

# Program of Activities and Services

## PARKS AND RECREATION DEPARTMENT

SPRING &  
SUMMER  
2014



[CoteSaintLuc.org](http://CoteSaintLuc.org)

## Culture, arts and sports make a community exceptional



We believe in leading by example, which is why we are proud to be so active in our Parks and Recreation programs. We swim at the indoor and outdoor pools, we act in our community theatre program, and we never

stop thinking about new ways we can improve our services to get more people involved.

We know that—at the most basic level—you expect the city to collect the garbage, clear the snow, and repair the streets and sidewalks. But to become a truly exceptional community, we also need to invest in culture, arts and sports programs.

This program guide includes details on programs from toddlers, children, tweens, teens, young adults, families, and seniors. We are proud of the range of offerings and hope you will find something you like in these pages.

Mayor Anthony Housefather

Councillor Mitchell Brownstein

cover photos: (top left) Talia Kirschner, (others) Marah Even

## Parks and Recreation Department Mission Statement

The Parks and Recreation Department collaborates with its community partners in providing cool facilities and programs, accessible to all residents and contributing to a vibrant, healthy and active community.

## City Council e-Directory

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### City Council

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### **i** Use of photographs taken during activities or events

The Parks and Recreation Department often takes photographs or makes videos of the programs, activities and events within Côte Saint-Luc for future promotional purposes. We reserve the right to use and disseminate any photographs or videos taken during these programs, activities or events without any notice or compensation payable to those in the photo or video and through whatever means Côte Saint-Luc chooses to use.

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### How to contact us

#### Parks & Recreation Administration Office

7500 Mackle Rd.  
(corner Parkhaven Ave.)  
M to F 8:30 am – 4:30 pm

#### Phone, fax, or e-mail

☎ 514-485-6806    📠 514-485-8629  
✉ [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

#### Aquatic and Community Centre

5794 Parkhaven Ave.  
M to F 6 am – 10 pm  
Sat. 8 am – 10 pm  
Sun. 8 am – 9 pm

#### Aquatic and Community Centre (ACC)

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## Our Sponsors

The support of our sponsors enabled us to enhance the experience of our participants in our programs. To sponsor an event or team, contact us at 514-485-6806 or [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org). The following organizations sponsored our programs and events in 2013.

2torial Educational Centre	CSLMHA	IGA—Pagano	Musique Multi-Montréal	Robert Boileau
Atlas Taxi	Dairy Queen—Chateauguay	Infusion Catering—Westminster	Norbert & Gusta	Rogers Communication
Bernie Auto	Delmar	Investors Group	Roth Foundation	The Rothenberg Group
BSR Group—Ron Bassal	Domino's Pizza	Irving Schok—Century 21 Vision	Oregano's Grill	Salon P.S.
Bureau En Gros	Côte Saint-Luc Rd.	Jack Vincelli Inc.	Paragon Cleaners	Sam Pinsky
Quartier Cavendish	Edgewood Nurseries	Le Groupe Jean Coutu	JUSTBALLOONS Montreal	Scholastic Canada
Burger de Ville	Elio Cleaners	Côte Saint-Luc Shopping Centre	Pharmaprix—Quartier Cavendish	Scotia Bank—Côte Saint-Luc
Canadian Tire—St. Jacques	Excelled 2000 Leatherware	Jeunesse Musicale	Piano Héritage	Rd.; Quartier Cavendish
Canbec	Eye-In Media	Joe Levine	Pipe and Piling Supplies Ltd.	Shell—Raffi's Service Centre
Canteen Samuel Moskovitch	Famous Delly Boys Restaurant	JJ Jacobs Realty	Pizza Hut—Chateauguay	Snowdon Deli
Captain Drain	Flowers by Pierre	Jumbologo	Play It Again Sports	Solly the Caterer—Robert
Carmichael	Forensic Technology	Kumon	Pointe Claire Trophy	Burns
Centre Dentaire	Freemark Apparel Brands Inc.	La Coupe—Quartier Cavendish	Pomerleau	TCBY—Côte Saint-Luc Rd.
Michael Wiseman	Government of Quebec—	Laurentian Jewellers	PR Graphique	TD Canadian Children's Book
Century 21 Précision	MNA Lawrence Bergman	Leautec Crystal Soleil	Qualitifruits—Westminster	Week
Chapters—Indigo Bookstores	Golteez	Les Entreprises Canbec	Quartier Cavendish—	TD Summer Reading Club
Chenail	Granby Zoo	Les Entreprises CMS	Les Immeubles Mandevco	The Suburban
CIBC Bank—Kildare	Greene Locksmith	Les pavages Chenail	Properties Inc.	Tolly Toys Montreal
Cineplex—Quartier Cavendish	Groupe BC <sup>2</sup> FP	Librarie Monet	Quebec Writer's Federation	Trattoria Micco
CMS	Harrow Sports	Lise Watier—Outremont	Randi Weitzer/ Bianca Roberti-Even	Universel Safety Equipment
Conseil des Arts de Montréal	Heenan Blaikie	McDonald's—Pierre Brunet	Rapid Hockey	Via Marcello
Cordonnerie Cavendish	Heritage Canada	Méto—Somerset	RBC Cavendish Branch; CSL Shopping Centre	Walmart—Décarie
CSG International	Holiday Inn Montreal Airport	MG Service	Riviera Coiffure	Yeh! Yogourt glacé et
CSLFSC	IGA—Quartier Cavendish	Mmmuffins—Quartier Cavendish		café—Quartier Cavendish

## Registration Information

### How to Register

You can register for Côte Saint-Luc Parks and Recreation programs in person, by mail or fax, or on our secure website.

**In person:** See *Registration Dates* for location information. Registration fees must be paid in full at the time of registration, unless otherwise stated in this guide. We accept cash, Visa, MasterCard, Interac, or cheque made payable to the City of Côte Saint-Luc. You may also deposit your registration form and payment after hours in the mail slot next to the main doors.

**Register by mail:** City of Côte Saint-Luc, 7500 Mackle Rd., Côte Saint-Luc, Quebec, H4W 1A6.

**Register by fax:** Complete the registration form indicating your credit card number and expiration date. Payment by credit card only. Fax to 514-485-8629.

**Register online:** If you or a family member (spouse, sibling, child) have previously registered for a program, call 514-485-6806 weekdays from 8:30 am to 4:30 pm to receive your username and password.

If you (or your family) are registering for a program for the first time, visit [CoteSaintLuc.org/RegisterOnline](http://CoteSaintLuc.org/RegisterOnline) to create an account for you and all the members of your household. You will need to provide a proof of residency by fax (514-485-8629) or e-mail ([recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)). We will then e-mail you within two business days to confirm that we received your proof of residency and will activate your account. Then visit [CoteSaintLuc.org/RegisterOnline](http://CoteSaintLuc.org/RegisterOnline) to sign in to your account. You can select your program and pay for it using our secure financial transaction website.

**Applicable taxes  
are included in the  
prices listed in this  
booklet, unless stated  
otherwise.**

### Stay informed. Follow us.

The City of Côte Saint-Luc adds fun and informative content to social media every day. We post archival photos and information about concerts, lectures, programs, road work, public notices and more.

Also, in an emergency, such as a boil-water advisory or flood, we will need to reach as many people as possible to share information.

**Whether for fun or for safety,  
follow Côte Saint-Luc today.**



For links to our e-newsletter, Twitter, Facebook, Google+ and YouTube, visit:

[CoteSaintLuc.org/FollowUs](http://CoteSaintLuc.org/FollowUs)

### Registration Dates (Spring)

#### Fitness, Arts and Sports Programs

##### Côte Saint-Luc residents

March 12, 2014, 6 pm to 8 pm. Ongoing as of March 13, 2014 during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Hampstead and Montreal West residents:

Ongoing as of March 17, 2014, during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Other non-residents:

Ongoing as of March 20, 2014 during office hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

#### Aquatic Programs

##### Côte Saint-Luc residents

March 26, 2014, 6 pm to 8 pm. Ongoing as of March 27, 2014, during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Hampstead and Montreal West residents:

Ongoing as of March 28, 2014, during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Other non-residents:

Ongoing as of March 31, 2014 during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

#### Day Camps and CSL Playschool

##### Côte Saint-Luc residents

April 2, 2014 from 6 pm to 8 pm. Ongoing as of April 3, 2014, 8:30 am to 4:30 pm at the Parks and Recreation Administration Office.

##### Hampstead and Montreal West residents:

Ongoing as of April 7, 2014, 8:30 am to 4:30 pm at the Parks and Recreation Administration Office.

##### Other non-residents:

Ongoing as of April 14, 2014, 8:30 am to 4:30 pm at the Parks and Recreation Administration Office.

##### Any programs requiring deferred payment:

Post-dated cheques are required at time of registration.

#### Figure Skating Club

Registration is ongoing until March 14, 2014. Forms are available at the Samuel Moskovitch Arena only.

### Registration Dates (Summer)

#### Fitness, Arts, Sports and Aquatics Programs

##### Côte Saint-Luc residents

May 28, 2014, 6 pm to 8 pm. Ongoing as of May 29, 2014, during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Hampstead and Montreal West residents:

Ongoing as of May 30 2014, during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

##### Other non-residents:

Ongoing as of June 2, 2014 during operating hours at the Parks and Recreation Administration Office and the Aquatic and Community Centre.

## Registration Information (cont.)

### Registration Procedures & Policies

#### Responsibility

Participants are fully responsible for any damage caused to City of Côte Saint-Luc facilities and equipment.

#### Cancellations

All programs are subject to change. If a program is cancelled due to minimum registration not being attained, existing registrants will receive a full refund.

#### General Procedures and Policies

Fees, locations and dates are subject to change.

1. Most programs have limited registration and all registrations are on a first-come, first-served basis.
2. Registration fees cannot be transferred from one program to another or one person to another.
3. GST & QST are included in all prices for programs offered to participants age 14 and older. Taxes do not apply to registrants age 13 and younger.
4. Please note that a \$35 service charge will be charged on all cheques returned from the bank due to insufficient funds.
5. Cheques to pay for programs must be made payable to the City of Côte Saint-Luc.
6. All programs offered by the Parks and Recreation Department offer a 20 percent discount (rounded to the nearest dollar) to seniors age 60 or older. Programs offered by our partner organizations are excluded from this policy.

#### Program Pro-Rating Policy

Those who register for a program will pay full price until the program's third week. Thereafter, the price of the program is pro-rated based on the number of classes remaining and a 10 percent late registration fee will apply. The 10 percent fee is based on the total original cost of the program.

### Holiday Cancellation Dates for Spring and Summer 2014

No fitness or art classes will be held on the following dates:

Monday, April 14—Evening only (first night of Passover)  
Tuesday, April 15—First day of Passover  
Wednesday, April 16—Second day of Passover  
Friday, April 18—Good Friday  
Sunday, April 20—Easter Sunday  
Monday, April 21—Easter Monday /  
Second to last day of Passover  
Tuesday, April 22—Last day of Passover  
Monday, May 19—Victoria Day  
Tuesday, June 24—Quebec Fête Nationale  
Tuesday, July 1—Canada Day

### General Refund Policy

**Any refunds granted are entirely at the discretion of the City of Côte Saint-Luc.**

Requests for refunds will only be considered upon the City of Côte Saint-Luc receiving a written request prior to the date at which one-third of the program has been completed, subject to the medical reason exception stated below. All refunds granted will be subject to an administrative charge of 20 percent off the total cost of the program, and any refunds granted will be pro-rated based solely on the date the City of Côte Saint-Luc receives the written refund request.

The above policy is applicable for all recreation programs (except day camp and playgroup programs) administered by the City of Côte Saint-Luc.

#### Day Camps Refund Policy

Requests for refunds will only be considered upon receiving a written request. Should the refund request be granted, all refunds requested up to four weeks prior to the start of the program will be subject to an administrative charge of 10 percent of the total cost of the program. All refund requests made thereafter will be subject to a fee equal to 20 percent of the total cost of the program and will be pro-rated weekly (i.e., once the week has begun it is considered to have been completed).

