

Activities and Services

Spring and Summer

2004

Leisure, Culture, Sports and Social Development



Côte Saint-Luc
Hampstead
Montreal West

A Borough of the City of Montreal

Some of the activities in my Borough are:

- Day Camps
- Social activities for adults and children
- Fitness classes
- Sports
- Swimming

Borough Mayor's Message

As a cold and blistery winter winds down, it's great to start planning activities for the warmer weather. It is our pleasure to present this brochure, highlighting all the exciting sports, recreation and cultural programs available to residents of our borough for the spring and summer of 2004. It is filled with all the information you need about the diverse programs and registration.

The staff of our Leisure, Culture, Sports and Social Development Department, have worked diligently to maintain the high standards and quality programs in all areas. My Borough Council colleagues, Dida Berku and Anthony Housefather join me in our commitment to also ensure that the distinctiveness of our programs in all three sectors of the borough remains. As you will see, the layout of the brochure is delineated into the three sectors.

Take advantage of all the exciting programs our borough has to offer, and do not hesitate to give us feedback or new ideas on any of the programs that are designed for your enjoyment.

Robert Libman
Borough Mayor

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Leisure, Culture, Sports & Social Development Department

DAVID TAVEROFF

Director of Leisure, Culture, Sports and Social Development

DIVISION CHIEFS

Harold Cammy Sports and Installations
Irene Lahaie Leisure and Administrative Services
Lisa Milner Culture, Library and Social Development

TECHNICAL SUPPORT/PARKS

Peter Kopitas Côte Saint-Luc Sector

SECTION MANAGERS

Angelique Abidi Seniors, Montreal West Sector
Loretta Anisef Seniors, Côte Saint-Luc & Hampstead Sectors
Paula Cordeau Special Events
Ted Cox Administrative Services
Chandra Devenyi Leisure Services, Hampstead Sector
Louise Ferland Sports, Côte Saint-Luc Sector
Alvin Fishman Sports, Côte Saint-Luc Sector
Mike Klaiman Sports, Hampstead Sector
Trish McKenzie Leisure Services, Montreal West Sector
Patrick Summers Sports, Montreal West Sector
Raymond Valiquette Installations
Janine West Eleanor London Public Library
Cornelia Ziga Leisure Services, Côte Saint-Luc Sector

SECRETARIES

Sarah Beaulieu Côte Saint-Luc Sector
Gillian Belec Hampstead Sector
France Desnoyers Montreal West Sector
Katherine Eaves Hampstead Sector
Catherine Heim Hampstead Sector
Judy Hum Côte Saint-Luc Sector
Diana MacDonald Montreal West Sector
Sandra MacDonald Arena, Montreal West Sector
Ewa Makarewicz Arena, Côte Saint-Luc Sector
Laura Trihas Administrative Assistant

Borough Telephone Directory



GENERAL DIRECTION		LIBRARIES	
Bernard Lang Civic Centre/Borough Hall	514-485-6800	Eleanor London Côte Saint-Luc Public Library (Côte Saint-Luc -Hampstead-Montreal West)	514-485-6900
Hampstead Point of Service	514-369-8200	Montreal West Sector Children's Library	514-484-7194
Montreal West Point of Service	514-481-8125	Montreal West Public Library	514-481-7441
Montreal City Hall	514-872-1111	SERVICES	
LEISURE, CULTURE, SPORTS AND SOCIAL DEVELOPMENT		Emergencies	9-1-1
James G. Butler Recreation Centre (Côte Saint-Luc Sector)	514-485-6806	Emergency Medical Services (Côte Saint-Luc Sector)	514-485-6950
John A. Simms Community Center (Montreal West Sector)	514-484-6186	Fire Prevention Office	514-485-6995
Civic Recreation Association (C.R.A.) (Montreal West Sector)	514-485-8598	Fire Division - Chief's Office	514-280-1214
Irving L. Adessky Community Centre (Hampstead Sector)	514-369-8260	Municipal Court	514-485-6984
Montreal West Legion Memorial Rink	514-489-8448	Police Station 9	514-280-0109
Samuel Moskovitch Arena	514-485-6802	Public Security	514-485-6960
CLSC		Public Works	514-485-6868
CLSC René-Cassin	514-488-9163	Urban Planning (Building Inspection)	514-485-6835
CLSC NDG-Montreal-West	514-485-1670		

Montreal West Sector - Spring/Summer 2004

Registration at the John A. Simms Community Centre, 8 Westminster South

SOCIO-CULTURAL PROGRAMS	Tuesday, March 9 th 2004 6:00 - 8:00 p.m. Wednesday, March 10 th - Friday, March 12 th , 2004 10:00 a.m. - 4:00 p.m.	Borough Residents ONLY
	As of Monday, March 15 th , 2004 10:00 a.m. - 4:00 p.m.	Open to all City of Montreal residents
DAY CAMP PROGRAM	Tuesday, April 6 th , 2004 6:00 - 8:00 p.m. Wednesday, April 7 th - Friday, April 9 th , 2004, 10:00 a.m. - 4:00 p.m.	Borough Residents ONLY
	As of Monday, April 12 th , 2004 10:00 a.m. - 4:00 p.m.	Open to all City of Montreal residents
POOL	Tuesday, April 13 th , 2004 6:00 - 8:00 p.m. Wednesday, April 14 th - Tuesday, May 18 th 10:00 a.m. - 4:00 p.m.	Borough Residents ONLY
	Wednesday, May 19 th to Friday, May 28 th 10:00 a.m. - 4:00 p.m.	Open to all City of Montreal residents
	Monday, May 31 st to Thursday, June 24 th 4:00 - 8:00 p.m. (Pool Office) As of Monday, June 28 th , 2004 Monday to Thursday 9:30 - 11:30 a.m. (Pool Office)	Open to all City of Montreal residents

Registration Dates for Sports Programs

Registration forms for sports programs may be obtained at your local recreation department.



HOUSE LEAGUE BASEBALL (All Sectors)	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents (space permitting)
MINOR SOCCER & ROLLER HOCKEY (Côte Saint-Luc & Hampstead Sectors)	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents (space permitting)
MONTREAL WEST CRA PROGRAMS	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents
SPECIALIZED SPORTS CAMPS AND SPORTS INSTRUCTIONAL PROGRAMS	Ongoing as of April 12 th , 2004	Borough Residents only

Registration Procedures & Policies

RESPONSIBILITY

Participants are reminded that they are fully responsible for any facilities and equipment supplied by the City of Montreal.

CANCELLATIONS

All programs are subject to change. If the program is cancelled when minimum registration has not been obtained, the full amount will be reimbursed automatically.

GENERAL POLICIES AND PROCEDURES

1. FEES, LOCATIONS, AND DATES ARE SUBJECT TO CHANGE.
2. Most programs have limited registration and all registration is on a first come first served basis.
3. Registration fees, and/or programs are not transferable.
4. Please note that you may only register for a program during the appropriate registration period.
5. All prices include GST & QST.
6. **Please note that a \$35.00 service charge will be charged on all payments returned from the bank.**
7. Make cheques payable to the City of Montreal.

IN PERSON (All Sectors)

You may register in person at your local Recreation Department during regular office hours (see page 3 for details).

MAIL-IN REGISTRATION (Côte Saint-Luc & Hampstead Sectors Only)

Please mail completed registration forms to your recreation department (see page 3 for addresses).

DROP-OFF (Payments by cheque only)

Côte Saint-Luc Sector

Before or after business hours, you may deposit your registration form and payment in the *James G. Butler Recreation Centre* mail slot.

Hampstead Sector

Before or after business hours, you may deposit your registration form and payment with the *Irving L. Adessky Community Centre* Concierge, during building hours. (Please call the Community Centre for hours).

Montreal West Sector

Before or after business hours, you may deposit your registration form and payment in the *John A. Simms Community Centre* mail slot.

FAX (Côte Saint-Luc Sector Only)

Fill out the registration form indicating your credit card number. Payment by credit card ONLY. Fax #: (514) 485-8629.

PAYMENTS

Côte Saint-Luc and Hampstead Sector:

Registration fees must be paid in full at the time of registration, unless otherwise stated. We accept cash, Visa, Mastercard, Interac, or cheque made payable to the City of Montreal.

Montreal West Sector:

Registration fees must be paid in full at the time of registration, unless otherwise stated. We accept cash or cheque ONLY, made payable to the City of Montreal.

GENERAL REFUND POLICY (Borough)

Refunds will only be considered upon receiving a written request. All refunds will be subject to an administrative charge of 20%. Any refund requested after the start of the program, but only up to completion of one third of said program, will be pro-rated. After completion of one third of said program, no refunds will be granted.

The above policy is applicable for all recreation programs (except for day camp and ski programs) administered by the borough of Côte Saint-Luc / Hampstead / Montreal West, (The Montreal West Civic Recreation Association is not administered by the Borough). Please note as well, Teeter Tot's program in Côte Saint-Luc has a non-refundable registration fee of \$150.00, and follows the general policy described herein once the program has started.

REFUNDS DUE TO MEDICAL REASONS (Borough)

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 20% administrative charge will be applied in all cases.

DAY CAMP REFUND POLICY (Borough)

Refunds will be granted for Borough Day Camp and Ski & Snow Board Programs up to four weeks prior to the start of these programs. A 10% administrative fee will be charged on all the refunds requested prior to the established date. All voluntary refund requests made thereafter will be subject to a 20% administrative charge and will be pro-rated weekly (i.e.: once the week has begun it is considered to have been completed). In a situation where one must withdraw due to a medical reason, a pro-rated refund minus a 10% administrative fee will apply when presented with a valid medical note.

PLEASE NOTE: THE MONTREAL WEST SECTOR CIVIC RECREATION ASSOCIATION (CRA) HAS ITS OWN SEPARATE POLICY (SEE PAGE 22 OF THIS BROCHURE) THAT SUPERSEDES THE POLICIES STATED ABOVE.

Registration Dates

for Socio-Cultural Programs, Camps, Pools & Tennis



Côte Saint-Luc Sector - Spring/Summer 2004

Registration at the James G. Butler Recreation Centre, 7500 Mackle Road

SOCIO-CULTURAL PROGRAM

CANCELLATIONS:

April 5th - 12th (inclusive), May 23rd,
May 24th, June 24th and July 1st

SOCIO-CULTURAL PROGRAMS Adults, Teens, Children, Mom & Tots Programs	Tuesday, March 9 th 2004 6:00 - 8:00 p.m. Wed. March 10 th - Fri., March 12 th , 2004 8:30 a.m. - 4:30 p.m.	Borough Residents ONLY
	Ongoing as of Monday, March 15 th , 2004	Open to all
DAY CAMP PROGRAM Maimonides, Trudeau Intermediate, C.I.T. Program, L.I.T. Program 5 - 14 year olds	Tuesday, April 6 th , 2004 - 6:00 - 8:00 p.m. Wednesday, April 7 th - Friday, April 9 th , 2004 8:30 a.m. - 4:30 p.m.	Borough Residents ONLY
DAY CAMP PROGRAM Yitzah Rabin, Trudeau Nursery 2 1/2- 5 year olds	Wednesday, April 7 th , 2004 6:00 - 8:00 p.m. Thursday, April 8 th & Friday, April 9 th , 2004 8:30 a.m. - 4:30 p.m.	Borough Residents ONLY
DAY CAMP PROGRAM All Camps	Ongoing as of Monday, April 12 th , 2004 8:30 a.m. - 4:30 p.m.	Open to all
PARKHAVEN POOL	Tuesday, April 13 th 6:00 - 8:00 p.m. Ongoing as of Wednesday, April 14 th , 2004 8:30 a.m. - 4:30 p.m.	Borough Residents ONLY
	Ongoing as of May 17 th , 2004 - 8:30 a.m. - 4:30 p.m.	Open to all
TEETER TOTS PRE-SCHOOL Fall 2004	Monday, March 29 th - Friday April 2 nd , 2004 8:30 a.m. - 4:30 p.m.	Pre-Registration for Returning Students ONLY
	Ongoing as of Monday, April 5 th , 2004 8:30 a.m. - 4:30 p.m.	Registration for New Students Borough Residents ONLY
	Ongoing as of Monday, April 19 th , 2004 8:30 a.m. - 4:30 p.m.	Registration for New Students Open to all

Hampstead Sector - Spring/Summer 2004

Registration at the Irving L. Adessky Community Centre, 30 Lyncroft Road

SOCIO-CULTURAL PROGRAMS	Ongoing as of February 24 th	Open to all
DAY CAMP PROGRAM <i>Regular Day Camp Program</i>	Monday April 5 th , 2004 7:30 a.m. - 4:30 p.m. & Tuesday, April 6 th - Friday, April 9 th 2004, during office hours (see page 3)	Borough Residents ONLY
PLAY CENTRE & LITTLE TREASURES PROGRAM	Tuesday, April 6 th , 2004 7:30 a.m. - 4:30 p.m. & Wednesday, April 7 th - Friday, April 9 th 2004, during office hours (see page 3)	Borough Residents ONLY
DAY CAMP PROGRAM, PLAY CENTRE & LITTLE TREASURES PROGRAM	As of Monday, April 12 th , 2004, during office hours (see page 3)	Open to all
POOL MEMBERSHIP & TENNIS	Monday, April 12 th - Friday, April 16 th , 2004, during office hours (see page 3)	Borough Residents ONLY
	As of Monday, April 19 th , 2004, During office hours (see page 3)	Open to all (EXCEPT POOL)
	As of May 17 th , 2004	Pool open to all

Montreal West Sector - Spring/Summer 2004

Registration at the John A. Simms Community Centre, 8 Westminster South

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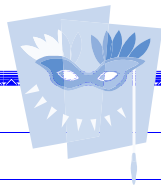
Registration Dates for Sports Programs

Registration forms for sports programs may be obtained at your local recreation department.



