

SPRING

2025

WESTMOUNT SPORTS
AND RECREATION
ACTIVITIES



APRIL TO JUNE 2025

Online registration:
starts February 11, 2025

WESTMOUNT



SPORTS AND RECREATION

- Activity registration
- Facility Membership Card
- General skating and hockey
- Indoor swimming
- 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, February 11, 2025 begins Tuesday, February 25, 2025

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	514 989-5300
Audio-Visual Department	514 989-5300
Children's Department	514 989-5300
Reference Desk	514 989-5300

WESTMOUNT.ORG
Consult Westmount's website for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.
SR2025-01
If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.
ISBN 978-2-922359-68-8
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

As the seasons change, Westmount comes alive with opportunities to connect, stay active, and embrace community spirit. Whether you're a fan of winter's charm or eagerly awaiting the warmth of spring, there's no shortage of ways to make the most of your time in our vibrant city.

Mark your calendars: registration for spring activities opens on **February 11th**. You can register online or in person at the Sports and Recreation office in the Westmount Recreation Centre. Please note that online registration accounts expire annually on **December 31st**, so make sure to update your account in advance. Detailed information about registration can be found in this booklet.

If you don't see an activity you're interested in, we'd love to hear from you! Feel free to contact the Sports and Recreation department with your suggestions. Our team is always eager to introduce new programs based on community interest.

In addition to our activities, we invite you to join us for one of Westmount's special events, such as Family Day, Fête Nationale du Québec, or Canada Day. These events are wonderful opportunities to connect with family, friends, and neighbors while creating lasting memories.

Whether online or in person, we look forward to seeing you and hope you'll take part in everything Westmount has to offer.

Stay active and healthy!



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

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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.
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PERSONNEL - SPORTS AND RECREATION

WESTMOUNT RECREATION CENTRE		514 989-5353
David Lapointe	Director dlapointe@westmount.org	ext. 5410
Jennifer Heaps	Administrative Officer jheaps@westmount.org	ext. 5389
Andrew Maislin	Division Head Operations & Sports Facilities amaislin@westmount.org	ext. 5323
Alyssa Sherrard	Sports Coordinator asherrard@westmount.org	ext. 5212
Gabrielle Jay-Riendeau	Sports Coordinator gjay@westmount.org	ext. 5320
Kai Duenez	Sports Coordinator kduenez@westmount.org	ext. 5391
Jessie Zhou	Customer Service Agent jzhou@westmount.org	ext. 5303
Matthew Ciampini	Arena Foreman mciampini@westmount.org	ext. 5387
VICTORIA HALL		
Claude Danis	Programme and Community Services Coordinator cdanis@westmount.org	ext. 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 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 to recreation@westmount.org. (please see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to westmount.org/onlineregistration. Enter your email address and password to access your account or click on "set up a new account" to create one. Once you have created your account, it will not be activated until you provide the department with recent (within 3 months) proofs of residence.
- For any inquiries, please email recreation@westmount.org.

NON-RESIDENTS:

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

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

ONLINE: Visa/MasterCard

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

All taxes are included. A \$35 fee will be charged for any cheque returned due to insufficient funds.

WAITING LIST

If the programme you want to register for is 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 2025 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 FEBRUARY 11, 2025

ONLINE begins at 8 a.m.

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

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

westmount.org/onlineregistration

NON-RESIDENTS: AS OF FEBRUARY 25, 2025

ONLINE begins at 8 a.m.

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

REGISTRATION BY MAIL OR BY 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 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.

Programmes:

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

Summer Camp/Swim Lessons/Tennis lessons:

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

Hockey:

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

Transfers:

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

SUGGESTIONS

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

FACILITY MEMBERSHIP CARD

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

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

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

Two recent (within 3 months) proofs of residence (municipal tax bill or utility bill, as well as an identification card such as a driver's licence) are required for all participants aged 18 years and over. Anyone between the ages of 4 and 17 is required to provide one (1) proof of residence (official school or government documents), along with one (1) proof of age (health insurance card or passport).

