

FALL

2023

# WESTMOUNT SPORTS AND RECREATION ACTIVITIES



SEPTEMBER TO DECEMBER 2023

online registration  
[westmount.org](https://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

<b>REGISTRATION DATES</b>	
<b>SPORTS AND RECREATION</b>	
Recreation Activities Westmount residents Non-residents	begins Tuesday, August 1, 2023 begins Tuesday, August 29, 2023

<b>FOR MORE INFORMATION</b>	
<b>CITY HALL</b>	
General Inquiries	514 989-5200
<b>WESTMOUNT RECREATION CENTRE</b>	
Sports and Recreation Department	514 989-5353
<b>VICTORIA HALL</b>	
Community Events Office	514 989-5226
<b>WESTMOUNT PUBLIC LIBRARY</b>	
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

<b>WESTMOUNT.ORG</b>
Consult Westmount's website for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.
<b>SR2023-07</b>
If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.
ISBN 978-2-922359-61-9
City of Westmount 4333 Sherbrooke Street W. Westmount, Quebec H3Z 1E2 Telephone: 514 989-5200 Fax: 514 989-5484 <b>westmount.org</b>

# WELCOME MESSAGE

## MESSAGE FROM THE DIRECTOR OF SPORTS AND RECREATION

Even though it is 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, 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 guide is full of great activities to fill 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 that 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 programmes would not be as successful as they are!

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.
<b>SUMMER HOURS (MAY 22 TO AUGUST 25)</b>	
Monday to Thursday	8 a.m. to 4:30 p.m.
Friday	8 a.m. to 1 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](mailto:recreation@westmount.org) (see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to [westmount.org/onlineregistration](https://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](mailto:recreation@westmount.org).

### NON-RESIDENTS:

- To register for programmes or create a new account, go to [westmount.org/onlineregistration](https://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. Cheques returned due to non-sufficient funds (NSF cheques) are subject to a \$35 fee.

## WAITING LIST

If the programme you want to register for is full, your name will be placed on a waiting list. You will 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 are 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

### RESIDENTS: AUGUST 1 TO 28, 2023

ONLINE begins at 8 a.m. on August 1.

IN PERSON begins at 8:30 at the Sports and Recreation office.

Spaces are not guaranteed, so register early to avoid the waiting list.

[westmount.org/onlineregistration](https://westmount.org/onlineregistration)

### NON-RESIDENTS: AS OF TUESDAY, AUGUST 29, 2023

ONLINE begins at 8 a.m. on August 29.

IN PERSON begins at 8:30 a.m. at the Sports and Recreation office.

## REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax as of August 29, 2023.

### 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 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](mailto:recreation@westmount.org).

# FACILITY MEMBERSHIP CARD

This handy membership card with a photograph serves to identify users of Westmount sports facilities, allowing quick and easy access to the Westmount Recreation Centre, Victoria Hall, and Westmount's tennis courts, all with the same card.

Residents can apply for their card online by visiting the City of Westmount website at the following link:

<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 (2023)

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

## 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](https://westmount.org).



## ACCESSIBILITY

The City of Westmount recognizes that persons with a disability have the same rights and needs as their fellow citizens, including the right to participate in community recreational activities.

The City endeavors to ensure that there is no discrimination against any citizen and that facilities are accessible to all.

It is the policy of the Westmount Sports and Recreation Department to integrate, where possible, persons with a disability into their regular programming. Persons with disabilities that register for an activity in Westmount may have a companion attend with them at no cost.

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

## VOLUNTEERING IN WESTMOUNT

Over the years, the key to the success of Westmount's sports and recreation programmes has been the involvement of keen volunteers from the community. Westmount is indeed fortunate to have residents who willingly give their time and expertise to help provide quality programmes and services, but there is never a shortage of tasks for new volunteers. For example, we are always looking for:

- coaches for various sports teams
- 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](mailto:recreation@westmount.org).

## GENERAL SKATING AND HOCKEY

### INDOOR GENERAL SKATING AND HOCKEY

Ice time will be available for general skating and hockey for the entire family at the Westmount Recreation Centre. A detailed schedule as well as the information on making a reservation can be found at [westmount.org](http://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.