#### CSL Playschool Refund Policy

Requests for refunds will only be considered upon receiving a written request. Should the refund request be granted, all refunds requested prior to the start of the program will be subject to an administrative charge of \$150. All refund requests made thereafter will be subject to an administrative charge equal to two weeks of the applicable registration fee and will be pro-rated weekly (i.e., once the week has begun it is considered to have been completed).

#### Refunds Due to Medical Reasons

Any refunds requested for medical reasons will be considered at any time, provided a valid note from a physician accompanies the written request. If granted, the refund will be pro-rated on the unused portion of the fee and an administrative charge equal to 10 percent of the total cost of the program will be applied in all cases.

#### Aquatics Refund Policy

Requests for refunds will only be considered upon the City of Côte Saint-Luc receiving a written request to withdraw from a program. All refunds granted will be subject to an administrative charge of 20 percent of the published program fee.

**Program Fees:** For any withdrawals from competitive teams, a refund of the Program Fees will be issued pro-rated to the end of the month where the request for withdrawal was received. No refunds will be issued after April 30, 2014.

**Affiliation Fees:** non-refundable.

**Club Fees:** The balance of Club Fees in the competitor's account at the time of withdrawal is fully refundable, or can be carried over to be used towards the following season.

**Volunteer Fees:** non-refundable.

**Equipment Fees:** non-refundable.

# Aquatics

Schedules and detailed information will be made available online and at our Parks and Recreation and Aquatic and Community Centre Front Desk by mid-March for the Spring session and mid-May for the Summer session.

See the legend below to better understand when programs are offered:



offered in  
**Spring** only



offered in  
**Summer** only



offered in  
**Spring and  
Summer**



## Swimming Lessons

### Red Cross Pre-School Swimming Lessons



Certified by the Red Cross, the Pre-School Swimming Lessons are for children aged 4 months to 5 years. Children enter at one of eight levels based on age and the progress based on either age or ability. Eight levels increase opportunity for parents and their children to take swimming and water safety lessons at an earlier age.

### Red Cross Swim School Swimming Lessons



Certified by the Red Cross, the Swim School program is for ages 6 to 16. Swimming and water safety skills are taught in the water so that kids are always active. This approach promotes success and encourages lifelong fitness. A focus on individual achievement creates a cycle of success geared to all kids.

### I Can Swim Pre-School Swimming Lessons



I Can Swim Pre-school lessons will introduce children to the water. The goal is to ensure children are safe, relaxed and having fun while still learning and improving in the water. For children 4 months to 5 years old.

### I Can Swim Swimming Lessons



A progressive three-stage program. Teaches swimmers 54 important water skills, and focuses on seven major skill progressions: butterfly, breaststroke, backstroke, free-style, water safety, entries and turns. Swimmers learn to put together whole skill-sets, one step at a time. For children 5 to 16 years old.

### Adult Swimming Lessons



Swimming lessons will enable adults to learn necessary swimming techniques as well as refine existing skills through efficient and personalized teaching.

## Lifeguard Training

### Lifeguard in Training Course



Learn from and assist a certified lifesaving instructor in all operations of the Parkhaven Outdoor Pool. The Bronze Medallion and Bronze Cross courses are included in this program. Prerequisites: Age 13 and must have completed the highest level of a certified swimming course.

### Bronze Medallion Course



The Bronze Medallion course teaches an understanding of the lifesaving principles of water rescue education judgment, knowledge, skill and fitness. Prerequisites: Age 13 and must have completed the highest level of a certified swimming course.

### Bronze Cross Course



The Bronze Cross course is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. They will learn the difference between preventing and responding, the reasons behind emergency procedures and team work. Prerequisites: Age 13 and must have completed Bronze Medallion.

### Standard First Aid Course

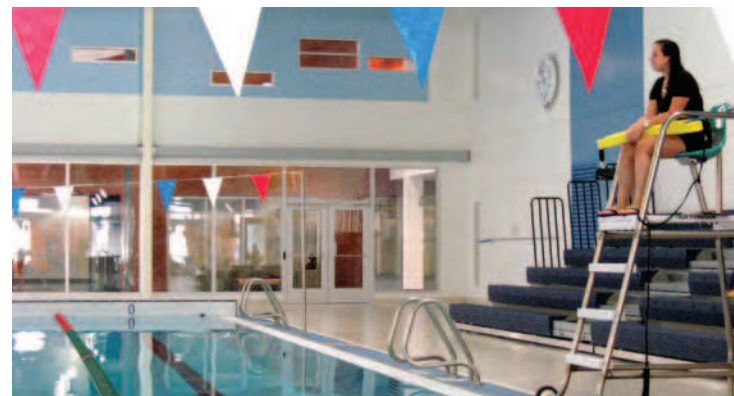


Comprehensive two-day course offering first aid and CPR skills for those that need training due to work requirements or who want more knowledge to respond to emergencies at home. Prerequisite: Age 14.

### National Lifeguard Course



This course will give you a legal certificate for lifeguarding throughout the country and the only lifeguard certificate recognized by the province of Quebec. Prerequisites: Age 16 and must have completed Standard First Aid and Bronze Cross.





## Aquafitness Programs

### Shallow Water

A water-based program that incorporates light impact exercises and music to develop and improve your cardiovascular capacity and condition your muscles.

### Deep Water

A deep water class that will help to improve your cardiovascular endurance and work to condition your muscles.

### Aqua Cycle

Similar to spinning but in the water, aqua-cycle will give you a cardiovascular workout and condition your muscles.

### Easy Cycle

Similar to aqua-cycle but designed for those that need a low impact work-out.

### Aqua Arthritic

Aquatic physical conditioning for people with joint problems. The emphasis is on stretching and muscle toning to improve and retain a good range of motion.

### Pre-Natal

Safe and effective shallow water aquafitness class designed for women to obtain and maintain a healthy, active lifestyle during the childbearing period.

### Baby Swim

Getting baby used to the water early is important for safety and it can be great fun too! Babies don't have the proper coordination to swim until age two or three. Build baby's confidence in the water. It's fun exercise for both of you.

## Open Swim at the ACC

When not in use for programs or competitions, the Recreation Pool and Competition Pool at the Aquatic and Community Centre are open for drop-in swimming. Marked lanes will be made for continuous swimming of laps. Check the pool calendar at [CoteSaintLuc.org/PoolSchedules](http://CoteSaintLuc.org/PoolSchedules) or get the paper schedule at the ACC front desk for the most up-to-date schedule.

**Fees:** Free with Fun Card

Non-Fun Card members (per day):

Ages: 0 to 4: \$2

Age 5 to 13: \$3

Age 14 to 17: \$4

Age 18+: \$4

Senior: \$3

(S-R) = Senior Resident (S-NR) = Senior Non-Resident

## Aquatics

## Programs

### Competitive Teams

Registration for any of the four competitive team programs included access to the pool at any open swim times and the fitness room during hours of operation: water polo, synchronized swimming, masters and youth teams. Season fees also include Parkhaven Outdoor Pool membership for the 2014 season into competitive teams and pool access.

Registration for Youth Swim team, Masters Swimming and Water Polo is open for registration in the Spring. Fees will be calculated on a pro-rated basis. Please contact 514-485-6806 for more information.

### Water Polo Lessons/Team

Swimmers will learn the basics of the game; rules, ball control skills and basic strategy all while improving swimming endurance. Teams will compete within the North Shore Aquatic Association (NAA) if numbers are sufficient. Aimed at swimmers ages 10 – 16. Swimmers must be comfortable in deep water. They must be able to complete a 50 metre non-stop swim and 5 minutes of treading water.

### Synchronized Swimming Lessons

Young swimmers will learn the fundamentals of the sport that combines physical endurance with grace and beauty. Over the summer, swimmers will develop and create a routine and may compete in a North Shore Aquatic Association (NAA) competition. For individuals aged 8 to 12. Swimmers must be comfortable in deep water; must be able to complete a 50 metre non-stop swim and 2 minutes of treading water.

### Masters Team

The Masters team is for swimmers aged 18 or older who want to improve their swimming strokes, technique or general fitness. Swimmers of all levels are welcome; no prior competitive experience required.

### Youth Swim Team

Instruction on developing skills and endurance of technical elements with the aim of competing at Regional, Provincial and National levels. There is an opportunity for physically and intellectually challenged swimmers to join the team and compete in Para and Special Olympics competitions. Swimmers must be comfortable in deep water; must be able to complete 50 meters of continuous swim.

### Summer Swim Team

The Côte Saint-Luc Sharks summer swim team competes as part of the North Shore Aquatic Association (NAA). In summer 2013 they were B Division Champions and will be competing in the A Division for the summer of 2014. Swim meets are optional but encouraged for all. The team welcomes swimmers of all ages; swimmers must be comfortable in deep water and be able to complete a non-stop 25 metre swim.

See the holiday cancellation dates on page 3.

## Minor House League Baseball

Côte Saint-Luc is mad about baseball. We start training kids early to love the game. Our house league is a joint baseball program with the Town of Hampstead.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Playtime T-Ball (Ages 3 to 4)</b> Introduces kids to the game. Focus on hand/eye coordination, balance, running the bases, swinging, throwing, catching, and more.	April 23, 2014	Wednesdays	4:30pm – 5:15pm	Trudeau Park Diamond 3	\$80 (R) \$100 (NR)
<b>Pre-K T-Ball (Ages 4 to 5)</b> Introduces kids to the game. Focus on hand/eye coordination, balance, running the bases, swinging, throwing, catching, and more.	April 24, 2014	Thursdays	5pm – 5:45pm	Trudeau Park Diamond 3	
<b>T-Ball (Kindergarten)</b> Introduces kids to the game. Focus on hand/eye coordination, balance, running the bases, swinging, throwing, catching, and more.	April 24, 2014	Thursdays	6pm – 6:45pm	Trudeau Park Diamond 3	
<b>T-Ball (Grades 1 to 2)</b> Introduces kids to the game. Focus on hand/eye coordination, balance, running the bases, swinging, throwing, catching, and more.	April 23, 2014	Wednesdays	5:30pm – 6:30pm	Trudeau Park Diamond 3	
<b>Girls Baseball (Grades 1 to 6)</b> Instruction and games for girls who love playing baseball.	April 23, 2014	Wednesdays	6:45pm – 7:45pm	Trudeau Park Diamond 3	

Note (House League): Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved: For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.

## Inter-community “A” and “B” Baseball

[www.LeagueLineup.com/intercommunityball](http://www.LeagueLineup.com/intercommunityball)

**NEW** Teams will be formed at the Mosquito and Peewee B levels that will participate in the intercommunity baseball league.

Now in its 29<sup>th</sup> year, the Inter-community Baseball league features home and away games against other communities including Hampstead, Montreal West, TMR, Westmount and St. Laurent. Player receive full uniforms and qualified coaches teach players all aspects of the game. Children who wish to play either “A” or “B” baseball must attend the “A” tryouts. Children who do not qualify for an “A” team will be able to play on a “B” team. Tryouts begin in early April. The five inter-community “A” or “B” teams are:

1. **Mosquito “A”**—for children born 2003 – 2005—Fee: \$175
2. **Mosquito “B”**—for children born 2003 – 2005—Fee: \$175
3. **Peewee “A”**—for children born 2001 – 2002—Fee: \$175
4. **Peewee “B”**—for children born 2001 – 2002—Fee: \$175
5. **Bantam “A”**—for children born 1999 – 2000—Fee: \$200

### Fees

The breakdown of the Inter-Community baseball fees are as follows:

- Registration fee of \$100
- Division league fee of \$75 (for Mosquito/Peewee) or \$100 (for Bantam). This cheque will be returned if the child does not make the inter-community team.

Parents must also leave a uniform deposit fee of \$75, postdated to June 30, 2014. The cheque will be returned when the uniform is returned to the Samuel Moskovitch Arena. Cheques are all made payable to “City of Côte Saint-Luc”.

### Schedule

The league begins on Thursday, May 1, 2014. Semi-final day is on Saturday, June 7, 2014 (or a rain date of Sunday, June 8, 2014). Games and practices vary and can take place on any day of the week.

