



Directory of Sports
and Recreation Activities
2011-2012



ville.montreal.qc.ca/loisirsenligne





On the sports and recreation front, 2011 has been an outstanding year for the borough of Côte-des-Neiges—Notre-Dame-de-Grâce (CDN-NDG). It was my pleasure, together with Michael Applebaum, the borough Mayor and Ville de Montréal Executive Committee Chair, to officially open the brand-new NDG Sports Centre.

This is a superb facility that will further enhance a neighbourhood already experiencing a major revitalization. The entire community, and families in particular, will be able to enjoy the benefits of a modern complex accessible 12 months a year.

I am convinced that all of you, regardless of age, will want to head out this fall and explore the benefits offered by the pools, the gym, the weight-training room and the two multipurpose rooms!

Be sure to keep this Directory of Sports and Recreation Activities handy. It will be very useful in informing you about the services and facilities available to you!

Gérald Tremblay
Mayor of Montréal



Sports and recreation: another step toward a healthy lifestyle!

In June, our administration adopted the second part of its Policy to Promote a Healthy Lifestyle, which focuses on promoting physically active living. Our role is to encourage and facilitate adoption of this lifestyle by the entire community.

To this end, we are committed to creating, modernizing and maintaining urban infrastructures to promote physical activity across the borough. Our involvement is reflected in, among other initiatives, the recent official opening of the new

Notre-Dame-de-Grâce Sports Centre, projects to renovate the Côte-des-Neiges pool, and various improvements in the borough's parks. In this way, we are making sure our fellow citizens have access to modern facilities and technologically leading-edge equipment.

All of the borough's departments are also working together to provide citizens of all ages with high-quality sports and recreation services that are accessible, varied and safe. A vast array of activities, each of them extremely attractive and worthwhile, has been planned for you and your family! Simply peruse this Directory for ideas on how to get moving and to have a good time!

The online version of the Directory (ville.montreal.qc.ca/loisirsenligne) will also help keep you informed of new activities introduced throughout the year!

Have fun, stay active and take another step toward a healthy lifestyle!

Michael Applebaum
Mayor of Côte-des-Neiges—Notre-Dame-de-Grâce borough
Chair of the Ville de Montréal Executive Committee



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ACTIVITIES

MC: membership card

A

ADULT CLUBS

Cards club	18	CDN Black Community Association	CDN Black Comm. Assoc.	Fr	8 p.m.	11:59 p.m.	Jan 1	Dec 31	Free	Registration at any time. Contact the Centre at 514 737-8321
Social club	50 90	Saint-Raymond Community Centre	NDG Youth Committee	Mo-Fr	9 a.m.	Noon	Sep 6	Dec 16	\$10	MC \$5. Registration at any time at the Saint-Raymond Community Centre. Info at 514 872-1765 Mo-Fr from 9 a.m. to 10 p.m.

AEROBIC EXERCISE

Cardio plus	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	7:15 p.m.	8:45 p.m.	Sep 19	Dec 12	\$65	
Hill walking club	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We Su	7 p.m. 10 a.m.	8 p.m. Noon	Sep 19 Sep 19	Nov 28 Nov 28	\$10 \$10	
Aerobic dance	55	Creative Social Centre	Creative Social Centre	Tu, Th	10 a.m.	11 a.m.	Jan 4	Dec 16	\$5	MC \$25. Registration at any time. Info: 514 488-0907

AQUATIC ACTIVITIES

Free swim (men and boys)	0	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	We Su	8:30 p.m. 2 p.m.	9:25 p.m. 2:55 p.m.	Nov 1 Nov 1	Jun 12 Jun 12	Free Free	Bathing for boys and men only
Free swim, lengths, adults	14	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo, Th, Fr Th, Fr Sa Su	8:30 p.m. 11:30 a.m.	9:25 p.m. 12:25 p.m.	Nov 1 Nov 1	Jun 12 Jun 12	Free Free Free Free	
Free swim, lengths, for all	0 10	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo, Th, Fr Tu, Th Fr Sa Su	7:30 p.m. 7:30 a.m. 3 p.m. 3 p.m. 3 p.m.	8:25 p.m. 8:15 a.m. 4 p.m. 4:55 p.m. 4:25 p.m.	Nov 1 Nov 1 Nov 1 Nov 1 Nov 1	Jun 12 Jun 12 Jun 12 Jun 12 Jun 12	Free Free Free Free Free	Contact the group at 514 342-9988, Mo-Fr 8:30 a.m. to 9:30 p.m. Sa-Su 8:30 a.m. to 6 p.m. Registration at any time. MC compulsory.
Swimming, free bathing, women	0	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu Su	8:30 p.m. 1 p.m.	9:25 p.m. 1:55 p.m.	Nov 1 Nov 1	Jun 12 Jun 12	\$65 \$65	

AQUATIC PHYSICAL FITNESS

AquaAdults 1-2	18	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We	6:45 p.m.	7:40 p.m.	Sep 21	Nov 9	\$95	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce pool.
Aquafitness, beginner, intermediate, advanced	17	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG				Sep 8	Dec 23		Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce pool.
Aquaforme inter/avancé	16	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG				Sep 19	Dec 5	\$100	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce pool.
Aquafitness	55	Côte-des-Neiges indoor pool	CDN Seniors' Centre	Tu, Fr	11 a.m.	Noon	Sep 8	Dec 23	Free	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210

ASTROLOGY

Astrology, interpretation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	7 p.m.	10 p.m.	Sep 19	Nov 28	\$90	
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B

BADMINTON

Badminton	6 17	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	7 p.m.	10 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Badminton	7	Saint-Raymond Community Centre	NDG Youth Committee	Su	1 p.m.	3:30 p.m.	Sep 18	Dec 18	\$75	MC \$5. Extra cost for equipment. Info: 514 872-1765
Badminton	10 13	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	6 p.m.	7 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Badminton	18	Saint-Raymond Community Centre	NDG Youth Committee	Tu	8:30 p.m.	10:30 p.m.	Sep 13	Dec 20	\$40	MC \$5. Extra cost for equipment. Info: 514 872-1765
Badminton, course	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	6 p.m.	8 p.m.	Sep 19	Dec 12	\$75	Rackets and shuttlecocks not provided.

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
Badminton, course, multiple levels	18	Saint-Raymond Community Centre	NDG Youth Committee	Tu	8:30 p.m. 10:30 p.m.	Sep 13 Dec 13	\$40	MC \$5.
Family badminton	7	Saint-Raymond Community Centre	NDG Youth Committee	Su	12:45 p.m. 2:45 p.m.	Sep 18 Dec 18	\$75	MC \$5.
Family badminton, recreational	10	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre	Fr	6 p.m. 10 p.m.	Sep 23 Dec 9	\$80	MC \$10. Info: 514 484-2931. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Free badminton	18	Centre sportif Westhill	Club de plein air NDG	Mo, We	7:30 p.m. 9:30 p.m.	Sep 19 May 30	\$100	Registration dates not set. Info: 514 481-4634 ext. 210
Free badminton, intermediate	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	8 p.m. 10 p.m.	Sep 9 Dec 12	\$75	Rackets and shuttlecocks not provided.
Free badminton 2	18	Westhill Sports Centre	NDG Outing and Sports Club	Tu, Th	7:30 p.m. 9:30 p.m.	Sep 20 May 31	\$100	Registration dates not set. Info: 514 481-4634 ext. 210
Badminton, free practice	16	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre	Tu, Th	6 p.m. 9:45 p.m.	Sep 19 Dec 15	\$70	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Badminton, free practice	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	8 p.m. 10 p.m.	Sep 19 Dec 12	\$75	Rackets and shuttlecocks not provided.
Badminton, free practice, recreational	15	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Mo	7 p.m. 10 p.m.	Sep 19 Dec 12	\$60	MC \$10. Info: 514 872-6721.
Badminton free practice recreational	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Mo	8:30 p.m. 10 p.m.	Sep 8 Dec 23	\$40	Info: 514 342-9988.
Badminton coaching and course	16	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre			Sep 19 Dec 15		MC \$10. By appointment only. Price may vary based on the number of courses. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
BALADI								
Baladi	6 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	9 a.m. 10 a.m.	Sep 24 Nov 28	\$35	
Baladi	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	5 p.m. 8 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Baladi, beginner, intermediate	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	6:30 p.m. 8 p.m. 8 p.m. 9:30 p.m.	Sep 26 Nov 28 Sep 26 Nov 28	\$120 \$120	MC \$10. Registration 11 Sep from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Baladi, Level 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo, We	8 p.m. 9:30 p.m.	Sep 19 Nov 28	\$70	
Baladi, Level 2	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	5:30 p.m. 7 p.m.	Sep 19 Nov 28	\$70	
BALL HOCKEY								
Cosom hockey	6 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10:30 a.m. 11:30 a.m.	Sep 24 Nov 28	\$25	
Cosom hockey	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11:30 a.m. 12:30 p.m.	Sep 24 Nov 28	\$25	
Cosom hockey	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m. 3:30 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Cosom hockey	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	5 p.m. 7 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Cosom hockey, ball	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	7:45 p.m. 9:45 p.m.	Sep 26 Nov 30	\$40	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
BASKETBALL								
Basketball	11 17	La Voie School	La Maison des Jeunes de la CDN	We	6:45 p.m. 8:45 p.m.	Sep 5 May 22	Free	Info: 514 342-5235. Registration at any time.
Basketball	8 13	Saint-Raymond Community Centre	NDG Youth Committee	Tu Sa	6 p.m. 7 p.m. 1 p.m. 3 p.m.	Sep 13 Dec 17 Sep 13 Dec 17	\$25 \$25	MC \$5
Basketball	14 15	Saint-Raymond Community Centre	NDG Youth Committee	Th Sa Su	6 p.m. 8:15 p.m. 11 a.m. 1 p.m. 3 p.m. 5 p.m.	Sep 15 Apr 22 Sep 15 Apr 22 Sep 15 Apr 22	\$50 \$50 \$50	MC \$5. Registration at the Saint-Raymond Community Centre.
Basketball	15 45	Côte-des-Neiges Community Recreation Centre	Philippine Basketball Ass. of Mtl.	Su	Noon 5 p.m.	Sep 7 Aug 31	Free	
Basketball	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	9 a.m. 10:30 a.m.	Sep 24 Nov 28	\$25	

Basketball		Côte-des-Neiges Community Recreation Centre	Philippine Basketball Ass. of Mtl.	Fr	8:30 p.m.	10 p.m.	Sep 7	Aug 31	Free	Info at 514 342-9988, from 8 a.m. to 9 p.m.
Basketball, teens	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	We Sa	7:30 p.m. 3:30 p.m.	9 p.m. 5 p.m.	Oct 21 Oct 21	Dec 17 Dec 17	Free Free	MC \$10. Info: 514 872-6721
Basketball, youth	10 12	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	We Sa	6 p.m. 2 p.m.	7:30 p.m. 3:30 p.m.	Sep 21 Sep 21	Dec 17 Dec 17	Free Free	MC \$10. Info: 514 872-6721
Basketball, youth	7 9	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Tu Sa	6 p.m. 12:30 p.m.	7 p.m. 2 p.m.	Sep 22 Sep 22	Dec 17 Dec 17		MC \$10. Info: 514 872-6721
Mini-basketball, initiation	9 12	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Fr	5 p.m.	6:30 p.m.	Sep 19	Nov 11	\$45	Info: 514 342-9988
Mini-basketball, initiation	12 15	Côte-des-Neiges Sports Centre	Philippine Basketball Assoc. of Mtl.	Fr	6:30 p.m.	8 p.m.	Sep 19	Jun 17	\$35	Info: 514 636-7831. Registration by phone.
Basketball, multiple levels	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr Sa	8 p.m. 3:30 p.m.	10 p.m. 5:30 p.m.	Sep 14 Sep 14	Dec 10 Dec 10	Free Free	MC 2 photos. Info: 514 733-1478
Basketball free practice for leagues	14	Côte-des-Neiges Sports Centre	Philippine Basketball Ass. of Mtl.	Fr	8:30 p.m.	10 p.m.	Oct 1	Apr 30	Free	Registration at any time. Info at 514 636-7831
Basketball, free practice	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	We	7 p.m.	9 p.m.	Sep 5	May 22	Free	Info: 514 342-5235. Registration at any time.
Basketball, recreational, teens	13 15	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Fr	6:30 p.m.	8 p.m.	Sep 19	Nov 11	\$45	Info: 514 342-9988
Basketball, recreational, free practice, West Indies	8	Confederation Sports Centre	Fédé. de netball amateur du Qc.	Sa	2 p.m.	5 p.m.	Sep 9	Jun 17		Info: 514 486-2769. Saturday starting at 3:30 p.m.
Sports fever	18	La Voie School	CDN Black Comm. Assoc.	Mo	7 p.m.	9 p.m.	Sep 5	Jun 17	Free	Info: 514 737-8321

BOARD GAMES

Duplicate Scrabble	50	Appleton Centre	CDN Seniors' Centre	Mo	1 p.m.	4:15 p.m.	Sep 8	Dec 23	\$1	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
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BOXING

Muay thai, Thai boxing	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	Tu, Th, Sa	6 p.m.	8 p.m.	Sep 5	May 22	Free	Info: 514 342-5235. Registration at any time.
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C

CARD GAMES

Duplicate bridge	50	Appleton Centre	CDN Seniors' Centre	Mo	1 p.m.	4:15 p.m.	Sep 12	Nov 28	\$3	No registration required. MC \$15. Info: 514 344-1210
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CERAMICS

Ceramics	4 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10 a.m.	11 a.m.	Sep 24	Nov 28	\$35	
				Sa	11 a.m.	Noon	Sep 24	Nov 28	\$35	
Ceramics	6 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	12:30 p.m.	2 p.m.	Sep 24	Nov 28	\$35	
Ceramics	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	3 p.m.	5 p.m.	Sep 19	Nov 28	\$35	
Ceramics	10 13	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	4:30 p.m.	6 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Ceramics	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	5 p.m.	7 p.m.	Sep 19	Nov 28	Free	MC 2 photos. Info: 514 733-1478
Ceramics	13 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	6 p.m.	8 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
				Tu	2 p.m.	5 p.m.	Sep 19	Nov 28	\$95	
Ceramics	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	6:45 p.m.	9:45 p.m.	Sep 19	Nov 28	\$95	
				Tu	2 p.m.	5 p.m.	Sep 19	Nov 28	\$95	
Ceramics, forming and sculpture	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	1 p.m.	4 p.m.	Sep 26	Nov 28	\$140	Info: 514 484-6123 from 9 a.m. to 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
				Mo	7 p.m.	10 p.m.	Sep 26	Nov 28	\$140	
Ceramics, free practice	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN				Sep 19	Nov 28	\$85	Hours vary. Info: 733-1478
Youth club, ceramics and sculpture	8 12	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	4:15 p.m.	5:45 p.m.	Sep 27	Dec 1	\$70	MC \$10. Registration 11 Sep from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
CHORAL SINGING								
Montréal Children's Choir: junior training	8 10	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	4:30 p.m. 5:30 p.m.	Sep 5 Jun 17	\$325	Info: www.choeurdesenfantsdemontreal.com. Registration in the activity is through the partner organization.
Montréal Children's Choir: senior training	10 17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	5:30 p.m. 8 p.m.	Sep 5 Jun 17	\$400	Info: www.choeurdesenfantsdemontreal.com. Registration in the activity is through the partner organization.
Choral singing	50	Appleton Centre	CDN Seniors' Centre	Mo	9:30 a.m. 11 a.m.	Sep 12 Nov 28	\$30	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210. Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Choral singing	55	Creative Social Centre	Creative Social Centre	Th	1 p.m. 3 p.m.	Jan 4 Dec 16	\$5	MC \$25. Registration at any time. Info: 514 488-0907.
Choral singing, Polumnia vocal ensemble	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	7 p.m. 9:30 p.m.	Sep 5 Jun 17	\$250	\$20 registration fee with the Polumnia Choir, www.polumnia.com. Practises held on some Saturdays and Sundays.
Choral singing, Level 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	8 p.m. 9:30 p.m.	Sep 19 Nov 28	\$15	
Choral singing, Level 2	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	6:30 p.m. 8 p.m.	Sep 8 Dec 23	\$15	
Montréal Children's Choir: chamber choir	10 17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	5:30 p.m. 7 p.m.	Sep 5 Jun 17	Free	www.choeurdesenfantsdemontreal.com. Registration in the activity is through the partner organization.
Montréal Children's Choir: succession	5 7	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	4:30 p.m. 5:30 p.m.	Sep 5 Jun 17	\$325	Info: www.choeurdesenfantsdemontreal.com. Registration In the activity is through the partner organization.
CIRCUS ARTS								
Acrobatics	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	5 p.m. 7 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
CLASSICAL BALLET								
Classical ballet	5 8	Notre-Dame-de-Grâce Community Centre	Studio La Volière inc.	Tu	4:30 p.m. 5:30 p.m.	Sep 10 May 30	\$35	Info: 514 735-4214
Classical ballet	6 7	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10 a.m. 11 a.m.	Sep 24 Nov 28	\$35	
Classical ballet	8 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	Noon 1 p.m.	Sep 24 Nov 28	\$35	
Classical ballet, advanced	6 7	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11 a.m. Noon	Sep 24 Nov 28	\$35	
COLLECTIVE KITCHENS								
Food bank	0	Appleton Centre	MultiCaf	Tu, We, Th	9 a.m. 11 a.m.	Sep 7 Aug 31	Free	Contact the group at 514 733-0554, Mo-Fr from 9 a.m. to 4 p.m.
Kitchen	10 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	4:30 p.m. 7:30 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Collective kitchen	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	1 p.m. 4 p.m.	Sep 19 Nov 28	Free	Costs based on the recipe.
Community kitchen	55	Creative Social Centre	Creative Social Centre	We	11 a.m. 3 p.m.	Jan 4 Dec 16	Free	MC \$25. Registration at any time. Info: 514 488-0907
Collective kitchens	11 17	La Maison des Jeunes de la Côte-des-Neiges	La Maison des Jeunes de la CDN	We	2 p.m. 4:30 p.m.	Sep 5 May 22	Free	Info: 514 342-5235. Registration at any time.
World cuisines	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6:30 p.m. 9:30 p.m.	Sep 19 Nov 28	\$105	Ingredients provided.
Breakfast	0	Appleton Centre	MultiCaf	Mo-Th	9 a.m. 11 a.m.	Jan 1 Dec 31	Free	Contact the group at 514 733-0554, Mo-Fr from 9 a.m. to 4 p.m.
Lunch	0	Appleton Centre	MultiCaf	Mo-Fr	11:45 a.m. 1 p.m.	Jan 1 Dec 31	Free	Contact the group at 514 733-0554, Mo-Fr from 9 a.m. to 4 p.m. Ages 2-13, \$0.75, adults \$1.50
Milk for babies	18	Appleton Centre	MultiCaf	Tu	1:30 p.m. 3:30 p.m.	Jan 1 Dec 31	Free	Activity for CDN residents. Registration at the CDN CLSC. Info: 514 733-0554
Meals on wheels	60	Appleton Centre	MultiCaf	Mo-Th	8 a.m. 1:30 p.m.	Jan 1 Dec 31	Free	Activity fee: \$3.75 per meal. Registration at the CDN CLSC. Info: 514 733-0554

