

SPRING

2021

WESTMOUNT SPORTS AND RECREATION ACTIVITIES



APRIL AND MAY 2021

online registration starts March 16
westmount.org

SPORTS AND RECREATION

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

REGISTRATION DATES	
SPORTS AND RECREATION	
Recreation Activities Westmount residents and Non-residents	begins Tuesday, March 16, 2021
FOR MORE INFORMATION	
CITY HALL	
General Inquiries	514 989-5200
WESTMOUNT RECREATION CENTRE	
Sports and Recreation Department	514 989-5353
VICTORIA HALL	
Community Events Division	514 989-5226
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 Web site for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.	
SR2021-03	
If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.	
ISBN 978-2-922359-49-7	
City of Westmount 4333 Sherbrooke Street W. Westmount, Quebec H3Z 1E2 Telephone: 514 989-5200 Fax: 514 989-5484 westmount.org	

WELCOME MESSAGE

MESSAGE FROM THE DIRECTOR OF SPORTS AND RECREATION

Unfortunately the COVID-19 pandemic has not loosened its grip and has forced us to continue to follow public health safety measures. Due to these measures, the Sports and Recreation Department has not been able to offer in-person activities and will not be able to for the foreseeable future.

The past season's online activities have proven to be successful, so we have expanded our online programming via the Zoom platform. The following pages outline the programmes that we have to offer and everything you need to know to register for them.

Once we receive further guidelines from the Gouvernement du Quebec, we will be able to provide a guide for the summer activities that will be offered to all Westmount residents.

The WRC continues to offer General Skating and Stick & Puck hours that residents with a Facility Membership Card can register for free of charge. All information is on the City's website at westmount.org.

Even though our offices are still closed to the public, the entire team is working in the background and is available by phone or email to answer any questions you may have. We are looking forward to the day that we can see everyone in person again and begin offering all the programmes that you love to participate in.

Stay safe and healthy!



David Lapointe
Director of Sports and Recreation

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SPORTS AND RECREATION

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

SPORTS AND RECREATION OFFICES

Westmount Recreation Centre: 4675 St. Catherine Street West
Victoria Hall: 4626 Sherbrooke Street West

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

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

PLEASE NOTE THAT THE OFFICE IS CLOSED TO THE PUBLIC DURING THE COVID-19 PANDEMIC, BUT ALL SERVICES CONTINUE TO BE OFFERED BY PHONE, BY EMAIL, OR ONLINE.

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
Matthew Lawton	Sports Coordinator mlawton@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
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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 31st each year. To reactivate your account for the current year or to activate a newly-created account, please send us two current proofs of residence by email at recreation@westmount.org. (please see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account, or click on "set up a new account" to create one. Once you have created your account, it will not be activated until you provide the department with recent (within 3 months) proofs of residence.
- For any inquiries, please email recreation@westmount.org.

NON-RESIDENTS:

- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account, or click on "set up a new account" to create one.
- Please note that non-residents must pay a 50% fee surcharge for all programmes.

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 fee of \$35 will be charged for any cheques returned due to insufficient funds.

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 2021 Recreation Facility Membership Card?

This card can serve as your proof of residence, and no other documentation is required.

DATES

LOCATION

Registration Period

AS OF MARCH 16, 2021

ONLINE 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 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 or lessons within 7 days of the start date. No transfers will be made after the start date.

SUGGESTIONS

If you cannot find an activity that interests you, or would like to suggest a new programme, please contact the Sports and Recreation Department at 514 989-5353.

FACILITY MEMBERSHIP CARD

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

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

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

Two recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identification card such as a driver's licence) are required for all participants aged 18 years and up. 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 (Medicare Card or Passport).

Please note that the Facility Card is not required to register for sports and recreation activities, unless otherwise indicated.

ANNUAL MEMBERSHIP FEE FOR RESIDENTS

INDIVIDUAL MEMBERSHIP	\$50
SENIORS MEMBERSHIP (65 YEARS +)	\$40
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$5 charge for each additional card.	\$100

GENERAL SKATING AND STICK & PUCK

INDOOR GENERAL SKATING AND STICK & PUCK

Ice time will be available for general skating and Stick & Puck for the entire family at the Westmount Recreation Centre. A detailed schedule is available at the WRC and on the City website at westmount.org.

VOLUNTEERING IN WESTMOUNT

SPORTS AND RECREATION

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

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

These are but three of a wide range of activities where volunteers are essential. If the notion of getting involved in these or other programmes is of interest to you, we invite you to call the Sports and Recreation office at 514 989-5353 for additional information.

LIBRARY AND COMMUNITY EVENTS

The Library and Community Events department has several rewarding volunteering opportunities for adults and teens. If you are interested in making a difference in your community, contribute your ideas and help out at special events, concerts and other activities. We are always looking for dedicated volunteers to enhance our programmes.

For more information about volunteering and to learn how you can help, please contact us at 514-989-5226 for additional information.

PUBLIC LIBRARY COMMITTEE

The Public Library Committee is made up of five residents of Westmount: three appointed by Council from the community at large and two councillors. The Committee meets monthly to discuss Library issues and ensures that the Library maintains its intellectual freedom and independence. Community members are appointed for a three-year term. For information about participating in the Public Library Committee, please contact Councillor Mary Gallery at 514-989-5076 or Councillor Jeff Shamie at 514 989-5083.