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

ANNUAL MEMBERSHIP FEE FOR RESIDENTS

INDIVIDUAL MEMBERSHIP	\$64
SENIORS MEMBERSHIP (65 YEARS +)	\$50
FAMILY MEMBERSHIP Maximum 5 cards per family. There is a \$10 charge for each additional card.	\$128

NON-RESIDENTS

Single-use passes may be purchased for the use of the various facilities in Westmount. Please contact the Sports and Recreation department for details at 514-989-5353 or visit our website at westmount.org.



ACCESSIBILITY

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

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

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

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

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;
- volunteers to help at various community events such as Winter Carnival and Family Day.



These are but two 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.

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.

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 is available at the WRC and on the City website at westmount.org. Reservations are required.

INDOOR SWIMMING

THE WESTMOUNT YMCA (4585 SHERBROOKE ST. W.) OFFERS WESTMOUNT RESIDENTS THE FOLLOWING AQUATIC ACTIVITIES ON A CONTINUAL BASIS:

TUESDAY	6:30 TO 7:30 A.M.	LAP SWIM
TUESDAY	12:45 TO 1:45 P.M.	SENIORS AQUA-ARTHRITIS 60+
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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Babies On The Move - **NEW!**

A pediatric physiotherapist will guide caregivers in techniques to help their baby develop head control, maintain good posture, and master tummy time, rolling, and sitting. In the older group, the physiotherapist will assist with skills such as sitting, crawling, standing, and walking. Additionally, they will provide useful tips on back care for caregivers.

SPRING: April 8 to May 6 (5 wks) May 13 to June 10 (5 wks)	0-6 months 6-12 months	Tuesday, 9 to 10 a.m. Tuesday, 9 to 10 a.m.	1290.101 1290.102	Janet Hale	Claude Danis	\$45 \$45	VH
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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.

SPRING: May 15 to June 12	11-15 yrs.	Thursday, 5 to 6:30 p.m.	1219.101	Annie Jolicoeur	Claude Danis	\$58	VH
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Baseball Clinics Detailed schedules of game times and dates will be provided to all players shortly after registration.

SPRING: April 28 to June 18	M9 and M11 (2014-2017)	Monday and Wednesday, 5 p.m.	1231.101		Kai Duenez	\$80	WAG
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Baseball (Inter-City League) Tryouts will start in April and the dates will be provided in March.

SPRING: April to June	M11 (2014-2015) M13 (2012-2013) M15 (2010-2011) M18 (2007-2009)	Detailed schedules will be provided shortly after tryouts.	1232.102 1232.103 1232.104 1232.105		Kai Duenez	\$128	WAG CSL
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**A credit card number is required at the time of registration.

Tee-Ball

SPRING: April 29 to June 19	2018-2019	Tuesday and Thursday, 5 p.m.	1229.101		Kai Duenez	\$80	WAG
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Breakdance

SPRING: April 4 to June 13 <i>No class April 18</i>	7-14 yrs. Beg. 7-14 yrs. Inter. 10-17 yrs. TNL	Friday, 4:30 to 5:30 p.m. Friday, 5:30 to 6:30 p.m. Friday, 6:30 to 7:30 p.m.	1247.101 1247.102 1247.103	Kate Alsterlund	Claude Danis	\$80 \$80 \$80	VH
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Chanson Magique

SPRING: April 9 to June 11	1-2 years 1-2 years 3-4 years 3-4 years	Wednesday, 9:30 to 10:15 a.m. Wednesday, 3:15 to 4 p.m. Wednesday, 10:30 to 11:15 a.m. Wednesday, 4:15 to 5 p.m.	1216.101 1216.111 1216.102 1216.112	Muriel Vergnaud	Claude Danis	\$80 \$80 \$80 \$80	VH
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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.

SPRING: March 31 to June 16 <i>No class April 18, 19, 21 and May 17, 19</i>	3 yrs. 4 yrs. 4 yrs. 5-6 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.	1215.101 1215.102 1215.112 1215.103 1215.113 1215.123 1215.104 1215.114 1215.124 1215.105 1215.115 1215.106	Joanie Moreau	Claude Danis	\$65 \$70 \$65 \$75 \$75 \$70 \$80 \$80 \$75 \$85 \$85 \$95	VH
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Creative Writing

