

**SPRING**

**2023**

# **WESTMOUNT SPORTS AND RECREATION ACTIVITIES**



**APRIL TO JUNE 2023**

Online registration starts FEBRUARY 14,  
2023

## **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

Recreation Activities Westmount residents Non-residents	begins Tuesday, February 14, 2023 begins Tuesday, February 28, 2023
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## FOR MORE INFORMATION

### CITY HALL

General Inquiries	514 989-5200
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### WESTMOUNT RECREATION CENTRE

Sports and Recreation Department	514 989-5353
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### VICTORIA HALL

Community Events Office	514 989-5226
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### WESTMOUNT PUBLIC LIBRARY

General Inquiries	514 989-5300
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Adult Department	514 989-5299
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Audio-Visual Department	514 989-5368
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Children's Department	514 989-5229
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Reference Desk	514 989-5355
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## WESTMOUNT.ORG

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

### SR2023-01

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

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City of Westmount  
4333 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

After a long winter, it is always nice to think ahead to the spring and all the great activities that we can do outdoors without our coats and boots. With that in mind, this booklet is full of activities for the entire family.

Registration for spring activities begins on February 14<sup>th</sup>, and you can register online or in person at the Sports and Recreation office in the Westmount Recreation Centre. Please remember that all online registration accounts expire on December 31<sup>st</sup> of every year, so you will need to update your account before registration time. All the information you need about registration is in the pages of this booklet.

If you do not find a particular activity that you enjoy among the ones in this booklet, please feel free to contact the Sports and Recreation department and let us know. Our experienced team will be pleased to take your suggestions and implement new activities based on demand.

Along with all the activities that Westmount has to offer, you may also want to join in with your family, friends and neighbours at one of our special events, like Family Day, Fête Nationale du Québec or Canada Day. These events are a great way to spend some quality family time and also reunite with your community.

Whether in person or online, we hope to see all Westmounters joining in and enjoying all the activities that Westmount has to offer.

Stay safe and healthy!



David Lapointe  
Director of Sports and Recreation

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

## SPORTS AND RECREATION OFFICES

**Westmount Recreation Centre:** 4675 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.
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## PERSONNEL - SPORTS AND RECREATION

WESTMOUNT RECREATION CENTRE		514 989-5353
David Lapointe	Director dlapointe@westmount.org	514 989-5410
Jennifer Heaps	Administrative Officer jheaps@westmount.org	514 989-5389
Bruce Stacey	Facilities Manager bstacey@westmount.org	514 989-5391
Andrew Maislin	Operations Manager amaislin@westmount.org	514 989-5323
Alyssa Sherrard	Sports Coordinator asherrard@westmount.org	514 989-5212
Jessie Zhou	Administrative Support Clerk jzhou@westmount.org	514 989-5322
Matthew Ciampini	Arena Foreman mciampini@westmount.org	514 989-5387
VICTORIA HALL		
Claude Danis	Programme and Community Services Coordinator cdanis@westmount.org	514 989-5393



# 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<sup>st</sup> 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](mailto:recreation@westmount.org). (please see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to [westmount.org/onlineeregistration](http://westmount.org/onlineeregistration). 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](mailto:recreation@westmount.org).

### NON-RESIDENTS:

- To register for programmes or create a new account, go to [westmount.org/onlineeregistration](http://westmount.org/onlineeregistration). 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. A \$35 fee will be charged for any cheque returned due to insufficient funds.

## 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.

Anyone between the ages of 4 and 17 is 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 2023 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 FEBRUARY 14, 2023

ONLINE begins at 8 a.m. / IN PERSON begins at 8:30 a.m. at the WRC

### NON-RESIDENTS: AS OF FEBRUARY 28, 2023

ONLINE begins at 8 a.m. / IN PERSON begins at 8:30 a.m. at the WRC

[westmount.org/onlineeregistration](http://westmount.org/onlineeregistration)

## REGISTRATION BY MAIL OR BY FAX

### BY MAIL

Sports and Recreation  
City of Westmount  
4675 St. Catherine Street West  
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.

# 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 is used 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 over. Anyone between the ages of 4 and 17 is required to provide one (1) proof of residence (official school or government documents), 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

INDIVIDUAL MEMBERSHIP	\$60
SENIORS MEMBERSHIP (65 YEARS +)	\$48
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$10 charge for each additional card.	\$120



# 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 is available at the WRC and on the City website at [westmount.org](http://westmount.org).

