

Recreation & Municipal Services

2019-2020

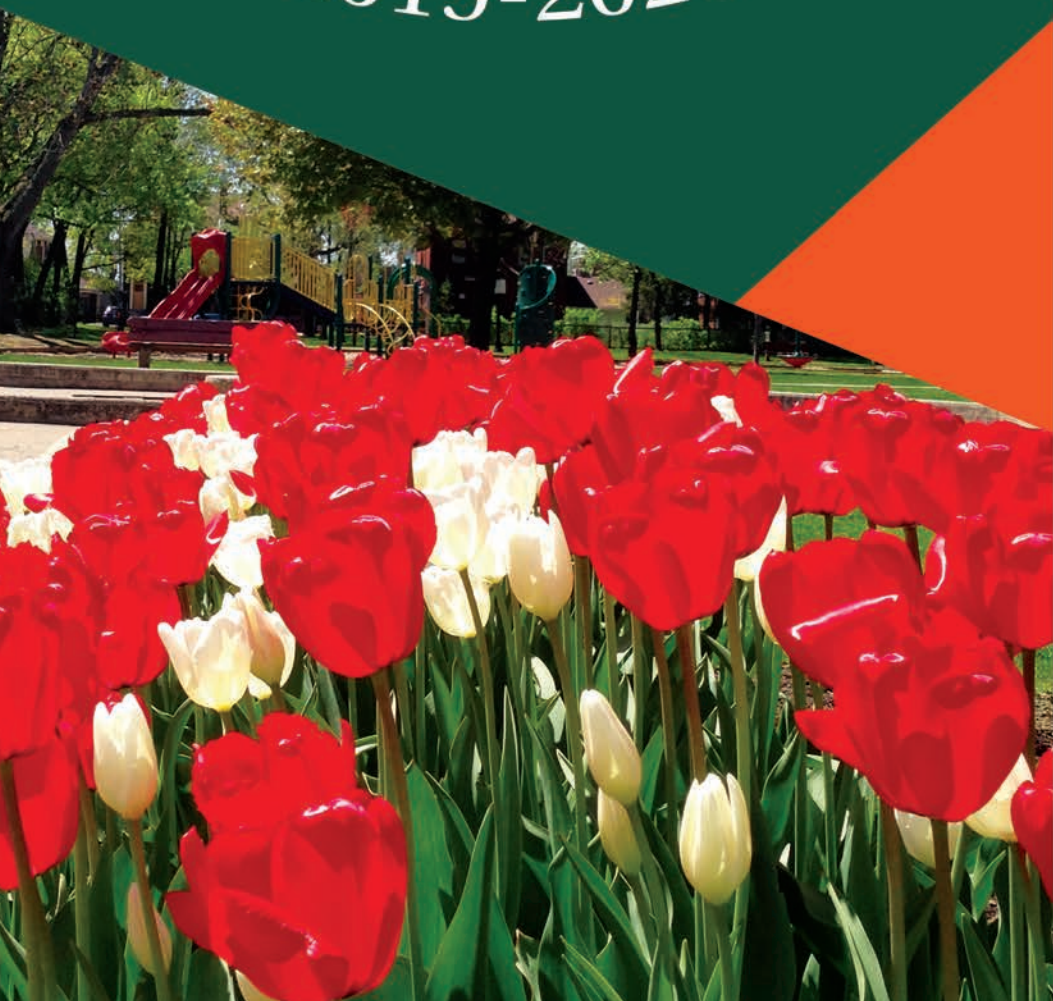
www.montreal-ouest.ca



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Mayor's Address



My fellow residents,

As the mayor of this tight knit community it is my pleasure to introduce you to this year's brochure filled with our municipal services and recreation programming.

While we may be small in size, the Town of Montreal West is able to deliver quality programs and services designed to keep you in shape and your children active at an affordable rate for all of our families, young and old.

This brochure provides a snapshot in time of much of what we have to offer as a Town and community. Keep it handy, as the information it contains - from reaching Public Works, to applying for a building permit and anything else - makes this brochure the essential place to go to find what you need.

I would also invite you to visit the Town website and our Facebook page as well to get all your breaking news regarding events, services and special notices for the Town.

I hope you continue to enjoy all the services that make our town so special.

Beny Masella, Mayor

Portfolios: Intergovernmental Affairs, Communications
bmabella@montreal-west.ca

Council

The Town's municipal Council consists of the mayor and 4 councillors. They are responsible for establishing Town policy and the annual objectives of the Town. Council meetings are open to the public and are held on a monthly basis, usually on the last Monday of every month. The annual schedule is available online.

Councillor Colleen Feeney

Portfolios: Finance, Administration, Human Resources and Urban Planning
cfeeney@montreal-west.ca

Councillor Dino Mazzone

Portfolios: Public Security and Special Projects Fundraising
dmazzone@montreal-west.ca

Councillor Maria Torres

Portfolios: Public Works, Public Buildings
mtorres@montreal-west.ca

Councillor Elizabeth Ulin

Portfolios: Recreation & Culture, Communications
eulin@montreal-west.ca

Town Directory

Town Hall

Administration

50 Westminster South info@montreal-west.ca 514-481-8125

Raffaele Di Stasio, Director General

Claude Gilbert, Town Clerk

Valentina Maria Todoran, Treasurer

Elisabeth Roy, Communications

Vlad Florea-Archir, Urban Planning Manager and Building Inspector

Recreation

Community Center

8 Westminster South recreation@montreal-west.ca 514-484-6186

Paula Cordeau, Director

Marian Scully, Culture, Seniors and Special Events

Chris Kearney, Recreation Coordinator

Arena

220 Bedbrook arena@montreal-west.ca 514-489-8448

Pool

220 Bedbrook pool@montreal-west.ca 514-489-6472

Day Camp

220 Bedbrook camp@montreal-west.ca 514-485-1033

Public Works Yard

Public Works

250 Bedbrook publicworks@montreal-west.ca 514-485-8597

Rylan Wadsworth, Director

Allen Idle, Assistant Director

Ferdinando Guadagnino, Foreman

Public Security

publicsecurity@montreal-west.ca

General Info: 514-481-8125 **Dispatch (24 hours):** 514-630-1234

Demetrios Georgiou, Lieutenant

Town Administration

ANNO DOMINI
50
2019-2020

General Information

Town Hall

Montreal West's Town Hall, situated at 50 Westminster South, was constructed in 1910 and is the location of the Town's Municipal Office. The Town Hall is also the meeting place for long-standing organizations such as the Montreal Westward Rotary Club and the Horticultural Society. There are two reception halls in the building that can be rented for weddings or other occasions.

