FALL 2022 WESTMOUNT SPORTS AND RECREATION ACTIVITIES

SEPTEMBER TO DECEMBER 2022

online registration westmount.org

SPORTS AND RECREATION
Activity Registration
Facility Membership Card
Activities for youth
Activities for adults
Activities for seniors

COMMUNITY ORGANIZATIONS AND RESOURCES
General information
# Registration Dates

## Sports and Recreation

<table>
<thead>
<tr>
<th>Recreation Activities</th>
<th>Westmount residents</th>
<th>begins Tuesday, August 2, 2022</th>
<th>Non-residents</th>
<th>begins Tuesday, August 30, 2022</th>
</tr>
</thead>
</table>

## For More Information

<table>
<thead>
<tr>
<th>City Hall</th>
<th>General Inquiries</th>
<th>514 989-5200</th>
</tr>
</thead>
<tbody>
<tr>
<td>Westmount Recreation Centre</td>
<td>Sports and Recreation Department</td>
<td>514 989-5353</td>
</tr>
<tr>
<td>Victoria Hall</td>
<td>Community Events Division</td>
<td>514 989-5226</td>
</tr>
<tr>
<td>Westmount Public Library</td>
<td>General Inquiries</td>
<td>514 989-5300</td>
</tr>
<tr>
<td></td>
<td>Adult Department</td>
<td>514 989-5299</td>
</tr>
<tr>
<td></td>
<td>Audio-Visual Department</td>
<td>514 989-5368</td>
</tr>
<tr>
<td></td>
<td>Children’s Department</td>
<td>514 989-5229</td>
</tr>
<tr>
<td></td>
<td>Reference Desk</td>
<td>514 989-5355</td>
</tr>
</tbody>
</table>

## Westmount.org

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

## SR2022-07

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


City of Westmount
4333 Sherbrooke Street W.
Westmount, Quebec H3Z 1E2
Telephone: 514 989-5200
Fax: 514 989-5484
westmount.org
WELCOME MESSAGE

MESSAGE FROM THE DIRECTOR OF SPORTS AND RECREATION

I know it’s the middle of summer and everyone is enjoying the great weather in Westmount’s parks, playing on the tennis courts and swimming in the pool, but we also need to take a moment to register for all the great activities that Westmount has to offer in the fall!

Early August is the time to do that, and all can be done either online or at the Sports and Recreation office in the Westmount Recreation Centre. The staff at the Sports and Recreation department are always available to help out with your registration process in any way.

This activity guide is full of great activities to fulfill your fall season, and also includes all the information you need to get you on your way. If there is an activity of interest to you is not listed here, please let us know.

We look forward to seeing Westmounters of all ages participating this fall, and please remember that we are always looking for volunteers to help out with our programming. Without all the wonderful volunteers we have every year, many of the youth sports programme would not be as successful as they are!

Stay safe and healthy!

David Lapointe
Director of 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 St. Catherine Street West
Victoria Hall: 4626 Sherbrooke Street West

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.

SUMMER HOURS (MAY 23 TO AUGUST 26)

Monday to Thursday  8 a.m. to 4:30 p.m.
Friday  8 a.m. to 1 p.m.

PERSONNEL - SPORTS AND RECREATION

<table>
<thead>
<tr>
<th>WESTMOUNT RECREATION CENTRE</th>
<th>514-989-5353</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Lapointe</td>
<td>Director</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:dlapointe@westmount.org">dlapointe@westmount.org</a></td>
</tr>
<tr>
<td>Jennifer Heaps</td>
<td>Administrative Officer</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jheaps@westmount.org">jheaps@westmount.org</a></td>
</tr>
<tr>
<td>Bruce Stacey</td>
<td>Facilities Manager</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:bstacey@westmount.org">bstacey@westmount.org</a></td>
</tr>
<tr>
<td>Andrew Maislin</td>
<td>Operations Manager</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:amaislin@westmount.org">amaislin@westmount.org</a></td>
</tr>
<tr>
<td>Alyssa Sherrard</td>
<td>Sports Coordinator</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:asherrard@westmount.org">asherrard@westmount.org</a></td>
</tr>
<tr>
<td>Matthew Lawton</td>
<td>Sports Coordinator</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mlawton@westmount.org">mlawton@westmount.org</a></td>
</tr>
<tr>
<td>Jessie Zhou</td>
<td>Administrative Support Clerk</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jzhou@westmount.org">jzhou@westmount.org</a></td>
</tr>
<tr>
<td>Matthew Ciampini</td>
<td>Arena Foreman</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mciampini@westmount.org">mciampini@westmount.org</a></td>
</tr>
</tbody>
</table>

VICTORIA HALL

| Claude Danis               | Programme and Community Services Coordinator |
|                            | cdanis@westmount.org | 514 989-5393 |
ONLINE REGISTRATION INFORMATION
To register online, you must have an active account

RESIDENTS OF WESTMOUNT:
• All existing accounts are suspended as of December 31st 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 at recreation@westmount.org. (please 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.
• Please note that non-residents must pay a 50% fee surcharge for all programmes.
• You will only have access to register for programmes following the resident registration period (see dates below).