COMICS										
Drawing comics	10 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	5 p.m.	6:30 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
COMPUTER SCIENCE										
CACI, basic computing course	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	2 p.m.	4 p.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
				Mo	5:30 p.m.	7:30 p.m.	Sep 19	Nov 28	\$20	
				Th	6 p.m.	8 p.m.	Sep 18	Nov 28	\$20	
				Mo, Fr	10 a.m.	Noon	Sep 19	Nov 28	\$20	
CACI computing course, Access	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	2 p.m.	4 p.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
CACI computing course: Excel	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	9 a.m.	11 a.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
				Tu	6 p.m.	8 p.m.	Sep 19	Nov 28	\$20	
CACII computing course, Internet and e-mail	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	9 a.m.	11 a.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
CACI computing course: Internet and e-mail	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	5 p.m.	7 p.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
				Tu	2 p.m.	4 p.m.	Sep 19	Nov 28	\$20	
CACI computing course, Photoshop 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	6 p.m.	8 p.m.	Sep 19	Nov 28	\$85	
CACI computing course, Word	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	2 p.m.	4 p.m.	Sep 19	Nov 28	\$20	Schedule to be confirmed. Info: 514 733-1478
CACI free practice	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo-Fr	Noon	2 p.m.	Sep 19	Nov 28	\$10	Free activity (if registered in a computer course).
				Mo-Fr	8 p.m.	9 p.m.	Sep 19	Nov 28	\$10	Schedule to be confirmed. Info: 514 733-1478
Computing	18	Appleton Centre	MultiCaf	Mo-Fr	9 a.m.	3:30 p.m.	Jan 1	Dec 31	Free	For informations and registration: 514 733-0554
Computing, adults and elderly	18	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Tu	10 a.m.	Noon	Sep 20	Dec 20	Free	Info: 514 872-6134
Computing, multimedia content creation	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	7 p.m.	9 p.m.	Oct 12	Nov 25	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
				Th	1:30 p.m.	3:30 p.m.	Oct 12	Nov 25	\$130	
				Mo	1:30 p.m.	3:30 p.m.	Oct 10	Nov 21	\$130	
					7 p.m.	9 p.m.	Oct 10	Nov 21	\$130	
Computing, beginner	18	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	11 a.m.	2 p.m.	Sep 5	Apr 3	\$80	Info: 514 737-8321. Registration: 6999 Côte-des-Neiges, 2nd floor, at any time.
Computing, beginner level	18	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	10 a.m.	1 p.m.	Sep 5	Jun 17	Free	Info: 514 737-8321
CREATIVE DANCE										
Creative dance	4 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11:30 a.m.	12:30 p.m.	Sep 24	Nov 28	\$35	
				Sa	9:30 a.m.	10:30 a.m.	Sep 24	Nov 28	\$35	
				Sa	10:30 a.m.	11:30 a.m.	Sep 24	Nov 28	\$35	
CULINARY ARTS										
Table art, cake decoration	16	CDN Black Community Association	CDN Black Comm. Assoc.	Fr	6 p.m.	8 p.m.	Sep 5	Apr 3	Free	Info: 514 737-8321
Cooking workshops for women	18	De la Savane Pavilion	Mountain Sights Comm. Centre	Fr	6 p.m.	8 p.m.	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576 or 514 737-4644. The activity is held at the Mountain Sights Community Centre.
CULTURAL ACTIVITIES										
Les lundis québécois	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	7 p.m.	10 p.m.	Sep 19	Nov 28	Free	Register by phone. 514 733-1478 ext. 0 One Monday per month. Free.
Social media, learning and mastering	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	1:30 p.m.	3:30 p.m.	Oct 12	Nov 23	\$130	MC \$10. Info: 514 484-6123, 9 a.m. to 4 p.m. Registration: Sep 11, from 1 p.m. to 4 p.m.; Sep 12, 13, 14 from 3 p.m. to 8 p.m.
					7 p.m.	9 p.m.	Oct 12	Nov 23	\$130	

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
D								
DANCE								
Dance, girls only	13 17	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	We	7 p.m. 8:30 p.m.	Sep 21 Dec 21	Free	Info: 514 872-6134
Dance, hip hop, beginner, intermediate	14 17	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	2 p.m. 3 p.m.	Sep 8 Dec 23	\$45	Registration at 4880 Van Horne Sep 12-14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Modern dance	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	6 p.m. 8 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Krumping	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	6:30 p.m. 8:30 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Locking	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	6 p.m. 8 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Dancing for mummies	0 1	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	9:30 a.m. 11:30 a.m.	Sep 19 Nov 28	\$27	
Popping	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	8 p.m. 10 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Samba	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	Tu	6 p.m. 8 p.m.	Sep 5 May 22	Free	Info: 514 342-5235. Registration at any time.
Zumba, cardio dance	16	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre	Mo	6:30 p.m. 7:30 p.m.	Sep 26 Dec 30	\$130	MC \$10. Activity fee of \$80 for once a week and \$130 for
				We	7:30 p.m. 8:30 p.m.	Sep 26 Dec 30	\$130	twice a week. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
DINING								
Community meals	50	Notre-Dame-des-Neiges Church	CDN Seniors' Centre	Th	Noon 3 p.m.	Sep 8 Dec 23	\$6	MC \$15. Reserve 48 hours before at 514 344-1210. Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m. The activity is held in the basement of Notre-Dame-des-Neiges au Church.
DO-IT-YOURSELF								
Do-it-yourself	4 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. 2 p.m.	Sep 24 Nov 28	\$35	
DRAWING								
Drawing and portrait art	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	7:30 p.m. 9 p.m.	Sep 19 Nov 28	Free	
E								
EXPRESSIVE DANCE								
Break dancing, beginner	6 12	De la Savane Pavilion	Mountain Sights Comm. Centre	Fr	5 p.m. 6:30 p.m.	Sep 19 May 25	\$30	MC \$2. Info: 514 872-0576
Break dancing, beginner	9 12	De la Savane Pavilion	Mountain Sights Comm. Centre	Fr	6:30 p.m. 8 p.m.	Sep 19 May 25	\$30	MC \$2. Activity fee \$30. Info: 514 872-0576
F								
FENCING								
Fencing club	15	Notre-Dame-de-Grâce Community Centre	Escrime Mont-Royal	Mo-Fr	6:30 p.m. 9:30 p.m.	Sep 1 Aug 31	\$100	Activity fee: \$100. Practice fee: \$10 per month. Registration at any time. Contact the Centre after 6 p.m. at 514 483-6944 Registration on any date from 6:30 p.m. to 9 p.m.
Fencing, multiple levels	10 13	Notre-Dame-de-Grâce Community Centre	Escrime Mont-Royal	Mo, We, Fr	4 p.m. 5:30 p.m.	Sep 13 Apr 30	\$100	Activity fee: \$100. Practice fee: \$10 per month. Registration at any time. Contact the Centre after 6 p.m. at 514 483-6944
FIGURE SKATING								
Figure skating, CanSkate	4 14	Doug Harvey Arena	Montreal Figure Skating Club	Tu	6:30 p.m. 7:30 p.m.	Sep 7 Aug 31	\$190	Contact the Centre for registration at 514 483-0543 Registration Sep 8, 9 and 10. Variable schedule. Uniform required
Figure skating, CanSkate	4 14	Bill Durnan Arena	Montreal Figure Skating Club	We	5:30 p.m. 6:30 p.m.	Sep 7 Aug 31	\$190	
				Sa	1 p.m. 2 p.m.	Sep 7 Aug 31	\$190	
				Su	11 a.m. Noon	Sep 7 Aug 31	\$190	

Figure skating, CanSkate	5 14	Bill Durnan Arena	Montreal Figure Skating Club	Th Sa	5:30 p.m. 9 a.m.	6:30 p.m. 10 a.m.	Sep 7 Sep 7	Aug 31 Aug 31	\$350 \$350	
Figure skating	5 17	Bill Durnan Arena	Montreal Figure Skating Club	We, Th Su	6:30 p.m. 7:30 p.m.	8:30 p.m. 9:30 p.m.	Sep 7 Sep 7	Aug 31 Aug 31	Free Free	Variable fees.
Figure skating	6 18	Doug Harvey Arena	Montreal Figure Skating Club	Tu	7:30 p.m.	9:30 p.m.	Sep 7	Aug 31	Free	Contact the Centre for registration at 514 483-0543 Variable schedule. Uniform required.

FILM VIEWING AND CRITICISM

Film and teen salon	13 17	De la Savane Pavilion	Mountain Sights Comm. Centre	Fr	6 p.m.	9 p.m.	Sep 19	May 25	\$30	MC \$2. Registration fee \$30. Info: 514 872-0576
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FILMING / CINEMA

Cinema, discussion	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	Th	4 p.m.	6 p.m.	Sep 5	May 22	Free	Info: 514 342-5235. Registration at any time.
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FOLK DANCING

International folk dancing	55	Creative Social Centre	Creative Social Centre	Su	11 a.m.	Noon	Jan 4	Dec 16	\$5	MC \$25. Contact the Centre for registration at 514 488-0907
Traditional dances	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th Th	6:30 p.m. 8 p.m.	8 p.m. 9:30 p.m.	Sep 19 Sep 19	Nov 28 Nov 28	\$70 \$75	

G

GAMES OF SKILL

Games of skill, bowling	50	Rosedale Church	50 Plus Club of NDG	Fr	10:30 a.m.	11:30 a.m.	Jan 1	Dec 31	\$4.20	MC \$18. Contact the organization for registration.
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GOLF

"First tee" indoor golf	8 17	Le Manoir Notre-Dame-de-Grâce Centre	NDG Youth Committee				Sep 12	Jun 3	\$25	Contact the organization for registration. Variable schedule. Three times a week.
Golf, multi-level courses	18	Le Manoir Notre-Dame-de-Grâce Centre	NDG Youth Committee				Nov 7	Feb 19	\$100	Contact the organization for further information. Participation once a week on an 18-hole course.

GUITAR

Guitar	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6 p.m.	7:15 p.m.	Sep 19	Nov 28	\$75	Guitar not provided.
Guitar, private courses	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 26	Dec 3	\$310	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m. Meet starting at 6 p.m.
Guitar, semi-private	10 17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 26	Dec 3	\$175	MC \$10. Groups of two or three students, by appointment. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Guitar, semi-private	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 26	Dec 3	\$170	Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m. Small groups of two or three students, by appointment. Meet starting at 6 p.m.
Guitar, advanced course	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	8 p.m.	9 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Guitar, intermediate course	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	7 p.m.	8 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Guitar, private courses	10 17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 8	Dec 23	\$310	MC \$10. Course by appointment. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Guitar, beginner	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	5:30 p.m.	6:30 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Guitar, intermediate	10 13	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	4:30 p.m.	5:30 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Popular guitar, Level 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	6 p.m.	7:15 p.m.	Sep 19	Nov 28	\$75	

ACTIVITIES

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
H								
HANDICRAFTS								
Mosaics	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	1:30 p.m. - 4:30 p.m.	Sep 19 - Nov 28	\$100	Materials included.
				Th	7 p.m. - 10 p.m.	Sep 19 - Nov 28	\$100	
HELP WITH HOMEWORK								
Help with homework	6 - 12	Walkley Community Centre	Walkley Centre	Mo-Fr	2 p.m. - 6 p.m.	Sep 7 - Dec 21	\$40	Info: 514 872 1391
Help with homework	6 - 12	Saint-Raymond Community Centre	NDG Youth Committee	Mo-Fr	2 p.m. - 6 p.m.	Sep 6 - Dec 16	\$50	MC \$5.
Help with homework	6 - 12	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Mo-Fr	3:30 p.m. - 6 p.m.	Sep 6 - Jun 19	\$100	MC \$10. Info: 514 872-6721
Help with homework	6 - 12	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo, We	4 p.m. - 5:15 p.m.	Oct 3 - Dec 15	\$50	MC \$10. Registration at any time.
Help with homework	11 - 17	Kent Pavilion	La Maison des Jeunes de la CDN	Tu, Th, Fr	3 p.m. - 5 p.m.	Sep 5 - May 22	Free	Info: 514 342-5235. Registration at any time.
Help with homework, French & science	12 - 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	5 p.m. - 8 p.m.	Sep 14 - Dec 10	Free	MC 2 photos. Info: 514 733-1478
Help with homework, Group 2	9 - 12	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo-Th	6 p.m. - 7 p.m.	Sep 19 - May 25	\$10	MC \$2 + \$10 registration fee. Info: 514 872-0576
Help with homework, Group 3	13 - 17	De la Savane Pavilion	Mountain Sights Comm. Centre	Tu, We, Th	6 p.m. - 7 p.m.	Sep 19 - May 25	\$10	MC \$2 + \$10 registration fee. The activity takes place in the le De la Savane Pavilion. Contact the organization for registration at 514 872-0576
Help with homework, teens	13 - 18	Walkley Community Centre	Walkley Centre	Mo-Fr	4 p.m. - 7 p.m.	Sep 7 - Dec 21	\$40	Info: 514 872-1391
Animation, Group 1	6 - 8	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo-Th	5 p.m. - 6 p.m.	Sep 19 - May 25	\$10	MC \$2 + \$10 registration fee. Info: 514 872-0576
Tutoring	6 - 12	CDN Black Community Association	CDN Black Comm. Assoc.	Mo-Th, Sa	4 p.m. - 6 p.m.	Sep 8 - Jun 17		Info: 514 737-8321
Tutoring	13 - 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Mo-Fr	3:30 p.m. - 6 p.m.	Sep 6 - Jun 19	Free	MC \$10. Info: 514 872-6721
HIP HOP (DANCE)								
Hip hop dance, beginner	12 - 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	4 p.m. - 5:30 p.m.	Sep 14 - Dec 10	Free	MC 2 photos. Info: 514 733-1478
Hip hop dance, beginner, intermediate	9 - 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. - 2 p.m.	Sep 24 - Nov 28	\$35	
Hip hop dance, beginner, intermediate	6 - 8	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	10:30 a.m. - 11:30 a.m.	Sep 25 - Nov 20	\$45	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Hip hop dance, beginner, intermediate	11 - 13	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	1 p.m. - 2 p.m.	Sep 8 - Dec 23	\$45	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Hip hop dance, beginner, intermediate	9 - 10	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	11:30 a.m. - 12:30 p.m.	Sep 8 - Dec 23	\$45	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988.
Hip hop dance, beginner, intermediate	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	3:15 p.m. - 4:15 p.m.	Sep 8 - Dec 23	\$45	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Hip hop dance, advanced	12 - 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	5:30 p.m. - 7 p.m.	Sep 14 - Dec 10	Free	MC 2 photos. Info: 514 733-1478
Hip hop dance, beginner	12 - 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2:30 p.m. - 4 p.m.	Sep 14 - Dec 10	Free	MC 2 photos. Info: 514 733-1478
HOCKEY								
Competitive hockey, pee-wee	12 - 13	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7 - Mar 31	\$285	Info: 514 487-6799
Competitive hockey, atom	9 - 11	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7 - Mar 31	\$285	
Hockey, novice	7 - 9	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7 - Mar 31	\$265	
Competitive hockey, bantam	13 - 14	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7 - Mar 31	\$285	Info: 514 487-6799
Competitive hockey, atom	9 - 10	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7 - Aug 31	\$285	Contact the Centre for Registration at 514 487-6799 Variable schedule.