info@montreal-west.ca

Administration

Montreal West's administration is responsible for implementing the policies established by the Town Council and for ensuring the execution of its decisions. The Director General is tasked with planning, implementing and attaining the annual objectives set out by Council, as well as with overall management of all municipal services.

Finance

The Finance Department, under the Town Treasurer, is responsible for the proper administration of public funds and the maintenance of rigorous accounting records. Together with the other department heads, the Finance Department exercises budgetary control over all financial matter in the Town, from billing and collecting taxes to paying employees and suppliers.

Clerk

The Town Clerk is in charge of the legal aspects of our municipal administration. The Clerk drafts municipal by-laws, records the minutes of Council's meetings, maintains the Town archives, acts as returning officer in the municipal elections and processes access to information requests under the Act respecting Access to documents held by public bodies and the Protection of personal information, the processing of claims and other legal matters.



Roots & Remembrances

*Nos racines,
notre patrimoine*

Commemorative Trees and Benches

The Town of Montreal West Commemorative Tree and Bench Program is a wonderful opportunity for the public to celebrate a person or occasion by purchasing a tree or bench for installation in a public park. Friends and families can create a dedication or memorial. Each dedication carries a different story through the words engraved on the plaque. These lovely dedications with their plaques serve as a lasting reminder or a timeless gift to a loved one.

The dedications are an attractive and useful addition to our recreational areas and are much appreciated by the many citizens who visit and use Town parks every day.

Commemorative gifts can be donated for life events such as marriages, births, deaths, graduations, anniversaries, birthdays, retirements or special events. Whatever the occasion, the legacy is yours to give.

The program contributes in a very special way to the greening and beautification of our city and increases park amenities. It is coordinated by the Recreation Department and maintained by the Public Works Department. Donations to the Commemorative Tree and Bench program are tax deductible.

This program is a full-cost-recovery initiative. Your donations help beautify and green Montreal West municipal parks as well as celebrate a life event. Each commemorative tree is \$250.00 which includes the supply of the tree and its installation and maintenance. An associated plaque can be purchased for \$100.00. Each commemorative bench is \$1900.00 which includes the plaque and installation.

Your tree or bench will serve as a legacy for generations to come!



Rentals

John A. Simms Community Center	514.484.6186	Venue for parties and meetings.
Davies Park Chalet	514.484.6186	Children's birthday parties
Legion Memorial Rink	514.489.8448	End of September to early April. Limited availability for rentals.
Town Hall	514.484.6186	Assembly Hall (capacity 180) Music Room (capacity 60)
Municipal Pool	514.484.6186 514.489.6472	Outdoor Pool open from late May to early September. Pool available for private groups.
Skate Park	514.484.1976	Available May through August for rental and birthday parties.

Please visit the website at www.montreal-ouest.ca to inquire about prices and availability

Artists' Showcase

The Montreal West Artists' Showcase gives residents an opportunity to display their art throughout the year at the Montreal West Town Hall. There is a theme chosen for each showcase to help with the flow of art in the Town Hall. All mediums are accepted from pottery to jewelry to paintings and much more. Please keep in mind all works on paper, fabric or canvas must be ready for hanging and three-dimensional pieces, such as jewelry and pottery, must fit in the front hall cabinet.

2019-2020 Artists' Showcase

Fall: Heroes & Leaders - Submit by September 28

Winter: Humans & Nature - Submit by February 1

Spring | Summer 2019: Progress - Submit by May 17

Visit the website at www.montreal-ouest.ca to apply,
or pick up a form at the Montreal West Community Center.

For more details, you may contact:

Marian Scully

Recreation and Cultural Services

514.484.1610

mmscully@montreal-west.ca



Special Events

A variety of cultural and social events are offered to residents throughout the year. Check out the Calendar of Events on the website for more information.

EVENT	DATE / TIME	LOCATION
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Montreal West Fall Street Festival

September 15
11:00 AM

Westminster Street

Free For All Day

September 21
All Day

Everywhere

Walk to Remember

November 9
1:00 PM

TBD

Remembrance Day

Canada

November 10
Lineup | Noon,
Ceremony | 12:30 PM

Cenotaph

Floral Cafe / Art Etc.

November 16-17

Town Hall

Santa's Breakfast

December 15
8:00 AM

Town Hall

Irish Breakfast

March 15
8:30 AM

Town Hall

Earth Hour

March 28
8:30 - 9:30 PM

Everywhere

Cotton Tail Party

March 29
2:00 PM

Town Hall

Threshold Skating Show: Free



April 5
2:00 PM

Arena

Free For All Day

May 18
All Day

Everywhere

La Fête Nationale du Québec

June 23

Davies Park

Canada Day

Canada

July 1
Parade 3:30 PM
Strathearn Park 4:00 PM

Strathearn Park



Urban Planning

The Urban Planning department is committed to maintaining the Town's rich heritage and its numerous parks and large green spaces while overseeing the development of its territory and the quality of its construction projects. The Urban Planning Manager ensures that by-laws concerning zoning, building and certificates of authorization are followed and respected.