# 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.

FALL: Nov. 9 to Dec. 14, 2023	11-15 yrs.	Thursday, 5 to 6:30 p.m.	<b>1219.301</b>	Annie Jolicoeur	Claude Danis	\$55	VH
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## Basketball

FALL: Oct. to Dec. 2023 <i>Schedule will be provided shortly after registration.</i>	7-9 yrs. 10-12 yrs. 13-14 yrs. 15-16 yrs.	Thursday, 6:30 to 7:30 p.m. Thursday, 6:30 to 7:30 p.m. Thursday, 7:30 to 8:30 p.m. Thursday, 7:30 to 8:30 p.m.	<b>1276.301</b> <b>1276.302</b> <b>1276.303</b> <b>1276.304</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$65 \$65 \$65 \$65	WHS
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## Bodies In Motion

FALL: Sept. 27 to Dec. 13, 2023	7-12 yrs.	Wednesday, 5:30 to 6:15 p.m.	<b>1265.301</b>	Ruth Wani	Claude Danis	\$75	VH
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## Breakdance

FALL: Sept. 29 to Dec. 15, 2023	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.	<b>1247.301</b> <b>1247.302</b> <b>1247.303</b>	Kate Alsterlund	Claude Danis	\$80 \$80 \$80	VH
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## Chanson Magique

FALL: Sept. 27 to Dec. 13, 2023	1-2 years 1-2 years 3-5 years 3-5 years	Wed., 9:30 to 10:15 a.m. Wed., 3:15 to 4 p.m. Wed., 10:30 to 11:15 a.m. Wed., 4:15 to 5 p.m.	<b>1216.301</b> <b>1216.311</b> <b>1216.302</b> <b>1216.312</b>	Muriel Vergnaud	Claude Danis	\$80 \$80 \$80 \$80	VH
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## Classical Ballet

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. 23 to Dec. 18, 2023 <i>No class October 7 and 9</i>	3 yrs. 4 yrs. 4 yrs. 5-6 yrs. 5-6 yrs. 5-6 yrs. 7-8 yrs. 7-8 yrs. 7-8 yrs. 9-11 yrs. 9-11 yrs. 9+ yrs. 12+ yrs. 12+ yrs.	Sat., 9:30 to 10 a.m. Fri., 3:30 to 4 p.m. Sat., 10 to 10:30 a.m. Mon., 4 to 4:45 p.m. Fri., 4 to 4:45 p.m. Sat., 10:30 to 11:15 a.m. Mon., 4:45 to 5:45 p.m. Fri., 4:45 to 5:45 p.m. Sat., 11:15 a.m. to 12:15 p.m. Mon., 5:45 to 7 p.m. Fri., 5:45 to 7 p.m. Sat. 12:15 to 1:30 p.m. Mon., 7 to 8:45 p.m. Fri., 7 to 8:45 p.m.	<b>1215.311</b> <b>1215.312</b> <b>1215.322</b> <b>1215.303</b> <b>1215.313</b> <b>1215.323</b> <b>1215.304</b> <b>1215.314</b> <b>1215.324</b> <b>1215.305</b> <b>1215.315</b> <b>1215.325</b> <b>1215.306</b> <b>1215.316</b>	Joanie Moreau	Claude Danis	\$70 \$70 \$70 \$75 \$75 \$75 \$80 \$80 \$80 \$85 \$85 \$85 \$95 \$95	VH
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## Creative Writing

FALL: Sept. 25 to Dec. 18, 2023 <i>No class October 9</i>	10-17 yrs.	Monday, 5 to 6 p.m.	<b>1266.301</b>	Zoe Morin	Claude Danis	\$80	VH
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## Discovering Art

FALL: Sept. 27 to Dec. 13, 2023	7-10 yrs. 11-14 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	<b>1221.301</b> <b>1221.302</b>	Zoe Morin	Claude Danis	\$80 \$80	VH
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Drama for fun

FALL: Sept. 26 to Dec. 12, 2023	7-10 yrs. 11-14 yrs.	Tuesday, 4:30 to 5:30 p.m. Tuesday, 5:30 to 6:30 p.m.	<b>1260.301</b> <b>1260.302</b>	Ira Sokolova	Claude Danis	\$80 \$80	VH
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### Jiu-Jitsu

FALL: Sept. 25 to Dec. 18, 2023 <i>No class October 9</i>	8-12 yrs.	Monday, 5 to 6 p.m.	<b>1207.301</b>	Nicolas Delisle	Claude Danis	\$80	WRC
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### Karate - JKA (7-13 years) Participants will be expected to purchase a karate GI through the instructor.