FEES MUST BE PAID IN FULL UPON REGISTRATION USING ONE OF THE FOLLOWING:
ONLINE: Visa/MasterCard
BY PHONE: Visa/MasterCard. Call at 514 989-5353.
All taxes are included. Cheques returned because of non-sufficient funds (NSF cheques) are subject to a $35 fee.

WAITING LIST
Should a programme you want to register for be full, your name will be placed on a waiting list. You will be contacted if a space becomes available.

PROOFS OF RESIDENCE
To register, two 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.
Children between the ages of 4 and 17 are required to provide one (1) proof of residency (official school or government documents), along with one (1) proof of age (Medicare Card or Passport)

Have a valid 2022 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 as of Tuesday, August 30, 2022. Please note, however, that non-residents must pay a fee surcharge of 50% for all programmes.

DATES

<table>
<thead>
<tr>
<th>Registration Period</th>
<th>LOCATION</th>
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</thead>
</table>
| RESIDENTS: AUGUST 2 TO 29, 2022  
ONLINE begins at 8 a.m. on August 2.  
Spaces are not guaranteed, so register early to avoid the waiting list. | westmount.org/onlineregistration |
| NON-RESIDENTS: AS OF TUESDAY, AUGUST 30, 2022  
ONLINE begins at 8 a.m. on August 30. | |

REGISTRATION BY MAIL OR BY FAX
Registration forms can be sent by mail or fax as of August 30, 2022

| BY MAIL | Sports and Recreation  
City of Westmount  
4675 St. Catherine Street West  
Westmount QC H3Z 1S4 |
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>BY FAX</td>
<td>514 989-5486</td>
</tr>
</tbody>
</table>

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 are entitled to an automatic full refund.
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.

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.

FACILITY MEMBERSHIP CARD

This handy membership card with photograph will serve 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: https://westmount.org/en/recreation-culture/sports-recreation-department/facility-card/

Two 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 up. Children between the ages of 4 and 17 are required to provide one (1) proof of residence (official school or government documents), along with one (1) proof of age (Medicare 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

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
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<tbody>
<tr>
<td>INDIVIDUAL MEMBERSHIP</td>
<td>$50</td>
</tr>
<tr>
<td>SENIORS MEMBERSHIP (65 YEARS +)</td>
<td>$40</td>
</tr>
<tr>
<td>FAMILY MEMBERSHIP</td>
<td>$100</td>
</tr>
</tbody>
</table>

Maximum 5 cards per family.
There is a $5 charge for each additional card.

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.
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 will be available at the WRC and on the City website 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 (refrigerated, skating only - no hockey)
- Devon Park
- Queen Elizabeth Gardens
- Stayner Park
- King George Park
- Prince Albert Park

Facility Membership Cards are not required for the outdoor rinks.

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,
- referees and time-keepers for sports programmes,
- 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 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
- rink monitors

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

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

## 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. 3 to Dec. 8, 2022

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>INSTRUCTOR</th>
<th>COORDINATOR</th>
<th>COST</th>
<th>LOC</th>
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</thead>
<tbody>
<tr>
<td>11-15 yrs.</td>
<td>Thursday, 5 to 6:30 p.m.</td>
<td>1219.301</td>
<td>Annie Jolicoeur</td>
<td>Claude Danis</td>
<td>$52</td>
<td>VH</td>
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</table>

## Basketball
Schedule will be provided shortly after registration.

**FALL:** Oct. to Dec. 2022

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>INSTRUCTOR</th>
<th>COORDINATOR</th>
<th>COST</th>
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<tbody>
<tr>
<td>7-9 yrs.</td>
<td>Thursday, 6:30 to 7:30 p.m.</td>
<td>1276.301</td>
<td>Not an instructional programme.</td>
<td>Andrew Maislin</td>
<td>$67</td>
<td>WHS</td>
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<tr>
<td>10-12 yrs.</td>
<td>Thursday, 6:30 to 7:30 p.m.</td>
<td>1276.302</td>
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<td></td>
<td>$67</td>
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<tr>
<td>13-14 yrs.</td>
<td>Thursday, 7:30 to 8:30 p.m.</td>
<td>1276.303</td>
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<td>$67</td>
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<tr>
<td>15-16 yrs.</td>
<td>Thursday, 7:30 to 8:30 p.m.</td>
<td>1276.304</td>
<td></td>
<td></td>
<td>$67</td>
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## Breakdance

**FALL:** Sept. 23 to Dec. 9, 2022

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<th>LEVEL</th>
<th>DAY/TIME</th>
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<th>COST</th>
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<tbody>
<tr>
<td>7-9 yrs.</td>
<td>Friday, 4:30 to 5:30 p.m.</td>
<td>1247.301</td>
<td>Kate Alsterlund</td>
<td>Claude Danis</td>
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<td>10-14 yrs.</td>
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<tr>
<td>The Next Level</td>
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<td>1247.303</td>
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## Chanson Magique

**FALL:** Sept. 21 to Dec. 7, 2022

<table>
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<th>LEVEL</th>
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<th>INSTRUCTOR</th>
<th>COORDINATOR</th>
<th>COST</th>
<th>LOC</th>
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<tbody>
<tr>
<td>1-2 yrs.</td>
<td>Wed., 9:30 to 10:15 a.m.</td>
<td>1216.301</td>
<td>Muriel Vergnaud</td>
<td>Claude Danis</td>
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<tr>
<td>3-4 yrs.</td>
<td>Wed., 10:15 to 11:15 a.m.</td>
<td>1216.302</td>
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<td></td>
<td>$77</td>
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</table>