A permit and/or PAC approval is sometimes required to undertake construction work. Always check whether your work requires a permit before you start. Submit a permit application online or at Town Hall.

Additional permit details, fees and all urban planning by-laws are available on the website.

Construction permits & certificates of authorization

Consult the Permit By-law (2009-011) for more information

Works requiring a permit or authorization

- The construction of a new main building or the modification of a main building
- Renovation, extension, reconstruction of a main building
- A new accessory building or construction, except for the café terrace
- Renovation, extension, reconstruction or modification of an accessory building or construction
- The installation of a pool or spa
- The displacement of a building
- The demolition of a main or an accessory building
- The construction and installation of a fence and the planting of a hedge
- The construction, installation, extension or reconstruction of a retaining wall
- The layout or extension of a parking area
- The felling of trees, except in the case of tree felling required for construction work, if a building permit is required
- The construction, installation, extension, reconstruction or displacement of a sign, including its support, unless it is stated otherwise in the Zoning By-Law
- Another temporary use or temporary building
- Excavation works

Works subject to Site Planning & Architectural Integration Programme review

The construction, demolition, partial demolition, addition, removal, modification or alteration of any:

- Main or accessory building
- Wall cladding, roof cladding (excluding replacement without modification of flat roofs), windows, doors;
- Storefront of a commercial building, facades of industrial and institutional buildings, including signs and fixed awnings
- Other building element or architectural component visible from the exterior, including all changes in material, proportion, pitch, volume and/or colour
- Retaining wall parallel to a street or a sidewalk and located within a distance of 2m from the edge of the street or sidewalk, accessory constructions requiring the felling of a tree, parking areas and landscaping of development projects.

Urban Planning Manager & Building Inspector

Vlad Florea-Archir

Secretary

Agata Palarchio
514.481.4858

Councillor Urban Planning

Colleen Feeney
cfeeney@montreal-west.ca



Works exempted from the Site Planning & Architectural Integration Programme review

The following types of projects are excluded from the Site Planning and Architectural Integration Programme review:

- The installation or replacement of gutters and/or spot lights in the soffits.
- The replacement of roofing material if same type of material is being used (i.e. asphalt shingles for asphalt shingles, slate for slate).
- The repointing of masonry if there is no change to the original predominant colors and predominant original appearance at the time of the permit application and that the repointing involves a uniformity of the exterior masonry walls.
- In absence of a project referred to in paragraphs 1, 2 or 3, the replacement of any component of a construction located in a residential zone without modifying the said component in regards to its shape, model, color, material, dimension or any other architectural detail or feature.
- Construction, modification, complete or partial demolition of pergolas and gazebos
- Construction, modification, complete or partial demolition of a deck not visible from the street's right of way.
- Complete or partial demolition of a shed.

Works not requiring a permit

No building permit is required for regular maintenance or minor repairs such as interior painting, interior renovations of esthetic nature, as well as any maintenance as defined in article 1.3.3., provided however, that no modification is made to the exterior forms, plan, structure or any other basic building element.

An exemption from the obligation to obtain a building permit does not void the obligation to comply to the present bylaw and with any other applicable by-law.

Definitions

Maintenance

Works required for the maintenance or the restoration of a construction or part of a construction that has been damaged or deteriorated.

Reconstruction

Work to rebuild a construction or a work, or a part of these that has been demolished or destroyed. The substantial modification of a construction or a work, when it can be considered as a new entity, is considered to be a reconstruction. Is a synonym of reconstruction, the term "replacement".

Public Security

Emergency Services (Police and Fire)

In case of emergencies, residents must call 911. For non-urgent services, please contact the neighbourhood police station, Station 9, at 514.280.0109, daily from 9:00 AM - 7:00 PM. The Prevention Department of the Service d'Incendie de Montreal, Division 4, serving Montreal West, can be reached at 514.280.0874.

Dog and Cat Licenses

Licences are required for all dogs and must be renewed each year before January 1st. You can apply for the licence online or at Town Hall. The annual fee is \$25 if the dog is spayed or neutered and \$50 if not. Documentation from the veterinarian must be provided. Cat licences are valid for the life of the animal. They are free if the cat is neutered or spayed and \$15 if not. A maximum of 2 dogs and 4 cats is allowed on one's property.

Dog Park

When not in the dog park, Dogs must be kept on a leash at all times. The dog park, located by Town Hall, is open to residents and non-residents. Access to the dog park is controlled with an electronic key pass that you can pick up free of charge at Town Hall for licensed animals. However, in order to use the dog park, the dog must be vaccinated and licensed by the Town.

Bicycle Helmets

Bicycle helmets are mandatory for any person riding a bicycle in and through Montreal West. Residents should also take note that bicycles are not to be ridden on sidewalks.

Street sweeping

Parking restrictions are in effect from April 1st to November 15th. Respecting the street sweeper parking restrictions and allowing for the free passage of the street sweeper will allow the Town to clean more effectively.

Code Red Communication System

The Town of Montreal West offers 'Code Red'; a high speed communication system that quickly delivers messages via land line, mobile, email or text message to its residents in emergency situations. These situations include: boil water advisories, water main breaks, emergency road closures and more. Please visit the Montreal West website to ensure you sign up for this service.

Councillor
Dino Mazzone

Lieutenant
Demetrios Georgiou
514.484.4633

Police
911

Dispatch
514.630.1234



Parking

There is a 4 hour parking limit on all streets in Montreal West unless signs indicate otherwise. Parking is prohibited, even for permit holders, when the Public Works Department or its duly authorized representatives have placed temporary signs prohibiting parking to allow the execution of road works, including snow removal or for any other reason, necessity or emergency.

