

SUMMER

2025

WESTMOUNT SPORTS
AND RECREATION
ACTIVITIES



JULY AND AUGUST 2025

Online registration:

Recreation Activities and Summer Camp starts April 15, 2025

Swimming and Tennis Activities starts April 22, 2025

westmount.org

SPORTS AND RECREATION

- Activity registration
- Facility Membership Card
- General skating and hockey
- Indoor swimming
- Activities for youth
- Activities for adults
- Activities for seniors
- Aquatic Activities
- Tennis and Pickleball Activities

COMMUNITY ORGANIZATIONS AND RESOURCES

- General information



REGISTRATION DATES

SPORTS AND RECREATION

Recreation Activities Westmount residents	begins Tuesday, April 15, 2025
Non-residents	begins Tuesday, May 13, 2025
Summer Camp	begins Tuesday, April 15, 2025
Swimming Activities	begins Tuesday, April 22, 2025
Tennis & Pickleball Activities	begins Tuesday, April 22, 2025

FOR MORE INFORMATION

CITY HALL

General Inquiries	514 989-5200
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WESTMOUNT RECREATION CENTRE

Sports and Recreation Department	514 989-5353
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VICTORIA HALL

Community Events Division	514 989-5226
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WESTMOUNT PUBLIC LIBRARY

General Inquiries	514 989-5300
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Adult Department	514 989-5300
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Audio-Visual Department	514 989-5300
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Children's Department	514 989-5300
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Reference Desk	514 989-5300
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WESTMOUNT.ORG

Consult Westmount's website for up-to-date information on upcoming community events, community groups, Library activities and recreation programmes.

SR2025-04

If you have any questions or comments regarding the Westmount Sports and Recreation Activities Guide, please do not hesitate to contact us.

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City of Westmount
4333 Sherbrooke Street West
Westmount, Quebec H3Z 1E2
Telephone: 514 989-5200
Fax: 514 989-5484
westmount.org

WELCOME MESSAGE

MESSAGE FROM THE DIRECTOR OF SPORTS AND RECREATION

With spring giving us a sneak peek of warmer days, it's time to dive into the full summer vibe and all the fun it brings! From swimming and tennis to pickleball, yoga, and summer camp, whatever your go-to activity is, you'll find it in our activities guide.

Mark your calendars: registration for spring activities opens on **April 15th**. 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 if you haven't already done it for the spring registration. 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 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.
SUMMER HOURS (May 19 to August 22)	
Monday to Thursday	8:00 a.m. to 4:30 p.m.
Friday	8:00 a.m. to 1:00 p.m.

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 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 (see PROOFS OF RESIDENCE below).
- To register for programmes or create a new account, go to westmount.org/online-registration. 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/online-registration. 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 (a municipal tax bill or a 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 (health insurance 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

RECREATION ACTIVITIES

RESIDENTS: BEGINS APRIL 15, 2025

NON-RESIDENTS: BEGINS MAY 13, 2025

SUMMER CAMP: BEGINS APRIL 15, 2025

SWIMMING & TENNIS ACTIVITIES: BEGINS APRIL 22, 2025

ONLINE begins at 8 a.m.

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

westmount.org/online-registration

REGISTRATION BY MAIL OR BY FAX

Registration forms can be sent by mail or fax:

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.

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.

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: westmount.org/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	2:00 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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Breakdance

SUMMER: July 11 to August 29	7 to 14 yrs. The Next Level	Friday, 5:30 to 6:30 p.m. Friday, 6:30 to 7:30 p.m.	1247.202 1247.203	Kate Alsterlund	Claude Danis	\$75 \$75	VH
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Hockey Camp

Full days, one week camp focusing on basic hockey skill development. This camp is designed for the beginner/intermediate hockey player.

August 18 to 22	M7 (2018-2019) M9 and M11 (2014 - 2017)	9 a.m. to 4 p.m. 11 to 15 hours of ice time, plus off-ice training.	1200.201 1200.202	TBA	Alyssa Sherrard	\$265	WRC
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Hockey Tune-up

Intended for M13 and M15 players to shake off the summer rust and tune up before tryouts.