SPRING: March 31 to June 16 <i>No class April 21 and May 19</i>	10-17 yrs.	Monday, 5 to 6 p.m.	1266.101	Natalie Gonzalez	Claude Danis	\$80	VH
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Cycling and Street Smarts! Riding a bike is fun and healthy. Children will enjoy practicing their cycling skills outdoors, in a controlled area. They'll discover bike safety tips through games and hands-on activities in class and outside, with special guest visits from the Westmount Public Safety Bike Patrol. **Participants must already be comfortable riding a bike and wear a properly-fitted helmet.**

May 6, 13 and 20 May 25 - ride to Old Mtl.	8-12 yrs	Tuesday, 5 to 6:30 p.m.	1250.101	Dan Lambert	Claude Danis	\$58	WRC
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Discovering Art

SPRING: April 9 to June 11	7-9 yrs. 10-14 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	1221.101 1221.102	Natalie Gonzalez	Claude Danis	\$80 \$80	VH
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Drama for fun

SPRING: April 8 to June 10	7-12 yrs.	Tuesday, 4:30 to 5:30 p.m.	1260.101	Ira Sokolova	Claude Danis	\$80	VH
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Flag Football

Cleats are recommended.

SPRING: April 30 to June 18	6-7 yrs. 8-9 yrs. 10-11 yrs. 12-13 yrs.	Wednesday, 5 to 6 p.m. Wednesday, 5 to 6 p.m. Wednesday, 6 to 7 p.m. Wednesday, 6 to 7 p.m.	1267.102 1267.103 1267.104 1267.105	Instructional	Gabrielle Jay-Riendeau	\$80	WP
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Greatest Broadway, Rock & Blues Hits

SPRING: April 10 to June 12	9-14 yrs.	Thursday, 4:30 to 5:30 p.m.	1285.101	Ira Sokolova	Claude Danis	\$80	VH
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Hip Hop

SPRING: April 9 to June 11	6-8 yrs. 9-12 yrs.	Wednesday, 4 to 5 p.m. Wednesday, 5 to 6 p.m.	1248.101 1248.102	Nancy Boulanger	Claude Danis	\$80 \$80	VH
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Hockey (Spring)

SPRING: April 29 to June 20	M9 (2016-2017) M11 (2014-2015) M13 (2012-2013) M15 (2010-2011)	Friday, 5 to 6 p.m. Friday, 6 to 7 p.m. Tuesday, 5 to 6 p.m. Tuesday, 5 to 6 p.m.	1200.102 1200.103 1200.104 1200.105	Not an instructional programme.	Kai Duenez	\$100	WRC
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Jiu-Jitsu

SPRING: March 31 to June 16 <i>No class April 21 and May 19</i>	8-12 yrs.	Monday, 4:30 to 5:30 p.m.	1207.101	Nicolas Delisle	Claude Danis	\$80	WRC
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Karate - JKA

(7 to 13 yrs.) Participants can purchase a karate GI through the instructor.

SPRING: April 4 to June 13 <i>No class April 18</i>	Beginnner (7-9 yrs) 10th KYU Intermed. (7-9 yrs) 9th KYU Beg./Int. (10-13 yrs) 10th and 9th KYU Advanced (7-13 yrs) 8th to 4th KYU	Friday, 5 to 6 p.m. Friday, 5 to 6 p.m. Friday, 7 to 8 p.m. Friday, 6 to 7 p.m.	1206.101 1206.111 1206.121 1206.102	JKA Instructors	Claude Danis	\$80 \$80 \$80 \$80	WRC
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Kidnastix

Indoor shoes are required.

SPRING: April 5 to June 21 <i>No class April 19, May 17</i>	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.	1217.101 1217.111 1217.102 1217.103 1217.104	Joshua Jay	Claude Danis	\$70 \$70 \$75 \$80 \$80	WRC
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Let's Move & Dance

SPRING: April 8 to June 10	1-2 yrs.	Tuesday, 3:15 to 4 p.m.	1218.101	Muriel Vergnaud	Claude Danis	\$75	WRC
	3-4 yrs.	Tuesday, 4 to 4:45 p.m.	1218.102			\$75	
	5-6 yrs.	Tuesday, 4:45 to 5:30 p.m.	1218.103			\$75	

Rugby

SPRING: April 27 to June 15	8-12 yrs. 13-16 yrs.	Sunday, 10 to 11:30 a.m.	1227.101	Westmount Rugby Club	Kai Duenez	\$80	KGP
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Soccer - Boys

Cleats and shin guards are required.