## 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.

**FALL:** Sept. 17 to Dec. 12, 2022

<table>
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<th>DAY/TIME</th>
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<th>COORDINATOR</th>
<th>COST</th>
<th>LOC</th>
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<tbody>
<tr>
<td>3 yrs.</td>
<td>Mon., 3 to 3:30 p.m.</td>
<td>1215.301</td>
<td>Joanie Moreau</td>
<td>Claude Danis</td>
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<td>VH</td>
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<td>3 yrs.</td>
<td>Sat., 9:30 to 10 a.m.</td>
<td>1215.301</td>
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<td></td>
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<td>4 yrs.</td>
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<td>4 yrs.</td>
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<td>5-6 yrs.</td>
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<td>5-6 yrs.</td>
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<tr>
<td>7-8 yrs.</td>
<td>Mon., 4:45 to 5:45 p.m.</td>
<td>1215.314</td>
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<td>$77</td>
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<tr>
<td>7-8 yrs.</td>
<td>Fri., 4:45 to 5:45 p.m.</td>
<td>1215.314</td>
<td></td>
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<td>$77</td>
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<tr>
<td>7-8 yrs.</td>
<td>Sun., 11:15 a.m. to 12:15 p.m.</td>
<td>1215.324</td>
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<td>9+ yrs.</td>
<td>Mon., 5:45 to 7 p.m.</td>
<td>1215.305</td>
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<td>9-11 yrs.</td>
<td>Fri., 5:45 to 7 p.m.</td>
<td>1215.315</td>
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<td></td>
<td>$82</td>
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<tr>
<td>9+ yrs.</td>
<td>Sat., 12:15 to 1:30 p.m.</td>
<td>1215.325</td>
<td></td>
<td></td>
<td>$82</td>
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<tr>
<td>12+ yrs.</td>
<td>Fri., 7 to 8:45 p.m.</td>
<td>1215.306</td>
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</table>

## Coding Scratch Game Design with Engineeuies

**FALL:** Sept. 22 to Dec. 8, 2022

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>INSTRUCTOR</th>
<th>COORDINATOR</th>
<th>COST</th>
<th>LOC</th>
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</thead>
<tbody>
<tr>
<td>7-9 yrs.</td>
<td>Thursday, 5 to 6 pm</td>
<td>1222.311</td>
<td>Engineeuies Canada</td>
<td>Claude Danis</td>
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<td>10-12 yrs.</td>
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<td>1222.312</td>
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## Creative Writing

**FALL:** Sept. 19 to Dec. 12, 2022

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<th>DAY/TIME</th>
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<th>COST</th>
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</thead>
<tbody>
<tr>
<td>10+ yrs.</td>
<td>Monday, 5 to 6 p.m.</td>
<td>1266.301</td>
<td>Gabrielle Jay-Riendeau</td>
<td>Claude Danis</td>
<td>$77</td>
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## Discovering Art

**FALL:** Sept. 21 to Dec. 7, 2022

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<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>INSTRUCTOR</th>
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<tbody>
<tr>
<td>7-9 yrs.</td>
<td>Wednesday, 4 to 5 p.m.</td>
<td>1221.301</td>
<td>Gabrielle Jay-Riendeau</td>
<td>Claude Danis</td>
<td>$77</td>
<td></td>
</tr>
<tr>
<td>10-13 yrs.</td>
<td>Wednesday, 5 to 6 p.m.</td>
<td>1221.302</td>
<td></td>
<td></td>
<td>$77</td>
<td></td>
</tr>
</tbody>
</table>