August 18, 20, 22	M13 and M15 2010 - 2013	Monday/Wednesday/Friday 4:30 to 6 p.m.	1200.204	TBA	Kai Duenez	\$68	WRC
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Skating Instruction (Summer)

Participants must have previously participated in a Westmount Sports and Recreation skating programme.

Session A: July 8, 9, 10 Session B: July 22, 23, 24 Session C: August 5, 6, 7	Tuesday/Wednesday/Thursday 4:30 to 5:30 p.m.	1202.201 1202.202 1202.203	TBA	Gabrielle Jay-Riendeau	\$54 \$54 \$54	WRC
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Summer Camp

Each session will be filled with sports, team building and leadership activities, arts and crafts, swimming and water games, active outdoor play time and time to relax and hang out with friends.

Sessions 1, 3, 5, 7: Campers will participate in a special in-house activity on the Wednesday, and a camp BBQ on the Friday.

Sessions 2, 4, 6, 8: Campers will go on a field trip on the Wednesday.

Summer Camp is for children **6 to 14 years old**. 15 to 17 year old children may register as CITs (counselors in training). Please contact the Sports and Recreation office for details at 514 989-5353 or at recreation@westmount.org. A valid health insurance card is required for all participants.

CAMP REGISTRATION: begins Tuesday, April 15, online at 8 a.m.

REGISTRATION FOR NON-RESIDENTS: Priority for spaces is given to Westmount residents, and spaces are filled on a first-come-first-served basis. Non-residents may register their children one week prior to each camp session start date if space is available. Before registering, contact the Sports and Recreation office at 514 989-5353 to learn if there are any spaces available.

Session 1: June 23 to 27 <i>There is no camp on Tuesday, June 24</i> Session 2: June 30 to July 4 <i>There is no camp on Tuesday, July 1</i> Session 3: July 7 to 11 Session 4: July 14 to 18 Session 5: July 21 to 25 Session 6: July 28 to August 1 Session 7: August 4 to 8 Session 8: August 11 to 15	Monday to Friday 9 a.m. to 4 p.m. Participants must bring a lunch, snacks, running shoes and swim attire.	TBA	Alyssa Sherrard and Gabrielle Jay-Riendeau	\$152 \$152 \$180 \$180 \$180 \$180 \$180	WRC
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BEFORE AND AFTER PROGRAMME:

Regular drop-off times for camp are between 8:40 and 9 a.m., and pick-up times are between 4 and 4:20 p.m. If you cannot make it during those times, there will be a before and after camp service available for an extra fee of \$45 per session.

This service will begin at 7:30 a.m. and finish at 5:30 p.m.

CIT (15 to 17 years) - Counselor In Training

Applicants must go through an interview process and only those selected will participate in the programme.

Session 1: June 23 to July 18 <i>There is no camp on Tuesday, June 24 & July 1</i> Session 2: July 21 to August 15	Monday to Friday 8:30 a.m. to 4:30 p.m. Participants must bring a lunch, snacks, running shoes and swim attire.	TBA	Alyssa Sherrard and Gabrielle Jay-Riendeau	\$192 \$210	WRC
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ACTIVITIES FOR ADULTS

DATES	LEVEL	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Belly Dancing

SUMMER: July 7 to August 28		Monday, 7:15 to 8:15 p.m.	1018.201	Natalie E. Kalinowicz	Claude Danis	\$70	VH
		Thursday, 7:15 to 8:15 p.m.	1018.211			\$70	

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

Yoga mats required.

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.

SUMMER: July 8 to August 28		Tuesday, 8:45 to 9:45 a.m.	1005.203	Johanne Lynch-Staunton	Claude Danis	\$70	WRC
		Online only	1005.803			\$58	
		Thursday, 8:45 to 9:45 a.m.	1005.213			\$70	
		Online only	1005.813			\$58	

Classical Ballet Ballet attire is necessary for all classes.