HOUSE LEAGUE BASEBALL (All Sectors)	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents (space permitting)
MINOR SOCCER & ROLLER HOCKEY (Côte Saint-Luc & Hampstead Sectors)	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents (space permitting)
MONTREAL WEST CRA PROGRAMS	March 8 th - March 26 th , 2004 During office hours at your local recreation department	Borough Residents & Past Participants
	March 29 th - April 2 nd , 2004 During office hours at your local recreation department	Open to all City of Montreal residents
SPECIALIZED SPORTS CAMPS AND SPORTS INSTRUCTIONAL PROGRAMS	Ongoing as of April 12 th , 2004	Borough Residents only

Special Events



Date	Event	Hours	Location
April 1 & 2, 2004	Daffodil Days	9:30 a.m. - 3:30 p.m.	Around the Borough
April 4, 2004	Cotton Tail Party	2:00 - 4:00 p.m.	50 Westminster S. (M.W.)
April 22, 2004	Volunteer Night	6:30 p.m.	50 Westminster S. (M.W.)
May 9, 2004	Lagstock	12:00 noon - 9:00 p.m.	Pierre Elliott Trudeau Park (C.S.L.)
May 19, 2004	Fun 2 B Fit	All day	Around the Borough
June, July, August 2004	Maison Fleuries Contest		Borough
June 8, 2004	Celtic Night	6:00 p.m.	Davies Park (M.W.)
June 13, 2004	Rick Hansen - Wheels in Motion Tour	T.B.A.	Around the Borough
June 13, 2004	Family Summer Celebration	6:30 p.m.	Pierre Elliott Trudeau Park (C.S.L.)
June 16, 2004	Hampstead Day	6:30 p.m.	Hampstead Park
June 23, 2004	La Fête des Québécois	6:00 p.m.	Davies Park (M.W.)
July 1, 2004	Canada Day	5:00 p.m. (MW Sector) 6:00 p.m. (CSL Sector)	Strathearn Park (M.W.) & Pierre Elliott Trudeau Park (C.S.L.)
July 6, 2004	Pet Show	6:00 p.m.	Davies Park (M.W.)
July 13, 2004	Golf Outing	6:46 a.m.	Meadowbrook Golf Course
July 13, 2004	Greek Festival	6:00 p.m.	Davies Park (M.W.)
July 20, 2004	Arabian Night	6:00 p.m.	Davies Park (M.W.)
August 8, 2004	Variety Show - Cummings Centre for Seniors Choir & Dancers	1:30 p.m.	Pierre Elliott Trudeau Park Côte Saint-Luc
August 10, 2004	Blues Night	6:00 p.m.	Davies Park (M.W.)
August 12, 2004	Yiddish Festival	7:00 p.m.	Pierre Elliott Trudeau Park (C.S.L.)
August 17, 2004	Corn Roast	6:00 p.m.	Davies Park (M.W.)

Special Activities



Activity	Schedule	Location
Scrabble Club with Bernard Gotlieb (514-484-0824)	Wednesdays 7:15 p.m.	Pierre Elliott Trudeau Park Chalet #1 (C.S.L.)
Folk Dancing	Mondays 7:30 - 9:30 p.m. July 5 th - August 23 rd , 2004	Pierre Elliott Trudeau Park Chalet #1 (C.S.L.)
Social Dancing	Wednesdays 7:00 - 9:00 p.m. July 7 th - August 25 th , 2004	Pierre Elliott Trudeau Park (C.S.L.)

Used Bicycle and Summer Sports Equipment Sale

The Montreal West Scout Group will hold its annual Used Bicycle and Summer Sports Equipment Sale on Saturday, April 17, 2004 from 9:00 - 11:00 a.m. at the Montreal West Arena. Those people with articles to sell should bring them to the Arena on Friday, April 16, 2004 between 6:30 and 8:30 p.m. There will be a 50¢ handling charge per item as well as a 20% commission on items sold.



Libraries



ELEANOR LONDON CÔTE SAINT-LUC PUBLIC LIBRARY

5851 Cavendish Boulevard, Côte Saint-Luc, Qc, H4W 2X8

Website: www.eleanorlondonlibrary.org

514-485-6900

Open daily 10:00 a.m. - 10:00 p.m. (including weekends & holidays)

Call us to:

- ◆ Find out if the library has a particular book
- ◆ Find out how to become a member of the library
- ◆ Make a reservation to use a computer....and much more.

Programs

The **BOOK CLUB** with Katherine Diamond meets one Monday evening a month at 20h00.

Upcoming dates: March 22nd, April 26th, May 31st & June 28th. For future dates please check on our website or call the library.

The **MORNING BOOK REVIEW** with Katherine Diamond meets one Monday morning a month at 10:00 a.m.

Upcoming dates: March 8th, April 19th, May 10th & June 14th. For future dates please check on our website or call the library.

MUSICAL MONDAYS with Lorne Shatner for babies 6 to 29 months. Eight sessions starting April 19th. Registration begins March 11th for borough residents, non-borough residents March 18th. Cost: \$32. Registration is limited.

WEDNESDAYS WITH LOONY LORNY (Lorne Shatner) for babies 6 to 29 months. Eight sessions, Wednesdays starting April 21st. Registration begins March 11th for borough residents, non-borough residents March 18th. Cost: \$32. Registration is limited.

NEIL CAMERON HISTORY LECTURES 8-lecture series with Neil Cameron, Fridays from 2:00 - 3:30 p.m. starting April 16th. Cost is \$30 for eight weeks or \$5 per lecture. Registration begins March 5th. Please call the library for more information.

Concerts

ENSEMBLE LES BORÉADES DE MONTRÉAL - MARCH 3RD AT 8:00 P.M.
Beatles Baroque. A concert of Beatles music played on ancient instruments. Tickets on sale at the library from January 21st.

QUATUOR MOLINARI - APRIL 29TH AT 2:00 P.M.
The works of Canadian composer R. Murray Schafer. Tickets on sale at the library from March 18th.

Art Gallery

JEUNE ESTAMPE DU QUÉBEC - UNTIL FEBRUARY 22ND
An exhibit of the works of young print makers from across the province. From the *Conseil des arts de Montréal*, as part of it's program, *Exposer dans l'île*.

CARACTÈRES - FEBRUARY 26TH TO MARCH 22ND
An exhibit of contemporary ceramic works from the *Centre de céramique Bonsecours*. From the *Conseil des arts de Montréal*, as part of it's program, *Exposer dans l'île*.

CIELS - MARCH 22ND TO MAY 2ND
Alain Lefort. Photographs in black and white.

MONTREAL WEST CHILDREN'S LIBRARY

314 Northview St., Montreal West

Telephone: **514-484-7194**

Fax: **514-485-8593**

Linda Wishart, Librarian

- ◆ Membership is free however a *Friend of the Library* donation (tax deductible) of \$20 per family per year is appreciated and is required for borrowing videos and early registration for our programs.
- ◆ Call the library mid May for summer reading programs and for the summer schedule.
- ◆ High school students: We stock the majority of books on summer reading lists (published by English secondary schools)
- ◆ The library offers books, magazines, audio & video cassettes for all ages, both English and French. Children may search our automated catalogue and build their own bibliographies using its Bookbag feature. Reference material is available for in-house use, however special loans can be made available on request.

MONTREAL WEST PUBLIC LIBRARY

45 Westminster S., Montreal West

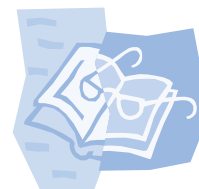
Telephone: **514-481-7441**

Fax: **514-695-5124**

Nora Powell, Director

Hours: Monday to Thursday
10:00 a.m. - 12:00 noon;
2:00 - 4:00 p.m. et 7:00 - 9:00 p.m.

- ◆ Current best sellers
- ◆ Fiction/Mysteries
- ◆ Biography/History/Travel
- ◆ Cooking/Decoration/Gardening
- ◆ Videos/C.D.s/Talking Books
- ◆ Large Print Books
- ◆ Magazines



Membership: \$15 per person/year
Tax receipts issued

Teeter-Tots Preschool Fall 2004

Côte Saint-Luc Sector

2 - 5 years old
 Morning and/or afternoon classes
 9:00 a.m. - 12:00 p.m. / 9:00 a.m. - 1:00 p.m.
 9:00 a.m. - 4:00 p.m. / 1:00 p.m. - 4:00 p.m.
 The fall session begins on September 7th until December 17th, 2004.

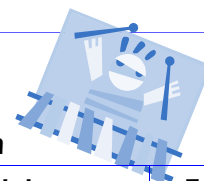
Our preschool program will enhance your child's growth and creativity in all areas of development (physical, language, social and emotional).

Good ratios Professional Educators Theme Weeks
 Arts and Crafts Cooking Gym Ice Skating
 French Science Music Special Events
 Coordination and Development Skills

Location: Pierre Elliott Trudeau Park
 Chalet #1 and Chalet #3
 Fee: \$10 - \$15 per day
 Registration: See page 5 for dates/times
 Recreation Department, 7500 Mackle Road
 For registration package and further information please call
 514-485-6806.



Parent & Tots Socio-Cultural Programs



Côte Saint-Luc Sector Spring Session, 514-485-6806 10 week session

Title	Description/Location	Schedule	Fee
Music Program 15 - 28 months	A music program that will enable parents to spend quality time with their child in a musical environment. Each class will consist of favorite songs, finger plays, new songs, movement and a hands-on experience of many percussion instruments. Location: Pierre Elliott Trudeau Park Chalet #1	Thursday, 9:15 - 10:00 a.m. Session: April 1 st - June 3 rd	\$80
Kinderkraz 18 - 30 months	This class is designed to provide quality time for parents and their children. All children will participate in art projects, stories, gym, finger plays, music and language development activities. In addition, toddlers will celebrate Shabbat (Fridays) and share a snack together with their parents and teacher. Location: Pierre Elliott Trudeau Park Chalet #1	Tuesday, 9:30 - 11:00 a.m. and/or Friday, 9:30 - 11:00 a.m. Session: March 30 th - June 4 th	1 x / wk \$105 2 x / wk \$185

Hampstead Sector Spring Session, 514-369-8260 10 week session

Mom & Tots 6 - 18 months	Course designed for moms and their young child. Includes finger play, music and movement as well as developmental activities. Location: Irving L. Adessky Community Centre	Wednesday 9:30 - 10:15 a.m. (6 - 12 mths.) 10:30 - 11:15 a.m. (12 - 18mths.) Session: March 31 st - June 2 nd	\$80
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Montreal West Sector Spring Session, 514-484-6186 10 week session

Baby Boogie 6 - 18 months	Songs with fine and gross motor activities, various instruments used every week. Children move along with the music, cuddle with mom or dad and have fun. Location: John A. Simms Community Centre, 8 Westminster South	Wednesday 9:00 - 9:45 a.m. Session: April 7 th - June 9 th	\$65
Music & Movement 18 - 36 months	Songs with fine and gross motor activities, various instruments used every week. Children move along with the music, try the instruments and have fun. Location: John A. Simms Community Centre, 8 Westminster South	Wednesday 9:45 - 10:30 a.m. Session: April 7 th - June 9 th	\$65
Parents & Tots 1 - 3 years	Provides the perfect opportunity for parent and tot to socialize and play together. Activities include free playtime, games, crafts and songs. Location: Davies Park Chalet, 8 Westminster South	Thursday 9:30 - 10:30 a.m. / 1 - 2 years 10:30 - 11:30 a.m. / 2 - 3 years Spring: April 8 th - June 10 th Summer: Jul. 8 th - Aug. 19 th	\$55 Spring \$40 Summer
Sporty Mom Fitness	To help moms regain cardiovascular fitness and muscular strength and endurance. Location: Point of Service, 50 Westminster South	Wednesday 9:45 - 10:45 a.m. Session: April 7 th - June 9 th	\$50

Children and Teens Socio-Cultural Programs



Côte Saint-Luc Sector Spring Session, 514-485-6806 10 week session

Title	Description/Location	Schedule	Fee
Fun with Music 3 - 5 years	A fun and educational program in which children learn all the basic elements of music rhythm, pitch, tone & dynamics. Learn new songs and enjoy old favourites. Location: Pierre Elliott Trudeau Park Chalet #1	Monday 1:15 - 2:00 p.m. Session: March 29 th - May 31 st	\$80
Awesome Art Mania 3 years & up <i>New</i>	Don't miss out on a fun, creative and educational way of viewing art. Children will be able to create their own masterpieces through a variety of art discovery. Location: Pierre Elliott Trudeau Park Chalet #1	Wednesday 1:15 - 2:15 p.m. (3 - 5) Sunday 12:30 - 1:30 p.m. (6 - 10) Sunday 1:30 - 2:30 p.m. (10 & up) Session: March 28 th - June 2 nd	\$75
Dynamite Dancing 3 - 5 years	Children will have loads of fun learning about basic dance steps and coordination. Location: Pierre Elliott Trudeau Park Chalet #1	Tuesday 1:15 - 2:15 pm Session: March 30 th - June 1 st	\$50
Parents & Child Clay 5 - 10 years	Experience together with your child different techniques of moulding, hand crafting, glazing and firing while transforming it into a piece of art. Location: Pierre Elliott Trudeau Park Chalet #1	Sunday 10:00 - 11:30 a.m. Session: April 18 th - June 20 th	\$105
Clay Creations 5 years and up	Experience the different techniques of moulding, hand crafting, glazing and firing while transforming it into a piece of art. Location: Pierre Elliott Trudeau Park Chalet #1	Wed. 2:50 - 3:50 p.m. (5 - 6 yrs) Tues. 4:30 - 6:00 p.m. (7-9 yrs) Wed. 4:30 - 6:00 p.m. (10 yrs & up) Session: April 13 th - June 16 th	\$80
Hip Hop Dance 7 - 12 years	Each session incorporates the basic dance techniques of funk and street style dance. Location: Samuel Moskovitch Arena Studio Room	Sunday 10:00 - 11:00 a.m. Session: March 28 th - May 30 th	\$65
Mom & Daughter Pilates	Together moms and daughters can discover the ever so popular pilates workout. Enjoy the pleasures of physical well being while spending special quality time together. Location: Côte Saint-Luc Gym	Sunday 10:00 - 11:15 a.m. Session: March 28 th - May 30 th	\$85
Teen Hip Hop 13 - 18 years	A workout with a warm up, techniques and choreography to recent music hits. Suitable for all levels. Location: Samuel Moskovitch Arena Studio Room	Sunday 11:15 am. - 12:15 p.m. Session: March 28 th - May 30 th	\$65

Côte Saint-Luc Sector Summer Session, 514-485-6806 8 week session

Mom & Daughter Pilates <i>New</i>	Together moms and daughters can discover the ever so popular pilates workout. Enjoy the pleasures of physical well being while spending special quality time together. Location: Côte Saint-Luc Gym	Sunday 10:00 - 11:15 a.m. Session: June 6 th - July 25 th	\$65
Awesome Art Mania <i>New</i> 6 years and up	Don't miss out on a fun, creative and educational way of viewing art. Children will be able to create their own masterpieces through a variety of art discovery. Location: Pierre Elliott Trudeau Park Chalet #1	Sunday 12:30 - 1:30 p.m. (6 - 10) Sunday 1:30 - 2:30 p.m. (10 & up) Session: June 6 th - July 25 th	\$55