## Drama for fun

**FALL:** Sept. 20 to Dec. 6, 2022

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>INSTRUCTOR</th>
<th>COORDINATOR</th>
<th>COST</th>
<th>LOC</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-9 yrs.</td>
<td>Tuesday, 4:30 to 5:30 p.m.</td>
<td>1260.301</td>
<td>Ira Sokolova</td>
<td>Claude Danis</td>
<td>$77</td>
<td></td>
</tr>
<tr>
<td>10-13 yrs.</td>
<td>Tuesday, 5:30 to 6:30 p.m.</td>
<td>1260.302</td>
<td></td>
<td></td>
<td>$77</td>
<td></td>
</tr>
<tr>
<td>DATES</td>
<td>LEVEL</td>
<td>DAY/TIME</td>
<td>CODE</td>
<td>INSTRUCTOR</td>
<td>COORDINATOR</td>
<td>COST</td>
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</tr>
<tr>
<td><strong>Groove For Kids</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>FALL: Sept. 21 to Dec. 7, 2022</td>
<td>7-12 yrs.</td>
<td>Wednesday, 5:30 to 6:15 p.m.</td>
<td>1265.301</td>
<td>Stephanie Nairn</td>
<td>Claude Danis</td>
<td>$62</td>
</tr>
<tr>
<td><strong>Jiu-Jitsu</strong></td>
<td></td>
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</tr>
<tr>
<td>FALL: Sept. 19 to Dec. 12, 2022</td>
<td>8-12 yrs.</td>
<td>Monday, 5 to 6 p.m.</td>
<td>1207.301</td>
<td>Scott Renwick</td>
<td>Claude Danis</td>
<td>$77</td>
</tr>
<tr>
<td></td>
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<tr>
<td><strong>Karate - JKA</strong></td>
<td></td>
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</tr>
<tr>
<td>FALL: Sept. 23 to Dec. 9, 2022</td>
<td>7-9 yrs.</td>
<td>Friday, 5 to 6 p.m.</td>
<td>1206.301</td>
<td>JKA Instructors</td>
<td>Claude Danis</td>
<td>$77</td>
</tr>
<tr>
<td></td>
<td>10-13 yrs.</td>
<td>Friday, 6 to 7 p.m.</td>
<td>1206.302</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
<tr>
<td><strong>Kidnastix</strong></td>
<td>Indoor shoes are required.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>FALL: Sept. 17 to Dec. 10, 2022</td>
<td>1-2 yrs.</td>
<td>Tue., 2:30 to 3 p.m.</td>
<td>1217.301</td>
<td>Gabrielle</td>
<td>Claude Danis</td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>1-2 yrs.</td>
<td>Tue., 3 to 3:30 p.m.</td>
<td>1217.311</td>
<td>Jay-Riendeau</td>
<td></td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>1-2 yrs.</td>
<td>Sat., 9-10 a.m.</td>
<td>1217.321</td>
<td></td>
<td></td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>1-2 yrs.</td>
<td>Sat., 10 to 10:30 a.m.</td>
<td>1217.331</td>
<td></td>
<td></td>
<td>$72</td>
</tr>
<tr>
<td></td>
<td>3-4 yrs.</td>
<td>Tue., 3:45 to 4:30 p.m.</td>
<td>1217.302</td>
<td></td>
<td></td>
<td>$72</td>
</tr>
<tr>
<td></td>
<td>3-4 yrs.</td>
<td>Sat., 10:45 to 11:30 a.m.</td>
<td>1217.312</td>
<td></td>
<td></td>
<td>$72</td>
</tr>
<tr>
<td></td>
<td>5-6 yrs.</td>
<td>Tue., 4:30 to 5:30 p.m.</td>
<td>1217.303</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
<tr>
<td></td>
<td>5-6 yrs.</td>
<td>Sat., 11:30 a.m. to 12:30 p.m.</td>
<td>1217.313</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
<tr>
<td><strong>Multisport</strong></td>
<td>Young athletes will be introduced to a variety of sports throughout the session including but not limited to, baseball, soccer, badminton, volleyball, touch football, pickleball, ultimate frisbee, and more.</td>
<td></td>
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</tr>
<tr>
<td>FALL: Oct. to Dec. 2022</td>
<td>4-6 yrs.</td>
<td>Tuesday, 6:30 to 7:30 p.m.</td>
<td>1270.301</td>
<td>TBA</td>
<td>Andrew Maislin</td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Schedule will be provided shortly after registration.</td>
<td></td>
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</tr>
<tr>
<td><strong>Musical Theatre - NEW!</strong></td>
<td></td>
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</tr>
<tr>
<td>FALL: Sept. 22 to Dec. 8, 2022</td>
<td>8-12 yrs.</td>
<td>Thursday, 4:30 to 5:30 p.m.</td>
<td>1285.301</td>
<td>Ira Sokolova</td>
<td>Claude Danis</td>
<td>$77</td>
</tr>
<tr>
<td><strong>Saturday STEM with Engineeius</strong> (Science, Technology, Engineering, Math)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>FALL: Sept. 17 to Dec. 10, 2022</td>
<td>5-6 yrs.</td>
<td>Saturday, 11 to 11:45 a.m.</td>
<td>1222.301</td>
<td>Engineeius Canada</td>
<td>Claude Danis</td>
<td>$87</td>
</tr>
<tr>
<td></td>
<td>7-8 yrs.</td>
<td>Saturday, 12 to 1:45 p.m.</td>
<td>1222.302</td>
<td></td>
<td></td>
<td>$87</td>
</tr>
<tr>
<td></td>
<td>9+ yrs.</td>
<td>Saturday, 1 to 1:45 p.m.</td>
<td>1222.303</td>
<td></td>
<td></td>
<td>$87</td>
</tr>
<tr>
<td><strong>Soccer - Indoor</strong></td>
