

2026-2027 FALL AND WINTER PROGRAMMING



RECREATION
and CULTURE

montreal-west.ca





Stay connected!

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



Stay informed:
www.montreal-west.ca



Subscribe to our e-bulletin:
www.montreal-west.ca/bulletin



Register to the Town's emergency alert system
alerts.montreal-west.ca



Follow us on social media :
www.facebook.com/montrealwest
www.instagram.com/mtlouest/

Recreation and Culture Department

**Montreal West
Sports and Recreation Centre**
220 Bedbrook
Montreal West, QC
H4X 1S2

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

Info desk opening hours
7 days / week
8:30 a.m. to 8:30 p.m.

Registration information

**Registration for Fall
programming begins on
August 24 for Montreal West
residents.**

DATES FOR FALL 2026 PROGRAMMING

Registration begins on

August 24 at 9:00 a.m. : Montreal West residents

August 31 at 9:00 a.m. : Côte-Saint-Luc and Hampsstead residents

September 1 at 9:00 a.m. : Non-residents

Deadline to take advantage of discounted pricing: September 4, 2026

Classes begin the week of September 14, 2026 (12 weeks)

DATES FOR WINTER 2027 PROGRAMMING

Registration begins on

November 2 at 9:00 a.m. : Montreal West residents

November 9 at 9:00 a.m. : Côte-Saint-Luc and Hampsstead residents

November 10 at 9:00 a.m. : Non-residents

Deadline to take advantage of discounted pricing: November 20, 2026

Classes begin the week of January 11, 2027 (12 weeks)

ONLINE REGISTRATION

Register through our [online registration system, Amilia](#).

An account for each family member must be created before registering to an activity.

IN-PERSON REGISTRATION

Registration can be done in person or by phone at the Sports and Recreation Centre.





General policies & procedures

- Registration fees and/or programs are not transferable from one person to another.
- Taxes will be added to programs when applicable.
- If the program is cancelled due to a minimum registration having not been obtained, the full amount will be reimbursed
- Please note that programs are subject to location change and cancellation.
- Programs that are more than halfway done at time of registration will only be prorated to a maximum reduction of 50%.
- Full policies and procedures are available on the website.

Refund policy

GENERAL REFUND POLICY

Only signed and dated written requests will be considered for refund. All refunds requested before the start of programs will be subject to a 20% administrative fee. Refunds requested once the program has started are subject to a 35% administration charge. Any refund requested after the start of the program, but only up to the completion of one third of said program, will be pro-rated. No refund will be issued after completion of one third of said program.

REFUNDS DUE TO MEDICAL REASONS

Any refunds requested for medical reasons will be considered at any time, provided a valid doctor's note is included with the written request. If granted, the refund will be pro-rated on the unused portion of the fee and a 10% administrative charge will be applied in all cases.

Pricing

EARLY BIRD PRICING

Register early and enjoy discounted pricing on fitness and leisure classes and March Break Camp.

* Not all programs are subject to this discount

RESIDENT DISCOUNT

Montreal West residents, as well as residents of Côte Saint-Luc and Hampstead are included in the resident discount for Town recreation activities (excluding the CRA programs).

DISCOUNT FOR THIRD CHILD

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

BUNDLE DISCOUNT

Participants who register for multiple classes within the same category in the same session are eligible for a bundle discount. This discount is automatically applied at registration when purchased at the same time. This discount only applies to adult fitness classes.

2nd class:	3rd class:	4th class and more:
20% off	25% off	30% off

MULTIPASS

A Multipass is a prepaid activity pass that can be used to register for eligible drop-in gymnasium activities, court rentals and fitness classes. Instead of paying the drop-in fee each time, you purchase a bundle of passes in advance and a pass is deducted each time you register.

- 5 passes (fitness classes) = approximately 10 % discount
- 10 passes (gymnasium or court) = 25% off
- 20 passes (gymnasium or court) = 30% off

Adults

PROGRAMS AND ACTIVITIES

REGULAR FITNESS

ESSENTRICS® AGING BACKWARDS

Healthy aging through movements that support connective tissue, joints and muscle strength. Lengthen and tone your body, increase flexibility, rebalance alignment and reduce stiffness and pain.

Monday 9:30 am, Gymnasium

Instructor: Fall Megan / Winter TBD

Wednesday 9:30 am, Gymnasium

Instructor: Karima



ESSENTRICS®

Essentrics® is a dynamic, low-impact, full-body workout suitable for all fitness levels. It supports injury prevention, speeds up recovery, and unlocks tight muscles and joints

Saturday 9:00 am, Gymnasium

Instructor: Carolyn

ESSENTRICS® FOR MEN

Tailored for men, this class applies the same Essentrics principles: full-body mobility, strength through length, joint health and connective-tissue care.

