

FALL

# 2024 WESTMOUNT SPORTS AND RECREATION ACTIVITIES



SEPTEMBER TO DECEMBER 2024



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

#### SPORTS AND RECREATION

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

#### COMMUNITY ORGANIZATIONS AND RESOURCES

General information

REGISTRATION DATES	
SPORTS AND RECREATION	
Recreation Activities Westmount residents Non-residents	begins Tuesday, August 6, 2024 begins Tuesday, August 27, 2024

FOR MORE INFORMATION	
CITY HALL	
General Inquiries	514 989-5200
WESTMOUNT RECREATION CENTRE	
Sports and Recreation Department	514 989-5353
VICTORIA HALL	
Community Events Office	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 website for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.
SR2024-07
If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.
ISBN 978-2-922359-67-1
City of Westmount 4333 rue Sherbrooke O. Westmount, Quebec H3Z 1E2 Telephone: 514 989-5200 Fax: 514 989-5484 <b>westmount.org</b>

# WELCOME MESSAGE

Even though it is the middle of summer and everyone is enjoying the great weather in Westmount's parks, playing on the tennis courts and swimming in the pool, we also need to take a moment to register for all the great activities that Westmount has to offer in the fall!

Early August is the time to do that, and all can be done either online or at the Sports and Recreation office in the Westmount Recreation Centre. The staff at the Sports and Recreation department are always available to help out with your registration process in any way.

This guide is full of great activities to fill your fall season, and also includes all the information you need to get you on your way. If there is an activity of interest to you that is not listed here, please let us know.

We look forward to seeing Westmounters of all ages participating this fall, and please remember that we are always looking for volunteers to help out with our programming. Without all the wonderful volunteers we have every year, many of the youth sports programmes would not be as successful as they are!

Stay active and healthy!



David Lapointe  
Director - Culture, Sports, Recreation and Social Development

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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.
<b>SUMMER HOURS (MAY 20 TO AUGUST 23)</b>	
Monday to Thursday	8 a.m. to 4:30 p.m.
Friday	8 a.m. to 1 p.m.

## PERSONNEL - SPORTS AND RECREATION

WESTMOUNT RECREATION CENTRE		514 989-5353
David Lapointe	Director dlapointe@westmount.org	514 989-5410
Jennifer Heaps	Administrative Officer jheaps@westmount.org	514 989-5389
Andrew Maislin	Division Head Operations & Sports Facilities 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
Kai Duenez	Sports Coordinator kduenez@westmount.org	514 989-5391
Jessie Zhou	Administrative Support Clerk jzhou@westmount.org	514 989-5322
Matthew Ciampini	Arena Foreman mciampini@westmount.org	514 989-5387
VICTORIA HALL		
Claude Danis	Programme and Community Services Coordinator cdanis@westmount.org	514 989-5393

# ACTIVITY REGISTRATION

## ONLINE REGISTRATION INFORMATION

To register online, you must have an active account.

### RESIDENTS OF WESTMOUNT:

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

### NON-RESIDENTS:

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

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

ONLINE: Visa/MasterCard

BY PHONE: Visa/MasterCard. Call 514 989-5353.

All taxes are included. Cheques returned due to non-sufficient funds (NSF cheques) are subject to a \$35 fee.

## WAITING LIST

If the programme you want to register for is full, your name will be placed on a waiting list. You will only be contacted if a space becomes available.

## PROOFS OF RESIDENCE

To register, two (2) recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identity card such as a driver's licence) are required for all participants aged 18 years and over.

Anyone between the ages of 4 and 17 are required to provide one (1) proof of residency (official school or government document), along with one (1) proof of age (health insurance card or passport).

### Have a valid 2024 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 TUESDAY, AUGUST 6, 2024

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.**

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

### NON-RESIDENTS: AS OF TUESDAY, AUGUST 27, 2024

ONLINE begins at 8 a.m.