Competitive hockey, bantam	13 14	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7	Aug 31	\$285	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Competitive hockey, junior	18 21	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7	Aug 31	\$350	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Competitive hockey, midget	15 17	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7	Aug 31	\$285	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Competitive hockey, pee-wee	11 12	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7	Aug 31	\$285	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Competitive hockey, midget	16 17	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7	Mar 31	\$285	
Hockey training, goalie	5 17	Bill Durnan Arena	NDG Minor Hockey Association	Mo	6:30 p.m. 8:30 p.m.	Sep 7	Mar 31	Free	
Hockey match	18	Bill Durnan Arena	CDN Black Comm. Assoc.	Mo, We	10:30 p.m. 11:59 p.m.	Sep 5	Apr 3	Free	Info: 514 737-8321
Hockey, novice	7 8	Doug Harvey Arena	NDG Minor Hockey Association			Sep 7	Aug 31	\$160	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Hockey, pre-novice	5 6	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7	Mar 31	\$200	Contact the Centre for Registration at 514 487-6799
Hockey, pre-novice	3 6	Doug Harvey Arena	NDG Minor Hockey Association	Tu, We, Th Sa	5:30 p.m. 6:30 p.m. 10 a.m. 1 p.m.	Sep 7 Sep 7	Aug 31 Aug 31	\$280 \$280	Contact the Centre for Registration at 514 487-6799 Variable schedule.
Ice hockey, commercial	18	Bill Durnan Arena	CDN Black Comm. Assoc.	Mo, We	10:30 p.m. 11:59 p.m.	Sep 5	Apr 3	\$60	Info: 514 737-8321. Registration: 6999 Côte-des-Neiges, 2nd floor, at any time.
Ice hockey	18	Bill Durnan Arena	Bill Durnan Arena			Sep 7	Aug 31	Free	Schedule to be determined.
Competitive hockey, junior	18 21	Bill Durnan Arena	NDG Minor Hockey Association			Sep 7	Mar 31	\$350	

ICE SPORTS

Free skating	3	Bill Durnan Arena	CDN- NDG sports, recreation and social development division	Mo-Fr Sa Su	4:30 p.m. 5:30 p.m. 2 p.m. 4:30 p.m. 12:30 p.m. 2:30 p.m.	Sep 6 Sep 6 Sep 6	Apr 3 Apr 3 Apr 3	\$2.75 \$2.75 \$2.75	Info: 514 872-6073 after 3 p.m.
Free skating		Doug Harvey Arena	CDN- NDG sports, recreation and social development division	Mo-Fr Sa, Su	4:30 p.m. 5 p.m. 2 p.m. 4 p.m.	Sep 12 Sep 12	Apr 3 Apr 3	\$2.75 \$2.75	Info: 514 872-6028 after 3 p.m.
Skating, course	18	Bill Durnan Arena	Montreal Figure Skating Club	Mo	9:30 p.m. 10:30 p.m.	Sep 7	Aug 31	\$190	
School skating	6 12	Bill Durnan Arena	Bill Durnan Arena	Sa	7 p.m. 8 p.m.	Sep 7	Aug 31	Free	Info: 514 735-2201

INSTRUMENTAL MUSIC

Percussion & snare drum, private course	8	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We, Th	4 p.m. 8 p.m.	Sep 26	Dec 9	\$310	Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m. Meetings on Wednesdays and Thursdays starting at 4 p.m.
Youth club: Montréal Children's Choir	13 17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	4:30 p.m. 7 p.m.	Sep 13	May 30	Free	Chamber choir, soloists. Fee to be determined. Registration in September with the organization.
Music appreciation, babies	0 2	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	3:30 p.m. 4 p.m.	Sep 19	Nov 28	\$27	
Music appreciation	2 3	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	4 p.m. 4:30 p.m.	Sep 19	Nov 28	\$27	
Music appreciation	3 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo Mo	5:20 p.m. 6:05 p.m. 4:30 p.m. 5:15 p.m.	Sep 19 Sep 19	Nov 28 Nov 28	\$27 \$27	
Musical exploration	4 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa Sa Sa	2 p.m. 3 p.m. 11:30 a.m. 12:30 p.m. 10:30 a.m. 11:30 a.m.	Sep 24 Sep 24 Sep 24	Nov 28 Nov 28 Nov 28	\$35 \$35 \$35	
Initiation to song	6 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. 2 p.m.	Sep 24	Nov 28	\$35	
Music, writing and composition	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	Tu au Th	3 p.m. 9 p.m.	Sep 5	May 22	Free	Registration at any time.

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
Music and interpretation	5	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.			Jan 5 Apr 3		Variable schule and private cost. Info:514 872-6134 No registration.
Music and interpretation, recorder	55	Creative Social Centre	Creative Social Centre	We	9:30 a.m. 10:30 a.m.	Jan 4 Dec 17	\$5	MC \$25. Registration at any time. Info: 514 488-0907
Music and interpretation, piano, beginner	6 16	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	9:30 a.m. 6:30 p.m.	Sep 5 Jun 17	\$110	Info: 514 737-8321. Registration: 6999 Côte-des-Neiges, 2nd floor, at any time.
Music and interpretation, Metal drums	6 16	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	5 p.m. 7 p.m.	Sep 1 Dec 31	Free	Contact the centre for fees. Registration at any time.
Music and interpretation 1 (piano, flute,vocal)	5	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.			Sep 6 Dec 24		Info: 514 872-6134
Music and interpretation 2 (guitar)	5	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.			Sep 6 Dec 24		Info: 514 872-6134
Music and rhythm	16	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	4 p.m. 7 p.m.	Jan 1 Dec 31	Free	Contact the Centre for fees. Registration at any time.
Piano, initiation	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	3:15 p.m. 4:15 p.m.	Sep 24 Nov 28	\$35	
Instrumental music program	12 17	Notre-Dame-de-Grâce Community Centre	À deux mains	Th	4 p.m. 7 p.m.	Sep 8 Dec 23	Free	Registration at any time.
Rap	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	6 p.m. 8 p.m.	Sep 19 Dec 12	\$70	MC 2 photos. Info: 514 733-1478
INTERIOR DECORATION								
Decoration and design 118		Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6 p.m. 8 p.m.	Sep 19 Nov 28	\$80	
JAZZ DANCE								
Modern jazz dance	6 8	CDN-NDG borough office	Centre comm. de loisir de la CDN	Sa	2 p.m. 3 p.m.	Sep 24 Nov 28	\$35	
Dance jazz moderne	9 11	CDN-NDG borough office	Centre comm. de loisir de la CDN	Sa	1 p.m. 2 p.m.	Sep 24 Nov 28	\$35	
JUDO								
Judo	6 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10 a.m. 11 a.m.	Sep 24 Nov 28	\$35	
Judo	6 12	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Th Sa	4:45 p.m. 6:15 p.m. 4 p.m. 5:30 p.m.	Sep 22 Nov 12 Sep 22 Nov 12	\$65 \$65	Info: 514 342-9988. Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m.
Judo, advanced	6 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11 a.m. Noon	Sep 24 Nov 28	\$35	
Judo, white to orange belt course	14 70	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Mo, Fr Tu, Th We Sa	7:30 p.m. 9 p.m. 11 a.m. 12:30 p.m. 8 p.m. 9:30 p.m. 2 p.m. 3:30 p.m.	Sep 1 Aug 31 Sep 1 Aug 31 Sep 1 Aug 31 Sep 1 Aug 31		Judo Québec affiliation. Contact the club for registration dates and fees. Registration in the Shidokan Judo Club from August to September. Prices may differ.
Judo, green to black belt course	14 70	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Mo, We, Fr Tu, Th	7:30 p.m. 9 p.m. 11 a.m. 12:30 p.m.	Sep 1 Aug 31 Sep 1 Aug 31		Judo Québec affiliation. Contact the club for registration dates and fees. Registration in the Shidokan Judo Club from August to September. Info: 514 481-2424 (evening). Prices may differ.
Judo, youth, advanced	9 12	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	We Sa	6 p.m. 7:30 p.m. 11 a.m. 12:30 p.m.	Sep 6 May 31 Sep 6 May 31	\$335 \$335	Contact the club for registration dates: 514 481-2424 Judo Québec affiliation fees.
Judo, youth, beginners	6 8	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Th Sa	5 p.m. 6 p.m. 9 a.m. 10 a.m.	Sep 6 May 31 Sep 6 May 31	\$320 \$320	Contact the club for registration dates: 514 481-2424 Beginner course for children in Grade 1 or higher at school. Judo Québec affiliation fee.
Judo, youth, elite	10 15	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Tu, Th Sa	6 p.m. 7:30 p.m. 11 a.m. 12:30 p.m.	Sep 6 May 31 Sep 6 May 31	\$210 \$210	Contact the club for registration dates: 514 481-2424 (evening) Judo Québec affiliation fee.
Judo, youth, intermediate	8 13	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Tu Sa	5 p.m. 6 p.m. 10 a.m. 11 a.m.	Sep 6 May 31 Sep 6 May 31	\$330 \$330	Contact the club for registration dates: 514 481-2424. Judo Québec affiliation fee. For children, beginner with one year's experience.

Judo, excellence level	16 77	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Mo, Fr Tu, Th We Sa	7:30 p.m. 9 p.m. 11 a.m. 12:30 p.m. 8 p.m. 9:30 p.m. 2 p.m. 3:30 p.m.	Sep 1 Sep 1 Sep 1 Sep 1	Aug 31 Aug 31 Aug 31 Aug 31		Judo Québec affiliation. Registration in the Shidokan Judo Club from August to September.
Judo, parents and children, family	3 6	Le Manoir Notre-Dame-de-Grâce Centre	Shidokan Judo Club	Su	9:30 a.m. 1 p.m.	Sep 6	May 31	\$200	Contact the club for registration dates and fees. Judo Québec affiliation fee.

K

KARATE

Karate, white belt course	8	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	We Sa	10 a.m. 11:30 a.m. 4 p.m. 5 p.m. 11:10 a.m. 11:50 a.m. Noon 1 p.m.	Sep 8 Sep 8 Sep 8 Sep 8	Dec 23 Dec 23 Dec 23 Dec 23	Free Free Free Free	Info: 514 735-4389. Activity fee to come.
Karate, yellow belt course	8	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	We	4 p.m. 5 p.m.	Sep 8	Dec 23	Free	Activity fee to come. Info: 514 735-4389
Karate, red belt cours	13	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Sa	1 p.m. 2 p.m.	Sep 8	Dec 23	Free	Info: 514 735-4389. Activity fee to come.
Karate, green belt + course	13	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Fr Sa	6 p.m. 7 p.m. 9:30 a.m. 11 a.m.	Sep 8 Sep 8	Dec 23 Dec 23	Free Free	Info: 514 735-4389. Activity fee to come. Schedule to be determined.
Karate, initiation	6 12	Westhill Sports Centre	Loisirs sportifs CDN/NDG	Th	6 p.m. 7:15 p.m.	Sep 8	Dec 23	\$5	Info: 514 735-4389.
Karate, initiation, competitive I and II	7 74	Monkland Community Centre	Monkland Comm. Centre	Tu, Th Sa	6 p.m. 8 p.m. 9 a.m. 2:30 p.m.	Sep 13 Sep 13	Dec 22 Dec 22	\$40 \$40	Monthly cost of \$40 for adults, \$30 for children. Info: 514 872-8588

KUNG-FU

Kung fu and wushu	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m. 5 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
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LABORATORY / PHOTOGRAPHY

Photography, initiation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	7 p.m. 9:30 p.m.	Sep 19	Nov 28	\$85	
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LANGUAGE INSTRUCTION

English, conversation, intermediate	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	8:15 p.m. 10 p.m.	Sep 8	Dec 23	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
English, conversation, beginner level	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	6:30 p.m. 8 p.m.	Sep 8	Dec 23		MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
English conversation, Levels 1-2	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	1 p.m. 3 p.m.	Sep 28	Dec 1	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
English, intermed. course, Levels 1-2	18	Walkley Community Centre	Walkley Centre	Tu, Th	7 p.m. 9 p.m.	Sep 29	Dec 1	\$85	Info: 514 872 1391
English, course, Levels 1-2	18	Walkley Community Centre	Walkley Centre	Tu, Th	7 p.m. 9 p.m.	Sep 29	Dec 1	\$85	Info: 514 872-1391
English, beginner	16	CDN Black Community Association	CDN Black Comm. Assoc.	Tu, Th	6:30 p.m. 8:30 p.m.	Sep 5	Apr 3	\$65	Info: 514 737-8321
French conversation workshop	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	7 p.m. 9 p.m.	Sep 28	Dec 2	\$80	MC \$10. Course to improve spoken French. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Conversation workshops	18	De la Savane Pavilion	Mountain Sights Comm. Centre	Tu	9:30 a.m. 12:30 p.m.	Sep 19	May 25	Free	Info: 514 872-0576. The activity is held at the De la Savane Pavilion.
Spanish conversation, beginner 1B	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	8 p.m. 9:30 p.m.	Sep 27	Dec 2	\$130	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
French conversation	50	Appleton Centre	CDN Seniors' Centre	Mo	2:30 p.m. 4 p.m.	Sep 12	Nov 28	\$10	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
French conversation, "Parlons français"	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	10 a.m. 3 p.m.	Sep 26 Nov 30	Free	Registration at any time.
French conversation, "Parlons français"	12	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	10 a.m. 3 p.m.	Sep 26 Nov 30	Free	Registration at any time.
French conversation, group practice	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	7 p.m. 8:30 p.m.	Sep 20 Dec 6	Free	After Sep 20: Registration Tuesdays at 6 p.m.
French course, Group 1	18	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo, We, Fr	9:30 a.m. 12:30 p.m.	Sep 19 May 25	Free	Info: 514 872-0576. The activity is held at the De la Savane Pavilion.
French course, Group 2	18	De la Savane Pavilion	Mountain Sights Comm. Centre	Tu, Th	9:30 a.m. 12:30 p.m.	Sep 19 May 25	Free	Info: 514 872-0576. The activity is held at the De la Savane Pavilion.
French course, MICC (original and copy).	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo, Tu, We Mo-Fr	6 p.m. 9 p.m. 9:15 a.m. 12:15 p.m.	Sep 26 Dec 11 Sep 26 Dec 11	Free Free	Info: 514 733-1478. Registration Sep 6. from 9:30 a.m. to 11:30 a.m. and from 5:30 p.m. to 7:30 p.m. Proof of immigration status required (original and photocopy)
French course, intermediate level	18	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Mo, We	6:30 p.m. 7:30 p.m.	Oct 27 Dec 21	\$50	Info: 514 872-6134.
Spanish, intermediate 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo Mo	9:30 a.m. 11:30 a.m. 7 p.m. 9 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish, intermediate 2	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We Tu	7 p.m. 9 p.m. 9:30 a.m. 11:30 a.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish, advanced	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu Tu	9:30 a.m. 11:30 a.m. 7 p.m. 9 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish conversation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th Th	9:30 a.m. 11:30 a.m. 7 p.m. 9 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish conversation, beginner 1A	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	6:30 p.m. 8 p.m.	Sep 27 Dec 1	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Spanish conversation, intermediate	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	6:30 p.m. 8:30 p.m.	Sep 27 Dec 2	\$130	MC \$10. Info: 514 484-6123 from 9 a.m. to 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Spanish, advanced course, Group 1	50	Appleton Centre	CDN Seniors' Centre	Th	1:30 p.m. 3:30 p.m.	Sep 15 Nov 24	\$20	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Spanish, advanced course, Group 2	50	Appleton Centre	CDN Seniors' Centre	Th	9:30 a.m. 11:30 a.m.	Sep 15 Nov 24	\$20	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Spanish, beginner, for children	6 12	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	4:15 p.m. 5:30 p.m.	Sep 27 Dec 1	\$70	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Spanish, beginner 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We Th	9:30 a.m. 11:30 a.m. 7 p.m. 9 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish, beginner 2	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo Mo	9:30 a.m. 11:30 a.m. 7 p.m. 9 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$75 \$75	Extra \$22 fee for purchase of a book.
Spanish "en folie," beginners	10 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. 2 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
French, intermediate, Levels 1-2	18	Walkley Community Centre	Walkley Centre	Mo, Tu	7 p.m. 9 p.m.	Sep 26 Nov 30	\$85	Info: 514 872 1391
French, Levels 1-2-3	16	CDN Black Community Association	CDN Black Comm. Assoc.	Mo, We	6:30 p.m. 8:30 p.m.	Sep 5 Apr 3	\$65	Info: 514 737-8321
Italian conversation	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	7 p.m. 9 p.m.	Sep 3 Dec 3	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
LATIN DANCE								
Latin dance and salsa, practical course	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Fr	7 p.m. 8:30 p.m. 8:30 p.m. 10 p.m.	Sep 30 Dec 10 Sep 30 Dec 10	\$140 \$140	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.

