



SUMMER 2020 PROGRAMS



RECREATION
and CULTURE

montreal-west.ca



Useful Information

Recreation and Culture Department

JOHN A. SIMMS COMMUNITY CENTER

8 Westminster Ave S.
Montreal West, QC
H4X 1Y5

514-484-6186
recreation@montreal-west.ca

OPENING HOURS

From Monday to Friday,
8:30 a.m. to 4:30 p.m.

MUNICIPAL POOL

220 Bedbrook
Montreal West, QC
H4X 1S1

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

DAY CAMP

220 Bedbrook
Montreal West, QC
H4X 1S1

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

STAFF

Paula Cordeau
Director

Marian Scully
Coordinator,
Community Center
Programs &
Special Events

Chris Kearney
Coordinator,
Pool & Day Camp
programs



Registration Information

Registration for summer programming begins on

FEBRUARY 17
Residents of MW

FEBRUARY 18
Residents of CSL
& Hampstead

FEBRUARY 19
For all

Registration is ongoing until the program is full or we close registration.

Spaces for non-residents cannot be guaranteed.

ONLINE

Registration for community center programs, fitness courses, pool activities and day camp is done through our online registration system.

If you do not have a family file, you will need to create one, listing all family members.

1. Go to the Town's website at www.montreal-west.ca.
2. Click on "Recreation and Culture".
3. Click on "Activities & Registration".
4. Browse our courses by age group or click on "Register online" to be redirected to Amilia, our online registration system.
5. You can then proceed with your registration and payment by credit card.

IN PERSON

Registration can be done in person or by phone by contacting the Community Center at 514-484-6186.

General registration policy



- 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.
- You may register for a program only during the appropriate registration period.
- Programs are subject to change and cancellation.
- Participants are fully responsible for any facility and equipment supplied by the Town of Montreal West.
- Certain programs are not eligible for early bird pricing
- Registration fees must be paid in full at the time of registration, unless otherwise stated.
- Applicable taxes must be added to adult programs.
- 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.
- Programs that are more than halfway done at the time of registration will only be prorated to a maximum reduction of 50%.

Pricing

EARLY BIRD PRICING

Early bird pricing is in effect from the start of registration until April 25th at 11:59 p.m.

Not all programs & memberships are subject to this rebate but in general they are as follows.

- **Community center & fitness programs:** \$10 off
- **Camp 4 week program:** \$15 off
- **Camp 8 week program:** \$25 off
- **Pool memberships:** \$10 off

RESIDENCY

The Town of Montreal West offers a reduced rate for most of its programming for residents of the Town as well as residents of Hampstead, Cote St Luc and residents of Lachine located on Rosewood, Hillcrest and Mount Vernon. The prices are identified by show of R (Resident) and NR (Non resident). The Montreal West pool resident memberships are exclusive to residents of the Town itself. Any program not listing an R & NR price is not included in the residency offering.

DISCOUNT FOR THIRD CHILD

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

Refund policy

COMMUNITY CENTER AND FITNESS

Refunds will only be considered upon receipt of a written request. Refunds requested prior to May 8th will be subject to a 20% administrative charge. Requests from May 9th prior to the start of programming will be subject to a 30% administrative charge. All requests made after the start of programming will be subject to a 35% administrative charge and will be pro-rated weekly. Once the week has begun, it is considered to have been completed. **After two weeks, no refund will be issued.**

DAY CAMP

Refunds will only be considered upon receipt of a written request. Refunds requested prior to May 8th will be subject to a 20% administrative charge. Requests from May 9th prior to the start of camp will be subject to a 30% administrative charge. All requests made after the start of camp will be subject to a 35% administrative charge and will be pro-rated weekly. Once the week has begun (9:00 AM on a Monday), it is considered to have been completed for the purpose of the refund and no refund will be issued.

POOL

Refunds will only be considered upon receipt of a written request. All refunds are subject to a minimum \$35 administration charge. Any refund requested after the start of the program, but only up to the completion of one third of said program, will be pro-rated. No refund will be issued after completion of one third of said program.

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.



Relevé 24 (RL-24)

An RL-24 is automatically issued by the system in late February for children who were signed up to our day camp programs and some community center programs. **You must provide your social insurance number when registering to receive your RL-24.**

Parks

The Town of Montreal West boasts a dozen well-equipped parks across its territory. Children will appreciate swinging, sliding, climbing and playing games in the colourful jungle gyms and open green spaces. Take advantage of the summer weather and enjoy the beautiful parks the Town has to offer.