## **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](mailto: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

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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**Babysitting** The Red Cross, in collaboration with Atout Plus, offers basic first aid and caregiving skills for youth 11 to 15 years old. Participants learn how to provide care to younger children.

SPRING: May 25 to June 22	11-15 yrs.	Thursday, 5 to 6:30 p.m.	1219.101	Annie Jolicoeur	Claude Danis	\$55	VH
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## Baseball Clinics

Detailed schedules of game times and dates will be provided to all players shortly after registration.

SPRING: May 1 to June 21	M9 and M11 (2012-2015)	Monday and Wednesday, 5 p.m.	1231.101		TBA	\$75	WAG
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## Baseball (Inter-City League)

Tryouts will start in April and the dates will be provided in March.

SPRING: April to June	M11 (2012-2013) M13 (2010-2011) M15 (2008-2009) M18 (2006-2007)	Detailed schedules will be provided shortly after tryouts.	1232.102 1232.103 1232.104 1232.105		TBA	\$120	WAG CSL
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\*\*A credit card number is required at the time of registration.

## Tee-Ball

SPRING: May 2 to June 22	2016-2017	Tuesday and Thursday, 5 p.m.	1229.101		TBA	\$75	WAG
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## Breakdance

SPRING: April 14 to June 16	7-9 yrs. 10-14 yrs. 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.	1247.101 1247.102 1247.103	Kate Alsterlund	Claude Danis	\$75 \$75 \$75	VH
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## Chanson Magique

SPRING: April 12 to June 14	1-2 years 1-2 years 3-4 years 3-4 years	Wednesday, 9:30 to 10:15 a.m. Wednesday, 3 to 3:45 p.m. Wednesday, 10:30 to 11:15 a.m. Wednesday, 4 to 4:45 p.m.	1216.101 1216.111 1216.102 1216.112	Muriel Vergnaud	Claude Danis	\$75 \$75 \$75 \$75	VH
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**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.

SPRING: April 14 to June 19	3 yrs. 4 yrs. 4 yrs. 4 yrs. 5-6 yrs. 5-6 yrs. 5-6 yrs. 7-8 yrs. 7-8 yrs. 7-8 yrs. 9+ yrs. 9-11 yrs. 12+ yrs.	Sat., 9:30 to 10 a.m. Mon., 3:30 to 4 p.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.	1215.101 1215.102 1215.112 1215.122 1215.103 1215.113 1215.123 1215.104 1215.114 1215.124 1215.105 1215.115 1215.106	Joanie Moreau	Claude Danis	\$65 \$65 \$65 \$65 \$70 \$70 \$70 \$75 \$75 \$75 \$80 \$80 \$90	VH
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## Creative Writing

SPRING: April 17 to June 19	10+ yrs.	Monday, 5 to 6 p.m.	1266.101	Gabrielle Jay-Riendeau	Claude Danis	\$75	VH
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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**Cycling and Street Smarts!** Riding a bike is fun and healthy. Children will enjoy practicing their cycling skills outdoors, in a controlled area. They'll discover bike safety tips through games and hands-on activities in class and outside, with special guest visits from the Westmount Public Safety Bike Patrol. **Participants must already be comfortable riding a bike and wear a properly-fitted helmet.**

May 9, 16 and 23 May 28 - ride to Old Mtl.	2011-2015 (8-12 yrs)	Tuesday, 5 to 6:30 p.m.	<b>1250.101</b>	Dan Lambert	Claude Danis	\$55	WRC
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### Discovering Art

SPRING: April 12 to June 14	7-10 yrs. 11-14 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	<b>1221.101</b> <b>1221.102</b>	Gabrielle Jay-Riendeau	Claude Danis	\$75 \$75	VH
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### Drama for fun

SPRING: April 11 to June 13	7-10 yrs. 11-14 yrs.	Tuesday, 4:30 to 5:30 p.m. Tuesday, 5:30 to 6:30 p.m.	<b>1260.101</b> <b>1260.102</b>	Ira Sokolova	Claude Danis	\$75 \$75	VH
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### Flag Football

