FALL

2021 WESTMOUNT SPORTS AND RECREATION ACTIVITIES

VILLE DE | CITY OF
WESTMOUNT

SEPTEMBER TO DECEMBER 2021

online registration
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, August 24, 2021
Non-residents	begins Tuesday, September 7, 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.

SR2021-08

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

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Westmount, Quebec H3Z 1E2
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westmount.org

WELCOME **MESSAGE**

MESSAGE FROM THE
DIRECTOR OF SPORTS AND RECREATION

Covid-19 has truly changed the way we all conduct our daily lives. With the proper care and attention, however, we can continue to do some of the things that we love to do every day. With that in mind, the Westmount Sports and Recreation Department has worked hard to put together a fall programme of activities for Westmounters to take part in.

With the pandemic still active, all the safety measures have been put in place to keep participants safe during all of our activities, and for those who may still be apprehensive about participating in person, some of our courses will be available online.

The Westmount Recreation Centre is home to the Sports and Recreation Department, and is the place where you can get it all started for the upcoming season. The offices are still closed to the public, but the entire team is working in the background and available by phone or email.

Please note that we have made some changes in our registration dates and there will be another registration in late fall for all of the winter activities that we will be offering.

The following pages will provide you with all the information you will need to get you on your way to fulfilling your fall season. So join in with your family, friends and neighbours, and 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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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.

OFFICE HOURS

Monday to Friday	8:30 a.m. to 4:30 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
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

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.
- You will only have access to register for programmes following the resident registration period (see dates below).

REGISTRATION FOR ALL PROGRAMMES IS PROCESSED ON A FIRST-COME, FIRST-SERVED BASIS, with priority given to Westmount residents according to the dates outlined below.

FEES MUST BE PAID IN FULL UPON REGISTRATION USING ONE OF THE FOLLOWING:

ONLINE: Visa/MasterCard
BY PHONE: Visa/MasterCard. Call at 514 989-5353.
All taxes are included. Cheques returned because of non-sufficient funds (NSF cheques) are subject to a $35 fee.

WAITING LIST

Should a 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 2021 Recreation Facility Membership Card?
This card can serve as your proof of residence, and no other documentation is required.

PROXY REGISTRATION

Proxy registration may be done for ONE additional family only.
Proofs of residence are required.

NON-RESIDENTS

Non-residents may register for Westmount programmes and activities as of Tuesday, September 7, 2021. Please note, however, that non-residents must pay a fee surcharge of 50% for all programmes.

DATES	LOCATION
Registration Period (Residents ONLY)	
AUGUST 24 TO SEPTEMBER 6, 2021 ONLINE begins at 8 a.m. on August 24. **Spaces are not guaranteed, so register early to avoid the waiting list.**	westmount.org/onlineregistration
Outside of Registration Period	
RESIDENTS AND NON-RESIDENTS: AS OF TUESDAY, SEPTEMBER 7, 2021 ONLINE anytime.	westmount.org/onlineregistration

MORE DETAILS ON PAGE 4

ACTIVITY **REGISTRATION**

REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax:
RESIDENTS and **NON-RESIDENTS** as of September 7, 2021.

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!

Please note that NO fax or mail-in registration will be accepted during the Resident Registration Period.

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.

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**.

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

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**.

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 will be available at the WRC and on the City website 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:

- 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

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 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.

Friends of the Westmount Public Library

Westmount Public Library is proud to have a Friends of the Library group. The non-profit group was formed in 2000.

The members are volunteers who offer to contribute their time, skills, experience and energy to the Library. Their purpose is to stimulate interest in the Library's resources and facilities and to raise funds to improve the Library's collections and services.

If you are interested in joining the Friends, please fill in the membership form in the footer at www.westlib.org.

