tai Chi - Chi Kung							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	**1004.401** **1004.403**	Andrew Dearlove	Claude Danis	$110 $110	VH
Tap Dancing Without tap shoes.							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*		Monday, 7:30 to 8:30 p.m.	**1060.401**	Marie-Claude Prégent	Claude Danis	$94	VH
Theatre Dance Indoor shoes required.							
WINTER: Jan. 12 to Mar. 30, 2027		Tuesday, 7:45 to 9 p.m.	**1085.401**	Marie-Claude Prégent	Claude Danis	$99	VH
Total Body Workout Yoga mats required.							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	**1005.401** **1005.411**	Katalin Papp	Claude Danis	$84 $84	WRC
Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.							
WINTER: Jan. 12 to Apr. 1, 2027		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	**1009.401** **1009.411**	Carmen Romero	Claude Danis	$84 $84	VH
Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.							
WINTER: Jan. 12 to Apr. 1, 2027		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	**1009.402** **1009.412**	Joan Gottman	Claude Danis	$84 $84	VH
Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.							
WINTER: Jan. 8 to Apr. 5, 2027 *(No class March 26, 27, 29)*		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.	**1009.403** **1009.413** **1009.423** **1009.433**	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	$84 $84 $84 $89	VH
Yogalates Bare feet and yoga mats are required.							
WINTER: Jan. 8 to Apr. 2, 2027 *(No class March 26)*		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	**1039.401** **1039.411**	Johanne Lynch-Staunton	Claude Danis	$84 $84	WRC
Zumba Indoor shoes required.							
WINTER: Jan. 14 to Apr. 1, 2021		Thursday, 6 to 7 p.m.	**1048.401**	Lara Munro	Claude Danis	$84	WRC

ACTIVITIES FOR **SENIORS**

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Fitness (Low Intensity) Yoga mats 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.							
WINTER: Jan. 12 to Apr. 1, 2027	60 yrs. +	Tue. & Thu., 10 to 11 a.m. Online only Tue. & Thu., 11 a.m. to 12 p.m. Online only	**1400.401** **1400.601** **1400.411** **1400.611**	Diana Destounis	Claude Danis	$84 $69 $84 $69	WRC
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.							
WINTER: Jan. 8 to Apr. 2, 2027 *(No class March 26)*		Friday, 9 to 10 a.m. Online only	**1405.401** **1405.601**	TBA	Claude Danis	$84 $69	WRC
Gentle Yoga Gentle yoga for seniors. Yoga mats 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.							
WINTER: Jan. 11 to Apr. 5, 2027 *(No class March 29)*	60 yrs. +	Monday, 11 a.m. to 12 p.m. Online only	**1409.401** **1409.601**	Johanne Lynch-Staunton	Claude Danis	$70 $55	WRC
Tai Chi - Chi Kung (60 yrs. +)							
WINTER: Jan. 8 to Apr. 5, 2027 *(No class March 26, 29)*	Level I Level II	Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.	**1401.401** **1401.402**	Andrew Dearlove	Claude Danis	$95 $95	VH

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 **westmount.org**.

ADULTS		
ASSOCIATION OF PEDESTRIANS & CYCLISTS OF WESTMOUNT	dflambert@gmail.com	**514 773-0257**
DRAMATIS PERSONAE THEATRE GROUP	www.theatrewestmount.weebly.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 CROQUET CLUB	www.bowlswestmount.ca	**514 989-5532**
WESTMOUNT DOG OWNERS ASSOCIATION	facebook.com/westmountdogownersassociation assocpropriochienswestmount@gmail.com	
WESTMOUNT HISTORICAL ASSOCIATION	www.westmounthistorical.org	**514 989-5510**
WESTMOUNT HORTICULTURAL SOCIETY	westhortsoc@gmail.com	**514 233-2788**
WESTMOUNT LAWN BOWLING CLUB	www.bowlswestmount.ca	**514 989-5532**
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	www.westmount.toastmastersclubs.org	**514 367-5986**
WESTMOUNT YMCA MASTERS SWIM CLUB	westmountymasters@gmail.com	**514 931-8046**

CHILDREN AND YOUTH		
GIRL GUIDES	qc-birchwoodsdc@district.guidescanada.ca	
SCOUTS	www.facebook.com/westmountparkscouts/	**514 937-5527**
SQUADRON 1 WEST MONTREAL 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 Avenue Atwater	www.atwaterlibrary.ca	**514 935-7344**
CENTRE GREENE	1090 Avenue 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 Avenue Victoria	www.visualartscentre.ca	**514 488-9558**
WESTMOUNT YMCA	4585 Rue Sherbrooke O.	www.ymcaquebec.org	**514 931-8046**