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

## REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax as of August 27, 2024.

### 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 will receive a full refund by cheque in the mail.

# 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. Refunds will be issued by cheque in the mail.

### Programmes:

- A full refund, less the administration fee, will be issued for requests received prior to the start date of the programme.
- A pro-rated refund, less the administration fee, will be issued for requests received the week of the start date of the programme.
- No refunds will be issued as of the second week of a programme unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration fee, will be issued.

### Summer Camp/Swim Lessons/Tennis Lessons:

- A full refund, less the administration fee, will be issued for requests received at least 7 days prior to the start date of the camp or lessons.
- No refunds will be issued within 7 days of or after the start date of camp or lessons unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration fee, will be issued.

### Hockey:

- A full refund, less the administration fee, will be issued for requests received prior to the start of the season.
- For requests received within the first 50% of the season, a pro-rated refund, less the administration and equipment fee, will be issued.
- No refunds or credits will be issued after 50% of the season has been played unless a valid medical note or proof of work transfer is submitted; in these cases, a pro-rated refund, less the administration and equipment fee, will be issued.

### Transfers:

- The administration fee will be charged for any transfers made between programmes/camps/lessons within 7 days of the start date. No transfers will be made after the start date.

## SUGGESTIONS

If you cannot find an activity that interests you, or would like to suggest a new programme, please contact the Sports and Recreation Department at 514 989-5353 or by email at [recreation@westmount.org](mailto:recreation@westmount.org).

# FACILITY MEMBERSHIP CARD

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

Residents can apply for their card online by visiting the City of Westmount website at the following link: [westmount.org/card](https://westmount.org/card).

Two (2) 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 document), 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 (2024)

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](https://westmount.org).



## ACCESSIBILITY

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

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

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

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

## VOLUNTEERING IN WESTMOUNT

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

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



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

## PART-TIME EMPLOYMENT

The Westmount Sports and Recreation Department is always in need of students to fill the following part-time positions:

- referees and timekeepers
- umpires and scorekeepers
- pass attendants and rink monitors

If you are interested, please call the office at 514 989-5353 or send an email to [recreation@westmount.org](mailto:recreation@westmount.org).

## GENERAL SKATING AND HOCKEY

### INDOOR GENERAL SKATING AND HOCKEY

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

### OUTDOOR RINKS

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

Rinks are set up in the following parks:

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

Facility Membership Cards are not required for the outdoor rinks.

## INDOOR SWIMMING

**THE WESTMOUNT YMCA (4585 RUE SHERBROOKE O.) OFFERS WESTMOUNT RESIDENTS THE FOLLOWING AQUATIC ACTIVITIES ON A CONTINUAL BASIS:**

TUESDAY	12:45 TO 1:45 P.M.	SENIORS AQUA-ARTHRITIS 60+
WEDNESDAY	11:30 A.M. TO 12:30 P.M.	LAP SWIM / OPEN SWIM
FRIDAY	10:25 TO 11:25 A.M.	FAMILY SWIM
SATURDAY	2 TO 3:30 P.M.	FAMILY SWIM
SUNDAY	8:30 TO 10 A.M.	FAMILY SWIM

# ACTIVITIES FOR YOUTH

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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**Babysitting** The Red Cross, in collaboration with Atout Plus, offers basic first aid and caregiving skills for youth 11 to 15 years old. Participants learn how to provide care to younger children.

FALL: Nov. 7 to Dec. 12	11-15 yrs.	Thursday, 5 to 6:30 p.m.	<b>1219.301</b>	Annie Jolicoeur	Claude Danis	\$57	VH
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**Basketball** Indoor shoes are required.