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
ASD: Social Sensory Discovery The presence of a parent or caregiver is required on a 1:1 basis.							
FALL: Sept. 23 to Dec. 9, 2021	5 to 11 yrs	Thursday, 4 to 5 p.m.	**1263.301**	Isabelle Toussaint	Claude Danis	$65	VH
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. 4 to Dec. 9, 2021	11-15 yrs.	Thursday, 5 to 6:30 p.m.	**1219.301**	Annie Jolicoeur	Claude Danis	$50	VH
Basketball - *NEW!*							
FALL: Oct. to Dec. 2021 *Schedule will be provided shortly after registration.*	7-9 yrs. 10-12 yrs. 13-14 yrs. 15-16 yrs.	Thursday, 6 to 7 p.m. Thursday, 6 to 7 p.m. Thursday, 7 to 8 p.m. Thursday, 7 to 8 p.m.	**1276.301** **1276.302** **1276.303** **1276.304**	Not an instructional programme.	Andrew Maislin	$65 $65 $65 $65	WHS
Breakdance							
FALL: Sept. 24 to Dec. 10, 2021	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.	**1247.301** **1247.302** **1247.303**	Kate Alsterlund	Claude Danis	$75 $75 $75	VH
Chanson Magique							
FALL: Sept. 22 to Dec. 8, 2021	1-2 years 3-4 years	Wed., 9:30 to 10:15 a.m. Wed., 10:30 to 11:15 a.m.	**1216.301** **1216.302**	Muriel Vergnaud	Claude Danis	$75 $75	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.							
FALL: Sept. 18 to Dec. 13, 2021 *No class October 9 and 11*	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+ yrs. 9-11 yrs. 9+ yrs. 12+ yrs.	Mon., 3 to 3:30 p.m. Mon., 3:30 to 4 p.m. Fri., 3:30 to 4 p.m. Mon., 4 to 4:45 p.m. Fri., 4 to 4:45 p.m. Sat., 9:30 to 10:15 a.m. Mon., 4:45 to 5:45 p.m. Fri., 4:45 to 5:45 p.m. Sat., 10:15 to 11:15 a.m. Mon., 5:45 to 7 p.m. Fri., 5:45 to 7 p.m. Sat. 11:15 a.m. to 12:30 p.m. Fri., 7 to 8:45 p.m.	**1215.301** **1215.302** **1215.312** **1215.303** **1215.313** **1215.323** **1215.304** **1215.314** **1215.324** **1215.305** **1215.315** **1215.325** **1215.306**	Melissa Villerreal Melissa Villerreal Ely Robertson Melissa Villerreal Ely Robertson Ely Robertson Melissa Villerreal Ely Robertson Ely Robertson Melissa Villerreal Ely Robertson Ely Robertson Ely Robertson	Claude Danis	$65 $65 $65 $70 $70 $70 $75 $75 $75 $80 $80 $80 $90	VH
Coding Scratch Game Design with Engineeius							
FALL: Sept. 23 to Dec. 9, 2021	7-9 years 10-12 years	Thursday, 4:30 to 5:30 pm Thursday, 6 to 7 pm	**1222.311** **1222.312**	Engineeius Canada	Claude Danis	$115 $115	VH
Creative Writing - *NEW!*							
FALL: Sept. 20 to Dec. 13, 2021 *No class October 11*	10+ yrs.	Monday, 5 to 6 p.m.	**1266.301**	Gabrielle Jay-Riendeau	Claude Danis	$75 $75	VH
Discovering Art							
FALL: Sept. 22 to Dec. 8, 2021	7-9 yrs. 10-13 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	**1221.301** **1221.302**	Gabrielle Jay-Riendeau	Claude Danis	$75 $75	VH