Children and Teens Socio-Cultural Programs, cont'd



Hampstead Sector Spring Session, 514-369-8260 10 week session

Title	Description/Location	Schedule	Fee
Rythmic Gymnastics 4 - 9 years	Same great gymnastics program as always but with some added exciting elements such as ribbons and batons Location: Irving L. Adessky Community Centre, 30 Lyncroft	Wednesday 3:30 - 4:30 p.m. (4 - 6 yrs) 4:30 - 5:30 p.m. (7 - 9 yrs) Session: March 31 st - June 2 nd	\$70
Kyokushin Karate 5 years or older	Learn the basics of karate or improve your skills! A specific uniform is required and is available to purchase through the instructor at the start of the program. The cost of the uniforms and examinations are an additional fee to that of the course itself. Location: Irving L. Adessky Community Centre, 30 Lyncroft	Beginner: Thursday, 4:30 - 5:30 p.m. Advanced: Tuesday and Thursday 5:30 - 6:30 p.m. Session: March 30 th - June 3 rd	Beginner: \$85 Advanced: \$120
Short Sports 3 - 6 years	This active program includes adventurous activities such as running, ball throwing, parachute play, obstacle courses and many more fun games. The instructor will help the children gain body awareness, balance, coordination, cooperation and help them stretch their imagination. Children should be dressed in clothing appropriate for active play. Location: Irving L. Adessky Community Centre, 30 Lyncroft	Thursdays 1:15 - 2:00 p.m. (3 - 4 yrs) 2:00 - 2:45 p.m. (3 - 4 yrs) 2:45 - 3:30 p.m. (5 - 6 years) Session: April 1 st - June 3 rd	\$85
Mini Short Sports 2 - 3 years	This is an adapted version of the ever so popular short sports. The instructor will help the children gain body awareness, balance, coordination, cooperation and help them stretch their imagination. Children should be dressed in clothing appropriate for active play. Location: Irving L. Adessky Community Centre, 30 Lyncroft	Thursdays 10:00 - 10:45 a.m. 10:45 - 11:30 a.m. Session: April 1 st - June 3 rd	\$85
Ballet 3 - 6 years	Classical ballet lessons for young girls. This class will help your child develop concentration, discipline, poise, confidence and coordination. Location: Irving L. Adessky Community Centre, 30 Lyncroft	Mondays 3:30 - 4:30 p.m. (3 - 4 yrs) 4:30 - 5:30 p.m. (5 - 6 yrs) Session: March 29 th - May 31 st	\$70
Music & Movement 2 - 5 years	Bring your child to explore instruments, sing along and rhythm exercises; they will express their ideas and creative interpretation through melodic sounds. Children will learn various dances and fun movement games through music. Parents are welcome! Location: 30 Lyncroft, Hampstead Park	Mondays 10:15 - 11:15 a.m. (2 - 3 yrs) 11:15 a.m. - 12:15 p.m. (4 - 5 yrs) Session: March 29 th - May 31 st	\$80



Children and Teens Socio-Cultural Programs, cont'd

Montreal West Sector Spring Session, 514-484-6186 10 week session



Title	Description/Location	Schedule	Fee
Creative Playgroup 2 - 3½ years	An arts and crafts program that will enhance the children's creativity and improve their social skills. Location: John A. Simms Community Centre	Tuesday & Thursday 9:00 - 11:00 a.m. Session: April 6 th - June 10 th	\$100
Bilingual Discovery 2 - 3½ years	Introduces children to both English & French languages through games, play and stories. Location: Davies Park Chalet	Monday & Wednesday 9:00 - 11:30 a.m. Session: April 5 th - June 9 th	\$100
Les Amis 3½ - 5 years	Emphasis on learning French through social interaction, games, theme days and stories. Location: Davies Park Chalet	Tuesday & Thursday 1:00 - 4:00 p.m. Session: April 6 th - June 10 th	\$100
Little Buddies 3½ - 5 years	A bilingual program where children can play, socialize and interact with one another. Theme days, arts and crafts, gym, and much more! Location: John A. Simms Community Centre	Monday to Friday 9:00 a.m. - 12:00 p.m. Session: April 5 th - June 11 th	\$90/1 day \$155/2 days \$210/3 days \$265/4 days \$310/5 days
Chess 6 years & over	Learn the basics or brush up on your chess skills. Each class focuses on theory, rules, game strategies and playing time. Location: John A. Simms Community Centre	Friday 4:00 - 5:30 p.m. Session: April 9 th - June 11 th	\$40
Awesome Visual Arts 6 - 12 years	Introduce children to a variety of art making processes used in visual arts. At the end of the session, the parents will be invited to a vernissage to view their child(ren)'s best works. Location: John A. Simms Community Centre	Wednesdays 4:00 - 5:30 p.m. (6 - 8 yrs) 5:45 - 7:15 p.m. (9 - 12yrs) Session: April 7 th - June 9 th	\$45 <i>plus supplies (approx. \$45)</i>
Job Co-op Information: 514-484-6186	The Youth program runs a job co-op which is a service designed to link eager, responsible teens with residents who need a helping hand with odd jobs around the home. We are looking for painters, gardeners, window washers, house cleaners, carpenters, lawn mowers etc... Whatever it is you need, we have teenagers who are eager to serve you.		
Red Cross Babysitting 11 years & over	Learn to baby sit the right way! This course is designed to enable teens to learn the skills required to carry out babysitting duties safely. Location: John A. Simms Community Centre (6 weeks)	Thursday (French) Friday (English) 4:00 - 5:30 p.m. Session: April 8 th - May 13 th	\$35
Body Blitz 10 - 13 years	Designed for the individual who wishes to become more physically active, build and tone muscles, while listening to the latest hits. Stability balls and mini trampolines used. Location: Montreal West Point of Service, 50 Westminster South	Tuesday 6:00 - 7:00 p.m. Session: April 6 th - June 8 th	\$50
Hip Hop Dance 10 - 16 years	Come and learn the latest in hip hop dance. Location: Montreal West Point of Service, 50 Westminster South	Tuesday (14 - 16 years) Thursday (11 - 13 years) 6:00 - 7:00 p.m. Session: April 6 th - June 10 th	\$50
Yoga for Girls 14 - 17 years	Enjoy basic meditation while increasing personal strength. Bring your own sticky mat. Location: Montreal West Point of Service, 50 Westminster South	Monday 6:00 - 7:10 p.m. Session: April 5 th - June 14 th	\$50
Mom & Daughter Yoga 14 - 17 years	Come and enjoy a power yoga workout while spending quality time together. Develop posture and core body strength. Bring your own sticky mat. Location: Montreal West Point of Service, 50 Westminster South	Wednesday 6:00 - 7:10 p.m. Session: April 7 th - June 9 th	\$60
Teen Yoga 13 - 17 years	Enjoy basic meditation while increasing personal strength. Bring your own sticky mat. Location: Montreal West Point of Service, 50 Westminster South (8 weeks)	Sunday 4:00 - 5:30 p.m. Session: April 18 th - June 13 th	\$45

Children & Teen Socio-Cultural Programs, cont'd

Montreal West Sector Summer Session, 514-484-6186 8 week session



Title	Description/Location	Schedule	Fee
ABC Playgroup 2 - 3½ years	A playgroup to enhance the children's social and group skills through various activities. Location: Davies Park Chalet	Thursday 9:00 - 11:30 a.m. Session: July 8 th - August 19 th	\$65
Art Is Us 2 - 3½ - years	Each week a new art form will be discovered in a fun and interactive environment through games and activities. All projects will be displayed at the end of the summer. Location: John A. Simms Community Centre	Monday & Wednesday 9:00 a.m. - 11:30 a.m. Session: June 28 th - August 18 th	\$95
Fun & Sun 3 - 4½ years	A physical activity playgroup. Location: Davies Park Chalet	 Tuesday & Thursday 1:00 - 3:30 p.m. Session: June 29 th - August 19 th	\$95
Little Buddies I & II 3½ - 5 years	A bilingual program where children can play, socialize and interact with one another. Theme days, arts and crafts, gym, and much more! Location: John A. Simms Community Centre	I - Mon./Wed./Thur. II - Tue./Wed./Fri. 9:00 a.m. - 12:00 p.m. Session: June 28 th - August 20 th	\$185
Split, Spill & Splatter 3 - 4½ years	Arts & crafts program offering crafting fun, including cut & paste, painting and many special projects. Location: John A. Simms Community Centre	Tuesday 9:00 - 11:30 a.m. Session: July 6 th - August 24 th	\$60
Creative Adventures 3½ - 5 years	Stories, activities and games with friends. Outdoor activities and special theme days are included. Location: John A. Simms Community Centre	Monday, Wednesday & Friday 1:00 - 4:00 p.m. Session: June 28 th - August 20 th	\$185
Les Amis 5 - 7 years	Emphasis on learning French through social interaction, games, theme days, arts & crafts and stories. Location: John A. Simms Community Centre	Monday to Friday 9:00 a.m. - 1:00 p.m. Session: June 28 th - August 20 th	\$195/ 3days \$265/ 5 days
Summerfest 2004 5½ - 7 years	Includes games, gym program, theme days, arts & crafts and more. Location: Davies Park Chalet and John A. Simms Community Centre	Monday, Wednesday & Friday 1:00 - 4:00 p.m. Session: June 28 th - August 20 th	\$205
Friends & Fun 8 - 10 years	Includes games, gym program, theme days, arts & crafts as well as outings in the area. Location: Davies Park Chalet and John A. Simms Community Centre	Monday, Wednesday & Friday 1:00 - 4:00 p.m. Session: June 28 th - August 20 th	\$205
Youth Cycling Club 10 years & over	Each week the group will explore various parts of the city via the many bicycle paths. Trips include Old Montreal, Lachine and Ste-Anne de Bellevue. You will also learn basic bike repair. Location: Meet at Arena, 220 Bedbrook	Friday 1:00 - 4:00 p.m. Session: July 2 nd - August 20 th	\$40 <i>plus spending money</i>
Youth Travel Club 10 - 12 years	Each week the group will visit various parts of the city and participate in excursions such as museums, La Ronde, waterslides, golf, baseball games, camping trips, Imax etc... Location: Meet at Arena, 220 Bedbrook	Wednesday 9:30 a.m. - 4:00 p.m. Session: June 30 th - August 18 th	\$40 <i>plus cost of trips</i>
Outdoor Adventure Club 10 - 12 years	Design your summer program with the Community Centre animators, involving recreational activities, outings and theme days. (Option of Wednesday Travel Club) Location: John A. Simms Community Centre	Tues. & Thur. 1:00 - 4:00 p.m. Wed. 9:00 a.m. - 4:00 p.m. Session: June 29 th - August 19 th	\$140 <i>plus cost of trips</i>

Adult Socio-Cultural Programs (10 weeks)



Côte Saint-Luc Sector Spring Session, 514-485-6806


Côte Saint-Luc Park is the former Rembrandt Park

Title	Description/Location	Schedule	Fee
Watercolor	Learn the basics of watercolor techniques using still life and photographs. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Tuesday 9:30 a.m. - 12:00 p.m. or Wednesday 1:00 - 3:30 p.m. Session: March 30 th - June 2 nd	\$145 \$115 Senior
Oil, Acrylic & Watercolor	A course designed for all levels of painting. Still life, photographs and live models will be used to develop technical skills and allow for creative expression. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Tuesday 7:00 - 9:30 p.m. Session: March 30 th - June 1 st	\$145 \$115 Senior
Drawing & Painting	Acquire drawing skills by working from still life, models and photographs. For all skill levels. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Wednesday 9:30 a.m. - 12:00 p.m. Session: March 31 st - June 1 st	\$145 \$115 Senior
Oil & Acrylic Paint	This course covers perspective skills, color mixing and technique of the media. Still life, photographs and models will be used as subject matter. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Wednesday 1:00 - 3:30 p.m. Session: March 31 st - June 2 nd	\$145 \$115 Senior
Mixed Media	Explore two-dimensional work in a variety of mediums. Charcoal, pastel, watercolor, acrylic and oil will be introduced. Models will be included. A list of necessary supplies will be available at the first class. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Thursday 9:30 a.m. - 12:00 p.m. Session: April 1 st - June 3 rd	\$145 \$115 Senior
Soapstone Sculpture	Experience the excitement of direct stone carving. Supplies not included. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Tuesday 1:00 - 3:30 p.m. OR Thursday 1:00 - 3:30 p.m. Session: April 1 st - June 1 st	\$145 \$115 Senior
Advanced Painting Techniques	Advance your painting skills and enjoy the experience of different techniques in the art world. Location: Côte Saint-Luc Park Chalet (<i>formerly Rembrandt Park</i>)	Friday 9:30 a.m. - 12:00 p.m. Session: April 2 nd - June 4 th	\$145 \$115 Senior
Clay for Adults	Experience the different techniques of molding, handcrafting, glazing and firing a piece of clay into a work of art. Location: Pierre Elliott Trudeau Park Chalet #1	Tuesday 7:00 - 8:30 p.m. Session: April 13 th - June 15 th	\$145 \$115 Senior
 Bridge	Series I Series II > Please call the recreation department for details. Series III Series IV - Supervised play: 6 or 12 lessons Location: Pierre Elliott Trudeau Park Chalet #1 (12 weeks)	<u>Series I</u> Monday 7:00 - 9:00 p.m. Session: Mar. 29 th - May 31 st <u>Series II</u> Tuesday 7:00 - 9:00 p.m. Session: March 30 th - June 1 st <u>Series III</u> Wednesday 7:00 - 9:00 p.m. Session: March 31 st - June 2 nd <u>Series IV</u> Thursday 7:00 - 9:00 p.m. Session: April 1 st - June 17 th	<u>Series I, II & III:</u> \$110 <u>Series IV:</u> \$65 (6 wks.) \$110 (12 wks.)