All parks are open from 7 a.m. to 10 p.m. Splash pads are open during regular park hours, except for the splash pad at Davies Park that closes at 8 p.m.

Call Public Works at 514-485-8597 for all maintenance issues.

	PLAYGROUND	SWINGS	ADAPTED SWING	SANDBOX	PICNIC TABLES	WATER FOUNTAINS	PUBLIC BENCHES	SKATING RINKS	BASKETBALL	GREEN SPACES	OUTDOOR FITNESS EQUIPMENT	SOCCER FIELD	SPLASH PAD
Sheraton Park							X			X			
RD Paul Park	X	X					X			X			
Rugby Park	X	X			X	X	X	X		X			X
Toe Blake Park	X				X		X			X			
Strathearn Park	X	X	X	X	X	X	X			X			X
Hodgson Field						X	X	X	X	X		X	
George Booth Park	X						X			X	X		
Dave Reid Park	X				X		X						
Roy D. Locke Park	X			X	X		X						
Davies Park	X	X			X	X	X			X			X
Memorial Park					X		X						
John A. Simms Park										X			
Ronald Park	X	X			X	X	X						
Kirkpatrick Park	X	X					X			X			
Fenwick Park							X			X			

Special Events

A variety of cultural and social events are offered to residents throughout the summer. Most of them are free and take place in our parks.

* Events, locations and times are subject to change. See montreal-west.ca for the latest updates.

EVENT	LOCATION	DATE	TIME
COTTON TAIL	Town Hall	MARCH 29	2:00 p.m.
THRESHOLD: ICE SKATING SHOW (FREE)	Arena	APRIL 5	2:00 p.m.
MOVIE: ÔTÊNAW & YOU ARE ON INDIAN LAND	Community Center	APRIL 17	1:00 p.m.
PUB NIGHT	Town Hall	APRIL 25	7:30 p.m.
COMMUNITY NIGHT AND ART IN THE PARK	Davies Park	JUNE 2	6:00 p.m.
MEET THE CAMP COUNSELLORS / KIDSFEST	Davies Park	JUNE 16	6:00 p.m.
LA FÊTE NATIONALE FEAT. DANIEL BELLEGARDE	Davies Park	JUNE 23	6:00 p.m.
CANADA DAY PARADE	Westminster Avenue	JULY 1	3:30 p.m.
CANADA DAY FESTIVITIES	Strathearn Park	JULY 1	4:00 p.m.
CANADA DAY FIREWORKS	Hodgson Field	JULY 1	10:00 p.m.
CULTURAL NIGHT	Davies Park	JULY 14	6:00 p.m.
CULTURAL NIGHT	Davies Park	JULY 21	6:00 p.m.
CULTURAL NIGHT	Davies Park	AUGUST 11	6:00 p.m.
CORN ROAST/CAMP SHOW	Davies Park	AUGUST 18	6:00 p.m.
WESTMINSTER STREET FAIR	Westminster Avenue	SEPTEMBER 12	TBD

Do you have some free time? Would you like to invest your talent and skills in improving community events in Montreal West? If so, we encourage you to contact the Community Center as we are always looking for a helping hand! Email recreation@montreal-west.ca.



The Montreal West Day Camp provides a vast and diverse amount of activities that are fun, exciting and unique.

From sports, art, science and drama to weekly trips, theme days and camp wide activities, there is no shortage of excitement. The staff's number one priority is to provide a safe and fun summer for all campers. Register early to ensure that your children don't miss out on a lifetime of memories!

Day Camp



TRIPS

Trips take place during weeks 2, 3, 6, 7 of camp and require an additional fee of \$40 per trip if you wish for your child to attend. Trips aren't mandatory but it is important to note that **no camp is provided for children who do not attend the trips**, except if they are participating in a stream that week.

SESSION DATES

WEEK 0*
June 25 & 26

SUMMER (WEEK 1-8)
June 29 - August 21

SESSION 1 (WEEK 1- 4)
June 29 - July 24

SESSION 2 (WEEK 5 - 8)
July 27 - August 21

WEEK 9*
August 24 - 28

* Pricing for these weeks is available on Amilia.

CAMP HOURS

MONDAY TO THURSDAY:
9 a.m. - 4 p.m.

