

# 2022 2023 PROGRAMS



RECREATION  
and CULTURE

[montreal-west.ca](http://montreal-west.ca)





## Stay Connected

Stay in touch with all Town news, events and activities.

Announced programming will be subject to change at any time to respect public health guidelines. Up-to-date information will always be available on the Town website.



**Stay informed:**  
[www.montreal-west.ca](http://www.montreal-west.ca)



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## 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](mailto:recreation@montreal-west.ca)

### OPENING HOURS

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

### STAFF

**Paula Cordeau**  
Director

**Marian Scully**  
Recreation Manager

**Chris Kearney**  
Recreation Manager

**Tammy Loftus**  
Administration

# Registration Information

## Registration for programming begins on August 22 for Montreal West residents.

Registration begins on August 24<sup>th</sup> for Côte-Saint-Luc and Hampstead residents and on August 29<sup>th</sup> for non-residents.

Registration is ongoing until the program is full or we close registration. Spaces for non-residents cannot be guaranteed.

### ONLINE

Registration is done through our online registration system, **Amilia**.

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](http://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%.
- A full refund will be issued for all programs that are cancelled by the Town if minimum participation isn't reached.

## 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. No refunds will be issued after 2 weeks of the start of the program. All refunds will be subject to an administrative fee 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 is included with the written request. If granted, the refund will be prorated on the unused portion of the fee and a 10% administrative charge will be applied in all cases.

## Pricing



### EARLY BIRD PRICING

Early bird pricing is in effect for all three sessions (fall, winter and spring) from the start of registration until September 4, 2022.

\* Not all programs are subject to this discount.

### 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 and Côte Saint-Luc. The prices are identified by show of R (Resident) and NR (Non resident). 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.

## Relevé-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.**



# Activities for children

*Announced programming will be subject to change at any time to respect public health guidelines.*

PROGRAMS	DAY/TIME	LENGTH	LOCATION	START DATE			12 WEEKS		8 WEEKS		
				FALL	WINTER	SPRING	R	NR	R	NR	
<b>PRE BALLET</b> Young children are introduced to the world of ballet through songs and imagination.	3-4 1/2 YEARS OLD	Tuesday 4:45 p.m.	45 minutes	Music Room	Sept. 13 (12 weeks)	Jan. 10 (12 weeks)	April 4 (8 weeks)	\$120	\$130	\$105	\$115
	3-4 1/2 YEARS OLD	Saturday 8:30 am	45 minutes	Music Room	Sept. 17 (12 weeks)	Jan. 14 (12 weeks)	April 8 (8 weeks)				
<b>BALLET</b> One step further in ballet skills; the focus is still on exploring the natural creativity of this age and imagination while strengthening the body and posture with technique.	5-6 YEARS OLD	Thursday 5:00 pm	45 minutes	Music Room	Sept. 15 (12 weeks)	Jan. 12 (12 weeks)	April 6 (8 weeks)	\$120	\$130	\$105	\$115
	5-6 YEARS OLD	Saturday 9:30 am	45 minutes	Music Room	Sept. 17 (12 weeks)	Jan. 14 (12 weeks)	April 8 (8 weeks)				
	7-8 YEARS OLD	Saturday 10:30 am	60 minutes	Music Room	Sept. 17 (12 weeks)	Jan. 14 (12 weeks)	April 8 (8 weeks)				
	9+ YEARS OLD	Saturday 11:45 am	60 minutes	Music Room	Sept. 17 (12 weeks)	Jan. 14 (12 weeks)	April 8 (8 weeks)				
<b>FUN SCIENCE CAPTAIN CATALYST</b> Children will enjoy hands-on experiments and challenging puzzles that explore the world of science.	4-6 YEARS OLD	Saturday 9:30 am	60 minutes	Davies Chalet	Sept. 17 (12 weeks)	January 14 (12 weeks)	April 8 (10 weeks)	\$90	\$100	\$75	\$85
	7-9 YEARS OLD	Saturday 10:45 am	60 minutes	Davies Chalet	Sept. 17 (12 weeks)	January 14 (12 weeks)	April 8 (10 weeks)				



## PROGRAMS

### RED CROSS BABYSITTING 11 YEARS AND +

The Canadian Red Cross Babysitting course for 11 to 15 year olds covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter.

