

FALL

2025

WESTMOUNT SPORTS AND RECREATION ACTIVITIES



SEPTEMBER TO DECEMBER

Online registration:
starts August 5, 2025
westmount.org

WESTMOUNT



SERVICE DES SPORTS ET LOISIRS
SPORTS AND RECREATION DEPARTMENT

SPORTS AND RECREATION

- Activity registration
- Facility Access 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 5, 2025 begins Tuesday, August 26, 2025

FOR MORE INFORMATION	
CITY HALL	
General Inquiries	514 989-5200
WESTMOUNT RECREATION CENTRE	
Sports and Recreation Department	514 989-5353
VICTORIA HALL	
Community Events Office	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, Library activities and recreation programmes.
SR2025-07
If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.
ISBN 978-2-922359-71-8
City of Westmount 4333 rue Sherbrooke O. Westmount, Quebec H3Z 1E2 Telephone: 514 989-5200 Fax: 514 989-5484 westmount.org

WELCOME MESSAGE

While summer is in full swing and Westmount's parks, tennis courts, and pool are buzzing with activity, it's also time to start thinking ahead to fall. Now is the perfect moment to register for the exciting lineup of programmes Westmount has to offer for the upcoming season!

Registration opens in early August and can be completed either online or in person at the Sports and Recreation office, located in the Westmount Recreation Centre. Our dedicated team is always available to assist you with the registration process and answer any questions you may have.

This guide is packed with fantastic activities to help you make the most of your fall. If there's something you're interested in that you don't see listed, we'd love to hear from you.

We can't wait to welcome Westmounters of all ages to our fall programmes. And remember — our community thrives thanks to the energy and generosity of our volunteers. If you'd like to get involved, we're always looking for helping hands, especially in our youth sports programmes. Your support makes a big difference!

Stay active and healthy!



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	10
SENIOR RECREATION ACTIVITIES	14
COMMUNITY ORGANIZATIONS	15



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
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 2025 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 5, 2025 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 26, 2025 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 26, 2025.

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 (2025)	
INDIVIDUAL MEMBERSHIP	\$64
SENIORS MEMBERSHIP (65 YEARS +)	\$50
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$10 charge for each additional card.	\$128
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 .	



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.
-------	-------	----------	------	------------	-------------	------	------

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. 23 to Oct. 28 (6 wks) Nov. 4 to Dec. 9 (6 wks)	0-9 months 9-18 months	Tuesday, 9 to 10 a.m. Tuesday, 9 to 10 a.m.	1290.301 1290.302	Janet Hale	Claude Danis	\$45 \$45	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.							
FALL: Nov. 6 to Dec. 11	11-15 yrs.	Thursday, 5 to 6:30 p.m.	1219.301	Annie Jolicoeur	Claude Danis	\$60	VH

Basketball Indoor shoes are required.							
FALL: Oct. to Dec. <i>Schedule will be provided shortly after registration.</i>	7-9 yrs. 10-12 yrs.	Thursday, 6:30 to 7:30 p.m. Thursday, 6:30 to 7:30 p.m.	1276.301 1276.302	TBA Instructional programme.	Gabrielle Jay-Riendeau	\$90 \$90	WHS
	13-14 yrs. 15-16 yrs.	Thursday, 7:30 to 8:30 p.m. Thursday, 7:30 to 8:30 p.m.	1276.303 1276.304	Non-instructional programme.		\$85 \$85	

Breakdance							
FALL: Sept. 26 to Dec. 12	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	Kate Alsterlund	Claude Danis	\$85 \$85 \$85	VH

Magic Song							
FALL: Sept. 24 to Dec. 10	1-2 years 1-2 years 3-5 years 3-5 years	Wed., 9:30 to 10:15 a.m. Wed., 3:15 to 4 p.m. Wed., 10:30 to 11:15 a.m. Wed., 4:15 to 5 p.m.	1216.301 1216.311 1216.302 1216.312	Muriel Vergnaud	Claude Danis	\$80 \$80 \$80 \$80	VH

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. 22 to Dec. 15 <i>No class October 13</i>	3 yrs. 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.	1215.311 1215.312 1215.322 1215.303 1215.313 1215.323 1215.304 1215.314 1215.324 1215.305 1215.315 1215.306	Joanie Moreau	Claude Danis	\$75 \$75 \$75 \$80 \$80 \$80 \$85 \$85 \$85 \$90 \$90 \$100	VH