FRIDAY:
9 a.m. - 3 p.m.

* No camp on July 1.

SPECIAL EVENTS

MEET THE
COUNSELLORS NIGHT
June 16 - 6 p.m.
at Davies Park

VARIETY SHOW
August 18 - 6 p.m.
at Davies Park

PROGRAMS

		AGE	RESIDENTS			NON RESIDENTS		
			WEEKLY	SESSION	SUMMER	WEEKLY	SESSION	SUMMER
CAMP	Our day camp offers a diverse range of activities and experiences throughout the summer in a safe and caring environment.	5-12	\$200	\$585	\$840	\$235	\$620	\$880
CLUB 13/14	Can't get enough of your Camp experience? Club 13/14 is for those who aren't quite ready to make the jump to the Leader in training programs.	13-14	\$150	\$350	\$550	\$180	\$390	\$590
JUNIOR LIT	For 13 / 14 year olds who want to start the journey to become a counsellor while continuing to participate in regular camp activities.	13-14	–	\$350	\$550	–	\$390	\$590
LEADER IN TRAINING 1	Our LIT program is designed to develop leadership and organizational skills to prepare teens for working at a day camp.	14-15	–	\$350	\$550	–	\$390	\$590
LEADER IN TRAINING 2	Step two of our LIT programs offers more in depth training and preparation.	15-16	–	\$350	\$550	–	\$390	\$590

STREAMS

		AGE	RESIDENTS		NON RESIDENTS	
			WEEKLY	ADD-ON*	WEEKLY	ADD-ON*
TENNIS	2 hours per day of tennis instruction integrated into the day camp experience. * May not be able to participate in all camp activities due to tennis scheduling.	5-12	\$325	\$170	\$350	\$190
BALLET	2 hours per day of ballet instruction integrated into the day camp experience. * May not be able to participate in all camp activities due to ballet scheduling.	5-10	\$325	\$170	\$350	\$190
WATER POLO	1 hour per day of intro to water polo instructional courses integrated into the day camp experience.	7-12	\$325	\$170	\$350	\$190

* When already registered to a camp session or summer.

EXTENDED CARE

			DAILY	WEEKLY	SESSION	SUMMER
			MORNINGS	Monday to Friday from 7:30 to 9 a.m.		\$14
AFTERNOONS	Monday to Thursday from 4 to 5:30 p.m. Friday from 3 to 5:30 p.m.		\$15	\$65	\$190	\$320
MORNINGS AND AFTERNOONS	Monday to Friday from 7:30 to 9 a.m. Monday to Thursday from 4 to 5:30 p.m. Friday from 3 to 5:30 p.m.		\$25	\$105	\$340	\$580
LIBRARY CLUB	1 hour weekly sessions on Fridays from 3-4 p.m. at the Montreal West Children's Library.		\$20			
STEM EXTENDED	1 week session where children are introduced to STEM disciplines in afternoon extended care.			\$110		

Pool



Located by the arena and Hodgson Field, the Montreal West municipal pool is the perfect spot to cool down on a hot summer day and to take part in one of our aqua fitness or swimming classes. The pool area features a 25 metres heated pool with 6 lanes during free swim, a smaller pool with 1 metre diving boards and a wading pool.

The 2020 pool season is from May 30 - September 7 and the weekend of September 12-13.



DAILY FEES

0 - 4 years old:	\$1
5 - 17 years old:	\$3
18 - 64 years old:	\$5
65 + years old:	\$3

MEMBERSHIP FEES

The resident fee is for residents of Montreal West only

FAMILY MEMBERSHIPS
\$125 R / \$160 NR

(for partners and their children under 18 only, no extended family, guest, babysitters or nannies)

INDIVIDUALS :
\$80 R / \$110 NR

SENIORS (65 +) :
\$65 R / \$80 NR

SESSION START DATES FOR PROGRAMS

SESSION 1:
June 29

SESSION 2:
July 20

SESSION 3:
August 10

POOL CLOSURES

THE POOL WILL BE CLOSED FOR THE FOLLOWING EVENTS:

- Air temperature under 15 degrees
- Staff training
- Swim meets
- Unforeseen circumstances

POOL SPECIAL EVENTS

MEET THE STAFF BBQ
June 18 - 6 p.m.

FAMILY BBQ
July 10 - 6 p.m.

ADULT PARTY
July 17 - 7 p.m.