FALL: Oct. to Dec. <i>Schedule will be provided shortly after registration.</i>	7-9 yrs. 10-12 yrs. 13-14 yrs. 15-16 yrs.	Thursday, 6:30 to 7:30 p.m. Thursday, 6:30 to 7:30 p.m. Thursday, 7:30 to 8:30 p.m. Thursday, 7:30 to 8:30 p.m.	<b>1276.301</b> <b>1276.302</b> <b>1276.303</b> <b>1276.304</b>	TBA Instructional programme.	Gabrielle Jay-Riendeau	\$88 \$88 \$88 \$88	WHS
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**Breakdance**

FALL: Sept. 27 to Dec. 13	7-9 yrs. 10-14 yrs. The Next Level	Friday, 4:30 to 5:30 p.m. Friday, 5:30 to 6:30 p.m. Friday, 6:30 to 7:30 p.m.	<b>1247.301</b> <b>1247.302</b> <b>1247.303</b>	Kate Alsterlund	Claude Danis	\$83 \$83 \$83	VH
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**Chanson Magique**

FALL: Sept. 25 to Dec. 11	1-2 years 1-2 years 3-5 years 3-5 years	Wed., 9:30 to 10:15 a.m. Wed., 3:15 to 4 p.m. Wed., 10:30 to 11:15 a.m. Wed., 4:15 to 5 p.m.	<b>1216.301</b> <b>1216.311</b> <b>1216.302</b> <b>1216.312</b>	Muriel Vergnaud	Claude Danis	\$83 \$83 \$83 \$83	VH
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**Classical Ballet**

Girls attire: a leotard, pink tights and pink ballet shoes (small ballet skirt is acceptable - no tutus)  
Boys attire: white t-shirt, black leggings, white or black socks and black ballet shoes.

FALL: Sept. 23 to Dec. 16 <i>No class October 14</i>	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.	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. Fri., 7 to 8:45 p.m.	<b>1215.311</b> <b>1215.312</b> <b>1215.322</b> <b>1215.303</b> <b>1215.313</b> <b>1215.323</b> <b>1215.304</b> <b>1215.314</b> <b>1215.324</b> <b>1215.305</b> <b>1215.315</b> <b>1215.306</b>	Joanie Moreau	Claude Danis	\$73 \$73 \$73 \$78 \$78 \$78 \$83 \$83 \$83 \$88 \$88 \$98	VH
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**Creative Writing**

FALL: Sept. 23 to Dec. 16 <i>No class October 14</i>	10-17 yrs.	Monday, 5 to 6 p.m.	<b>1266.301</b>	Natalia Gonzalez	Claude Danis	\$83	VH
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**Discovering Art**

FALL: Sept. 25 to Dec. 11	7-9 yrs. 10-14 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	<b>1221.301</b> <b>1221.302</b>	Natalia Gonzalez	Claude Danis	\$83 \$83	VH
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**Drama for fun**

FALL: Sept. 24 to Dec. 10	7-9 yrs. 10-14 yrs.	Tuesday, 4:30 to 5:30 p.m. Tuesday, 5:30 to 6:30 p.m.	<b>1260.301</b> <b>1260.302</b>	Ira Sokolova	Claude Danis	\$83 \$83	VH
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**Hip Hop - NEW!**

FALL: Sept. 25 to Dec. 11	6-9 yrs.	Wednesday, 5 to 6 p.m.	<b>1248.301</b>	Nancy Boulanger	Claude Danis	\$83	VH
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Jiu-Jitsu

FALL: Sept. 23 to Dec. 16 <i>No class October 14</i>	8-10 yrs. 11-14 yrs.	Monday, 4 to 5 p.m. Monday, 5 to 6 p.m.	<b>1207.301</b> <b>1207.302</b>	Nicolas Delisle	Claude Danis	\$83 \$83	WRC
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### Karate - JKA (7-13 years) Participants will be expected to purchase a karate GI through the instructor.

