

WINTER

2024 WESTMOUNT SPORTS AND RECREATION ACTIVITIES



JANUARY TO MARCH 2024

online registration starts November 21, 2023
westmount.org

SPORTS AND RECREATION

Activity registration
Facility Membership Card
Activities for youth
Activities for adults
Activities for seniors

COMMUNITY ORGANIZATIONS AND RESOURCES

General information

REGISTRATION DATES

SPORTS AND RECREATION

Recreation Activities	
Westmount residents	begins Tuesday, November 21, 2023
Non-residents	begins Tuesday, December 5, 2023

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	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.

SR2023-10

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 Rue Sherbrooke O.
Westmount, Quebec H3Z 1E2
Telephone: 514 989-5200
Fax: 514 989-5484
westmount.org

WELCOME MESSAGE

MESSAGE FROM THE
DIRECTOR OF SPORTS AND RECREATION

It won't be long before the ground is covered in a blanket of snow, and this is our cue to prepare for all the winter sports and recreation activities offered at the Westmount Recreation Centre and Victoria Hall.

Registration for residents will begin November 21 and will continue as long as places are still available, so please register early to avoid the possibility of your favourite activity being full. Registration 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 is always available to help out with your registration process in any way.

The following pages will provide you with all the information you will need to get you on your way to fulfilling your winter season. If there is an activity of interest to you that you do not find in this booklet, please let us know; we are always looking at ways to make our programming more interesting and diverse.

So come join in with your family, friends and neighbours. We hope to see you enjoying the myriad of activities that the City of 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 Rue Sainte-Catherine O.
Victoria Hall: 4626 Rue Sherbrooke O.

With offices at the Westmount Recreation Centre and Victoria Hall, the Sports and Recreation Department offers a variety of programmes to residents of all ages.

Its objective is to help foster a strong sense of community, promoting Westmount as an ideal place to live, especially for young families. With a focus on personalized service, staff members are available to answer questions and comments regarding all of the City of Westmount's sports and recreation activities and programmes.

OFFICE HOURS

Monday to Friday	8:30 a.m. to 4:30 p.m.
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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
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 (please see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account or click on "set up a new account" to create one. Once you have created your account, it will not be activated until you provide the department with recent (within 3 months) proofs of residence.
- For any inquiries, please email recreation@westmount.org.

NON-RESIDENTS:

- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account, or click on "set up a new account" to create one.

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 because of non-sufficient funds (NSF cheques) are subject to a \$35 fee.

WAITING LIST

If the 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 NOVEMBER 21, 2023

ONLINE begins at 8 a.m.

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

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

NON-RESIDENTS: AS OF DECEMBER 5, 2023

ONLINE begins at 8 a.m.

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

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 Rue Sainte-Catherine O.
Westmount QC H3Z 1S4

BY FAX

514 989-5486

When registering by mail or by fax, please include your payment information on the registration form (credit card – Visa or MasterCard only). Don't forget to include copies of your proofs of residence!

CANCELLATIONS

Programmes with insufficient registration may be cancelled. Unless otherwise indicated, minimum registration for all programmes is 10 participants. When a programme is cancelled, all participants 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 at recreation@westmount.org.

FACILITY MEMBERSHIP CARD

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

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

<https://westmount.org/en/recreation-culture/sports-recreation-department/facility-card/>

Two recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identification card such as a driver's licence) are required for all participants aged 18 years and 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	\$62
SENIORS MEMBERSHIP (65 YEARS +)	\$50
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$10 charge for each additional card.	\$124

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.



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.

GENERAL SKATING AND HOCKEY

INDOOR GENERAL SKATING AND HOCKEY

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

OUTDOOR RINKS

Residents can enjoy outdoor natural ice rinks throughout Westmount from the second week of December until mid-March, weather permitting.

Rinks are set up in the following parks:

- Westmount Park (refrigerated rink for skating only, no hockey)
- Devon Park
- Queen Elizabeth Gardens
- Stayner Park
- King George Park
- Prince Albert Park

Facility Membership Cards are not required for the outdoor rinks.

VOLUNTEERING IN WESTMOUNT

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

- coaches for various sports teams
- referees and time-keepers for sports programmes
- volunteers to help at various community events such as Winter Carnival and Family Day

These are but three of a wide range of activities where volunteers are essential. If the notion of getting involved in these or other programmes is of interest to you, we invite you to 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.