Street parking is prohibited between 2:00 a.m. and 6:00 a.m. unless signs indicate otherwise, except for permit holders. On Ronald, Roxton, and Westminster, parking is prohibited from 12:00 a.m. to 8:00 a.m., except for permit holders.

Municipal Parking Lots

Montreal West has 6 municipal parking lots. All of these lots offer free 2 hour parking seven days a week between 8:00 a.m. and 8:00 p.m., and free overnight parking from 8:00 p.m. to 8:00 a.m.

- Northview
- Westminster North
- Strathearn
- Percival
- Town Hall (50 Westminster South)
- Montreal West Public Library (45 Westminster South).

Permits

Annual permits are valid from January 1st to December 31st. Monthly permits are valid for one month following the date of purchase.

Resident 24 Hour Parking (overnight)

Overnight parking is not permitted in the streets of the Town unless you have an overnight parking permit. Permit applications can be submitted online or at Town Hall on a yearly (\$300) or monthly (\$15) basis. You may park your vehicle overnight without any permit, from 8:00 PM to 8:00 AM, in the municipal parking lots. If a resident needs a permit for visitors, please use the parking request form on the Town website.

Daytime and Merchant parking in municipal lots

Street parking during the day is specified by the signs on each street and is up to a maximum of four hours. Parking is available on a yearly (\$150) or monthly (\$30) basis in the municipal parking lots. Merchants can apply for a parking permit in the Percival lot. Permit applications can be submitted online or at Town Hall.

Snowstorm Parking

During and after snowstorms, residents are asked to respect the temporary 'no parking' signs and refrain from parking on the street in order to permit the free passage of snow removal vehicles and crews. Any vehicle obstructing these operations is liable to be towed and its owner subject to a fine.



Public Works

Public Works is responsible for the maintenance and operation of water services, sewer system, street network, snow clearing activities, municipal buildings, public lighting, horticulture work, public tree management, and waste management.

Trees

New Trees

The Town periodically plants trees. If you are interested in having a tree planted on Town property in front of your residence, please contact the Public Works office at publicworks@montreal-west.ca.

Tree Trimming

Tree trimming takes place throughout the year. The treatment of trees that are hazardous or are potentially hazardous take precedence over trimming for aesthetic reasons. Please fill out the form on the website if you would like to have a Town tree trimmed.

Waste

Regular Garbage Collection

Regular household garbage should be placed out for collection before 7:00 AM on Friday.

Organic Waste Collection

Organic waste bins should be placed out for collection before 7:00 AM on Tuesdays. Collection of green garden waste will take place in conjunction with this service April through November.

Surplus green waste (leaves, grass clippings, etc) should be placed in a paper bag, cardboard box, or empty garbage and placed beside the organic waste bin on pickup day.

For a full list of organic waste items please consult www.montreal-west.ca

Recycling Collection

Recycling bins should be placed out for collection before 7:00 AM on Tuesdays. Place your blue bin at the edge of your driveway (but not on the street or sidewalk) with the wheels facing the home. Ensure that nothing is covering the lid and that it is well closed. Do not leave any items (boxes, carton) on the ground or overflowing from the bins. These items will not be collected.

Household Hazardous Waste

A one day drop off of household hazardous waste will also take place at Public Works, please check the website for the exact date. Hazardous materials can also be dropped off at any Eco-Centre. Information: 514.872.0384

Special Garbage Disposal

Please ensure that all the materials are placed curbside before you call the Public Works Department. A Public Works representative will then evaluate the cost of the pickup (there is a minimum \$20 charge for all pickups). After receiving payment, the pickup will be collected ASAP. Please be advised that loose soil, earth, rocks, tires, paints, solvents, other hazardous materials, etc. will NOT be picked up by the Town.

Any building materials must be placed in durable construction bags that do not exceed 35 pounds per bag.

Councillor
Maria Torres

Director
Rylan Wadsworth
Assistant Director
Allen Idle

Foreman
Ferdinando Guadagnino

Address
250 Bedbrook Avenue

Phone
514.485.8597

Email
publicworks@montreal-west.ca

Hours
Monday to Friday
8:30 AM to 12:30 PM & 1:30 PM to 4:30 PM

Recreation & Culture

The Recreation and Cultural Services Department is responsible for many activities close to the hearts of Montreal West residents. Its dynamic team develops and operates new and diverse programs each season, offering a range of activities related to culture, fitness and community which contribute directly to our quality of life and community spirit. For any ideas/suggestions, please contact the Department.

Address: 8 Westminster S. | **Phone:** 514-484-6186

Email: recreation@montreal-west.ca

Hours: Monday to Friday 8:30 AM - 4:30 PM

Councillor

Elizabeth Ulin

eulin@montreal-west.ca

Director

Paula Cordeau

pcordeau@montreal-west.ca

Recreation, Communications, Environment & Arena

Christopher Kearney

ckearney@montreal-west.ca

Culture, Seniors & Special Events

Marian Scully

mscully@montreal-west.ca

Administration

recreation@montreal-west.ca



Activities

2019-2020



General Information

Registration for activities starts August 26 (residents), 27 (CSL & Hampstead), 28 (non- residents)

Early Bird Registration Ends:

Fall (September to December) - September 2

Winter (January to March)- November 22

Spring (April to June) - March 1

Online:

www.montreal-west.ca

You may register **in person** at the John A. Simms Community Center during office hours.