SUMMER: July 8 to August 28	Daytime	Tuesday, 11 a.m. to 12:30 p.m.	1011.201	Joanie Moreau	Claude Danis	\$93	VH
		Thursday, 11 a.m. to 12:30 p.m.	1011.211			\$93	
	Evening	Tuesday, 6:30 to 8 p.m.	1011.202			\$93	
		Thursday, 6:30 to 8 p.m.	1011.212			\$93	

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

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.)

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.

SUMMER: July 11 to August 29		Friday, 9 to 10 a.m.	1405.211	Sara Panahi	Claude Danis	\$58	WRC
		Online only	1405.811			\$48	

Line Dancing

SUMMER: July 8 to August 26		Tuesday, 5:15 to 6:15 p.m.	1080.201	Gilbert Ward	Claude Danis	\$70	VH
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Yoga - Morning Yoga mats are required. Blocks and straps are encouraged.

SUMMER: July 7 to August 30		Monday, 8:45 to 9:45 a.m.	1009.203	Giovanna Carrubba	Claude Danis	\$70	VH
		Wednesday, 8:45 to 9:45 a.m.	1009.213			\$70	
		Friday, 8:45 to 9:45 a.m.	1009.223			\$70	
		Saturday, 9:30 to 10:45 a.m.	1009.233			\$80	

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

Bare feet and yoga mats required.

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.

SUMMER: July 9 to August 27		Wednesday, 10:30 to 11:30 a.m.	1039.201	Johanne Lynch-Staunton	Claude Danis	\$70	WRC
		Online only	1039.801			\$58	

Zumba

SUMMER: July 10 to August 28		Thursday, 6 to 7 p.m.	1048.201	Sara Panahi	Claude Danis	\$70	WRC
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VH: Victoria Hall • WRC: Westmount Recreation Centre



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 will not be permitted to participate in person.

SUMMER: July 8 to August 28	60 yrs. +	Tuesday & Thursday, 10 to 11 a.m. Online only	1400.201 1400.801	Sara Panahi	Claude Danis	\$68 \$58	WRC
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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.

SUMMER: July 11 to August 29		Friday, 9 to 10 a.m. Online only	1405.211 1405.811	Sara Panahi	Claude Danis	\$58 \$48	WRC
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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 will not be permitted to participate in person.

SUMMER: July 9 to August 27	60 yrs. +	Wednesday, 12 to 1 p.m. Online only	1409.201 1409.801	Johanne Lynch-Staunton	Claude Danis	\$58 \$48	WRC
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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

SWIMMING ACTIVITIES

A valid Facility Membership Card is required for any Westmount swimming activities.

REGISTRATION FOR SWIMMING ACTIVITIES

Begins Tuesday, April 22, 2025

ONLINE as of 8 a.m.

The outdoor swimming pool is located at the Westmount Recreation Centre. From opening day in early June to closing in early September, Westmount's outdoor pool hosts swimmers and sunbathers of all ages.

A detailed schedule for adult lap swim and general swim is available at westmount.org or at the pool desk. A valid Sports Facility Membership Card or Guest Pass is mandatory. Guest Passes may be purchased at the pool desk.

DATES	SCHEDULE	CODE	INSTRUCTOR	COORDINATOR	COST	LOC.
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Aquafitness (18 years +)

Session A June 25 to July 17 <i>No class June 24 and July 1</i>	Tuesday/Wednesday/Thursday 11:15 a.m. to 12:10 p.m.	1042.201	Sara Panahi	Andrew Maislin	\$70	WRC Pool
Session B July 22 to August 14	Tuesday/Wednesday/Thursday 11:15 a.m. to 12:10 p.m.	1042.202			\$80	

Masters Swim (18 years +)

MORNINGS June 3 to August 28 <i>(max 30 participants)</i>	Tuesday and Thursday 7 to 8 a.m.		TBA	Andrew Maislin	\$132	WRC Pool
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Swimming Instruction (2 years old +)**

Please refer to the Société de sauvetage website at sauvetage.qc.ca if you are unsure as to the level you should be registering for.