ACTIVITIES FOR YOUTH

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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.							
WINTER: Feb. 22 to Mar. 28, 2024	11-15 yrs.	Thursday, 5 to 6:30 p.m.	1219.401	Annie Jolicoeur	Claude Danis	\$57	VH
Basketball							
WINTER: Jan. to Mar. 2024 <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.	1276.401 1276.402 1276.403 1276.404	Instructional	Gabrielle Jay-Riendeau	\$88 \$88 \$88 \$88	WHS
Bodies In Motion							
WINTER: Jan. 10 to Mar. 27, 2024	7-10 yrs.	Wednesday, 5:30 to 6:15 p.m.	1265.401	Ruth Wani	Claude Danis	\$78	VH
Breakdance							
WINTER: Jan. 12 to Mar. 22, 2024 (11 weeks)	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.	1247.401 1247.402 1247.403	Kate Alsterlund	Claude Danis	\$78 \$78 \$78	VH
Chanson Magique							
WINTER: Jan. 10 to Mar. 27, 2024	1-2 years 1-2 years 3-4 years 3-4 years	Wed., 9:30 to 10:15 a.m. Wed., 3:15 to 4 p.m. Wed., 10:30 to 11:15 a.m. Wed., 4:15 to 5 p.m.	1216.401 1216.411 1216.402 1216.412	Muriel Vergnaud	Claude Danis	\$83 \$83 \$83 \$83	VH
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.							
WINTER: Jan. 8 to Mar. 25, 2025 (11 weeks only on Friday and Saturday)	3 yrs. 4 yrs. 4 yrs. 5-6 yrs. 5-6 yrs. 5-6 yrs. 7-8 yrs. 7-8 yrs. 7-11 yrs. 9-11 yrs. 9-11 yrs. 12+ yrs. 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. Mon. 7 to 8:45 p.m. Fri. 7 to 8:45 p.m.	1215.401 1215.402 1215.412 1215.403 1215.413 1215.423 1215.404 1215.414 1215.424 1215.405 1215.415 1215.406 1215.416	Joanie Moreau	Claude Danis	\$68 \$68 \$68 \$78 \$73 \$73 \$83 \$78 \$78 \$88 \$83 \$98 \$93	VH
Creative Writing							
WINTER: Jan. 8 to Mar. 25, 2024	10-17 yrs.	Monday, 5 to 6 p.m.	1266.401	Zoe Morin	Claude Danis	\$83	VH
Discovering Art							
WINTER: Jan. 10 to Mar. 27, 2024	7-10 yrs. 11-14 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	1221.401 1221.402	Zoe Morin	Claude Danis	\$83 \$83	VH
Drama for fun							
WINTER: Jan. 9 to Mar. 26, 2024	7-10 yrs. 11-14 yrs.	Tuesday, 4:30 to 5:30 p.m. Tuesday, 5:30 to 6:30 p.m.	1260.401 1260.402	Ira Sokolova	Claude Danis	\$83 \$83	VH

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Jiu-Jitsu

WINTER: Jan. 8 to Mar. 25, 2024	8-12 yrs.	Monday, 5 to 6 p.m.	1207.401	Nicolas Delisle	Claude Danis	\$83	WRC
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Karate - JKA (7 - 13 yrs.) Participants will be expected to purchase a karate GI through the instructor.

WINTER: Jan. 12 to Mar. 22, 2024 (11 weeks)	Beginners 10th - 9th Kyu	Friday, 5 to 6 p.m.	1206.401	JKA Instructors	Claude Danis	\$78	WRC
	Advanced* 8th to 4th Kyu	Friday, 6 to 7 p.m. *Only current JKA students can register.	1206.402			\$78	

Kidnastix Indoor shoes are required.

WINTER: Jan. 13 to Mar. 23, 2024 (11 weeks)	1-2 yrs.	Sat., 9:30 to 10 a.m.	1217.401	Joshua Jay	Claude Danis	\$73	WRC
	1-2 yrs.	Sat., 10 to 10:30 a.m.	1217.411			\$73	
	3-4 yrs.	Sat., 10:45 to 11:30 a.m.	1217.402			\$78	
	5-6 yrs.	Sat., 11:30 a.m. to 12:30 p.m.	1217.403			\$83	
	7-10 yrs.	Sat., 12:30 to 1:30 p.m.	1217.404			\$83	

Let's Move & Dance! - NEW!