VH: Victoria Hall ● WHS: Westmount High School

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Drama for fun							
FALL: Sept. 21 to Dec. 7, 2021	7-9 yrs. 10-13 yrs.	Tuesday, 4:30 to 5:30 p.m. Tuesday, 5:30 to 6:30 p.m.	**1260.301** **1260.302**	Freda Segal	Claude Danis	$75 $75	VH
Groove For Kids - *NEW!*							
FALL: Sept. 22 to Dec. 8, 2021	7-12 yrs.	Wednesday, 5:30 to 6:15 p.m.	**1265.301**	Stephanie Nairn	Claude Danis	$60	VH
Jiu-Jitsu							
FALL: Sept. 20 to Dec. 13, 2021 *No class October 11*	8-12 yrs.	Monday, 5 to 6 p.m.	**1207.301**	Scott Renwick	Claude Danis	$75	WRC
Karate - JKA Participants will be expected to purchase a karate GI through the instructor.							
FALL: Sept. 24 to Dec. 10, 2021	7-9 yrs. 10-13 yrs.	Friday, 5 to 6 p.m. Friday, 6 to 7 p.m.	**1206.301** **1206.302**	JKA Instructors	Claude Danis	$75 $75	WRC
Kidnastix Indoor shoes are required.							
FALL: Sept. 18 to Dec. 11, 2021 *No class October 9*	1-2 yrs. 1-2 yrs. 1-2 yrs. 1-2 yrs. 3-4 yrs 3-4 yrs. 5-6 yrs. 5-6 yrs.	Tue., 2:30 to 3 p.m. Tue., 3 to 3:30 p.m. Sat., 9:30 to 10 a.m. Sat., 10 to 10:30 a.m. Tue., 3:45 to 4:30 p.m. Sat., 10:45 to 11:30 a.m. Tue., 4:30 to 5:30 p.m. Sat., 11:30 a.m.to 12:30 p.m.	**1217.301** **1217.311** **1217.321** **1217.331** **1217.302** **1217.312** **1217.303** **1217.313**	Gabrielle Jay-Riendeau	Claude Danis	$65 $65 $65 $65 $70 $70 $75 $75	WRC
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.							
FALL: Oct. to Dec. 2021 *Schedule will be provided shortly after registration.*	4-6 yrs.	Tuesday, 6 to 7 p.m.	**1270.301**	TBA	Andrew Maislin	$65	WHS
Saturday STEM with Engineeius (Science, Technology, Engineering, Math)							
FALL: Sept. 18 to Dec. 11, 2021 *No class October 9*	5-6 yrs. 7-8 yrs. 9+ yrs.	Saturday, 11 to 11:45 a.m. Saturday, 12 to 12:45 p.m. Saturday, 1 to 1:45 p.m	**1222.301** **1222.302** **1222.303**	Engineeius Canada	Claude Danis	$85 $85 $85	VH
Soccer - Indoor Schedules will be provided shortly after registration.							
BOYS Oct. to Dec. 2021	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	**1224.301** **1224.302** **1224.303**	Not an instructional programme.	Matthew Lawton	$65 $65 $65	RMR
GIRLS Oct. to Dec. 2021	8-10 yrs. 11-15 yrs.	Wednesday, 6 to 7 p.m. Wednesday, 7 to 8 p.m.	**1225.301** **1225.302**	Instructional	Alyssa Sherrard	$75 $75	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. 23 to Oct. 28, 2021	9 -13 yrs.	Thursday, 5 to 6:15 pm	**1219.302**	Annie Jolicoeur	Claude Danis	$50	VH
Welcome to the Music World The presence of a parent is required for children aged 1 to 2 years.							
FALL: Sept. 20 to Dec. 13, 2021 *No class October 11*	1-2 yrs. 3-5 yrs.	Monday, 3:15 to 3:45 p.m. Monday, 4 to 4:45 p.m.	**1238.301** **1238.302**	Ira Sokolova	Claude Danis	$65 $75	VH

VH: Victoria Hall ● WRC: Westmount Recreation Centre ● RMR: Royal Montreal Regiment ● SHS: Selwyn House School ● WHS: Westmount High School

Hockey

Registration started on August 3rd and ends on September 1st.