## Minor Baseball Pre-Season Clinics

Players registered in the Côte Saint-Luc Inter-Community Baseball programs are invited to attend two free baseball clinics organized by the McGill Redmen and the Concordia Stingers baseball teams.

**1 McGill Clinic**  
Saturday, April 26, 2014  
Time TBD  
(raindate is April 27)  
at Pierre Elliott Trudeau Park

**2 Concordia Clinic**  
Friday, May 23, 2014  
Time TBD  
(raindate is May 30)  
at Pierre Elliott Trudeau Park





## Teen Softball League

The Teen Softball League program runs in May and June, including playoffs. One player representative from each team will be responsible for all contact with the league, scheduling, etc. Uniforms (t-shirts, caps), bats, balls, catcher's equipment and umpires are included. This program is offered jointly with the Town of Hampstead. Other dates and times may be added depending on the number of teams and divisions.

LEVEL	DATES	DAY	TIME	LOCATION	PRICE
Born 1992 to 1995	May to June 2014	Wednesdays	9pm	Trudeau Park Diamond 2	\$150 (R) \$188 (NR)
		Thursdays	6pm	Hampstead Park	
		Sundays	4:30pm or 6:30pm	Hampstead Park	

Note: Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved: For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.

## Flag Football

Flag football is a version of Canadian football where instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier to end a down. Players will be evaluated in the first week of the program and divided into teams. Each team has a coach and there is instruction and game play each week. There will be a championship game on the final week of this seven-week program. This program is offered jointly with the Town of Hampstead. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Grades 3 to 4	April 24, 2014	Thursdays	5:30pm – 6:30pm	Hampstead Park	\$80 (R) \$100 (NR)
Grades 5 to 6	April 24, 2014	Thursdays	6:45pm – 7:45pm		

Note: Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved: For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.

## SNAG Golf

Starting New at Golf, or SNAG, is a golf training program for kids that uses colourful, giant-headed clubs and oversize golf balls that makes it easy for beginners to learn the fundamentals of the game. Just as kids playing baseball or hockey use smaller bats or sticks, the junior golf program was designed to make golf fun and accessible. Following individual instruction, kids compete as a team, which makes it more fun and more like other team sports kids love to play. All equipment is supplied. This is a six-week program. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Grades 1 to 3	April 29, 2014	Tuesdays	5:30pm – 6:15pm	Hampstead Park	\$60 (R) \$75 (NR)
Grades 4 to 6	April 29, 2014	Tuesdays	6:30pm – 7:15pm		

Note: Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved: For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.

## Minor House League Soccer

A seven-week program. All kids will receive game jerseys, shorts and socks, which is theirs to keep. Players must wear shinguards during games. Soccer cleats are not mandatory but recommended. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Ages 3 to 4</b> Introduces kids to soccer with drills and mini games. Parental participation is essential to the success of this program.	April 29, 2014	Tuesdays	4:30pm - 5:15pm	Wagar Field	\$100 (R) \$125 (NR)
	April 24, 2014	Thursdays	4:30pm - 5:15pm		
<b>Pre-K and Kindergarten</b> House league play. Players will compete in games as teams.	April 29, 2014	Tuesdays	5:30pm - 6:30pm		
<b>Boys: Grades 1 to 2</b> House league play. Players will compete in games as teams.	April 29, 2014	Tuesdays	6:30pm - 7:30pm		

This is a joint seven-week program with the Town of Hampstead. All parents must leave a \$30 deposit (cheque made out to Town of Hampstead). Kids must wear shinguards during games. Soccer cleats are not mandatory, but recommended. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Boys: Grades 3 to 5</b>	April 28, 2014	Mondays	6:30pm - 7:30pm	Hampstead Park	\$100 (R) \$125 (NR)
<b>Girls: Grades 1 to 3</b>	April 28, 2014	Mondays	5:30pm - 6:30pm		
<b>Girls: Grades 4 to 6</b>	April 28, 2014	Mondays	5:30pm - 6:30pm		

### Free seven-week soccer clinics included for all House League Soccer players

In addition to the seven-week program, players of all ages can attend the weekly soccer clinics run by qualified coaches. The emphasis is on skill development.

**Pre-K and Kindergarten:** Thursdays from 5:30 pm to 6:30 pm at Wagar Field starting May 1.

**Grades 1 to 6:** Thursdays from 6:30 pm to 7:30 pm at Wagar Field starting May 1.



Note: Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved: For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.

## Inter-Community Soccer—3-On-3

**NEW**

For the first time, Côte Saint-Luc and Hampstead will form a competitive intercommunity 3-on-3 soccer program. Each team will have volunteer coaches. Qualified instructors will work with the coaches to run the practices. Each game will have an official. Shin-guards are mandatory and soccer cleats are strongly recommended.

Tryouts begin indoors in early April. Children who do not qualify for the intercommunity team can play in the house league program.

The number of teams per level will depend on registration. Teams will be offered for the following ages:

**Grades 1 - 2**—Fee: \$120 (R), \$150 (NR)

**Grades 3 - 5**—Fee: \$120 (R), \$150 (NR)

**Fees**—The breakdown of the Inter-Community soccer fees are as follows:

Registration fee of \$100 (R) or \$125 (NR)

Intercommunity fee of \$20 (R) or \$25 (NR)

Cheques to be returned if the child does not make the Inter-Community Team.

**Schedule:** League play begins on **Sunday, May 4**. Two games and one practice will be scheduled per week and can take place on any day of the week (except Fridays/Saturdays). There will be a championship day in the middle of June.

## Summer Soccer Program

Kids from 3 years of age to grade 2 can enjoy soccer this summer in a seven-week program.  
Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Ages 3 and 4</b>	June 26, 2014	Thursdays	5:15pm – 6pm	Hampstead Park	\$80 (R) \$100 (NR)
<b>Pre K and Kindergarten</b>			6:15pm – 7:15pm		
<b>Grades 1 and 2</b>			7:30pm – 8:30pm		

## Learn to Skate for Kids

This six-week session is for kids age 3-and-a-half to 5. Kids must wear helmets with face guards, and gloves or mitts. No programs take place on Wednesday, April 16 and Sunday, April 20. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Ages 3.5 to 5</b> Kids are put into one of four groups based on experience including: <ul style="list-style-type: none"> <li>• Never skated, needs help</li> <li>• Walks slowly, without help</li> <li>• Skates slowly, glides without help</li> <li>• Skates fast, with ease</li> </ul>	March 30, 2014	Sundays	1pm – 1:45pm	Samuel Moskovitch Arena	\$61 (R) \$76 (NR)
	April 2, 2014	Wednesdays	3pm – 3:45pm		

## Street Hockey

The seven-week street hockey program is a joint program with the Town of Hampstead. Program will feature a combination of drills and games. Kids must wear a helmet with full face mask, gauntlets, a hockey stick and running shoes. A jock and shin pads are optional but recommended. Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
<b>Pre-K</b>	April 23, 2014	Wednesdays	5pm – 5:45pm	Hampstead Park	\$80 (R) \$100 (NR)
<b>Kindergarten</b>	April 23, 2014	Wednesdays	6pm – 6:45pm		
<b>Grades 1 and 2</b>	April 28, 2014	Mondays	5:30pm – 6:30pm		
<b>Grades 3 to 5</b>	April 23, 2014	Wednesdays	7pm – 8pm	Confederation Annex, Trudeau Park	
<b>Teens (Born 1996 – 1998)</b>	April 28, 2014	Mondays	6:45pm – 8pm	Hampstead Park	

Note: Games scheduled on Monday, May 19, 2014 (Victoria Day) will not be cancelled. Make-up games will be re-scheduled if possible. In case of inclement weather, call one hour before the scheduled start time to hear a recorded message indicating if the program will go ahead or be moved. For Côte Saint-Luc outdoor programs, call 514-485-6806 ext. 2111. For Hampstead outdoor programs, call 514-369-8270.



# Sports

## Tennis: Ace Tennis Program

Ace Tennis is a 10-week progressive tennis program specially designed for kids to learn naturally. We scale tennis to your kids' size and skills so they have fun playing games while learning to serve, rally and score. The instructor must approve any change from one group to another. **There is a limit of six kids per age category.** Info: 514-485-6806, recreation@cotesaintluc.org.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Ages 5 to 6	April 10, 2014* (10-week program)	Thursdays	5:30pm – 6:15pm	Côte Saint-Luc Gymnasium	\$90 (R) \$110 (NR)
Ages 7 to 8			6:25pm – 7:20pm		
Ages 9 to 10			7:30pm – 8:25pm		
Ages 5 to 6	July 3, 2014 (6-week program)		5:30pm – 6:15pm	Rembrandt Park	\$58 (R) \$70 (NR)
Ages 7 to 8			6:25pm – 7:20pm		
Ages 9 to 10			7:30pm – 8:25pm		
Ages 5 to 6	August 21, 2014 (6-week program)		5:30pm – 6:15pm		
Ages 7 to 8			6:25pm – 7:20pm		
Ages 9 to 10			7:30pm – 8:25pm		

\* For the spring session, the class may be moved from the Gymnasium to the outdoor tennis courts at Rembrandt Park on **May 15, 22, 29, June 5, and 12, weather permitting.**

Note: For tennis programs at Rembrandt Park, call 514-485-8912 30 minutes prior to the scheduled start of the program if it looks as if it may rain.

## Adult Ace Tennis Program

The ACE Adult Tennis program plays on Tuesday evenings at Rembrandt Park Tennis facility. The program is for active adults who want to learn and improve their tennis game. Lessons will cover techniques and tactics using a fun game approach to improve your game. There are four classes per session.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Beginner	May 27, 2014	Tuesdays	6pm – 6:55pm	Rembrandt Park	\$69(R) \$86(NR) Four players maximum per time slot.
Intermediate			7pm – 7:55pm		
Advanced			8pm – 8:55pm		
Beginner	June 24, 2014		6pm – 6:55pm		
Intermediate			7pm – 7:55pm		
Advanced			8pm – 8:55pm		
Beginner	July 22, 2014		6pm – 6:55pm		
Intermediate			7pm – 7:55pm		
Advanced			8pm – 8:55pm		
Beginner	August 19, 2014		6pm – 6:55pm		
Intermediate			7pm – 7:55pm		
Advanced			8pm – 8:55pm		

Note: For tennis programs at Rembrandt Park, call 514-485-8912 30 minutes prior to the scheduled start of the program if it looks as if it may rain.

## Tennis: Ace Junior Tennis Program

This after-school tennis program is run by tennis pro Richard Troll. Each session includes two Mondays and two Wednesdays. The instructor must approve any change from one group to another. **There is a limit of six kids per age category.**

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Ages 6 to 8	Session 1: May 12, 14, 19, 21 Session 2: May 26, 28, June 2, 4	Mondays and Wednesdays	4:30pm - 5:25pm	Rembrandt Park	\$40 (R) per session  \$50 (NR) per session
Ages 9 to 11	Session 3: June 9, 11, 16, 18 Session 4: June 23, 25, 30, July 2 Session 5: July 7, 9, 14, 16	Mondays and Wednesdays	5:30pm - 6:25pm		
Ages 12 to 14	Session 6: July 21, 23, 28, 30 Session 7: August 25, 27, Sept 1, 3	Mondays and Wednesdays	6:30pm - 7:25pm		
Ages 15 and older	Session 8: September 8, 10, 15, 17 Session 9: September 22, 24, 29, October 1	Mondays and Wednesdays	7:30pm - 8:25pm		

**Note: For tennis programs at Rembrandt Park, call 514-485-8912 30 minutes prior to the scheduled start of the program if it looks as if it may rain.**

## Tennis: 50-Plus

This 10-week program includes one-hour of round-robin play and a one-hour tennis clinic by tennis pro Richard Troll. During the final week, there will be a non-elimination tournament. Maximum of 10 players per group.