WINTER: Jan. 9 to Mar. 26, 2024	1-2 yrs.	Tuesday, 3:30 to 4 p.m.	1218.401	Muriel Vergnaud	Claude Danis	\$73	WRC
	3-4 yrs.	Tuesday, 4 to 4:45 p.m.	1218.402			\$78	
	5-6 yrs.	Tuesday, 4:45 to 5:30 p.m.	1218.403			\$78	

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.**

WINTER: Jan. to Mar. 2024	4-6 yrs.	Tuesday, 6:30 to 7:30 p.m.	1270.401	TBA	Gabrielle Jay-Riendeau	\$78	WHS
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Musical Theatre

WINTER: Jan. 11 to Mar. 28, 2024	9-13 yrs.	Thursday, 4:30 to 5:30 p.m.	1285.401	Ira Sokolova	Claude Danis	\$83	VH
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Soccer - Indoor Schedules will be provided shortly after registration.

BOYS Jan. to Mar. 2024	8-9 yrs.	Monday, 5 to 6 p.m.	1224.401	Instructional	Gabrielle Jay-Riendeau	\$88	RMR
	10-11 yrs.	Monday, 6 to 7 p.m.	1224.402			\$88	
	12-15 yrs.	Monday, 7 to 8 p.m.	1224.403			\$88	
GIRLS Jan. to Mar. 2024	8-10 yrs.	Wednesday, 6 to 7 p.m.	1225.401			\$88	SHS
	11-15 yrs.	Wednesday, 7 to 8 p.m.	1225.402			\$88	

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.

WINTER: Jan. 11 to Feb. 15, 2024	9 - 13 yrs.	Thursday, 5 to 6:15 pm	1219.402	Annie Jolicoeur	Claude Danis	\$57	VH
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Yoga For Kids - Yoga mats required. The presence of a parent is required for children aged 3 to 5 years.

WINTER: Jan. 11 to Mar. 28, 2024	6-8 yrs.	Thursday, 4:30 to 5:30 p.m.	1209.401	TBA	Claude Danis	\$78	VH
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Skating

Coordinator: Gabrielle Jay-Riendeau

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

KIDSKATE

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

SKATING INSTRUCTION

Following Skate Canada guidelines, this programme focuses on fun and basic skill development. Children advancing to the next skill level are expected to attend at the new class time. Participants may register for only one class per session.

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.

WINTER: January 8 to April 8, 2024	4 yrs.	Monday, 4:45 p.m. Saturday, 10:45 a.m.	1203.401 1203.402	\$109 \$109	WRC
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Skating Instruction

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

WINTER: January 8 to April 13, 2024	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.	1202.401 1202.411 1202.421 1202.431 1202.402 1202.412 1202.403	\$130 \$130 \$130 \$130 \$130 \$130 \$130	WRC
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Powerskating

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

WINTER: January 12 to April 12, 2024	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	1202.410	\$130	WRC
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ACTIVITIES FOR ADULTS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Badminton Sports attire (shorts, T-shirt, etc.), and appropriate shoes required.							
WINTER: January to March 2024 <i>Schedule will be provided shortly after registration.</i>		Wednesday, 7 to 9 p.m.	1003.401	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67	WHS
Ballroom Dancing Leather-soled shoes required.							
WINTER: Jan. 8 to Mar. 26, 2024	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.	1010.401 1010.402 1010.405	Marie-Claude Prigent	Claude Danis	\$88 \$88 \$88	VH
Basketball							
WINTER: January to March 2024 <i>Schedule will be provided shortly after registration.</i>		Thursday, 8:30 to 9:30 p.m.	1076.401	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67	WHS
Belly Dancing							
WINTER: Jan. 11 to Mar. 28, 2024		Thursday, 7 to 8 p.m.	1018.401	Natalie E. Kalinowicz	Claude Danis	\$88	VH
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.							
WINTER: Jan. 9 to Mar. 28, 2024		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	1005.403 1005.603 1005.413 1005.613	Johanne Lynch-Staunton	Claude Danis	\$78 \$57 \$78 \$57	WRC
Boot Camp! Yoga mats required.							
WINTER: Jan. 8 to Mar. 27, 2024 <i>(11 weeks only on Friday)</i>		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	1045.401 1045.402 1045.403	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$78 \$78 \$73	WRC
Classical Ballet Ballet attire is necessary for all classes.							
WINTER: Jan. 9 to Mar. 28, 2024	Daytime Daytime Evening Evening	Tuesday, 11 a.m. to 12:30 p.m. Thursday, 11 a.m. to 12:30 p.m. Tuesday, 6:30 to 8 p.m. Thursday, 6:30 to 8 p.m.	1011.401 1011.411 1011.402 1011.412	Joanie Moreau	Claude Danis	\$104 \$104 \$104 \$104	VH
Essentrics Yoga mats required.							
WINTER: Jan. 9 to Mar. 26, 2024		Tuesday, 1:15 to 2:15 p.m.	1075.401	Karima Tidjani	Claude Danis	\$78	VH