	TIME	LENGTH	LOCATION	DATE	R	NR
<b>FALL</b>	9:30 am	6 1/2 hours	Community Center	Saturday, October 22	\$85	\$95
<b>WINTER</b>	9:30 am	6 1/2 hours	Community Center	Saturday, February 4	\$85	\$95
<b>SPRING</b>	9:30 am	6 1/2 hours	Community Center	Saturday, April 29	\$85	\$95

### RED CROSS STAY SAFE PROGRAM 9-13 YEARS OLD

The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

<b>FALL</b>	9:30 am	5 hours	Community Center	Saturday, October 29	\$85	\$95
<b>WINTER</b>	9:30 am	5 hours	Community Center	Sunday, February 5	\$85	\$95
<b>SPRING</b>	9:30 am	5 hours	Community Center	Saturday, April 22	\$85	\$95

NEW

### TEENS ONLY! | 13-16 YEARS OLD

Never tried these classes? Now is your chance! We are offering 4 one hour sessions for teens to try Meditation, Hip Hop Dance, Yoga and/or Manga drawing. You can sign up for all four or just the ones you want to try.

	TIME	LENGTH	LOCATION	DATE	R	NR	R	NR
<b>MEDITATION</b>	3:00 pm	60 minutes	Music Room	Saturday, October 8				
<b>HIP HOP DANCE</b>	3:00 pm	60 minutes	Music Room	Saturday, October 15	\$15	\$20	All 4 \$50	All 4 \$60
<b>YOGA</b>	3:00 pm	60 minutes	Music Room	Saturday, November 19				
<b>MANGA DRAWING</b>	3:00 pm	60 minutes	Music Room	Saturday, November 26				

### MARCH BREAK

*Dates to be confirmed,  
check our website for more information*



## Parents and children

### PROGRAMS

NEW

#### MOM & BABY WORKOUT

Aimed at new parents, this intense workout class will allow you to improve your physical condition while spending quality time with your child.

In the form of a muscular exercises circuit, the proposed training is adapted and safe for parent and baby. Beautiful moments in the company of your child await you!

#### DAY/TIME

#### LENGTH

#### LOCATION

#### FALL

#### WINTER

#### SPRING

10 WEEKS		8 WEEKS	
R	NR	R	NR
\$110	\$120	\$185 2 x a week	\$195 2 x a week

Tuesday  
9:30 am

55  
minutes

Assembly  
Hall

Oct. 4  
(10 weeks)

Jan. 17  
(10 weeks)

April 11  
(8 weeks)

Thursday  
9:30 am

55  
minutes

Assembly  
Hall

Oct. 6  
(10 weeks)

Jan. 19  
(10 weeks)

April 13  
(8 weeks)

NEW

#### PARENT & BABY DROP IN

Drop in, meet other parents and other babies from the neighborhood. Space is limited, pre-registration on Amilia is required.

Wednesday  
10:00 am

60  
minutes

Community  
Center

Sept. 14  
(12 weeks)

Jan. 11  
(12 weeks)

April 5  
(10 weeks)

12 WEEKS		10 WEEKS	
R	NR	R	NR

FREE

NEW

#### PARENT & CHILD YOGA | 5-11 YEARS OLD

Want some quality parent-child time? Come try yoga with us! You'll practice gentle yoga postures that will strengthen your muscles and help you relax. Parent-child yoga classes will allow your child to have fun in a friendly, playful and relaxed approach.

Saturday  
1:00 pm

45  
minutes

Music Room

Sept. 17  
(12 weeks)

Jan. 14  
(12 weeks)

April 8  
(10 weeks)

\$115	\$125	\$100	\$110
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# Adult Fitness

Announced programming will be subject to change at any time to respect public health guidelines.

All adult classes will be offered virtually as well as in person except Warrior Workout.