SPRING: May 3 to June 21	6-7 yrs. 8-9 yrs. 10-11 yrs. 12-13 yrs.	Wednesday, 5 to 6 p.m. Wednesday, 5 to 6 p.m. Wednesday, 6 to 7 p.m. Wednesday, 6 to 7 p.m.	<b>1267.102</b> <b>1267.103</b> <b>1267.104</b> <b>1267.105</b>		Alyssa Sherrard	\$75	KGP
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### Groove For Kids

SPRING: April 12 to June 14	7-12 yrs.	Wednesday, 5:30 to 6:15 p.m.	<b>1265.101</b>	Stephanie Nairn	Claude Danis	\$70	VH
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### Hockey (Spring)

SPRING: April 25 to June 16	M9 (2014-2015) M11 (2012-2013) M13 (2010-2011) M15 (2008-2009)	Friday, 5 to 6 p.m. Friday, 6 to 7 p.m. Wednesday, 6 to 7 p.m. Tuesday, 6 to 7 p.m.	<b>1200.102</b> <b>1200.103</b> <b>1200.104</b> <b>1200.105</b>	Not an instructional programme.	TBA	\$95	WRC
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### Jiu-Jitsu

SPRING: April 17 to June 19	8-12 yrs.	Monday, 5 to 6 p.m.	<b>1207.101</b>	Nicolas Delisle	Claude Danis	\$75	WRC
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### Karate - JKA (7 to 12 yrs.) Participants will be expected to purchase a karate GI through the instructor.

SPRING: April 14 to June 16	Beginnner 10th and 9th KYU Advanced 8th to 4th KYU	Friday, 5 to 6 p.m. Friday, 6 to 7 p.m.	<b>1206.101</b> <b>1206.102</b>	JKA Instructors	Claude Danis	\$75 \$75	WRC
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### Kidnastix Indoor shoes are required.

SPRING: April 11 to June 17	1-2 yrs. 1-2 yrs. 1-2 yrs. 3-4 yrs 3-4 yrs. 5-6 yrs. 5-6 yrs.	Tue., 3 to 3:30 p.m. Sat., 9:30 to 10 a.m. Sat., 10 to 10:30 a.m. Tue., 3:45 to 4:30 p.m. Sat., 10:45 to 11:30 a.m. Tue., 4:30 to 5:30 p.m. Sat., 11:30 a.m. to 12:30 p.m.	<b>1217.101</b> <b>1217.111</b> <b>1217.121</b> <b>1217.102</b> <b>1217.112</b> <b>1217.103</b> <b>1217.113</b>	Gabrielle Jay-Riendeau	Claude Danis	\$65 \$65 \$65 \$70 \$70 \$75 \$75	WRC
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Musical Theatre

SPRING: April 13 to June 15	8-12 yrs.	Thursday, 4:30 to 5:30 p.m.	1285.101	Ira Sokolova	Claude Danis	\$75	VH
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### Rugby

SPRING: April 30 to June 18	8-12 yrs. 13-16 yrs.	Sunday, 10 to 11:30 a.m.	1227.101	Westmount Rugby Club	TBA	\$75	KGP
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### Soccer - Boys

SPRING: April 29 to June 22	U 5 (2018)	Thursday, 5 or 6 p.m.	1224.100		Andrew Maislin	\$85	WP
	U 6/7 (2016-2017)	Monday, 5 or 6 p.m. and Saturday, between 9 a.m. and 1 p.m.	1224.101			\$105	WP
	U 8/9 (2014-2015)	Tuesday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.102			\$105	WP
	U 10/11 (2012-2013)	Thursday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.103			\$105	WP
	U 12/13 (2010-2011)	Monday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.104			\$105	WP KGP
	U 14-16 (2007-2009)	Wed., 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.105			\$105	WP KGP

### Soccer - Girls

SPRING: April 29 to June 22	U 5 (2018)	Wednesday, 5 or 6 p.m.	1225.100		Alyssa Sherrard	\$85	WP
	U 6/7 (2016-2017)	Tuesday, 5 or 6 p.m. and Saturday between 9 a.m. and 1 p.m.	1225.101			\$105	WP
	U 8/9 (2014-2015)	Monday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.102			\$105	WP
	U 10/11 (2012-2013)	Wednesday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.103			\$105	WP
	U 12/13 (2010-2011)	Thursday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.104			\$105	WP KGP
	U 14-16 (2007-2009)	Tuesday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.105			\$105	WP KGP

### Soccer - Inter-City (Lac St-Louis)

Administered by the Westmount Soccer Club, an independent volunteer organization, this programme aims to develop competitive soccer skills for boys and girls. Register online at [westmountsoccer.org](http://westmountsoccer.org). May to August.