SPRING: April 28 to June 19	U 5 (2020)	Thursday, 5 or 6 p.m.	1224.100		Gabrielle Jay-Riendeau	\$90	WP
	U 6/7 (2018-2019)	Monday, 5 or 6 p.m. and Saturday, between 9 a.m. and 1 p.m.	1224.101			\$110	WP
	U 8/9 (2016-2017)	Tuesday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.102			\$110	WP
	U 10/11 (2014-2015)	Thursday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.103			\$110	WP
	U 12/13 (2012-2013)	Monday, 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.104			\$110	WP KGP
	U 14-16 (2009-2011)	Wed., 5, 6 or 7 p.m. and Saturday, between 8 a.m. and 6 p.m.	1224.105			\$110	WP KGP

Soccer - Girls

Cleats and shin guards are required.

SPRING: April 28 to June 19	U 5 (2020)	Wednesday, 5 or 6 p.m.	1225.100		Alyssa Sherrard	\$90	WP
	U 6/7 (2018-2019)	Tuesday, 5 or 6 p.m. and Saturday between 9 a.m. and 1 p.m.	1225.101			\$110	WP
	U 8/9 (2016-2017)	Monday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.102			\$110	WP
	U 10/11 (2014-2015)	Wednesday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.103			\$110	WP
	U 12/13 (2012-2013)	Thursday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.104			\$110	WP KGP
	U 14-16 (2009-2011)	Tuesday, 5, 6 or 7 p.m. and Saturday between 8 a.m. and 6 p.m.	1225.105			\$110	WP KGP

Soccer - Inter-City (Lac St-Louis)

Administered by the Westmount Soccer Club, an independent volunteer organization, this programme aims to develop competitive soccer skills for boys and girls. Register online at westmountsoccer.org. May to August.

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.

SPRING: April 10 to May 8	9 -13 yrs.	Thursday, 5 to 6:15 p.m.	1219.102	Annie Jolicoeur	Claude Danis	\$58	VH
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Ultimate Frisbee

SPRING: April 29 to June 17	2013-2017 (8-12 yrs)	Tuesday, 6 to 7 p.m.	1226.101		Alyssa Sherrard	\$48	WP
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Yoga For Kids

SPRING: April 10 to June 12	7-12 yrs.	Thursday, 4:30 to 5:30 p.m.	1209.101	Nancy Boulanger	Claude Danis	\$75	VH
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ACTIVITIES FOR ADULTS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Ballroom Dancing

Leather-soled shoes required.

SPRING: March 31 to June 16 <i>No class April 21 and May 19</i>	Beginner Advanced	Monday, 5:15 to 6:15 p.m. Monday, 6:15 to 7:15 p.m.	1010.101 1010.102	Marie-Claude Prégent	Claude Danis	\$85 \$85	VH
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Ballroom Dancing: Solo Latino

Ballroom Latin dances for people without a partner. Leather-soled shoes required.

SPRING: April 8 to June 10		Tuesday, 6:30 to 7:30 p.m.	1010.105	Marie-Claude Prégent	Claude Danis	\$85	VH
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Belly Dancing

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>		Monday, 7:15 to 8:15 p.m. Thursday, 7:15 to 8:15 p.m.	1018.101 1018.111	Natalie E. Kalinowicz	Claude Danis	\$80 \$85	VH
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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.

SPRING: April 8 to June 12		Tuesday, 8:45 to 9:45 a.m. Online only Thursday, 8:45 to 9:45 a.m. Online only	1005.103 1005.703 1005.113 1005.713	Johanne Lynch-Staunton	Claude Danis	\$75 \$60 \$75 \$60	WRC
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Boot Camp!

Yoga mats required.

SPRING: April 7 to June 16 <i>No class April 21 and May 19</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.	1045.101 1045.102 1045.103	Heidi Barski Katalin Papp Jenny Malandrakis	Claude Danis	\$70 \$75 \$75	WRC
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Choir - Singing Class

SPRING: April 8 to June 10		Tuesday, 5:30 to 6:30 p.m.	1049.101	Laura Albrecht	Claude Danis	\$75	VH
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Classical Ballet

Ballet attire is necessary for all classes.