Monday 10:45 am, Gymnasium

Instructor: Fall Megan / Winter TBD

Wednesday 10:45 am, Gymnasium

Instructor: Karima



BARRE

A combination of barre exercises, pilates ball and light weights to tone and strengthen the legs, arms, glutes, and core.

Friday 9:00 am, Multipurpose Room AB

Instructor: Shirley

Cost for residents:

\$125 per class

Cost for non-residents:

\$145 per class

Drop-in:

\$15

Applicable discounts:

Bundle and multipass (see page 2)

ADULT BALANCE

Focused on improving balance and overall strength, participants use chairs for support, along with resistance bands and light weights to enhance muscle tone and stability through low-impact exercises.

Monday 10:30 am, Multipurpose Room B

Wednesday 10:30 am, Multipurpose Room B

Instructor: Shirley



70+ FITNESS

Low impact fitness. Spaces are limited, proof of age required.

Tuesday + Thursday 10:00 am, Gymnasium

Instructor: Alison



STRETCHING

Improve flexibility, increase range of motion, enhances alignment, and release muscular tension.

Thursday 9:00 am, Multipurpose Room AB

Instructor: Shirley



BABY AND ME POST NATAL PILATES

Low-impact fitness program that emphasizes regaining flexibility and strength following childbirth, with activities modified to incorporate the baby.

Friday 10:15 am, Gymnasium

Instructor: Fall Megan / Winter TBD

PILATES

Pilates is a series of floor based exercises that use your own body weight as resistance. By working against gravity, you'll build strength and increase flexibility. The exercises will target the core muscles-hips, back, abdominals and glutes.

Friday 9:00 am, Gymnasium

Instructor: Fall Megan / Winter TBD

YOGALATES

Yogalates blends traditional yoga with modern Pilates to increase strength, enhance flexibility, and reduce stress. All levels welcome.

**Begins the week of September 25*

Monday 9:00 am, Multipurpose Room AB

Monday 7:00 pm, Multipurpose Room AB

Wednesday 7:00 pm, Multipurpose Room AB

Instructor: Joanne



YOGA FOR MEN

Full-spectrum yoga class that improves flexibility, endurance, mobility and reduces stress. Suitable for men of all ages and fitness levels.

Monday 6:45 pm, Gymnasium

Wednesday 6:45 pm, Curling Club

Instructor: Shirley

YOGA FLOW

Yoga Flow uses dynamic, flowing movements linked with deep, mindful breathing.

Tuesday 7:45 pm, Multipurpose Room AB

Thursday 7:45 pm, Multipurpose Room AB

Instructor: Carmen

YOGA FIT

Yoga Fit features safe, effective postures that build strength, increase flexibility, and improve breathing, all in a flowing, accessible sequence

Wednesday 9:00 am, Multipurpose Room AB

Instructor: Shirley



SPECIALTY FITNESS

HIGH INTENSITY WORKOUTS WITH USE OF EQUIPMENT

CORE TRAINING

Core Training is a 60-minute progressive-intensity class that strengthens the deep core, improves posture, and leaves you feeling balanced and light. Suitable for all fitness levels.

Tuesday 7:45 pm, Gymnasium
Instructor: Ahmad

WARRIOR WORKOUT

A high-energy workout combining intensity with simple, easy-to-follow moves. Push your limits and challenge yourself.

Tuesday 6:45 pm, Gymnasium
Instructor: Ahmad

STRENGTH, AGILITY, MOBILITY (SAM)

This is a class to focus on building strength with weights, improve your agility with quick paced drills and directional changes and increase your range of motion and joint mobility through targeted dynamic stretches.

Friday 6:30 am, Multipurpose Room AB
Instructor: Alison



Cost for residents:

\$160 per class

Cost for non-residents:

\$180 per class

Drop-in:

\$20

Applicable discounts:

Bundle and multipass (see page 2)

BODY SCULPT

A strength-based workout that sculpts and tones the body by targeting major muscle groups with the help of weights, resistance bands and bodyweight.

Tuesday 6:30 pm, Multipurpose Room AB
Thursday 6:30 pm, Multipurpose Room AB
Instructor: Jean

TRX

A dynamic, full-body workout that uses your body weight and gravity to develop strength, endurance, flexibility, and balance through suspension training.

