

SUMMER

2023

WESTMOUNT SPORTS AND RECREATION ACTIVITIES



CITY OF
WESTMOUNT



JULY & AUGUST 2023

Online Registration:

Recreation Activities and Summer Camp - April 18, 2023

Swimming and Tennis Activities - April 25, 2023

westmount.org

SPORTS AND RECREATION

Activity registration
Facility Membership Card
Activities for youth
Activities for adults
Activities for seniors
Aquatic activities
Tennis activities

**COMMUNITY ORGANIZATIONS
AND RESOURCES**

General information

REGISTRATION DATES

SPORTS AND RECREATION

Recreation Activities Westmount residents Non-residents Summer Camp Swimming & Tennis Activities	begins Tuesday, April 18, 2023 begins Tuesday, May 16, 2023 begins Tuesday, April 18, 2023 begins Tuesday, April 25, 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 Division	514 989-5226
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WESTMOUNT PUBLIC LIBRARY

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

WESTMOUNT.ORG

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

SR2023-04

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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4333 Sherbrooke Street West
Westmount, Quebec H3Z 1E2
Telephone: 514 989-5200
Fax: 514 989-5484
westmount.org

WELCOME MESSAGE

MESSAGE FROM THE DIRECTOR OF SPORTS AND RECREATION

Now that we've had a taste of spring and the warmer weather, it is time to bring on the full heat of summer and all the wonderful sights and sounds that it has to offer! Swimming, tennis, pickleball, yoga or summer camp, whatever your preferred activity, you can find it here in the activities guide.

Registration for summer activities begins on April 18, 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 of every year, so you will need to update your account before registration time if you have not already done it for the spring. 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 Saint-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 22 TO AUGUST 25)	
Monday to Thursday	8:00 a.m. to 4:30 p.m.
Friday	8:00 a.m. to 1:00 p.m.

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
Gabrielle Jay-Riendeau	Sports Coordinator gjay@westmount.org	514 989-5320
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 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.
- Please note that non-residents must pay a 50% fee surcharge for all programmes.
- Non-residents may sign up after the end of 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 514 989-5353.

All taxes are included. A \$35 fee will be charged for any cheque returned due to insufficient funds.

WAITING LIST

If the programme you want to register for is 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 (a municipal tax bill or a 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 (health insurance 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

RECREATION ACTIVITIES

RESIDENTS: BEGINS APRIL 18, 2023

NON-RESIDENTS: BEGINS MAY 16, 2023

SUMMER CAMP: BEGINS APRIL 18, 2023

SWIMMING & TENNIS ACTIVITIES: BEGINS APRIL 25, 2023

ONLINE REGISTRATION begins at 8 a.m.

westmount.org/onlineregistration

REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax:

BY MAIL	Sports and Recreation City of Westmount 4675 Saint-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 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 or by email at recreation@westmount.org.

FACILITY MEMBERSHIP CARD

This handy membership card with a photograph 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 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 as well as the information on making a reservation can be found on the City website at 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 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
- 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. 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.

ACTIVITIES FOR YOUTH

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Breakdance

SUMMER: July 7 to August 25	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.	1247.201 1247.202 1247.203	Kate Alsterlund	Claude Danis	\$70 \$70 \$70	VH
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Hockey Camp

A full day, one week camp focusing on basic hockey skill development. This camp is designed for the beginner/intermediate hockey player.

August 21 to 25	M9 and M11 2012 - 2015	9 a.m. to 4 p.m. 3 hours of ice time per day.	1200.202	TBA	Alyssa Sherrard	\$250	WRC
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Hockey Tune-up

Intended for M13 and M15 players to shake off the summer rust and tune up before tryouts.

August 21, 23, 25	M13 and M15 2008 - 2011	Monday/Wednesday/Friday 4:30 to 6 p.m.	1200.204	TBA	Alyssa Sherrard	\$65	WRC
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Skating Instruction (Summer)

Participants must be 5 years old or older and have been on skates before. The programme focuses on fun and skill development at the beginner and intermediate levels.