LEVEL	START DATE	DAY	TIME	LOCATION	PRICE
Ages 50 and older	May 27, 2014	Tuesdays	10am - 12pm	Rembrandt Park	\$91 (R) \$114 (NR) \$83 (SR) \$120 (S-NR)
	May 30, 2014	Fridays	10am - 12pm		
			1pm - 3pm		

**Note: For tennis programs at Rembrandt Park, call 514-485-8912 30 minutes prior to the scheduled start of the program if it looks as if it may rain.**



# Sports Associations

## Côte Saint-Luc Figure Skating Club

The Côte Saint-Luc Figure Skating Club is a member of Skate Canada. Six-week group lessons for children ages 5 to 12 are offered in Can-Skate, Advanced Can-Skate, Power Skating and Pre-Junior. Helmets with face guards are compulsory for group lessons. Registration is ongoing until March 14, 2014. Forms are available at the Samuel Moskovitch Arena only.

A valid Medicare card is required at the time of registration. Only cash, cheques or money orders made payable to the Côte Saint-Luc Figure Skating Club will be accepted. Credit and debit cards will not be accepted. Info: csfsc@hotmail.com. No programs will take place on Wednesday, April 16 and Sunday, April 20, 2014.

LEVEL	START DATES	DAY	TIME	PRICE
<b>Power Skating</b> <b>Beginners to Badge 4</b> Learn basic skating skills. There will be no pucks or stick in this program. Hockey skates are required.	March 30, 2014	Sundays	11:10am – 11:55am	\$72 plus Skate Canada fee of \$35 for new skaters to the program
<b>Can-Skate</b> Learn basic skating skills. Figure skates are required.	March 26, 2014	Wednesdays	5:35pm – 6:20pm	
	March 30, 2014	Sundays	12:05pm – 12:50pm	
<b>Advanced Can-Skate</b> Introduces the next level, including skating skills, freestyle and dance. Must have completed CanSkate 3.	March 26, 2014	Wednesdays	5:35pm – 6:20pm	
	March 30, 2014	Sundays	12:05pm – 12:50pm	
<b>Pre-Junior</b> <b>Working on Badge 6 and Up</b> Group lessons on skating skills, freestyle, and dance.	March 26, 2014	Wednesdays	5:35pm – 6:20pm	

## Adult Softball Leagues

External organizations run the adult softball leagues. To register or for more information, contact the league representative listed below.

League	Contact Info	Field
B'Nai Brith (age 18+)	Jon Gal: jongal@hotmail.com	Kirwan Park
Executive (age 30+)	Elan Gelbart: 514-481-5286 Michael Yarin: 514-489-1612	Trudeau Park, Diamonds 2 and 3
Senior (age 35+)	Joseph Raie: 514-489-1466	Kirwan Park
Montreal Synagogue (age 18+)	Asher Tannenbaum: 514-481-7729, ext. 237 reverend@shaarezion.org	Trudeau Park, Diamonds 2 and 3

## Naming Rights and Sponsorship Opportunities

Côte Saint-Luc offers opportunities for donations, naming rights and sponsorships as ways of funding the growth and creation of new programs and facilities in the community.

The Parks and Recreation Department would be pleased to meet with individuals or companies to discuss the many opportunities available in more detail. Call 514-485-6806.



## Partners

### Basketball

Organized by the Kevin Fuks Basketball Academy, JHOOPS allows kids from grades 2 to 4 to learn basketball skills such as dribbling, passing, and shooting, and the fundamental rules of the game. Kids in grades 5 and 6 can play on a team with one game and one practice per week. You must register directly with the Kevin Fuks Basketball Academy. Info: jhoopsmtl@gmail.com, 514-983-8521 or [www.Jhoops.ca](http://www.Jhoops.ca).

**Spring Basketball Program** is for kids in grades 2 to 4. It will run on Mondays and Wednesdays from 6 pm to 7 pm from March 31 to May 28, 2014 at the Former Wagar Gymnasium (5785 Parkhaven Ave.). The cost is \$150.

**Spring Basketball League** is for kids in grades 5 and 6. It will run on Mondays and Wednesdays from 7 pm to 8 pm from March 31 to May 28, 2014 at the Former Wagar Gymnasium (5785 Parkhaven Ave.). The cost is \$200.

### Côte Saint-Luc Tennis Club

The Côte Saint-Luc Tennis Club (8215 Guelph Rd.) is a private club with nine Har-Tru courts, a heated outdoor salt water pool, a patio with tables and chairs, a club house with satellite television, a snack bar, and locker rooms with showers. New members are assigned a tennis buddy to help them meet players. Members can purchase a guest pass. Info: [www.CoteSaintLuc.org/TennisClub](http://www.CoteSaintLuc.org/TennisClub), or 514-487-7862 (after April 1).

**Season:** April 25 to October 26, 2014

**Hours:** Mondays to Thursdays from 8 am to 10 pm, and Fridays to Sundays from 8 am to 9 pm

**Prices:** The price list is as follows:

	Before April 25	April 25 or later
Family	\$635	\$691
Family (first time membersip)	\$526	\$571
Adult	\$425	\$463
Adult (first time membership)	\$213	\$232
Senior (age 60-plus)	\$340	\$370
Student (full-time CEGEP or univ.)	\$237	\$257
Junior (high school age)	\$100	\$110
Guest pass adult 5 sessions	-	\$50
Guest pass adult 1 session	-	\$12
Guest pass junior/student 1 session	-	\$6

Note: Top 15 ranked Quebec players will benefit from a discount of 50 percent on individual annual membership prices listed above.

#### Add-ons

Pool membership (individual)	\$10	\$10
Pool membership (family)	\$25	\$25
Wed. night league 10 weeks (members)	\$65	\$65
Wed. night league 10 weeks (non-members)*	\$75	\$75

\* Participants are eligible for a first-time membership at a cost of \$100.

### Scouts

Scouts Canada is coming to Côte Saint-Luc.

If you are interested in the Scouting program please contact 514-485-6806 or [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org).

### The Range @ Meadowbrook

Organized by the Meadowbrook Golf Club, learn to play golf in private and semi-private lessons. Get swing analysis from V1 and Swingbyte. Play on the course. Open to beginners and advanced players of all ages.

Info: Elie Kottman, 514-518-3543, [elie@eliek.com](mailto:elie@eliek.com).

### Sportball

Organized by Sportball Quebec, Sportball Multi-Sport programs introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball.

Parent & Child programs teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.

Info: [mattp@sportball.ca](mailto:mattp@sportball.ca), 18-SPORTKIDS (1-877-678-5437)

#### Spring Sessions

Parent & Child: Fridays from April 6 to June 15, 2014 (10 weeks) from 9 am to 9:45 am at the Gymnasium for kids ages 2 to 4. Cost is \$192 plus tax.

### Adapted Sportball

The program builds skills for people with Autism Spectrum Disorder, Asperger's Syndrome, Cerebral Palsy, Down Syndrome and other developmental delays. This program was created by modifying and adapting the Sportball methodology to suit the needs of each participant. The children and young adults enhance their physical and social skills, improve their self-image and self-concept, while developing their attention and listening skills.

Info: [mattp@sportball.ca](mailto:mattp@sportball.ca), 18-SPORTKIDS (1-877-678-5437)

#### Spring Session

Sundays from April 6 to June 15, 2014 (10 weeks) from 10 am to 11 am at the Gymnasium for kids ages 5 to 8. Cost is \$192 plus tax.

## Partners

### Proset Autism Special Needs Tennis Program

Proset Autism is a new Special Needs sports program being offered here at the Côte Saint-Luc Gymnasium on Saturdays from 1 pm to 2 pm by the Parks and Recreation Department. This program is specifically for children of special needs who wish to learn and play tennis in a structured and supervised setting.

With Proset Autism, kids will learn to respect one another's boundaries and limitations through structured games. By developing small incremental stages, participants will learn the unfolding of a game and gradually, with ample opportunity to learn to make their own decisions and their own physical actions independently.

Program dates: Saturdays from April 5 to June 7 (10 weeks), 1 pm to 2 pm

Price: \$160 (R), \$170 (NR)

For further information on this program contact Philippe Manning, President, Proset Autism 438-321-1564 or visit [prosetautism.ca](http://prosetautism.ca).

### Fortissimo Academy

Fortissimo Academy of Music and Arts (5555 Westminster Ave., Suite 320) offers a wide range of group classes such as early childhood development in music, choir, music history and theory, eurhythmics and more. Students range in age from 2 to 80-something. It is a not for profit organization.

Visit [AcademyFortissimo.com](http://AcademyFortissimo.com) for an up-to-date schedule of classes and fees or contact 514-836-6872 or [MusicAcademyFortissimo@gmail.com](mailto:MusicAcademyFortissimo@gmail.com) for more information.



### Latin Dance—with Salsa Caribe

With over 15 years experience in Latin Dance, Salsa Caribe will progressively teach students to dance Salsa on 1 and introduce them to the basics in both Merengue and Bachata styles. Participants will be exposed to this rhythmic and exotic world through personalized instruction with a focus on developing technique and skill in an enjoyable, interactive environment. It is a great way to stay active, meet new people and most importantly, to have fun! All are welcome. Join us! Each session lasts 9 weeks.

**Level 1 (Beginners):** Mondays from 8:30 pm to 9:45 pm from March 31 to May 19

**Choreography (Intermediate – Advanced):** Tuesdays from 8:30 pm to 9:45 pm from April 1 to May 20

Price: \$110 per person  
\$95 per 2 people (Introductory promo)

Aquatic and Community Centre Dance Studio

*For more information, please contact Anna at 514-927-0572.*



All fitness programs are 10 weeks unless otherwise indicated.

PROGRAM	START DATES	DAY	TIME	LOCATION	PRICE
<b>20 / 20 / 20 ††</b> This well-balanced aerobic and anaerobic workout combines 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of abdominals and stretching exercises.	March 31, 2014	Mondays	6:15pm - 7:15pm	ACC Dance Studio	If you register for two or more programs with the †† symbol, you can benefit from discount pricing.  <b>Any one †† program</b> \$87 (R) \$110 (NR) \$80 (S-R) \$88 (S-NR)  <b>Any two †† programs</b> \$161 (R) \$201 (NR) \$129 (S-R) \$161 (S-NR)  <b>Any three †† programs</b> \$231 (R) \$266 (NR) \$161 (S-R) \$244 (S-NR)
	April 2, 2014	Wednesdays	6:15pm - 7:15pm		
	June 30, 2014	Mondays	6:15pm - 7:15pm		
	July 2, 2014	Wednesdays	6:15pm - 7:15pm		
<b>Body Sculpting ††</b> Use weights to increase muscle mass and gain strength. Workout your abdominals using basic pilates movements. End the workout ends with stretching and relaxation.	March 31, 2014	Mondays	10:15am - 11:15am	ACC Dance Studio	
	April 2, 2014	Wednesdays	10:15am - 11:15am		
	April 4, 2014	Fridays	10:15am - 11:15am		
	June 30, 2014	Mondays	10:15am - 11:15am		
	July 2, 2014	Wednesdays	10:15am - 11:15am		
	July 4, 2014	Fridays	10:15am - 11:15am		
<b>Boot Camp 1 and 2 ††</b> Combine a cardio, strength and core training workout with full body strength and endurance drills throughout the entire class.	April 1 or 3, 2014	Tuesdays or Thursdays	6pm - 7pm	ACC Dance Studio	
	July 1 or 3, 2014	Tuesdays or Thursdays	6pm - 7pm		
<b>Cardio Mondo ††</b> Dance to the hottest Latin music while using toning techniques. A fun way to stay in shape.	April 2, 2014	Wednesdays	9am - 10am	ACC Dance Studio	
	July 2, 2014	Wednesdays	9am - 10am		
<b>Pump 'N Stretch ††</b> Tone your muscles with light weights and stretching to promote relaxation.	April 1, 2014	Tuesdays	9am - 10am	ACC Dance Studio	
	April 3, 2014	Thursdays			
	July 1, 2014	Tuesdays			
	July 3, 2014	Thursdays			
<b>Rhythmical Stretch and Relaxation ††</b> Learn to stretch and relaxation techniques. This program is ideal for people with muscle tightness, soreness, poor flexibility, poor posture, stress, or chronic neck or back pain.	April 3, 2014	Thursdays	10:15am - 11:15am	ACC Dance Studio	
	July 3, 2014	Thursdays	10:15am - 11:15am		
<b>Zumba Gold ††</b> Slower pace, easier, dance moves to hot Latin tunes. Great for the active senior.	April 2, 2014	Wednesdays	11:30am - 12:30pm	Gymnasium	
	April 4, 2014	Fridays	10:30am - 11:30am		
	July 2, 2014	Wednesdays	11:30am - 12:30pm	ACC Dance Studio	
	July 4, 2014	Fridays	9am - 10am		
<b>Zumba Monday ††</b> Interval training with Latin rhythms and resistance training to tone and sculpt your body while burning fat.	March 31, 2014	Mondays	9am - 10am	ACC Dance Studio	
	June 30, 2014	Mondays	9am - 10am		
<b>Zumba Tuesday ††</b> Interval training where latin rhythms and resistance training are combined to tone and sculpt your body, while burning fat.	April 1, 2014	Tuesdays	10:15am - 11:15am	ACC Dance Studio	
			7:15pm - 8:15pm		
	July 1, 2014	Tuesdays	10:15am - 11:15am		
			7:15pm - 8:15pm		



# Fitness

To register online for the combination discount programs, select "exercise combination" or "pilates/yoga combination."