Monday 6:30 am, Davies Chalet
Monday 7:00 pm, Davies Chalet
Wednesday 6:30 am, Davies Chalet
Instructor: Alison
Friday 9:00 am, Davies Chalet
Begins the week of September 25
Instructor: Kay

LEISURE

SPANISH

Unlock new opportunities and connect with the world by learning Spanish! Join our immersive language class, and start speaking with confidence.

BEGINNER

Wednesday 1:30 to 3:00 pm, Multipurpose B

INTERMEDIATE

Thursday 1:30 to 3:00 pm, Multipurpose B

Instructor: Brenda

COST

Residents: \$135 Non-Residents: \$140

60+ LINE DANCING

Looking for some fun, movement, and great music? This lively dance session is a great way to get active, meet new people and learn some easy-to-follow steps.

Monday 1:00 pm, Multipurpose AB

Instructor: Gilbert

COST

Residents: \$70 Non-Residents: \$75
Drop-in: \$17



NEW! PAINTING

Each workshop begins with a discussion on a painting theme or approach, followed by a practical exercise. Participants can then further explore the topic or continue a personal project. Suitable for all levels. Participants must bring their own supplies, a list of materials will be available on Amilia.

Thursday 2:00 pm to 4:00 pm, Town Hall

Instructor: John

COST

Residents: \$90 Non-Residents: \$100



QIGONG

Qigong is a movement practice originating in China that was created to improve health, reduce stress, and increase vitality. It utilizes mindfulness, simple breathing, and grounding techniques to calm the mind and harmonize one's energy. Qigong is strongly connected to the elements surrounding us, and it encourages a deeper connection to the natural rhythms of the body and of nature.

Tuesday 4:00 pm, Multipurpose B

Instructor: Jasper

COST

Residents: \$70 Non-Residents: \$75
Drop-in: \$17



MEDITATION

Guided mindfulness meditation to manage stress, improve focus, build resilience and find inner calm.

Thursday 7:00 pm, Music Room

Instructor: Mary

COST

Residents: \$70 Non-Residents: \$75
Drop-in: \$17



FIRST AID TRAININGS ADULTS

EMERGENCY FIRST AID & CPR/AED (LEVEL C)

Emergency First Aid and CPR training is an indispensable one-day course that equips you with the essential skills to save lives in an emergency, whether at home or work. Course content:

- The Red Cross
- Preparing to respond
- The EMS system
- Check, Call, Care
- Airway emergencies
- Breathing and Circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care
- Opioid poisoning awareness information

Sunday, March 21, 2027, 8:30 am to 4:30 pm, Town Hall

COST

Residents: \$120 Non-Residents: \$130

FIRST AID FOR DOGS AND CATS

The First Aid for Dogs and Cats online course teaches you the essential skills to care for your pets in emergencies. From handling choking incidents to recognizing the signs of a seizure, this course gives you the confidence to act quickly and effectively, ensuring your pets are always in good hands.

The Red Cross pet first aid course you were looking for!

- Online course offered by the Red Cross
- Register on the Red Cross website

[CLICK HERE FOR MORE INFORMATION OR FIND IT ON THE CANADIAN RED CROSS WEBSITE](#)

Teens

RED CROSS TRAININGS

BABYSITTING 11-15 YRS

The Canadian Red Cross Babysitting course teaches youth essential skills to prevent and respond to emergencies. You will learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. Participants will receive a Canadian Red Cross manual and a certificate upon completion of the course.

Course given by Formations Émilie, in partnership with Atout Plus Inc.

Sunday October 18, 2026
Sunday, February 7, 2027
9:30 am to 5:30 pm
Town Hall

COST

Residents: \$85 Non-Residents: \$95

STAY SAFE PROGRAM 9-13 YRS

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and ageappropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

Course given by Formations Émilie, in partnership with Atout Plus Inc.

Sunday, October 25, 2026
Sunday, February 28, 2027
9:30 am to 3:30 pm
Town Hall

COST

Residents: \$80 Non-Residents: \$90

SPECIALTY TIMES

TEEN NIGHT

We're excited to launch a new activity designed for youth aged 11 to 15. Each month, participants will gather for a themed event.

Friday, September 25: Games Night
Friday, October 23: Murder Mystery
Friday, November 13: Taylor Swift

Sports and Recreation Centre
7 p.m.

COST

Residents: \$10 Non-Residents: \$15

TEEN GYM

Dedicated gym times for teen drop-in sports
[View the Gym schedule on the website](#)



Children

PROGRAMS AND ACTIVITIES

DANCE

BALLET

These classes introduce young dancers to ballet through music, movement, and play. In the older groups, they will learn more structure and technique while developing strength and posture.