**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.

SPRING: April 13 to May 18	9 -13 yrs.	Thursday, 5 to 6:15 p.m.	1219.102	Annie Jolicoeur	Claude Danis	\$55	VH
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### Ultimate Frisbee

SPRING: May 2 to June 20	2011-2015 (8-12 yrs)	Tuesday, 6 to 7 p.m.	1226.101		TBA	\$45	WP
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### Yoga For Kids

SPRING: April 13 to June 15	6-12 yrs.	Thursday, 4:30 to 5:30 p.m.	1209.101	Amanda Savoie	Claude Danis	\$70	VH
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# ACTIVITIES FOR **ADULTS**

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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## Ballroom Dancing Leather-soled shoes required.

SPRING: April 17 to June 19	Beginner Advanced	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m.	<b>1010.101</b> <b>1010.102</b>	Marie-Claude Prégent	Claude Danis	\$80 \$80	VH
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## Ballroom Dancing: Solo Latino

Ballroom Latin dances for people without a partner. Leather-soled shoes required.

SPRING: April 11 to June 13		Tuesday, 6:30 to 7:30 p.m.	<b>1010.105</b>	Marie-Claude Prégent	Claude Danis	\$80	VH
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## Belly Dancing

SPRING: April 13 to June 15		Thursday, 6:30 to 7:30 p.m.	<b>1018.101</b>	Natalie E. Kalinowicz	Claude Danis	\$80	VH
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## 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.

SPRING: April 11 to June 15		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	<b>1005.103</b> <b>1005.703</b> <b>1005.113</b> <b>1005.713</b>	Johanne Lynch-Staunton	Claude Danis	\$70 \$55 \$70 \$55	WRC
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## Boot Camp! Yoga mats required.

SPRING: April 12 to June 19		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	<b>1045.101</b> <b>1045.102</b> <b>1045.103</b>	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$70 \$70 \$70	WRC
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## Bridge

SPRING & SUMMER: April 17 to August 28		Monday, 7 to 10 p.m.	<b>1016.101</b>	Not an instructional programme	Claude Danis	\$30	VH
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## Classical Ballet Ballet attire is necessary for all classes.

SPRING: April 11 to June 15	Daytime 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.	<b>1011.101</b> <b>1011.111</b> <b>1011.102</b>	Joanie Moreau	Claude Danis	\$95 \$95 \$95	VH
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## Essentrics Yoga mats required.

SPRING: April 11 to June 13		Tuesday, 1:30 to 2:30 p.m.	<b>1075.101</b>	Karina Tidjani	Claude Danis	\$70	VH
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## Groove

SPRING: April 12 to June 14		Wednesday, 6:30 to 7:30 p.m.	<b>1065.101</b>	Stephanie Nairn	Claude Danis	\$70	VH
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Karate - JKA Westmount

SPRING: April 12 to June 19	13+ yrs	Monday, 6:30 to 8 p.m., Wednesday and Friday, 7 to 8:30 p.m.	<b>1006.101</b>	JKA	Claude Danis	\$95	WRC
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### Line Dancing

SPRING: April 11 to June 13		Tuesday, 5:15 to 6:15 p.m.	<b>1080.101</b>	Gilbert Ward	Claude Danis	\$70	VH
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### Pilates

SPRING: April 17 to June 19		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	<b>1005.106</b> <b>1005.116</b>	Kaouther (Kay) El Alaoui	Claude Danis	\$70 \$70	VH
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### Self-Defense Workshop For Women & Teens (12 yrs +)

Learn to channel that frozen fear into STRENGTH & EMPOWERMENT. This self-defense workshop will guide you and show you how to confidently deal with the fear, confusion and panic that occur during a violent confrontation by challenging you with realistic, "hands-on" attack simulations. You will learn to confidently and effectively fight back using full force, and disabling responses, against a fully padded assailant. Taught by George Manoli, a retired police officer and founder of this "no-nonsense" personal safety programme.