SPRING: April 8 to June 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.	1011.101 1011.111 1011.102 1011.112	Joanie Moreau	Claude Danis	\$100 \$100 \$100 \$100	VH
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Dancercise

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.

SPRING: April 9 to June 11		Wednesday, 6 to 7 p.m.	1065.101	Nancy Boulanger	Claude Danis	\$75	VH
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Essentrics

Yoga mats required.

SPRING: April 8 to June 10		Tuesday, 10 to 11 a.m. Thursday, 10 to 11 a.m.	1075.101 1075.111	Karima Tidjani	Claude Danis	\$75	VH
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VH: Victoria Hall • WRC: Westmount Recreation Centre • WAG: Westmount Athletic Grounds • WP: Westmount Park

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Flag Football

Learn to play Flag Football with a mix of drills and game play. Teams will be formed on a weekly basis.

SPRING: April 29 to June 17		Tuesday, 7 to 8 p.m.	1067.101	TBA	Gabrielle Jay-Riendeau and Alyssa Sherrard	\$80	WP
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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 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 are not permitted to participate in person.

SPRING: April 4 to June 13 <i>No class April 18</i>		Friday, 9 to 10 a.m. Online only	1405.101 1405.701	Sara Panahi	Claude Danis	\$75 \$60	WRC
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Hockey - Adult Beginner - **NEW!**

This program is available to participants who have completed the Adult Hockey instructional program. This is not an Instructional program, teams will be formed on a weekly basis.

SPRING: April 25 to June 20		Friday, 8:30 to 9:40 p.m.	1000.105	Not instructional	Alyssa Sherrard	\$170	WRC
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Karate - JKA Westmount (14 yrs +)

SPRING: April 7 to June 16 <i>No class April 18, 21, May 19</i>	Beg. to Inter. 10th to 6th kyu	Monday & Friday, 7 to 8 p.m.	1006.101	JKA	Claude Danis	\$100	WRC
	Advanced 5th kyu +	Monday, Wednesday and Friday, 7 to 8:30 p.m.	1006.102			\$115	

Line Dancing

SPRING: April 8 to June 10		Tuesday, 5:15 to 6:15 p.m.	1080.101	Gilbert Ward	Claude Danis	\$75	VH
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Pilates

SPRING: March 31 to June 16 <i>No class April 21 and May 19</i>		Monday, 5 to 6 p.m. Monday, 6 to 7 p.m.	1005.106 1005.116	Kaouther (Kay) El Alaoui	Claude Danis	\$75 \$75	VH
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Running Club

Running is a great tool to boost cardiovascular health. Improve your running abilities or start from the ground up and learn about proper form, breathing, nutrition and overall fitness. The programme is designed for beginners and will focus on building stamina and incremental progress to run longer distances safely.

SPRING: April 8 to June 15		Tuesday and Sunday, 6:15 to 7:30 a.m.	1090.101	Cindy New	Gabrielle Jay-Riendeau	\$200	WAG
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Skating

SPRING: April 9 to June 11		Wednesday, 9 to 10 a.m.	1001.101	TBA	Gabrielle Jay-Riendeau	\$110	WRC
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Soccer

MEN

SPRING: April 30 to June 18	17 to 25 yrs 26 yrs old +	Tuesday, 7 p.m. Wednesday, 7 p.m.	1024.107 1024.108	Not instructional	Gabrielle Jay-Riendeau	\$90 \$90	WP/ KGP
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WOMEN

SPRING: April 30 to June 18	17 to 25 yrs 26 yrs old +	Tuesday, 7 p.m. Wednesday, 7 p.m.	1025.107 1025.108	Not instructional	Alyssa Sherrard	\$90 \$90	WP/ KGP
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DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Tai Chi - Chi Kung

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>	Level I Level III	Monday, 7:30 to 9 p.m. Tuesday, 8:30 to 10 p.m.	1004.101 1004.103	Andrew Dearlove	Claude Danis	\$95 \$100	VH
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Tap Dancing (Without tap shoes)

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>		Monday, 7:30 to 8:30 p.m.	1060.101	Marie-Claude Prigent	Claude Danis	\$85	VH
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Theatre Dance

SPRING: April 8 to June 10		Tuesday, 7:45 to 8:45 p.m.	1085.101	Marie-Claude Prigent	Claude Danis	\$85	VH
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Total Body Workout Yoga mats required.