PROGRAMS	DAY	TIME	LOCATION	START DATE			12 WEEKS (FALL/WINTER)				10 WEEKS (SPRING)					
				FALL	WINTER	SPRING	1X/WEEK		2X/WEEK		1X/WEEK		2X/WEEK			
							R	NR	R	NR	R	NR	R	NR		
<b>TRX</b> Increase total body flexibility, promote mobility and stability and develop core strength through suspension training. Small class size! Limited number of spaces available!	Monday	6:30 am	60 min.	Davies Chalet	Sept. 12	Jan. 9	April 3									
	Wednesday	6:30 am	60 min.	Davies Chalet	Sept. 14	Jan. 11	April 5	\$150	\$165	\$250	\$265	\$130	\$140	\$230	\$245	
	Friday	9:00 am	60 min.	Davies Chalet	Sept. 16	Jan. 13	April 14									
<b>REACH</b> Toning and flexibility class for hard to reach areas of the body! Focuses on improving total body strength, flexibility and posture.	Tuesday	7:00 pm	60 min.	Assembly Hall	Sept. 13	Jan. 10	April 4	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Thursday	7:00 pm	60 min.	Assembly Hall	Sept. 15	Jan. 12	April 6									
<b>STRETCHING</b> Increase your flexibility and range of movement, improve alignment, and relieve muscular tension.	Tuesday	5:50 pm	60 min.	Music Room	Sept. 13	Jan. 10	April 4									
	Thursday	8:30 am	60 min.	Music Room	Sept. 15	Jan. 12	April 6	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Thursday	5:50 pm	60 min.	Music Room	Sept. 15	Jan. 12	April 6									
<b>ESSENTRICS AGING BACKWARDS®</b> Designed to help you regain mobility, eliminate pain, and gently strengthen the full-body, Essentrics Aging Backwards® classes follow a slow pace.	Monday	9:30 am	60 min.	Assembly Hall	Sept. 12	Jan. 9	April 3	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Wednesday	9:30 am	60 min.	Assembly Hall	Sept. 14	Jan. 11	April 5									
<b>ESSENTRICS®</b> A dynamic, full body workout that simultaneously combines stretching and strengthening, while engaging all muscles.	Monday	7:00 pm	60 min.	Community Center	Sept. 12	Jan. 9	April 3	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Saturday	10:30 am	60 min.	Assembly Hall	Sept. 17	Jan. 14	April 8									
<b>YOGA FOR STIFF MEN</b> Expect a full spectrum yoga class, exploring movement, flexibility, and stress issues. Suitable for men of all ages and fitness levels. Yoga mat required.	Monday	6:45 pm	60 min.	Curling Club	Sept. 12	Jan. 9	April 3	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Wednesday	6:45 pm	60 min.	Curling Club	Sept. 14	Jan. 11	April 5									
<b>ZUMBA®</b> A mix of Latin style music and choreographed routines combining aerobic dance steps and movements to sculpt your body.	Wednesday	6:45 pm	60 min.	Town Hall	Sept. 21	Jan. 11	April 5	\$115	\$125			\$100	\$110			



# Activities for adults

PROGRAMS	DAY	TIME	LENGTH	LOCATION	START DATE			12 WEEKS (FALL/WINTER)				10 WEEKS (SPRING)			
					FALL	WINTER	SPRING	1X/WEEK		2X/WEEK		1X/WEEK		2X/WEEK	
								R	NR	R	NR	R	NR	R	NR
<b>DANCE FIT</b> This class incorporates many forms of dance that helps create a great cardio workout. Dance your way into fitness!	Saturday	9:15 am	60 min.	Town Hall	Sept. 17	Jan. 14	April 8	\$115	\$125			\$100	\$110		
<b>GENTLE YOGA</b> 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.	Tuesday	7:45 pm	60 min.	Town Hall	Sept. 13	Jan. 10	April 4	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195
	Thursday	7:45 pm	60 min.	Town Hall	Sept. 15	Jan. 12	April 6								
<b>YOGALATES</b> 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.	Monday	9:00 am	60 min.	Town Hall	Sept. 12	Jan. 9	April 3								
	Monday	7:05 pm	60 min.	Town Hall	Sept. 12	Jan. 9	April 3	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195
	Wednesday	7:05 pm	60 min.	Town Hall	Sept. 14	Jan. 11	April 5								
<b>BALLET FOR ADULTS</b> You'll learn about ballet technique, stretching, and conditioning, while having a lot of fun at the same time.	Wednesday	9:30 am	60 min.	Music Room	Sept. 14	Jan. 11	April 5	\$115	\$125			\$100	\$110		
<b>BARRE</b> 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.	Tuesday	8:30 am	60 min.	Music Room	Sept. 13	Jan. 10	April 4	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195
	Friday	9:00 am	60 min.	Music Room	Sept. 16	Jan. 13	April 14								
<b>WARRIOR WORKOUT</b> Warrior workout is a combination of high intensity and easy to follow exercises. The classes are fun and challenging.	Tuesday	7:30 pm	60 min.	Royal West Academy	Sept. 13	Jan. 10	April 4	\$150	\$160			\$130	\$140		
	Thursday	7:30 pm	60 min.	Royal West Academy	Sept. 15	Jan. 12	April 6								
<b>PILATES</b> Pilates is for anyone who wants to improve their posture, develop core and back strength for overall health and wellness.	Thursday	7:00 pm	60 min.	Curling Club	Sept. 15	Jan. 12	April 6	\$120	\$130			\$105	\$115		

NEW







**PROGRAMS**

NEW

**TRX MOBILITY AND FLEXIBILITY**

The TRX Suspension Trainer is a great way to improve mobility and flexibility by unloading some bodyweight and stretching safely.