LEVEL	BORN BETWEEN	GAMES PLAYED	CODE	COST	LOC
M7 (Pre-novice/M.A.H.G.) - (September to April) - Coordinator: Matthew Lawton 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 M7 - 2	January 1, 2016 to December 31, 2016 January 1, 2015 to December 31, 2015	Tuesday, 5 p.m. and Saturday, 8 or 9 a.m. Thursday, 5 p.m. and Saturday, 8 or 9 a.m.	**1200.401** **1200.411**	$225 $225	WRC
Boys' Instructional Hockey - (September to April) - Coordinator: Matthew Lawton Designed to introduce boys to the game. It focuses on the development of the core hockey skills with minimal game play.					
M9 M11	January 1, 2013 to December 31, 2014 January 1, 2011 to December 31, 2012	Wednesday, 5 p.m. Wednesday, 6 p.m.	**1200.402** **1200.403**	$175 $175	WRC
Girls' Instructional Hockey - (September to April) - Coordinator: Alyssa Sherrard Designed to introduce girls to the game. It focuses on the development of the core hockey skills with minimal game play.					
M9/11 M13/15	January 1, 2011 to December 31, 2014 January 1, 2007 to December 31, 2010	Tuesday, 6 p.m. Thursday, 6 p.m.	**1200.407** **1200.408**	$175 $175	WRC
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 M11 M13 M15 M18	January 1, 2013 to December 31, 2014 January 1, 2011 to December 31, 2012 January 1, 2009 to December 31, 2010 January 1, 2007 to December 31, 2008 January 1, 2004 to December 31, 2006	To be determined	**1200.412** **1200.413** **1200.414** **1200.415** **1200.416**	$335 $335 $335 $335 $335	TBA
NOTE: Players who register for Inter-city Hockey CANNOT register for Fall Youth Hockey or Instructional Hockey					
Fall Youth Hockey - Coordinator: Matthew Lawton Fall youth hockey, running from September to December, is open to both boys and girls and aims to provide players with a fun and enjoyable non-competitive hockey experience focused on fair play and participation. Evaluations will be done at the start of the season to ensure the creation of equitable teams.					
M9 M11	January 1, 2013 to December 31, 2014 January 1, 2011 to December 31, 2012	Saturday, 12 or 1 p.m. Saturday, 2 or 3 p.m.	**1200.302** **1200.303**	$175 $175	WRC
NOTE: Players CAN register for both Fall Youth Hockey and Instructional Hockey.					

WRC: Westmount Recreation Centre

Skating

Coordinator: Alyssa Sherrard

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.

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.
Kidskate Hockey helmets with cages, neck guards and gloves or mittens are mandatory.					
FALL: September 27 to December 20, 2021	4 yrs.	Monday, 4:30 p.m. Saturday, 10:30 a.m.	**1203.301** **1203.302**	$90 $90	WRC
Skating Instruction Beginners: Hockey helmets with cages, neck guards and gloves or mittens are mandatory. Intermediate: helmets and neck guards are mandatory.					
FALL: September 27 to December 20, 2021	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**	$110 $110 $110 $110 $110 $110 $110	WRC
Powerskating Hockey helmets with cages, neck guards, shin guards and elbow pads are mandatory.					
FALL: October 1 to December 17, 2021	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	**1202.310**	$110	WRC