PROGRAM	START DATES	DAY	TIME	LOCATION	PRICE
<b>Zumba Wednesday ††</b> Interval training with Latin rhythms and resistance training to tone and sculpt your body while burning fat.	April 2, 2014	Wednesdays	7:30pm – 8:30pm	ACC Dance Studio	See pricing on previous page.
	July 2, 2014	Wednesdays	7:30pm – 8:30pm		
<b>Zumba Thursday ††</b> Interval training with Latin rhythms and resistance training to tone and sculpt your body while burning fat.	April 3, 2014	Thursdays	11:30am – 12:30pm	ACC Dance Studio	
	July 3, 2014	Thursdays	11:30am – 12:30pm		
<b>Teen Zumba Mondays ††</b> Interval training with Latin rhythms and resistance training to tone and sculpt your body while burning fat.	April 7, 2014	Mondays	7:30pm – 8:30pm	ACC Dance Studio	
	July 7, 2014	Mondays	7:30pm – 8:30pm		
<b>Line Dancing (Beginner)</b> Exercise while dancing to a variety of music from waltz to salsa. No partner is required.	March 31, 2014	Mondays	6pm – 7pm	Trudeau Park Chalet 1	\$87 (R) \$110 (NR) \$80 (S-R) \$88 (S-NR)
<b>Line Dancing (Intermediate)</b>	March 31, 2014	Mondays	7pm – 8pm		
<b>Line Dancing (Advanced)</b>	March 31, 2014	Mondays	8pm – 9pm		
<b>Social Dancing (Practice Nights)</b> This class is available to any couple registered in the Social Dancing program. This practice night runs for only 5 weeks, every second week. Dates to be determined once the class begins.	Every two weeks: April 10, 24, May 8, 22, June 5	Thursdays	7pm – 9pm	Arena Studio Room	\$66 (R) \$83 (NR) \$60 (S-R) \$76 (S-NR)
<b>Social Dancing (Beginner)</b> Learn the basic techniques of the Fox Trot, Waltz, Cha Cha and Rumba. The price listed is per couple.	April 6, 2014	Sundays	6pm – 7pm	ACC Dance Studio	\$129 (R) \$161 (NR) \$103 (S-R) \$149 (S-NR)
<b>Social Dancing (Intermediate)</b>	April 6, 2014	Sundays	7pm – 8pm		
<b>Social Dancing (Advanced)</b>	April 6, 2014	Sundays	8pm – 9pm		
<b>Tai Chi (Beginner)</b> Enjoy the ancient form of exercise designed to improve health, increase energy and enhance relaxation.	April 2, 2014	Wednesdays	6:15pm – 7:15pm	Arena Studio Room	\$92 (R) \$116 (NR) \$84 (S-R) \$107 (S-NR)
	July 2, 2014	Wednesdays			
<b>Tai Chi (Intermediate)</b>	April 2, 2014	Wednesdays	7:30pm – 8:30pm	Arena Studio Room	
	July 2, 2014	Wednesdays			
<b>Pilates ♦</b> Beginner to intermediate class designed to increase strength and flexibility of the abdominals, back, neck, shoulders, hips and buttock areas. Instructors are licensed physiotherapists.	April 3, 2014	Thursdays	7:15pm – 8:15pm	ACC Dance Studio	One session \$107 (R) \$130 (NR) \$95 (S-R) \$120 (S-NR)  Both sessions \$194 (R) \$223 (NR) \$178 (S-R) \$205 (S-NR)
	April 4, 2014	Fridays	9:10am – 10:10am	Arena Studio Room	
	July 3, 2014	Thursdays	7:15pm – 8:15pm	ACC Dance Studio	
	July 4, 2014	Fridays	9:10am – 10:10am	Arena Studio Room	

All fitness programs are 10 weeks unless otherwise indicated.

PROGRAMME	DATES DE DÉBUT	JOUR	HEURE	LIEU	PRIX
<b>Hatha Yoga ♦</b> Emphasis is on breath awareness, posture and basic meditation. Bring your own cushion (not a pillow) and a yoga mat to this class.	April 1, 2014	Tuesdays	10:15am – 11:30am	Parc Trudeau, Chalet 1	<b>One session/week</b> \$107 (R), \$130 (NR), \$95 (S-R), \$120 (S-NR)
			7 pm – 8:15 pm		
	April 3, 2014	Thursdays	10:15am – 11:30am		
			7 pm – 8:15 pm		
<b>Hatha Yoga Summer♦</b>	July 1, 2014	Tuesdays	7pm – 8:15pm	Parc Trudeau, Chalet 1	<b>Two sessions/week</b> \$194 (R), \$223 (NR), \$178 (S-R), \$225 (S-NR)
	July 3, 2014	Thursdays	7pm – 8:15pm		



PROGRAM	START DATE	DAY	TIME	LOCATION	PRICE
<b>Hip Hop</b> Kids ages 7 to 12 will learn the latest trend of street style dancing to their favourite tunes.	April 6, 2014	Sun.	11:30am – 12:30pm	ACC Dance Studio	\$104 (R) \$131 (NR)
<b>Karate for Kids</b> Kids (ages 5 to 10) will learn self-defence, and become more self-confident, street smart and improve their speed, precision, movement and agility. The class emphasizes respect for oneself, the teacher and fellow students.	April 2, 2014	Wed.	5:15pm – 6:30pm	Gymnasium or Activity Room	\$120 (R) \$151 (NR)
	April 6, 2014	Sun.	1:30pm – 2:45pm	ACC Dance Studio	\$120 (R) \$151 (NR)
<b>Karate for Teens</b> Teens (ages 11 to 15) will learn self-defence, and become more self-confident, street smart and improve their speed, precision, movement and agility. The class emphasizes respect for oneself, the teacher and fellow students.	April 6, 2014	Sun.	3pm – 4:30pm	ACC Dance Studio	\$120 (R) \$151 (NR)

\* For Kids \*

## Children's Fitness and Art Tax Credit

The Government of Canada promotes physical fitness and artistic activities of children under the age of 16. This policy currently allows parents to claim up to \$500 in tax credits. Programs of a duration of eight weeks or more, offered at a minimum of one session per week, are currently eligible for this credit. This includes baseball, basketball, dance, swimming, learn to skate, art, music, pottery, and many more programs. Parents of children with disabilities have different and more flexible rules to obtain this tax credit.



# Art

PROGRAM	START DATE	NUMBER OF WEEKS	DAY	TIME	LOCATION	PRICE
<b>Oil, Acrylic and Watercolour</b> Use still life and photographs to develop technical skills and express your creativity.	March 27, 2014	10	Thursdays	7pm – 9:30pm	ACC Art Studio	<b>5 weeks</b> \$106 (R) \$122 (NR) \$85 (S-R) \$106 (S-NR)  <b>10 weeks</b> \$211 (R) \$243 (NR) \$169 (S-R) \$211 (S-NR)
	June 12, 2014	10				
<b>Drawing and Pastel</b> Learn to draw and paint from still life and photographs. For all skill levels.	March 26, 2014	10	Wednesdays	9:30am – 12pm	Rembrandt Park Chalet	
	June 4, 2014	5				
<b>Oil and Acrylic Painting</b> Learn perspective, colour mixing and techniques of the media. Still life and photographs used.	March 26, 2014	10	Wednesdays	1pm – 3:30pm	Rembrandt Park Chalet	
	June 4, 2014	5				
<b>Mixed Media</b> Explore two-dimensional work with charcoal, pastel, watercolour, acrylic and oil.	March 27, 2014	10	Thursdays	9:30am – 12pm	Rembrandt Park Chalet	
	June 5, 2014	5				
<b>Soapstone Sculpture</b> Carve directly into soapstone.	March 25, 2014	10	Tuesdays	1pm – 3:30pm	Rembrandt Park Chalet	
	March 27, 2014	10	Thursdays			
	June 3, 2014	5	Tuesdays			
	June 5, 2014	5	Thursdays			
<b>Advanced Painting Techniques</b> Learn different techniques used in the art world in this advanced course.	March 28, 2014	10	Fridays	8:45am – 11:15am	Rembrandt Park Chalet	
	June 6, 2014	5				
<b>Multimedia</b> Explore two- and three-dimensional media.	March 22, 2014	10	Fridays	11:30am – 2pm	Rembrandt Park Chalet	
	June 6, 2014	5				
<b>Intermediate Painting, Acrylics</b> For those who have a basic knowledge of paint handling and colour. Learn about paint mixing and application, historical and modern techniques.	March 27, 2014	10	Thursdays	9:30am – 12pm	ACC Art Studio	
				1pm – 3:30pm		
	June 12, 2014	10		9:30am – 12pm		
				1pm – 3:30pm		



PROGRAM	START DATE	NUMBER OF WEEKS	DAY	TIME	LOCATION	PRICE
<b>Live Art</b> Step-by-step instruction, assignments and development based on still life and models.	March 25, 2014	10	Tuesdays	9:30am - 12pm	ACC Art Studio	<b>10 weeks</b> \$237 (R) \$273 (NR) \$190 (S-R) \$237 (S-NR) <b>5 weeks</b> \$119 (R) \$137 (NR) \$95 (S-R) \$119 (S-NR)
	March 26, 2014	10	Wednesdays	7pm - 9:30pm		
	June 3, 2014	5	Tuesdays	9:30am - 12pm		
	June 4, 2014	5	Wednesdays	7pm - 9:30pm		
<b>Watercolour</b> Learn basic watercolour techniques using still life and photographs.	March 24, 2014	10	Monday	12:30pm - 3pm	Rembrandt Park Chalet	
	March 25, 2014		Tuesday	9:30am - 12pm		
	June 16, 2014		Monday	12:30pm - 3pm		
	June 17, 2014		Tuesday	9:30am - 12pm		
<b>Sculpting and Carving Foam</b> Create sculptures using Styrofoam. Supplies included.	March 24, 2014	10	Mondays	9:30am - 12pm	ACC Art Studio	
	June 16, 2014	10				
<b>Beginner Jewelry</b> Discover the art of jewelry making in wax. Supplies included.	March 26, 2014	10	Wednesdays	7pm - 9:30pm	ACC Art Studio	
	June 18, 2014	10				

PROGRAM	START DATES	DAY	TIME	LOCATION	PRICE
<b>Clay Creation</b> (Ages 5 to 13) Experience the many different techniques of moulding, crafting, glazing and firing a piece of clay into a work of art.	April 8, 2014	Tuesday	4:30pm - 6pm	Trudeau Park Chalet 1 Basement	\$109 (R) \$135 (NR)
<b>Parent and Child Clay</b> (Ages 5 to 13) Learn the techniques of moulding, crafting, glazing, and firing a piece of clay into a piece of art.	April 6, 2014	Sunday	10am - 11:30am	Trudeau Park Chalet 1 Basement	\$136 (R) \$170 (NR)
	April 5, 2014	Saturday			

\* For Kids \*



## Côte Saint-Luc Playschool



for Fall 2014. For ages 2 to 5 years old.