Session A June 23 to July 4 <i>No class June 24 and July 1</i>	Nine (9) days per session *Parent & Tot: 9 to 9:25 or 9:30 to 9:55 a.m. Preschool: 9 to 9:25 or 9:30 to 9:55 or 10 to 10:25 a.m. Swimmer 1: 9 to 9:25 or 9:30 to 9:55 or 10 to 10:25 a.m. Swimmer 2: 9 to 9:25 or 9:30 to 9:55 or 10 to 10:25 a.m. Swimmer 3: 10 to 10:45 a.m. Swimmer 4: 10:30 to 11:15 a.m. Swimmer 5: 10:30 to 11:15 a.m. Swimmer 6/7/8: 10:30 to 11:15 a.m. Adult 1 (16+): 10:45 to 11:15 a.m.	TBA	Andrew Maislin	\$70	WRC Pool
Session B July 8 to 18					
Session C July 22 to August 1					
Session D August 5 to 15					

*Parent & Tot: must be accompanied by a parent. | Preschool: ages 3 to 5 years. | Swimmer: 5 years old + and must have completed the previous level.

**Participants can only be registered for one session at a time. Once a level has been completed, participants may register for the next session.

Bronze Medallion

Participants must be a minimum of 13 years old and attend all classes. There will be an exam on the final day.

Session A June 23 to July 4 <i>No class June 24 and July 1</i>	9:15 to 11:15 a.m. Pool and classroom sessions	TBA	Andrew Maislin	\$70	WRC Pool
Session C July 22 to August 1	9:15 to 11:15 a.m. Pool and classroom sessions				

Bronze Cross

Participants must be a minimum of 13 years old and attend all classes. There will be an exam on the final day.

Session B July 8 to 18	9:15 a.m. to 12:15 p.m. Pool and classroom sessions	TBA	Andrew Maislin	\$70	WRC Pool
Session D August 5 to 15	9:15 a.m. to 12:15 p.m. Pool and classroom sessions				

Westmount Dolphins Aquatic Club

The WDAC is a parent-volunteer driven summer aquatic programme with close ties to the City's Sports and Recreation Department.

This programme is for youth (7 to 17 years old) who would like to develop aquatic skills, compete at a fun level and make lasting friendships. The programme is focused on the four aquatic disciplines - competitive swimming, diving, synchronized swimming and water polo - and runs from June to mid-August. All the activities are based at the Westmount Recreation Centre (WRC) pool. For more information, please consult the WDAC website at www.westmountdolphins.org.

WRC Pool: 4675 Saint-Catherine Street West

TENNIS & PICKLEBALL ACTIVITIES

REGISTRATION: Online as of Tuesday, April 22, 2025 at 8 a.m.

A valid Facility Membership Card is required to register for any tennis or pickleball activities.

No summer would be complete without challenging yourself on one of Westmount's tennis or pickleball courts. With the help of certified professionals, the Sports and Recreation Department offers programmes throughout the summer for juniors and adults of all skill levels. Registration takes place throughout the summer. *Participants must bring their own racquets.*

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 (summer sessions)						
				Participants will be placed according to skill		
June 28, July 5, 12	6-8 years old	Saturday, 9 to 10 a.m.	10	Kai Duenez	\$64	WP JR or KGP
	9-11 years old	Saturday, 10 to 11 a.m.	11			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	12			
July 19, 26, August 2	6-8 years old	Saturday, 9 to 10 a.m.	13			
	9-11 years old	Saturday, 10 to 11 a.m.	14			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	15			
August 9, 16, 23	6-8 years old	Saturday, 9 to 10 a.m.	16			
	9-11 years old	Saturday, 10 to 11 a.m.	17			
	12-15 years old	Saturday, 11 a.m. to 12 p.m.	18			