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>		Monday, 9 to 10 a.m. Wednesday, 9 to 10 a.m.	1005.101 1005.111	Katalin Papp	Claude Danis	\$70 \$75	WRC
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Volleyball

SPRING: April 28 to June 16		Monday, 6:30 to 8 p.m.	1085.101	Not instructional	Gabrielle Jay-Riendeau	\$75	WP
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Yoga - Evening Yoga mats are required. Blocks and straps are encouraged.

SPRING: April 8 to June 12		Tuesday, 6 to 7 p.m. Thursday, 6 to 7 p.m.	1009.101 1009.111	Carmen Romero	Claude Danis	\$75 \$75	VH
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Yoga - Daytime Yoga mats are required. Blocks and straps are encouraged.

SPRING: April 8 to June 12		Tuesday, 12 to 1 p.m. Thursday, 12 to 1 p.m.	1009.102 1009.112	Emily Groth	Claude Danis	\$75 \$75	VH
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Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

SPRING: April 5 to June 16 <i>No class April 18, 19, 21 and May 19</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.	1009.103 1009.113 1009.123 1009.133	Carmen Romero Carmen Romero Giovanna Carrubba Giovanna Carrubba	Claude Danis	\$70 \$75 \$70 \$75	VH
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Yogalates Bare feet and yoga mats required.

SPRING: April 9 to June 13 <i>No class April 18</i>		Wed., 10:30 to 11:30 a.m. Friday, 10:30 to 11:30 a.m.	1039.101 1039.111	Johanne Lynch-Staunton	Claude Danis	\$75 \$70	VH WRC
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Zumba

SPRING: April 10 to June 12		Thursday, 6 to 7 p.m.	1048.101	Sara Panahi	Claude Danis	\$75	WRC
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ACTIVITIES FOR SENIORS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Fitness (Low Intensity) Yoga mats required.

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

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

SPRING: April 8 to June 12	60 yrs. +	Tue. & Thu., 10 to 11 a.m.	1400.101	Sara Panahi	Claude Danis	\$75	WRC
		Online only	1400.701				
		Tue. & Thu., 11 a.m. to 12 p.m.	1400.111				
		Online only	1400.711				

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 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 are not permitted to participate in person.

SPRING: April 4 to June 13 <i>No class April 18</i>		Friday, 9 to 10 a.m. Online only	1405.101 1405.701	Sara Panahi	Claude Danis	\$75 \$60	WRC
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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 are not permitted to participate in person.

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>	60 yrs. +	Monday, 10:15 to 11:15 a.m.	1440.101	Kaouther (Kay) El Alaoui	Claude Danis	\$59 \$44 \$64 \$49	WRC
		Online only	1440.701				
		Wednesday, 10:15 to 11:15 a.m.	1440.111				
		Online only	1440.711				

Gentle Yoga Gentle yoga for seniors. Yoga mats required.

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

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

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>	60 yrs. +	Monday, 11 a.m. to 12 p.m.	1409.101	Johanne Lynch-Staunton	Claude Danis	\$59 \$44 \$64 \$49	VH
		Online only	1409.701				
		Wednesday, 12 to 1 p.m.	1409.111				
		Online only	1409.711				

Tai Chi - Chi Kung (50 yrs. +)

SPRING: April 7 to June 16 <i>No class April 21 and May 19</i>	Level I	Friday, 1:30 to 3 p.m.	1401.101	Andrew Dearlove	Claude Danis	\$90 \$85	VH
	Level II	Monday, 1:30 to 3 p.m.	1401.102				



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 inter-generational programmes; 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

info@contactivitycentre.org

514-932-2326

TENNIS ACTIVITIES

REGISTRATION: Online as of Tuesday, February 11, 2025 at 8 a.m.

A valid Facility Membership Card is required to register for all tennis activities.

No spring and summer would be complete without challenging yourself on one of Westmount's tennis courts. With the help of certified professionals, the Sports and Recreation Department offers tennis programmes throughout the summer for juniors and adults of all skill levels.