LINE DANCING										
Line dancing, social activity	50	Saint-Raymond Community Centre	NDG Youth Committee	We	7:15 p.m. 8:15 p.m.	Sep 20	Mar 20	\$35	MC \$5. Info: 514 872-1765	
Line dancing, beginner	50	Appleton Centre	CDN Seniors' Centre	Tu	10:30 a.m. Noon	Sep 13	Nov 29	\$50	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.	
Line dancing, intermediate, advanced	50	Appleton Centre	CDN Seniors' Centre	Tu	9 a.m. 10:30 a.m.	Sep 13	Nov 29	\$50	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.	
Line dancing, intermediate 1st year	50	Appleton Centre	CDN Seniors' Centre	Tu	1 p.m. 2:30 p.m.	Sep 13	Nov 29	\$50	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.	
Line dancing, Level 1	50	Monkland Community Centre	50 Plus Club of NDG	Mo	1 p.m. 2:45 p.m.	Oct 3	Dec 5	\$25	MC \$18. Office hours: Tu, We, Th 10 a.m. to 3 p.m. Info: 514 872-1764	
Line dancing, Level 1		Rosedale Church	50 Plus Club of NDG	Mo	1 p.m. 2:30 p.m.	Oct 5	7 déc	\$25	MC \$18. Info: 514 872-1764 from 10 a.m. to 3 p.m.	
LITERATURE										
Writing workshop, diaries and fiction	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	1 p.m. 3 p.m.	Sep 27	Dec 1	\$120	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.	
Literary workshop	55	Creative Social Centre	Creative Social Centre	Mo	2 p.m. 3:30 p.m.	Jan 4	Dec 16	\$5	MC \$25. Registration at any time. Info: 514 488-0907	
Literary workshops, reading circle	50	Appleton Centre	CDN Seniors' Centre	Fr	1:30 p.m. 4 p.m.	Sep 9	Dec 23	\$1	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210	
M										
MARIONETTES										
Making marionettes	6 12	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Sa	1 p.m. 4 p.m.	Sep 24	Dec 17	Free	MC \$10. Info: 514 872-6721	
MARTIAL ARTS AND COMBAT SPORTS										
Aïkido	10 13	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	6 p.m. 7:30 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478	
Aïkido	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	7:30 p.m. 9 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478	
Capoeira	11 17	Kent Pavilion	La Maison des Jeunes de la CDN	Mo	4 p.m. 6 p.m.	Sep 5	May 22	Free	Info: 514 342-5235. Registration at any time.	
Capoeira	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr Su	7 p.m. 9 p.m. 4 p.m. 5 p.m.	Sep 14 Sep 14	Dec 10 Dec 10	Free Free	MC 2 photos. Info: 514 733-1478	
Capoeira, initiation and skill upgrading	15	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Su	9 a.m. 10:30 a.m.	Sep 8	Dec 23	\$60	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988	
Kendo	15	Monkland Community Centre	Monkland Comm. Centre	Mo, We, Fr	6 p.m. 8 p.m.	Jan 5	Dec 23	\$200	Registration starting Jan 5 at the Monkland Centre from 6 p.m. to 8 p.m. Info at 514 989-7030 from 6 p.m. to 8 p.m. \$200 for six months.	
Kendo	15	Monkland Community Centre	Monkland Comm. Centre	Mo, Th, Sa	6 p.m. 8 p.m.	Sep 12	Dec 21	\$200	Info at www.montrealkendoclub.com \$200 for six months.	
MEETINGS AND GATHERINGS										
Discussion workshop: Coffee hours	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	10 a.m. Noon	Sep 19	Nov 28	Free		
Volunteer work	0 99	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN			Sep 19	Nov 28	Free	Info: Sophie Boucher 514 733-1478 poste 223	
Bible, training and information, reading	50	Appleton Centre	CDN Seniors' Centre	Fr	9:45 a.m. 11:15 a.m.	Sep 16	Nov 18	\$20	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.	
Coffee hours	18	De la Savane Pavilion	Mountain Sights Comm. Centre	Th	10 a.m. Noon	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576. The activity is held at the De la Savane Pavilion.	
Religious teachings	55	Creative Social Centre	Creative Social Centre	We	1 p.m. 2 p.m.	Jan 4	Dec 16	Free		
Special events	0	CDN Black Community Association	CDN Black Comm. Assoc.			Sep 5	Apr 3	Free	Variable schedule. Info: 514 737-8321	

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
MultiCaf bulletin	18	Appleton Centre	MultiCaf	Mo-Fr	2 p.m. 6 p.m.	Jan 1 Dec 31	Free	
Meetings and gatherings	55	Creative Social Centre	Creative Social Centre	Mo	1:30 p.m. 3:30 p.m.	Jan 2 Dec 31	Free	MC \$25.
MODERN DANCE								
Break dancing, multiple levels	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	7 p.m. 10 p.m.	Sep 19 Nov 28	Free	MC 2 photos. Info: 514 733-1478
Dance	6 8	Côte-des-Neiges Community Recreation Centre	Studio La Volière inc.	Fr	4 p.m. 5:45 p.m.	Sep 10 May 30	Free	Info: 514 735-4214
House dance, advanced	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	8 p.m. 10 p.m.	Sep 8 Dec 23	Free	MC 2 photos. Info: 514 733-1478
House dance, beginner	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	8:30 p.m. 10 p.m.	Sep 8 Dec 23	Free	MC 2 photos. Info: 514 733-1478
House dance, all levels	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	7:30 p.m. 9 p.m.	Sep 8 Dec 23	Free	
Waacking dance, advanced	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	6 p.m. 8 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Waacking dance, beginner	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6 p.m. 8 p.m.	Sep 8 Dec 23	Free	MC 2 photos. Info: 514 733-1478
Latin dance	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	8:30 p.m. 10 p.m.	Sep 19 Nov 28	\$80	
MOTOR ACTIVITIES								
Physical activity, initiation	5 7	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Sa	9 a.m. 9:45 a.m.	Sep 19 Dec 13	\$45	Info: 514 342-9988. Registration at 4880 Van Horne, Sep 12 to 14, 2011, from 6 p.m. to 9 p.m.
Parents and babies	0 4	Saint-Raymond Community Centre	NDG Youth Committee	Mo, Fr	10 a.m. 2 p.m.	Sep 12 Dec 19	Free	\$5 fee for membership card. Info: 514 872-1765
MUSCULAR EXERCISE								
Stretching and floor exercises.	50	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG			Sep 8 Dec 23	\$65	Hours to be determined. Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988 and the elders' centre, 514 344-1210
Weight training	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG			Sep 6 Dec 23		Info: 514 342-9988. Registration at any time. Contact the organization for fees and schedules.
Pilates	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th Tu	Noon 1 p.m. 7 p.m. 8 p.m.	Sep 19 Dec 12 Sep 19 Dec 12	\$75 \$75	
Pilates	18	Saint-Raymond Community Centre	NDG Youth Committee	We	7 p.m. 8 p.m.	Sep 14 Dec 21 Mar 21	\$50 \$50	MC \$5.
Floor pilates, beginner	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	6:30 p.m. 7:30 p.m.	Sep 27 Dec 1	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Floor and ball pilates, intermediate	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	7:30 p.m. 8:30 p.m.	Sep 27 Dec 1	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Stretching	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu, We, Fr	11 a.m. Noon	Sep 19 Dec 12	\$75	
MUSIC APPRECIATION								
Music appreciation	1 5	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	10:30 a.m. 11:15 a.m. 9:30 a.m. 10:20 a.m.	Sep 19 Nov 30 Sep 19 Nov 30	\$80 \$80	Parent/child activity. MC \$10. Formation of two groups Based on participants' age. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.

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OUTDOOR ACTIVITIES								
Outings in Montréal and surroundings	50	Appleton Centre	CDN Seniors' Centre	We	9 a.m. 4 p.m.	Sep 8 Dec 23		MC \$15 plus related costs when leaving. Registration at the Appleton Centre. Info: 514 344-1210. Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.

OUTINGS

This Sunday, we go out	0 99	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	10 a.m.	5 p.m.	Sep 19	Nov 28		Variable cost. Info: 514 733-1478
Outdoor trips	13 17	St. Monica School	NDG Outing and Sports Club	Su	9 a.m.	4 p.m.	Oct 17	May 29	Free	Registration at any time.
Outings for everyone		Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	10 a.m.	5 p.m.	Sep 1	July 31		
Outings	55	Creative Social Centre	Creative Social Centre				Jan 4	Dec 16	Free	MC \$25. Contact the Centre for registration at 514 488-0907. Schedule to be determined.
Special outings	13 17	Kent Pavilion	La Maison des Jeunes de la CDN	Sa	3 p.m.	9 p.m.	Sep 5	Jun 17	Free	Info: 514 342-5235. Registration at any time.

P

PAINTING

Watercolours, landscapes & still nature	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	1 p.m.	4 p.m.	Sep 26	Dec 1	\$140	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Painting	6 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11:30 a.m.12:30 p.m.		Sep 24	Nov 28	\$35	
				Sa	10:30 a.m.11:30 a.m.		Sep 24	Nov 28	\$35	
Painting	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo, Tu	1 p.m.	4 p.m.	Sep 19	Nov 28	\$100	Material included.
				Tu	7 p.m.	10 p.m.	Sep 19	Nov 28	\$100	
Painting	55	Creative Social Centre	Creative Social Centre	We	10 a.m.	Noon	Jan 4	Dec 16	\$5	MC \$25. Contact the Centre for registration at 514 488-0907
Painting and drawing	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m.	3 p.m.	Sep 24	Nov 28	\$35	
Painting, multiple levels	55	Creative Social Centre	Creative Social Centre	We	1 p.m.	3 p.m.	Jan 2	Dec 17	\$5	MC \$25. Registration at any time. Info: 514 488-0907
Oil painting, course and workshops	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	7 p.m.	10 p.m.	Sep 26	Dec 28	\$150	MC \$10. Info: 514 484-6123 from 9 a.m. to 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Painting, course and workshop	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	1 p.m.	4 p.m.	Sep 28	Dec 1	\$140	\$10 fee per year plus \$25 for material. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Painting, course and workshop	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	1 p.m.	4 p.m.	Sep 26	Nov 28	\$140	MC \$10. Oil and/or acrylic. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Japanese painting and sumi-e	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	1 p.m.	4 p.m.	Sep 8	Dec 23	\$140	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Painting, free practice	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN				Sep 19	Nov 28	\$105	\$5 fee + prerequisite of being registered in a painting course. Variable schedule. Info: 514 733-1478
Painting, practice, multiple levels	55	Creative Social Centre	Creative Social Centre	Mo, Tu, Th	9:30 a.m.	4 p.m.	Jan 4	Dec 16	Free	MC \$25. Contact the Centre for registration at 514 488-0907

PERCUSSIONS

Rythm makers percussions	18	CDN Black Community Association	CDN Black Comm. Assoc.	Sa	2 p.m.	5 p.m.	Jan 1	Dec 31	Free	Contact the Centre for fees at 514 737-8321 Registration at any time.
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PIANO

Piano	8	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 26	Dec 3	\$310	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m. By appointment, starting at 4 p.m.
Piano	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	7:15 p.m.	8:45 p.m.	Sep 19	Nov 28	\$75	
Piano, courses, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	7:15 p.m.	8:45 p.m.	Sep 19	Nov 28	\$75	

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
Piano, private courses	10	Notre-Dame-de-Grâce Community Centre	NDG Community Centre			Sep 26 Dec 3	\$310	MC\$10. Course by appointment only, starting at 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Piano, beginner	12-18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	4:30 p.m. 5:30 p.m.	Sep 14 Dec 10	\$40	MC 2 photos. Info: 514 733-1478
PHYSICAL FITNESS ACTIVITIES								
Activities, physical fitness	50	Monkland Community Centre	50 Plus Club of NDG	Tu Tu	9:30 a.m. 10:30 a.m. 10:30 a.m. 11:30 a.m.	Oct 5 Apr 12 Oct 5 Apr 12	\$38 \$38	MC \$18. Contact the centre for registration.
Physical fitness	18	Bill Durnan Arena	CDN Black Comm. Assoc.	Mo-Fr Sa	4 p.m. 10 p.m. 10 a.m. 6 p.m.	Jan 5 Dec 23 Jan 5 Dec 23	Free Free	Contact the centre for rates. Registration at any time.
Physical fitness	50	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre	Mo, We, Fr Mo, We, Fr	11 a.m. Noon 10 a.m. 11 a.m.	Sep 19 Dec 9 Sep 19 Dec 9	\$145 \$145	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1:00 p.m. to 4 p.m. Sep 12, 13, 14 from 3 p.m. to 8 p.m. \$145 three times a week, \$120 twice a week.
Physical fitness, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo, We	6 p.m. 7:30 p.m.	Sep 19 Dec 12	\$65	
Physical fitness, active lifestyle	50	Monkland Community Centre	50 Plus Club of NDG	Tu Tu	9:30 a.m. 10:30 a.m. 10:30 a.m. 11:30 a.m.	Oct 4 Apr 10 Oct 4 Apr 10	\$38 \$38	MC \$18. Office hours: Tu, We, Th, 10 a.m. to 3 p.m. Info: 514 872-1764.
Physical fitness	18	La Voie School	CDN Black Comm. Assoc.	Mo, Th	7 p.m. 9 p.m.	Sep 5 Jun 17	Free	Info: 514 737-8321. Registration: 6999 Côte-des-Neiges, 2nd floor. Any time.
Conditioning	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th Tu	4:15 p.m. 5:30 p.m. 9:30 a.m. 10:45 a.m.	Sep 19 Dec 12 Sep 19 Dec 12	\$75 \$75	
Conditioning, advanced	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Mo, We	7:30 p.m. 8:30 p.m.	Sep 19 Nov 9	\$70	Info: 514 342-9988. Registration at 4880 Van Horne Sep 12 to 14, 2011, from 6 p.m. to 9 p.m.
Conditioning, beginner	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Mo, We	6:15 p.m. 7:15 p.m.	Sep 19 Nov 9	\$70	Info: 514 342-9988. Registration at 4880 Van Horne Sep 12 to 14, 2011, from 6 p.m. to 9 p.m.
Conditioning/Low-impact exercise	50	Côte-des-Neiges Sports Centre	CDN Seniors' Centre			Sep 8 Dec 23		MC \$15. Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Conditioning, Pilates	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo Tu	7:15 p.m. 8:15 p.m. Noon 1 p.m.	Sep 19 Dec 12 Sep 19 Dec 12	\$75 \$75	
Zumba, beginner to intermediate	16	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG			Sep 12 Dec 23		Info: 514 342-9988
PLASTIC ARTS								
Drawing, live model	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1:30 p.m. 4:30 p.m.	Sep 19 Nov 28	\$100	Material not included.
Drawing, live models	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10 a.m. 1 p.m.	Sep 19 Nov 28	\$100	Material not included.
Dessin, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We We	1 p.m. 4 p.m. 7 p.m. 10 p.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$90 \$90	Material included.
Special projects, recycling, dance	13-17	De la Savane Pavilion	Mountain Sights Comm. Centre	Th	7 p.m. 8:30 p.m.	Sep 19 May 25	Free	MC \$2 + \$10 registration fee. Info: 514 872-0576
R								
RECREATIONAL AND COMMUNITY ACTIVITIES								
Community activities	18	Appleton Centre	MultiCaf	Mo-Fr	1 p.m. 4 p.m.	Jan 1 Dec 31	Free	Contact the group at 514 733-0554, Mo-Fr, 9 a.m. to 3 p.m.
Recreational activities	6-12	Saint-Raymond Community Centre	NDG Youth Committee	Mo, We Fr	6:15 p.m. 8 p.m. 6:15 p.m. 8:15 p.m.	Sep 7 Dec 21 Sep 7 Dec 21	Free Free	MC \$5. Info: 514 872-1765
Leisure activities for teens	13-17	Saint-Raymond Community Centre	NDG Youth Committee	Mo, We, Fr	8:15 p.m. 10 p.m.	Sep 7 Dec 21	Free	\$5 fee for membership card. Info: 514 872-1765