Session A: July 11, 12, 13 Session B: July 25, 26, 27 Session C: August 8, 9, 10	Tuesday/Wednesday/Thursday 4:30 to 5:30 p.m.	1202.201 1202.202 1202.203	TBA	Alyssa Sherrard	\$50 \$50 \$50	WRC
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Summer Camp

Each session will be filled with sports, team building and leadership activities, arts and crafts, swimming and water games, active outdoor play time and time to relax and hang out with friends.

Sessions 1, 3, 5, 7: Campers will participate in a special in-house activity on the Wednesday, and a camp BBQ on the Friday.

Sessions 2, 4, 6, 8: Campers will go on a field trip on the Wednesday.

Summer Camp is for children 6 to 14 years old. 15 to 17 year old children may register as CITs (counselors in training). Please contact the Sports and Recreation office for details at 514 989-5353 or at recreation@westmount.org. A valid health insurance card is required for all participants.

CAMP REGISTRATION: begins Tuesday, April 18, online at 8 a.m.

REGISTRATION FOR NON-RESIDENTS: Priority for spaces is given to Westmount residents, and spaces are filled on a first-come-first-served basis. Non-residents may register their children one week prior to each camp session start date if space is available. Contact the Sports and Recreation office at 514 989-5353 to learn if there are any spaces available.

Session 1: June 26 to 30 Session 2: July 3 to 7 Session 3: July 10 to 14 Session 4: July 17 to 21 Session 5: July 24 to 28 Session 6: July 31 to August 4 Session 7: August 7 to 11 Session 8: August 14 to 18	Monday to Friday 9 a.m. to 4 p.m. Participants must bring a lunch and snacks.	TBA	Alyssa Sherrard	\$170 \$170 \$170 \$170 \$170 \$170 \$170	WRC
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BEFORE AND AFTER PROGRAMME:

Regular drop-off times for camp are between 8:40 and 9 a.m., and pick-up times are between 4 and 4:20 p.m. If you cannot make it during those times, there will be a before and after camp service available for an extra fee of \$40 per session.

This service will begin at 7:30 a.m. and finish at 5:30 p.m.

****Please note that the Westmount Summer Camp is not a registered day care service and Relevé 24 (RL-24) slips will not be issued.**

CIT (15 to 17 years)

Session 1: June 26 to July 21 Session 2: July 24 to August 18 Due to high demand, CITs may only register for one session.	Monday to Friday 8:30 a.m. to 4:30 p.m. Participants must bring a lunch and snacks.	TBA	Alyssa Sherrard	\$200	WRC
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ACTIVITIES FOR **ADULTS**

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Belly Dancing

SUMMER: July 6 to August 24		Thursday, 6:30 to 7:30 p.m.	1018.201	Natalie E. Kalinowicz	Claude Danis	\$65	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.

SUMMER: July 4 to August 24		Tuesday, 8:45 to 9:45 a.m.	1005.203	Johanne Lynch-Staunton	Claude Danis	\$65	WRC
		Online only	1005.803			\$55	
		Thursday, 8:45 to 9:45 a.m.	1005.213			\$65	
		Online only	1005.813			\$55	

Classical Ballet Ballet attire is necessary for all classes.

SUMMER: July 4 to August 24	Daytime	Tuesday, 11 a.m. to 12:30 p.m.	1011.201	Joanie Moreau	Claude Danis	\$90	VH
		Thursday, 11 a.m. to 12:30 p.m.	1011.211			\$90	
	Evening	Tuesday, 6:30 to 8 p.m.	1011.202			\$90	
		Thursday, 6:30 to 8 p.m.	1011.212			\$90	

Gentle Movement - **NEW!**

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.