WRC: Westmount Recreation Centre

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Badminton Sports attire (shorts, T-shirt, etc.), and appropriate shoes required. Maximum 60 participants.							
October 2021 to March 2022 *Schedule will be provided shortly after registration.*		Wednesday, 7 to 9 p.m.	**1003.401**	Not an instructional programme.	Matthew Lawton	$85	WHS
Ballroom Dancing Leather-soled shoes required.							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*	Beginner Advanced	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m.	**1010.301** **1010.302**	Marie-Claude Prégent	Claude Danis	$85 $85	VH
Basketball - *NEW!*							
October 2021 to March 2022 *Schedule will be provided shortly after registration.*		Thursday, 8 to 9 p.m.	**1076.401**	Not an instructional programme.	Andrew Maislin	$85	WHS
Belly Dancing							
FALL: Sept. 21 to Dec. 9, 2021		Tuesday, 5:15 to 6:15 p.m. Thursday, 6:30 to 7:30 p.m.	**1018.301** **1018.302**	Natalie E. Kalinowicz	Claude Danis	$85 $85	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.							
FALL: Sept. 21 to Dec. 9, 2021		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	**1005.303** **1005.503** **1005.313** **1005.513**	Johanne Lynch-Staunton	Claude Danis	$65 $50 $65 $50	WRC
Boot Camp! Yoga mats required.							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	**1045.301** **1045.302** **1045.303**	Katalin Papp Sule Byron Sule Byron	Claude Danis	$65 $65 $65	WRC
Bridge Club							
Sept. 20 to Mar. 28, 2021 *No class on Oct. 11, Dec. 27 and Jan. 3*		Monday, 7 to 10 p.m.	**1016.401**	Not an instructional programme.	Claude Danis	$30	VH
Classical Ballet Ballet attire is necessary for all classes.							
FALL: Sept. 21 to Dec. 9, 2021	Daytime Daytime 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.	**1011.301** **1011.311** **1011.302**	Ely Robertson Ely Robertson Melissa Villarreal	Claude Danis	$95 $95 $95	VH
Essentrics Yoga mats required.							
FALL: Sept. 21 to Dec. 9, 2021		Tuesday, 1:30 to 2:30 p.m. Thursday, 5 to 6 p.m.	**1075.301** **1075.302**	Ellyn Ochs Vaiana Rouablé	Claude Danis	$65 $65	VH

WRC: Westmount Recreation Centre ● VH: Victoria Hall

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Groove							
FALL: Sept. 22 to Dec. 8, 2021		Wednesday, 6:30 to 7:30 p.m.	**1065.301**	Stephanie Nairn	Claude Danis	$65	VH
Karate - JKA Westmount (14 yrs. +)							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*		Monday, 6:30 to 8 p.m., Wednesday and Friday, 7 to 8:30 p.m.	**1006.301**	JKA	Claude Danis	$95	WRC
Line Dancing							
FALL: Sept. 21 to Dec. 7, 2021		Tuesday, 5:30 to 6:30 p.m.	**1080.301**	Gilbert Ward	Claude Danis	$65	VH
Mindful & Meditative Running- *NEW!*							
FALL: Sept. 22 to Dec. 8, 2021		Wednesday, 9 to 10 a.m.	**1090.301**	Isabelle Toussaint	Claude Danis	$65	VH
Pickleball							
October 2021 to March 2022 *Schedule will be provided shortly after registration.*		Tuesday, 7 to 9 p.m.	**1070.401**	Not an instructional programme.	Andrew Maislin	$85	WHS
Pilates							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*		Monday, 6 to 7 p.m.	**1005.306**	Kaouther (Kay) El Aloui	Claude Danis	$65	VH
Skating Instruction (Helmets are mandatory)							
FALL: Sept. 29 to Dec. 15, 2021	16+ yrs.	Wednesday, 9 to 10 a.m.	**1001.302**	TBA	Alyssa Sherrard	$125	WRC
Soccer - Indoor (Schedules will be provided shortly after registration.)							
MEN: WOMEN: October 2021 to March 2022		Monday, 8:30 to 10 p.m. Monday, 7 to 8:30 p.m.	**1024.401** **1025.401**	Not an instructional programme.	Andrew Maislin Alyssa Sherrard	$85 $85	WHS
Tai Chi - Chi Kung							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*	Level I Level II Level III	Monday, 7:30 to 9 p.m. Thursday, 8:30 to 10 p.m. Tuesday, 8:30 to 10 p.m.	**1004.301** **1004.302** **1004.303**	Andrew Dearlove	Claude Danis	$95 $95 $95	VH
Tap Dancing (Without tap shoes)							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*		Monday, 7:30 to 8:30 p.m.	**1060.301**	Marie-Claude Prégent	Claude Danis	$85	VH
Theatre Dance - *NEW!*							
FALL: Sept. 21 to Dec. 7, 2021		Tuesday, 7:30 to 8:30 p.m.	**1085.301**	Marie-Claude Prégent	Claude Danis	$85	VH