<td>Schedules will be provided shortly after registration.</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>BOYS Oct. to Dec. 2022</td>
<td>8-9 yrs.</td>
<td>Monday, 5 to 6 p.m.</td>
<td>1224.301</td>
<td>Not an instructional programme</td>
<td>Matthew Lawton</td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>10-11 yrs.</td>
<td>Monday, 6 to 7 p.m.</td>
<td>1224.302</td>
<td></td>
<td></td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>12-15 yrs.</td>
<td>Monday, 7 to 8 p.m.</td>
<td>1224.303</td>
<td></td>
<td></td>
<td>$67</td>
</tr>
<tr>
<td>GIRLS Oct. to Dec. 2022</td>
<td>8-10 yrs.</td>
<td>Wednesday, 4:30 to 5:30 p.m.</td>
<td>1225.301</td>
<td>Instructional</td>
<td>Alyssa Sherrard</td>
<td>$77</td>
</tr>
<tr>
<td></td>
<td>11-15 yrs.</td>
<td>Wednesday, 7 to 8 p.m.</td>
<td>1225.302</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
<tr>
<td><strong>Stay Safe!</strong></td>
<td>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.</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>FALL: Sept. 22 to Oct. 27, 2022</td>
<td>9-13 yrs.</td>
<td>Thursday, 5 to 6:15 p.m.</td>
<td>1219.302</td>
<td>Annie Jolicoeur</td>
<td>Claude Danis</td>
<td>$52</td>
</tr>
<tr>
<td><strong>Welcome to the Music World</strong></td>
<td>The presence of a parent is required for children aged 1 to 2 years.</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>FALL: Sept. 19 to Dec. 12, 2022</td>
<td>1-2 yrs.</td>
<td>Monday, 3:15 to 3:45 p.m.</td>
<td>1238.301</td>
<td>Ira Sokolova</td>
<td>Claude Danis</td>
<td>$67</td>
</tr>
<tr>
<td></td>
<td>3-5 yrs.</td>
<td>Monday, 4 to 4:45 p.m.</td>
<td>1238.302</td>
<td></td>
<td></td>
<td>$77</td>
</tr>
</tbody>
</table>
## Hockey
Registration ends on September 1st.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>BORN BETWEEN</th>
<th>GAMES PLAYED</th>
<th>CODE</th>
<th>COST</th>
<th>LOC</th>
</tr>
</thead>
</table>
| **M7 (Pre-novice/M.A.H.G.)** - (September to April) - Coordinator: Matthew Lawton | M7 - 1: January 1, 2017 to December 31, 2017  
M7 - 2: January 1, 2016 to December 31, 2016 | Tuesday, 5 p.m. and Saturday, 8 or 9 a.m.  
Thursday, 5 p.m. and Saturday, 8 or 9 a.m. | 1200.401  
1200.411 | $235  
$235 | WRC |
|              |                                     |                                                  | **Boys' Instructional Hockey** - (September to April) - Coordinator: Matthew Lawton | **Girls' Instructional Hockey** - (September to April) - Coordinator: Alyssa Sherrard  
Designed to introduce boys to the game. It focuses on the development of the core hockey skills with minimal game play. | M9/11: January 1, 2012 to December 31, 2015 | Tuesday, 6 p.m. | 1200.407 | $185 | WRC |
|              |                                     |                                                  | **Co-ed Instructional Hockey** - (September to April) - Coordinator: Alyssa Sherrard and Matthew Lawton  
Designed to introduce boys and girls to the game. It focuses on the development of the core hockey skills with minimal game play. | M13/15: January 1, 2008 to December 31, 2011 | Thursday, 6 p.m. | 1200.408 | $185 | WRC |
|              |                                     |                                                  | **Inter-City Hockey** - (September to April) - Coordinator: Andrew Maitland  
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. | M9  
M9 Girls'  
M11  
M11 Girls'  
M13  
M15  
M18 | January 1, 2014 to December 31, 2015  
January 1, 2014 to December 31, 2015  
January 1, 2012 to December 31, 2013  
January 1, 2012 to December 31, 2013  
January 1, 2010 to December 31, 2011  
January 1, 2008 to December 31, 2009  
January 1, 2005 to December 31, 2007 | To be determined | 1200.412  
1200.422  
1200.413  
1200.423  
1200.414  
1200.415  
1200.416 | $345  
$345  
$345  
$345  
$345  
$345  
$345 | TRA |
|              |                                     |                                                  | **Fall Youth Hockey** - Coordinator: Matthew Lawton  
Fall youth hockey, running from September to December, is open to both boys and girls and aims to provide players with a fun and enjoyable non-competitive hockey experience focused on fair play and participation. Evaluations will be done at the start of the season to ensure the creation of equitable teams. | M9  
M11 | January 1, 2014 to December 31, 2015  
January 1, 2012 to December 31, 2013 | Saturday, 12 or 1 p.m.  
Saturday, 2 or 3 p.m. | 1200.302  
1200.303 | $185  
$185 | WRC |