FALL: Sept. 27 to Dec. 13	Beginnner (7-9 yrs) 10th KYU	Friday, 5 to 6 p.m.	<b>1206.301</b>	JKA Instructors	Claude Danis	\$83	WRC
	Intermed. (7-9 yrs) 9th KYU	Friday, 5 to 6 p.m.	<b>1206.311</b>			\$83	
	Beg./Inter. (10-13 yrs) 10th and 9th KYU	Friday, 7 to 8 p.m.	<b>1206.321</b>			\$83	
	Advanced 8th to 4th KYU	Friday, 6 to 7 p.m.	<b>1206.302</b>			\$83	

### Kidnastix Indoor shoes are required.

FALL: Sept. 28 to Dec. 14	1-2 yrs. 1-2 yrs. 3-4 yrs. 5-6 yrs. 7-10 yrs.	Sat., 9:30 to 10 a.m. Sat., 10 to 10:30 a.m. Sat., 10:45 to 11:30 a.m. Sat., 11:30 a.m. to 12:30 p.m. Sat., 12:30 to 1:30 p.m.	<b>1217.301</b> <b>1217.311</b> <b>1217.302</b> <b>1217.303</b> <b>1217.304</b>	Joshua Jay	Claude Danis	\$73 \$73 \$78 \$83 \$83	WRC
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### Let's Move & Dance

FALL: Sept. 24 to Dec. 17	1-2 yrs. 3-4 yrs. 5-6 yrs.	Tuesday, 3:30 to 4 p.m. Tuesday, 4 to 4:45 p.m. Tuesday, 4:45 to 5:30 p.m.	<b>1218.301</b> <b>1218.302</b> <b>1218.303</b>	Muriel Vergnaud	Claude Danis	\$73 \$78 \$78	WRC
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### Multisport

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

FALL: Oct. to Dec.	4-6 yrs.	Tuesday, 6:30 to 7:30 p.m.	<b>1270.301</b>	TBA	Gabrielle Jay-Riendeau	\$78	WHS
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### Musical Theatre

FALL: Sept. 26 to Dec. 12	9-13 yrs.	Thursday, 4:30 to 5:30 p.m.	<b>1285.301</b>	Ira Sokolova	Claude Danis	\$83	VH
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### Soccer - Indoor Instructional activity. Schedules will be provided shortly after registration. Indoor shoes are required.

BOYS Oct. to Dec.	8-9 yrs. 10-11 yrs. 12-15 yrs.	Monday, 5 to 6 p.m. Monday, 6 to 7 p.m. Monday, 7 to 8 p.m.	<b>1224.301</b> <b>1224.302</b> <b>1224.303</b>	TBA	Gabrielle Jay-Riendeau	\$88 \$88 \$88	RMR
GIRLS Oct. to Dec.	8-10 yrs. 11-15 yrs.	Wednesday, 6 to 7 p.m. Wednesday, 7 to 8 p.m.	<b>1225.301</b> <b>1225.302</b>	TBA		\$88 \$88	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. 26 to Oct. 31	9 - 13 yrs.	Thursday, 5 to 6:15 pm	<b>1219.302</b>	Annie Jolicoeur	Claude Danis	\$57	VH
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### Yoga For Kids

FALL: Sept. 26 to Dec. 12	6-12 yrs.	Thursday, 4:30 to 5:30 p.m.	<b>1209.301</b>	Mansi Udas	Claude Danis	\$78	VH
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## YOUTH HOCKEY

Registration ends on September 1

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

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

M7 - 1	January 1, 2019 to December 31, 2019	Tuesday, 5 p.m. and Saturday, 8 or 9 a.m.	<b>1200.401</b>	\$260	WRC
M7 - 2	January 1, 2018 to December 31, 2018	Thursday, 5 p.m. and Saturday, 8 or 9 a.m.	<b>1200.411</b>	\$260	
M7 - Girls	January 1, 2018 to December 31, 2019	Tuesday, 6 p.m. and Saturday, 10 a.m.	<b>1200.421</b>	\$260	