John A Simms Community Center

Address

8 Westminster South

Phone

514.484.6186

Email

recreation@montreal-west.ca

General policies & procedures

- Most programs have limited registration and are on a first come, first serve basis.
- Registration fees and/or programs are not transferable from one person to another.
- Registration fees must be paid in full at the time of registration, unless otherwise stated.
- Applicable taxes must be added to adult programs.
- Please note that a \$25 service charge will be applied on all payments returned by the bank.
- We accept cash, Visa, MasterCard, Interac or cheques made payable to the Town of Montreal West.
- For March Break Madness, payments made after January 31st, 2020 must be made by cash, Interac or credit card.
- Participants are fully responsible for any facility and equipment supplied by the Town of Montreal West.
- If the program is canceled if minimum registration has not been obtained, the full amount will be reimbursed.
- Please note that programs are subject to change and cancellation. We apologize for any inconvenience.
- Programs that are more than halfway done at time of registration will only be prorated to a maximum reduction of 50%.
- No early bird discount on Older Adult Fitness, Chess, Babysitting, Birthday Parties

Fees

Resident fee

Montreal West residents, as well as residents of Cote Saint-Luc, Hampstead and certain streets in Lachine (Hillcrest, Mount Vernon, Rosewood) are included in the resident fees for Town activities (excluding the CRA Programs).

Non Resident Fee

Everyone living outside the perimeter of Montreal West, Cote Saint-Luc or Hampstead is included under non-residents.

Discount for 3rd Child

The third child, and further additional children in the same family and attending the same program (residing at the same address with proof of residency) will receive a 10% discount on the program fee.

Refund Policy

General Refund Policy

Refunds will only be accepted 2 weeks into the program and will only be considered upon receipt of a written request. After two weeks of the start of the program, **no refund** will be given. All refunds will be subject to an administrative charge of \$45.

Refunds due to Medical Reasons

Any refunds requested for medical reasons will be considered at any time, provided a valid doctor's note has been provided with the written request. If granted, the refund will be pro-rated on the unused portion of the fee and a 10% administrative charge will be applied in all cases.





Parents & Tots

PROGRAM

AGE

DATE/TIME

COST

Baby Boogie

Play instruments, move and sing together while exploring many musical styles.

Location: Community Center

6-18
months

Sunday

9:30 - 10:15 AM

12 weeks

Fall: Starts Sept. 15

Winter: Starts Jan. 12

10 weeks

Spring: Starts Apr. 5

12 weeks

R: \$110 | NR: \$120

10 weeks

R: \$100 | NR: \$110

Music and Movement

Play instruments, move and sing together while exploring many musical styles.

Location: Community Center

18-36
months

Sunday

10:20 AM - 11:05 AM

12 weeks

Fall: Starts Sept. 15

Winter: Starts Jan. 12

10 weeks

Spring: Starts Apr. 5

12 weeks

R: \$110 | NR: \$120

10 weeks

R: \$100 | NR: \$110

Parent and Tot Exercise

This class is designed to help new moms regain strength and vitality, while their baby is with them. This is a high intensity workout for the mom and social for the baby! A great way to socialize with other moms.

Location: Town Hall
(Assembly Hall)

Wednesday

10:30 AM - 11:30AM

12 weeks

Fall: Starts Sept. 11

Winter: Starts Jan. 8

10 weeks

Spring: Starts Apr. 1

12 weeks

R: \$100 | NR: \$110

10 weeks

R: \$85 | NR: \$95

Parent and Tot Zumba

A mix of Latin style music and choreographed routines combining aerobic dance steps and movements to sculpt the body, increase cardiovascular fitness and flexibility.

Location: Town Hall
(Assembly Hall)

Sunday

10:00 AM - 11:00 AM

12 weeks

Fall: Starts Sept. 15

Winter: Starts Jan. 12

10 weeks

Spring: Starts Apr. 5

12 weeks

R: \$100 | NR: \$110

10 weeks

R: \$85 | NR: \$95

Children

PROGRAM	AGE	DATE/TIME	COST
Bilingual Discovery A preschool program which includes art, drama, park outings, story time and much more! Small class size & homey environment Weekly Library and Park Time. Location: Community Center	2-4 years old	Monday to Friday 9:00 AM - 12:00 PM 12 weeks Fall: Starts Sept. 9 Winter: Starts Jan. 6 10 weeks Spring: Starts Mar. 30 No class on Oct 14, April 10 & 13, May 18	12 weeks 2x R: \$360 NR: \$370 3x R: \$432 NR: \$442 5x R: \$540 NR: \$550 10 weeks 2x R: \$300 NR: \$310 3x R: \$360 NR: \$370 4x R: \$450 NR: \$460
Pre-Ballet Young children are introduced to the world of ballet through songs and imagination. Teacher: Shirley Sarna Experience includes: Les Grands Ballet Canadiens, Angie Frank Modern Dance Troupe, Eleanor Ashton Ballet School Location: Town Hall (Music Room)	3-4 years old 4-5 years old	Tuesday 4:45 - 5:30 PM or Saturday 9:00 - 9:45 AM Saturday 9:50 - 10:35 AM 12 weeks Fall: Starts Sept. 10 Winter: Starts Jan. 7 8 weeks Spring: Starts Mar. 31	12 weeks R: \$105 NR: \$115 8 weeks R: \$90 NR: \$100



Children (cont.)

