

# 2023 2024 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.



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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 21, 2023 for Montreal West residents.**

Registration begins on August 24 for Côte Saint-Luc and Hampstead residents and on August 28 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.

### 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. When requesting a refund, all classes that have past will not be refunded and once a start time is within 48 hours of the start it will be counted as used for any refunds either.

### 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. When requesting a refund, all classes that have past will not be refunded and once a start time is within 48 hours of the start it will be counted as used for any refunds either.

## Refund policy

## 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 1, 2023.

\* 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	FALL	START DATE		SPRING	12 WEEKS		8 WEEKS	
						WINTER			R	NR	R	NR
<b>PRE BALLET</b> Young children are introduced to the world of ballet through songs and imagination.	<b>3-4 1/2 YEARS OLD</b>	Tuesday 4:45 p.m.	45 minutes	Music Room	Sept. 12 (12 weeks)	Jan. 9 (12 weeks)		April 2 (8 weeks)	\$125	\$135	\$110	\$120
	<b>3-4 1/2 YEARS OLD</b>	Saturday 9:00 am	45 minutes	Music Room	Sept. 16 (12 weeks)	Jan. 20 (12 weeks)		April 13 (8 weeks)				
<b>BALLET</b> One step further in ballet skills: the focus is still on exploring the natural creativity and imagination of this age while strengthening the body and posture with technique.	<b>5-6 YEARS OLD</b>	Thursday 5:00 pm	45 minutes	Music Room	Sept. 14 (12 weeks)	Jan. 11 (12 weeks)		April 4 (8 weeks)	\$125	\$135	\$110	\$120
	<b>5-6 YEARS OLD</b>	Saturday 9:50 am	45 minutes	Music Room	Sept. 16 (12 weeks)	Jan. 20 (12 weeks)		April 13 (8 weeks)				
	<b>7-8+ YEARS OLD</b>	Saturday 10:40 am	60 minutes	Music Room	Sept. 16 (12 weeks)	Jan. 20 (12 weeks)		April 13 (8 weeks)	\$135	\$145	\$115	\$125
<b>FUN SCIENCE CAPTAIN CATALYST</b> Children will enjoy hands-on experiments and challenging puzzles that explore the world of science.	<b>4-6 YEARS OLD</b>	Saturday 9:30 am	60 minutes	Davies Chalet	Sept. 16 (12 weeks)	January 13 (12 weeks)		April 6 (10 weeks)	\$95	\$105	\$80	\$90
	<b>7-9 YEARS OLD</b>	Saturday 10:45 am	60 minutes	Davies Chalet	Sept. 16 (12 weeks)	January 13 (12 weeks)		April 6 (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. This course promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. Participants will receive a Canadian Red Cross certificate once completing the course. (Course given in English)

	TIME	LENGTH	LOCATION	DATE	R	NR
FALL	9:30 am	6 ½ hours	Community Center	Sunday, November 19	\$85	\$95
WINTER	9:30 am	6 ½ hours	Community Center	Saturday, February 17	\$85	\$95
SPRING	9:30 am	6 ½ hours	Community Center	Sunday, April 28	\$85	\$95

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

Real-world scenarios often call on children to respond to challenges. 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. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. (Course given in English)

FALL	9:30 am	5 hours	Community Center	Saturday, November 18	\$80	\$90
WINTER	9:30 am	5 hours	Community Center	Sunday, February 18	\$80	\$90
SPRING	9:30 am	5 hours	Community Center	Saturday, April 27	\$80	\$90

### MARCH BREAK MADNESS

A week of fun and adventure! Come spend your March Break with us doing a range of indoor and outdoor activities including art, group games and sports, cooking and science.

9:00 am to 4:00 pm	Community Center	Monday March 4 <sup>th</sup> to Friday March 8 <sup>th</sup>	TBD	TBD
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## PROGRAMS

### INTRODUCTION TO DUNGEONS AND DRAGONS

Dungeons & Dragons is an interactive, imagination-based pen and paper role playing game that encourages a creative and collaborative approach to problem solving. Sign up now to go on fantastical adventures while forming real, long-lasting friendships.