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Total Body Workout Yoga mats required.							
FALL: Sept. 22 to Dec. 8, 2021		Wednesday, 9 to 10 a.m.	**1005.301**	Katalin Papp	Claude Danis	$65	WRC
Tri Fit - Dance, Tone, Stretch Yoga mats required.							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*		Monday, 9 to 10 a.m.	**1040.301**	Katalin Papp	Claude Danis	$65	WRC
Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 21 to Dec. 9, 2021		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	**1009.301** **1009.311**	Carmen Romero	Claude Danis	$65 $65	VH
Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 21 to Dec. 9, 2021		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	**1009.302** **1009.312**	Carmen Romero	Claude Danis	$65 $65	VH
Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.							
FALL: Sept. 18 to Dec. 13, 2021 *No class on October 9 and 11*		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 10:30 a.m.	**1009.303** **1009.313** **1009.323** **1009.333**	Carmen Romero Carmen Romero Giovanna Carnuba Giovanna Carnuba	Claude Danis	$65 $65 $65 $65	VH
Yogalates Bare feet and yoga mats required.							
FALL: Sept. 22 to Dec. 10, 2021		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	**1039.301** **1039.311**	Johanne Lynch-Staunton	Claude Danis	$75 $75	VH WRC
Zumba - Family							
FALL: Sept. 18 to Dec. 11, 2021 *No class on October 9*		Saturday, 9:30 to 10:30 a.m.	**1248.301**	Joshua Jay	Claude Danis	$65	VH

****13 years +**
Free for children 5 to 12 years of age (must be accompanied by a registered adult)

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Hockey

Deadline for hockey registration is Friday, September 10, 2021

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.
Senior "A" Hockey Teams are formed using a draft format. Mandatory for all new players: Tryout on Monday, September 13, 2021. Players are encouraged to register for both "A" and "B" leagues in the event that they are not selected for an "A" team.						
September 2021 until April 2022	18 yrs. +	Tues. and/or Thurs. evenings	**1000.402**	Matthew Lawton	$500	WRC
Senior "B" Hockey Teams are formed using a draft format.						
September 2021 until April 2022	18 yrs. +	Wed./Fri./Sun. evenings	**1000.401**	Matthew Lawton	$500	WRC
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 2021 until April 2022	35 yrs. +	Monday evenings	**1000.403**	Matthew Lawton	$350	WRC
Executive Recreational Hockey						
September 2021 until April 2022	35 yrs. +	Monday evenings	**1000.404**	Matthew Lawton	$350	WRC
Competitive Old Timers Hockey						
September 2021 until April 2022	35 yrs. +	Friday evenings	**1000.405**	Matthew Lawton	$300	WRC
Women's Instructional Hockey						
FALL: Oct. to Dec., 2021	18 yrs. +	Thursday 8:30 to 9:20 p.m.	**1000.308**	Alyssa Sherrard	$185	WRC
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 2021 until April 2022	18 yrs. +	Sunday evenings	**1000.409**	Alyssa Sherrard	$325	WRC
Men's Instructional Hockey Must have skating experience.						
FALL: Oct. to Dec., 2021	18 yrs. +	Sunday 8:50 to 10 p.m.	**1000.310**	Matthew Lawton	$225	WRC
Old Timers Hockey						
All year. Check weekly rink schedule for possible blackout dates.	40 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