### **Co-ed Semi-Instructional Hockey** - (September to April) - Coordinator: Kai Duenez

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

M9	January 1, 2016 to December 31, 2017	Wednesday, 5 p.m.	<b>1200.402</b>	\$208	WRC
M11	January 1, 2014 to December 31, 2015	Wednesday, 6 p.m.	<b>1200.403</b>	\$208	
M13/15	January 1, 2010 to December 31, 2013	Thursday, 6 p.m.	<b>1200.408</b>	\$208	

### **Inter-City Hockey** - (September to April) - Coordinator: Alyssa Sherrard and Kai Duenez

Westmount will provide "AA", "BB", "A", "B" and "C" level inter-city teams (where applicable) this season in the categories listed below. Player evaluations will begin mid-September. Games, practice times and locations are to be determined. Westmount's inter-city teams will play against other local municipalities and participate in various tournaments. Participation on an inter-city team requires a complete commitment. Attendance at games and practices is mandatory for all players.

M9	January 1, 2016 to December 31, 2017	To be determined	<b>1200.412</b>	\$374	TBA
M9 Girls	January 1, 2016 to December 31, 2017		<b>1200.422</b>	\$374	
M11	January 1, 2014 to December 31, 2015		<b>1200.413</b>	\$374	
M11 Girls	January 1, 2014 to December 31, 2015		<b>1200.423</b>	\$374	
M13	January 1, 2012 to December 31, 2013		<b>1200.414</b>	\$374	
M13 Girls	January 1, 2012 to December 31, 2013		<b>1200.424</b>	\$374	
M15	January 1, 2010 to December 31, 2011		<b>1200.415</b>	\$374	
M15 Girls	January 1, 2010 to December 31, 2011		<b>1200.425</b>	\$374	
M18	January 1, 2007 to December 31, 2009		<b>1200.416</b>	\$374	
M21	January 1, 2003 to December 31, 2006		<b>1200.417</b>	\$374	

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



Skating Coordinator: Gabrielle Jay-Riendeau
Parents/guardians must be present during lessons for children 10 years and under. Hockey helmets with cages and neck guards are mandatory for ALL Kidskate and Beginner skaters, and helmets and neck guards are mandatory for Intermediate skaters. Bicycle and snowboard helmets are NOT permitted. <b>Children without the proper equipment will not be permitted to participate.</b>
<b>SKATING INSTRUCTION</b> 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.
<b>KIDSKATE</b> This programme is designed to introduce young children to the joy of skating. Participants may register for only one class per session.
<b>POWERSKATING</b> 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	SCHEDULE	CODE	COST	LOC.
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### Kidskate

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

FALL: September 21 to December 16	4 yrs.	Monday, 4:45 p.m. Saturday, 10:45 a.m.	1203.301 1203.302	\$109 \$109	WRC
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### Skating Instruction

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

FALL: September 21 to December 16	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	\$130 \$130 \$130 \$130 \$130 \$130 \$130	WRC
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### Powerskating

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

FALL: September 27 to December 13	Participants must have completed stages 1, 2, 3 & 4	Friday, 5:30 p.m.	1202.310	\$130	WRC
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# ACTIVITIES FOR ADULTS

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

October to December Schedule will be provided shortly after registration.		Wednesday, 7 to 9 p.m.	<b>1003.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67	WHS
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## Ballroom Dancing Leather-soled shoes required.

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>	Beginner Advanced Solo Latino	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m. Tuesday, 6:30 to 7:30 p.m.	<b>1010.301</b> <b>1010.302</b> <b>1010.305</b>	Marie-Claude Prigent	Claude Danis	\$88 \$88 \$88	VH
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## Basketball

October to December Schedule will be provided shortly after registration.		Thursday, 8:30 to 9:30 p.m.	<b>1076.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67	WHS
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## Belly Dancing

FALL: Sept. 26 to Dec. 12		Thursday, 7:15 to 8:15 p.m.	<b>1018.301</b>	Natalie E. Kalinowicz	Claude Danis	\$88	VH
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## Body Design Yoga mat 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. 24 to Dec. 12		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	<b>1005.303</b> <b>1005.503</b> <b>1005.313</b> <b>1005.513</b>	Johanne Lynch-Staunton	Claude Danis	\$78 \$62 \$78 \$62	WRC
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## Boot Camp! Yoga mats required.