SPRING: 2023 Workshops	Workshop 1 Workshop 2	Saturday, Apr. 15, 2 to 5 p.m. Saturday, May 20, 2 to 5 p.m.	<b>1077.101</b> <b>1077.111</b>	George Manoli	Claude Danis	\$50 \$50	VH
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### Soccer

#### MEN

SPRING: May 2 to June 21	16 to 25 yrs 26 yrs old +	Tuesday, 7 p.m., Wed. &/or Thu. 7 p.m.	<b>1024.107</b> <b>1024.108</b>	Not an instructional programme	Andrew Maislin	\$85	WP/ KGP
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#### WOMEN

SPRING: May 2 to June 21	16 to 25 yrs 26 yrs old +	Tuesday, 7 p.m., Wednesday, 7 p.m.	<b>1025.107</b> <b>1025.108</b>	Not an instructional programme	Alyssa Sherrard	\$85	WP/ KGP
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### Tai Chi - Chi Kung

SPRING: April 11 to June 19	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	<b>1004.101</b> <b>1004.103</b>	Andrew Dearlove	Claude Danis	\$95 \$95	VH
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### Tap Dancing (Without tap shoes)

SPRING: April 17 to June 19		Monday, 7:30 to 8:30 p.m.	<b>1060.101</b>	Marie-Claude Prégent	Claude Danis	\$80	VH
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### Theatre Dance

SPRING: April 11 to June 13		Tuesday, 7:45 to 8:45 p.m.	<b>1085.101</b>	Marie-Claude Prégent	Claude Danis	\$80	VH
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### Total Body Workout Yoga mats required.

SPRING: April 12 to June 19		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	<b>1005.101</b> <b>1005.111</b>	Katalin Papp	Claude Danis	\$70 \$70	WRC
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Volleyball - **NEW!**

SPRING: May 1 to June 19		Monday, 6:30 to 8 p.m.	<b>1085.101</b>	Not an instructional programme	TBA	\$70	WP
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### Yoga - **Evening** Yoga mats are required. Blocks and straps are encouraged.

SPRING: April 11 to June 15		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	<b>1009.101</b> <b>1009.111</b>	Carmen Romero	Claude Danis	\$70 \$70	VH
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### Yoga - **Daytime** Yoga mats are required. Blocks and straps are encouraged.

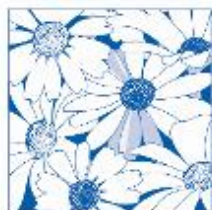
SPRING: April 11 to June 15		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	<b>1009.102</b> <b>1009.112</b>	Carmen Romero	Claude Danis	\$70 \$70	VH
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### Yoga - **Morning** Yoga mats are required. Blocks and straps are encouraged.

SPRING: April 12 to June 19		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 10:30 a.m.	<b>1009.103</b> <b>1009.113</b> <b>1009.123</b> <b>1009.133</b>	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$70 \$70 \$70 \$70	VH
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### Yogalates Bare feet and yoga mats required.

SPRING: April 12 to June 16		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	<b>1039.101</b> <b>1039.111</b>	Johanne Lynch-Staunton	Claude Danis	\$70 \$70	VH WRC
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**Contactivity  
CENTRE  
Contactivité**

Programmes et services pour les aînés  
Programs and services for seniors

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, Aetas 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.

# ACTIVITIES FOR SENIORS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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## Basic First Aid - *NEW!*

SPRING: May 10, 2023	Certification	Wednesday, 8 a.m. to 12 p.m.	<b>1479.101</b>	Santinel Inc.	Claude Danis	\$60	WRC
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## Bridge

SPRING & SUMMER: April 17 to August 28		Monday, 7 to 10 p.m.	<b>1016.101</b>	Not an instructional programme	Claude Danis	\$30	VH
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## 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.

SPRING: April 11 to June 15	60 yrs. +	Tue. & Thu., 10 to 11 a.m. Online only	<b>1400.101</b>	Amy Creighton	Claude Danis	\$70	WRC
		Tue. & Thu., 11 a.m. to 12 p.m. Online only	<b>1400.701</b> <b>1400.111</b> <b>1400.711</b>			\$55 \$70 \$55	

## Gentle Stretch and Strengthen 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.

SPRING: April 12 to June 19	60 yrs. +	Monday, 10:30 to 11:30 a.m. Online only	<b>1440.101</b>	Kaouter (Kay) El Alaoui	Claude Danis	\$60	WRC
		Wednesday, 10:30 to 11:30 a.m. Online only	<b>1440.701</b> <b>1440.111</b> <b>1440.711</b>			\$45 \$60 \$45	