SUMMER: July 5 to August 25		Wednesday, 12:30 to 1:30 p.m.	1405.201	Amy Creighton	Claude Danis	\$55	WRC
		Online only	1405.801			\$45	
		Friday, 9 to 10 a.m.	1405.211			\$55	
		Online only	1405.811			\$45	

Line Dancing

SUMMER: July 4 to August 22		Tuesday, 5:15 to 6:15 p.m.	1080.201	Gilbert Ward	Claude Danis	\$65	VH
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Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

SUMMER: July 3 to August 26		Monday, 8:45 to 9:45 a.m.	1009.203	Giovanna Carrubba	Claude Danis	\$65	VH
		Wednesday, 8:45 to 9:45 a.m.	1009.213			\$65	
		Friday, 8:45 to 9:45 a.m.	1009.223			\$65	
		Saturday, 9:30 to 10:45 a.m.	1009.233			\$75	

Yogalates Bare feet and 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.

SUMMER: July 5 to August 23		Wednesday, 10:30 to 11:30 a.m.	1039.201	Johanne Lynch-Staunton	Claude Danis	\$65	WRC
		Online only	1039.801			\$55	

ACTIVITIES FOR SENIORS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Canasta Westmount - **NEW!**

SUMMER: July 5 to August 30	60 yrs. +	Wednesday, 11:30 a.m. to 3:30 p.m.	1416.201	Not an instructional programme.	Claude Danis	\$10	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.

SUMMER: July 4 to August 24	60 yrs. +	Tuesday & Thursday, 10 to 11 a.m. Online only	1400.201 1400.801	Amy Creighton	Claude Danis	\$65 \$55	WRC
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Gentle Movement - **NEW!**

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.

SUMMER: July 5 to August 25		Wednesday, 12:30 to 1:30 p.m. Online only	1405.201 1405.801	Amy Creighton	Claude Danis	\$55 \$45	WRC
		Friday, 9 to 10 a.m. Online only	1405.211 1405.811			\$55 \$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.

SUMMER: July 5 to August 23	60 yrs. +	Wednesday, 12 to 1 p.m. Online only	1409.201 1409.801	Johanne Lynch-Staunton	Claude Danis	\$55 \$45	WRC
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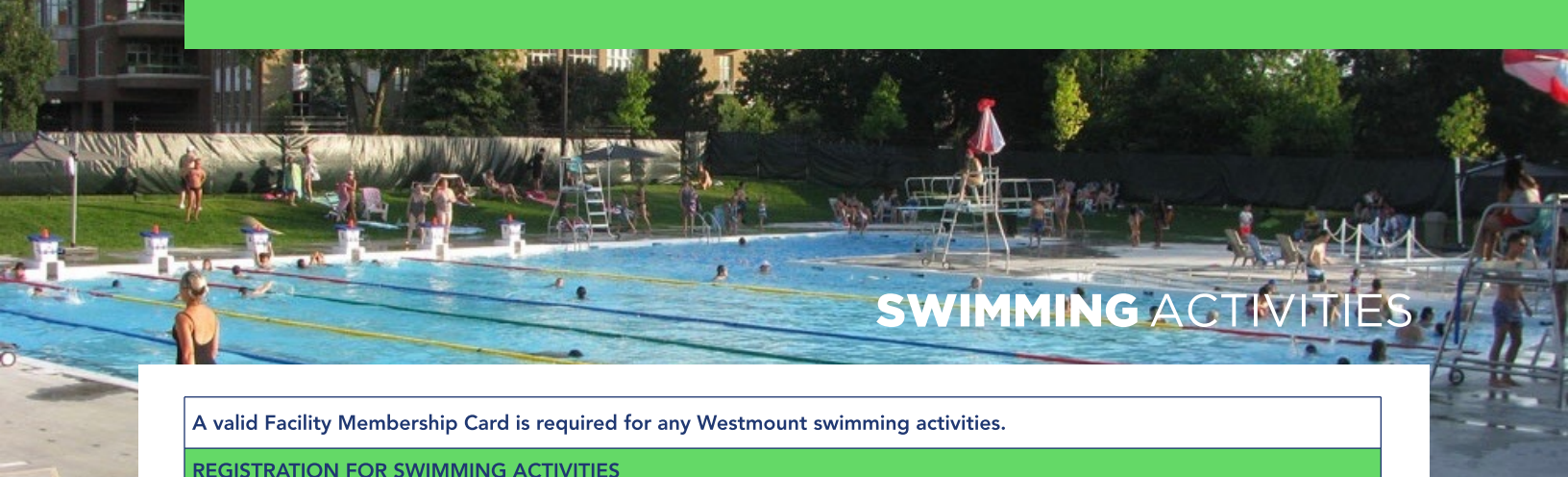