Registration takes place throughout the spring and summer. For more information on any of the activities below, including up-to-date schedules and detailed descriptions, please consult our website at westmount.org.

RAINOUTS: Youth lessons will be in the WRC. Weekday adult lessons will be made up on the following Saturday morning.

JUNIOR TENNIS INSTRUCTION

DATES	AGE GROUP	SCHEDULE	CODE	COORDINATOR	COST	LOC.
Saturday Tennis Programme (spring sessions)						
				Participants will be placed according to skill level.		
April 26, May 3, 10	6-8 years old	Saturday, 9 to 10 a.m.	1	Kai Duenez	\$64	WP Jr or KGP
	9-11 years old	Saturday, 10 to 11 a.m.	2			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	3			
May 17, 24, May 31	6-8 years old	Saturday, 9 to 10 a.m.	4			
	9-11 years old	Saturday, 10 to 11 a.m.	5			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	6			
June 7, 14, 21	6-8 years old	Saturday, 9 to 10 a.m.	7			
	9-11 years old	Saturday, 10 to 11 a.m.	8			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	9			

After-School Tennis Programme (spring sessions)						
April 28, 30, May 5, 7	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	A	Kai Duenez	\$75	WP Jr or KGP
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	B			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	C			
April 29, May 1, 6, 8	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	D			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	E			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	F			
May 12, 14, 19, 21	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	G			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	H			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	I			
May 13, 15, 20, 22	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	J			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	K			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	L			
May 26, 28, June 2, 4	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	M			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	N			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	O			
May 27, 29, June 3, 5	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	P			
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	Q			
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	R			
June 9, 11, 16, 18	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	S			
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	T			
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	U			

ADULT TENNIS INSTRUCTION

1 & 1.5 Tuesday (Robert) \$75 WP AD	APRIL 29, MAY 6, 13		MAY 20, 27, JUNE 3		JUNE 10, 17, 24	
	9 - 10 a.m.	101	9 - 10 a.m.	120	9 - 10 a.m.	139
	10 - 11 a.m.	102	10 - 11 a.m.	121	10 - 11 a.m.	140
	11 a.m. - 12 p.m.	103	11 a.m. - 12 p.m.	122	11 a.m. - 12 p.m.	141
1 & 1.5 Saturday (Marc) \$75 KGP	MAY 3, 10, 17		MAY 24, 31, JUNE 7		JUNE 14, 21, 28	
	1 - 2 p.m.	104	1 - 2 p.m.	123	1 - 2 p.m.	142
	2 - 3 p.m.	105	2 - 3 p.m.	124	2 - 3 p.m.	143
1.5 & 2 Monday (Robert) \$75 WP AD	APRIL 28, MAY 5, 12		MAY 19, 26, JUNE 2		JUNE 9, 16, 23	
	6 - 7 p.m.	106	6 - 7 p.m.	125	6 - 7 p.m.	144
	7 - 8 p.m.	107	7 - 8 p.m.	126	7 - 8 p.m.	145
	8 - 9 p.m.	108	8 - 9 p.m.	127	8 - 9 p.m.	146
1.5 TO 2.5 Wednesday (Robert) \$75 WP AD	APRIL 30, MAY 7, 14		MAY 21, 28, JUNE 4		JUNE 11, 18, 25	
	6 - 7 p.m.	109	6 - 7 p.m.	128	6 - 7 p.m.	147
	7 - 8 p.m.	110	7 - 8 p.m.	129	7 - 8 p.m.	148
	8 - 9 p.m.	111	8 - 9 p.m.	130	8 - 9 p.m.	149
2 TO 3 Tuesday (Robert) \$75 WP AD	APRIL 29, MAY 6, 13		MAY 20, 27, JUNE 3		JUNE 10, 17, 24	
	6 - 7 p.m.	112	6 - 7 p.m.	131	6 - 7 p.m.	150
	7 - 8 p.m.	113	7 - 8 p.m.	132	7 - 8 p.m.	151
	8 - 9 p.m.	114	8 - 9 p.m.	133	8 - 9 p.m.	152
3.5 & UP Thursday (Robert) \$75 WP AD	MAY 1, 8, 15		MAY 22, 29, JUNE 5		JUNE 12, 19, 26	
	9 - 10 a.m.	115	9 - 10 a.m.	134	9 - 10 a.m.	153
	10 - 11 a.m.	116	10 - 11 a.m.	135	10 - 11 a.m.	154
	11 a.m. - 12 p.m.	117	11 a.m. - 12 p.m.	136	11 a.m. - 12 p.m.	155
3.5 & UP Thursday (Robert) \$90 WP AD	MAY 1, 8, 15		MAY 22, 29, JUNE 5		JUNE 12, 19, 26	
	5:30 - 7 p.m.	118	5:30 - 7 p.m.	137	5:30 - 7 p.m.	156
	7 - 8:30 p.m.	119	7 - 8:30 p.m.	138	7 - 8:30 p.m.	157