Our new and exciting Playschool program will enhance your child's growth and creativity in all areas of development (physical, language, social and emotional). Great teacher-to-child ratios with educational theme weeks. Kids will do arts & crafts, cooking, gym, French, music, special events, coordination and development skills. Minimum registration is required.

## Parents and Tots

PROGRAM	START DATE	DAY	TIME	LOCATION	PRICE
<b>Music and Movement</b> Ages 5 to 30 months 10 weeks  A musical program of songs, bouncing, rhymes, clapping, finger plays, puppets and musical instruments, parachute and bubble time ends our class with fun for all.	April 2, 2014	Wednesday	9:20am - 10am	Gymnasium Activity Room	\$82 (R) \$103 (NR)
			4pm - 4:40pm		
<b>Mom and Tot Playtime</b> Ages 8 months to 30 months 10 weeks  Note: Price per individual class is \$9 (R) or \$11 (NR)	April 1, 2014	Tuesday	9:30am - 11am	ACC Kids Zone	\$75 (R) \$94 (NR)
	June 26, 2014	Thursday			
<b>Loony Lorny</b> Newborn to age 3 10 weeks  Your child will enjoy new songs, movements and instruments each week with children's musical entertainer Lorne Shatner.	March 31, 2014	Monday	10am - 10:30am	Gymnasium Activity Room	\$65 (R) \$81 (NR)
			10:45am - 11:15am		

## Karibou's World in Action

Karibou's World in Action is a motor skill activities program for children 1 to 4 years old. Under the program, children go around courses, learn through group tasks and take on challenges that will allow them to gradually develop an interest in the world of sports and physical activities. They execute a wide range of movements including throwing, catching, jumping, dancing, rolling and running.



Each 50-minute period begins with a start-up routine to get the tots energized and ends with an end routine to bring them back to a calm state. This all takes place in a lively atmosphere that is often accompanied by music. A parent must be present during each period and at each program level. Watch the video at [www.karibousworldinaction.com](http://www.karibousworldinaction.com) to learn more. Obviously, the primary objective is for them to simply have fun!

PROGRAM	START DATE	DAY	TIME	LOCATION	PRICE
<b>Karibou's World in Action: Cheeky Chicks</b> Ages 12 months to 16 months 10 weeks	April 6, 2014	Sunday	9am - 9:50am	ACC Dance Studio	\$87 (R) \$109 (NR)
<b>Karibou's World in Action: Bouncing Bunnies</b> Ages 16 months to 20 months 10 weeks	April 6, 2014	Sunday	10:10am - 11am		
<b>Karibou's World in Action: Rascally Racoons</b> Ages 20 months to 24 months 10 weeks	April 6, 2014	Sunday	11:10am - 12pm		
<b>Karibou's World in Action: Buddy Bears</b> Ages 2 years to 2-and-a-half 10 weeks	April 5, 2014	Saturday	9am - 9:50am		
<b>Karibou's World in Action: Wonder Wolves</b> Ages 2-and-a-half to 3 10 weeks	April 5, 2014	Saturday	10:10am - 11am		
<b>Karibou's World in Action: Feisty Foxes</b> Ages 3 to 4 10 weeks	April 5, 2014	Saturday	11:10am - 12pm		

## Special Events

The following are the special events organized by the Parks and Recreation Department in the spring and summer of 2014. For the full list of major and minor special events, visit the online calendar of events at [CoteSaintLuc.org](http://CoteSaintLuc.org).

### V-E Day Commemoration Ceremony

**Sunday, April 27, 2014, 11 am**  
**Veterans Park (next to the library)**

The annual Victory in Europe (V-E) Day commemoration ceremony is organized by the City of Côte Saint-Luc and the Brigadier Frederick Kisch Branch 97 of the Royal Canadian Legion. The event commemorates the victory of the Allies over Nazi Germany.

### Blood Donor Clinic

**Tuesday, May 13, 2014, 1:15 pm to 8 pm**  
**Gymnasium, 7500 Mackle Rd.**

The annual Côte Saint-Luc Blood Donor Clinic supports the collection efforts of Héma Québec.

### Mega Garage Sale

**Sunday, May 25, 2014, 10 am to 3 pm**  
**Confederation Annex of Pierre Elliott Trudeau Park**  
**6985 Mackle Rd.**

This community garage sale is an ideal way for residents who don't have a garage to sell items they no longer need. Starting on March 31 CSL residents (or April 7 for non-residents) can reserve one of the 60 spaces to sell your items.

### Canada Day Celebration

**Tuesday, July 1, 2014**  
**Pierre Elliott Trudeau Park**

Our biggest event of the year. Help celebrate Canada with live music, activities for kids, fireworks and more.

### Municipal Golf Outing

**Tuesday, July 8, 2014, 7am (tee time)**  
**Meadowbrook Golf Club**  
**8370 Côte Saint-Luc Rd.**

An annual nine-hole golf event organized by the City of Côte Saint-Luc and the Côte Saint-Luc Men's Club.



**Thank you to Domino's Pizza for providing pizza to our staff and volunteers at our city's special events.**

## Maisons Fleuries Garden Beautification Contest

The Maisons Fleuries garden beautification contest is held yearly by Côte Saint-Luc. The city awards prizes to residents who create attractive green spaces with blossoming trees, flowers and shrubs.

A panel of judges views the gardens and selects the winners and runners up in the various categories.

The contest is open from May to July of each year.

**Info: [www.CoteSaintLuc.org/MaisonsFleuriesContest](http://www.CoteSaintLuc.org/MaisonsFleuriesContest)**



**Côte Saint-Luc operates three day camps in our city parks and other outdoor and indoor facilities, such as the Parkhaven Outdoor Pool, Aquatic and Community Centre indoor pools, Côte Saint-Luc Gymnasium and more.**

For city-run day camps, there are four two-week sessions:

- A: June 23 to July 4, 2014
- B: July 7 to July 18, 2014
- C: July 21 to August 1, 2014
- D: August 4 to August 15, 2014

### General Information About Day Camps

All cheques must be made payable to the City of Côte Saint-Luc. Payment by Visa, MasterCard and Interac are also available for the deposit portion only. The post-dated portion can only be paid by **cheque**.

Upon registration, a deposit of 50% of the total amount owing is required in addition to a post-dated cheque, dated for May 16, 2014, covering the balance.

The deadline to register for any session is the previous Wednesday at noon, in order to allow for time to finalize group lists. Past this deadline, registration will be accepted pending availability. A 5% premium will apply.

An early bird registration fee will be in effect from April 3 to 25, 2014. The regular registration fee will be in effect as of April 28. The regular fee is 10% higher than the early bird fees.

#### Early drop-off / Late pick-up service

An 8 am early morning drop-off service is provided for parents at an extra cost of \$16 (resident rate) or \$20 (non-resident rate) per week. A late pick-up service is provided for parents at an extra cost of \$20 (resident rate) or \$25 (non-resident rate) per week until 5:30 pm. All children must be dropped off and picked up from the park at which they are registered.

#### Additional supervision for Day Camps 2014

Children who require additional supervision to participate in the day camp programs should contact the Parks and Recreation Department. Funding may be available through the community organization Altergo. The deadline to submit an application for funding is March 14, 2014.

## Trudeau Creative Arts Camp

Ages: 5 to 12

This camp offers a mix of arts and crafts activities, and daily swimming lessons. Activities led by specialists include cooking, science and music, day workshops and more. Sports and fitness activities will be included in the children's routine.

Location: Pierre Elliott Trudeau Park Chalet #1

Days: Monday to Friday

Time: 9 am to 4 pm

#### Prices per two-week session

- Early bird resident rate: \$290
- Early bird non-resident rate: \$334
- Regular resident rate: \$319
- Regular non-resident rate: \$367

## Counsellor-in-Training Camp

Ages: 13 to 15

Participate in a Counsellor-In-Training program three days a week under the guidance of a trained leader. For the remaining two days, CITs will assist camp counsellors with a group of children based on a park of their choice.

Location: Pierre Elliott Trudeau Park

Days: Monday to Friday

Time: 9 am to 4 pm

#### Prices per two-week session

- Early bird resident rate: \$133
- Early bird non-resident rate: \$166
- Regular resident rate: \$146
- Regular non-resident rate: \$183





## Sports Camp

Ages: 5 to 12

This camp offers a variety of sports and recreational activities, including football, soccer, basketball games and swimming lessons. Camp-wide theme days including colour war, sleep-unders, 1960s day, superhero day and many more, ensure that every day is exciting and entertaining.

Location: Imagination Park

Days: Monday to Friday

Time: 9 am to 4 pm

### Prices per two-week session

Early bird resident rate: \$290

Early bird non-resident rate: \$334

Regular resident rate: \$319

Regular non-resident rate: \$367

Partner

## Tennis Day Camp

Ages: 5 to 15

The Tennis and Sports Academy (TSPA) operates this day camp. Campers have up to three hours of instructional tennis and there is a maximum of eight campers per one tennis instructor. Campers also enjoy a field game (often soccer, football, frisbee and soccer baseball etc.). Campers also enjoy a free swim period at the Aquatic and Community Centre (in case of rain) or the Parkhaven Outdoor Pool. Info: [www.tspa.ca](http://www.tspa.ca), [info@tspa.ca](mailto:info@tspa.ca), 514-886-9929.

Location: Caldwell Courts

Days: Monday to Friday

Dates: June 24 to August 15, 2014

Time: 9 am to 4 pm

**Price per one-week session:** \$270

Partner

## Dynamix Summer Day Camp

Ages: 5 to 12

Kids will love the variety of activities, sports, challenges, games and more only offered by Dynamix. Teams will work and play together and, without even knowing it, learn what respect, sportsmanship and team spirit is all about. Most importantly, kids will be active and engaged and will always have a great story to share at the end of the day.

Location: Pierre Elliott Trudeau Park, Chalet 1

Days: Monday to Friday

Time: 8:30 am to 4:30 pm

Dates: August 18 to 22, 2014

### Prices per one-week session

Regular resident rate: \$174

Regular non-resident rate: \$200

## Akadema Elite Baseball Camp

Partner

Ages: 10 to 16

A typical day at the camp will include players being taught proper stretching, throwing, base running, fielding, hitting mechanics through various drills and stations. Games will be played in the afternoons and will include instruction from head instructor **Ray Callari**, pro scout for the San Fransisco Giants and Eastern Canadian Pro Baseball Scout, along with other professional instructors.

Session 1: June 30 to July 4

Session 2: July 7 to 11

Location: Pierre Elliott Trudeau Park

Days: Monday to Friday

Time: 9 am to 3:30 pm

Price: \$250 per session;

\$200 before May 1, 2014

For registration or additional information, please contact: Ray Callari, 514-663-1855, [rcallari@sfgiants.com](mailto:rcallari@sfgiants.com).



## Teen Lounge

**Aquatic and Community Centre, 5794 Parkhaven Ave.**

The Teen Lounge is a meeting place for tweens and teens that is operated in a friendly, open and congenial environment. It is equipped with Xbox, PS3 and Wii game consoles. Stimulating programs, activities and outings are a mainstay of the Teen Lounge program, which incorporates youth development principles that teaches citizenship and positive role model leadership in our community.

The Teen Lounge also offers an after school **homework program** Tuesdays and Thursdays from 4 pm to 6 pm. It has desks and chairs, and desk lamps. Staff can assist students from grades 5 to 11 in French, math, geography, and more. There's a different subject focus each day. Admittance is free for Fun Card holders or a daily fee of \$3 for everyone else. See the lounge at [www.facebook.com/teenlounge](http://www.facebook.com/teenlounge).

### Hours of operation until June 21, 2014

**Tuesday and Thursday** 4 pm – 9 pm (ages 11 to 17)

During the summer months, there will be outings to La Ronde, Super Aqua Club, the Just for Laughs Festival and more. Teens are to pick and choose which outings to attend. Activities and outings take place three to four times per week at different times of day. Teens must pay for these outings.