## 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.

SPRING: April 12 to June 19	60 yrs. +	Monday, 11 a.m. to 12 p.m. Online only	<b>1409.101</b>	Johanne Lynch-Staunton	Claude Danis	\$60	VH
		Wednesday, 12 to 1 p.m. Online only	<b>1409.701</b> <b>1409.111</b> <b>1409.711</b>			\$45 \$60 \$45	

## Self-Defense For Seniors

Learn to channel that frozen fear into STRENGTH & EMPOWERMENT. This self-defense workshop will guide you and show you how to confidently deal with the fear, confusion and panic that occur during a violent confrontation by challenging you with realistic, 'hands-on' attack simulations. You will learn to confidently and effectively fight back using full force, and disabling responses, against a fully padded assailant. Taught by George Manoli, a retired police officer and founder of this "no-nonsense" personal safety programme.

SPRING: June 17, 2023	Workshop	Saturday, 2 to 5 p.m.	<b>1477.101</b>	George Manoli	Claude Danis	\$50	VH
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## Tai Chi - Chi Kung (50 yrs. +)

SPRING: April 14 to June 19	Level I Level II	Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.	<b>1401.101</b> <b>1401.102</b>	Andrew Dearlove	Claude Danis	\$90 \$90	VH
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# TENNIS ACTIVITIES

**REGISTRATION:** Online as of Tuesday, February 14, 2023 at 8 a.m.

A valid Facility Membership Card is required to register for all tennis activities.

No spring and summer would be complete without challenging yourself on one of Westmount's tennis courts. With the help of certified professionals, the Sports and Recreation Department offers tennis programmes throughout the summer for juniors and adults of all skill levels.

Registration takes place throughout the spring and summer. For more information on any of the activities below, including up-to-date schedules and detailed descriptions, please consult our website at [westmount.org](http://westmount.org).

## JUNIOR TENNIS INSTRUCTION

DATES	AGE GROUP	DAY/TIME	CODE	COORDINATOR	COST	LOC.
<b>Saturday Tennis Programme (spring sessions)</b> Participants will be placed according to skill level.						
April 29, May 6, 13	6-8 years old	Saturday, 9 to 10 a.m.	1	Andrew Maislin	\$60	WP Jr or KGP
	9-11 years old	Saturday, 10 to 11 a.m.	2			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	3			
May 20, 27, June 3	6-8 years old	Saturday, 9 to 10 a.m.	4			
	9-11 years old	Saturday, 10 to 11 a.m.	5			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	6			
June 10, 17, 24	6-8 years old	Saturday, 9 to 10 a.m.	7			
	9-11 years old	Saturday, 10 to 11 a.m.	8			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	9			

<b>After-School Tennis Programme (spring sessions)</b>						
May 1, 3, 8, 10	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	A	Andrew Maislin	\$70	WP Jr or KGP
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	B			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	C			
May 2, 4, 9, 11	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	D			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	E			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	F			
May 15, 17, 22, 24	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	G			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	H			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	I			
May 16, 18, 23, 25	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	J			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	K			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	L			
May 29, 31, June 5, 7	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	M			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	N			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	O			
May 30, June 1, 6, 8	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	P			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	Q			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	R			
June 12, 14, 19, 21	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	S			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	T			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	U			