Adult Socio-Cultural Programs, cont'd

Côte Saint-Luc Sector Spring Session, 514-485-6806



Title	Description/Location	Schedule	Fee
Social Dancing	Acquire the basic skills and techniques of the Fox Trot, Waltz, Cha Cha and Rumba. Location: Pierre Elliott Trudeau Chalet #1	Sunday Beginner I - 5:00 - 6:00 p.m. Beginner II - 6:00 - 7:00 p.m. Intermediate I - 7:00 - 8:00 p.m. Intermediate II - 8:00 - 9:00 p.m. Advanced - 9:00 - 10:00 p.m. Session: March 29 th - May 31 st	<u>Per Couple</u> \$95
Shape & Tone	A fun and fit jazz exercise class with a thorough warm up and a well balanced work out. Body shaping, muscle tightening and floor work is included. Location: Samuel Moskovitch Arena Studio Room	Monday 7:00 - 8:00 p.m. Session: March 29 th - May 31 st Wednesday 7:00 - 8:00 p.m. Session: March 29 th - May 31 st	\$65 1x \$130 2x
Tai chi 	Tai Chi is an ancient form of exercise that is designed to improve health, increase energy and enhance relaxation. It is a form of martial art that can be practiced by anyone at any age. In its philosophical nature, Tai Chi is the perfect way to tone and harmonize the body and mind in a more strengthened and conscious union. Location: Samuel Moskovitch Arena Studio Room	<u>Beginner:</u> Monday 10:00 - 11:00 a.m. Tuesday 6:15 - 7:15 p.m. <u>Intermediate:</u> Monday 11:15 a.m. - 12:15 p.m. Tuesday 7:30 - 8:30 p.m. Sessions: March 29 th - June 1 st	\$70
Line Dancing	All levels! Dancing to country and popular music. Today's most exciting new dance craze. A fun way to exercise. Location: Côte Saint-Luc Gymnasium	<u>Beginner:</u> Monday 6:30 - 7:30 p.m. OR <u>Intermediate:</u> Monday 7:30 - 8:30 p.m. Session: March 30 th - May 31 st	\$65
Pump & Stretch	This class includes a warm-up, muscle toning using light weights and stretching to promote relaxation. Bring your own hand weights. Location: Côte Saint-Luc Gymnasium (Tuesday & Thursday), Samuel Moskovitch Arena Studio Room (Wednesday)	Tuesday 9:00 - 10:15 a.m. and/or Wed. 9:00 - 10:15 a.m. and/or Thursday 9:00 - 10:15 a.m. Session: March 30 th - June 3 rd	\$65/ 1x \$130/ 2x \$195/ 3x
Yoga	The style is Kripala, a form of Hatha Yoga. Emphasis is placed on breath awareness, posture alignment and basic meditation. Please bring a cushion to each class, not a sleeping pillow. Location: Côte Saint-Luc Activity Room in Gymnasium	Tuesday 10:30 - 11:45 a.m. and/ or Friday 10:30 - 11:45 a.m. Session: March 30 th - June 1 st	\$70/ 1x \$125 / 2x
Mindfulness Based Stress Reduction Program (this course is offered in French)	Discover an effective and empowering approach towards coping with stress and pain in your life. This course will introduce you on how to take care of yourself by mobilizing your own inner resources of mind and body for coping and for healing all within a supportive environment. Materials Required: 2 audio cassettes and a personal workbook for your home use (cost is \$50 to be paid to the instructor at the first class) In addition, there will be a retreat day scheduled for the class. Date to be determined by the instructor and students. Location: Côte Saint-Luc Activity Room in Gymnasium	Wednesday 6:00 - 8:00 p.m. Session: March 31 st - June 2 nd	\$175
Power Lunch Stress Relief	Unwind during your lunch hour by getting rid of built up stress through physical activity. A pleasant change to the day! Suitable for all levels. Location: Samuel Moskovitch Arena Studio Room	Monday, Wednesday, Friday 12:30 - 1:30 p.m. Session: March 29 th - June 4 th	\$75
Pilates	Discover the ever so popular pilates workout. Shape and tone your body with this new style of physical well being. Location: Côte Saint-Luc Gymnasium	Friday 9:00 - 10:15 a.m. Session: April 2 nd - June 4 th	\$75

Adult Socio-Cultural Programs, cont'd

Côte Saint-Luc Sector Summer Session, 514-485-6806

Title	Description/Location	Schedule	Fee
Watercolor	Learn the basics of watercolor techniques using still life and photographs. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet	Monday 1:00 - 3:30 p.m. or Tuesday 9:30 a.m. - 12:00 p.m. Session: June 7 st - July 27 th	\$115 \$86 Senior
Oil, Acrylic & Watercolor	A course designed for all levels of painting. Still life, photographs and live models will be used to develop technical skills and allow for creative expression. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet	Tuesday 7:00 - 9:30 p.m. Session: June 8 th - July 27 th	\$115 \$86 Senior
Drawing & Painting	Acquire drawing skills by working from still life, models and photographs. For all skill levels. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet	Wednesday 9:30 a.m. - 12:00 p.m. Session: June 9 th - July 28 th	\$115 \$86 Senior
Oil & Acrylic Painting	This course covers perspective skills, color mixing and technique of the media. Still life, photographs and models will be used as subject matter. Supplies not included. A list of materials will be available at the first class. Location: Côte Saint-Luc Park Chalet	Wednesday 1:00 - 3:30 p.m. Session: June 9 th - July 28 th	\$115 \$86 Senior
Mixed Media	Explore two-dimensional work in a variety of mediums. Charcoal, pastel, watercolor, acrylic and oil will be introduced. Models will be included. A list of necessary supplies will be available at the first class. Location: Côte Saint-Luc Park Chalet	Thursday 9:30 a.m. - 12:00 p.m. Session: June 10 th - July 29 th	\$115 \$86 Senior
Soapstone Sculpture	Experience the excitement of direct stone carving. Supplies not included. Location: Côte Saint-Luc Park Chalet	Tuesday 1:00 - 3:30 p.m. OR Thursday 1:00 - 3:30 p.m. Session: June 8 th - July 29 th	\$115 \$86 Senior
Yoga	The style is Kripalu, a form of Hatha Yoga. Emphasis is placed on breath awareness, posture alignment and basic meditation. All levels - mixed class. Please bring a cushion to each class - not a sleeping pillow. Please note that there are no classes on June 24th & July 1st Location: Samuel Moskovitch Arena Studio Room	Tue. 10:30 - 11:45 a.m. and/or Thu. 10:30 - 11:45 a.m. Session: June 8 th - July 29 th	\$60 / 1x \$120 / 2x
Tai Chi	Tai Chi is an ancient form of exercise that is designed to improve health, increase energy and enhance relaxation. In its philosophical nature, Tai Chi is the perfect way to tone and harmonize the body and mind in a more strengthened and conscious union. Location: Samuel Moskovitch Arena Studio Room	<u>Beginner:</u> Monday 10:00 - 11:00 a.m. or Tue. 6:15 - 7:15 p.m. <u>Intermediate:</u> Mon. 11:15 a.m. - 12:15 p.m. or Tuesday 7:30 - 8:30 p.m. Session: June 7 th - July 27 th	\$60
Advanced Painting Techniques	Advance your painting skills and enjoy the experience of different techniques. Location: Côte Saint-Luc Park Chalet	Friday 9:30 a.m. - 12:00 p.m. Session: June 11 th - July 30 th	\$115 \$86 Senior
Bridge	For course descriptions of Series I, II, III please call the Recreation Department at 514-485-6806. Series IV - Supervised Play Location: Pierre Elliott Trudeau Park, Chalet #1	7:00 - 9:00 p.m. Series I - Monday Series II - Tuesday Series III - Wednesday Series IV - Thursday Session: June 7 th - July 29 th	<u>Series I, II, III:</u> \$90 Series IV: \$45 (5 wks) \$90 (10 wks)

Adult Socio-Cultural Programs, cont'd



Hampstead Sector, 514-369-8260

Title	Description/Location	Schedule	Fee
Ballroom Dancing	Course includes instruction in the Cha Cha, the Rumba, the Merenge, the Triple Swing, the Mambo, the Tango, the Fox Trot and the Waltz. Location: Irving L. Adessky Community Centre	Tuesday 7:30 - 9:00 p.m. Session: May 4 th - August 4 th (14 wks.) Register as of March 30 th	\$200 per couple
Pilates	Gain strength, flexibility, alignment, muscle balance and physical awareness. This new Pilates program is the new style to being fitter. Location: Irving L. Adessky Community Centre	Monday or Wednesday AM (Tentative) 10 weeks	\$75
Self Defense	Don't let yourself be taken by surprise. Take action and defend yourself! Learn to effectively avoid and escape a confrontation. Location: Irving L. Adessky Community Centre	Sunday 11:00 a.m. - 12:30 p.m. 6 weeks	\$65

Montreal West Sector, 514-484-6186

Stability Ball	Challenge yourself and your knowledge of "functional" upper and lower strength training. This program will be geared to those who cannot do impact works on the functional needs of the body. Location: Montreal West Point of Service, 50 Westminster South	Tuesday & Thursday 7:15 - 8:30 p.m. Sessions: April 6 th - June 10 th (10 wks)	\$70
Salsa	Participants in this class will learn the basic steps and techniques of one of the most exciting Latin dances. No partners required. Location: Montreal West Point of Service, 50 Westminster South	Level I: Monday 7:15 - 8:45 p.m. Level II: Wednesday 7:15 - 8:45 p.m. Session: April 5 th - June 16 th	\$65

Senior Socio-Cultural Programs



Côte Saint-Luc Sector, 514-485-6819

Senior Social Club	<i>Designed for seniors 55 years and over</i> 7101 Côte St-Luc Road, Suite 203, Côte Saint-Luc , Quebec H4V 1J2 Members meet every Wednesday afternoon for stimulating and informative programs. Interesting and relaxing day trips are planned. Activities include guest speakers, entertainers, fitness, canasta and mah jongg. Bridge is played every Tuesday and Thursday afternoon and is open to all members. For further information, please call the Club office at 514-485-6819 .
Senior Men's Club	<i>Designed for seniors 60 years and over</i> 7101 Côte St-Luc Road, Suite 203, Côte Saint-Luc , Quebec H4V 1J2 Members meet every Thursday morning at 9:15 a.m. and listen to informative and provocative speakers. Activities include: fitness, bowling, bridge, golf, choral and discussion groups. For further information, please call the Club office at 514-485-6819 .
Creative Social Centre	<i>Chevra Kadisha B'Nai Jacob Synagogue</i> 5237 Clanranald, Montreal, Quebec The Creative Social Center is open five days a week all year round, providing educational, recreational, cultural and leisure activities. Day and overnight outings to museums, art galleries and theatre are offered. Nutritious meals are served in the lunchroom. For further information, you are invited to visit or call the office at 514-488-0907 .
Daily Hello-Bonjour	This is a free service available to Borough residents who live alone. Volunteers will call you Monday to Friday, at a pre-arranged time to check on your well-being. For further information please call the Senior Social Centre at 514-485-6819 .
Info-Abus Line	The Info-Abus Line, an Elder Abuse confidential listening, support and information telephone service is available to help break the silence of older adults being physically, psychologically and/or financially abused or neglected. If you would like to talk or want information on the options that are available to you or someone you know, call 514-489-ABUS (2287) .

Senior Socio-Cultural Programs, cont'd

Important Phone Numbers	Residences		Pre-Retirement Complex	
	Caldwell Residences (office)	514-737-7774	Saint-Patrick's Square	514-481-9609
	Griffith McConnell Residence	514-482-0590	Geriatric Hospital	
	King David	514-486-1157	Maimonides	514-483-2121
	Le Waldorf	514-369-1000	Hospital	
Manoir Montefiore	514-485-5994	Mount Sinai Hospital Centre	514-369-2222	
The Aristocrat	514-481-7731			

Hampstead Sector, 514-485-6819

55+ Program	Seniors 55+, come join us every Tuesday at 2:00 p.m. at the Irving L. Adessky Community Centre in Hampstead Park. We will be offering a variety of activities such as outings, lectures, yoga, tai chi, movies, parties and much more! Coffee, tea and cookies are served. For more information please call Loretta Anisef at 485-6813. Please note that from June 21 st to August 20 th , all senior's activity times will vary depending upon the activity. Please call Loretta Anisef for details closer to the date.
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Montreal West Sector, 514-484-6186

Title	Description/Location	Schedule	Fee
Diner's Club	This club will take you to a different restaurant each month allowing you to enjoy Montreal's finest cuisines. Location: varies	Call the Community Centre (484-6186) for details Session: year round	varies
Travel Club	Get away from it all inexpensively to places in and out of the city and province. Most trips are scheduled on weekdays and consist of single day excursions, however longer trips are also available. Meeting Location: Montreal West Sector Community Centre	Meetings are the last Friday of each month (for all) at 10:00 a.m. (there are a few exceptions)	Varies depending upon trip
Senior Yoga	Non impact class to improve strength, flexibility and balance. 10 weeks Location: Montreal West Point of Service, 50 Westminster S.	Wednesday 10:00 - 11:00 a.m. Session: April 7 th - June 9 th	\$50
Marathon Bridge	A bridge club for those having a keen sense of competitive fun. You can play in both groups but you must register. Space is limited. No bridge from June - Sept Location: Montreal West Sector Community Centre	Group 1 - Last Tues. of each month Group 2: 2nd Mon. of each month 1:30 - 3:30 p.m.	\$1.50
V.O.N. Foot Clinic	For seniors requiring help maintaining toenails/feet in optimum condition. Basic pedicure and cleaning of toenails, identification and assessment of foot conditions. By appointment only. Location: Montreal West Sector Community Centre	Every 2nd Wednesday 1:00 - 4:00 p.m. Year round	\$20 per visit <i>plus</i> \$5 <i>yearly membership</i>
Speakers Luncheon	Call the Community Centre for a list of speakers. Location: Montreal West Sector Community Centre or Point of Service	Monday (once a month) 11:45 a.m. - 2:00 p.m. Ends in May	\$7 each (<i>price may vary</i>)
Morning Breakfast Club	Come and enjoy breakfast with friends while enjoying a presentation on the great cities of the world.	Friday 9:30 a.m. - 12:00 p.m. End of May - early October	\$10 each

Children's Sports Programs

Coaches Needed

Volunteers are needed to coach our teams for minor baseball, soccer and roller hockey.

No experience is required. Coaching clinics will be held in April. To register for one of the coaching clinics (minor baseball, soccer, and roller hockey, please contact your local recreation department.

Referees, Umpires & Instructors Needed:

Baseball, Roller Hockey, Soccer

Please contact:
Alvin Fishman at the Côte Saint-Luc Recreation Department at 514-485-6809
Mike Klaiman at the Hampstead Recreation Department



Minor Baseball

House League Baseball (All sectors)

For Montreal West Sector Novice & Atom Baseball please refer to page 22 of this brochure.



This year's baseball program will be better than ever. We will be placing a new emphasis on skill development in addition to games. It is a recreational and fun league for your children to learn the basics of baseball.

REGISTRATION

March 8th - March 26th Borough residents and past participants ONLY
March 29th - April 2nd Open to all residents of the City of Montreal (space permitting).

Session: The league will run from Mon., May 3rd until Thur., June 24th (weather permitting).

PLEASE RESPECT THE DEADLINES AS THEY WILL BE STRICTLY ENFORCED.