PROGRAM	AGE	DATE/TIME	COST
Ballet Next step in ballet skills; the focus is still on exploring the creativity of this age and imagination while strengthening the body and posture with technique. Teacher: Shirley Sarna Experience includes: Les Grands Ballet Canadiens, Angie Frank Modern Dance Troupe, Eleanor Ashton Ballet School Location: Town Hall (Music Room)	5-6 years old	Tuesday 5:30 - 6:15 PM or Thursday 5:00 - 5:45 PM or Saturday 10:45 - 11:30 AM	5 - 6 year olds (45 min. Class) 12 weeks R: \$105 NR: \$115 8 weeks R: \$90 NR: \$100
	6-7 years old	Saturday 11:35 AM - 12:35 PM	6 - 7 year olds (60 min. Class) 12 weeks R: \$115 NR: \$125 8 weeks R: \$95 NR: \$105
	8-9 years old	Saturday 12:45 PM - 1:45 PM 12 weeks Fall: Starts Sept. 10 Winter: Starts Jan. 11 8 weeks Spring: Starts March 31	8 - 9 year olds (60 min. Class) 12 weeks R: \$115 NR: \$125 8 weeks R: \$95 NR: \$105
Captain Catalyst's science fun & brain challenges Children will enjoy hands-on experiments and challenging puzzles that explore the world of science. Animator: Steve Rosenstein	4-6 years old	Sunday 10:00 - 11:30 AM 12 weeks Fall: Starts Sept. 15 Winter: Starts Jan. 12 10 weeks Spring: Starts Apr. 5	12 weeks R: \$90 NR: \$100 10 weeks R: \$75 NR: \$85
Hip Hop Come get that Hip Hop flavour through the techniques of hip hop bounce, rock and groove to leave the class really knowing how to move! Location: Town Hall (Assembly Hall)	5-6 years old	Wednesday 5:30 - 6:15 PM 12 weeks Fall: Starts Sept. 11 Winter: Starts Jan. 8 10 weeks Spring: Starts April 8	12 weeks R: \$120 NR: \$130 10 weeks R: \$100 NR: \$110
	7-8 years old	Wednesday 6:15 - 7:00 PM 12 weeks Fall: Starts Sept. 11 Winter: Starts Jan. 8 10 weeks Spring: Starts April 8	12 weeks R: \$120 NR: \$130 10 weeks R: \$100 NR: \$110

PROGRAM

AGE

DATE/TIME

COST

Red Cross Babysitting

Learn the necessary skills required to fulfill babysitting duties

Location: Community Center

11+
years old

Saturday
9:30 AM - 4:00 PM

Fall: Oct. 5
Winter: Feb. 8
Spring: May 2

R: \$65 | NR: \$75
No early bird pricing

Birthday Parties

Host your child's birthday party in Town. One of our animators will make it a day to remember! Options for animation include: cupcake decorating, beading, arts & crafts, superhero and more!

Location: Davies Chalet

2-12
years old

Saturday or Sunday
3hr block in between
10:00 AM - 4:00 PM

Animator provides
60 minutes of animation,
3 hour block includes
the setup and clean up
time.

R: \$210 | NR: \$225
1 animator to
8 to 10 children
(age dependent)

Manga Drawing Class

Location: Community Center

12+
years old

Friday
4:30 PM - 6:00 PM

10 classes starting
October 4th
(1 theme each week)

10 weeks
R: \$130 | NR: \$150

March Break Madness

A week of fun filled activities. Daily and weekly rates are available. A detailed activity schedule will be available in December on the Town website.

Location: Community Center

5-12
years old

March 2 - 6

Monday to Friday
8:30 AM - 4:00 PM

TBD

- Registration begins January 8
- Early Bird ends February 3rd
- No Refunds after February 14th
- Cheques will not be accepted after February 2nd





Adult Activities

PROGRAM

DATE/TIME

COST

Barre Class

A combination of barre exercises, stretching and light weights. It is a series of resistance and toning exercises that target the legs, arms, buttocks and core.

Location: Town Hall (Assembly Room)

Tuesday 8:30 - 9:30 AM

Friday 8:45 - 9:45 AM

12 weeks

Fall: Starts Sept. 10

Winter: Starts Jan. 7

10 weeks

Spring: Starts Mar. 31

12 weeks

1x R: \$100 | NR: \$115

2x R: \$170 | NR: \$180

10 weeks

1x R: \$84 | NR: \$99

2x R: \$159 | NR: \$169

TRX Suspension Training

Increase total body flexibility, promote mobility and stability and develop core strength through suspension training. Small class size, limited spaces available!

Location: Davies Chalet

Monday | Wednesday

6:30 - 7:30 AM

Monday | Wednesday

7:00 - 8:00 PM

Monday | Friday

9:00 - 10:00 AM

12 weeks

Fall: Starts Sept. 9

Winter: Starts Jan. 6

10 weeks

Spring: Starts Mar. 30

12 weeks

1x R: \$150 | NR: \$165

2x R: \$255 | NR: \$265

10 weeks

1x R: \$125 | NR: \$140

2x R: \$223 | NR: \$243

NEW Piloxing

This class mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging.

Location: Town Hall (Assembly Hall)

Tuesday

9:00 - 10:00 AM

12 weeks

Fall: Starts Sept. 17

Winter: Starts Jan. 7

10 weeks

Spring: Starts Mar. 31

12 weeks

R: \$100 | NR: \$115

10 weeks

R: \$85 | NR: \$100

PROGRAM

DATE/TIME

COST

Stretch

Increase your flexibility and range of movement, improve alignment and relieve muscular tension.

Location: Town Hall

Thursday

8:30 - 9:30 AM

Tuesday | Thursday

6:15 - 7:15 PM

12 weeks

Fall: Starts Sept. 10

Winter: Starts Jan. 7

10 weeks

Spring: Starts Mar. 31

12 weeks

1x R: \$100 | NR: \$115

2x R: \$170 | NR: \$180

10 weeks

1x R: \$85 | NR: \$100

2x R: \$160 | NR: \$170

Essentrics

Combination of scientific stretching, PNF, Tai Chi, ballet, physiotherapy and chiropractic movements.

Location: Town Hall

Monday | Wednesday

8:30 - 9:30 AM

12 weeks

Fall: Starts Sept. 9

Winter: Starts Jan. 6

10 weeks

Spring: Starts Mar. 30

Gentle Yoga

This is much more than exercise... It's a way of life! Improve your mental and spiritual well-being, increase flexibility and increase muscle tone.