Leisure activities for adults	18	Saint-Raymond Community Centre	NDG Youth Committee	Th	8:15 p.m. 10:15 p.m.	Sep 8	Dec 15	Free	MC \$5 plus \$2 fee per person at each visit. Info: 514 872-1765
Free activities	6 12	Saint-Raymond Community Centre	NDG Youth Committee	Mo, We, Fr	6:15 p.m. 8:15 p.m.	Sep 7	Dec 16		MC \$5. Registration at any time at the Saint-Raymond Community Centre.
Free activities	13 17	Saint-Raymond Community Centre	NDG Youth Committee	Mo, We, Fr	8:15 p.m. 10 p.m.	Sep 7	Dec 16		MC \$5. Registration at any time at the Centre.
Free activities	18	Saint-Raymond Community Centre	NDG Youth Committee	Th	8:15 p.m. 10:15 p.m.	Sep 8	Dec 15		Fee of \$2 per session. Registration at any time at the Saint-Raymond Community Centre.
Recreational activities	6 12	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Mo, Fr	6 p.m. 7 p.m.	Sep 19	Dec 12	Free	MC \$10. Info: 514 872-6721. Registration ay any time.
Recreational activities	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo au Fr	8:30 a.m. 3 p.m.	Aug 1	Jul 15	\$20	Registration through the Miriam Centre.
Recreational and sports activities, open gym	13 17	Nelson Mandela Park chalet	CDN Black Comm. Assoc.	Mo au Fr	3 p.m. 9 p.m.	Sep 1	Jun 30	Free	Registration at any time. Contact the centre at 514 737-8321
Recreational activities, friendly club	55	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	We	Noon 3 p.m.	Sep 21	Dec 21	Free	Info: 514 872-6134
Recreational activities junior youth group	11 14	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Sa	10 a.m. Noon	Sep 24	Dec 23	Free	Info: 514 872-6134
Sports and recreational activities	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Tu, Fr Th Sa	7 p.m. 9 p.m. 6 p.m. 9 p.m. 6:30 p.m. 9:30 p.m.	Sep 8 Sep 8 Sep 8	Dec 23 Dec 23 Dec 23	Free Free Free	MC \$10. Registration at any time.
Sports and recreational activities	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Tu Th, Fr Sa	7:30 p.m. 9 p.m. 7 p.m. 9 p.m. 5 p.m. 9 p.m.	Sep 9 Sep 9 Sep 9	Dec 20 Dec 20 Dec 20	Free Free Free	MC \$10. Free gym. Registration at any time.
Sports activities for youths	12 17	Notre-Dame-de-Grâce Community Centre	Head and Hands	We We Fr Fr Sa Sa	3 p.m. 6 p.m. 4 p.m. 6 p.m. 4 p.m. 6 p.m. 3 p.m. 5 p.m.	Sep 1 Sep 5 Sep 1 Sep 5 Sep 1 Sep 5	Aug 31 Aug 31 Aug 31 Aug 31 Aug 31 Aug 31	Free Free Free Free Free Free	Registration from 3 p.m. to 8 p.m. Registration period: at any time.
Adult open gym	18	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Fr	9 p.m. 11 p.m.	Sep 9	Dec 16	Free	MC \$10. Info: 514 872-6721 Registration at any time.
Ça S'Parle	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Mo, We Sa	6 p.m. 9 p.m. 4 p.m. 7 p.m.	Sep 10 Sep 10	Dec 17 Dec 17	Free Free	MC \$10. Info: 514 872-6721
Youth club, help with homework	6 9	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu, We, Th	4 p.m. 5:30 p.m.	Oct 12	Jun 15	\$10	Activity at Notre-Dame-de-Grâce School. Registration through Notre-Dame-de-Grâce School.
Chess club	10 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m. 4 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Debates, themes, meetings	13 17	De la Savane Pavilion	Mountain Sights Comm. Centre	We	7 p.m. 8:30 p.m.	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576
Recording and mixing	11 17	La Maison des Jeunes de la Côte-des-Neiges	La Maison des Jeunes de la CDN	Sa	3 p.m. 9:30 p.m.	Sep 5	May 22	Free	Info: 514 342-5235. Registration at any time.
Special events	55	Creative Social Centre	Creative Social Centre			Jan 4	Dec 16	Free	MC \$25. Contact the Centre for registration at 514 488-0907
Exhibition		Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Fr Sa, Su	6:30 p.m. 9:30 p.m. 1 p.m. 4 p.m.	Dec 2 Dec 2	Dec 4 Dec 4		For members.
Training and information, Leadership program	13 17	Nelson Mandela Park chalet	CDN Black Comm. Assoc.	Sa	1 p.m. 4 p.m.	Sep 1	May 31	Free	The activity takes place once every two weeks. Registration period: any time.
Leadership, teens	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Th	6 p.m. 9 p.m.	Sep 22	Dec 15	Free	MC \$10. Info: 514 872-6721
Recreation by and for youths	11 17	Kent Pavilion	La Maison de Jeunes de la CDN	Tu to Fr	3 p.m. 9 p.m.	Sep 5	May 22	Free	Registration at any time
Parents and babies	0 4	Saint-Raymond Community Centre	NDG Youth Committee	Mo, Fr	10 a.m. 2 p.m.	Sep 12	Dec 16		MC \$5. Registration at any time at the Saint-Raymond Community Centre.
Games room	10 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th, Fr Sa	7 p.m. 10 p.m. 2 p.m. 10 p.m.	Sep 14 Sep 14	Dec 10 Dec 10	Free Free	MC 2 photos. Info: 514 733-1478 MC 2 photos. Info: 514 733-1478

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
Games room, free games	1 4	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo, We, Fr	10 a.m. 12:30 p.m.	Sep 12 Jun 15	\$20	Parent-children activities MC \$10. Info: 514 484-6123 from 9 a.m. to 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Teen drop-in	13 17	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Tu, Fr Sa	6 p.m. 9 p.m. 7 p.m. 9 p.m.	Sep 9 Dec 20 Sep 9 Dec 20		MC \$10. Info: 514 872-6721 MC \$10. Info: 514 872-6721
RECREATIONAL CLUBS								
Recreational activities, leadership	13 17	Saint-Raymond Community Centre	NDG Youth Committee			Sep 6 Dec 20	Free	MC \$5. Activities three times a week. Info: 514 872-1765
Girls' club	10 12	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m. 4 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
Youth club, Montréal Children's Choir	8 10	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	4:15 p.m. 5:30 p.m.	Sep 5 Jun 15	\$325	Auditions are held in September. Registration in September with the Children's Choir.
Youth club, Montréal Children's Choir	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	5:30 p.m. 8 p.m.	Sep 5 Jun 15	\$400	Auditions will be held in September. Training: senior choir. The activity also takes place on Sunday: check the schedule with the organization. Registration period in September, with the organization.
Youth club, babysitting training	11	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Su	9 a.m. 5 p.m.	Nov 20 Nov 20	\$50	Registration at any time.
Recreational club	6 12	La Voie School	CDN Black Comm. Assoc.	Sa	1 p.m. 3 p.m.	Sep 5 Apr 3	Free	Info: 514 737-8321
Recreational club	13 19	Walkley Community Centre	Walkley Centre	Tu au Fr	5 p.m. 9 p.m.	Sep 7 Aug 13	Free	Contact the organization for Registration.
Recreational club, after-school program	6 12	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Mo-Fr	3:30 p.m. 6:30 p.m.	Sep 19 Dec 23	\$25	Info: 514 872-6134
Youth club, Montréal Children's Choir	17	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	4 p.m. 6 p.m.	Sep 8 Jun 19	Free	Registration with the organization in September. The activity will be held on some Saturdays and Sundays. Fees to be determined.
Youth club, zumba dance	8	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Fr	4:30 p.m. 5:30 p.m.	Sep 26 Nov 28	\$70	MC \$10. Zumba. Dance registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Saturday club	6 12	La Voie School	CDN Black Comm. Assoc.	Sa	2 p.m. 4 p.m.	Sep 5 Apr 3	Free	Info: 514 737-8321. Registration: 6999 Côte-des-Neiges, 2nd floor, at any time.
Recreation for youths – Youth 2000	12 17	Notre-Dame-de-Grâce Community Centre	À deux mains	Mo-Sa	3 p.m. 8 p.m.	Sep 1 Aug 31	Free	Registration from 3 p.m. to 8 p.m., on any date.
Music and literature, teen club with Steeve	6 17	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Tu	6:30 p.m. 9 p.m.	Sep 20 Dec 20	Free	Info: 514 872-6134
Tweens	12 14	Walkley Community Centre	Walkley Centre	Sa	2 p.m. 6 p.m.	Sep 17 Dec 10	\$30	Info: 514 872 1391
RELAXATION ACTIVITIES								
Meditation, course, multiple levels	50	Le Manoir Notre-Dame-de-Grâce Centre	Centre de bénévolat de NDG	We	10:30 a.m. 11:45 a.m.	Sep 13 Nov 29	\$30	Registration by phone at 514 489-0588
Reflex therapy level 1	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo Tu	7:30 p.m. 9:30 p.m. 9:30 a.m. 11:30 a.m.	Sep 19 Nov 28 Sep 19 Nov 28	\$60 \$60	
Reflex therapy level 2	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	5:30 p.m. 7:30 p.m.	Sep 19 Nov 28	\$60	
RHYTHMIC GYMNASTICS								
Rhythmic gymnastics	3 5	Confederation Sports Centre	Questo Rhythms			Sep 17 Jun 1		Info: 514 486-0533
Rhythmic gymnastics	6 9	Confederation Sports Centre	Questo Rhythms			Sep 17 Jun 1		Info: 514 486-0533
Rhythmic gymnastics		Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Mo	4:30 p.m. 5:30 p.m.	Sep 19 Nov 14	\$55	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Rhythmic gymnastics		Confederation Sports Centre	Questo Rhythms			Sep 19 Jun 1		Competitive and pre-competitive levels for those 5 and over.
Rhythmic gymnastics	10 12	Confederation Sports Centre	Questo Rhythms			Sep 17 Jun 1		Info: 514 486-0533
Rhythmic gymnastics, beginner	6 12	Côte-des-Neiges Sports Centre	Club de gym. rythmique Questo inc.	Mo	4 p.m. 5 p.m.	Sep 7 Aug 31	\$55	Girls only. For further information, contact the Centre at 514 342-9988

RINGUETTE										
Ringuette, competitive, cadet	18	Bill Durnan Arena	NDG Ringuette Association	Mo	8:30 p.m. 9:30 p.m.	Sep 7	Aug 31	\$240		
Ringuette, atom, ccompetitive	10 11	Doug Harvey Arena	NDG Ringuette Association			Sep 7	Aug 31	\$240	Schedule to be determined.	
Ringuette, junior B, competitive	12 13	Doug Harvey Arena	NDG Ringuette Association			Sep 7	Aug 31	\$240	Schedule to be determined.	
Ringuette, competitive, mosquito	4 7	Doug Harvey Arena	NDG Ringuette Association	Sa	1 p.m. 2 p.m.	Sep 7	Aug 31	\$120	Variable schedule.	
Ringuette, novice, competitive	8 9	Doug Harvey Arena	NDG Ringuette Association			Sep 7	Aug 31	\$240	Variable schedule.	
SCULPTURE										
Sculpture	55	Creative Social Centre	Creative Social Centre	We	9:30 a.m. 11:30 a.m.	Jan 4	Dec 16	\$10	MC \$25. Registration at any time.	
Sculpture, practice	55	Creative Social Centre	Creative Social Centre	Mo-Th	9:30 a.m. 4 p.m.	Jan 4	Dec 16	Free	MC \$25. Contact the Centre for registration at 514 488-0907	
SEWING										
Sewing	16	CDN Black Community Association	CDN Black Comm. Assoc.	Mo, We	6:30 p.m. 8:30 p.m.	Sep 5	Apr 3	\$70	Info: 514 737-8321. Registration: 6999, Côte-des-Neiges, 2nd floor, at any time.	
Family sewing	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	9 a.m. Noon	Sep 19	Nov 28	\$27		
Sewing, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	1 p.m. 4 p.m.	Sep 19	Nov 28	\$70	Sewing machines on site.	
				Th	6 p.m. 9 p.m.	Sep 19	Nov 28	\$70		
SOCIAL DANCING FOR COUPLES										
Exercise dance, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We, Fr	9:30 a.m. 10:45 a.m.	Sep 19	Dec 12	\$75		
				Tu	6 p.m. 7:15 p.m.	Sep 19	Dec 12	\$75		
Exercise dance, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	6 p.m. 7:15 p.m.	Sep 19	Dec 12	\$75	Social dancing as couples.	
Social dance, round dance, Level 1	18	Monkland Community Centre	Monkland Comm. Centre	Su	2 p.m. 5 p.m.	Sep 25	Nov 27	\$70	Info: 450 679-7623.	
Latin dance	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu	7 p.m. 8:30 p.m.	Sep 19	Nov 28	\$80		
SPEECH WORKSHOP										
Tuesday speech	50	Appleton Centre	CDN Seniors' Centre	Tu	1:30 p.m. 4 p.m.	Sep 8	Dec 23	\$1	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210	
SWIMMING										
Aquatic club, swimming, rookie 1	6 10	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	We	6 p.m. 7 p.m.	Nov 1	Jun 16	\$240	Info: 514 342-9988 Mo-Fr, from 8:30 a.m. to 9:30 p.m.	
				Th	6:30 p.m. 7:30 p.m.	Nov 1	Jun 16	\$240	Sa-Su from 8:30 a.m. to 6 p.m. Registration at the Côte-des-Neiges Sports Centre.	
				Sa	1 p.m. 2 p.m.	Nov 1	Jun 16	\$240		
Aquatic club, swimming school	5 7	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Th	6:30 p.m. 7:30 p.m.	Sep 7	Aug 31	\$220	Contact the club for further information. Registration: 4880 Van Horne. Info: 514 342-9988 ext. 222	
				Sa	2 p.m. 3 p.m.	Sep 7	Aug 31	\$220		
Aquatic club, swimming, elite 1	10 15	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo	6 p.m. 7:30 p.m.	Nov 1	Jun 16	\$300	Extra fees for competitions.	
				We, Fr	4:30 p.m. 6 p.m.	Nov 1	Jun 16	\$300	Info: 514 342-9988. Registration at 4880 Van Horne	
				Sa	8 a.m. 10 a.m.	Nov 1	Jun 16	\$300		
Aquatic club, swimming, elite 2	11 17	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu-Fr	4:30 p.m. 6 p.m.	Nov 1	Jul 15	\$300	Extra fees for competitions.	
				Sa	8 a.m. 10 a.m.	Nov 1	Jul 15	\$300	Info: 514 342-9988. Registration at 4880 Van Horne	
Aquatic club, swimming, hopeful 1	7 12	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu	5:30 p.m. 7 p.m.	Nov 1	Jun 16	\$260	Additional fees apply to competitions.	
				Fr	6 p.m. 7:30 p.m.	Nov 1	Jun 16	\$260	Info: 514 342-9988. Registration at 4880 Van Horne	
				Sa	11:30 a.m. 1 p.m.	Nov 1	Jun 16	\$260		
Aquatic club, swimming, hopeful 2	10 15	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu	7 p.m. 8:30 p.m.	Oct 1	Jun 16	\$260	Additional fees at competition.	
				Fr	6 p.m. 7:30 p.m.	Oct 1	Jun 16	\$260	Info: 514 342-9988. Registration at 4880 Van Horne.	
				Sa	11:30 a.m. 1 p.m.	Oct 1	Jun 16	\$260		