WRC: Westmount Recreation Centre

DATES	LEVEL	DAY/TIME	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
Bridge Club							
FALL: Sept. 20 to Mar.28, 2021 *No class on Oct. 11, Dec. 27 and Jan. 3*		Monday, 7 to 10 p.m.	**1016.401**	Not an instructional programme.	Claude Danis	$30	VH
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. 21 to Dec. 9, 2021	60 yrs. +	Tues. & Thurs., 10 to 11 a.m. Online only Tues. & Thurs., 11:30 to 12:30 p.m. Online only	**1400.301** **1400.501** **1400.311** **1400.511**	Amy Creighton	Claude Danis	$70 $55 $70 $55	WRC
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. 20 to Dec. 13, 2021 *No class on October 11*	60 yrs. +	Monday, 10:30 to 11:30 a.m. Online only Wednesday, 10:30 to 11:30 a.m. Online only	**1440.301** **1440.501** **1440.311** **1440.511**	Kaouther (Kay) El Aloui	Claude Danis	$60 $45 $60 $45	WRC
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. 20 to Dec. 13, 2021 *No class on October 11*	60 yrs. +	Mon., 11 a.m. to 12 p.m. Online only Wed., 12 to 1 p.m. Online only	**1409.301** **1409.501** **1409.311** **1409.511**	Johanne Lynch-Staunton	Claude Danis	$60 $45 $60 $45	VH
Tai Chi - Chi Kung (50 yrs. +)							
FALL: Sept. 20 to Dec. 13, 2021 *No class on October 11*	Level I Level II	Friday, 1:30 to 3 p.m. Monday, 1:30 to 3 p.m.	**1401.301** **1401.302**	Andrew Dearlove	Claude Danis	$95 $95	VH

Contactivity CENTRE Contactivité
Programmes et services pour les aînés
Programs and services for seniors

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

The 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.

VH: Victoria Hall ● WRC: Westmount Recreation Centre

COMMUNITY **ORGANIZATIONS** AND **RESOURCES**

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

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

To consult detailed information on the organizations listed below, please consult our Web site at **westmount.org**.

ADULTS

ASSOCIATION OF PEDESTRIANS & CYCLISTS OF WESTMOUNT	dflambert@gmail.com	**514 773-0257**
DRAMATIS PERSONAE THEATRE GROUP	www.theatrewestmount.com	**514 484-2016**
FRIENDS OF THE WESTMOUNT PUBLIC LIBRARY	www.westlib.org	**514 483-5604**
MONTREAL WELSH MALE CHOIR	welshmalechoir.montreal.qc.ca	**514-937-5527**
ROTARY CLUB OF WESTMOUNT	www.rotarywestmount.org	**514 935-3344**
WESTMOUNT CROQUET CLUB	www.bowlswestmount.ca	**514 989-5532**
WESTMOUNT DOG OWNERS ASSOCIATION	facebook.com/westmountdogownersassociation assocpropriochienswestmount@gmail.com	
WESTMOUNT HISTORICAL ASSOCIATION	www.westmounthistorical.org	**514 989-5510**
WESTMOUNT HORTICULTURAL SOCIETY	westhortsoc@gmail.com	**514 233-2788**
WESTMOUNT LAWN BOWLING CLUB	www.bowlswestmount.ca	**514 989-5532**
WESTMOUNT MUNICIPAL ASSOCIATION	www.wma-amw.org	
WESTMOUNT QUILTERS GUILD	westmountquiltersguild@gmail.com	**514 989-7939**
WESTMOUNT RUGBY CLUB	www.westmountrugby.com	
WESTMOUNT TOASTMASTERS CLUB	www.7041.toastmastersclub.org	**514 367-5986**

CHILDREN AND YOUTH

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

SENIORS

CONTACTIVITY CENTRE	www.contactivitycentre.org	**514 932-2326**
LEISURE INSTITUTE AT SHAAR HASHOMAYIM	www.theshaar.org	**514 937-9471**

COMMUNITY RESOURCES

ARGYLE INSTITUTE	4150 St. 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 St. 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**