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>		Monday, 12:10 to 12:50 p.m. Wednesday, 12:10 to 12:50 p.m. Friday, 12:10 to 12:50 p.m.	<b>1045.301</b> <b>1045.302</b> <b>1045.303</b>	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$78 \$78 \$78	WRC
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## Choir - Singing For Fun - **NEW!**

FALL: Sept. 24 to Dec. 10		Tuesday, 5 to 6 p.m.	<b>1049.301</b>	Laura Albrecht	Claude Danis	\$78	VH
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## Classical Ballet Ballet attire is necessary for all classes.

FALL: Sept. 24 to Dec. 12	Daytime Daytime Evening Evening	Tuesday, 11 a.m. to 12:30 p.m. Thursday, 11 a.m. to 12:30 p.m. Tuesday, 6:30 to 8 p.m. Thursday, 6:30 to 8 p.m.	<b>1011.301</b> <b>1011.311</b> <b>1011.302</b> <b>1011.312</b>	Joanie Moreau	Claude Danis	\$104 \$104 \$104 \$104	VH
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## Dancercise - **NEW!**

We'll pump up our heartbeat to the sound of the music by freeing up our bodies and moving in a way that feels good and looks good.

FALL: Sept. 25 to Dec. 11		Wednesday, 6 to 7 p.m.	<b>1065.301</b>	Nancy Boulanger	Claude Danis	\$78	VH
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Essentrics Yoga mats required.

FALL: Sept. 24 to Dec. 12		Tuesday, 10 to 11 a.m. Thursday, 10 to 11 a.m.	<b>1075.301</b> <b>1075.311</b>	Karima Tidjani	Claude Danis	\$78 \$78	VH
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### Gentle Movement

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

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

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

FALL: Sept. 27 to Dec. 13		Friday, 9 to 10 a.m. Online only	<b>1405.301</b> <b>1405.501</b>	Sara Panahi	Claude Danis	\$78 \$62	VH
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### Karate - JKA Westmount (14 yrs. +)

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>	Beginner to Inter. 10th to 6th KYU	Monday & Friday, 7 to 8 p.m.	<b>1006.301</b>	JKA Instructors	Claude Danis	\$104	WRC
	Advanced 5th KYU +	Monday, Wednesday and Friday, 7 to 8:30 p.m.	<b>1006.311</b>			\$119	

### Line Dancing

FALL: Sept. 24 to Dec. 10		Tuesday, 5:15 to 6:15 p.m.	<b>1080.301</b>	Gilbert Ward	Claude Danis	\$78	VH
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### Pickleball Participants may only register for one session per season. Participants must bring their own equipment.

October to December <i>Schedule will be provided shortly after registration.</i>		Tuesdays, SESSION A: 7:30 to 8:30 p.m. SESSION B: 8:30 to 9:30 p.m.	<b>1070.301</b> <b>1070.311</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67 \$67	WHS
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### Pilates

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	<b>1005.306</b> <b>1005.316</b>	Kaouther (Kay) El Aloui	Claude Danis	\$78 \$78	VH
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### Self-Defense Workshop For Women & Teens (12 yrs +)

Learn to channel that frozen fear into STRENGTH & EMPOWERMENT. This self-defense workshop will guide you and show you how to confidently deal with the fear, confusion and panic that occur during a violent confrontation by challenging you with realistic, "hands-on" attack simulations. You will learn to confidently and effectively fight back using full force, and disabling responses, against a fully padded assailant. Taught by George Manoli, a retired police officer and founder of this "no-nonsense" personal safety programme.