**NOTE:** Players who register for Inter-city Hockey CANNOT register for Fall Youth Hockey or Instructional Hockey.

**NOTE:** Players CAN register for both Fall Youth Hockey and Instructional Hockey.
**Skating**

Coordinator: Alyssa Sherrard

Parents/guardians must be present during lessons for children 10 yrs. 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.

**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. For the Beginner level, participants may register for only one class per session.

**KIDSKATE**

This programme is designed to introduce young children to the joy of skating. Participants may register for only one class per session.

**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.

<table>
<thead>
<tr>
<th>DATES</th>
<th>LEVEL</th>
<th>DAY/TIME</th>
<th>CODE</th>
<th>COST</th>
<th>LOC.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KidSkate</strong></td>
<td>4 yrs.</td>
<td>Monday, 4:45 p.m.</td>
<td>1203.301</td>
<td>$95</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Saturday, 10:45 a.m.</td>
<td>1203.302</td>
<td>$95</td>
<td></td>
</tr>
</tbody>
</table>

| **Skating Instruction** | Beginner (stages 1, 2 & 3) | Tuesday, 5:30 p.m. | 1202.301 | $115 | WRC  |
|                        | Beginner (stages 1, 2 & 3) | Monday, 5:30 p.m.  | 1202.311 | $115 |      |
|                        | Beginner (stages 1, 2 & 3) | Wednesday, 5:30 p.m. | 1202.321 | $115 |      |
|                        | Beginner (stages 1, 2 & 3) | Friday, 4:30 p.m.  | 1202.331 | $115 |      |
|                        | Beginner (stages 1, 2 & 3) | Saturday, 11:30 a.m. | 1202.302 | $115 |      |
|                        | Intermediate (stages 4, 5 & 6) | Monday, 6:30 p.m. | 1202.312 | $115 |      |
|                        | Intermediate (stages 4, 5 & 6) | Saturday, 12:30 p.m. | 1202.303 | $115 |      |
|                        | Advanced/Figure skating (stages 7 & up) | Wednesday, 6:30 p.m. | 1202.310 | $115 |      |

<p>| <strong>Powerskating</strong> | Participants must have completed stages 1, 2, 3 &amp; 4 | Friday, 5:30 p.m. | 1202.310 | $115 | WRC  |</p>
<table>
<thead>
<tr>
<th>ACTIVITIES FOR ADULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATES</strong></td>
</tr>
<tr>
<td><strong>Badminton</strong></td>
</tr>
<tr>
<td><strong>Ballroom Dancing</strong></td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
</tr>
<tr>
<td><strong>Belly Dancing</strong></td>
</tr>
<tr>
<td><strong>Body Design</strong></td>
</tr>
<tr>
<td><strong>Boot Camp!</strong></td>
</tr>
<tr>
<td><strong>Bridge Club</strong></td>
</tr>
<tr>
<td><strong>Classical Ballet</strong></td>
</tr>
<tr>
<td><strong>Essentrics</strong></td>
</tr>
<tr>
<td>DATES</td>
</tr>
<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Groove</td>
</tr>
<tr>
<td>Karate - JKA Westmount (14 yrs. +)</td>
</tr>
<tr>
<td>Line Dancing</td>
</tr>
<tr>
<td>Pickleball</td>
</tr>
<tr>
<td>Pilates</td>
</tr>
<tr>
<td>Skating Instruction Helmets are mandatory</td>
</tr>
<tr>
<td>Soccer - Indoor Schedules will be provided shortly after registration.</td>
</tr>
<tr>
<td>Tai Chi - Chi Kung</td>
</tr>
<tr>
<td>Tap Dancing</td>
</tr>
<tr>
<td>Theatre Dance</td>
</tr>
<tr>
<td>DATES</td>
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<tr>
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</tr>
<tr>
<td><strong>Total Body Workout</strong> Yoga mats required.</td>
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<td></td>
</tr>
<tr>
<td><strong>Yoga - Evening</strong> Yoga mats are required. Blocks and straps are encouraged.</td>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>Yoga - Daytime</strong> Yoga mats are required. Blocks and straps are encouraged.</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Yoga - Morning</strong> Yoga mats are required. Blocks and straps are encouraged.</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Yogalates</strong> Bare feet and yoga mats required.</td>
</tr>
</tbody>
</table>
**Hockey**
*Deadline for adult hockey registration is Friday, September 9, 2022*

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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Level</th>
<th>Day/Time</th>
<th>Code</th>
<th>Coordinator</th>
<th>Cost</th>
<th>Loc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Senior “A” Hockey</strong></td>
<td>Teams are formed using a draft format. Mandatory for all new players: Tryout on Monday, September 12, 2022. Players are encouraged to register for both “A” and “B” leagues in the event that they are not selected for an “A” team.</td>
<td>September 2022 until April 2023</td>
<td>18 yrs. +</td>
<td>Tues. and/or Thurs. evenings</td>
<td>1000.402</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Senior “B” Hockey</strong></td>
<td>Teams are formed using a draft format.</td>
<td>September 2022 until April 2023</td>
<td>18 yrs. +</td>
<td>Wed./Fri./Sun. evenings</td>
<td>1000.401</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Executive “A” &amp; “B” Hockey</strong></td>
<td>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.</td>
<td>September 2022 until April 2023</td>
<td>35 yrs. +</td>
<td>Monday evenings</td>
<td>1000.403</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Executive Recreational Hockey</strong></td>
<td></td>
<td>September 2022 until April 2023</td>
<td>35 yrs. +</td>
<td>Monday evenings</td>
<td>1000.404</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Competitive Old Timers Hockey</strong></td>
<td></td>
<td>September 2022 until April 2023</td>
<td>35 yrs. +</td>
<td>Friday evenings</td>
<td>1000.405</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Women’s Instructional Hockey</strong></td>
<td></td>
<td>FALL: Oct. to Dec., 2022</td>
<td>18 yrs. +</td>
<td>Thursday 8:30 to 9:40 p.m.</td>
<td>1000.308</td>
<td>Alyssa Sherrard</td>
</tr>
<tr>
<td><strong>Women’s Recreational Hockey League</strong></td>
<td>This league is for women of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.</td>
<td>September 2022 until April 2023</td>
<td>18 yrs. +</td>
<td>Sunday evenings</td>
<td>1000.409</td>
<td>Alyssa Sherrard</td>
</tr>
<tr>
<td><strong>Men’s Instructional Hockey</strong></td>
<td>Must have skating experience.</td>
<td>FALL: Oct. to Dec., 2022</td>
<td>18 yrs. +</td>
<td>Sunday 8:50 to 10 p.m.</td>
<td>1000.310</td>
<td>Matthew Lawton</td>
</tr>
<tr>
<td><strong>Old Timers Hockey</strong></td>
<td>All year. Check weekly rink schedule for possible blackout dates.</td>
<td>35 yrs. +</td>
<td>Wednesday and Friday, 12:00 to 1:20 p.m.</td>
<td>Drop in hockey programme. Free for Facility Membership cardholders. Guest passes may be purchased online.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