Category	Schedule	Sector	Grade	Fee
T-Ball	Monday	Côte Saint-Luc/Hampstead <i>For Montreal West Sector see page 23</i>	Kindergarten only	\$75
Atom	Thursday	Côte Saint-Luc/Hampstead <i>For Montreal West Sector see page 23</i>	Grades 1 & 2	\$85
Mosquito	Tuesday	Côte Saint-Luc/Hampstead/Montreal West	Grades 3 & 4	
Pee Wee	Wednesday	Côte Saint-Luc/Hampstead/Montreal West	Grades 5 & 6	\$90
Bantam	Monday	Côte Saint-Luc/Hampstead/Montreal West	Grades 7 & 8	

Inter-Community Borough Baseball Côte Saint-Luc Sector ONLY

The Inter-Community baseball program is for the more competitive child who is seeking a challenge and wants to travel to other communities to play. All house league players (**Côte Saint-Luc sector residents ONLY**) are eligible to try out. There are three categories in this league:

- Mosquito** Born in 1993-94
- Pee Wee** Born in 1991-92
- Bantam** Born in 1989-90

Registration for Inter-Community try-outs (**Côte Saint-Luc residents ONLY**) will take place from Monday, March 8th to Friday, March 12th during the day at the James G. Butler Recreation Centre, 7500 Mackle Road. Games and practices are held both during the week and on the weekends in the inter-community league from the end of April until the end of June. To try out for these teams you **MUST** register first for the house league and pay the basic fee, then if you are selected for the team, you will be required to pay an **additional Inter-Community fee of \$30**. Please make cheques payable to the City of Montreal.

Inter-Community Borough Baseball Hampstead Sector ONLY


The Inter-Community baseball program is for the more competitive child who is seeking a challenge and wants to travel to other communities to play. All house league players (**Hampstead sector residents ONLY**) are eligible to try out. There are three categories in this league:

- Mosquito** Born in 1993-94
- Pee Wee** Born in 1991-92
- Bantam** Born in 1989-90

Registration for Inter-Community try-outs (**Hampstead residents ONLY**) will take place from Monday, March 8th and Friday, March 12th during the day at the Irving L. Adessky Community Centre, 30 Lyncroft Rd. Games and practices are held both during the week and on the weekends in the inter-community league from the end of April until the end of June. To try out for these teams you **MUST** register first for the house league and pay the basic fee, then if you are selected for the team, you will be required to pay an **additional Inter-Community fee of \$30**. Please make cheques payable to the City of Montreal.

Children's Sports Programs, cont'd

Minor Soccer

<p>Minor Soccer General Information (Côte Saint-Luc & Hampstead Sectors)</p>	<p>Basic instruction will be provided in a non-competitive setting. House leagues will be developed in several divisions.</p> <p>REGISTRATION March 8th - March 26th Borough residents/ past participants ONLY March 29th - April 2nd Non borough residents (on availability basis only) From April 5th Registration based on availability only</p> <p>Season: Monday, April 26th - Thursday, June 17th (weather permitting) Equipment: Players must wear soccer cleats or a sturdy pair of running shoes. Soccer shin pads are compulsory. A team jersey will be provided.</p> <p>PLEASE RESPECT THE DEADLINES AS THEY WILL BE STRICTLY ENFORCED.</p>	
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<p>Minor Soccer Côte Saint-Luc Sector</p> <p>Games will be played at:</p> <ul style="list-style-type: none"> • Wagar High School • Bialik High School • Singerman Park • Kirwan Park • Côte Saint-Luc Park • Ruth Kovac Park 	Category	Schedule	Grade	Fee
	Squirts (for children entering Kindergarten September 2004)	Tuesdays & Thursdays (times T.B.A.)	Pre-K	\$80
	Micro (open to boys and girls)	Tuesdays (times T.B.A.)	Kindergarten only	
	Atom	Mondays (times T.B.A.)	Grades 1 & 2	
	Mosquito	Wednesdays (times T.B.A.)	Grades 3 & 4	
	Pee Wee	Thursdays (times T.B.A.)	Grades 5 & 6	
	Bantam	T.B.A.	Grades 7 & 8	
	Atom Girls	Mondays (times T.B.A.)	Grades 1 & 2	
Pee Wee Girls	Wednesdays (times T.B.A.)	Grades 3 - 5		

<p>Minor Soccer Hampstead Sector</p> <p>Games will be played at:</p> <ul style="list-style-type: none"> • Applewood Park • Hampstead Park 	Category	Schedule	Grade	Fee
	Squirts (for children entering Kindergarten September 2004)	Tuesdays & Thursdays (times T.B.A.)	Pre-K	\$80
	Micro (open to boys and girls)	Tuesdays (times T.B.A.)	Kindergarten only	
	Atom	Mondays (times T.B.A.)	Grades 1 & 2	
	Mosquito	Wednesdays (times T.B.A.)	Grades 3 & 4	
	Pee Wee	Thursdays (times T.B.A.)	Grades 5 & 6	
	Bantam	T.B.A.	Grades 7 & 8	
	Atom Girls	Mondays (times T.B.A.)	Grades 1 & 2	
Pee Wee Girls	Wednesdays (times T.B.A.)	Grades 3 - 5		

Figure Skating Club and Power Skating



Côte Saint-Luc Sector

Title	Description
<p>Figure Skating Club Power Skating, Canskate, CanFigureSkate 5 - 12 years</p>	<p>The Côte Saint-Luc Figure Skating Club will be holding their Spring School April 11, 18 & 25 and May 2, 9, 16 & 23.</p> <p>Group lessons for Juniors, Canskate and Power Skating will be held for 7 Sundays during April and May.</p> <p>Juniors: Sunday 11:00 - 11:50 a.m. Canskate: Sunday 12:00 - 12:50 p.m. Cost: T.B.A. Power Skate: Sunday 12:00 - 12:50 p.m.</p> <p>For more information call 485-8620. Forms will be available at the James G. Butler Recreation Centre and the Samuel Moskovitch Arena as of March 2004.</p>

Children's Sports Programs, cont'd



Roller Hockey

Confederation annex (formerly known as the Butler Building) is at Pierre Elliott Trudeau Park in Côte Saint-Luc

Roller Hockey (Côte Saint-Luc & Hampstead Sectors)

Please note that this program is a merged program running out of Hampstead Park and the Confederation annex in Pierre Elliott Trudeau Park (in Côte Saint-Luc).

Spring is fast approaching and that can only mean that the Roller Hockey season is just around the corner. Côte Saint-Luc and Hampstead are offering a joint Spring Roller Hockey program. Participants will play in a recreational league in different levels. Uniforms will be supplied.

REGISTRATION

March 8th to March 26th Borough residents and past participants

March 29th to April 2nd Non borough registration will be on a space availability basis only.

Season: Monday, April 26th to Thursday, June 17th

In case of rain, Junior and Pioneer Divisions will play at the Confederation Annex (*formerly known as the Butler Building*) at Pierre Elliott Trudeau Park in Côte Saint-Luc.

PLEASE RESPECT THE DEADLINES AS THEY WILL BE STRICTLY ENFORCED.

Category	Schedule	Location	Grade	Fee
Juniors Division	Wednesday	Hampstead Park	Kindergarten	\$70
Pioneer Division	Tuesday	Hampstead Park	Grades 1 & 2	
Small Wheel Division	Thursday	Confederation annex	Grades 3 & 4	
Big Wheel Division	Monday	Confederation annex	Grades 5 & 6	

Adult Sports Programs

Hampstead and Montreal West Sector residents are welcome to register for these programs but must register in Côte Saint-Luc.



Adult Softball Côte Saint-Luc Sector

Space is limited due to priority registration of past participants. For further information contact Alvin Fishman at 485-6809

Category	Schedule/ Location	Description
Youth Softball	Monday to Thursday & Sunday 7:00 - 11:00 p.m. Pierre Elliott Trudeau Park Diamonds #1, #2 & #3	<ul style="list-style-type: none"> The Côte Saint-Luc Youth Softball league (18 years and over) offers residents the opportunity to play softball in a competitive league setting. The registration will be held in March. Team entry only Make cheques payable to Côte Saint-Luc Youth Softball League
Senior Softball	Tuesday 7:00 - 11:00 p.m. Kirwan Park Diamond #1	<ul style="list-style-type: none"> Softball players over 35 years of age are invited to register to play in a recreational league once a week. Fee: \$185/player Make cheques payable to Côte Saint-Luc Senior Softball League
Executive Softball	Tuesday and Thursday 7:00 - 11:00 p.m. Pierre Elliott Trudeau Park Diamonds #2 & #3	<ul style="list-style-type: none"> Softball enthusiasts 30 years of age and over are offered a chance to play softball in a recreational atmosphere. Fee: \$275/player (Borough resident) \$300/player (Non borough resident) Make cheques payable to Côte Saint-Luc Executive Softball League
Ladies Softball	Tuesday 7:00 - 9:00 p.m. Pierre Elliott Trudeau Park Diamond #1	<ul style="list-style-type: none"> The Ladies' Softball League is designed for women over 25 years of age who enjoy recreational softball. The registration will be held in March. Fee: \$80/player (Borough resident) \$90/player (Non borough resident) Make cheques payable to Côte Saint-Luc Ladies Softball League

Montreal West Civic Recreation Association

SEE PAGE 4 RE: MONTREAL WEST CIVIC RECREATION ASSOCIATION STATEMENT

Civic Recreation Association (C.R.A.) General Info.	C.R.A Office: 220 Bedbrook, Tel: 485-8598 Email: cra@ca.inter.net The Civic Recreation Association (C.R.A.) is a non profit organization offering sports activities for children and adults. The C.R.A. is operated by volunteers under the direction of an elected volunteer executive committee. We are always open to new ideas for our sports program. If you have an interest please call our office at 514-485-8598		
C.R.A. Executive	President: Alex Brzezinski Vice-President: Debbie Luskey	Treasurer: Joe McKenzie Secretary: Robin Savage	
C.R.A. Payment and Refund Policies	<ol style="list-style-type: none"> 1. A \$20 2004 Civic Recreation Association membership is a pre-requisite for all C.R.A. programs. 2. C.R.A. membership fees are not refundable. 3. For programs offered in spring and summer, there will be no refund once the program has started. 4. All refunds, transfers of fees, etc. carry a \$10 administration charge. 5. The C.R.A reserves the right to cancel any program which does not have sufficient registration to warrant its operation. 6. All programs using schools or the Town Hall are subject to cancellations on short notice. 		
Uniform Deposits	A uniform deposit is required for girl's and boy's soccer as well as inter-community baseball. A separate cheque must be submitted at the time of registration. Deposit cheques may be picked up at the CRA office when the uniform is returned.		



Fitness & Aerobics Program



General Information	Members in the Fitness & Aerobics program may participate in any of the programs listed below. <u>Coordinators:</u> Joanne Lynch-Staunton (769-3556)		
	Session	Locations	Fee
	March 29 th - June 18 th	TH - Town Hall, 50 Westminster S. ED - Edinburgh School, 500 Hudson EBS - Elizabeth Ballantyne School, 314 Northview	\$95
Title	Description		Schedule/Location
On The Ball	Get on the ball and discover a challenging way to tone and strengthen while improving balance, flexibility and posture. Resist-a-balls provided.		Wednesdays 9:00 a.m. (TH)
Tae-Boxx	A safe, effective and fun way to burn maximum calories. A powerful workout using martial arts moves that anyone can do. Simple punching and kicking combos designed to tone and slim. Increases flexibility and leaves you energized and refreshed.		Mondays 7:05 p.m. (EBS) Thursdays 9:00 a.m. (TH)
Latin Cardio	Aerobics with a latin beat...come feel the heat!		Wednesdays 7:05 p.m. (EBS)
Super Trio	Triple your fun...An energetic workout combining aerobics, step and toning.		Thursdays 7:05 p.m. (ED)
Intervals	A combination of aerobics and strength training.		Fridays 9:00 a.m. (TH)
Body Sculpt	An invigorating, challenging muscle toning workout for all levels.		Tuesdays 7:05 p.m. (ED)
Classic Cardio	Groove to the sounds of Motown. This mixed impact aerobic workout is easy to follow, rewarding and fun to do.		Tuesdays 9:00 a.m. (TH)
Power Yoga I (Beginners)	Power yoga is a choreographed sequence of postures that flow into one another, building strength, increasing flexibility, developing concentration and reducing stress. Bare feet and a yoga mat are required.		Mondays 9:00 a.m. (TH) Mondays 7:05 p.m. (ED)
Power Yoga II (Intermediate)	Unleash your powers to the next level. For practiced participants only. Bare feet and a yoga mat are required.		Wednesdays 7:05 p.m. (ED)



Montreal West Civic Recreation Association, cont'd

Minor Baseball

 <p>House League Baseball</p>	<p>The philosophy behind the program is to teach kids recreational baseball and T-ball through a progressive step-by-step process. Rules of the game are modified in each category to suit the different age levels.</p>				
	Level	Sector/Location	Age/Grade	Schedule	Fee
	T-Ball	Montreal West George Booth Park	born in 1998-1999	Monday - Thursday 6:30 p.m. May 3 rd to June 22 nd	\$35
	Atom		born in 1995-1997		\$50
	Mosquito	Côte Saint-Luc/Hampstead/ Montreal West	Grades 3 & 4	Based upon the Borough schedule - to be determined.	\$85
	Pee Wee	Côte Saint-Luc/Hampstead/ Montreal West	Grades 5 & 6		\$90
Bantam	Côte Saint-Luc/Hampstead/ Montreal West	Grades 7 & 8			
<p>Inter - Community Borough Baseball</p> 	<p>Runs April to June according to the Inter-Community Schedule. Try-outs in mid-April. If you do not make the team you are invited to play house league baseball, or a full refund will be issued.</p>				
	Level	Age	Location	Fee	
	Mosquito	Born in 1993-1994	Percival Park	\$100 plus \$50 uniform deposit	
	Pee Wee	Born in 1991-1992			
Bantam	Born 1988-1989-1990	Home games in Hampstead Park			


Minor Soccer

DAYS AND TIMES ARE SUBJECT TO CHANGE BASED UPON THE NUMBER OF PARTICIPANTS.