PRE-BALLET 3 TO 4 YEARS OLD

Saturday 8:45 am, Multipurpose Room AB

Instructor: TBD
45 minutes

4 TO 6 YEARS OLD

Tuesday 5:15 pm, Multipurpose Room AB

Instructor: Sonja
45 minutes

5 TO 6 YEARS OLD

Saturday 9:35 am, Multipurpose Room AB

Instructor: TBD
45 minutes

7-8 YEARS OLD

Saturday 10:25 am, Multipurpose Room AB

Instructor: TBD
60 minutes



Cost for residents: \$125 per class
Cost for non-residents: \$135 per class

MINI HIP HOP 4-5 YRS

Join our hip hop class where tiny dancers learn rhythm, confidence, and cool moves in a fun, supportive space.

Thursday 4:30 pm, Multipurpose Room AB

Instructor: Sonja
45 minutes

JAZZ HIP HOP 5 ½ - 7 YRS

The jazz hip hop class is a mix of jazz exercises/dances and hip hop! This is the perfect way to let your kids express themselves while also learning coordination and building confidence!

Thursday 5:25 pm, Multipurpose Room AB

Instructor: Sonja
45 minutes

DUNGEONS AND DRAGONS

Dungeons and Dragons is an interactive, imagination-based game that brings participants on a fantasy-filled adventure. It encourages creativity, team work, and problem solving.

Sports and Recreation Centre

7 TO 9 YEARS OLD

Sunday 1:00 pm

10 TO 12 YEARS OLD

Sunday 2:45 pm

13 YEARS OLD +

Sunday 4:30 pm

Instructor: Thomas
90 minutes

COST

Residents: \$150 Non-Residents: \$160

MUSICAL THEATRE 5-7 YRS

The children will explore the three main aspects of musical theater: singing, dancing, and acting! Each week, they will participate in fun and creative workshops where they will learn to move, express themselves, and sing in a group.

Tuesday 6:00 pm, Curling Club

Instructor: Moony

60 minutes

COST

Residents: \$150 Non-Residents: \$160

LEISURE



THEATRE 8-12 YRS

Participants will be introduced to theater through expressive games, improvisation exercises, and the creation of colorful characters. They will learn to use their voices, bodies, and emotions to better express themselves on stage, while developing their confidence and imagination.

Tuesday 7:00 pm, Curling Club

Instructor: Moony

60 minutes

COST

Residents: \$150 Non-Residents: \$160

Specialized Childcare



MARCH BREAK CAMP

Our Camp offers children aged 5 to 10 a fun and enriching experience through a wide range of activities. Participants can enjoy creative projects, active games, sports, cooking, outdoor play, and much more in a safe and engaging environment.

March 1 to 5, 2027

Monday to Friday, 9:00 a.m. to 4:00 p.m.

COST

Residents: \$300

Non-Residents: \$310

Early bird special ends on January 5, 2027

PARENTS NIGHT OFF

Children (ages 4-10) are invited for a fun filled evening of play! The night includes pizza, juice, crafts, games and a movie.

**Please inform us if your child has any allergies. You're welcome to send a nut-free meal if you prefer.*

Fridays 5:00 to 9:00 pm

Sports and Recreation Centre

September 18

October 16

November 20

December 18

January 15

February 12

March 19

COST

Residents: \$25

Non-Residents: \$35

Parent & Tot



BABY GYM

Our Baby Gym drop-in activity provides a safe, engaging indoor space for infants and toddlers to explore, move, and play. With soft mats, climbing equipment, tunnels, balance activities, and play tables, children can develop coordination, sensory skills, and confidence at their own pace while parents and caregivers supervise and join the fun.

Tuesday and Sunday, 9:00 a.m. to 12:00 p.m.

Multipurpose Room AB

COST

Residents: Free

Non-Residents: \$5



MUSIC WITH SHAWNY

Come sing, dance, and have fun with local educator Shawny at monthly music sessions designed for young children! Through lively, interactive songs, kids will be encouraged to sing along, dance, and move to the beat in a fun and welcoming environment. Along the way, they'll explore important themes such as self-confidence, acceptance, and kindness toward others. Parents are required to attend and participate alongside their child.

**September 19, October 24, November 21,
December 12**

COST

Residents: \$15

Non-Residents: \$20

10:00 am to 10:30 am (0 to 2 years old)

10:45 am to 11:15 am (3 to 5 years old)

Town Hall

Seniors

MONTREAL WEST 60+ CLUB

The 60+ Club is an organization providing people over 60 with a variety of enjoyable activities and outings to choose from. Through speakers series, seasonal luncheons, day outings, and more, the Montreal West 60+ Club promotes socialization, a higher quality of life and a sense of community.