Creative Writing							
FALL: Sept. 24 to Dec. 10	10-17 yrs.	Wednesday, 5 to 6 p.m.	1266.301	Natalia Gonzalez	Claude Danis	\$85	VH

Discovering Art							
FALL: Sept. 23 to Dec. 9	7-10 yrs.	Tuesday, 5 to 6 p.m.	1221.301	Natalia Gonzalez	Claude Danis	\$85	VH



DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
-------	-------	----------	------	------------	-------------	------	------

Hip Hop							
FALL: Sept. 24 to Dec. 10	6-8 yrs. 9-12 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	1248.301 1248.302	Nancy Boulanger	Claude Danis	\$85 \$85	VH

Jiu-Jitsu							
FALL: Sept. 22 to Dec. 15 <i>No class October 13</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	Nicolas Delisle	Claude Danis	\$85 \$85	WRC

Karate - JKA (7-13 years) Participants can purchase a karate GI through the instructor.							
FALL: Sept. 26 to Dec. 12	Beginnner (7-9 yrs) 10th KYU	Friday, 5 to 6 p.m.	1206.301	JKA Instructors	Claude Danis	\$85	WRC
	Intermed. (7-9 yrs) 9th KYU	Friday, 5 to 6 p.m.	1206.311			\$85	
	Beg./Inter. (10-13 yrs) 10th and 9th KYU	Friday, 7 to 8 p.m.	1206.321			\$85	
	Advanced 8th to 4th KYU	Friday, 6 to 7 p.m.	1206.302			\$85	

Kidnastix Indoor shoes are required.							
FALL: Sept. 27 to Dec. 13	1-2 yrs. 1-2 yrs. 3-4 yrs. 5-6 yrs.	Sat., 9:30 to 10 a.m. Sat., 10 to 10:30 a.m. Sat., 10:45 to 11:30 a.m. Sat., 11:30 a.m.to 12:30 p.m.	1217.301 1217.311 1217.302 1217.303	Joshua Jay	Claude Danis	\$75 \$75 \$80 \$85	WRC

Let's Move & Dance							
FALL: Sept. 25 to Dec. 11	1-2 yrs. 3-5 yrs.	Thursday, 3 to 3:45 p.m. Thursday, 3:45 to 4:30 p.m.	1218.301 1218.302	Nancy Boulanger	Claude Danis	\$80 \$80	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. 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	\$90	WHS

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	Gabrielle Jay-Riendeau	\$85 \$85 \$85	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			\$90 \$90	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. 25 to Oct. 30	9 -13 yrs.	Thursday, 5 to 6:15 pm	1219.302	Annie Jolicoeur	Claude Danis	\$60	VH

Yoga For Kids							
FALL: Sept. 25 to Dec. 11	6-12 yrs.	Thursday, 4:30 to 5:30 p.m.	1209.301	Nancy Boulanger	Claude Danis	\$80	WRC



YOUTH HOCKEY

Registration ends on September 1

LEVEL	BORN BETWEEN	GAMES PLAYED	CODE	COST	LOC
-------	--------------	--------------	------	------	-----

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, 2020 to December 31, 2020	Tuesday, 5 p.m. and Saturday, 8, 9, or 10 a.m.	1200.401	\$265	WRC
M7 - 2	January 1, 2019 to December 31, 2019	Thursday, 5 p.m. and Saturday, 8, 9, or 10 a.m.	1200.411	\$265	
M7 - Girls	January 1, 2019 to December 31, 2020	Tuesday, 6 p.m. and Saturday, 8, 9, or 10 a.m.	1200.421	\$265	

Co-ed Semi-Instructional Hockey - (September to April) - 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, 2017 to December 31, 2018	Wednesday, 5 p.m.	1200.402	\$212	WRC
M11	January 1, 2015 to December 31, 2016	Wednesday, 6 p.m.	1200.403	\$212	
M13/15	January 1, 2011 to December 31, 2014	Thursday, 6 p.m.	1200.408	\$212	

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 mid-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.**