	DAY/ TIME	LENGTH	LOCATION	FALL	WINTER	SPRING	12 WEEKS		10 WEEKS	
							R	NR	R	NR
7-9 YEARS OLD	Saturday 1:00 pm	90 minutes	Community Center	Sept. 16 (12 weeks)	Jan. 13 (12 weeks)	April 6 (10 weeks)				
10-12 YEARS OLD	Saturday 3:00 pm	90 minutes	Community Center	Sept. 16 (12 weeks)	Jan. 13 (12 weeks)	April 6 (10 weeks)	\$120	\$130	\$100	\$110
13+ YEARS OLD	Saturday 5:00 pm	90 minutes	Community Center	Sept. 16 (12 weeks)	Jan. 13 (12 weeks)	April 6 (10 weeks)				

### INTRODUCTION TO RACKET SPORTS

Introduce participants to the basic skills and knowledge associated with playing a variety of racquet sports such as tennis, badminton, handball, pickle ball, etc. The ultimate goal of this class is to provide the participants with the knowledge and skills necessary for them to pursue playing racquet sports as a life-long activity.

6-10 YEARS OLD	Thursday 6:45 pm to 7:40 pm	55 minutes	Royal West Academy	Sept. 14 (12 weeks)	Jan. 11 (12 weeks)	April 4 (10 weeks)				
11+ YEARS OLD	Thursday 7:45 pm to 8:40 pm	55 minutes	Royal West Academy	Sept. 14 (12 weeks)	Jan. 11 (12 weeks)	April 4 (10 weeks)	165 \$	175 \$	140 \$	150 \$



Parents and children

PROGRAMS	DAY/TIME	LENGTH	LOCATION	FALL	WINTER	SPRING	10 WEEKS	
							R	NR
<b>MOM &amp; BABY WORKOUT</b> 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.	Tuesday 11:00 am	55 minutes	Assembly Hall	Sept. 26 (10 weeks)	Jan. 9 (10 weeks)	April 2 (10 weeks)	\$115	\$125
<div>NEW</div> <b>MUSIC WITH SHAWNY</b> Join local edu-tainer Shawny for weekly music sessions! His goal is to create music that is silly, catchy, and accessible to kids, while still dealing with important themes such as self-care, acceptance, and showing kindness towards others.	6 to 18 months old Monday 11:00 am	30 minutes	Community Center	Sept. 11 (12 weeks)	Jan. 8 (12 weeks)	April 8 (10 weeks)	\$120	\$130
	11 months old and older Monday 11:30 am						\$105	\$115
<b>PARENT &amp; CHILD YOGA   5-11 YEARS OLD</b> Want some quality parent-child time? Come try yoga with us! During the session, your child will be able to learn about the benefits of yoga. They will practice gentle yoga postures that will strengthen their muscles and help them relax. Parent-child yoga classes will allow your child to have fun in a friendly, playful and relaxed approach, in an educational and safe environment. The postures are performed to the sound of trendy music and we even take your special requests!	Saturday 11:45 am	45 minutes	Music Room	Sept. 16 (12 weeks)	Jan. 20 (12 weeks)	April 13 (10 weeks)	\$120	\$130
							\$105	\$115