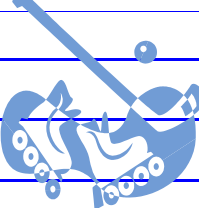
<p>Minor Soccer</p> <p>Starts: Week of April 26th</p> 	Level / Age	Location	Schedule	Fee	
	Micro Soccer born 1998-99	George Booth Park	Saturdays 9:30 a.m.	\$35	
	Girl's Atom born 1995-97	Hodgson Field (Th.) Royal West (Sat.)	Thursday 6:00 p.m. Saturday 9:30/10:30 a.m.		\$55
	Girl's Pee Wee born 1992-94	Hodgson Field (Tue./Fri) Royal West (Sat.)	Tues. & Fri. 6:00 p.m. Saturday 11h30		
	Girl's Bantam born 1990-91	Hodson Field (Tue.) Will play inter-community games on Sat. in Westmount.	Tuesday 6:00 p.m. Saturday*		
	Girl's Midget born 1988-89				
	Boy's Atom born 1995-97	Hodson Field (Mon./Sat.) Royal West (Thur.)	Mon./Thu. 6:00/7:00 p.m. Saturday 9:30/10:30 a.m.		
	Boy's Mosquito born 1992-94	Hodgson Field	Wednesday 6:00 p.m. Thursday & Friday 7:00 p.m. Saturday 11:30 a.m.		
Boy's Bantam born 1988-91	Wednesday 7:00 p.m. Saturday 12:30 p.m.				

Montreal West Civic Recreation Association, cont'd


Gymnastics

Title		Description/Location	Schedule	Fee
Gymnastics 	Pre-School Gymnastics	Provides children the opportunity to learn a variety of body movements and basic gymnastics skill, in a safe and fun environment. Ratio is 6:1 *Must be 3½ years by the start of the session. Location: Elizabeth Ballantyne School	Tuesday or Thursday 5:15 - 6:00 p.m. Session: March 23 rd - June 10 th	\$85 Early Bird
	Junior Gymnastics	The gymnasts will learn to master the moves recommended by the <i>Canadian Gymnastics Federation Recreation Levels</i> , while working at their own pace and progress. Ratio is 8:1 Location: Elizabeth Ballantyne School	<u>6 - 7 years:</u> Tuesday or Thursday 6:00 - 7:00 p.m. <u>8 - 9 years:</u> Wednesday 5:00 - 6:00 p.m. <u>10 years and over:</u> Wednesday 6:00 - 7:00 p.m. Session: March 23 rd - June 10 th	\$95 Regular

Roller Hockey

Roller Hockey	Level/Age		Schedule	Fee
At Legion Memorial Rink, 220 Bedbrook August 4 th - mid September	Rascals	Born 1995-1998	 Monday - Thursday 5:30 p.m.	\$45 Early Bird
	Tykes	Born 1990-1994		
	Mites	Born 1987-1989	Monday - Thursday 7:30 - 8:30 p.m.	\$55 Regular

C.R.A Sports Programs

Program	Description/Location		Schedule	Fee Regular
Badminton	*Fall/Winter members may play at no additional cost. Location: Elizabeth Ballantyne School		Tuesday & Thursday 7:30 - 10:00 p.m. Starts July 5 th	\$30
Indoor Golf	Driving range in the arena. Clubs are not provided. Group and individual lessons are available. We are trying to hook up with the Future Links Program for junior golfers. Details will follow. For more information please contact the C.R.A. office (485-8598). All C.R.A. members may come and practice for \$5 per hour when available. Call the office for availability.		Session: April 26 th - June 18 th	\$30 individual \$50 household (2 adults & children) n/a

Drop-In Sports Program Côte Saint-Luc Gymnasium

Program	Description	Schedule	Fee
Children (8 - 17 years)	Badminton, Basketball, Floor Hockey, Soccer, Volleyball. At the Côte Saint-Luc Gymnasium.	Monday to Friday 5:00 - 6:30 p.m. Session: Mar. 29 th - Jun. 18 th (spring) June 21 st - Sept. 10 th (summer)*	\$2.00 per day OR \$30 for 12 wk. session (photo required) *Free for children who have obtained either the Borough Pool Pass or the Parkhaven Pool Pass
Adult (18 years and over)	Basketball At the Côte Saint-Luc Gymnasium.	Mon. and Thur. 8:30 - 10:30 p.m. Session: Mar. 29 th - Jun. 18 th (spring) June 21 st - Sept. 10 th (summer)	\$4.00 per day OR \$60 for 12 wk. session (photo required)

Outdoor Swimming Pools

Borough Pool Pass	One pass entitles you to access all three Borough Pools and the summer session of the Children's Drop-In Sports Program at the Côte Saint-Luc Gymnasium	Cost: \$230 Family \$180 Individual
Members Only Pass (No extra charge)	If you are a member of one of the Borough pools and your pool has reached its capacity for that day, you can pick up a pass at your pool gate which will allow you access to another pool (on that same day) in our Borough pursuant to space. This pass is non-transferable.	
September Solstice	(Weather Permitting) Parkhaven Pool will be open from September 4 th - September 20 th on weekends only. A pool membership from any of the Borough pools will be accepted.	

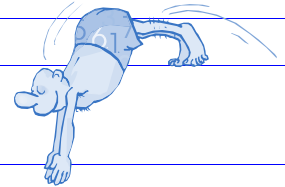
Parkhaven Pool/Wading Pool, 7500 Mackle Road

Côte Saint-Luc Sector

Office Hours	Monday to Friday, 8:30 a.m. - 4:15 p.m. <i>After business hours, you may deposit a recent, small 1" x 1" picture and proof of residency in our mail slot, plus payment and your card will be mailed to you.</i>		
Fees	Admission Fees: Adult - \$4.00 Children (5 - 17 years) - \$3.00 Children (4 yrs. & under) - \$1.00	Membership Fees Pool membership cards may be obtained only at the James G. Butler Recreation Centre, 7500 Mackle Road. Family Membership* \$175 Adults (18+) \$95 Children * \$60 Seniors (65+) \$45 The Children's Drop-In Sports Program is included in the membership fee.	
	Opening Dates	Public Swim Schedule	Master/Adult Swim
Regular Season	Daily June 19 th - August 22 nd	A full schedule will be available at the James G. Butler recreation center	<u>Master Swim (Laps)</u> Monday to Friday 7:30 - 8:30 a.m. <u>Adult Swim:</u> 7 days a week 4:30 - 5:00 pm. & 6:00 - 7:00 p.m.
Post Season * Weather permitting	Weekends ONLY: August 22 nd - September 20 th	<u>All ages</u> Sat. & Sun. 10:00 a.m. - 7:00 p.m.	<u>Adult Swim:</u> Saturday & Sunday 4:30 - 5:00 pm. & 6:00 - 7:00 p.m.
Program	Description	Schedule	Cost
Red Cross Aqua Quest	For children 4 years and over Level 1 - 12	Monday to Friday 9h00 - 9h45 Session 1: June 21 th - July 2 th Session 3: July 19 th - July 30 th Session 2: July 5 th - July 16 th Session 4: August 2 nd - August 13 th	Per session \$55 Member \$65 Non-member
R.L.S.S. Junior Lifeguard	For children 13 years and over	Monday to Friday 9h00 - 9h45 Session 1: June 21 th - July 2 th Session 3: July 19 th - July 30 th Session 2: July 5 th - July 16 th Session 4: August 2 nd - August 13 th	Per session \$65 Member \$80 Non-member
R.L.S.S. Bronze Medallion	For children 13 years and over	Monday, Wednesday & Thursday 18h30 - 20h30 Session: June 21 st - Aug 19 th	Per session \$115 Member \$125 Non-member
Aqua Tots	One parent must be in the water with the child (ages 1 - 3) while instruction is given.	Saturday or Sunday 10h00 - 10h45 Session 1: June 19 th (20 th) - July 10 th (11 th) Session 2: July 17 th 18) - August 21 st (22 nd)	Per session \$40 Member \$50 Non-member
Aqua Fitness	A fun and exciting way to keep fit and enjoy the outdoors. For adults only.	Monday, Wednesday & Thursday 12h00 - 12h45 Session: June 21 st - August 19 th	Per year \$60 Member \$70 Non-member
L.I.T. (Lifeguard in Training)	2 Sessions (4 weeks each). Age: 13 - 14 years. Must have passed Aquaquest Level 12. 4 out of 5 days, L.I.T.s are under the supervision of a certified lifeguard at Parkhaven Pool to learn, observe and assist in all aspects of the operation of the pool. The remaining day, the L.I.T.s will join the C.I.T.s for a planned trip or a group wide theme day. A COMPULSORY Bronze Cross or Medallion course is an integral part of the program. At the end of the completed 4 week session, the L.I.T.s will be tested on the Bronze course and certification will be granted to those who pass the exam. Cost: \$210 (4 week session) plus an additional \$100 to cover the cost of the Bronze Medallion course.		
Wading Pools	<ul style="list-style-type: none"> ◆ Parkhaven, 7500 Mackle Road <ul style="list-style-type: none"> ♥ Monday to Friday 1:00 - 5:00 p.m. (Jun. 21st - Aug. 20th) ♥ Saturday & Sunday 10:00 a.m. - 5:00 p.m. (Jun. 19th - Sept. 21st) 	<ul style="list-style-type: none"> ◆ Westminster, between Kildare & Guelph <ul style="list-style-type: none"> ♥ Sunday to Friday 9:00 a.m. - 4:00 p.m. (June 21st - Aug. 22nd) ♥ Closed Saturday ♥ Cost: \$1.00 per child 	
Waterplay Parks	<ul style="list-style-type: none"> ♥ Fyon (Edgemore north of Guelph) ♥ McDowell (Randall between Merton & Fleet) 	<ul style="list-style-type: none"> ♥ Westluka (Côte Saint-Luc at Westluka) ♥ Pierre Elliott Trudeau Park 	

Hampstead Pool, 30 Lyncroft Road Hampstead Sector

General Information	<ul style="list-style-type: none"> ◆ Projected 2004 opening dates: May 29th - September 6th ◆ A full complement of programs will be available. ◆ A full schedule will be available upon registration. Included will be times for lessons, free swim, adult swim, extended night hours, Swim & Gym and Aquafit. Call the pool for more details at 514-369-8260 until May 28th then 514-369-8266 starting May 29th. ◆ Intensive Bronze Cross and Bronze Medallion course given to those interested. ♥ Babysitters, nannies and summer guests cannot be put onto a family membership. ♥ Membership fees will remain the same regardless of when the fees are paid. 		
Membership Fees	Membership Category	Pool Only	Pool & Tennis
	Family*	\$201	\$450
	Single	\$134	\$300
	Junior (born 1991 or earlier)	\$58.25	\$130.50
	Senior (born 1939 or earlier) and Students	\$100.50	\$225
	Weekend Pass (From 3:00 p.m. Friday through Sunday)	\$101 <i>Family</i>	n/a
Ticket Prices	<ul style="list-style-type: none"> ◆ Adult: 1 for \$6.50 ◆ Junior: 1 for \$4.50 ◆ Only members can purchase pool tickets for use on weekends and holidays. Non-members may purchase tickets for use from Monday to Friday until 3:00 p.m. only. 		
Cost of Lessons	Pool Member - \$45 per session	Non member - \$70 per session	
Registration	<ul style="list-style-type: none"> ◆ April 12th - May 14th - Borough residents only ◆ As of May 17th - Open to all ◆ Please refer to page 5 for complete details 		
Councillor Park Wading Pool	Cost : \$1.00		



Montreal West Pool, 220 Bedbrook Ave. Montreal West Sector

A COMPLETE SCHEDULE WILL BE AVAILABLE AT REGISTRATION. THE POOL IS OPEN FROM JUNE 5TH TO SEPTEMBER 6TH 2004.

General Information	<ol style="list-style-type: none"> 1. A pool membership is a pre-requisite for all programs except public swim, adult swim and rubber duckie. 2. All persons entering the pool as well as the wading pool must either be a member or pay the daily admittance charge. 3. Babysitters, nannies and summer guests cannot be put onto a family membership. 	
Membership & Daily Fees	Family Membership	\$100
	Individual Membership	\$60
	Individual Senior (65+):	\$40
	Daily: <i>(The daily rate includes anyone entering both the large pool and wading pool)</i>	\$3.00 Adults \$1.00 Children
Registration	<ul style="list-style-type: none"> ◆ Please bring cash or cheque and a photo of each family member 6 years old and over. 	
Pool Closures	<ul style="list-style-type: none"> ◆ Canada Day, July 1st at 3:00 p.m. ◆ 3 Wednesday evenings during regular season at 6:00 p.m. for swim team meets. Dates to be determined. ◆ Borough special events - dates and times to be posted. ◆ The pool may have to close for unforeseen circumstances which are out of our control, but will reopen as soon as possible. We apologize for any inconvenience these closures may present. 	
Pool Policies	<ol style="list-style-type: none"> 1. Registration for pool memberships and all programs is accepted on a first come - first served basis. 2. Membership fees will remain the same regardless of when the fees are paid. 3. A pool membership is a pre-requisite for all programs. 4. Cheques will be accepted up to July 1st, then cash only. No post-dated cheques will be accepted. 5. If a class is cancelled due to unforeseen circumstances (weather) a make-up class is not guaranteed. 6. No registration will be accepted outside of office hours. 7. A minimum number of participants will be required by the Tuesday prior to the start of the program or it will be cancelled. 8. The last admittance is 15 minutes prior to closing. 	

Montreal West Sector Pool, Programs

An intensive Bronze Star, Bronze Cross or Bronze Medallion may be offered in preseason if there is a demand.