## Pedal Boats

**Centennial Lake, Pierre Elliott Trudeau Park**

Row, row, row your boat around Centennial Lake weekends and holidays from 1 pm to 5 pm from May 17 to June 22, 2014. Then from June 23 to September 1, 2014, pedal boats are available weekdays from 4 pm to 8 pm, Saturdays from 1 pm to 8 pm, and Sundays and holidays from 11 am to 8 pm. Free for Fun Card holders or \$5 for 30 minutes.

## Game Room

**Aquatic and Community Centre, 5794 Parkhaven Ave.**

The Game Room is open to people of all ages and is equipped with a billiards table, foosball table, ping pong table and an air hockey game. It is available to Fun Card holders only.

Children aged 12 and younger must be accompanied by a guardian aged 15 or older. Billiard equipment is for people ages 16 and older. The Game Room will be available when not used by the participants from the Teen Lounge. To access the Game Room, members need to leave their Fun Card at the ACC front desk as a deposit to get the equipment needed.

### Hours of operation until June 21, 2014

**Mon. and Wed.** 6 am – 9 pm

**Tue. and Thurs.** 6 am – 4 pm

**Sat. and Sun.** 8 am – 9 pm

### Hours of operation during the summer

**Mon. to Fri.** 6 am – 9 pm

**Sat. and Sun.** 8 am – 9 pm

## Outdoor Pool

**7500 Mackle Rd.**

The Parkhaven Outdoor Pool is a 50 metre pool with a large shallow end next to a wading pool. There is also a large grassy area that provides plenty of space for sunbathing and recreational activities. It is located near the Aquatic and Community Centre.

## Indoor Pools

**Aquatic and Community Centre, 5794 Parkhaven Ave.**

Located at the Aquatic and Community Centre, the Recreation Pool has a beach area for toddlers to play with fun water games, areas for lap swimming and aquasizes, a slide and a ramp for swimmers with disabilities. The Competition Pool is a 10-lane 25m pool, with electronic scoring capabilities offering the latest advancements in competitive pool technologies. Visit [CoteSaintLuc.org](http://CoteSaintLuc.org) for the open swim schedule.

## Public Skating at the Arena

**6985 Mackle Rd.**

Public skating is available at the Samuel Moskovitch Arena from March 30 to May 14, 2014 at the following times:

- Mondays: 4:30 pm to 5:50 pm
- Wednesdays: 11 am to 11:50 am
- Fridays: 4 pm to 5:20 pm
- Sundays: 2 pm to 3:20 pm

Free for Fun Card holders or a daily fee of \$4.

Note: Kids age 13 and younger must wear a helmet. Helmets with faceguards are highly recommended for all. Bicycle helmets are not permitted. No public skating on Friday, April 18 and Sunday, April 20.

## Fitness Room

**Aquatic and Community Centre, 5794 Parkhaven Ave.**

The fitness room includes 10 cardiovascular machines, including treadmills, elliptical trainers, stair climbers, and recumbent cycles, each equipped with a TV monitor, iPod connection, and contact heart rate and polar heart rate telemetry.

The fitness room also has a three-station variable weight stack multi-gym. The fitness room is open weekdays from 6 am to 9:45 pm, Saturdays from 8 am to 9:45 pm, and Sundays from 8 am to 8:45 pm.

Free for Fun Card holders.

Children 12 years and older are permitted to enter without parental supervision. Children under 12 years are permitted to enter with parental supervision.

## After School Drop-In Sports at the Gymnasium

**7500 Mackle Rd.**

Play varied sports in a relaxed, non-structured atmosphere.

**January 6 to June 20, 2014**

Monday to Thursday 4 pm to 6:30 pm  
Friday 2 pm to 6:30 pm

**June 24 to August 15, 2014**

Monday to Friday 5 pm to 6:30 pm

Free for Fun Card holders, or a daily fee of \$5 for children (17 years and younger) and \$6 for adults (18 years and older).

**Note: All times subject to change.**

## Drop-In Sports for Adults at the Gymnasium

**7500 Mackle Rd.**

Play sports in a relaxed, non-structured environment. Free for Fun Card holders, or a daily fee of \$6 for adults (18 years and older).

**Basketball schedule (January 6 to June 20)**

**Mon. and Thurs:** 8:30 pm – 10:30 pm  
**Fri.:** 2 pm – 6:30pm

**Basketball drop-in schedule (June 24 to August 31)**

**Mon. and Thurs:** 8:30 pm – 10:30 pm

**Soccer drop-in schedule (June 24 to August 31)**

**Mondays:** 6:30 pm to 8:20 pm

**Note: All times subject to change.**

For information on gymnasium times and availability for drop-in or league rentals, please contact Alvin Fishman at 514-485-6806, ext. 2012 or [afishman@cotesaintluc.org](mailto:afishman@cotesaintluc.org).

## Fun Card



**The CSL Fun Card is a pass that gives residents unlimited admission for one year to a variety of drop-in activities at many city facilities, including:**

Fitness room at the Aquatic and Community Centre (ACC)

Teen Lounge at the ACC

Game Room at the ACC

Public swimming at the ACC

Public swimming at the Parkhaven Outdoor Pool

The wading pools at Yitzhak Rabin Park and the Parkhaven Outdoor Pool

Public skating at the Samuel Moskovitch Arena

Drop-in sports at the Côte Saint-Luc Gymnasium

Tennis courts at Rembrandt Park

Pedal boats at Pierre Elliott Trudeau Park Centennial Lake

### Price (taxes not included)

Family membership (any three or more persons living in the same residence) **\$190**

Couple (any two persons living in the same residence) **\$125**

Individual **\$75**

Senior (age 60 or older) **\$70**

**Available at the Aquatic and Community Centre and the Parks and Recreation administration office.**

**Info: [www.cotesaintluc.org/FunCard](http://www.cotesaintluc.org/FunCard)**

## Heartsaver AED Course (with infant CPR)

### For people ages 11 and older

Learn how to perform cardiopulmonary resuscitation (CPR) in case of cardiac arrest for both adult, child, and infant victims. Also learn the Heimlich Maneuver, and how to use an Automated External Defibrillator (AED).

The course cost includes the level A certification card. Please note that it takes approximately four to five weeks to receive the card.

Please arrive in comfortable clothes ready to practice and kneel on the floor. Registration will follow the same dates as our sports, art, and fitness programs.

Choose from the following dates:

**Thursday, April 10, 2014**

**Monday, May 12, 2014**

**Thursday, June 12, 2014**

**Monday, July 14, 2014**

**Thursday, August 14, 2014**

**All workshops are from 6 pm to 10 pm.**

Location: Parks and Recreation Department Building (please enter via the outdoor pool / gymnasium entrance).

Price: \$43.70 (R), \$54.60 (NR),  
\$34.95 (S-R), \$43.70 (S-NR)

Info: 514-485-6806, recreation@cotesaintluc.org.

## Babysitting

### For people ages 11 to 17

Offered in collaboration with the Canadian Red Cross Society, students will learn the skills required to carry out babysitting duties, including basic first-aid training. Students will receive a certification card.

Choose from the following dates:

**Sunday, April 13, 2014**

**Sunday, August 17, 2014**

**All workshops are from 8:30 am to 4 pm.**

Location: ACC Conference Room C

Price: \$56 (resident rate) or \$71 (non-resident rate)

Note: Please bring a teddy bear to class.



## ALTERGO

Altergo is an organization that grants funds for individuals with a disability so they are able to participate in recreational activities with the aid of a shadow. Its mission is to facilitate the social integration of persons living on the island of Montreal, through the removal of barriers that prevent them access to recreation services. There are a variety of other leisure services offered for those individuals with a disability.

Info: 514-933-2739, [www.altergo.net](http://www.altergo.net).

## Daily Hello-Bonjour

Daily Hello-Bonjour is a free service available to all residents of Côte Saint-Luc who live alone. Volunteers will call you Monday to Friday at a prearranged time to check up on you.

Info: 514-485-6819

## Fall Prevention

The Stand Up program is aimed at preventing falls for autonomous seniors (65-plus). Please contact Nathalie Leveille at 514-485-7878, ext. 3474 for details.



## CSL Women's Club

The Côte Saint-Luc Women's Club welcomes residents age 55 and older. Members meet on Wednesday afternoons for stimulating programs. Activities include guest speakers, entertainers, canasta and mahjong. Bridge is played Tuesday and Thursday afternoons and is open to all members. Fitness is held three times a week. Day outings to theatres are planned. 5794 Parkhaven Ave., Room 206. Info: 514-485-6819

## Royal Canadian Legion

Veterans of Canadian Forces or allied armies are invited to join the Brigadier Frederick Kisch Branch 97 of the Royal Canadian Legion. The Legion raises funds for charities and organizes the annual V-E Day Commemoration ceremony in May with the City of Côte Saint-Luc. Info: Frank Levine, 514-487-5040

## Creative Social Centre

The Creative Social Centre (5237 Clanranald Ave.) is open four days a week, year-round providing educational, recreational, sculpting, art classes, fitness and leisure activities. Outings to museums, art galleries and theatre are also offered. Info: 514-488-0907, cscmtl@gmail.com or visit [cscmtl.com](http://cscmtl.com)

## Loose Threads Quilt Guild

Prior knowledge is required, as there is no formal instruction. Group meets Mondays at 7 pm at Pierre Elliott Trudeau Park, Chalet 1.

**Spring 2014 dates:** March 10, 24, April 7

**Summer 2014 dates:** May 5, 26, June 9

Info: Roz Agulnik, 514-485-2039, rozagulnik@gmail.com

## Scrabble Club

Novice players are welcome. Wednesdays at 7:30 pm, offered year-round at Chalet 1 of Pierre Elliott Trudeau Park. Info: Bernard Gotlieb, 514-484-0824 or [www.golding.ca/montrealsc](http://www.golding.ca/montrealsc)

## Côte Saint-Luc Senior Walking Club

Supervised walking club. A great way to stay in shape, have fun and meet new friends. Our focus will be on light recreational walking in and around Côte Saint-Luc. Four walking paths of 1km, 3km, 5km and 8km were created on existing city sidewalks as part of the Heart in Motion program of the Heart and Stroke Foundation of Quebec. Please call Ryan Nemeroff at 514-485-6806, ext. 2214 for details.

## CSL Men's Club

The Côte Saint-Luc Men's Club welcomes residents age 55 and older. Founded in 1987, the club welcomes local, provincial and national speakers every Thursday morning at 9:30 am. The club also organizes activities like fitness, bowling, bridge, golf, choral and discussion groups.

5794 Parkhaven Ave., Room 206

Info: 514-485-6819, cslmen1@gmail.com

[cslmensclub.blogspot.ca](http://cslmensclub.blogspot.ca)

## CSL Dramatic Society

The Côte Saint-Luc Dramatic Society is a community theatre initiative for all ages that began in 2011 as a City of Côte Saint-Luc program. The goal is to bring together actors, writers, and musicians and other artistically-minded community members to produce theatrical works in an inclusive environment where emphasis is placed on team work and camaraderie, not celebrity.

Membership fee: \$115 (taxes included)

The CSL Dramatic Society, in partnership with Montreal Improv, would like to offer a beginner adult improvisation class in Côte Saint-Luc. Our Beginner class is gentle for the complete novice but deep enough for a practiced improviser. All are welcome! Break out of your routine and try something fun while meeting new people. Join the growing Montreal community of improvisers, actors, comedians and writers by taking your first steps into a larger world.