FALL: Sept. 29 to Dec. 15, 2023	Beginnner 10th and 9th KYU Advanced 8th to 4th KYU	Friday, 5 to 6 p.m. Friday, 6 to 7 p.m.	<b>1206.301</b> <b>1206.302</b>	JKA Instructors	Claude Danis	\$80 \$80	WRC
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### Kidnastix Indoor shoes are required.

FALL: Sept. 23 to Dec. 16, 2023 <i>No class October 7</i>	1-2 yrs. 1-2 yrs. 1-2 yrs. 3-4 yrs. 3-4 yrs. 5-6 yrs. 7-10 yrs.	Tue., 1 to 1:30 p.m. Sat., 9:30 to 10 a.m. Sat., 10 to 10:30 a.m. Tue., 1:45 to 2:30 p.m. Sat., 10:45 to 11:30 a.m. Sat., 11:30 a.m.to 12:30 p.m. Sat., 12:30 to 1:30 p.m.	<b>1217.311</b> <b>1217.321</b> <b>1217.331</b> <b>1217.302</b> <b>1217.312</b> <b>1217.303</b> <b>1217.304</b>	Joshua Jay	Claude Danis	\$70 \$70 \$70 \$75 \$75 \$80 \$80	WRC
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### Multisport

Young athletes will be introduced to a variety of sports throughout the session including but not limited to; baseball, soccer, badminton, volleyball, touch football, pickleball, ultimate frisbee, and more. Schedule will be provided shortly after registration.

FALL: Oct. to Dec. 2023	4-6 yrs.	Tuesday, 6:30 to 7:30 p.m.	<b>1270.301</b>	TBA	Gabrielle Jay-Riendeau	\$75	WHS
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### Musical Theatre

FALL: Sept. 28 to Dec. 14, 2023	8-12 yrs.	Thursday, 4:30 to 5:30 p.m.	<b>1285.301</b>	Ira Sokolova	Claude Danis	\$80	VH
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### Soccer - Indoor Schedules will be provided shortly after registration.

BOYS Oct. to Dec. 2023	8-9 yrs. 10-11 yrs. 12-15 yrs.	Monday, 5 to 6 p.m. Monday, 6 to 7 p.m. Monday, 7 to 8 p.m.	<b>1224.301</b> <b>1224.302</b> <b>1224.303</b>	Instructional	Gabrielle Jay-Riendeau	\$85 \$85 \$85	RMR
GIRLS Oct. to Dec. 2023	8-10 yrs. 11-15 yrs.	Wednesday, 6 to 7 p.m. Wednesday, 7 to 8 p.m.	<b>1225.301</b> <b>1225.302</b>	Instructional		\$85 \$85	SHS

### Stay Safe! The Red Cross, in collaboration with Atout Plus, offers basic first aid and safety skills for youth 9 to 13 years old. Participants learn about being safe when they are without the direct supervision of an adult.

FALL: Sept. 28 to Nov. 2, 2023	9 -13 yrs.	Thursday, 5 to 6:15 pm	<b>1219.302</b>	Annie Jolicoeur	Claude Danis	\$55	VH
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### Yoga For Kids

FALL: Sept. 28 to Dec. 14, 2023	6-12 yrs.	Thursday, 4:30 to 5:30 p.m.	<b>1209.301</b>	Amanda Savoie	Claude Danis	\$75	VH
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## Hockey

Registration ends on September 1, 2023.