Title	Description/Location	Schedule	Fee
Parents & Tots 4 years & under	A special time for parents and caregivers to enjoy supervised, non-instructional pool time in a designated area. Ratio: 1 adult/2 children	Monday - Thursday 11:00 - 11:30 a.m. Session: June 28 th - August 26 th	Free with membership
Montreal West Lessons	Have your child learn how much fun the water can be. These instructional courses (compatible Red Cross & Pte. Claire) will enable your child to develop his/her skills. Note: Priority to PM classes given to Parks Program participants.	Monday - Thursday 9:30 - 11:30 a.m. OR 4:00 - 5:00 p.m. Session 1: June 28 th - July 15 th Session 2: July 19 th - August 5 th Session 3: August 9 th - August 26 th	\$40 per session
Advanced Lessons	Geared for those who have passed all levels available to them but are too young for Bronze Medallion. Based on life saving skills, endurance and stroke improvement. Courses: Survivor, Guide & Master (not all courses at all times)	Monday - Thursday 9:30 - 11:30 a.m. OR 4:00 - 5:00 p.m. Sessions: same as above	\$55 per session
RLSS Bronze Star	An introduction to lifesaving skills and a prerequisite to the Bronze Medallion course. No age requirement.	Monday - Thursday 9:30 - 11:30 a.m. OR 4:00 - 5:00 p.m. Sessions: same as MW Lessons	\$40 per session
RLSS Bronze Cross/Medallion 13 years & over	Courses aimed at teaching lifeguarding skills. An exam will be held on the weekend following the course. Pre-requisite: Bronze Star and Orca or equivalent.	Monday to Thursday (Follows sessions)	\$80 per session
National Lifeguard	The last required level to become a certified lifeguard. A minimum of 8 participants required. *Saturday hours may be required. Pre-requisite: Bronze Cross	Monday - Wednesday * 4:00 - 8:00 p.m. Session 1: June Session 2: TBA	\$175 per session
Lifeguard in Training (LIT) 14 years & over	Come and experience lifeguarding first hand. It's an opportunity to show potential employers what you've got. Minimum requirement: Bronze Cross	Session 1: June 28 th - July 15 th Session 2: July 19 th - August 5 th Session 3: August 9 th - August 26 th	\$60 per session
Swim Team	Get immersed in the world of competitive swimming in a fun team environment. This is not an instructional program. Parental involvement required. A minimum swimming ability of 1 lap (25m) required.	<u>Pre-Season:</u> June 7 th - June 25 th Monday - Friday 5:00 - 6:00 p.m. <u>Regular Season:</u> June 28 th - mid August Mon. to Fri. 8:00 - 9:30 a.m. & Mon. to Thur. 5:00 - 6:00 p.m.	\$80
Coach in Training 14 years & over	A program designed for future swim team coaches to see what it takes to be a great coach.	Pre-season: TBA Regular season: ½ hour prior to & after each swim team practice.	Free with swim team registration.
Synchronized Swimming/ Diving/Water Polo	An opportunity to get a taste of each of these activities. Open to all levels. Starts June 28 th	<u>Syncro:</u> Monday & Friday 6:30 - 7:15 p.m. <u>Diving:</u> Monday & Friday 7:15 - 8:00 p.m. <u>Water Polo:</u> Sunday 9:00 - 10:30 a.m.	\$30
Family Swim	Pool time reserved specifically for families. Children must be accompanied by an adult. Floatation devices welcome.	Saturday & Sunday 10:30 - 11:30 a.m. Starts June 28 th	Free with membership
Aquafit	Get fit and stay cool in the summer sun! <u>Cost:</u> 3 times per week: \$35 per month or \$90 for the season 5 times per week: \$55 per month or \$140 for the season	Monday - Friday 11:30 a.m. - 12:30 p.m. Season: June 7 th - end of August	See description for cost
Pool Rentals	Pool is available for private groups. Call us for cost and availability.	Saturday/Sunday mornings 10:00 - 11:15 a.m.	\$50 plus cost of lifeguards

Tennis



Public Courts Côte Saint-Luc Sector	<ul style="list-style-type: none"> ♦ Courts open mid May ♦ Courts close early September ♦ Call the court directly to reserve or for more information and details please call 514-485-6808. ♦ Tennis Club members play at no cost - reservation still required. 		
	Location	Hours	Tel.
	Rembrandt Courts (2 asphalt courts)	9:00 a.m. - 10:00 p.m. <i>No attendant</i>	514-485-8912
Wagar Courts (5 courts)	Monday - Friday 9:00 a.m - 5:00 p.m. <i>No attendant</i> (Pro/Day Camp have priority) Monday - Friday 5:00 - 10:00 p.m. Saturday & Sunday 9:00 a.m - 10:00 p.m.	514-485-8600	

Côte Saint-Luc & Hampstead Sectors For Tennis Camp information, please see the "CAMP" section of this brochure.

General Information ♦ Hours ♦ Registration ♦ Guest Cards ♦ Eligibility	<ul style="list-style-type: none"> ♥ Projected opening dates: May - October 2004 (weather permitting) ♥ Hours: 7:00 a.m. - 10:00 p.m. (During the months of July and August, the tennis courts may close earlier dependent upon demand and use.) <p>For further information:</p> <ul style="list-style-type: none"> ♥ Côte Saint-Luc: Please contact the Club Tennis Manager (starting mid-April) at 514-487-7862 ♥ Hampstead: Please contact the Irving L. Adesky Community Centre at 514-369-8260 or Tennis at 514-369-8267 or 514-369-8268. 		
	Register from April 12 th to April 16 th Borough Residents Only Register as of April 19 th Open to all (Tennis Only)		
	Guest Cards: (Some restrictions may apply) <ul style="list-style-type: none"> • Only members may purchase guest passes • Guest cards are available at a cost. 	The Courts are open to: <ol style="list-style-type: none"> 1. Members with a valid 2004 membership. 2. Guests of members who possess a 2004 guest card and who are accompanied by a member. 	
Guest Passes	Guest Passes - \$5.00 Guest Passes for Members* - \$2.00 (Must be a member of one of the following clubs: Côte Saint-Luc, Hampstead or Montreal West)		
Fees	Prices include GST & QST where applicable). Prices are subject to change without notice. CÔTE SAINT-LUC SECTOR ONLY: REGISTRATION AFTER MAY 5TH WILL RESULT IN A 10% SURCHARGE. Club Price includes Parkhaven Pool for Côte Saint-Luc Sector and Hampstead Pool for Hampstead Sector		
	Category	Côte Saint-Luc or Hampstead Club	Hampstead Tennis Only
	Family	\$450	\$380
	Single	\$300	\$255
	Junior (13 years and under)	\$130.50	\$110
Senior Citizen (65+) & Students (14 - 25 years)	\$225	\$190	
Open Houses	<ul style="list-style-type: none"> • Côte Saint-Luc Sector - Saturday, May 10th • Hampstead Sector Open House & BBQ: Monday, May 24th 6:00 - 8:30 p.m. 		

Montreal West Sector Please note that the fees listed below are currently under review.

Montreal West Tennis Club 250 Bedbrook Avenue 514-489-4644 (opening hours ONLY)	<ul style="list-style-type: none"> • For information on joining the club please call Mr. Allan Gaudette at 369-7787 			
	Category	Fee	Category	Fee
	Family (includes children 17 yrs and under)	\$250	Senior Citizen Senior Citizen Couple	\$65 \$90
	Couple	\$225	Intermediate (18 - 21 years)	\$95
	Senior (22 years and over)	\$155	Junior (17 years and under)	\$65

Summer Day Camps

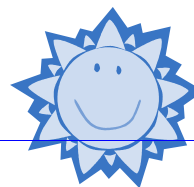
Côte Saint-Luc Summer Day Camp 2004 For LIT Program see page 25



COME AND SEE OUR NEW AND EXCITING CAMPS - REDESIGNED FOR 2004!

<p>Registration Information</p>	<p>Registration for residents of Côte Saint-Luc/Hampstead/Montreal West will take place at the Côte Saint-Luc Sector Recreation Department between 6:00 - 8:00 p.m. (see dates below).</p> <p>Tuesday, April 6th Maimonides (5 - 10 yrs.), Trudeau Intermediates (5 - 12 yrs.) C.I.T. Program (13 & 14 yrs.), L.I.T. Program (13 & 14 yrs.)</p> <p>Wednesday, April 7th Yitzhak Rabin (2 ½- 4 yrs.), Trudeau Nursery (3 - 5 yrs.),</p> <ul style="list-style-type: none"> ♥ Please note that proof of Borough residency (i.e. valid Driver's License), the child's Medicare card and the completed Registration/Waiver form are all mandatory for Day Camp registration. ♥ Non-residents of the Borough are welcome to register as of Monday, April 12th at the Côte Saint-Luc Sector Recreation Department between 8:30 a.m. and 4:15 p.m.. Both the child's Medicare Card and completed Registration/Waiver form are mandatory. ♥ You may register for <u>one</u> family other than your own. ♥ Upon registration, a deposit of 50% of the total amount owing is required in addition to a post-dated cheque, dated for May 23, 2004, covering the balance. ♥ ALL cheques must be made payable to the City of Montreal. Payment by Visa, MasterCard and Interac are also available for the deposit portion only. The post-dated portion can only be paid by cheque. ♥ The Day Camp Program will be divided into four (4) sessions of two (2) weeks each. 			
<p>Sessions</p>	<p>Session A: June 28 - July 9 Session B: July 12 - July 23 Session C: July 26 - August 6 Session D: August 9 - August 20</p>			
<p>Early Drop-Off/Pick-Up</p>	<p>*An 8:30 a.m. early morning drop off service is provided for working parents at \$10.00 per week. *ALL children must be dropped off and picked up from the park at which they are registered. *Please note that there is NO EXTENDED DAY option offered. ALL children must be picked up promptly.</p>			
<p>Camp</p>	<p>Location/ Hours</p>	<p>Description</p>	<p>Notes</p>	<p>Fee (2 wk session)</p>
<p>Maimonides Camp 5 - 12 years</p>	<p>Parkhaven Pool Monday to Friday 9:00 a.m - 4:00 p.m.</p>	<p>A variety of sports activities, daily swim lessons, special events, theme days and much more.</p>	<ul style="list-style-type: none"> ♦ Must be 5 years old by September 30, 2004 ♦ Section 1: 5 - 8 years ♦ Section 2: 9 - 12 years 	<p>\$220 Per session</p>
<p>Trudeau Intermediate Camp 5 - 12 years</p>	<p>Pierre Elliott Trudeau Park Chalet #1 Monday to Friday 9:00 a.m - 4:00 p.m.</p>	<p>New Vision: A wide variety of exciting activities including daily swimming, theme days and special events.</p>	<ul style="list-style-type: none"> ♦ Must be 5 years old by September 30, 2004 	<p>\$240 Per session</p>
<p>Trudeau Nursery Camp 3 - 5 years</p>	<p>Pierre Elliott Trudeau Park Chalet #3 Monday to Friday 9:00 a.m - 3:30 p.m.</p>	<p>New Vision: A wide variety of exciting activities especially designed for this age group.</p>	<ul style="list-style-type: none"> ♦ Must be 3 years old by September 30, 2004 	<p>\$155 Per session</p>
<p>Yitzhak Rabin Nursery Camp 2 ½ - 4 years</p>	<p>Yitzah Rabin Park Monday to Friday 9:00 a.m - 1:00 p.m. Half Day</p>	<p>New Vision: A wide variety of exciting activities especially designed for this age group.</p>	<ul style="list-style-type: none"> ♦ Must be 2½ years old by September 30, 2004 	<p>\$115 Per session</p>
<p>C.I.T. Program 13 - 14 years</p>	<p>Pierre Elliott Trudeau Park Monday to Friday 9:00 a.m - 4:00 p.m.</p>	<p>Participate in a Counsellor Training Program (3 out of 5 days), under the guidance of a trained leader. For the remaining 2 days, the C.I.T.s will assist the counselors with a group of children based on a park of their choice. (Limited space)</p>	<ul style="list-style-type: none"> ♦ Must be 13 years old by September 30, 2004 	<p>\$70 Per session</p>

Summer Day Camps, cont'd



Hampstead Park Summer Day Camp 2004

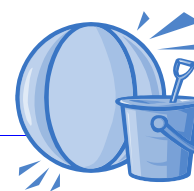
<p>General Information 514-369-8260</p> <p>Located at Hampstead Park, 30 Lyncroft Rd.</p>	<ul style="list-style-type: none"> * <i>Fantasy World</i> and <i>Adventure World</i> will include sports activities, arts & crafts, theme days, Bar-B-Qs, nature, swimming lessons, and weekly trips. * 7 - 11 year olds choose the camp of their choice: <ul style="list-style-type: none"> * Sports World will include floor hockey, soccer, basketball, tennis, swimming lessons and weekly trips. * Entertainment World will focus on music, dance, drama, multimedia, swimming lessons and weekly trips. * S.C.O.M. is a counselor in training program * Please note the minimum commitment for all day camp programs is <u>two weeks</u>, but if you register for a minimum of 4 weeks, you will receive a 10% discount on the prices quoted above. * Upon registration, a deposit of 50% of the total amount owing is required in addition to a postdated cheque, dated for May 24, 2004, covering the balance. * ALL cheques must now be made payable to the City of Montreal. Payment by Visa, MasterCard and Interac are also available for the deposit portion only. The post-dated portion can only be paid by cheque. 			
Programs	Program	Age	Time	Cost
	Fantasy World (Short Day)	4 years old	9:00 a.m. - 1:00 p.m.	\$135.00 per week
	Fantasy World	4 years old	9:00 a.m. - 3:00 p.m.	\$155.00 per week
	Adventure World	5 - 6 years old	9:00 a.m. - 4:00 p.m.	\$160.00 per week
	Sports World	7 - 11 years old		\$170.00 per week
	Entertainment World			
	Senior Camp on the Move (SCOM)	12 - 14 years old		\$230.00 per week
Registration Dates	<p>April 5th 7:30 a.m. - 4:30 p.m.</p> <p>April 5th - 9th Borough Residents ONLY (during office hours)</p> <p>April 12th Open Registration (during office hours)</p>			
Office Hours	April 5 th only 7:30 a.m. - 4:30 p.m., then Monday to Friday 8:30 a.m. - 4:30 p.m.			
Sessions	<p>A: June 28 - July 2 B: July 5 - July 9 C: July 12 - July 16 D: July 19 - July 23</p> <p>E: July 26 - July 30 F: August 2 - August 6 G: August 9 - August 13 H: August 16 - August 20</p>			

Hampstead Play Centre & Little Treasures, 514-369-8260



	Age	Registration	Schedule/Dates	Price	Requirements
Play Centre	For children born between October 1, 2000 and June 30, 2001	April 6th 7:30 a.m. - 4:30 p.m.	Monday - Friday 9:00 am - 1:00 pm June 28 th - August 20 th	\$110/week	<ul style="list-style-type: none"> ♥ Must be toilet trained ♥ Minimum commitment of 2 weeks
& Little Treasures	For children born between July 1, 2001 and September 30, 2001		Monday - Friday 9:00 am - 1:00 pm June 28 th - August 20 th	\$110/week	<ul style="list-style-type: none"> ♥ Minimum commitment of 2 weeks

