

# SUMMER 2021

## WESTMOUNT SPORTS AND RECREATION ACTIVITIES

REGISTRATION BEGINS TUESDAY, JUNE 15 AT 8 A.M. - ONLINE ONLY

### YOUTH

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOCATION
Breakdance							
July 9 to August 27	7 to 14 yrs.	Friday, 4:30 to 5:30 p.m.	1247.201	Kate Alsterlund	Claude Danis	\$55	WRC
	The Next Level	Friday, 6 to 7 p.m.	1247.203			\$55	
Hockey Camp							
A full day, one week camp focusing on basic hockey skill development. This camp is designed for the beginner/intermediate hockey player.							
August 23 to 27	M9 and M11 2010-2013	9 a.m. to 4 p.m. 3 hrs of ice time per day. 21 players, 4 goalies max.	1200.202	TBA	Matthew Lawton	\$225	WRC
Hockey Camp (Tune-up)							
Intended for Pee wee and Bantam players to shake off the rust and tune-up before tryouts.							
August 23, 25, 27	M13 and M15 2006-2009	Monday/Wednesday/Friday 4:30 to 6 p.m. 21 players, 4 goalies max.	1200.204	TBA	Matthew Lawton	\$60	WRC
Skating							
Participants must be 5 years old or over and have been on skates before. The programme focuses on fun and skill development at the beginner and intermediate level.							
Session A - July 13, 14, 15	24 skaters max. per session	Tue./Wed./Thur.	1202.201	TBA	Alyssa Sherrard	\$45	WRC
Session B - July 27, 28, 29		4:30 to 5:30 p.m.	1202.202			\$45	
Session C - August 10, 11, 12		24 skaters max. per session	1202.203			\$45	

## **ADULTS**

DATES	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOCATION
Essentrics						
July 6 to August 26	Tuesday, 1:30 to 2:30 p.m.	1075.201	Hayley Garceau	Claude Danis	\$55	WRC
	Thursday, 5 to 6 p.m.	1075.202			\$55	
Groove						
July 7 to August 25	Wednesday, 6:30 to 8 p.m.	1065.201	Stephanie Nairn	Claude Danis	\$75	WRC
Pilates						
July 5 to August 23	Monday, 6 to 7 p.m.	1005.206	Kay El Aloui	Claude Danis	\$55	WRC
Yoga						
July 5 to August 28	Monday, 8:45 to 9:45 a.m.	1009.203	Giovanna Carrubba	Claude Danis	\$55	WRC
	Wednesday, 12 to 1 p.m.	1009.212			\$55	
	Friday, 8:45 to 9:45 a.m.	1009.223			\$55	

## **SENIORS**

DATES	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOCATION
<b>Aquafitness 60 yrs. +</b>						
Session A - July 6 to 29	Tue./Wed./Thur.	1042.201	Amy Creighton	Andrew Maislin	\$70	WRC
Session B - August 2 to 26	11:15 a.m. to 12:15 p.m.	1042.202			\$70	Pool

\*Due to limited registration, participants can only choose one session, a waiting list will be kept for those who wish to register for a second session.

<b>Low Intensity Fitness</b>						
July 6 to August 26	Tuesday and Thursday, 9:30 to 10:30 a.m.	1400.201	Amy Creighton	Claude Danis	\$65	WRC

**IMPORTANT:** Participants must bring their own water bottle, towel and yoga mat.