DAY	TIME	LENGTH	LOCATION	START DATE			12 WEEKS (FALL/WINTER)				10 WEEKS (SPRING)			
				FALL	WINTER	SPRING	1X/WEEK		2X/WEEK		1X/WEEK		2X/WEEK	
							R	NR	R	NR	R	NR	R	NR
Monday	7:00 pm	60 min.	Davies Chalet	Sept. 12	Jan. 9	April 3	\$150	\$165			\$130	\$140		

**EMERGENCY FIRST AID & CPR**

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home.

Saturday	9:00 am	7 1/2 hours	Community Center	Nov. 19		April 30	\$105	\$110						
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NEW

**MEDITATION**

Master the art of mindfulness meditation with weekly guided practices. Learn techniques to manage stress, strengthen attention, increase resiliency, and achieve deeper levels of inner calm.

DAY	TIME	LENGTH	LOCATION	FALL	START DATE		SPRING	8 WEEKS	
					WINTER			R	NR
Monday	10:45 am	60 min.	Town Hall	Sept. 26 (8 weeks)	Jan. 23 (8 weeks)	April 17 (8 weeks)			
							\$50		\$65
Thursday	7:00 pm	60 min	Community Center	Sept. 29 (8 weeks)	Jan. 26 (8 weeks)	April 20 (8 weeks)			





## Seniors

PROGRAMS	DAY	TIME	LENGTH	LOCATION	START DATE			12 WEEKS (FALL/WINTER)				10 WEEKS (SPRING)				
					FALL	WINTER	SPRING	1X/WEEK		2X/WEEK		1X/WEEK		2X/WEEK		
								R	NR	R	NR	R	NR	R	NR	
<b>70+ FITNESS</b> Low impact fitness. Spaces are limited, please provide proof of age. Cost for the year (Sept. 2022 to May 2023)	Tuesday	10:45 am	60 min.	Assembly Hall	Sept. 27				\$275	\$325						
	Thursday	10:45 am	60 min.	Assembly Hall	Sept. 29											
<b>ADULT BALANCE</b> This class will focus primarily on exercises to improve balance and will use chairs, bands and light weights. <b>Monday:</b> General fitness class <b>Wednesday:</b> Chair yoga	Monday	10:45 am	60 min.	Music Room	Sept. 12	Jan. 9	April 3	\$115	\$125	\$190	\$200	\$100	\$110	\$185	\$195	
	Wednesday	10:45 am	60 min.	Music Room	Sept. 14	Jan. 11	April 5									
<b>NEW CHAIR YOGA</b> Chair yoga will help your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.	Friday	10:45 am	60 min.	Music Room	Sept. 16	Jan. 13	April 14	\$115	\$125			\$100	\$110			



# Special Events

Due to the rapidly evolving situation, event dates and details are subject to change at any time. Please check the website for the most up-to-date information.



## DATE

### FREE FOR ALL DAYS

Saturday, September 17  
Sunday, September 18

### MONTREAL WEST STREET FAIR

Saturday, September 17

### HALLOWEEN ON ICE & HALLOWEEK CONTESTS

Sunday, October 30

### REMEMBRANCE LECTURE

Friday, November 4

### A WALK TO REMEMBER WITH DR. DRUMMOND

Saturday, November 5

### REMEMBRANCE CEREMONY

Sunday, November 6

### CP HOLIDAY TRAIN

November (TBD)

### SANTA'S BREAKFAST

Saturday, December 11

### COTTON TAIL PARTY

Saturday, March 26

## Artists' Showcase

## DATE

### INDIGENOUS ART

FALL

Submitted by September 26

### TEXTURES, SHAPES, PATTERNS AND FORMS

WINTER

Submitted by February 13

### ENVIRONMENTAL ART

SPRING

Submitted by April 17

### BLOOMING & POLLINATING

SUMMER

Submitted by June 2