After-School Tennis Programme (summer sessions)							
June 30, July 2, 7, 9	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	AA	Kai Duenez	\$75	WP JR or KGP	
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	BB				
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	CC				
July 3, 8, 10 <i>*No class July 1</i>	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	DD				*\$57
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	EE				
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	FF				
July 14, 16, 21, 23	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	GG				
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	HH				
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	II				
July 15, 17, 22, 24	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	JJ				
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	KK				
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	LL				
July 28, 30, August 4, 6	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	MM				
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	NN				
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	OO				
July 29, 31, August 5, 7	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	PP				
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	QQ				
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	RR				
August 11, 13, 18, 20	6-8 years old	Monday & Wednesday, 4 to 5 p.m.	SS				
	9-11 years old	Monday & Wednesday, 5 to 6 p.m.	TT				
	12-15 years old	Monday & Wednesday, 6 to 7 p.m.	UU				
August 12, 14, 19, 21	6-8 years old	Tuesday & Thursday, 4 to 5 p.m.	VV				
	9-11 years old	Tuesday & Thursday, 5 to 6 p.m.	WW				
	12-15 years old	Tuesday & Thursday, 6 to 7 p.m.	XX				

ADULT TENNIS INSTRUCTION

1 & 1.5 Tuesday (Robert) \$75 WP AD <i>*No class July 1 (\$50)</i>	* JULY 8, 15		JULY 22, 29, AUGUST 5		AUGUST 12, 19, 26		SEPTEMBER 2, 9, 16	
	9 - 10 a.m.	158	9 - 10 a.m.	177	9 - 10 a.m.	196	9 - 10 a.m.	215
	10 - 11 a.m.	159	10 - 11 a.m.	178	10 - 11 a.m.	197	10 - 11 a.m.	216
	11 a.m. - 12 p.m.	160	11 a.m. - 12 p.m.	179	11 a.m. - 12 p.m.	198	11 a.m. - 12 p.m.	217
1 & 1.5 Saturday (Marc) \$75 KGP	JULY 5, 12, 19		JULY 26, AUGUST 2, 9		AUGUST 16, 23, 30		SEPTEMBER 6, 13, 20	
	1 - 2 p.m.	161	1 - 2 p.m.	180	1 - 2 p.m.	199	1 - 2 p.m.	218
	2 - 3 p.m.	162	2 - 3 p.m.	181	2 - 3 p.m.	200	2 - 3 p.m.	219
1.5 & 2 Monday (Robert) \$75 WP AD	JUNE 30, JULY 7, 14		JULY 21, 28, AUGUST 4		AUGUST 11, 18, 25		SEPTEMBER 1, 8, 15	
	6 - 7 p.m.	163	6 - 7 p.m.	182	6 - 7 p.m.	201	6 - 7 p.m.	220
	7 - 8 p.m.	164	7 - 8 p.m.	183	7 - 8 p.m.	202	7 - 8 p.m.	221
	8 - 9 p.m.	165	8 - 9 p.m.	184	8 - 9 p.m.	203	8 - 9 p.m.	222
1.5 TO 2.5 Wednesday (Robert) \$75 WP AD	JULY 2, 9, 16		JULY 23, 30, AUGUST 6		AUGUST 13, 20, 27		SEPTEMBER 3, 10, 17	
	6 - 7 p.m.	166	6 - 7 p.m.	185	6 - 7 p.m.	204	6 - 7 p.m.	223
	7 - 8 p.m.	167	7 - 8 p.m.	186	7 - 8 p.m.	205	7 - 8 p.m.	224
	8 - 9 p.m.	168	8 - 9 p.m.	187	8 - 9 p.m.	206	8 - 9 p.m.	225
2 TO 3 Tuesday (Robert) \$75 WP AD <i>*No class July 1 (\$50)</i>	* JULY 8, 15		JULY 22, 29, AUGUST 5		AUGUST 12, 19, 26		SEPTEMBER 2, 9, 16	
	6 - 7 p.m.	169	6 - 7 p.m.	188	6 - 7 p.m.	207	6 - 7 p.m.	226
	7 - 8 p.m.	170	7 - 8 p.m.	189	7 - 8 p.m.	208	7 - 8 p.m.	227
	8 - 9 p.m.	171	8 - 9 p.m.	190	8 - 9 p.m.	209	8 - 9 p.m.	228
3.5 & UP Thursday (Robert) \$75 WP AD	JULY 3, 10, 17		JULY 24, 31, AUGUST 7		AUGUST 14, 21, 28		SEPTEMBER 4, 11, 18	
	9 - 10 a.m.	172	9 - 10 a.m.	191	9 - 10 a.m.	210	9 - 10 a.m.	229
	10 - 11 a.m.	173	10 - 11 a.m.	192	10 - 11 a.m.	211	10 - 11 a.m.	230
	11 a.m. - 12 p.m.	174	11 a.m. - 12 p.m.	193	11 a.m. - 12 p.m.	212	11 a.m. - 12 p.m.	231
3.5 & UP Thursday (Robert) \$90 WP AD	JULY 3, 10, 17		JULY 24, 31, AUGUST 7		AUGUST 14, 21, 28		SEPTEMBER 4, 11, 18	
	5:30 - 7 p.m.	175	5:30 - 7 p.m.	194	5:30 - 7 p.m.	213	5:30 - 7 p.m.	232
	7 - 8:30 p.m.	176	7 - 8:30 p.m.	195	7 - 8:30 p.m.	214	7 - 8:30 p.m.	233