ACTIVE WALKING GROUP

Whether you're a casual stroller or an enthusiastic walker, our walking group for seniors is the perfect way to discover new areas while reaping the health benefits of regular movement. Scheduled activity every first Tuesday of the month. View the schedule on Amilia.

FITNESS CLASSES

Many fitness classes offered by the Town are suitable for older adults. Simply look for the Senior-friendly logo by the class description.



CARING NEIGHBOURHOOD DAY

With the help from student volunteers and local Montreal West residents, neighbours who need a helping hand are able to prep their yard for the upcoming change of season.

Saturday, October 24

If you or someone you know needs help or would like to volunteer, please find all additional information to register on Amilia.

SENIOR RESOURCES

Please see our [Senior webpage](#) on the Town website for a list of local resources. For additional information, please contact the Sports and Recreation Centre at 514-484-6186.



Gymnasium

The gymnasium offers a variety of drop-in activities for residents who want to stay active, build skills, and enjoy recreational sports in a flexible and welcoming environment.

Programs and schedules may change periodically to reflect community interest and participation levels.

ADULT SPORTS

Pickleball

- Court reservation
- Drop-in
- Clinic

Basketball

- Drop-in

Volleyball

- Drop-in

Badminton

- Court reservation
- Drop-in

KIDS AND FAMILY ACTIVITIES

Basketball

- Drop-in

Badminton

- Drop-in

Pickleball

- Drop-in



For the most up-to-date schedule and registration details, please [consult the Town website](#) or contact the Sports and Recreation Centre.

Pickleball Clinic

Whether you're just starting out or looking to refine your technique, the pickleball clinic can help you develop strong fundamentals, sharpen your strategy, and enjoy every moment on the court.

12 weeks
Starts on September 16

INTRO TO PICKLEBALL

Wednesday, 4:00 pm

BEGINNER +

Wednesday, 5:00 pm

Wednesday, 6:00 pm

Wednesday, 7:00 pm

COST

Residents: \$115 Non-Residents: \$135



The Steve and Rob Michelin Rink

Come skate year-round at our new regulation-size rink! Everyone is welcome to enjoy a variety of activities and programs offered by the CRA and community organizations.

Weekly offerings include public skating, pick-up hockey, and public figure skating!

For the most up-to-date schedule and registration details, please [visit the Town website](#) or contact the Sports and Recreation Centre.

Pro-shop

Whether you need new tape, replacement gear, or a quick snack during the game, the pro shop has you covered. Stop by to pick up the essentials you need to stay prepared and keep enjoying the action!

Available services :

- Skate sharpening
- Skate and helmet rentals
- Sale of basic equipment
- Sani Sport equipment cleaning service



Outdoor Rinks

Each winter, outdoor skating rinks are set up across town for residents to enjoy casual skating and winter fun close to home.

Outdoor rinks are weather dependent and subject to changing conditions throughout the season. Rink conditions are regularly updated on the website in the winter months.



Upcoming Events

FALL

Pop-Up Event : Sunday, September 13

National Seniors Day : Thursday, October 1

Oktoberfest : Friday, October 2

Caring Neighbourhood Day : Saturday, October 24

HALLOWEEN

Spooktacular : Friday, October 30

Halloween on ice : Saturday, October 31

REMEMBRANCE DAY

A Walk to Remember : Saturday, November 7

Remembrance Ceremony : Sunday, November 8

HOLIDAYS

CPKC Holiday Train : November (TBD)

Senior's Christmas Dinner : Friday, December 11

Breakfast with Santa : Sunday, December 13

SPRING 2027

St-Patrick's Luncheon: Friday, March 12

Cotton Tail: Sunday, March 21

Artist Showcase

The Montreal West Artist Showcase gives residents an opportunity to display their art throughout the year at the Montreal West Town Hall and on the Town website. There is a theme chosen for each showcase to help with the flow of art in the Montreal West Town Hall.

Theme: Bon Appétit!

Submission deadline:

Friday, October 16

Submit your pieces on the Town website.

Rentals

Find the perfect space for your event! Whether you're planning a birthday party, a community meeting, reception, or sporting event, the Town has a range of facilities available to suit your needs.

TOWN HALL

- Music Room
- Assembly Hall

SPORTS AND RECREATION CENTRE

- Gymnasium
- Multipurpose Room
- Ice rink
- Kitchen

Contact Recreation at 514-484-6186 for facility details, amenities, and booking information.