EVALUATIONS: Please refer to the SELF EVALUATION GUIDE for help on choosing the proper course for your ability.

ADULT PICKLEBALL INSTRUCTION

BEGINNER Tuesday (Stephanie) \$75 WP JR	APRIL 29, MAY 6, 13		MAY 20, 27, JUNE 3		JUNE 10, 17, 24	
	2 - 3 p.m.	101	2 - 3 p.m.	109	2 - 3 p.m.	117
	3 - 4 p.m.	102	3 - 4 p.m.	110	3 - 4 p.m.	118
	6 - 7 p.m.	103	6 - 7 p.m.	111	6 - 7 p.m.	119
	7 - 8 p.m.	104	7 - 8 p.m.	112	7 - 8 p.m.	120
INTERMED. Thursday (Stephanie) \$75 WP JR	MAY 1, 8, 15		MAY 22, 29, JUNE 5		JUNE 12, 19, 26	
	2 - 3 p.m.	105	2 - 3 p.m.	113	2 - 3 p.m.	121
	3 - 4 p.m.	106	3 - 4 p.m.	114	3 - 4 p.m.	122
	6 - 7 p.m.	107	6 - 7 p.m.	115	6 - 7 p.m.	123
	7 - 8 p.m.	108	7 - 8 p.m.	116	7 - 8 p.m.	124

COMMUNITY ORGANIZATIONS AND RESOURCES

<p>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.</p>	<p>For more information, contact the Community Events Office at 514 989-5226.</p> <p>To consult detailed information on the organizations listed below, please consult our website at westmount.org.</p>
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ADULTS

ASSOCIATION OF PEDESTRIANS & CYCLISTS OF WESTMOUNT	df Lambert@gmail.com	514 773-0257
DRAMATIS PERSONAE THEATRE GROUP	www.theatrewestmount.com	514 484-2016
FRIENDS OF THE WESTMOUNT PUBLIC LIBRARY	www.westlib.org	514 483-5604
ROTARY CLUB OF WESTMOUNT	www.rotarywestmount.org	514 935-3344
WESTMOUNT CROQUET CLUB	www.bowlswestmount.ca	514 989-5532
WESTMOUNT DOG OWNERS ASSOCIATION	facebook.com/WestmountDogOwnersAssociation/	
WESTMOUNT HISTORICAL ASSOCIATION	www.westmounthistorical.org	514 989-5510
WESTMOUNT HORTICULTURAL SOCIETY	westhortsoc@gmail.com	514 233-2788
WESTMOUNT LAWN BOWLING CLUB	www.bowlswestmount.ca	514 989-5532
WESTMOUNT MUNICIPAL ASSOCIATION	https://wma-amw.ca/	
WESTMOUNT QUILTERS GUILD	westmountquiltersguild@gmail.com	514 989-7939
WESTMOUNT RUGBY CLUB	www.westmountrugby.com	
WESTMOUNT TOASTMASTERS CLUB	7041.toastmastersclubs.org	514 367-5986

CHILDREN AND YOUTH

GIRL GUIDES	www.girlguides.ca	514 933-5839
SCOUTS	http://www.scoutswe.mywhc.ca/	514 937-5527
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	https://www.shaarhashomayim.org/	514 937-9471

COMMUNITY RESOURCES

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
CLSC MÉTRO (CIUSSS WEST CENTRAL MONTREAL)	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