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

ADULT PICKLEBALL INSTRUCTION

Beginner Tuesday (Stephanie) \$75 WP JR <i>*No class July 1 (\$50)</i>	* JULY 8, 15		JULY 22, 29, AUGUST 5		AUGUST 12, 19, 26		SEPTEMBER 2, 9, 16	
	2 - 3 p.m.	125	2 - 3 p.m.	133	2 - 3 p.m.	141	2 - 3 p.m.	149
	3 - 4 p.m.	126	3 - 4 p.m.	134	3 - 4 p.m.	142	3 - 4 p.m.	150
	6 - 7 p.m.	127	6 - 7 p.m.	135	6 - 7 p.m.	143	6 - 7 p.m.	151
	7 - 8 p.m.	128	7 - 8 p.m.	136	7 - 8 p.m.	144	7 - 8 p.m.	152
Intermed. Thursday (Stephanie) \$75 WP JR	JULY 3, 10, 17		JULY 24, 31, AUGUST 7		AUGUST 14, 21, 28		SEPTEMBER 4, 11, 18	
	2 - 3 p.m.	129	2 - 3 p.m.	137	2 - 3 p.m.	145	2 - 3 p.m.	153
	3 - 4 p.m.	130	3 - 4 p.m.	138	3 - 4 p.m.	146	3 - 4 p.m.	154
	6 - 7 p.m.	131	6 - 7 p.m.	139	6 - 7 p.m.	147	6 - 7 p.m.	155
	7 - 8 p.m.	132	7 - 8 p.m.	140	7 - 8 p.m.	148	7 - 8 p.m.	156

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	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	qc-birchwoodsdc@district.guidescanada.ca	
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

WESTMOUNT LAWN BOWLING AND CROQUET CLUB

The Westmount Lawn Bowling and Croquet Club (WLBC), located at 401 Kensington Avenue (corner Sherbrooke Street West), is open for play, from mid-May to the end of September, weather permitting. Interested in becoming a member? These are sports for all ages.

For people interested in becoming club members, **free instructional classes** are offered during the month of June. Registration for these classes takes place during the Open House. All prospective members are asked to join these classes.

Please note that the WLBC is not part of the activities offered through Westmount Sports and Recreation. Please contact WLBC directly at info@bowlswestmount.ca. Further information can be obtained on the club's website at <https://bowlswestmount.ca/>.