M9	January 1, 2017 to December 31, 2018	To be determined	1200.412	\$380	TBA
M9 Girls	January 1, 2017 to December 31, 2018		1200.422	\$380	
M11	January 1, 2015 to December 31, 2016		1200.413	\$380	
M12 Girls	January 1, 2014 to December 31, 2016		1200.423	\$380	
M13	January 1, 2013 to December 31, 2014		1200.414	\$380	
M15	January 1, 2011 to December 31, 2012		1200.415	\$380	
M15 Girls	January 1, 2011 to December 31, 2013		1200.425	\$380	
M18	January 1, 2008 to December 31, 2010		1200.416	\$380	
M18 Girls	January 1, 2008 to December 31, 2010		1200.426	\$380	
M21	January 1, 2004 to December 31, 2007		1200.417	\$380	
NOTE: Players who register for Inter-City Hockey CANNOT register for Instructional Hockey.					



YOUTH SKATING

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.
-------	-------	----------	------	------	------

Kidskate Hockey helmets with cages, neck guards and gloves or mittens are mandatory.					
FALL: September 20 to December 15	4 yrs.	Monday, 4:45 p.m. Saturday, 9:45 a.m.	1203.301 1203.302	\$111 \$111	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 20 to December 15	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	\$132 \$132 \$132 \$132 \$132 \$132	WRC

Advanced / Figure Skating Figure skates are mandatory (see note above).					
FALL: September 24 to December 10	Participants must have completed stages 1 through 6.	Wednesday, 6:30 p.m.	1202.303	\$132	WRC

Powerskating Hockey helmets with cages, neck guards, shin guards and elbow pads are mandatory.					
FALL: September 26 to December 12	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	1202.310	\$132	WRC

Figure Skating - Off-ice Training Understanding and perfecting the body movements and steps necessary for jumps and spins. Also includes: proper stretching, choreography practice, and coaching for how you can overall improve your on-ice skills.					
FALL: September 20 to December 13	10+ yrs.	Saturday, 2 to 3:30 p.m.	1202.320	\$85	WRC



ACTIVITIES FOR ADULTS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Badminton Sports attire (shorts, T-shirt, etc.), and appropriate shoes required. Maximum 60 participants.							
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	\$70	WHS
Ballroom Dancing Leather-soled shoes required.							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</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	\$90 \$90	VH
Basketball							
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	\$70	WHS
Belly Dancing							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</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	\$90 \$90	VH
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. 23 to Dec. 11		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	\$80 \$65 \$80 \$65	WRC
Boot Camp! Yoga mats required.							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</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	\$80 \$80 \$80	WRC
Choir - Singing Class							
FALL: Sept. 23 to Dec. 9		Tuesday, 5:30 to 6:30 p.m.	1049.301	Laura Albrecht	Claude Danis	\$80	VH
Classical Ballet Ballet attire is necessary for all classes.							
FALL: Sept. 23 to Dec. 11	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	\$106 \$106 \$106 \$106	VH
Dancercise							
FALL: Sept. 24 to Dec. 10		Wednesday, 6 to 7 p.m.	1065.301	Nancy Boulanger	Claude Danis	\$80	VH



DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Essentrics Yoga mats required.							
FALL: Sept. 23 to Dec. 11		Tuesday, 10 to 11 a.m. Thursday, 10 to 11 a.m.	1075.301 1075.311	Karima Tidjani	Claude Danis	\$80 \$80	VH
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. 26 to Dec. 12		Friday, 9 to 10 a.m. Online only	1405.301 1405.501	Sara Panahi	Claude Danis	\$80 \$65	WRC
Karate - JKA Westmount (14 yrs. +)							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</i>	Beginner to Inter. 10th to 6th KYU Advanced 5th KYU +	Monday & Friday, 7 to 8 p.m. Monday, Wednesday and Friday, 7 to 8:30 p.m.	1006.301 1006.311	JKA Instructors	Claude Danis	\$106 \$121	WRC
Line Dancing							
FALL: Sept. 23 to Dec. 9		Tuesday, 5:15 to 6:15 p.m.	1080.301	Gilbert Ward	Claude Danis	\$80	VH
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	\$70 \$70	WHS
Pilates							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</i>		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	1005.306 1005.316	Kaouther (Kay) El Aloui	Claude Danis	\$80 \$80	VH
Skating Instruction Helmets are mandatory							
FALL: Sept. 20 to Dec. 13	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	1001.301 1001.302	TBA	Gabrielle Jay-Riendeau	\$142 \$142	WRC
Figure Skating - Off-ice Training Understanding and perfecting the body movements and steps necessary for jumps and spins. Also includes: proper stretching, choreography practice, and coaching for how you can overall improve your on-ice skills.							
FALL: Sept. 20 to Dec. 13	16 yrs. +	Saturday, 3:30 to 5 p.m.	1001.320	Laurence Pineault	Gabrielle Jay-Riendeau	\$85	WRC
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	\$70 \$70	WHS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Solo Latino							
FALL: Sept. 23 to Dec. 9		Tuesday, 6:30 to 7:30 p.m.	1010.305	Marie-Claude Prigent	Claude Danis	\$90	VH
Tai Chi - Chi Kung							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</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	\$106 \$106	VH
Tap Dancing Without tap shoes							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</i>		Monday, 7:30 to 8:30 p.m.	1060.301	Marie-Claude Prigent	Claude Danis	\$90	VH
Theatre Dance							
FALL: Sept. 23 to Dec. 9		Tuesday, 7:45 to 8:45 p.m.	1085.301	Marie-Claude Prigent	Claude Danis	\$90	VH
Total Body Workout Yoga mats required.							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</i>		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	1005.301 1005.302	Katalin Papp	Claude Danis	\$80 \$80	WRC
Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 23 to Dec. 11		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	1009.301 1009.311	Carmen Romero	Claude Danis	\$80 \$80	VH
Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 23 to Dec. 11		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	1009.302 1009.312	Emily Groth	Claude Danis	\$80 \$80	VH
Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</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	\$80 \$80 \$80 \$85	VH
Yogalates Bare feet and yoga mats required.							
FALL: Sept. 24 to Dec. 12		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	\$80 \$80	VH WRC
Zumba							
FALL: Sept. 25 to Dec. 11		Thursday, 6 to 7 p.m.	1048.301	Sara Panahi	Claude Danis	\$80	WRC



Deadline for adult hockey registration is Friday, September 5.

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.
Senior Hockey Teams are formed using a draft format.						
September 2025 until April 2026	18 yrs. +	Tuesday and/or Thursday evenings	1000.401	Alyssa Sherrard	\$582	WRC
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 2025 until April 2026	40 yrs. +	Monday evenings	1000.403	Alyssa Sherrard	\$408	WRC
Competitive Old Timers Hockey						
September 2025 until April 2026	40 yrs. +	Friday, 6:00 p.m.	1000.405	Alyssa Sherrard	\$360	WRC
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 2025 until April 2026	40 yrs. +	Sunday, 7:30 p.m.	1000.404	Alyssa Sherrard	\$380	WRC
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 2025 until April 2026	18 yrs. +	Sunday, 8:30 p.m.	1000.409	Alyssa Sherrard	\$380	WRC
Co-Ed Instructional Hockey Must have skating experience.						
FALL: Oct. to Dec., 2025	18 yrs. +	Thursday 8:30 to 9:40 p.m.	1000.308	Alyssa Sherrard	\$238	WRC
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	




ACTIVITIES FOR SENIORS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
-------	-------	----------	------	------------	-------------	------	------

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. 23 to Dec. 11	60 yrs. +	Tues. & Thurs., 10 to 11 a.m. Online only Tues. & Thurs., 11 to 12 p.m. Online only	1400.301 1400.501 1400.311 1400.511	Sara Panahi	Claude Danis	\$80 \$65 \$80 \$65	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.							
FALL: Sept. 26 to Dec. 12		Friday, 9 to 10 a.m. Online only	1405.301 1405.501	Sarah Panahi	Claude Danis	\$80 \$65	WRC

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. 22 to Dec. 15 <i>No class on October 13</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m. Online only Wednesday, 12 to 1 p.m. Online only	1409.301 1409.501 1409.311 1409.511	Johanne Lynch-Staunton	Claude Danis	\$68 \$53 \$68 \$53	VH

Tai Chi - Chi Kung (50 yrs. +)							
FALL: Sept. 22 to Dec. 15 <i>No class on October 13</i>	Level I Level II	Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.	1401.301 1401.302	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 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-birchwoodsdcc@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