FALL: 2024 Workshops	Workshop 1 Workshop 2	Saturday, Oct. 19, 1 to 4 p.m. Saturday, Nov. 16, 1 to 4 p.m.	<b>1077.301</b> <b>1077.302</b>	George Manoli	Claude Danis	\$70 \$70	VH
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### Skating Instruction Helmets are mandatory

FALL: Sept. 25 to Dec. 14	16+ yrs.	Wednesday, 9 to 10 a.m. Saturday, 12:30 to 1:30 p.m.	<b>1001.301</b> <b>1001.302</b>	TBA	Gabrielle Jay-Riendeau	\$140 \$140	WRC
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### Soccer - Indoor Schedules will be provided shortly after registration.

MEN: WOMEN: October to December		Monday, 8:15 to 9:45 p.m. Monday, 6:30 to 8 p.m.	<b>1024.301</b> <b>1025.301</b>	Not an instructional programme.	Gabrielle Jay-Riendeau	\$67 \$67	WHS
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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### Tai Chi - Chi Kung

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	<b>1004.301</b> <b>1004.303</b>	Andrew Dearlove	Claude Danis	\$104 \$104	VH
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### Tap Dancing Without tap shoes

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>		Monday, 7:30 to 8:30 p.m.	<b>1060.301</b>	Marie-Claude Prigent	Claude Danis	\$88	VH
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### Theatre Dance

FALL: Sept. 24 to Dec. 10		Tuesday, 7:45 to 8:45 p.m.	<b>1085.301</b>	Marie-Claude Prigent	Claude Danis	\$88	VH
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### Total Body Workout Yoga mats required.

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	<b>1005.301</b> <b>1005.302</b>	Katalin Papp	Claude Danis	\$78 \$78	WRC
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### Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 24 to Dec. 12		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	<b>1009.301</b> <b>1009.311</b>	Carmen Romero	Claude Danis	\$78 \$78	VH
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### Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 24 to Dec. 12		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	<b>1009.302</b> <b>1009.312</b>	Emily Groth	Claude Danis	\$78 \$78	VH
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### Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>		Monday, 8:45 to 9:45 a.m. Wednesday, 8:45 to 9:45 a.m. Friday, 8:45 to 9:45 a.m. Saturday, 9:30 to 10:45 a.m.	<b>1009.303</b> <b>1009.313</b> <b>1009.323</b> <b>1009.333</b>	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$78 \$78 \$78 \$83	VH
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### Yogalates Bare feet and yoga mats required.

FALL: Sept. 25 to Dec. 13		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	<b>1039.301</b> <b>1039.311</b>	Johanne Lynch-Staunton	Claude Danis	\$78 \$78	VH WRC
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### Zumba

FALL: Sept. 26 to Dec. 12		Thursday, 6 to 7 p.m.	<b>1048.301</b>	Sara Panahi	Claude Danis	\$78	WRC
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# ADULT HOCKEY

Deadline for adult hockey registration is Friday, September 6

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	SCHEDULE	CODE	COORDINATOR	COST	LOC.
<b>Senior Hockey</b> Teams are formed using a draft format.						
September 2024 until April 2025	18 yrs. +	Tuesday and/or Thursday and/or Sunday evenings	1000.401	Alyssa Sherrard	\$572	WRC

<b>Executive “A” &amp; “B” Hockey</b> 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 2024 until April 2025	40 yrs. +	Monday evenings	1000.403	Alyssa Sherrard	\$400	WRC

<b>Competitive Old Timers Hockey</b>						
September 2024 until April 2025	40 yrs. +	Friday, 6:00 p.m.	1000.405	Alyssa Sherrard	\$354	WRC

<b>Men’s Recreational Hockey League</b> This league is for men of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.						
September 2024 until April 2025	40 yrs. +	Sunday, 7:30 p.m.	1000.404	Alyssa Sherrard	\$374	WRC

<b>Women’s Recreational Hockey League</b> This league is for women of all hockey abilities and is not an instructional programme. Teams will be formed on a weekly basis.						
September 2024 until April 2025	18 yrs. +	Sunday, 8:30 p.m.	1000.409	Alyssa Sherrard	\$374	WRC