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ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
Aquatic club, swimming, rookie 2	6 10	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	We	6 p.m. 7 p.m.	Nov 1 Dec 16	\$240	
				Th	5 p.m. 6 p.m.	Nov 1 Dec 16	\$240	
				Sa	2 p.m. 3 p.m.	Nov 1 Dec 16	\$240	
Swim club, youth	13 17	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Mo Th	5:45 p.m. 7 p.m. 5:45 p.m. 6:45 p.m.	Sep 19 Jun 7 Sep 19 Jun 7	\$80 \$80	Registration at the Notre-Dame-de-Grâce Pool Sep 10 and 11. Classification test.
Swim club, rookie	6 10	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Mo	4:30 p.m. 5:45 p.m.	Sep 19 Jun 9	\$260	Registration at the Notre-Dame-de-Grâce Pool Sep 10 and 11.
				Sa	11 a.m. 12:30 p.m.	Sep 19 Jun 9	\$260	
Swim club, regional	8 14	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Tu, Th Sa	4:30 p.m. 5:45 p.m. 9:30 a.m. 11 a.m.	Sep 20 Jun 1 Sep 20 Jun 1		Registration at the Notre-Dame-de-Grâce Pool Sep 10 and 11. Classification test: standard.
Swimming school	6 10	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Tu, Th	5:45 p.m. 6:45 p.m.	Sep 20 2Dec 2	\$130	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce Pool. Classification test: green level minimum.
Swimming, aquatic club, young children	6 10	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	We	6 p.m. 7 p.m.	Nov 1 Jun 16	\$240	
				Th	6:15 p.m. 7 p.m.	Nov 1 Jun 16	\$240	
				Sa	12:30 p.m. 1:45 p.m.	Nov 1 Jun 16	\$240	
Swimming, aquatic club, provincial development	9	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	We	4:30 p.m. 6 p.m.	Sep 7 Aug 31	\$250	Additional fees during competitions.
				Th, Fr	4:45 p.m. 6:30 p.m.	Sep 7 Aug 31	\$250	
				Sa	8 a.m. 10 a.m.	Sep 7 Aug 31	\$250	
Swimming, aquatic club, provincial 3		Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu-Fr Sa	4:30 p.m. 6:30 p.m. 8 a.m. 10 a.m.	Sep 7 Aug 31 Sep 7 Aug 31	\$250 \$250	Additional fees during competitions.
Swimming course, aquababy 1	1 3	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	10 a.m. 10:25 a.m.	Sep 25 Nov 20	\$70	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce. Pool.
Swimming cours, aquababy 2	2 3	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	11:30 a.m. 12:15 p.m.	Sep 25 Nov 20	\$70	Info: 514296-6285. Registration at the Notre-Dame-de-Grâce. Pool.
Swimming, course, sea star 1	3 4	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	12:15 p.m. 1:10 p.m.	Sep 25 Nov 20	\$70	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce. Pool.
Swimming course, sea star 2	4 5	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We	4:45 p.m. 5:30 p.m.	Sep 21 Nov 20	\$80	Contact the club for the schedule, 514 296-6285 Registration at the Notre-Dame-de-Grâce Pool.
Swimming course, sea star 3	4 5	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	11:15 a.m. 12:10 p.m.	Sep 25 Nov 20	\$70	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce. Pool.
					9 a.m. 9:55 a.m.	Sep 25 Nov 20	\$70	
Swimming, course, white level	6 10	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We, Fr	5:45 p.m. 6:45 p.m.	Sep 21 Nov 20	\$70	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce Pool.
				Fr	4:45 p.m. 5:40 p.m.	Sep 21 Nov 20	\$70	
				Su	9 a.m. 9:55 a.m.	Sep 21 Nov 20	\$70	
Swimming, course, yellow level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We	6:30 p.m. 7:40 p.m.	Sep 21 Nov 20	\$80	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce Pool.
				Su	10 a.m. 11:10 a.m.	Sep 21 Nov 20	\$80	
					1:15 p.m. 2:25 p.m.	Sep 21 Nov 20	\$80	
Swimming, course, mauve level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We	5:45 p.m. 6:40 p.m.	Sep 21 Nov 20	\$70	
				Fr	4:45 p.m. 5:40 p.m.	Sep 21 Nov 20	\$70	
				Su	10 a.m. 10:55 a.m.	Sep 21 Nov 20	\$70	
				Su	12:15 p.m. 1:10 p.m.	Sep 21 Nov 20	\$70	
Swimming, course, orange level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	1:15 p.m. 2:25 p.m.	Sep 25 Nov 20	\$80	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce pool.
Swimming, course, orange/red level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Tu	5:45 p.m. 6:40 p.m.	Sep 20 Nov 22	\$80	Contact the club for the schedule and registration, 514 296-6285 Registration at the Notre-Dame-de-Grâce Pool.
Swimming, course, red level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Su	1:15 p.m. 2:25 p.m.	Sep 25 Nov 20	\$80	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce Pool.
Swimming, course, green level	6 13	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	We	4:45 p.m. 5:40 p.m.	Sep 21 Nov 20	\$70	Info: 514 296-6285. Registration at the Notre-Dame-de-Grâce Pool.
				Fr	5:45 p.m. 6:40 p.m.	Sep 21 Nov 20	\$70	
				Su	9 a.m. 9:55 a.m.	Sep 21 Nov 20	\$70	
Swimming, master training	17 99	Notre-Dame-de-Grâce indoor pool	Loisirs sportifs CDN/NDG	Tu	6:45 p.m. 7:45 p.m.	Sep 20 Jun 9	\$230	Registration at the Notre-Dame-de-Grâce Pool Sep 10 and 11. Classification test.
				Th	7 p.m. 7:45 p.m.	Sep 20 Jun 9	\$230	
				Sa	8:30 a.m. 9:30 a.m.	Sep 20 Jun 9	\$230	

SYNCHRONIZED SWIMMING

Aquatic club, synchronized swimming	6 14	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo Tu Su	5 p.m. 6 p.m. 4 p.m.	6 p.m. 7 p.m. 5 p.m.	Oct 1 Oct 1 Oct 1	May 31 May 31 May 31	\$360 \$360 \$360	Info: 514 342-9988 ext 222. Registration at 4880 Van Horne Oct 15 and 16 from 9 a.m. to noon.
Aquatic club, synchronized swimming, competitive	6 16	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo Th Su	5 p.m. 6:30 p.m. 4 p.m.	7:30 p.m. 8:30 p.m. 7 p.m.	Nov 1 Nov 1 Nov 1	May 31 May 31 May 31	\$400 \$400 \$400	Info: 514 342-9988 Mo-Fr, from 8:30 a.m. to 9:30 p.m. Sa-Su from 8:30 a.m. to 6 p.m. Registration at the Côte-des-Neiges Sports Centre.
Aquatic club, synchronized swimming, semi-competitive	5 10	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Tu Su	6:15 p.m. 8:30 a.m.	8:30 p.m. 10:30 a.m.	Nov 1 Nov 1	13 mai 13 mai	\$290 \$290	Info: 514 342-9988 Mo-Fr, from 8:30 a.m. to 9:30 p.m. Sa-Su from 8:30 a.m. to 6 p.m. Registration at the Côte-des-Neiges Sports Centre.

SOCCER

Soccer	6 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	10 a.m.	11:15 a.m.	Sep 24	Nov 28	\$25	
Soccer	7 12	Sainte-Catherine-de-Sienne School	Loyola Youth Development Assoc.	Tu Sa	6 p.m. 11 a.m.	7:30 p.m. 12:30 p.m.	Sep 20 Sep 20	Dec 17 Dec 17	\$25 \$25	MC \$10. Info: 514 872-6721
Soccer	8 12	Saint-Raymond Community Centre	NDG Youth Committee	Su	10 a.m.	Noon	Sep 11	Dec 18	\$25	MC \$5. Info: 514 872-1765
Soccer	8 18	Saint-Pascal-Baylon School	CDN Black Comm. Assoc.	Tu, Th	6 p.m.	8 p.m.	Sep 5	Apr 3	Free	Info: 514 737-8321
Soccer	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	11:15 a.m.	12:30 p.m.	Sep 24	Nov 28	\$25	
Soccer	11 17	Saint-Pascal-Baylon School	La Maison des Jeunes de la CDN	Fr	6 p.m.	8 p.m.	Sep 5	May 22	Free	Registration at any time
Soccer	12 15	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	12:30 p.m.	2 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Soccer	16	Saint-Pascal-Baylon School	CDN Black Comm. Assoc.	We Mo, Fr	6 p.m. 8 p.m.	8 p.m. 10 p.m.	Sep 7 Sep 5	Aug 31 Apr 3	Free Free	Contact the organization for fees and registration at 514 737-8321 or at 514 983-0972
Soccer		Saint-Pascal-Baylon School	CDN Black Comm. Assoc.	Tu au Th We	8 p.m. 6 p.m.	10 p.m. 8 p.m.	Sep 5 Sep 5	Apr 3 Aug 31	Free Free	Info: 514 737-8321
Soccer, competitive club	9 10	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Th	5 p.m.	7 p.m.	Sep 7	Aug 31	\$150	Contact the Centre for registration at 514 342-9988 Info: 514 342-9988, Mo-Fr from 8:30 a.m. to 9:30 p.m., Sa-Su from 8:30 a.m. to 6 p.m.
Soccer, competitive club	11 12	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Th	5 p.m.	7 p.m.	Sep 7	Aug 31	\$150	Contact the Centre for registration at 514 342-9988 Info: 514 342-9988, Mo-Fr from 8:30 a.m. to 9:30 p.m., Sa-Su from 8:30 a.m. to 6 p.m.
Soccer, competitive	7 8	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Tu	5 p.m.	7 p.m.	Sep 7	Apr 19	\$150	Contact the Centre for registration at 514 342-9988 Info: 514 342-9988, Mo-Fr from 8:30 a.m. to 9:30 p.m., Sa-Su from 8:30 a.m. to 6 p.m.
Soccer, course	6 8	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Tu	6 p.m.	7 p.m.	Sep 20	Nov 11	\$45	Registration at 4880 Van Horne Sep 12 to 14 from 6 p.m. to 9 p.m. Info: 514 342-9988
Soccer, course	9 10	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Tu	6 p.m.	7 p.m.	Sep 20	Nov 11	\$45	
Soccer, recreational	4 10	Centre sportif Trenholme	Assoc. de soccer de NDG	Sa, Su	9 a.m.	12:30 p.m.	Nov 1	Mar 1		Continuous registration. Info: 514 488-7784 or www.ndgsa.com

SPORTS AND PHYSICAL ACTIVITIES

Multi-sport	9 12	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo	7 p.m.	9 p.m.	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576
Team sports	6 17	De la Savane Pavilion	Mountain Sights Comm. Centre	Sa	1 p.m.	4 p.m.	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576. The activity will be held at the De la Savane Pavilion
Sports, multi-sports	8 15	De la Savane Pavilion	Mountain Sights Comm. Centre	Tu	7 p.m.	9 p.m.	Sep 19	May 25	Free	MC \$2. Info: 514 872-0576. The activity will be held at the De la Savane Pavilion

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
T								
TABLE TENNIS								
Table tennis (ping pong)	8	Saint-Raymond Community Centre	NDG Youth Committee	Mo-Sa	6:30 p.m. 9:30 p.m.	Sep 6 Dec 17		MC \$5. Fee of \$1 per visit. Registration at any time.
Table tennis (ping pong)	18	Saint-Raymond Community Centre	NDG Youth Committee	Mo-Sa	6:30 p.m. 9:30 p.m.	Sep 6 Dec 17		MC \$5. Fee of \$1 per visit. Registration at any time.
Table tennis	12 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	6 p.m. 9 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
TAI CHI								
Qi Gong	50	Appleton Centre	CDN Seniors' Centre	Mo,Th	11 a.m. Noon	Sep 12 Nov 24	\$42	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Qi Gong		Le Manoir Notre-Dame-de-Grâce Centre	Centre de bénévolat de NDG	Tu	10:30 a.m.11:30 a.m.	Sep 13 Nov 29	\$3	Registration takes place at the time of the activity.
Tai chi, recreational	50	Monkland Community Centre	50 Plus Club of NDG	We	10:30 a.m.11:30 a.m.	Oct 5 Dec 7	\$25	MC \$18. Office hours: Tu, We, Th from 10 a.m. to 3 p.m. Info: 514 872-1764
Tai chi with accessories, mixed levels	16	Le Manoir Notre-Dame-de-Grâce Centre	NDG Community Centre	We	7:30 p.m. 9 p.m.	Sep 28 Dec 1	\$130	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Tai chi, advanced course	50	Appleton Centre	CDN Seniors' Centre	Mo,Th	10 a.m. 11 a.m.	Sep 12 Nov 24	\$42	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Tai chi, beginner course	50	Appleton Centre	CDN Seniors' Centre	Mo,Th	9 a.m. 10 a.m.	Sep 12 Nov 24	\$42	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Tai chi, intermediate course	50	Appleton Centre	CDN Seniors' Centre	Th Fr	Noon 1 p.m. 10 a.m. 11 a.m.	Sep 15 Nov 25 Sep 15 Nov 25	\$42 \$42	MC \$15, Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2 from 9 a.m. to 5 p.m.
Tai chi, Levels 1 and 2	18	Monkland Community Centre	Monkland Comm. Centre	Tu,Th Sa	10:30 a.m.11:30 a.m. 3 p.m. 4 p.m.	Jan 6 Dec 23 Jan 6 Dec 23 Sep 6 Dec 22	\$120 \$120 \$120	Cost for three months. Registration starting Jan 6 at the Monkland Centre from 9 a.m. to 10 a.m. Info: 514 482-3553
Tai chi-chuan, beginner	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	8:15 p.m. 10 p.m.	Sep 19 Dec 12	\$80	
Tai chi-chuan, intermediate	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	6:30 p.m. 8:15 p.m.	Sep 19 Dec 12	\$80	
TEAM SPORTS								
Viens Chiller (sports/games)	9 11	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Tu,Th	3 p.m. 6 p.m.	Oct 4 Dec 15	Free	
TENNIS								
Tennis, mini, beginner & intermediate	10 12	Côte-des-Neiges Sports Centre	Tennis Montréal Inc.	Th	6 p.m. 7 p.m.	Sep 7 Aug 31	\$50	Info: Côte-des-Neiges Sports Centre, 514 342-9988 Mo-Su. from 8:30 a.m. to 9:30 p.m.
THEATRE								
Stage arts	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6:30 p.m. 8:30 p.m.	Sep 19 Nov 28	\$60	
Theatre, course and liberation workshop	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Su	6 p.m. 8 p.m.	Sep 26 Dec 4	\$120	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Theatre, improvisation	10 18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	4 p.m. 6 p.m.	Sep 14 Dec 10	Free	MC 2 photos. Info: 514 733-1478
TRAINING AND INFORMATION								
Family workshop		CDN Black Community Association	CDN Black Comm. Assoc.	Tu	6 p.m. 8 p.m.	Sep 5 Jun 17	Free	Info: 514 737-8321
With mother and my friends	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	9:30 a.m. 11:15 a.m.	Sep 19 Nov 28	\$12	
Training and information	13 17	Nelson Mandela Park chalet	CDN Black Comm. Assoc.	Sa	1 p.m. 4 p.m.	Sep 5 Apr 3	Free	Activity once every two weeks. Info: 514 737-8321
"La mère aux prunes," storytelling time	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	10 a.m. 11:15 a.m.	Sep 19 Nov 28	Free	

V

VIOLIN

Violin, private courses	8	Notre-Dame-de-Grâce Community Centre	NDG Community Centre				Sep 26	Dec 3	\$310	Course by appointment only starting at 4 p.m. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
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VOLLEYBALL

Volleyball	10 13	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	6 p.m.	7 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Volleyball	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	7:30 p.m.	10 p.m.	Sep 19	Dec 12	\$80	
Volleyball	18	Confederation Sports Centre	Loisirs sportifs CDN/NDG	Mo Sa	6 p.m. 3 p.m.	8 p.m. 5 p.m.	Sep 19 Sep 19	May 30 May 30	\$100 \$100	Registration dates to be determined. Info: 514 481-4634 ext.: 210
Volleyball	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	7:30 p.m.	9 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Volleyball	9 13	Centre sportif Trenholme	Club athlétique rég. deMtl. (M.A.R.C.)	Mo, We, Fr	4:30 p.m.	6:30 p.m.	Sep 1	Aug 31		Contact the organization for registration and fees at 514 365-4681 from 9 a.m. to 4 p.m.
Volleyball	12 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Fr	7:30 p.m.	9:30 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478
Volleyball	16	La Voie School	CDN Black Comm. Assoc.	Fr	8 p.m.	10 p.m.	Sep 5	Apr 3	Free	Info: 514 737-8321. Registration: 6999, Côte-des-Neiges, 2nd floor, at any time.
Volleyball	17	Trenholme Sports Centre	Montréal Athletic Regional Club	Mo, We, Fr Tu, Th, Su	6:15 p.m. 7:15 p.m.	11 p.m. 11 p.m.	Sep 1 Sep 1	Aug 31 Aug 31		Contact the organization for registration and rates at 514 365-4681 from 9 a.m. to 4 p.m.
Volleyball free practice, recreational	18	Confederation Sports Centre	Loisirs sportifs CDN/NDG	Tu, Th	7:30 p.m.	9:30 p.m.	Sep 20	May 31	\$100	Info: 514 481-4634 ext.: 210 Registration dates to be determined.
Volleyball	55	Confederation Sports Centre	Loisirs sportifs CDN/NDG	Mo	8 p.m.	9:30 p.m.	Sep 7	Aug 31	Free	Info: 514 342-9988
Volleyball, competitive, beginner, intermediate	13 17	Trenholme Sports Centre	Montréal Athletic Regional Club	Tu, Th	4:30 p.m.	7:30 p.m.	Sep 1	Aug 31		Contact the organization for registration and rates at 514 365-4681 from 9 a.m. to 4 p.m.
Volleyball, courses	19 25	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Su	7:30 p.m.	9 p.m.	Sep 14	Dec 10	Free	MC 2 photos. Info: 514 733-1478

W

WATER POLO

Aquatic club , water polo	12 16	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo We Sa	4:30 p.m. 7 p.m. 10 a.m.	6:30 p.m. 8:30 p.m. 11:30 a.m.	Nov 1 Nov 1 Nov 1	Jun 16 Jun 16 Jun 16	\$300 \$300 \$300	Extra fees for competitions. Info: 514 342-9988. Registration at 4880 Van Horne
Aquatic club, mini water polo.	5 11	Côte-des-Neiges indoor pool	Loisirs sportifs CDN/NDG	Mo, We Sa	6 p.m. 9 a.m.	7:30 p.m. 11 a.m.	Nov 1 Nov 1	Jun 16 Jun 16	\$240 \$240	Extra fees for competitions. Info: 514 342-9988. Registration at 4880 Van Horne

WATERCOLOURS

Watercolours	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	1 p.m.	4 p.m.	Sep 19	Nov 28	\$80	
Watercolours, portraits and drawing	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We Mo	1 p.m. 1 p.m.	4 p.m. 4 p.m.	Sep 8 Sep 26	Dec 23 Dec 1	\$140 \$140	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Watercolours, multiple levels	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Th	7 p.m.	10 p.m.	Sep 19	Nov 28	\$80	

WEIGHTLIFTING

Weightlifting	10	Kent Pavilion	Concordia International Weightlifting Club	Mo, We, Fr Tu, Th	4:15 p.m. 6 p.m.	8 p.m. 7:30 p.m.	Sep 19 Sep 19	Aug 31 Aug 31	\$150	Adults: \$200. Registration dates: at any time. Students and children: \$100. Info: 514 481-3976
Weightlifting, beginner	10 17	Kent Pavilion	Concordia International Weightlifting Club				Sep 19	Aug 31	Free	School activity. Contact the Weightlifting Club at 514 481-3976. Registration period: any time.