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.

WINTER: Jan. 12 to Mar. 22, 2024		Friday, 9 to 10 a.m. Online only	1405.401 1405.601	Sara Panahi	Claude Danis	\$78 \$57	WRC
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Groove

WINTER: Jan. 10 to Mar. 27, 2024		Wednesday, 6:30 to 7:30 p.m.	1065.401	Dominique Roberge	Claude Danis	\$78	VH
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Hockey - Co-ed Instructional

Must have skating experience.

WINTER: Jan. 11 to Apr. 4, 2024	18 yrs. +	Thursday 8:30 to 9:40 p.m.	1000.408	TBA	Alyssa Sherrard	\$234	WRC
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Karate - JKA Westmount (14 yrs. +)

WINTER: Jan. 8 to Mar. 27, 2024	Beg. to Inter. 10th to 6th KYU	Monday & Friday, 7 to 8 p.m.	1006.401	JKA	Claude Danis	\$104	WRC
	Advanced 5th KYU +	Monday, Wednesday and Friday, 7 to 8:30 p.m.	1006.402			\$119	

Line Dancing

WINTER: Jan. 9 to Mar. 26, 2024		Tuesday, 5:15 to 6:15 p.m.	1080.401	Gilbert Ward	Claude Danis	\$78	VH
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Pickleball

WINTER: January to March 2024 <i>Schedule will be provided shortly after registration.</i>		Tuesday, 7:30 to 9:30 p.m.	1070.401	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67	WHS
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Pilates

WINTER: Jan. 8 to Mar. 25, 2024		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	1005.406 1005.416	Kaouther (Kay) El Alaoui	Claude Danis	\$78 \$78	VH
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Self-Defense For Women & Teens Workshop (12 +)

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, disabling responses, against a fully padded assailant. Taught by George Manoli, a retired police officer and founder of this "no-nonsense" personal safety programme.

WINTER: 2024 Workshops	Workshop 1 Workshop 2	Saturday, Jan. 20, 1 to 4 p.m. Saturday, Feb. 17, 1 to 4 p.m.	1077.401 1077.411	George Manoli	Claude Danis	\$55 \$55	VH
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DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Skating Instruction (Helmets are mandatory)

WINTER: Jan. 10 to Apr. 13, 2024	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	1001.401 1001.402	TBA	Gabrielle Jay-Riendeau	\$140 \$140	WRC
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Soccer - Indoor

WINTER: January to March 2024 <i>Schedules will be provided shortly after registration.</i>	Men Women	Monday, 8:15 to 9:45 p.m. Monday, 6:45 to 8:15 p.m.	1024.401 1025.401	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67 \$67	WHS
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Tai Chi - Chi Kung

WINTER: Jan. 8 to Mar. 26, 2024	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	1004.401 1004.403	Andrew Dearlove	Claude Danis	\$104 \$104	VH
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Tap Dancing (Without tap shoes)

WINTER: Jan. 8 to Mar. 25, 2024		Monday, 7:30 to 8:30 p.m.	1060.401	Marie-Claude Prigent	Claude Danis	\$88	VH
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Theatre Dance

WINTER: Jan. 9 to Mar. 26, 2024		Tuesday, 7:45 to 8:45 p.m.	1085.401	Marie-Claude Prigent	Claude Danis	\$88	VH
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Total Body Workout Yoga mats required.