# 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. 11	Jan. 8	April 8	\$150	\$165	\$250	\$265	\$130	\$140	\$230	\$245
Wednesday	6:30 am	60 min.	Davies Chalet	Sept. 13	Jan. 10	April 3									
Friday	9:00 am	60 min.	Davies Chalet	Sept. 15	Jan. 12	April 12									
Monday	7:00 pm	60 min.	Davies Chalet	Sept. 11	Jan. 8	April 8									
<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. 12	Jan. 9	April 2	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
Thursday	7:00 pm	60 min.	Assembly Hall	Sept. 14	Jan. 11	April 4									
<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. 12	Jan. 9	April 2	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
Thursday	8:30 am	60 min.	Music Room	Sept. 14	Jan.11	April 4									
Thursday	5:50 pm	60 min.	Music Room	Sept. 14	Jan. 11	April 4									
<b>ESSEINTRICS 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. 11	Jan. 8	April 8	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
Wednesday	9:30 am	60 min.	Assembly Hall	Sept. 13	Jan. 10	April 3									
<b>ESSEINTRICS®</b> A dynamic, full body workout that simultaneously combines stretching and strengthening, while engaging all muscles.	Wednesday	6:45 pm	60 min.	Music Room	Sept. 13	Jan. 10	April 3	\$120	\$130	NA	NA	\$105	\$115	NA	NA
<b>ESSEINTRICS FOR MEN</b> Essentrics is a dynamic low-impact full-body workout suitable for all fitness levels. Support injury prevention, speed-up recovery time and unlock tight muscles and joints. Increase your full body flexibility by simultaneously stretching and strengthening all 650 muscles.	Wednesday	10:45 am	60 min.	Assembly Hall	Sept. 13	Jan. 10	April 3	\$120	\$130	NA	NA	\$105	\$115	NA	NA
<b>YOGA FOR STIFF MEN</b> This class will take you 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. <i>Yoga mat required.</i>	Monday	6:45 pm	60 min.	Curling Club	Sept. 11	Jan. 8	April 8	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
Wednesday	6:45 pm	60 min.	Curling Club	Sept. 13	Jan. 10	April 3									



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>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. <i>Yoga mat required.</i>	Tuesday	7:45 pm	60 min.	Town Hall	Sept. 12	Jan. 9	April 2								
	Thursday	7:45 pm	60 min.	Town Hall	Sept. 14	Jan. 11	April 4	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
<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. <i>Yoga mat required.</i>	Monday	9:00 am	60 min.	Town Hall	Sept. 18	Jan. 8	April 8								
	Monday	7:05 pm	60 min.	Town Hall	Sept. 18	Jan. 8	April 8	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
	Wednesday	7:05 pm	60 min.	Town Hall	Sept. 20	Jan. 10	April 3								
<b>BARRE</b> A combination of barre exercises, pilates ball 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. 12	Jan. 9	April 2								
	Friday	9:00 am	60 min.	Music Room	Sept. 15	Jan. 12	April 12	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200
<b>WARRIOR WORKOUT</b> Warrior workout is a combination of high intensity and easy to follow exercises. The classes are fun and challenging. <i>Yoga mat required.</i>	Tuesday	7:15 pm	60 min.	Royal West Academy	Sept. 12	Jan. 9	April 2	\$150	\$165			\$130	\$140		
<b>EMERGENCY FIRST AID &amp; CPR</b> Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial worker safety and insurance boards and includes the latest first aid and CPR guidelines.	Saturday	9:00 am	7 1/2 hours	Community Center			May 4	\$105	\$110						
<b>STEP N PUMP</b> Step and Pump combines traditional step aerobics with resistance exercises to give you a fun and intense full-body workout. <i>Yoga mat required.</i>	Wednesday	7:15 pm	60 min.	Royal West Academy	Sept. 13	Jan. 10	April 3								
	Saturday	9:00 am	60 min.	Assembly Hall	Sept. 16	Jan. 13	April 6	\$120	\$130	\$195	\$205	\$105	\$115	\$190	\$200





## PROGRAMS

**CIRCL MOBILITY™**

Unlock the body's potential whether you're a fitness enthusiast, a busy mom, or a 9-5er, CIRCL Mobility™ helps you release stress, restore your range of motion, and renew your ability to move better, longer.