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.
Breakdance							
SPRING: April 16 to June 18, 2021	7-14 yrs. The Next Level	Friday, 4:30 to 5:30 p.m. Friday, 6 to 7 p.m.	1247.701 1247.703	Kate Alsterlund	Claude Danis	\$50 \$50	Zoom
Coding Scratch Game Design with Engineeius							
SPRING: April 15 to June 17, 2021	7-9 years 10-12 years	Thursday, 4:30 to 5:30 pm Thursday, 6 to 7 pm	1222.711 1222.712	Engineeius Canada	Claude Danis	\$50 \$50	Zoom
Creative Writing - NEW!							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>	10+ yrs.	Monday, 4:30 to 5:30 p.m.	1266.701	Gabrielle Jay-Riendeau	Claude Danis	\$50	Zoom
Jazz Dance							
SPRING: April 14 to June 16, 2021	5-7 yrs. 8-10 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5:15 to 6:15 p.m.	1220.702 1220.703	Melissa McCracken	Claude Danis	\$50 \$50	Zoom
Kids Boot Camp! - NEW!							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>	All ages	Monday, 5:30 to 6:30 p.m.	1245.701	TBA	Alyssa Sherrard	\$50	Zoom
Soccer Skills & Drills - NEW!							
SPRING: April 13 to June 15, 2021	All ages	Tuesday, 5:30 to 6:30 p.m.	1224.701	Emma Westenberg	Matthew Lawton	\$50	Zoom
Story Time, Sing-a-long & Crafts - NEW!							
SPRING: April 13 to June 15, 2021	6-9 yrs.	Tuesday, 4:30 to 5:30 p.m.	1267.701	Gabrielle Jay-Riendeau	Claude Danis	\$50	Zoom

ACTIVITIES FOR ADULTS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Belly Dancing							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>	Beginner	Monday, 1:30 to 2:30 p.m.	1018.701	Natalie Kalinowicz	Claude Danis	\$50	Zoom
Body Design							
SPRING: April 13 to June 17, 2021		Tuesday, 8:30 to 9:30 a.m. Thursday, 8:30 to 9:30 a.m.	1005.703 1005.713	Johanne Lynch-Staunton	Claude Danis	\$50 \$50	Zoom
Boot Camp!							
SPRING: April 12 to June 21, 2021 <i>No class May 24</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.	1045.701 1045.702 1045.703	Katalin Papp Sule Byron Sule Byron	Claude Danis	\$50 \$50 \$50	Zoom
Essentrics							
SPRING: April 13 to June 17, 2021		Tuesday, 1:30 to 2:30 p.m. Thursday, 5 to 6 p.m.	1075.701 1075.702	Hayley Garceau	Claude Danis	\$50 \$50	Zoom
Groove							
SPRING: April 14 to June 16, 2021		Wednesday, 6:30 to 8 p.m.	1065.701	Stephanie Nairn	Claude Danis	\$70	Zoom
Pilates							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>		Monday, 6 to 7 p.m.	1005.706	Kaouther (Kay) El Aloui	Claude Danis	\$50	Zoom
Tap Dancing							
SPRING: April 15 to June 17, 2021	Beginner	Thursday, 7 to 8 p.m.	1060.701	Marie-Claude Prégent	Claude Danis	\$50	Zoom
Total Body Workout							
SPRING: April 14 to June 16, 2021		Wednesday, 9 to 10 a.m.	1005.701	Johanne Lynch-Staunton	Claude Danis	\$50	Zoom
Tri Fit - Dance, Tone, Stretch							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>		Monday, 9 to 10 a.m.	1040.701	Katalin Papp	Claude Danis	\$50	Zoom

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Yoga - Evening							
SPRING: April 13 to June 17, 2021		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	1009.701 1009.711	Carmen Romero	Claude Danis	\$50 \$50	Zoom
Yoga - Daytime							
SPRING: April 13 to June 17, 2021		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	1009.702 1009.712	Carmen Romero	Claude Danis	\$50 \$50	Zoom
Yoga - Morning							
SPRING: April 12 to June 21, 2021 <i>No class May 24</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.	1009.703 1009.713 1009.723	Carmen Romero	Claude Danis	\$50 \$50 \$50	Zoom
Yogalates							
SPRING: April 14 to June 18, 2021		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	1039.701 1039.711	Johanne Lynch-Staunton	Claude Danis	\$50 \$50	Zoom

ACTIVITIES FOR SENIORS

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Fitness (Low Intensity)							
SPRING: April 13 to June 17, 2021	60 yrs. +	Tues. & Thurs., 10 to 11 a.m. Tues. & Thurs., 11:30 to 12:30 p.m.	1400.701 1400.711	Amy Creighton	Claude Danis	\$60 \$60	Zoom
Gentle Stretch and Strengthen							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>	60 yrs. +	Monday, 10:30 to 11:30 a.m. Wednesday, 10:30 to 11:30 a.m.	1440.701 1440.711	Kaouther (Kay) El Aloui	Claude Danis	\$50 \$50	Zoom
Gentle Yoga							
SPRING: April 12 to June 21, 2021 <i>No class May 24</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m. Wednesday, 12 to 1 p.m.	1409.701 1409.711	Johanne Lynch-Staunton	Claude Danis	\$50 \$50	Zoom
Tai Chi - Chi Kung (50 yrs. +)							
SPRING: April 16 to June 18, 2021	Level 1	Friday, 1:30 to 3 p.m.	1401.701	Andrew Dearlove	Claude Danis	\$70	Zoom