LEVEL	BORN BETWEEN	GAMES PLAYED	CODE	COST	LOC
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### M7 (Pre-novice/M.A.H.G.) - (September to April) - Coordinator: Alyssa Sherrard

M.A.H.G. is an introductory hockey program for boys and girls ages 5 and 6. Its aim is to introduce the participant to the basic skills of hockey, stimulate interest in the sport and instill the basic concept of team sport. **M.A.H.G. is available to Westmount residents only.**

M7 - 1	January 1, 2018 to December 31, 2018	Tuesday, 5 p.m. and Saturday, 8 or 9 a.m.	1200.401	\$250	WRC
M7 - 2	January 1, 2017 to December 31, 2017	Thursday, 5 p.m. and Saturday, 8 or 9 a.m.	1200.411	\$250	
M7 - Girls	January 1, 2017 to December 31, 2018	Monday, 6 p.m. and Saturday, 10 a.m.	1200.421	\$250	

### Boys' Instructional Hockey - (September to April) - Coordinator: Alyssa Sherrard

Designed to introduce boys to the game. It focuses on the development of core hockey skills with minimal game play.

M9	January 1, 2015 to December 31, 2016	Wednesday, 5 p.m.	1200.402	\$200	WRC
M11	January 1, 2013 to December 31, 2014	Wednesday, 6 p.m.	1200.403	\$200	

### Girls' Instructional Hockey - (September to April) - Coordinator: Alyssa Sherrard

Designed to introduce girls to the game. It focuses on the development of core hockey skills with minimal game play.

M9/11	January 1, 2013 to December 31, 2016	Tuesday, 6 p.m.	1200.407	\$200	WRC
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### Co-Ed Instructional Hockey - (September to April) - Coordinator: Alyssa Sherrard

Designed to introduce boys and girls to the game. It focuses on the development of core hockey skills with minimal game play.

M13/15	January 1, 2009 to December 31, 2012	Thursday, 6 p.m.	1200.408	\$200	WRC
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### Inter-City Hockey - (September to April) - Coordinator: Andrew Maislin

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	January 1, 2015 to December 31, 2016	To be determined	1200.412	\$360	TBA
M9 Girls	January 1, 2015 to December 31, 2016		1200.422	\$360	
M11	January 1, 2013 to December 31, 2014		1200.413	\$360	
M11 Girls	January 1, 2013 to December 31, 2014		1200.423	\$360	
M13	January 1, 2011 to December 31, 2012		1200.414	\$360	
M13 Girls	January 1, 2011 to December 31, 2012		1200.424	\$360	
M15	January 1, 2009 to December 31, 2010		1200.415	\$360	
M18	January 1, 2006 to December 31, 2008		1200.416	\$360	
M21	January 1, 2002 to December 31, 2005		1200.417	\$360	

**NOTE: Players who register for Inter-City Hockey CANNOT register for Instructional Hockey.**





## Skating

Coordinator: Gabrielle Jay-Riendeau

Parents/guardians must be present during lessons for children 10 years and under. Hockey helmets with cages and neck guards are mandatory for ALL Kidskate and Beginner skaters, and helmets and neck guards are mandatory for Intermediate skaters. Bicycle and snowboard helmets are NOT permitted.

### 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.

DATES	LEVEL	DAY/TIME	CODE	COST	LOC.
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### Kidskate

Hockey helmets with cages, neck guards and gloves or mittens are mandatory.

FALL: September 23 to December 18, 2023	4 yrs.	Monday, 4:45 p.m. Saturday, 10:45 a.m.	1203.301 1203.302	\$105 \$105	WRC
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### Skating Instruction

Beginners: Hockey helmets with cages, neck guards and gloves or mittens are mandatory. Intermediate: helmets and neck guards are mandatory.

FALL: September 23 to December 18, 2023	Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Beginner (stages 1, 2 & 3) Intermediate (stages 4, 5 & 6) Intermediate (stages 4, 5 & 6) Advanced/Figure skating (stages 7 & up)	Monday, 5:30 p.m. Wednesday, 5:30 p.m. Friday, 4:30 p.m. Saturday, 11:30 a.m. Monday, 6:30 p.m. Saturday, 12:30 p.m. Wednesday, 6:30 p.m.	1202.301 1202.311 1202.321 1202.331 1202.302 1202.312 1202.303	\$125 \$125 \$125 \$125 \$125 \$125 \$125	WRC
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### Powerskating

Hockey helmets with cages, neck guards, shin guards and elbow pads are mandatory.