Location: Town Hall (Music Room)

Tuesday | Thursday

8:00 - 9:00 PM

12 weeks

Fall: Starts Sept. 10

Winter: Starts Jan. 7

10 weeks

Spring: Starts Mar. 31

12 weeks

1x R: \$100 | NR: \$115

2x R: \$170 | NR: \$180

10 weeks

1x R: \$85 | NR: \$100

2x R: \$160 | NR: \$170

Yoga for stiff men

This class will take the guys (sorry ladies) through flexibility and endurance training. Expect a full spectrum yoga class, exploring movement, flexibility, and stress issues. Suitable for men of all ages and fitness levels. Yoga mat required.

Location: Curling Club

Monday | Wednesday

6:45 - 7:45 PM

12 weeks

Fall: Starts Sept. 9

Winter: Starts Jan. 6

10 weeks

Spring: Starts Mar. 30

12 weeks

1x R: \$100 | NR: \$115

2x R: \$170 | NR: \$180

10 weeks

1x R: \$85 | NR: \$100

2x R: \$160 | NR: \$170

Yogalates Morning with Johanne

Yogalates is a blend of traditional Yoga and modern Pilates. Increases your strength, flexibility and decreases stress, bringing peace to mind and body. Bare feet and yoga mat required. All levels welcome.

Location: Town Hall (Music Room)

Monday

9:00 - 10:00 AM

12 weeks

Fall: Starts Sept. 9

Winter: Starts Jan. 6

10 weeks

Spring: Starts Mar. 30

12 weeks

R: \$100 | NR: \$115

10 weeks

R: \$85 | NR: \$100

Yogalates with Johanne

Please see Yogalates Morning description above.

Location: Town Hall

Monday | Wednesday

7:15 - 8:15 PM

12 weeks

Fall: Starts Sept. 9

Winter: Starts Jan. 6

10 weeks

Spring: Starts Mar. 30

12 weeks

1x R: \$100 | NR: \$115

2x R: \$170 | NR: \$180

10 weeks

1x R: \$85 | NR: \$100

2x R: \$160 | NR: \$170

Adult Activities (cont.)

PROGRAM

DATE/TIME

COST

Essentrics

Based on eccentric strengthening which stretches the muscles then strengthens them in the elongated positions creating a lean toned body.

Location: Wednesday | Community Center

Wednesday
7:00 - 8:00 PM

12 weeks
Fall: Starts Sept. 11
Winter: Starts Jan. 8
10 weeks
Spring: Starts Apr. 1

12 weeks
R: \$100 | NR: \$115
10 weeks
R: \$85 | NR: \$100

Fit Interval Training With Beth

Interval training involves a series of low to high - intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

Location: Town Hall (Assembly Room)

Thursday
9:00 - 10:00 AM

12 weeks
Fall: Starts Sept. 12
Winter: Starts Jan. 9
10 weeks
Spring: Starts Apr. 2

12 weeks
R: \$100 | NR: \$115
10 weeks
R: \$85 | NR: \$100

Boot Camp

A program designed to test your body's limits. Our boot camp workout combines a fast pace with bodyweight exercises for a routine that's designed to blast fat and tone muscles without the use of equipment. This class will keep you motivated and see you achieving your goals.

Location: Edinburgh School

Monday | Thursday
7:15 - 8:15 PM

12 weeks
Fall: Starts Sept. 9
Winter: Starts Jan. 6
10 weeks
Spring: Starts Apr. 6
• No Class March Break (March 2 & 5)

12 weeks
1x R: \$100 | NR: \$115
2x R: \$170 | NR: \$180
10 weeks
1x R: \$85 | NR: \$100
2x R: \$160 | NR: \$170

Zumba

A mix of Latin style music and choreographed routines combining aerobic dance steps and movements to sculpt the body, increase cardiovascular fitness and flexibility.

Wednesday
9:15 - 10:15 AM
7:15 - 8:15 PM

Saturday
10:15 - 11:15 AM
12 weeks
Fall: Starts Sept. 11
Winter: Starts Jan. 8
10 weeks
Spring: Starts Apr. 1

12 weeks
1x R: \$100 | NR: \$115
2x R: \$170 | NR: \$180
10 weeks
1x R: \$85 | NR: \$100
2x R: \$160 | NR: \$170

Reach

Toning and flexibility class for hard to reach areas of the body! Focuses on improving total body strength, flexibility and posture.

Location: Town Hall (Assembly Room)

Tuesday | Thursday
7:15 - 8:15 PM

12 weeks
Fall: Starts Sept. 10
Winter: Starts Jan. 7
10 weeks
Spring: Starts Mar. 31

12 weeks
1x R: \$90 | NR: \$105
2x R: \$145 | NR: \$155
10 weeks
1x R: \$85 | NR: \$100
2x R: \$140 | NR: \$150

PROGRAM

DATE/TIME

COST

Line Dancing

Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing each other or in the same direction, and executing the steps at the same time

Location: Edinburgh School

Wednesday

7:00 - 8:15 PM

12 weeks

Fall: Starts Sept. 11
Winter: Starts Jan. 8
(no class March 4)

10 weeks

Spring: Starts April 8

12 weeks

R: \$115 | NR: \$125

10 weeks

R: \$95 | NR: \$105

Ballet for Adults

Looking to better your shape? Feeling less limber? Need a lift to your spirits? Adult ballet classes are an excellent way to stay fit, flexible, and happy. You'll learn about ballet technique, stretching, and conditioning, while having a lot of fun at the same time.

Location: Town Hall

Wednesday

9:30 - 10:30 AM

12 weeks

Fall: Starts Sept. 11
Winter: Starts Jan. 8

10 weeks

Spring: Starts Apr. 1

12 weeks

R: \$110 | NR: \$115

10 weeks

R: \$95 | NR: \$105



Older Adult Activities

PROGRAM

DATE/TIME

COST

65 + Fitness

Low impact fitness. Spaces are limited, please provide proof of age.