Contactivity Centre is a non-profit community centre for active seniors. The Centre is partially funded by Centraide du Grand Montréal, the Quebec Ministry of Health, the City of Westmount, foundations (Father Dowd, Aetas and Good Samaritan) and generous individual donors.

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.

Courses and interest groups run 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.



SWIMMING ACTIVITIES

A valid Facility Membership Card is required for any Westmount swimming activities.

REGISTRATION FOR SWIMMING ACTIVITIES

Begins Tuesday, April 25, 2023

ONLINE as of 8 a.m.

The outdoor swimming pool is located at the Westmount Recreation Centre. From opening day in early June to closing in early September, Westmount's outdoor pool hosts swimmers and sunbathers of all ages.

A detailed schedule for adult lap swim and general swim is available at westmount.org or at the pool desk. A valid Sports Facility Membership Card or Guest Pass is mandatory.

DATES	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Aquafitness (18 years +)

Session A June 27 to July 20	Tuesday/Wednesday/Thursday 11:15 a.m. to 12:15 p.m.	1042.201	Amy Creighton	Andrew Maislin	\$75	WRC Pool
Session B July 25 to August 17	Tuesday/Wednesday/Thursday 11:15 a.m. to 12:15 p.m.	1042.202			\$75	

Masters Swim (18 years +)

MORNINGS June 6 to August 24 (max 30 participants)	Tuesday and Thursday 7 to 8 a.m.	TBA	Bruce Stacey	\$125	WRC Pool
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Swimming Instruction (2 years old +)**

Please refer to the Société de sauvetage website at sauvetage.qc.ca if you are unsure as to the level you should be registering for.

Session A June 27 to July 7	Nine (9) days per session *Parent & Tot: 9 to 9:25 or 9:30 to 9:55 a.m. Preschool: 9 to 9:25 a.m. or 10:15 to 10:40 a.m. Swimmer 1: 9 to 9:25 or 9:45 to 10:10 a.m. Swimmer 2: 9:30 to 9:55 a.m. or 10:45 to 11:10 a.m. Swimmer 3: 10 to 10:25 a.m. Swimmer 4: 10:30 to 10:55 a.m. Swimmer 5: 9 to 9:40 a.m. Swimmer 6: 10 to 10:40 a.m. Adult 1 (16+): 10:45 to 11:10 a.m.	TBA	Bruce Stacey	\$65	WRC Pool
Session B July 11 to 21					
Session C July 25 to August 4					
Session D August 8 to 18					

*Parent & Tot: must be accompanied by a parent. | Preschool: ages 3 to 5 years. | Swimmer: 5 years old + and must have completed the previous level.

**Participants can only be registered for one session at a time. Once a level has been completed, participants may register for the next session.

Westmount Dolphins Aquatic Club

The WDAC is a parent-volunteer driven summer aquatic programme with close ties to the City's Sports and Recreation Department.

This programme is for youth (7 to 17 years old) who would like to develop aquatic skills, compete at a fun level and make lasting friendships. The programme is focused on the four aquatic disciplines - competitive swimming, diving, synchronized swimming and water polo - and runs from June to mid-August. All the activities are based at the Westmount Recreation Centre (WRC) pool. For more information, please consult the WDAC website at www.westmountdolphins.org.

TENNIS ACTIVITIES

REGISTRATION: Begins Tuesday, April 25, 2023, online at 8 a.m.

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

No 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 summer.