FALL: September 29 to December 15, 2023	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	1202.310	\$125	WRC
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# ACTIVITIES FOR ADULTS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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## Badminton Sports attire (shorts, T-shirt, etc.), and appropriate shoes required. Maximum 60 participants.

October to December 2023 Schedule will be provided shortly after registration.		Wednesday, 7 to 9 p.m.	<b>1003.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$65	WHS
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## Ballroom Dancing Leather-soled shoes required.

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	Beginner Advanced Solo Latino	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m. Tuesday, 6:30 to 7:30 p.m.	<b>1010.301</b> <b>1010.302</b> <b>1010.305</b>	Marie-Claude Prigent	Claude Danis	\$85 \$85 \$85	VH
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## Basketball

October to December 2023 Schedule will be provided shortly after registration.		Thursday, 8:30 to 9:30 p.m.	<b>1076.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$65	WHS
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## Belly Dancing

FALL: Sept. 28 to Dec. 14, 2023		Thursday, 7 to 8 p.m.	<b>1018.301</b>	Natalie E. Kalinowicz	Claude Danis	\$85	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.

FALL: Sept. 26 to Dec. 14, 2023		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	<b>1005.303</b> <b>1005.503</b> <b>1005.313</b> <b>1005.513</b>	Johanne Lynch-Staunton	Claude Danis	\$75 \$60 \$75 \$60	WRC
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## Boot Camp! Yoga mats required.

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	<b>1045.301</b> <b>1045.302</b> <b>1045.303</b>	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$75 \$75 \$75	WRC
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## Bridge Club

FALL & WINTER: Sept. 25, 2023 to Mar. 26, 2024 <i>No class on Oct. 9, Dec. 25 and Jan. 1</i>		Monday, 7 to 10 p.m.	<b>1016.401</b>	Not an instructional programme.	Claude Danis	\$30	VH
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## Classical Ballet Ballet attire is necessary for all classes.

FALL: Sept. 26 to Dec. 14, 2023	Daytime Daytime Evening Evening	Tuesday, 11 a.m. to 12:30 p.m. Thursday, 11 a.m. to 12:30 p.m. Tuesday, 6:30 to 8 p.m. Thursday, 6:30 to 8 p.m.	<b>1011.301</b> <b>1011.311</b> <b>1011.302</b> <b>1011.312</b>	Joanie Moreau	Claude Danis	\$100 \$100 \$100 \$100	VH
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## Essentrics Yoga mats required.

FALL: Sept. 26 to Dec. 14, 2023		Tuesday, 1:30 to 2:30 p.m.	<b>1075.301</b>	Karima Tidjani	Claude Danis	\$75	VH
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Gentle Movement

Designed for participants with serious and/or chronic illnesses. Encourages movement and stretching which in turn motivates posture awareness, balance, muscle memory and strength, as well as social interaction leading to one's general well-being. Loose comfortable clothing is recommended and street shoes are NOT permitted in the exercise room. Participants should bring their own towel and water bottle. Mats and exercise accessories are provided.

**\*\*\*This programme is also available online via Zoom\*\*\***

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 29 to Dec. 15, 2023	Friday, 9 to 10 a.m. Online only	<b>1405.301</b> <b>1405.501</b>	TBD	Claude Danis	\$75 \$60	VH
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### Groove

FALL: Sept. 27 to Dec. 13, 2023	Wednesday, 6:30 to 7:30 p.m.	<b>1065.301</b>	Dominique Roberge	Claude Danis	\$75	VH
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### Karate - JKA Westmount (14 yrs. +)

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	Beginner to Inter. 10th to 6th KYU	Monday & Friday, 7 to 8 p.m.	<b>1006.301</b>	JKA Instructors	Claude Danis	\$100	WRC
	Advanced 5th KYU +	Monday, Wednesday and Friday, 7 to 8:30 p.m.	<b>1006.311</b>			\$115	

### Line Dancing

FALL: Sept. 26 to Dec. 12, 2023	Tuesday, 5:15 to 6:15 p.m.	<b>1080.301</b>	Gilbert Ward	Claude Danis	\$75	VH
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### Pickleball

October to December 2023 <i>Schedule will be provided shortly after registration.</i>	Tuesday, 7:30 to 9:30 p.m.	<b>1070.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$65	WHS
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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.