WRC: Westmount Recreation Centre
# Activities for Seniors

<table>
<thead>
<tr>
<th>Dates</th>
<th>Level</th>
<th>Day/Time</th>
<th>Code</th>
<th>Instructor</th>
<th>Coordinator</th>
<th>Cost</th>
<th>Loc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bridge Club</strong></td>
<td></td>
<td><strong>FALL:</strong> Sept. 19 to Mar. 27, 2022 No class on Oct. 10, Dec. 26 and Jan. 2 Monday, 7 to 10 p.m.</td>
<td>1016.401</td>
<td>Not an instructional programme.</td>
<td>Claude Danis</td>
<td>$30</td>
<td>VH</td>
</tr>
<tr>
<td><strong>Fitness (Low Intensity)</strong></td>
<td>Yoga mats required. <strong>This programme is also available online via Zoom</strong>*</td>
<td><strong>FALL:</strong> Sept. 20 to Dec. 8, 2022 60 yrs. + Tues. &amp; Thurs., 10 to 11 a.m. Online only Tues. &amp; Thurs., 11 to 12 p.m. Online only</td>
<td>1400.301</td>
<td>Amy Creighton</td>
<td>Claude Danis</td>
<td>$72</td>
<td>WRC</td>
</tr>
<tr>
<td><strong>Gentle Stretch and Strengthen</strong></td>
<td>Yoga mats required. <strong>This programme is also available online via Zoom</strong>*</td>
<td><strong>FALL:</strong> Sept. 19 to Dec. 12, 2022 60 yrs. + Monday, 10:30 to 11:30 a.m. Online only Wednesday, 10:30 to 11:30 a.m. Online only</td>
<td>1440.301</td>
<td>Kaouthar (Kay) El Aloui</td>
<td>Claude Danis</td>
<td>$62</td>
<td>WRC</td>
</tr>
<tr>
<td><strong>Gentle Yoga</strong></td>
<td>Yoga mats required. <strong>This programme is also available online via Zoom</strong>*</td>
<td><strong>FALL:</strong> Sept. 19 to Dec. 12, 2022 60 yrs. + Mon., 11 a.m. to 12 p.m. Online only Wed., 12 to 1 p.m. Online only</td>
<td>1409.301</td>
<td>Johanne Lynch-Stauton</td>
<td>Claude Danis</td>
<td>$62</td>
<td>VH</td>
</tr>
<tr>
<td><strong>Tai Chi - Chi Kung (50 yrs. +)</strong></td>
<td></td>
<td><strong>FALL:</strong> Sept. 19 to Dec. 12, 2022 Level I Level II Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.</td>
<td>1401.301</td>
<td>Andrew Dearlove</td>
<td>Claude Danis</td>
<td>$95</td>
<td>VH</td>
</tr>
</tbody>
</table>

Contactivity Centre is a non-profit community centre for active seniors. The Centre is partially funded by Centraide du Grand Montréal, the Quebec Ministry of Health, the City of Westmount, Foundations (Father Dowd, Actas and Good Samaritan), and generous individual donors.

We provide a welcoming, caring and safe place for autonomous seniors 60+, where a sense of community and social engagement can be fostered. We host various courses and interest groups which encompass the mind, body and soul.

The courses and interest groups are on a semester basis - Winter, Spring, Summer and Fall. In addition to our programming, the Centre is open for drop-ins, unless a course is scheduled in that room. You can borrow a book, purchase low cost clothing from our boutique, read the Gazette, chat with friends and do much more.

The Centre promotes seniors’ optimum mental, emotional and physical health to help develop a sense of autonomy. We work together to deal with any unavoidable dependencies that may arise with increasing age.
# 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 Division 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 Web site at [westmount.org](http://westmount.org).