## ADULT TENNIS INSTRUCTION

<b>1 &amp; 1.5</b> Tuesday (Robert) \$70 WP AD	MAY 2, 9, 16		MAY 23, 30, JUNE 6		JUNE 13, 20, 27	
	9 - 10 a.m.	101	9 - 10 a.m.	120	9 - 10 a.m.	139
	10 - 11 a.m.	102	10 - 11 a.m.	121	10 - 11 a.m.	140
	11 a.m. - 12 p.m.	103	11 a.m. - 12 p.m.	122	11 a.m. - 12 p.m.	141
<b>1 &amp; 1.5</b> Saturday (TBA) \$70 KGP	MAY 6, 13, 20		MAY 27, JUNE 3, 10		JUNE 17, 24, JULY 1	
	1 - 2 p.m.	104	1 - 2 p.m.	123	1 - 2 p.m.	142
	2 - 3 p.m.	105	2 - 3 p.m.	124	2 - 3 p.m.	143
<b>1.5 &amp; 2</b> Monday (Robert) \$70 WP AD	MAY 1, 8, 15		MAY 22, 29, JUNE 5		JUNE 12, 19, 26	
	6 - 7 p.m.	106	6 - 7 p.m.	125	6 - 7 p.m.	144
	7 - 8 p.m.	107	7 - 8 p.m.	126	7 - 8 p.m.	145
	8 - 9 p.m.	108	8 - 9 p.m.	127	8 - 9 p.m.	146
<b>1.5 TO 2.5</b> Wednesday (Robert) \$70 WP AD	MAY 3, 10, 17		MAY 24, 31, JUNE 7		JUNE 14, 21, 28	
	6 - 7 p.m.	109	6 - 7 p.m.	128	6 - 7 p.m.	147
	7 - 8 p.m.	110	7 - 8 p.m.	129	7 - 8 p.m.	148
	8 - 9 p.m.	111	8 - 9 p.m.	130	8 - 9 p.m.	149
<b>2.5 TO 3.5</b> Tuesday (Robert) \$70 WP AD	MAY 2, 9, 16		MAY 23, 30, JUNE 6		JUNE 13, 20, 27	
	6 - 7 p.m.	112	6 - 7 p.m.	131	6 - 7 p.m.	150
	7 - 8 p.m.	113	7 - 8 p.m.	132	7 - 8 p.m.	151
	8 - 9 p.m.	114	8 - 9 p.m.	133	8 - 9 p.m.	152
<b>3.5 &amp; UP</b> Thursday (Robert) \$70 WP AD	MAY 4, 11, 18		MAY 25, JUNE 1, 8		JUNE 15, 22, 29	
	9 - 10 a.m.	115	9 - 10 a.m.	134	9 - 10 a.m.	153
	10 - 11 a.m.	116	10 - 11 a.m.	135	10 - 11 a.m.	154
	11 a.m. - 12 p.m.	117	11 a.m. - 12 p.m.	136	11 a.m. - 12 p.m.	155
<b>3.5 &amp; UP</b> Thursday (Robert) \$85 WP AD	MAY 4, 11, 18		MAY 25, JUNE 1, 8		JUNE 15, 22, 29	
	5:30 - 7 p.m.	118	5:30 - 7 p.m.	137	5:30 - 7 p.m.	156
	7 - 8:30 p.m.	119	7 - 8:30 p.m.	138	7 - 8:30 p.m.	157

**EVALUATIONS:** Please refer to the SELF EVALUATION GUIDE for help on choosing the proper course for your ability.

## ADULT PICKLEBALL INSTRUCTION - *NEW!*

<b>BEGINNER</b> Tuesday (TBD) \$70 WP JR	MAY 2, 9, 16		MAY 23, 30, JUNE 6		JUNE 13, 20, 27	
	2 - 3 p.m.	101	2 - 3 p.m.	109	2 - 3 p.m.	117
	3 - 4 p.m.	102	3 - 4 p.m.	110	3 - 4 p.m.	118
	6 - 7 p.m.	103	6 - 7 p.m.	111	6 - 7 p.m.	119
	7 - 8 p.m.	104	7 - 8 p.m.	112	7 - 8 p.m.	120
<b>BEGINNER</b> Thursday (TBD) \$70 WP JR	MAY 4, 11, 18		MAY 25, JUNE 1, 8		JUNE 15, 22, 29	
	2 - 3 p.m.	105	2 - 3 p.m.	113	2 - 3 p.m.	121
	3 - 4 p.m.	106	3 - 4 p.m.	114	3 - 4 p.m.	122
	6 - 7 p.m.	107	6 - 7 p.m.	115	6 - 7 p.m.	123
	7 - 8 p.m.	108	7 - 8 p.m.	116	7 - 8 p.m.	124

# 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 <b>514 989-5226</b> .  To consult detailed information on the organizations listed below, please consult our website at <b>westmount.org</b> .
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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 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	www.wma-amw.org	
WESTMOUNT QUILTERS GUILD	westmountquiltersguild@gmail.com	514 989-7939
WESTMOUNT RUGBY CLUB	www.westmountrugby.com	
WESTMOUNT TOASTMASTERS CLUB	7041.toastmastersclub.org	514 367-5986

CHILDREN AND YOUTH		
GIRL GUIDES	www.girlguides.ca	514 933-5839
SCOUTS	www.scoutswestmount.ca	514 937-5527
WEST MONTREAL SQUADRON 1 - AIR CADETS	1westmontreal.com	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.theshaar.org	514 937-9471

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