JUNIOR TENNIS INSTRUCTION

DATES	AGE GROUP	DAY/TIME	CODE	COORDINATOR	COST	LOC.
Saturday Tennis Programme (summer sessions)						
				Participants will be placed according to skill		
July 1, 8, 15	6-8 years old	Saturday, 9 to 10 a.m.	10	Andrew Maislin	\$60	WP Jr or KGP
	9-11 years old	Saturday, 10 to 11 a.m.	11			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	12			
July 22, 29, August 5	6-8 years old	Saturday, 9 to 10 a.m.	13			
	9-11 years old	Saturday, 10 to 11 a.m.	14			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	15			
August 12, 19, 26	6-8 years old	Saturday, 9 to 10 a.m.	16			
	9-11 years old	Saturday, 10 to 11 a.m.	17			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	18			

After-School Tennis Programme (summer sessions)						
July 4, 6, 11, 13	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	AA	Andrew Maislin	\$70	WP Jr or KGP
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	BB			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	CC			
July 17, 19, 24, 26	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	DD			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	EE			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	FF			
July 18, 20, 25, 27	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	GG			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	HH			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	II			
July 31, August 2, 7, 9	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	JJ			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	KK			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	LL			
August 1, 3, 8, 10	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	MM			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	NN			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	OO			
August 14, 16, 21, 23	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	PP			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	QQ			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	RR			
August 15, 17, 22, 24	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	SS			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	TT			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	UU			

ADULT TENNIS INSTRUCTION

1 & 1.5 Tuesday (Robert) \$70 WP AD	JULY 4, 11, 18		JULY 25, AUGUST 1, 8		AUGUST 15, 22, 29		SEPTEMBER 5, 12, 19	
	9 - 10 a.m.	158	9 - 10 a.m.	177	9 - 10 a.m.	196	9 - 10 a.m.	215
	10 - 11 a.m.	159	10 - 11 a.m.	178	10 - 11 a.m.	197	10 - 11 a.m.	216
	11 a.m. - 12 p.m.	160	11 a.m. - 12 p.m.	179	11 a.m. - 12 p.m.	198	11 a.m. - 12 p.m.	217
1 & 1.5 Saturday (Marc) \$70 KGP	JULY 8, 15, 22		JULY 29, AUGUST 5, 12		AUG. 19, 26, SEPT. 2		SEPTEMBER 9, 16, 23	
	1 - 2 p.m.	161	1 - 2 p.m.	180	1 - 2 p.m.	199	1 - 2 p.m.	218
	2 - 3 p.m.	162	2 - 3 p.m.	181	2 - 3 p.m.	200	2 - 3 p.m.	219
1.5 & 2 Monday (Robert) \$70 WP AD	JULY 3, 10, 17		JULY 24, 31, AUGUST 7		AUGUST 14, 21, 28		SEPTEMBER 4, 11, 18	
	6 - 7 p.m.	163	6 - 7 p.m.	182	6 - 7 p.m.	201	6 - 7 p.m.	220
	7 - 8 p.m.	164	7 - 8 p.m.	183	7 - 8 p.m.	202	7 - 8 p.m.	221
	8 - 9 p.m.	165	8 - 9 p.m.	184	8 - 9 p.m.	203	8 - 9 p.m.	222
1.5 TO 2.5 Wednesday (Robert) \$70 WP AD	JULY 5, 12, 19		JULY 26, AUGUST 2, 9		AUGUST 16, 23, 30		SEPTEMBER 6, 13, 20	
	6 - 7 p.m.	166	6 - 7 p.m.	185	6 - 7 p.m.	204	6 - 7 p.m.	223
	7 - 8 p.m.	167	7 - 8 p.m.	186	7 - 8 p.m.	205	7 - 8 p.m.	224
	8 - 9 p.m.	168	8 - 9 p.m.	187	8 - 9 p.m.	206	8 - 9 p.m.	225
2.5 TO 3.5 Tuesday (Robert) \$70 WP AD	JULY 4, 11, 18		JULY 25, AUGUST 1, 8		AUGUST 15, 22, 29		SEPTEMBER 5, 12, 19	
	6 - 7 p.m.	169	6 - 7 p.m.	188	6 - 7 p.m.	207	6 - 7 p.m.	226
	7 - 8 p.m.	170	7 - 8 p.m.	189	7 - 8 p.m.	208	7 - 8 p.m.	227
	8 - 9 p.m.	171	8 - 9 p.m.	190	8 - 9 p.m.	209	8 - 9 p.m.	228
3.5 & UP Thursday (Robert) \$70 WP AD	JULY 6, 13, 20		JULY 27, AUGUST 3, 10		AUGUST 17, 24, 31		SEPTEMBER 7, 14, 21	
	9 - 10 a.m.	172	9 - 10 a.m.	191	9 - 10 a.m.	210	9 - 10 a.m.	229
	10 - 11 a.m.	173	10 - 11 a.m.	192	10 - 11 a.m.	211	10 - 11 a.m.	230
	11 a.m. - 12 p.m.	174	11 a.m. - 12 p.m.	193	11 a.m. - 12 p.m.	212	11 a.m. - 12 p.m.	231
3.5 & UP Thursday (Robert) \$85 WP AD	JULY 6, 13, 20		JULY 27, AUGUST 3, 10		AUGUST 17, 24, 31		SEPTEMBER 7, 14, 21	
	5:30 - 7 p.m.	175	5:30 - 7 p.m.	194	5:30 - 7 p.m.	213	5:30 - 7 p.m.	232
	7 - 8:30 p.m.	176	7 - 8:30 p.m.	195	7 - 8:30 p.m.	214	7 - 8:30 p.m.	233