For more information, visit montreal-west.ca.



** Check out the website to sign up for the pool newsletter to receive any planned or unplanned closures messages.*

Youth Programs

<u>PROGRAM</u>	<u>AGE</u>	<u>DATE/TIME</u>	<u>COST</u>
SWIMMING LESSONS Instructional courses to develop your child's water safety and skills.	4+	3 WEEK SESSIONS Monday to Thursday 9 - 10 a.m. or 3:45 - 5:15 p.m. LENGTH: 25 minute lesson blocks	\$55 per session
ARTISTIC SWIMMING Entry level program with the goal of learning the Fundamentals of synchronized swimming, how to count music, and work on flexibility training.		JUNE 29 - AUGUST 21 Check Amilia for Full schedule LENGTH: TBD	TBD
WATER POLO Designed for children who love the water, love to have fun, love to be active, and love to throw a ball around. No water polo experience required.		JUNE 29 - AUGUST 21 Check Amilia for Full schedule LENGTH: TBD	TBD

Lifesaving Programs

BRONZE MEDALLION The first step in becoming a certified lifeguard, this course teaches lifeguarding skills and is a prerequisite to the Bronze Cross course.	13+	3 WEEK SESSIONS Monday to Thursday 10 a.m. - 1 p.m. LENGTH: 3 hours	\$200
BRONZE CROSS Second step in becoming a certified lifeguard, this course aims at teaching more advanced lifeguarding skills.	14+	3 WEEK SESSIONS Monday to Thursday 10 a.m. - 1 p.m. LENGTH: 3 hours	\$200
LIFEGUARD IN TRAINING Experience lifeguarding first hand. It's an opportunity to show potential employers what you've got. Prerequisite: Bronze Cross	14+	2 SESSIONS Check Amilia for Full schedule LENGTH: Varies	\$100

Swim Team Programs

<u>PROGRAM</u>	<u>AGE</u>	<u>DATE/TIME</u>	<u>COST</u>
GUPPIES SWIM TEAM An intro to swim team for those who still need a little work! We encourage all children who are able to swim at least 12 m (1 width) to join.	5-7	JUNE 29 - AUGUST 14 Monday to Thursday 9 - 9:30 a.m. or 4:45 - 5:15 p.m. LENGTH: 25 minute lesson	\$90

SWIM TEAM Get immersed in the world of summer competitive swimming in a fun and confidence building team setting.	6+	JUNE 1 - AUGUST 15 Monday to Fridays Schedule varies per age, see Amilia for full schedule LENGTH: Varies	\$150
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Diving

DEVELOPMENT 1 & 2 The diving program will teach beginners basic diving skills, diving safety and will increase participant strength and confidence. Diving competitions are on Sunday mornings throughout the summer.	6+	JUNE 8 - AUGUST 14 Check Amilia for Full schedule LENGTH: 45 minute lessons	\$100
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ADVANCED Advanced classes refine skills and introduce more complicated and technical dives. Weekly competitions against other teams are held on Sunday mornings.	8+	JUNE 8 - AUGUST 14 Check Amilia for Full schedule LENGTH: 45 minute lessons	TBD
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Adults

AQUAFIT AM Get fit through aerobic and strength training exercises in deep water.		JUNE 29 - AUGUST 28 Tuesday, Thursday, Friday 7:00 a.m. LENGTH: 45 min	VARIES
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AQUAFIT Work out and stay cool under the summer sun in our deep water aqua fitness regimen.		JUNE 1 - AUGUST 28 Monday to Friday 11 a.m. (11:30 Fridays) LENGTH: 60 min	VARIES
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MASTERS Master swimming provides adults with an opportunity to train with a coach and improve their stroke and swimming techniques.		JUNE 29 - AUGUST 28 Check Amilia for full schedule LENGTH: 45 minute lessons	VARIES
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Community Center

For more information, visit montreal-west.ca.



The Community Center celebrates summer and what a wonderful time in children's lives it is!

We strive to provide each child with memories of new experiences, new friendships, and new adventures. We have created a wide range of active, creative, and enriching opportunities for children to enjoy. We are mindful that, most importantly, summer is a time for kids to be kids and play!



SUMMER ADVENTURES

Summer Adventures consists of many different programs. Each program is designed to meet the specific needs of children ranging from 2-12 year olds. Each group has their own air conditioned classroom, access to a gym, situated near the water park and includes library time, specialty activities and loads of fun!