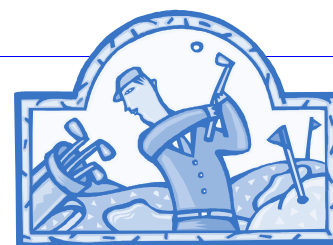
Summer Day Camps, cont'd



Montreal West Summer Parks Program

<p>General Information 514-484-6186 before June 11th or 514-489-8448 after June 14th</p>	<ul style="list-style-type: none"> ▼ A day camp offering weekly trips, arts & crafts, drama, sports and much, much more! ▼ Weekly trips will entail additional costs. No supervision is provided for those who do not participate. ▼ A surcharge of \$10 per child or \$25 per family will ensue for access to the pool. A refund will be issued upon proof of pool membership. A separate cheque is required. ▼ Cap St. Jacques - an overnight camping trip (August 4th - August 6th, 2004). No camp will be offered to those 7 years and over who do not attend the camping trip. ▼ PLEASE NOTE THAT THE LOCATIONS ARE SUBJECT TO CHANGE. 			
<p>Groups</p>	<p>Group</p>	<p>Age</p>	<p>Location</p>	<p>Cost</p>
	<p>Mini Explorers</p>	<p>5 years</p>	<p>Strathearn Park</p>	<p>A. June 28th - Aug. 20th (8 weeks) \$520 B. June 28th - July 23rd (4 weeks) \$340 C. July 26th - August 20th (4 weeks) \$340</p>
	<p>Young Explorers</p>	<p>6 - 8 years</p>		
	<p>Explorers</p>	<p>9 - 10 years</p>	<p>Arena</p>	
	<p>Super Explorers</p>	<p>11 - 12 years</p>		
<p>Club 13 (13 years)</p>	<p>Enjoy the fun and friends of Day Camp with some independence. Supervised by a counsellor, campers can choose their weekly adventures and participate in all camp activities. Location: at the arena. Cost: \$220</p>			
<p>C.I.T. (14 years)</p>	<p>While assisting counselors in daily camp activities, CITs will develop the skills necessary to become great counsellors.</p> <ul style="list-style-type: none"> ▼ Must attend 5 out of the 8 weeks of camp. ▼ The 1st and last weeks are mandatory. <p>Location: at the arena. Cost: \$190</p>			
<p>Extended Care</p>	<p>Option A: Monday - Friday 7:30 - 9:00 a.m. \$30/wk or \$155/summer Option B: Monday - Thursday 4:00 - 5:30 p.m. & Friday 1:00 - 4:00 p.m. \$35/wk or \$185/summer</p>			

Annual Golf Outing (9 Holes)

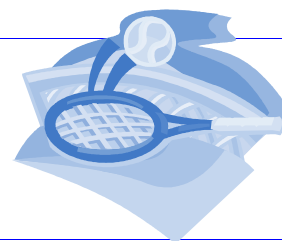


<p>General Information</p>	<p>Tuesday, July 13th, 2004 Starting at 6:46 a.m. Meadowbrook Golf Club Registration Fee: to be announced Price includes tournament, trophies and prizes. Luncheon is included and takes place at 1 pm at the Côte Saint-Luc Senior Centre, 7101 Côte Saint-Luc Road, Suite 203</p>
<p>Registration Information</p>	<p>Open for registration to Borough residents from June 21st to June 24th. City residents are welcome to register June 25th, June 28th & June 29th. At the James G. Butler Recreation Centre, 7500 Mackle Road Monday to Friday 8:30 a.m. - 4:00 p.m. 485-6806</p>

Specialized Sports Camps & Sports Instructional Programs

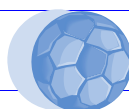
Tennis Camps

Sports Camps are opened to all Borough Residents



Tennis Camp Côte Saint-Luc Sector Info: 708-8838	<ul style="list-style-type: none"> An 11 week program geared for youth aged 6 - 16 years. Weekly sessions start June 21st and end September 3rd, 2004. Time: 9:00 am - 4:00 pm Note: 3 hrs of tennis scheduled per day 			
	Cost: Club Member \$190 (prior to April 1 st) then \$205 (starting April 2 nd) Non-Member \$215 (prior to April 1 st) then \$230 (starting April 2 nd)			
After School Tennis Camp Hampstead Sector	Two hours of intensive tennis instruction each day. Barbecue at the end of the week! Rainy days aren't a problem - we have facilities rented for indoor play. For children born aged 7 - 12 years.			
	Dates:	Schedule	Cost	Registration
	May 24 th - 28 th & June 14 th - 18 th	Monday - Friday 4:30 - 6:30 p.m.	\$160/week	Begins April 12 th
Tennis Camp Hampstead Sector	(for children aged 7 - 12 years) In addition to four hours of tennis each day, our program includes a variety of activities such as trips, swimming, barbecues and more! Rainy days aren't a problem - we have facilities rented for indoor play. Schedule: Monday - Friday, 8:30 am - 4:30 pm, June 28 th - July 2 nd & August 16 th - 20 th Cost: \$236.00 per week			

Soccer Camps

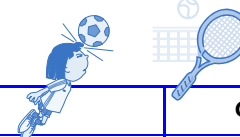


After School Soccer Instruction & Drills Hampstead Sector	<ul style="list-style-type: none"> For 9 - 12 year old boys and girls One hour and forty five minutes of intensive soccer drills and instruction for the avid soccer player! Learn how to do a throw-in, corner kick, pass, shoot and more. Rainy days aren't a problem - we have facilities rented for indoor play. For information call 514-369-8260. 			
	Dates	Schedule	Cost	Registration
	May 24 th - 28 th & June 14 th - 18 th	Monday to Friday, 4:30 - 5:45 p.m.	\$70/week	Begins April 12 th
Soccer Camp Hampstead Sector	<ul style="list-style-type: none"> For boys and girls 6 - 8 & 9 - 12 years old Imagine a soccer camp that would make young athletes fitter, faster, skillful and better players! Skill testing and training, technical and tactical training for all ability levels, scrimmages, swimming and much more... Hope you will join us this summer and have a great soccer experience! For further information, please call 514-369-8260. Schedule: Mon. - Fri., 8:30 a.m. - 4:30 p.m. Sessions: August 2nd - 6th and August 9th - 13th Cost: \$160 per week or \$230 for two weeks. 			



Sports Camps

All Star Sports Camp Soccer & Tennis Hampstead Sector	<ul style="list-style-type: none"> Children 6 to 10 will enjoy this recreational program with an emphasis on fun! This program is designed to teach and improve the basic skill and strokes of tennis, technical as well as tactical drills to enhance the avid soccer player. Children will play lots of games and receive instruction on technique, scoring, sportsmanship and strategy. Come out and join in the fun in Hampstead Park! Registration begins April 12th, 2004. Rainy days are not a problem - we have facilities rented for indoor play. For more information please call 514-369-8260. 		
	Date	Schedule	Cost
	July 5 th - 9 th , 2004	Full Day: Monday - Friday 8:30 a.m. - 4:30 p.m. Half Day: Mon. - Fri., 8:30 a.m. - 12 noon Soccer OR 1 - 4:30 p.m. Tennis (For 1/2 day program please choose your sport)	Full Day: \$185 1/2 Day: \$87.50



Borough Birthday Parties



<p>Birthday Parties on Ice Côte Saint-Luc Sector At the Samuel Moskovitch Arena (Subject to availability)</p>	<p>For more information or availability please call Ewa at 514-485-6802. (Fax: 514-485-8613)</p> <ul style="list-style-type: none"> ♥ 50 minutes of ice time and use of 2 dressing rooms ♥ The Samuel Moskovitch Arena is closed from May 25th to June 23rd and on weekends during the summer. ♥ Weekdays before 5:30 p.m.: \$92.02; with studio room: \$120.78. ♥ Evenings after 5:30 p.m. & weekends: \$138.03; with studio room: \$166.79 								
<p>Birthday Parties Hampstead Sector at Irving L. Adesky Community Centre</p>	<ul style="list-style-type: none"> ♥ We supply 1 animator (for up to 10 children), a clean and spacious hall for 2 hours, table cloths, balloons, tables and chairs. ♥ Reservations must be made 3 weeks in advance. ♥ Call 514-369-8260 for more information. <p>COST:</p> <table border="0"> <tr> <td>\$136</td> <td>Up to 10 children</td> </tr> <tr> <td>\$150</td> <td>11 - 20 children</td> </tr> <tr> <td>\$165</td> <td>21 - 30 children</td> </tr> <tr> <td>\$182</td> <td>31 - 40 children</td> </tr> </table>	\$136	Up to 10 children	\$150	11 - 20 children	\$165	21 - 30 children	\$182	31 - 40 children
\$136	Up to 10 children								
\$150	11 - 20 children								
\$165	21 - 30 children								
\$182	31 - 40 children								
<p>Birthday Parties Montreal West Sector at the John A. Simms Communi- ty Centre or the Davies Park Chalet</p>	<p>Residents may hold parties for children at the Davies Park Chalet (5 years and under) or the Community Centre (5 - 10 years). We will do our utmost to provide the accommodations when requested. Note: Clowns may be hired to animate the party. For more information, please call 514-484-6186.</p>								



Concours Maisons Fleuries Contest



Dear Borough Residents,

Spring's warming sun is quickly approaching and with it lawns and shrubs start to don their summer colors. Borough Residents are now planning how best to create and dress their gardens in their summer garb. The Maisons Fleuries 2004 Contest is fast approaching so we encourage all residents of Côte Saint-Luc/Hampstead/Montreal West to enter the contest. The contest brochure and entry form will be delivered to your home in May.

<p>Registration</p>	<p>Please note that the receptacles for the Maison Fleuries contest entry forms are placed in the following locations: Côte Saint-Luc Sector: At the James G. Butler Recreation Centre and the Bernard Lang Civic Centre/Borough Hall and the Eleanor London Côte Saint-Luc Library Hampstead Sector: At the Irving L. Adesky Community Centre Montreal West Sector: At the Point of Service and the John Simms Community Centre Early Bird Bonus: The first 100 entries will receive a gift certificate for a complimentary flat of flowers courtesy of Jack Vincelli Nursery.</p>				
<p>Categories</p>	<p>1. Single Family 2. Townhouse - Duplex All apartment buildings, commercial establishments, public buildings and Senior Residences are automatically entered and will be judged separately.</p>				
<p>Awards</p>	<p>For the purpose of judging the various entries, the Borough is divided into districts. Each district will have three winners. Grand Prize winners for the overall Borough will be declared in each category.</p>				
<p>2003 Grand Prize Winners</p>	<p>Single Family Home & Semi-Detached Homes: (Tie)</p> <table border="1"> <tr> <td>T and J Ostrega 30 Briardale Rd. Hampstead Sector</td> <td>Angelo Fucito 5527 Hudson Côte Saint-Luc Sector</td> </tr> </table>	T and J Ostrega 30 Briardale Rd. Hampstead Sector	Angelo Fucito 5527 Hudson Côte Saint-Luc Sector	<p>Duplex/Townhouse</p> <table border="1"> <tr> <td>Maria Salvati 6891 Kildare Côte Saint-Luc Sector</td> </tr> </table>	Maria Salvati 6891 Kildare Côte Saint-Luc Sector
T and J Ostrega 30 Briardale Rd. Hampstead Sector	Angelo Fucito 5527 Hudson Côte Saint-Luc Sector				
Maria Salvati 6891 Kildare Côte Saint-Luc Sector					





Registration form

Leisure, Culture, Sports and Social Development

(excluding sports programs)

Season, year and sector (reserved for administration)

Mother's maiden name (for children under 18 only)	
Telephone (home)	Cellular phone
Telephone (office)	E-mail Address
Medical / Health / Allergies	

Family Name	
Address	Apartment
Borough of	Postal code

First name of participant	Date of birth	Medicare # (with expiration date)	Course Name	Day	Time and Level	Fee
client # (office use only):						
client # (office use only):						
client # (office use only):						
client # (office use only):						
					Total	

Refund policy

Only signed and dated written requests will be considered for refund. All refunds will be subject to an administrative charge of 20%. Any refund requested after the start of the program, but only up to completion of one third of said program, will be pro-rated. After completion of one third of said program, no refunds will be granted. The above policy is applicable for all recreation programs administered by the borough of Côte Saint-Luc / Hampstead / Montreal West (Please note that the day camp programs have a different policy - see brochure for details). The teeter tot's program has a non-refundable registration fee of \$150.00 and follows the general policy described herein once the program has started.

The City of Montreal, borough of Côte Saint-Luc / Hampstead / Montreal West is not liable for any material prejudice including but not limited to, theft or loss of items, by a participant or by any other person. Further, I understand that any information which is found to be false will automatically cancel the registration, without recourse for refund.

Signature	Date	Method of payment <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Interac <input type="checkbox"/> Cash <input type="checkbox"/> Cheque	Received by (reserved for administration)
			#
		Paid by (reserved for administration) exp.	

Please make cheques payable to the City of Montréal



Information to be completed for all day camp programs (all sectors)

Is there anything specific that we should know about your child that can assist us in better caring for him / her over the summer months? Yes No

If Yes please specify: _____

Persons to be notified in case of emergency, if parents cannot be reached:

Name	Phone number	Relationship

For tax purposes - Relevé 24 Please enter the social insurance number and name of parent who will claim child care services

Social insurance number	Family Name	First Name



Please complete the appropriate information below:

Côte Saint-Luc Sector

Program	Age	Additional information
Yitzhak Rabin Nursery Camp	2-5-4 years	Half day
Trudeau Nursery camp	3-5 years	Full day
Maimonides camp	5-12 years	last swimming badge passed:
Trudeau Intermediate	5-12 years	Age group to volunteer with:
C.I.T. Program	13-14 years	Park location to be at:
L.I.T. Program	13-14 years	Session A + B or C +D
Early Morning drop-off		

Session	Dates
A	June 28- July 9
B	July 12 - July 23
C	July 26 - August 6
D	August 9 - August 20

Reserved for administration	
# of sessions chosen:	
Cost per session:\$	
Early Morning drop-off:\$	
Total cost:\$	

Hampstead sector

Program	Age	Additional information
Little treasures / play center	2-3 years	9:00 a.m. - 1:00 p.m.
Fantasy World (short day)	4 years	9:00 a.m. - 1:00 p.m.
Fantasy World	4 years	9:00 a.m. - 3:00 p.m.
Adventure World	5-6 years	9:00 a.m. - 4:00 p.m.
Sports World	7-11 years	9:00 a.m. - 4:00 p.m.
Entertainment World	7-11 years	9:00 a.m. - 4:00 p.m.
Senior Camp on the Move	12-14 years	9:00 a.m. - 4:00 p.m.

Session	Dates
A	June 28- July 2
B	July 5 - July 9
C	July 12-July 16
D	July 19 - July 23
E	July 26 - July 30
F	August 2 - August 6
G	August 9 - August 13
H	August 16 - August 20

Reserved for administration		
# of weeks chosen:		
Cost per week:\$		
Total cost:\$		

Montreal West sector

Program	Age	Additional information
Mini explorers	5 years	Located at Strathearn park
Young explorers	6-8 years	Located at Strathearn park
Explorers	9-10 years	Located at the arena
Super Explorers	11-12 years	Located at the arena
Club 13	13 years	Located at the arena
C.I.T.	14 years	Located at the arena

Session	Dates
A	June 28 - August 20 (8 weeks)
B	June 28 - July 23 (4 weeks)
C	July 26 - August 20 (4 weeks)

Reserved for administration	
Session chosen:	
A.M. extended care:	
P.M. extended care:	
Pool membership:	
Total cost:\$	