FALL: 2023 Workshops	Workshop 1 Workshop 2	Saturday, Sept. 23, 1 to 4 p.m. Saturday, Oct. 21, 1 to 4 p.m.	<b>1077.301</b> <b>1077.302</b>	George Manoli	Claude Danis	\$55 \$55	VH
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### Pilates

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	<b>1005.306</b> <b>1005.316</b>	Kaouther (Kay) El Aloui	Claude Danis	\$75 \$75	VH
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### Skating Instruction Helmets are mandatory

FALL: Sept. 27 to Dec. 16, 2023	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	<b>1001.301</b> <b>1001.302</b>	TBD	Gabrielle Jay-Riendeau	\$135 \$135	WRC
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### Soccer - Indoor Schedules will be provided shortly after registration.

MEN: WOMEN: October to December 2023	Monday, 8:15 to 9:45 p.m. Monday, 6:30 to 8 p.m.	<b>1024.301</b> <b>1025.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$65 \$65	WHS
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
<b>Tai Chi - Chi Kung</b>							
FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	<b>1004.301</b> <b>1004.303</b>	Andrew Dearlove	Claude Danis	\$100 \$100	VH
<b>Tap Dancing</b> Without tap shoes							
FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>		Monday, 7:30 to 8:30 p.m.	<b>1060.301</b>	Marie-Claude Prigent	Claude Danis	\$85	VH
<b>Theatre Dance</b>							
FALL: Sept. 26 to Dec. 12, 2023		Tuesday, 7:45 to 8:45 p.m.	<b>1085.301</b>	Marie-Claude Prigent	Claude Danis	\$85	VH
<b>Total Body Workout</b> Yoga mats required.							
FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9.</i>		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	<b>1005.301</b> <b>1005.302</b>	Katalin Papp	Claude Danis	\$75 \$75	WRC
<b>Yoga - Evening</b> Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 26 to Dec. 14, 2023		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	<b>1009.301</b> <b>1009.311</b>	Carmen Romero	Claude Danis	\$75 \$75	VH
<b>Yoga - Daytime</b> Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 26 to Dec. 14, 2023		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	<b>1009.302</b> <b>1009.312</b>	TBD	Claude Danis	\$75 \$75	VH
<b>Yoga - Morning</b> Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 7 and 9</i>		Monday, 8:45 to 9:45 a.m. Wednesday, 8:45 to 9:45 a.m. Friday, 8:45 to 9:45 a.m. Saturday, 9:30 to 10:45 a.m.	<b>1009.303</b> <b>1009.313</b> <b>1009.323</b> <b>1009.333</b>	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$75 \$75 \$75 \$80	VH
<b>Yogalates</b> Bare feet and yoga mats required.							
FALL: Sept. 27 to Dec. 15, 2023		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	<b>1039.301</b> <b>1039.311</b>	Johanne Lynch-Staunton	Claude Danis	\$75 \$75	VH WRC



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, private foundations 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.



## Hockey

Deadline for adult hockey registration is Friday, September 8, 2023

PLEASE NOTE THAT NECK GUARDS WILL BE STRICTLY ENFORCED WITH NO EXCEPTIONS.

Full hockey equipment, including helmets with facial protection and neck guards, is required. ALL SCHEDULES ARE SUBJECT TO CHANGE.

DATES	LEVEL	DAY/TIME	CODE	COORDINATOR	COST	LOC.
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### Senior Hockey

Teams are formed using a draft format.

September 2023 until April 2024	18 yrs. +	Tues. and/or Thurs. evenings	1000.401	Alyssa Sherrard	\$550	WRC
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### Executive "A" & "B" Hockey

Teams are formed using a draft format. Players will be drafted in "A" first, the remainder of the players will be drafted on "B" teams. Priority is given to returning players, therefore all new registrations will be placed on a waiting list until a spot opens.