Location: Town Hall (Assembly Room)

**Tuesday
Thursday
& Friday**
10:15 - 11:15 AM

September 17 to May 22

R: \$235 | NR: \$255
**No early bird pricing
No prorating**

Older Adult Balance

This class will focus primarily on exercises to improve balance, and will use chairs, bands, and light weights.

Location: Town Hall

Monday | Wednesday
10:30 - 11:30 AM

12 weeks
Fall: Starts Sept. 9
Winter: Starts Jan. 6
10 weeks
Spring: Starts Mar. 30

12 weeks
1x R: \$100 | NR: \$115
2x R: \$170 | NR: \$180
10 weeks
1x R: \$85 | NR: \$100
2x R: \$160 | NR: \$170

Foot Care Clinic

For individuals requiring help to maintain their toenails and feet in optimum condition. Offers basic foot care and cleaning of toenails, identification and assessment of foot conditions. Call for an appointment.

Location: Community Center

Wednesday
12:45 - 3:30 PM

Twice a month
Year round

Per visit
\$40 + \$5 annual fee



50+ Club Adventures & Activities

PROGRAM

DATE/TIME

COST

50+ Club

Get away from it all to places in and out of the city and province. Most trips are scheduled on weekdays and consist of single day excursions. Longer trips also available.

Location: Community Center

Please refer to the Adventures calendar
available online or at the Community Center

Annual Membership
R: \$20 | NR: \$30

Bridge

A bridge club for those having a keen sense of competitive fun. You must register to play.

Location: Community Center

Please refer to the Adventures calendar
available online or at the Community Center

Per player \$3
Partner required

Afternoon Tea

There are few moments in life more agreeable than the time dedicated to the ceremony of afternoon tea!

Location: Community Center

Please refer to the Adventures calendar
available online or at the Community Center

50+ Club Adventures

Breakfast Club

Come and enjoy breakfast with friends followed by a presentation on the great cities of the world!

Location: Community Center

Please refer to the Adventures calendar
available online or at the Community Center

50+ Club Adventures

Soup's On

Come and socialize over lunch and then listen to a guest speaker.

Location: Community Center

Please refer to the Adventures calendar
available online or at the Community Center

50+ Club Adventures

Seasonal Luncheons

Celebrate different themes with friends; enjoy a lovely meal and live entertainment.

Location: Town Hall

Please refer to the Adventures calendar
available online or at the Community Center

50+ Club Adventures





Community Directory

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2019-2020

Civic Recreation Association | CRA

The Montreal West Civic Recreation Association is a non-profit organization which offers a variety of sports/leisure activities for children and youth in Montreal West.

Programs

- Single Letter Hockey
- Figure Skating
- Baseball
- Indoor Soccer
- Youth Hockey
- Gym Fit (gymnastics)
- Double Letter Hockey
- Future Star Hockey
- Skating lessons
- Learn to Skate
- Sportball
- Rugby

Website

www.mwcrasports.ca

Phone

514.485.8598

Email

InfoCRA@mwcrasports.ca

Tennis Club

The Montreal West Tennis Club has four of the best Har-tru courts on the island. They offer lessons and clinics for all ages as well as round robins, tournaments and social events throughout the season. Beginners are welcome!

Website

<http://amillia.com/store/en/mwtc/>

Phone

514.489.4644

Email

mwtclub@gmail.com

Curling Club

The Montreal West Curling Club is a fun and active curling club which has been rocking the sheets for over 100 years! Join them for a fun-filled season of great curling and special events!

Website

<http://mtlwestcurl.org/>

Phone

514.486.5831

Email

mwccurl@videotron.ca

Rotary Club

Rotary is a worldwide organization that provides humanitarian service, encourages high ethical standards and helps build goodwill and peace. The Rotary Club of Montreal Westward meets for lunch and a talk every Thursday at the Town Hall.



Scouts

The Scout Group fosters the aim of Scouts Canada to help youth and young adults to develop their character as resourceful and responsible members of the community by providing opportunities and guidance for their mental, physical, social and spiritual development.

Local Group

1st Montreal West Scout Group

Website

<http://www.scouts.ca/>

Email

karenmansfieldjohnstone@gmail.com

Phone

Karen Johnstone | 514-717-5696



Girl Guides

Girl Guides of Canada is the leading organization for girls and women in Canada that invites girls and young women to actively shape their own experience as they build the skills and confidence to take on challenges.

Fees:

\$140.00/year + handling fee of \$4.00/family

Website

<https://www.girlguides.ca/web/>

Phone

Christine Downey | 514-483-3303

Children's Library

The children's library is a comfortable, safe and inviting space for families and children. They provide a wide range of resources and activities to encourage growth through curiosity, reading, imagination, learning and literacy. The library has an extensive collection of French and English books, magazines, DVDs and audiobooks to appeal to children, youth and families.

Programming

There are a number of programmes on offer at the library, including Mother Goose - Tales for Tots, Story Sparklers, Book Club and Lego Club. The library also offers special events on a monthly basis.

Membership

Resident families

\$20 per year for basic membership

Non-resident families

\$40 per year

Friends of the Library

We require an additional \$25/year to borrow from the DVD collection and to take part in the programmes.

Website

www.mwcl.ca

Phone

514.484.7194

Email

mwcl@videotron.ca

Public Library

The library features fiction, mysteries, biographies, history, travel, books of general interest, magazines and pocketbooks. There is also a collection of audiobooks and DVDs. The Public Library will be hosting a series of Montreal West Reads, Talks and Writes starting in September. Please see the website for full details.

Website

<https://www.mwpl.ca/bin/home>

Phone

514.484.7194

Email

mwlib.requests@gmail.com