All programs start on June 29.



	PROGRAMS	AGE	DATE/TIME	3X/WEEK		5X/WEEK	
				R	NR	R	NR
AM	TINY TOTS	2-3	Monday to Friday 9 a.m. - noon	\$335	\$355	\$430	\$450
	LITTLE BUDDIES	3.5-5	Monday to Friday 9 a.m. - 1 p.m.	\$400	\$420	\$495	\$515
	LES AMIS	5-7	Monday to Friday 9 a.m. - 1 p.m.	\$400	\$420	\$495	\$515
	KIDZ KLUB JR	7-9	Monday to Friday 9 a.m. - 1 p.m.	\$400	\$420	\$495	\$515
	KIDZ KLUB SR	10-12					
PM	LITTLE BUDDIES	3.5-5	Monday to Friday 1 p.m. - 4 p.m.	\$315	\$335	\$390	\$410
	LES AMIS	5-7	Monday to Friday 1 p.m. - 4 p.m.	\$315	\$335	\$390	\$410
	KIDZ KLUB JR	7-9	Monday to Friday 1 p.m. - 4 p.m.	\$315	\$335	\$390	\$410
	KIDZ KLUB SR	10-12					

* No classes on July 1.

Adult Fitness



PROGRAMS	DAY	TIME	LENGTH	LOCATION	START DATE	# OF WEEKS	1X/WEEK		2X/WEEK	
							R	NR	R	NR
TRX Increase total body flexibility, promote mobility, stability and develop core strength through suspension training. In case of rain: Davies Chalet	Monday	6:30 a.m.	1 hour	Hodgson Field	June 22	8				
	Monday	7:00 p.m.	1 hour	Davies Chalet	June 22	8				
	Wednesday*	6:30 a.m.	1 hour	Hodgson Field	June 10	8	\$105	\$115	\$181	\$191
	Wednesday*	7:00 p.m.	1 hour	Davies Chalet	June 10	8				
	Friday	9:00 a.m.	1 hour	Hodgson Field	June 12	8				
REACH Focuses on improving total body strength, flexibility and posture.	Tuesday	7:15 p.m.	1 hour	Assembly Hall	June 9	8	\$60	\$70	\$90	\$100
	Thursday	7:15 p.m.	1 hour	Assembly Hall	June 11	8				
STRETCHING Increase your flexibility and range of movement, improve alignment, and relieve muscular tension.	Tuesday	6:15 p.m.	1 hour	Music Room	June 23	8				
	Thursday	8:30 a.m.	1 hour	Music Room	June 25	8	\$68	\$85	\$122	\$140
	Thursday	6:15 p.m.	1 hour	Music Room	June 25	8				
ESSETRICS A full-body tone through scientific stretching (PNF, Tai Chi, yoga) combined with ballet, physiotherapy and chiropractic movements.	Monday	8:30 a.m.	1 hour	Music Room	June 22	8	\$68	\$85	\$122	\$140
	Wednesday*	8:30 a.m.	1 hour	Music Room	June 10	8				
YOGA FOR STIFF MEN Full spectrum yoga class exploring movement, flexibility, and stress issues. Suitable for men of all ages and fitness levels.	Monday	6:45 p.m.	1 hour	Curling Club	June 22	5	\$45	\$60	\$80	\$110
	Wednesday*	6:45 p.m.	1 hour	Curling Club	June 10	5				
ZUMBA A mix of Latin style music and choreographed routines combining aerobic dance steps and movements to sculpt your body.	Monday	6:45 p.m.	1 hour	Assembly Hall	June 22	8	\$68	\$85	\$122	\$140
	Wednesday*	6:45 p.m.	1 hour	Assembly Hall	June 10	8				
STRONG Classes revolves around high-intensity interval training, but still focuses on moving to the beat.	Sunday	10:15 a.m.	1 hour	Music Room	June 21	8	\$68	\$85	\$122	\$140
	Wednesday*	7:45 p.m.	1 hour	Curling Club	June 10	8				
GENTLE YOGA Improve your mental and spiritual well-being, increase flexibility and increase muscle tone.	Tuesday	8:00 p.m.	1 hour	Town Hall	June 9	8	\$68	\$85	\$122	\$140
	Thursday	8:00 p.m.	1 hour	Town Hall	June 11	8				

* No classes on June 24 and July 1.



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