## Adults

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Contact Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Association of Pedestrians &amp; Cyclists of Westmount</strong></td>
<td><a href="mailto:dfiambert@gmail.com">dfiambert@gmail.com</a></td>
<td>514 773-0257</td>
</tr>
<tr>
<td><strong>Dramatis Personae Theatre Group</strong></td>
<td><a href="http://www.theatrewestmount.com">www.theatrewestmount.com</a></td>
<td>514 484-2016</td>
</tr>
<tr>
<td><strong>Friends of the Westmount Public Library</strong></td>
<td><a href="http://www.westlib.org">www.westlib.org</a></td>
<td>514 483-3604</td>
</tr>
<tr>
<td><strong>Montreal Welsh Male Choir</strong></td>
<td>welshmalechoir.montreal.qc.ca</td>
<td>514 937-5527</td>
</tr>
<tr>
<td><strong>Rotary Club of Westmount</strong></td>
<td><a href="http://www.rotarywestmount.org">www.rotarywestmount.org</a></td>
<td>514 935-3344</td>
</tr>
<tr>
<td><strong>Westmount Croquet Club</strong></td>
<td><a href="http://www.bowlswestmount.ca">www.bowlswestmount.ca</a></td>
<td>514 989-5532</td>
</tr>
<tr>
<td><strong>Westmount Dog Owners Association</strong></td>
<td>facebook.com/westmountdogownersassociation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>assocproprio <a href="mailto:chienswestmount@gmail.com">chienswestmount@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Westmount Historical Association</strong></td>
<td><a href="http://www.westmounthistorical.org">www.westmounthistorical.org</a></td>
<td>514 989-5510</td>
</tr>
<tr>
<td><strong>Westmount Horticultural Society</strong></td>
<td><a href="mailto:westhortsoc@gmail.com">westhortsoc@gmail.com</a></td>
<td>514 233-2788</td>
</tr>
<tr>
<td><strong>Westmount Lawn Bowling Club</strong></td>
<td><a href="http://www.bowlswestmount.ca">www.bowlswestmount.ca</a></td>
<td>514 989-5532</td>
</tr>
<tr>
<td><strong>Westmount Municipal Association</strong></td>
<td><a href="http://www.wma-amw.org">www.wma-amw.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Westmount Quilters Guild</strong></td>
<td><a href="mailto:westmountquiltersguild@gmail.com">westmountquiltersguild@gmail.com</a></td>
<td>514 989-7939</td>
</tr>
<tr>
<td><strong>Westmount Rugby Club</strong></td>
<td><a href="http://www.westmountrugby.com">www.westmountrugby.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Westmount Toastmasters Club</strong></td>
<td><a href="http://www.7041.toastmastersclub.org">www.7041.toastmastersclub.org</a></td>
<td>514 367-5986</td>
</tr>
</tbody>
</table>

## Children and Youth

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Girl Guides</strong></td>
<td><a href="http://www.girlguides.ca">www.girlguides.ca</a></td>
<td>514 483-3997</td>
</tr>
<tr>
<td><strong>Scouts</strong></td>
<td><a href="http://www.scoutswestmount.ca">www.scoutswestmount.ca</a></td>
<td>514 917-5527</td>
</tr>
<tr>
<td><strong>Squadron 1 West Montreal Air Cadets</strong></td>
<td><a href="http://www.cadets.ca">www.cadets.ca</a></td>
<td>514 939-8400</td>
</tr>
<tr>
<td><strong>Westmount Family Playgroup</strong></td>
<td><a href="mailto:wfpplaygroup@gmail.com">wfpplaygroup@gmail.com</a></td>
<td>514 296-8442</td>
</tr>
<tr>
<td><strong>Westmount Teen Zone</strong></td>
<td>westmount.org/teenzone</td>
<td>514 989-5252</td>
</tr>
</tbody>
</table>

## Seniors

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Contactivity Centre</strong></td>
<td><a href="http://www.contactivitycentre.org">www.contactivitycentre.org</a></td>
<td>514 932-2326</td>
</tr>
<tr>
<td><strong>Leisure Institute at Shaar Hashomayim</strong></td>
<td><a href="http://www.theshaar.org">www.theshaar.org</a></td>
<td>514 937-9471</td>
</tr>
</tbody>
</table>

## Community Resources

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Address</th>
<th>Website</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Argyle Institute</strong></td>
<td>4150 St. Catherine St. W. #328</td>
<td>argyleinstitute.org</td>
<td>514 931-5629</td>
</tr>
<tr>
<td><strong>Atwater Library and Computer Centre</strong></td>
<td>1200 Atwater Ave.</td>
<td><a href="http://www.atwaterlibrary.ca">www.atwaterlibrary.ca</a></td>
<td>514 935-7344</td>
</tr>
<tr>
<td><strong>Centre Greene</strong></td>
<td>1090 Greene Ave.</td>
<td><a href="http://www.centregreene.org">www.centregreene.org</a></td>
<td>514 931-6202</td>
</tr>
<tr>
<td><strong>CSSS de La Montagne (CLSC Métro)</strong></td>
<td>1801 De Maisonneuve Blvd. W.</td>
<td><a href="http://www.santemontreal.qc.ca">www.santemontreal.qc.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Info-santé 8-1-1</strong></td>
<td></td>
<td></td>
<td>514 934-0354</td>
</tr>
<tr>
<td><strong>Communauto - Car Sharing Network</strong></td>
<td>1117 St. Catherine St. W.</td>
<td><a href="http://www.communauto.com">www.communauto.com</a></td>
<td>514 842-4545</td>
</tr>
<tr>
<td><strong>Visual Arts Centre</strong></td>
<td>350 Victoria Ave.</td>
<td><a href="http://www.visualartscentre.ca">www.visualartscentre.ca</a></td>
<td>514 488-9558</td>
</tr>
<tr>
<td><strong>Westmount YMCA</strong></td>
<td>4585 Sherbrooke St. W.</td>
<td><a href="http://www.ymcaquebec.org">www.ymcaquebec.org</a></td>
<td>514 931-8046</td>
</tr>
</tbody>
</table>