ACTIVITIES

MC: membership card

Activity	Age	Facility	Organization	Day	Time (start/end)	Dates (start/end)	Cost	Information
WELCOME SERVICE - DAYCARE								
Daycare	0 5	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo-Fr	9 a.m. 12:30 p.m.	Sep 19 May 25	\$5	\$5 fee per half-day. Info: 514 737-4644
Kindergarten	0 5	De la Savane Pavilion	Mountain Sights Comm. Centre	Mo-Fr	9 a.m. Noon	Sep 19 May 25	\$5	Info: 514 737-4644
WORKSHOPS FOR TOTS								
Music appreciation and games	3 5	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu	9:15 a.m. 11:45 a.m.	Sep 13 Dec 13	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Games group, children and parents	1 4	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo, We, Fr	10 a.m. 12:30 p.m.	Sep 12 Jun 15	\$20	Parent-child workshop. MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Gymnastics for children, painting	3 6	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	9 a.m. 11:45 a.m.	Sep 12 Dec 12	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Daycare centre	2 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo-Fr	8:30 a.m. Noon	Sep 12 Dec 9	\$10	Fee from \$5.25 to \$10.75 per half-day, depending on family income.
Morning of little delights	1 3	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Tu, Th	9:30 a.m. Noon	Sep 19 Dec 9	\$120	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m. Once a week, \$120; twice a week, \$180.
Crazy Saturdays	4 5	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. 4 p.m.	Sep 24 Nov 28	\$25	
Tiny tots	3 5	Walkley Community Centre	Walkley Centre	Mo-Fr	9 a.m. 1 p.m.	Sep 12 Dec 16	Free	Info: 514 872-1391. \$4 per day.
Tiny tots, handicrafts and colours	3 6	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Fr	9:15 a.m. 11:45 a.m.	Sep 17 Dec 17	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Tiny tots, stories and legends	3 5	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	12:30 p.m. 3:15 p.m.	Sep 14 Dec 14	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Tiny tots, cooking	3 5	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo	12:30 p.m. 3:15 p.m.	Sep 12 Dec 12	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Tiny tots, decoration/disguises/stories/legends	3 5	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	9:15 a.m. 11:45 a.m.	Sep 8 Dec 23	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Tiny tots, children's gymnastics and marionettes	3 6	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	We	9 a.m. 11:45 a.m.	Sep 14 Dec 14	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
All ready, preparation for nursery school	4	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Mo, We	9 a.m. 11:45 a.m.	Sep 12 7 déc	\$130	MC \$10. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Y								
YOGA								
Hatha yoga	18	Monkland Community Centre	Monkland Comm. Centre	Mo	7:30 p.m. 9:30 p.m.	Sep 12 Dec 19	\$150	Info: 514 295-3937
Hatha yoga intermediate	18	Saint-Raymond Community Centre	NDG Youth Committee	Tu	7 p.m. 8:15 p.m.	Sep 20 Nov 22	\$50	MC \$5.
Yoga	18	Saint-Raymond Community Centre	NDG Youth Committee	Tu	7 p.m. 8:15 p.m.	Sep 20 Dec 20	\$50	\$5 fee per year for the membership card.
Yoga	18	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Sa	10 a.m. 11 a.m.	Oct 22 Dec 24	\$25	Info: 514 872-6134
Yoga	55	Creative Social Centre	Creative Social Centre	Tu, Th	11 a.m. Noon	Jan 4 Dec 16	\$5	MC \$25. Registration at any time. Info: 514 488-0907
Dynamic yoga	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Mo	8:15 p.m. 9:30 p.m.	Sep 19 Dec 12	\$80	
Yoga and relaxation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	6:30 p.m. 8 p.m.	Sep 19 Dec 12	\$80	
Yoga and relaxation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	2 p.m. 3:30 p.m.	Sep 19 Dec 12	\$80	
Yoga and relaxation	18	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	We	8 p.m. 9:30 p.m.	Sep 19 Dec 12	\$80	
Yoga, relaxation and anti-stress	16	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	6:30 p.m. 8:30 p.m.	Sep 29 Dec 1	\$130	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.

Yoga relaxation and anti-stress	18	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	1:30 p.m. - 3:30 p.m.	Sep 29 - Dec 1	\$130	MC \$10. Info: 514 484-6123. Registration Sep 11 from 1 p.m. to 4 p.m. and Sep 12, 13, 14 from 3 p.m. to 8 p.m.
Yoga on chairs	50	Appleton Centre	CDN Seniors' Centre	We, Fr	2 p.m. - 3 p.m.	Sep 8 - Dec 23	\$45	MC \$15. Registration at the Appleton Centre. Info: 514 344-1210 Registration Aug 29 to Sep 2, from 9 a.m. to 5 p.m.
Yogalates	18	Côte-des-Neiges Sports Centre	Loisirs sportifs CDN/NDG	Mo, We Tu	8:30 p.m. - 9:15 p.m. Noon - 12:45 p.m.	Sep 19 - Nov 9 Sep 20 - Nov 10	\$45 \$45	Info: 514 342-9988. Registration at 4880 Van Horne, Sep 12 to 14, from 6 p.m. to 9 p.m.

YOUTH CLUBS

Sports activities for youths	12 - 17	Notre-Dame-de-Grâce Community Centre	Head & hand (Youth 2000)	We Fr Sa	3 p.m. - 6 p.m. 4 p.m. - 6 p.m. 3 p.m. - 5 p.m.	Sep 1 - Aug 31 Sep 1 - Aug 31 Sep 1 - Aug 31	Free Free Free	Animator in charge: Neil Guilding. Registration on any date.
Girls' club	12 - 15	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	2 p.m. - 4 p.m.	Sep 8 - Dec 23	Free	MC 2 photos. Info: 514 733-1478
Saturday club, recreational club	6 - 12	Walkley Community Centre	Walkley Centre	Sa	Noon - 4 p.m.	Sep 17 - Dec 10	\$30	Info: 514 872 1391.
Youth club, Montréal Children's Choir	5 - 7	Notre-Dame-de-Grâce Community Centre	NDG Community Centre	Th	4 p.m. - 5:15 p.m.	Sep 13 - May 30	Free	Training choir. Fees to be confirmed. Registration with the Children's Choir.
Youth club, ages 13-17, teen drop-in	13 - 17	Westhaven Centre	Westhaven Elmhurst Comm. Recreation Ass.	Th, Fr	7 p.m. - 9 p.m.	Sep 20 - Dec 24	Free	Info: 514 872-6134.
Recreation for youth	12 - 17	Notre-Dame-de-Grâce Community Centre	Head & Hands (Jeunesse 2000)	Mo-Fr Sa	3 p.m. - 8 p.m. 1 p.m. - 6 p.m.	Sep 1 - Aug 31 Sep 1 - Aug 31	Free Free	Animator in charge: Neil Guilding. Registration on any date.
Crazy Saturdays	6 - 8	Côte-des-Neiges Community Recreation Centre	Centre comm. de loisir de la CDN	Sa	1 p.m. - 4 p.m.	Sep 24 - Nov 28	\$25	
Teen leadership	13 - 17	Saint-Raymond Community Centre	NDG Youth Committee			Sep 6 - Dec 16		MC \$5. Schedule to be determined. Registration at any time at the Saint-Raymond Community Centre.

ORGANIZATIONS

Partner organizations

Name	Telephone	Website	E-mail
Action communiterre	514 484-0223	www.actioncommuniterre.qc.ca	admin@actioncommuniterre.qc.ca
Association des parents de Côte-des-Neiges	514 341-2844	www.association-parents-cdn.org	coordination@association-parents-cdn.org
Baobab familial	514 734-4097	www.baobabfamilial.org	baobabfamilial@yahoo.ca
Benny Youth Centre	514 872-6720	www.centrebenny.com	none
Black Community Resource Centre	514 342-2247	none	bccr@qc.aira.com
Centre communautaire de loisir de la Côte-des-Neiges	514 733-1478	www.cclcdn.qc.ca	secretariat@cclcdn.qc.ca
Centre de bénévolat SARPAD Côte-des-Neiges	514 737-2454	bccr@qc.aira.com	none
Centre d'écoute et de référence multi-écoute	514 737-3604	www.multiecoute.org	multiecoute@cooptel.qc.ca
Centre de ressources communautaires de Côte-des-Neiges	514 868-5160	none	crccdn@bellnet.ca
Centre des aînés Côte-des-Neiges	514 344-1210	www.ainecdn.org	ainea50@ainecdn.org
Circle Road Community Association	514 485-3750	none	none
Club de l'âge d'or "Le Dragon d'or"	514 738-8709	none	hoi_rongvang@yahoo.ca
Club d'Escrime Mont-Royal	514 483-6944	www.escrimemont-royal.blogspot.com	escrime.mont.royal@gmail.com
Communauté noire africaine de Montréal Canada (CONAM)	514 733-0738	none	conamc6@hotmail.com
Communauté sépharade unifiée du Québec	514 733-4998	www.csuq.org	info@csuq.org
Communauté vietnamienne au Canada région Montréal	514 340-9630	www.vietnam.ca	cdvietnam@hotmail.com
Concordia-International Weightlifting Club	514 481-3976	www.concordia-international.org	jmargolis@concordia-international.org
Côte-des-Neiges Black Community Association	514 737-8321	www.cdnbca.org	cdnbca@cdnbca.org
Côte-des-Neiges Volunteer Centre	514 340-1072	www.centrebenevolatcdn.org	centrebenevolatc.d.n@bellnet.ca
Creative Social Centre	514 488-0907	none	none
Do Jang Taekwon-Do ITF Sylvain Boucher	514 642-8845	www.boucher-taekwon-do.ca	info@boucher-taekwon-do.org
Federation CJA	514 345-2645	www.federationcja.org	fcja@federationcja.org
Femmes du monde à Côte-des-Neiges	514 735-9027	none	fdmcdn@rocler.com
50 Plus Club of Notre-Dame-de-Grâce	514 872-1764	none	none
Flex-Art Gymnastics Club	514 872-0489	www.flexart.ca	none
Hatha Yoga	514 313-3363	none	none
Jamaican Association of Montréal	514 737-8228	www.jamaicaassociation.com	jamaica_inc@yahoo.ca
Jeunesse 2000 (À deux mains/Head and Hands)	514 872-9444 514 481-0277	www.headandhands.ca	info@headandhands.ca
Kumon	514 872-8588	none	none
Loisirs sportifs Côte-des-Neiges-Notre-Dame-de-Grâce	514 342-9988	www.loisirsportifscdn-ndg.com	lscdn@hotmail.com
Loyola Youth Development Association	514 872-6721	none	loyola_a_y_d@yahoo.ca
MADA Community Centre	514 342-4969	www.madacenter.com	mada@madacenter.com
La Maison de Jeunes de la Côte-des-Neiges	514 342-5235	mdjcdn.wordpress.com	mdjcdn@videotron.ca
Monkland Community Centre	514 872-8588	none	none
Montréal Athletic Regional Club (M.A.R.C.)	514 365-4681	www.marcvolleyball.com	info@marcvolleyball.com
Montréal Figure Skating Club	514 483-0543	www.cpamfsc.org	montrealfsc@yahoo.com

Recreational organizations for citizens with disabilities

Nom	Téléphone	Site Internet ou courriel
HEARING DEFICIENCY		
Association québécoise pour enfants avec problèmes auditifs (AQEPA)	514 842-3926 (ATS)	www.aqepa-mtl.org
Association sportive des sourds du Québec (ASSQ) Relais Bell:	514 252-3109 (ATS) 1 800 855-0511	www.assq.org
AUTISM OR INTELLECTUAL DISABILITY		
À cœur ouvert	514 626-8150	liaisoncd@sympatico.ca
Autisme et troubles envahissants du développement Montréal	514 524-6114	www.autisme-montreal.com
Les compagnons de Montréal	514 727-4444	www.compagnonsdemtl.com
Corporation l'espoir	514 367-3757	www.corporationespoir.org
La Fédération Gymn-eau	514 721-3663	www.gymn-eau.org
La Gang à Rambrou	514 254-9889 x215	rambrou@gmail.com
Montréal Association for the Intellectually Handicapped (AMDI)	514 381-2300 x30	www.amdi.info
Special Olympics Québec	514 843-8778	www.olympiquestspeciaux.qc.ca
West Island Association for the Intellectually Handicapped (integration service)	514 694-6531	www.wiaih.qc.ca loisirs_rec@wiaih.qc.ca
Yaldei Developmental Centre		www.yaldei.org
PHYSICAL DISABILITY		
Action Centre	514 366-6868	info@centreaction.org
Association québécoise des traumatisés crâniens	514 274-7447	www.aqtc.ca
Association québécoise de voile adapté	514 846-2171	www.aqvaqc.com
Centre d'intégration à la vie active (CIVA)	514 935-1109	www.civa.qc.ca
Club des personnes handicapées du Lac-Saint-Louis	514 634-0447	cphsl@videotron.ca
Club le Grillon	514 415-7215	mimidompierre@hotmail.com
Corpuscule Dance	514 759-5316	www.corpusculedanse.com
Loisirs le Grillon	514 353-6869	loisirslegrillon@groups.msn.com
Viomax	514 527-4527 x2329	www.viomax.org informations@viomax.org
PSYCHIATRIC DISABILITY		
Centre Soutien-Jeunesse, Julie Millette, directrice	514 744-1288	none
Maison l'Échelon	514 355-4223	www.maisonechelon.ca echelon@videotron.ca
VISUAL DISABILITY		
Association des sports pour aveugles de Montréal	514 252-3178 x3536	www.sportsaveugles.qc.ca
Quebec Foundation for the Blind	514 259-9470	www.aveugles.org
ALL DISABILITIES		
Solidarité de parents de personnes handicapées	514 254-6067	www.spph.net
Société pour les enfants handicapés du Québec	514 937-6171 x209	www.enfantshandicapes.com sehq@enfantshandicapes.com
Visions sur l'Art Québec	514 597-2058 x3200	www.vsaq.org