	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
	Saturday	10:00 am	Assembly Hall	Sept. 16 (12 weeks)	Jan. 13 (12 weeks)	April 6 (10 weeks)	\$120	\$130	NA	NA	\$105	\$115	NA	NA
<b>PICK UP: MINI TENNIS &amp; PICKLE BALL</b> Indoor Pickleball and Mini Tennis at Royal West Gym on Monday and Fridays.	Monday	7:00 pm	Royal West Academy	Sept. 11 (12 weeks)	Jan. 8 (12 weeks)	April 8 (10 weeks)	\$20 per court or seasons pass available online.							
	Friday	7:00 pm	Royal West Academy	Sept. 15 (12 weeks)	Jan. 12 (12 weeks)	April 12 (10 weeks)								

**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	START DATE			8 WEEKS	
					FALL	WINTER	SPRING	R	NR
	Thursday	7:00 pm	60 min	Community Center	Sept. 14 (8 weeks)	Jan. 11 (8 weeks)	April 4 (8 weeks)	\$55	\$70



## Seniors

### PROGRAMS

#### 70+ FITNESS

Low impact fitness. Class runs from September to May inclusively. Spaces are limited, proof of age required.

**DAY** **TIME** **LENGTH** **LOCATION**

Tuesday 10:00 am 60 min. Assembly Hall

Thursday 10:00 am 60 min. Assembly Hall

**START DATE**

**FALL** **WINTER** **SPRING**

Sept. 26 Jan. 9

Sept. 28 Jan. 11

**12 WEEKS**  
(FALL/WINTER)  
1X/WEEK | 2X/WEEK

**10 WEEKS**  
(SPRING)  
1X/WEEK | 2X/WEEK

R NR R NR R NR R NR

\$300 \$350

#### ADULT BALANCE

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

Monday 10:45 am 60 min. Music Room

Wednesday 10:45 am 60 min. Music Room

Sept. 11 Jan. 8 April 8

Sept. 13 Jan. 10 April 3

\$120 \$130 \$195 \$205 \$105 \$115 \$190 \$200

#### AMERICAN MAH JONGG WORKSHOP

Mah Jongg is a 4-player Chinese tile game of skill, strategy and luck that dates to the 1880's. In 1937, the American version of the game was born, with its unique set of rules, and this version continues to grow thanks to the love of the game and the deep connections that are made when playing.

Tuesday 10:30 am 120 min. Community Center

Oct. 3 Feb. 6 April 2

**6 WEEKS**  
1X/WEEK

R

NR

\$90

\$100

#### Course description

The workshop will consist of learning the game for the first few classes and then supervised play for the remainder of the session. You can expect to finish the workshop with full knowledge of how the game is played, the rules associated with play, and the confidence to show others how to play. The benefits of learning & playing Mah Jongg are keeping your brain sharp, helping improve memory skills and fostering patience, and of course, the social aspect is fundamental for mental health overall.





# Special Events

Event dates and details are subject to change at any time. Please check the website for the most up-to-date information.



## DATE

MONTREAL WEST STREET FAIR	Saturday, May 25, 2024
PUB NIGHT: OKTOBERFEST	Saturday, October 14
SPOOKTACULAR FAMILY FUN	Sunday, October 29
A WALK TO REMEMBER WITH DR. DRUMMOND	Saturday, November 4
REMEMBRANCE CEREMONY	Sunday, November 5
REMEMBRANCE LECTURE	Friday, November 10
CP HOLIDAY TRAIN	November (TBD)
SANTA'S BREAKFAST	Sunday, December 10
JAM NIGHT	Friday, February 9
PUB NIGHT	Friday, March 15
COTTON TAIL PARTY	Sunday, March 24

## Artists' Showcase

## DATE

SEASCAPES & SUMMER MEMORIES	FALL	Submit by September 29, 2023
EMOTIONS UNLEASHED	WINTER	Submit by February 12, 2024
METAMORPHOSIS	SPRING	Submit by April 19, 2024
URBAN LIFE	SUMMER	Submit by June 3, 2024