<b>Co-Ed Instructional Hockey</b> Must have skating experience.						
FALL: Oct. to Dec., 2024	18 yrs. +	Thursday 8:30 to 9:40 p.m.	1000.308	Alyssa Sherrard	\$234	WRC

<b>Old Timers Hockey</b>						
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	

# ACTIVITIES FOR SENIORS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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## Fitness (Low Intensity) Yoga mat 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. 24 to Dec. 12	60 yrs. +	Tues. & Thurs., 10 to 11 a.m.	1400.301	Sara Panahi	Claude Danis	\$78	WRC
		Online only	1400.501			\$62	
		Tues. & Thurs., 11 to 12 p.m.	1400.311			\$78	
		Online only	1400.511			\$62	

## Gentle Movement

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

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

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

FALL: Sept. 27 to Dec. 13		Friday, 9 to 10 a.m. Online only	1405.301 1405.501	Sarah Panahi	Claude Danis	\$78 \$62	VH
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## Gentle Stretch and Strengthen Yoga mat 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. 23 to Dec. 16 <i>No class on October 14</i>	60 yrs. +	Monday, 10:30 to 11:30 a.m.	1440.301	Kaouter (Kay) El Aloui	Claude Danis	\$67	WRC
		Online only	1440.501			\$52	
		Wednesday, 10:30 to 11:30 a.m.	1440.311			\$67	
		Online only	1440.511			\$52	

## Gentle Yoga Yoga mat 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. 23 to Dec. 16 <i>No class on October 14</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m.	1409.301	Johanne Lynch-Staunton	Claude Danis	\$67	VH
		Online only	1409.501			\$52	
		Wednesday, 12 to 1 p.m.	1409.311			\$67	
		Online only	1409.511			\$52	

## Tai Chi - Chi Kung (50 yrs. +)

FALL: Sept. 23 to Dec. 16 <i>No class on October 14</i>	Level I	Friday, 1:30 to 3 p.m.	1401.301	Andrew Dearlove	Claude Danis	\$95	VH
	Level II	Monday, 1:30 to 3 p.m.	1401.302			\$95	



Contactivity Centre offers older adults programs and activities that nourish the mind, body, and soul. Our Program Guide changes quarterly and includes programs to Get Fit, Get Creative, Get Tech Savvy, and Get Your game On.

We have outreach services for information and referral to resources; we have intergenerational programs; and we have outings, lunches, and outdoor activities. Whether in person or online, Get Together with us.

We look forward to connecting with you!

[www.contactivitycentre.org](http://www.contactivitycentre.org)

514 932-2326

[info@contactivitycentre.org](mailto:info@contactivitycentre.org)



# 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 our website 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
ROTARY CLUB OF WESTMOUNT	www.rotarywestmount.org	514 935-3344
WESTMOUNT DOG OWNERS ASSOCIATION	facebook.com/WestmountDogOwnersAssociation/	
WESTMOUNT HISTORICAL ASSOCIATION	www.westmounthistorical.org	514 989-5510
WESTMOUNT HORTICULTURAL SOCIETY	westhortsoc@gmail.com	514 233-2788
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	7041.toastmastersclubs.org	514 367-5986

CHILDREN AND YOUTH		
GIRL GUIDES	www.girlguides.ca	514 933-5839
SCOUTS	www.scoutswe.mywhc.ca/	514 937-5527
WEST MONTREAL SQUADRON 1 - 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.shaarhashomayim.org/	514 937-9471

COMMUNITY RESOURCES			
ATWATER LIBRARY AND COMPUTER CENTRE	1200 ave. Atwater	www.atwaterlibrary.ca	514 935-7344
CENTRE GREENE	1090 ave. 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 ave. Victoria	www.visualartscentre.ca	514 488-9558
WESTMOUNT YMCA	4585 rue Sherbrooke O.	www.ymcaquebec.org	514 931-8046