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

ADULT PICKLEBALL INSTRUCTION

Beginner Tuesday (Stephanie) \$70 WP JR	JULY 4, 11, 18		JULY 25, AUGUST 1, 8		AUGUST 15, 22, 29		SEPTEMBER 5, 12, 19	
	2 - 3 p.m.	125	2 - 3 p.m.	133	2 - 3 p.m.	141	2 - 3 p.m.	149
	3 - 4 p.m.	126	3 - 4 p.m.	134	3 - 4 p.m.	142	3 - 4 p.m.	150
	6 - 7 p.m.	127	6 - 7 p.m.	135	6 - 7 p.m.	143	6 - 7 p.m.	151
	7 - 8 p.m.	128	7 - 8 p.m.	136	7 - 8 p.m.	144	7 - 8 p.m.	152
Beginner Thursday (Stephanie) \$70 WP JR	JULY 6, 13, 20		JULY 27, AUGUST 3, 10		AUGUST 17, 24, 31		SEPTEMBER 7, 14, 21	
	2 - 3 p.m.	129	2 - 3 p.m.	137	2 - 3 p.m.	145	2 - 3 p.m.	153
	3 - 4 p.m.	130	3 - 4 p.m.	138	3 - 4 p.m.	146	3 - 4 p.m.	154
	6 - 7 p.m.	131	6 - 7 p.m.	139	6 - 7 p.m.	147	6 - 7 p.m.	155
	7 - 8 p.m.	132	7 - 8 p.m.	140	7 - 8 p.m.	148	7 - 8 p.m.	156

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 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 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	www.7041.toastmastersclub.org	514 367-5986

CHILDREN AND YOUTH

GIRL GUIDES	www.girlguides.ca	514 933-5839
SCOUTS	www.scoutswestmount.ca	514 937-5527
SQUADRON 1 WEST MONTREAL AIR CADETS	www.cadets.ca	514 939-8400
WESTMOUNT FAMILY PLAYGROUP	wfplaygroup@gmail.com	514 296-8442
WESTMOUNT TEEN ZONE	westmount.org/teenzone	514 989-5252

SENIORS

CONTACTIVITY CENTRE	www.contactivitycentre.org	514 932-2326
LEISURE INSTITUTE AT SHAAR HASHOMAYIM	www.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. West	www.santemontreal.qc.ca	Info-santé 8-1-1 514 934-0354
COMMUNAUTO - CAR SHARING NETWORK	1117 Saint-Catherine St. West	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