September 2023 until April 2024	35 yrs. +	Monday evenings	1000.403	Alyssa Sherrard	\$385	WRC
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### Executive Recreational Hockey

September 2023 until April 2024	35 yrs. +	Sunday evenings	1000.404	Alyssa Sherrard	\$385	WRC
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### Competitive Old Timers Hockey

September 2023 until April 2024	35 yrs. +	Friday evenings	1000.405	Alyssa Sherrard	\$340	WRC
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### Women's Recreational Hockey League

This league is for women of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.

September 2023 until April 2024	18 yrs. +	Sunday, 8:30 p.m.	1000.409	Alyssa Sherrard	\$360	WRC
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### Co-Ed Instructional Hockey

Must have skating experience.

FALL: Oct. to Dec., 2023	18 yrs. +	Thursday 8:30 to 9:40 p.m.	1000.308	Alyssa Sherrard	\$225	WRC
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### Old Timers Hockey

All year. Check weekly rink schedule for possible blackout dates.	35 yrs. +	Wednesday and Friday, 12:00 to 1:20 p.m.	Drop-in hockey programme. Free for Facility Membership cardholders. Guest passes may be purchased online.		WRC	
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# ACTIVITIES FOR SENIORS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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## Bridge Club

FALL & WINTER: Sept. 25, 2023 to Mar. 26, 2024 <i>No class on Oct. 9, Dec. 25 and Jan. 1</i>		Monday, 7 to 10 p.m.	<b>1016.401</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.

FALL: Sept. 26 to Dec. 14, 2023	60 yrs. +	Tues. & Thurs., 10 to 11 a.m. Online only Tues. & Thurs., 11 to 12 p.m. Online only	<b>1400.301</b> <b>1400.501</b> <b>1400.311</b> <b>1400.511</b>	TBD	Claude Danis	\$75 \$60 \$75 \$60	WRC
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## Gentle Movement

Designed for participants with serious and/or chronic illnesses. Encourages movement and stretching which in turn motivates posture awareness, balance, muscle memory and strength, as well as social interaction leading to one's general well-being. (Loose comfortable clothing is recommended and street shoes are NOT permitted in the exercise room. Participants should bring their own towel and water bottle. Mats and exercise accessories are provided.)

\*\*\*This programme is also available online via Zoom\*\*\*

Participants who register for the in-person class will be given the online access as well. Participants who register for the online class only will not be permitted to participate in person.

FALL: Sept. 29 to Dec. 15, 2023		Friday, 9 to 10 a.m. Online only	<b>1405.301</b> <b>1405.501</b>	TBA	Claude Danis	\$75 \$60	VH
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## 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.

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	60 yrs. +	Monday, 10:30 to 11:30 a.m. Online only Wednesday, 10:30 to 11:30 a.m. Online only	<b>1440.301</b> <b>1440.501</b> <b>1440.311</b> <b>1440.511</b>	Kaouter (Kay) El Aloui	Claude Danis	\$65 \$50 \$65 \$50	WRC
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## Gentle Yoga

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.

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m. Online only Wednesday, 12 to 1 p.m. Online only	<b>1409.301</b> <b>1409.501</b> <b>1409.311</b> <b>1409.511</b>	Johanne Lynch-Staunton	Claude Danis	\$65 \$50 \$65 \$50	VH
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## 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.

FALL: November 25, 2023	Workshop	Saturday, 1 to 3:30 p.m.	<b>1477.301</b>	George Manoli	Claude Danis	\$55	VH
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## Tai Chi - Chi Kung (50 yrs. +)

FALL: Sept. 25 to Dec. 18, 2023 <i>No class on October 9</i>	Level I Level II	Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.	<b>1401.301</b> <b>1401.302</b>	Andrew Dearlove	Claude Danis	\$95 \$95	VH
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# 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 <b>westmount.org</b> .
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ADULTS		
ASSOCIATION OF PEDESTRIANS & CYCLISTS OF WESTMOUNT	df Lambert@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	514 483-3997
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			
ARGYLE INSTITUTE	4150 Saint-Catherine St. W. #328	argyleinstitute.org	514 931-5629
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
CSSS DE LA MONTAGNE (CLSC MÉTRO)	1801 De Maisonneuve Blvd. W.	www.santemontreal.qc.ca	Info-santé 8-1-1 514 934-0354
COMMUNAUTO - CAR SHARING NETWORK	1117 Saint-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