WINTER: Jan. 8 to Mar. 28, 2024		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m. Tuesday, 6:30 to 7:30 p.m. Thursday, 6:30 to 7:30 p.m.	1005.401 1005.411 1005.402 1005.412	Katalin Papp	Claude Danis	\$78 \$78 \$78 \$78	WRC
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Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.

WINTER: Jan. 9 to Mar. 28, 2024		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	1009.401 1009.411	Carmen Romero	Claude Danis	\$78 \$78	VH
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Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.

WINTER: Jan. 9 to Mar. 28, 2024		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	1009.402 1009.412	Emily Groth	Claude Danis	\$78 \$78	VH
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Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

WINTER: Jan. 8 to Mar. 27, 2024 (11 weeks only on Friday and Saturday)		Monday, 8:45 to 9:45 a.m. Wednesday, 8:45 to 9:45 a.m. Friday, 8:45 to 9:45 a.m. Saturday, 9:30 to 10:45 a.m.	1009.403 1009.413 1009.423 1009.433	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$78 \$78 \$73 \$78	VH
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Yogalates Bare feet and yoga mats are required.

WINTER: Jan. 10 to Mar. 27, 2024 (11 weeks only on Friday)		Wednesday, 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	1039.401 1039.411	Johanne Lynch-Staunton	Claude Danis	\$78 \$73	VH WRC
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ACTIVITIES FOR SENIORS

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

WINTER: Jan. 9 to Mar. 28, 2024	60 yrs. +	Tue. & Thu., 10 to 11 a.m.	1400.401	Sara Panahi	Claude Danis	\$78	WRC
		Online only	1400.601			\$57	
		Tue. & Thu., 11 a.m. to 12 p.m.	1400.411			\$78	
		Online only	1400.611			\$57	

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.

WINTER: Jan. 12 to Mar. 22, 2024		Friday, 9 to 10 a.m.	1405.401	Sara Panahi	Claude Danis	\$78	WRC
		Online only	1405.601			\$57	

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.

WINTER: Jan. 8 to Mar. 27, 2024	60 yrs. +	Monday, 10:15 to 11:15 a.m.	1440.401	Kaouther (Kay) El Alaoui	Claude Danis	\$67	WRC
		Online only	1440.601			\$47	
		Wednesday, 10:15 to 11:15 a.m.	1440.411			\$67	
		Online only	1440.611			\$47	

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.

WINTER: Jan. 8 to Mar. 27, 2024	60 yrs. +	Monday, 11 a.m. to 12 p.m.	1409.401	Johanne Lynch-Staunton	Claude Danis	\$67	VH
		Online only	1409.601			\$47	
		Wednesday, 12 to 1 p.m.	1409.411			\$67	
		Online only	1409.611			\$47	

Tai Chi - Chi Kung (50 yrs. +)

WINTER: Jan. 8 to Mar. 25, 2024	Level I	Friday, 1:30 to 3 p.m. (11 weeks)	1401.401	Andrew Dearlove	Claude Danis	\$90	VH
	Level II	Monday, 1:30 to 3 p.m.	1401.402			\$95	



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

The Centre promotes seniors' optimum mental, emotional and physical health to help develop a sense of autonomy. We work together to deal with any unavoidable dependencies that may arise with increasing age.

COMMUNITY ORGANIZATIONS AND RESOURCES

The City of Westmount is very proud of its tradition of citizen involvement, whether through local community organizations or the volunteers that work alongside City personnel at municipal events and activities. The Community Events Office provides support to Westmount residents and community groups interested in organizing new events, creating new groups or being involved as volunteers.

For more information, contact the Community Events Office at **514 989-5226**.

To consult detailed information on the organizations listed below, please consult **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	https://wma-amw.ca/	
WESTMOUNT QUILTERS GUILD	westmountquiltersguild@gmail.com	514 989-7939
WESTMOUNT RUGBY CLUB	www.westmountrugby.com	
WESTMOUNT TOASTMASTERS CLUB	www.7041.toastmastersclubs.org	514 367-5986

CHILDREN AND YOUTH

GIRL GUIDES	www.girlguides.ca	514 933-5839
SCOUTS	http://www.scoutswe.mywhc.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	https://www.shaarhashomayim.org/	514 937-9471

COMMUNITY RESOURCES

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