Info: Ryan Nemeroff 514-485-6806, ext. 2214 or

[recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org), or visit [csl-dramatic-society.com](http://csl-dramatic-society.com)

## Community Garden Club for Seniors

Experience the pleasure of growing your own vegetables at the Côte Saint-Luc Community Garden for Seniors. Space is limited so reserve early. Info: Mandie Aaron, 514-483-2826

## Canadian Writers Society

Published and unpublished writers can share their knowledge, experiences and stories. Authors read their stories aloud during Reading and Feedback evenings. The annual fee is \$25. Info: Rosalie Avigdor, 514-707-9396, or [www.canadianwriterssociety.com](http://www.canadianwriterssociety.com)

## The After Dinner Ukelele Society

Everyone is welcome regardless of musical experience. Group meets the first and third Mondays at 7:30 pm at the Samuel Moskovitch Arena. The annual membership fee is \$30. Info: Laurence Turgel, 342-3374, or [www.adukes.org](http://www.adukes.org)

## Facilities

### Parks and Recreation Department Building

7500 Mackle Rd.  
Côte Saint-Luc, QC H4W 1A6

The administration office is open Mondays to Fridays from 8:30 am to 4:30 pm.

Tel: 514-485-6806  
Fax: 514-485-8629  
E-mail: [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

### Aquatic and Community Centre

5794 Parkhaven Ave.  
Côte Saint-Luc, QC H4W 0A4

The ACC is open Mondays to Fridays from 6 am to 10 pm, Saturdays from 8 am to 10 pm, and Sundays from 8 am to 9 pm.

Tel: 514-485-6806  
Fax: 514-485-8629  
E-mail: [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

### Parkhaven Outdoor Pool

7500 Mackle Rd.  
Côte Saint-Luc, QC H4W 1A6

Tel: 514-485-6806 ext. 2032  
Fax: 514-485-8629  
E-mail: [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

### Côte Saint-Luc Gymnasium

7500 Mackle Rd.  
Côte Saint-Luc, QC H4W 1A6

The gymnasium is open Mondays to Fridays from 8 am to 11 pm.

Tel: 514-485-6806 ext. 2015  
Fax: 514-485-8672  
E-mail: [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

### Samuel Moskovitch Arena

6985 Mackle Rd.  
Côte Saint-Luc, QC H4W 1A5

The arena is open 7 days a week from 9 am to midnight, 11 months out of the year. It will be closed from May 16 to June 22, 2014 and on weekends during July and August. The administration office hours are weekdays from 9 am to 5 pm.

Tel. 514-485-6806 ext. 2101  
Fax: 514-485-8613  
E-mail: [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org)

### Confederation Annex

Pierre Elliott Trudeau Park

The Confederation Annex is an open-sided building used for city events, outdoor programs, camp activities and more. It is located behind the arena.

### Côte Saint-Luc Tennis Club

8215 Guelph Rd.  
Côte Saint-Luc, QC H4W 1J1

The Côte Saint-Luc Tennis Club is open every day (including weekends) from April 26 to October 27, 2013, and features nine clay tennis courts. See page 14 for more information.

Tel: 514-487-7862 (April to October)  
Tel: 514-485-6806 ext. 2214  
E-mail: [csltennisclub@cotesaintluc.org](mailto:csltennisclub@cotesaintluc.org)  
Web: [www.CoteSaintLuc.org/TennisClub](http://www.CoteSaintLuc.org/TennisClub)

### Public Tennis Courts

Public tennis courts are available at Rembrandt Park and at the Caldwell Tennis Courts from May 12 to October 12, 2014.

The Rembrandt Courts are open 7-days-a-week from 9 am to 11 pm. The cost is \$5/person 17 and younger, \$6/person age 18 and older, or free with a Fun Card. Call 514-485-8912 to reserve.

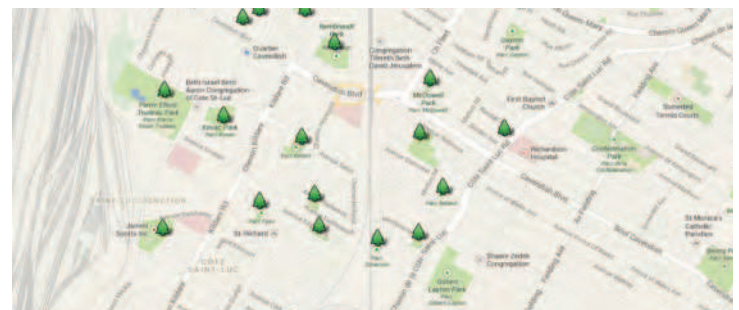
The Caldwell Courts are open seven-days-a-week, are free to use, and don't require a reservation. *Please note that between June 24 and August 15, 2014, TSPA will be conducting a Tennis Day Camp from Monday to Friday, 8 am to 4 pm, and has priority use of the Caldwell Tennis Courts during these dates and times.*

### Baseball, softball and soccer fields

Baseball and softball fields are available at Pierre Elliott Trudeau Park and Kirwan Park. Wagar Field is a soccer field at the former Wagar High School. To reserve any of these fields, call Brad Horner at 514-485-6806 ext. 2102.

## Parks

Côte Saint-Luc has 29 parks across the city. The larger parks from west to east include **Kirwan Park** (Wentworth/Kildare), **Yitzhak Rabin Park** (Westmister/Guelph), **Pierre Elliott Trudeau Park** (Mackle/Stephen Leacock), **Nathan Shuster Park** (Collins/Beethoven), and **Rembrandt Park** (Rembrandt/Merrimac).



Locate our parks at [CoteSaintLuc.org/Parks](http://CoteSaintLuc.org/Parks)

## Facility Rentals

The City of Côte Saint-Luc operates multi-use facility that makes an ideal location for corporate events and parties. Our hourly rates are competitive and our west-end location is centrally-located. Plenty of free parking is available at all our sites.

For more information about any of the locations listed below or any of our parks or greenspaces, call 514-485-6806 or send an e-mail to [recreation@cotesaintluc.org](mailto:recreation@cotesaintluc.org).

Room	Max Number of Guests	Features
<b>ACC Conference Room A</b>	60 (banquet style) or 75 (theatre style)	Projector, screen, microphone, speakers, access to full-service kitchen
<b>ACC Conference Room B</b>	120 (banquet style) or 200 (theatre style)	Projector, screen, microphone, speakers, dance floor, access to full-service kitchen
<b>ACC Conference Room C</b>	60 (banquet style) or 75 (theatre style)	Projector, screen, microphone, speakers, access to full-service kitchen
<b>Gymnasium</b>	350	Access to sports equipment
<b>Activity Room</b>	30	Tables and chairs
<b>Classroom</b>	45	Tables and chairs
<b>Arena Studio Room</b>	80	Tables and chairs
<b>Arena Ice Rink</b>	170	Large ice surface, change rooms
<b>ACC Recreation Pool</b>	40	Beach area for toddlers to play with fun water games, areas for lap swimming, a slide and a ramp for swimmers with disabilities.
<b>ACC Competition Pool</b>	200	A 10-lane 25 metre pool
<b>Chalet 1 at Trudeau Park</b>	100	Tables and chairs, access to small kitchen
<b>Parks</b>	Call for details	Call for details







# Registration Form - Parks and Recreation Department

Season and year

Family Name of Participant(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Medical / Health / Allergies: \_\_\_\_\_

Telephone (home): \_\_\_\_\_ Telephone (work): \_\_\_\_\_

Cellular Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Please complete this section for participants under 18 years old.

Mother's Last Name:	First Name:	Telephone:					
Father's Last Name:	First Name:	Telephone:					
First Name	M / F	Date of Birth (y/m/d)	Medicare Card # and Expiration Date	Program Name	Day/Time	Level	Fee
<b>TOTAL</b>							

**WAIVER - CONDITION OF PARTICIPATION IN ANY PARKS AND RECREATION DEPARTMENT PROGRAM**

**Risks/Release:** As a condition of attendance at/use of a City of Côte Saint-Luc ("City") facility or participation in a City activity/program, I hereby assume all direct and indirect, foreseeable and unforeseeable risks relating thereto for me and my minor child. I hereby release the City its elected officials, employees, agents, contractors, and volunteers, and their successors (collectively, "City Releasees") from, and waive and renounce to, every claim and liability of whatsoever nature, whenever so arising, for loss, damage or injury to my or my minor child's person and property (including theft). I agree to defend, indemnify and hold the City Releasees harmless from every such claim in principal, interest and costs. **Emergency:** If a City representative judges there is a medical emergency affecting me or my minor child I authorize them to call 9-1-1 and/or EMS, for police/ambulance/emergency medical services and allow the City to provide emergency medical intervention (including medication/treatment) at my sole cost and peril, and the below Release shall apply. **Medical Conditions:** I will complete a separate form provided by the City (where required) and declare all medical conditions, medicare number, and an emergency contact person with number, without the City incurring any liability for knowledge of a pre-existing medical condition. I or my minor child shall not attend a City or program or activity when symptoms of illness are present. If I am asked to leave/withdraw, or to retrieve/withdraw my minor child, for reasons of conduct or illness, I will do so promptly without dispute or right to refund or reimbursement. **Use of Image etc:** The City may photograph or videotape me or my minor child and may use my or my minor child's image and/or voice clips, photograph or videograph in its discretion in/on any media in perpetuity without any payment or further consent. I hereby waive my/our moral rights, and assign full copyright, in favour of the City in connection herewith. **False Information:** Any false information provided at any time to the City will automatically annul this registration, without recourse or penalty against, or refund or reimbursement by the City. **Full Payment and Refund Policy:** I acknowledge that full payment is required at the time of registration and prior to commencement of, or participation in, any City program or activity. I acknowledge that I am not entitled to refund or reimbursement of any amounts paid except as permitted under applicable City policies as published by the City at the date of my payment.

**REFUND POLICY**

Any refunds granted are at the entire discretion of the City of Côte Saint-Luc. Requests for refunds will only be considered upon the City of Côte Saint-Luc receiving a written request prior to the date at which one third of the program has been completed, subject to the medical reason exception. All refunds granted will be subject to an administrative charge of 20% off the total cost of the program and any refunds granted will be pro-rated based solely on the date the City of Côte Saint-Luc receives the written refund request. The above policy is applicable for all recreation programs (except day camp and playground programs) administered by the City of Côte Saint-Luc. Please see the Parks and Recreation brochure or our website (www.cotesaintluc.org) for the complete refund policy.

**Method of Payment**

Received by: (reserved for administration)

Please make cheques payable to the City of Côte Saint-Luc

Cash: \_\_\_\_\_ Cheque: \_\_\_\_\_ Interac: \_\_\_\_\_ Visa: \_\_\_\_\_ MasterCard: \_\_\_\_\_

Card No. \_\_\_\_\_ Exp. \_\_\_\_\_

Name of Cardholder: \_\_\_\_\_

**Acknowledgement of Activity Waiver - Refusal to sign will invalidate my registration and/or participation.**

Printed Name \_\_\_\_\_ Name of Minor Child \_\_\_\_\_ (if applicable)

Signature \_\_\_\_\_ Date \_\_\_\_\_



**Please complete the appropriate information below**

**Sports Camp**

Last swimming badge passed: \_\_\_\_\_

Session A  
June 23 - July 4

**Trudeau Creative Arts Camp**

Last swimming badge passed: \_\_\_\_\_

Session B  
July 7 - July 18

Session C  
July 21 - August 1

**C.I.T. Program**

Age group to volunteer with: \_\_\_\_\_  
Park location to be at: \_\_\_\_\_

Session D  
August 4 - August 15

**Dynamix Kidvivor  
Adventure Camp**  
August 18 - August 22

Session Fees:	\$
<input type="checkbox"/> Early morning drop off fees:	\$
<input type="checkbox"/> Late pick up fees:	\$
<b>Total Cost:</b>	<b>\$</b>

**Medical Information (please complete for each participant registered)**

Participant's Name	Allergies to Medication (please specify)	Food or other allergies (please specify)	Any physical or emotional conditions of which we should be aware (please specify)	Please describe your child's personality (shy, outgoing, active, quiet)
1.	___ No ___ Yes	___ No ___ Yes	___ No ___ Yes	
2.	___ No ___ Yes	___ No ___ Yes	___ No ___ Yes	
3.	___ No ___ Yes	___ No ___ Yes	___ No ___ Yes	

**Emergency Contacts (other than parents)**

Name	Relationship to Child	Telephone 1	Telephone 2
1.			
2.			

**Persons authorized to pick up my child(ren) other than parents**

Name	Relationship to child
1.	
2.	

**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
/	/	