Montréal Kendo Club	514 872-8588	none	none
Mountain Sights Community Centre	514 737-4644	none	c.c.m.s@videotron.ca
Mountain Sights Community Centre – De la Savane Pavilion	514 872-0576	none	pavillondelasavane@bellnet.ca
MultiCaf Community Cafeteria	514 733-0554	www.multicaf.org	info@multicaf.org
Musicians of the World Symphony Orchestra	514 484-4018	www.musiciansoftheworld.ca	lucyr@sympatico.ca
NDG Food Bank	514 483-4680	www.depotndg.org	admininfo@depotndg.org
NDG Minor Baseball League	514 359-6788	www.ndgbaseball.org	info@ndgbaseball.org
NDG Minor Hockey Association	514 487-6799	www.ndghockey.com	info@ndghockey.com
NDG Outing and Sports Club	514 872-6055	none	none
NDG Ringuette Association	514 481-1295	www.ndgringuette.org	riwalter@hotmail.com
NDG YMCA	514 486-3273	www.ycamontreal.qc.ca	none
Notre-Dame-de-Grâce Aquatic Club	514 296-6285	www.clubaquatiqueqndg.com	candg@videotron.ca nage@clubaquatiqueqndg.com
Notre-Dame-de-Grâce Black Community Association	514 481-3598	none	ndgbc@qc.aibn.com
Notre-Dame-de-Grâce Community Centre	514 484-6123	www.ccndg.org	ccndg@qc.aira.com
Notre-Dame-de-Grâce Soccer Association	514 488-7784	www.ndgsa.com	info@ndgsa.com
Notre-Dame-de-Grâce Volunteer Centre	514 489-0588	none	cbndg@bellnet.ca
Notre-Dame-de-Grâce Youth Committee	514 872-1765 or 514 872-6055	www.cjndg.org	info@cjndg.org
Now and Zen Tai Chi Montréal	514 482-3553	none	taichited@sympatico.ca
Philippine Association of Montréal and Suburbs/ F.A.M.A.S Inc.	514 341-7477	none	auosdon@gmail.com
Philippine Basketball Association of Montréal (PBAM)	514 636-7831	none	jcmaguigad@hotmail.com
Prevention Notre-Dame-de-Grâce	514 736-2732	www.preventionndg.org	info@preventionndg.org
Project Genesis	514 738-2636	www.genese.qc.ca	none
PROMIS (Promotion, Intégration, Société nouvelle)	514 345-1615	www.promis.qc.ca	developpement@promis.qc.ca
Questo Rhythmic Gymnastic Club	Day: 514 486-0533 Evening: 514 872-6181	none	none
Region 2 Netball Association	514 486-2769	none	none
Le Relais Côte-des-Neiges	514 735-3498	none	relaiscdn@videotron.ca
Service d'interprètes, d'aide et de référence aux immigrants (SIARI)	514 738-4763	none	siari6767@yahoo.ca
Shidokan International Karate Club	514 735-4389	none	lscdn@hotmail.com
Shidokan Judo Club	514 481-2424	www.shidokanjc.ca	shidokan@bellnet.ca
Société des calligraphes	514 872-8588	none	none
Société d'histoire de la Côte-des-Neiges	514 342-6754	none	pierre.ramet@sympatico.ca
Société Environnementale de Côte-des-Neiges	514 738-7848	www.socenv.ca	info@socenv.ca
Studio La Volière Inc.	514 735-4214	none	none
Table Jeunesse Côte-des-Neiges	514 872-5946	none	tjcdn99@yahoo.ca
Walkley Centre	514 872-1391	none	none
Westhaven Elmhurst Community Recreation Association	514 872-6134	none	westhavencenter@hotmail.com
YM-YWHA Jewish Community Centre	514 737-6551	www.ymywha.com	info@ymywha.com

Nom	Téléphone	Site Internet	Courriel
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Services and programs for people with disabilities

The borough of Côte-des-Neiges–Notre-Dame-de-Grâce is expanding its efforts in the area of universal access and equity to promote the social integration of people living with disabilities.

Engaging in a recreational or sports activity helps disabled people better integrate and take their place in society! We need to push back the limits of access to recreational activities, areas of citizen action just like study or work.

Recreation: gateway to integration



AlterGo facilitates the social integration of people on the Island of Montréal who live with disabilities by supporting access to recreation. It works in collaboration with nearly 100 organizations and manages the recreational guidance program in partnership with all municipalities and boroughs on the Island of Montréal and with a number of organizations working in the recreation field.

Tel.: 514 933-2739, ext. 215 (ATS) - www.altergo.net

Tourist and Leisure Companion Sticker (TLCS)

The Tourist and Leisure Companion Sticker (TLCS) is a measure to promote greater social integration of disabled people. The TLCS provides free entry to someone accompanying a person aged 12 or over with a disability.



To obtain the form online:

<https://www.vatl-tlcs.org/formulaire/>

To find out about the tourism, cultural and recreational sites that recognize the companion TLCS in Montréal, contact AlterGo at 514 933-2739, ext. 223, or visit: www.altergo.net/programmes/vignette.html.

FACILITIES

1 Bill Durnan Arena

4988, rue Vézina
 ☎ Plamondon ☎ 124
 514 872-6073
 ⌚ After 4 p.m. weekdays and
 at all times during weekends
 Fitness, hockey, figure skating, ringuette,
 group sports

2 Doug Harvey Arena

4985, avenue West hill
 ☎ Snowdon ☎ 51
 514 872-6028
 ⌚ After 4 p.m. weekdays and
 at all times during weekends
 Hockey, figure skating, ringuette, group
 sports

3 CDN Black Community Association

6999, chemin de la Côte-des-Neiges
 2nd floor
 ☎ Côte-des-Neiges ☎ 165
 514 737-8321
 ⌚ Monday to Friday 10 a.m. to 6 p.m.
 Help with homework, language courses,
 adult clubs, sewing, computers,
 instrumental music, percussion

4 NDG Black Community Association

3770, boulevard Décarie
 ☎ Villa-Maria ☎ 24
 514 481-3598
 ⌚ Monday to Friday 10 a.m. to 3 p.m.
 Call the organization

5 Appleton Centre (Centre des Aînés CDN)

6585, chemin de la Côte-des-Neiges
 ☎ Plamondon ☎ 160
 ☎ Côte-des-Neiges ☎ 165
 514 344-1210
 ⌚ Monday to Friday
 9 a.m. to noon and 1 p.m. to 5 p.m.
 Fitness, outdoor activities, language
 courses, choir, community kitchens, line
 dancing, lunch, computers, card games,
 board games, literature, meetings and
 get-togethers, tai chi, yoga

6 Benny Centre (St. Monica School)

6440, avenue de Terrebonne
 ☎ Vendôme ☎ 104
 514 872-6720
 ⌚ Monday to Friday after 6 p.m.
 Call the organization

7 CDN Community Recreation Centre

5347, chemin de la Côte-des-Neiges
 ☎ Côte-des-Neiges ☎ 165
 514 733-1478
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Cultural activities, fitness, relaxation,
 recreational and community activities,
 help with homework, language courses,
 culinary art, handicrafts, plastic arts,
 astrology, workshop for tots, badminton,
 baladi, classical ballet, comics, basketball,
 do-it-yourself, ceramics, choir, recreational
 clubs, youth clubs, sewing, community
 kitchens, dance, creative dance, expressive
 dance, folk dancing, modern dance, social
 dancing for couples, drawing, music
 appreciation, aerobics, bodybuilding,
 training and information, guitar, ball
 hockey, computers, judo, kung fu,
 laboratory / photography, contemporary
 music and *musique actuelle*, instrumental
 music, painting, traditional photography,
 meetings and get-togethers, soccer, tai chi,
 theatre, volleyball, yoga.

8 Saint-Raymond Community Centre

5600, chemin Upper Lachine
 ☎ Vendôme ☎ 104
 514 872-1765
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Fitness, help with homework, language
 courses, badminton, basketball, adult
 clubs, recreational club, line dancing,
 training and information, meetings and
 get-togethers, table tennis, yoga

9 Monkland Community Centre

4410, avenue West hill
 ☎ Villa-Maria ☎ 103 and 162
 514 872-8588
 ⌚ Monday, Wednesday and Friday
 10 a.m. to 4 p.m.
 Fitness, plastic arts, line dancing, social
 dancing for couples, karate, tai chi, yoga

10 Mountain Sights Community Centre

7802, avenue Mountain Sights
 ☎ Namur ☎ 17
 514 737-4644
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Call the organization

11 NDG Community Centre

3757, avenue Prud'homme
 ☎ Villa-Maria ☎ 24
 514 484-6123
 ⌚ Monday to Friday 9 a.m. to 8 p.m.
 Recreational and community activities,
 language courses, waterpainting,
 handicrafts, martial arts and combat
 sports, workshop for tots, baladi, classical
 ballet, basketball, ceramics, choir,
 recreational clubs, youth clubs, general
 culture, dance, Latin dance, fencing,
 aerobics, body building, guitar, computers,
 literature, instrumental music, painting,
 piano, pre-ballet, soccer, tai chi, theatre,
 violin, stained glass, yoga

12 Walkley Community Centre

6650, chemin Côte Saint-Luc
 ☎ Villa-Maria ☎ 103, 102 et 66
 514 872-1391
 ⌚ Monday to Friday noon to 7 p.m.
 Recreational and community activities,
 language courses, recreational clubs, line
 dancing, computers

13 Creative Social Centre

5237, avenue Clanranald
 ☎ Snowdon ☎ 166
 514 488-0907
 ⌚ Monday to Thursday 9 a.m. to 3 p.m.
 Friday 9 a.m. to noon
 Welcome and listening, choir, recreational
 clubs, community kitchens, international
 folk dancing, aerobics, literature,
 instrumental music, painting, meetings
 and get-togethers, sculpture, outings,
 yoga

14 Snowdon Gymnastics Centre

5225, boulevard Décarie
 ☎ Snowdon ☎ 166 and 17
 514 872-0489
 ⌚ Monday to Friday after 4 p.m.
 Saturday 9 a.m. to 4 p.m.
 Artistic gymnastics

15 Centre jeunesse 2000 NDG (À deux mains/Head and hands)

3770, boulevard Décarie
 ☎ Villa-Maria ☎ 24
 514 872-9444
 ⌚ Monday to Friday after 3 p.m.
 Call the organization

16 Le Manoir NDG Centre

5319, avenue Notre-Dame-de-Grâce
 ☎ Villa-Maria ☎ 24
 514 872-6055
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Fitness, badminton, judo

17 Loyola Centre (Sainte-Catherine-de-Sienne School)

7065, avenue Somerled
 ☎ Villa-Maria ☎ 103 and 102
 514 872-6721
 ⌚ Monday to Friday 5 p.m. to 8 p.m.
 Recreational and community activities,
 help with homework, handicrafts,
 badminton, basketball, recreational clubs,
 youth clubs, computers, meetings and
 get-togethers

18 CDN Sports Centre

4880, avenue Van Horne
 ☎ Plamondon ☎ 161
 514 342-9988
 ⌚ Monday to Friday 9 a.m. to 9 p.m.
 Fitness, athletics, badminton, basketball,
 aquatic fitness, dance, creative dance,
 body building, rhythmic gymnastics, judo,
 karate, swimming, soccer, group sports,
 tae kwon do, tennis, yoga

19 Confederation Sports Centre (Saint-Luc High School)

5320, avenue Kensington
 ☎ Villa-Maria ☎ 103
 514 872-6181
 ⌚ Monday to Friday after 6 p.m.
 Baseball, basketball, rhythmic gymnastics,
 soccer, group sports, volleyball

20 Trenholme Sports Centre

6800, rue Sherbrooke Ouest
 ☎ Villa-Maria ☎ 103 and 162
 514 872-6126
 ⌚ Monday to Friday after 6 p.m.
 Karate, soccer, sports and physical
 activities, volleyball

21 Westhill Sports Centre (Royal Vale School)

5945, avenue Somerled
 ☎ Villa-Maria ☎ 103 and 102
 514 872-6200
 ⌚ Monday to Friday after 6 p.m.
 Badminton, basketball, soccer, sports and
 physical activities, tennis

22 Van Horne Centre (La Voie School)

6755, rue Lavoie
 ☎ Plamondon ☎ 160 ou 124
 514 737-8321
 ⌚ Monday to Friday 10 a.m. to 6 p.m.
 Fitness, basketball, group sports, volleyball

23 Westhaven Centre

7405, avenue Harley
 ☎ Villa-Maria ☎ 103 and 162
 514 872-6134
 ⌚ Monday, Tuesday, Thursday from
 2 p.m. to 7 p.m.
 Wednesday noon to 6 p.m.
 Friday 9:30 a.m. to 7 p.m.

Recreational and community activities,
 language courses, plastic arts, recreational
 clubs, community kitchens, dance,
 ecology, training and information,
 computers, instrumental music, meetings
 and get-togethers, group sports, yoga

24 Chalet du parc Nelson-Mandela

4320, rue Vézina
 ☎ Plamondon ☎ 124
 514 872-9272
 ⌚ Monday to Friday after 3 p.m.
 Recreational and community activities

25 Des Nations School

4860, rue Vézina
 ☎ Plamondon ☎ 124
 514 737-8321
 ⌚ Monday to Friday 10 a.m. to 6 p.m.
 Basketball

26 Notre-Dame-des-Neiges School

5309, chemin de la Côte-des-Neiges
 ☎ Côte-des-Neiges ☎ 165
 514 733-1478
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Call the organization

27 Saint-Kevin Centre (Simonne-Monet School)

3900, avenue Dupuis
 ☎ Côte-des-Neiges
 514 872-0311
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Call the organization

28 Rosedale Church

6870, rue de Terrebonne
 ☎ Villa-Maria ☎ 103 and 102
 514 872-1764
 ⌚ Monday to Friday 10 a.m. to 4 p.m.
 Line dancing, training and information,
 computers, games of skill, card games,
 outings

29 Maison de Jeunes de la Côte-des-Neiges

3732, avenue de Courtraï
 ☎ Côte-des-Neiges ☎ 165
 514 342-5235
 ⌚ Monday to Friday 10 a.m. to 5 p.m.
 Literature

30 Le 6767

6767, chemin de la Côte-des-Neiges
 ☎ Côte-des-Neiges ☎ 165
 514 868-5160
 ⌚ Monday to Friday 9 a.m. to 5 p.m.
 Call the organization

31 Kent Pavilion

3220, avenue Appleton
 ☎ Plamondon ☎ 160
 514 342-5235
 ⌚ Monday to Friday 10 a.m. to 5 p.m.
 Recreational and community activities,
 help with homework, basketball, film,
 dance, weightlifting, instrumental music,
 soccer, outings

32 De la Savane Pavilion

5111, rue Paré
 ☎ Namur ☎ 115
 514 872-0576
 ⌚ Monday to Friday 8:30 a.m.
 to 4:30 p.m.
 Cultural activities, fitness, help with
 homework, language courses, plastic
 arts, recreational clubs, expressive dance,
 sports and physical activities

33 CDN indoor pool

4880, avenue Van Horne
 ☎ Plamondon ☎ 161
 514 342-9988
 ⌚ Monday to Sunday 9 a.m. to 9 p.m.
 Aquatic activities, lifesaving, synchronized
 swimming, swimming, water polo

34 NDG indoor pool

3760, boulevard Décarie
 ☎ Villa-Maria ☎ 24
 514 872-6285
 ⌚ Tuesday to Friday after 2 p.m.
 Saturday 9 a.m. to 4:30 p.m.
 Aquatic activities, swimming

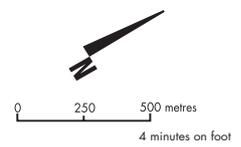
35 Notre-Dame-de-Grâce Sports Centre

6445, avenue de Monkland
 ☎ Villa-Maria ☎ 162
 514 481-4634
 ⌚ Monday to Friday 8 a.m. to 9 p.m.
 Saturday and Sunday 8:30 a.m. to
 8 p.m.
 Sports, aquatic activities, swimming,
 fitness

♿ The washrooms and ramps are
 accessible in these facilities.
 Cloakrooms and elevators are
 also accessible in some cases.

- 1 Bill Durnan Arena
- 2 Doug Harvey Arena
- 3 CDN Black Community Association
- 4 NDG Black Community Association
- 5 Appleton Centre (Centre des Aînés CDN)
- 6 Benny Centre (St. Monica School)
- 7 CDN Community Recreation Centre
- 8 Saint-Raymond Community Centre
- 9 Monkland Community Centre
- 10 Mountain Sights Community Centre
- 11 NDG Community Centre
- 12 Walkley Community Centre
- 13 Creative Social Centre
- 14 Snowdon Gymnastics Centre
- 15 Centre jeunesse 2000 NDG (À deux mains/Head and Hands)
- 16 Le Manoir NDG Centre
- 17 Loyola Centre (Sainte-Catherine-de-Sienne school)
- 18 CDN Sports Centre

- 19 Confederation Sports Centre (Saint-Luc high school)
- 20 Trenholme Sports Centre
- 21 Westhill Sports Centre (Royal Vale School)
- 22 Van Horne Centre (La Voie school)
- 23 Westhaven Centre
- 24 Nelson Mandela Park chalet
- 25 Des Nations school
- 26 Notre-Dame-des-Neiges school
- 27 Saint-Kevin Centre (Simonne-Monet school)
- 28 Rosedale Church
- 29 Maison de Jeunes de la Côte-des-Neiges
- 30 Le 6767
- 31 Kent Pavilion
- 32 De la Savane Pavilion
- 33 CDN indoor pool
- 34 NDG indoor pool
- 35 Notre-Dame-de-Grâce Sports Centre



Dimension **DPR** inc.
 Information from March 2002
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