

Directory of Sports
and Recreation Activities

2009 • 2010



famille!
family

Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal



The role that sports and recreation activities have assumed in our city's life during the 2009 to 2010 period is more important than ever before. Montréal is well known as one of the world's best cities for the sports and recreation facilities and activities it offers all residents. In summer and winter alike, we are working to make the range of opportunities as broad, diverse and affordable as possible for young people, families and individuals of any age.

We have set aside unprecedented resources for high-quality sports and recreation in all of Montréal's boroughs. The development of parklands, the restoration of equipment and the construction of new sports facilities and arenas all attest to this effort.

We are proud to have launched construction of the future Benny Sports and Community Complex, which will offer modern amenities to the entire community on a year-round basis.

Please keep this guide handy for useful information on sports and recreational activities in Côte-des-Neiges—Notre-Dame-de-Grâce – and to help you stay fit!

Gérald Tremblay
Mayor of Montréal

Montréal 



Plan some sports and recreation activities for this fall!

Looking for a way to change your routine? How about some exciting activities for young and old? The Côte-des-Neiges—Notre-Dame-de-Grâce borough invites you to come out and enjoy all the different possibilities offered in the many readily accessible local facilities.

Access to sports, recreation and cultural activities is one of the priorities of the borough's recently launched *Family Action Plan*. We are working tirelessly to improve families' well-being, by offering them pleasant and safe surroundings. You can expect a warm welcome in our facilities, many of which have been upgraded of late.

I hope that this Directory will help you plan sports and recreation activities for the whole family – for healthy minds and healthy bodies!

Michael Applebaum
Mayor of the Côte-des-Neiges—Notre-Dame-de-Grâce borough

Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal 



IN 2009-2010, PUT SOME SPORTS AND RECREATION ON YOUR FAMILY CALENDAR!

There's so much to do in the Côte-des-Neiges—Notre-Dame-de-Grâce borough! In co-operation with its partners, the borough offers residents a tremendous range of sports and recreation activities, to get moving, have fun and relax. Take a look – you're sure to find something that appeals to you in this list of top-quality choices.

In addition to offering you the activities listed here, this year the borough has carried out some major renovations to some of its facilities. Check out the new and vastly improved Kent Park, with 10 new tennis courts, a completely redone basketball court, a new netball court and a soccer field with all-new artificial turf – come one, come all and enjoy!

Every year, we put a lot of energy into improving the choice of activities available, because families' health and well-being remain a priority for us. We are currently working on new ways of distributing the Directory, in line with the borough's *Green Plan*, and on a new policy to promote healthy eating.

Finding a sports or recreation activity has never been so simple. The city of Montréal's new on-line site, ville.montreal.qc.ca/loisirsenligne, makes it easy to find activities in all the boroughs, as well.

The Côte-des-Neiges—Notre-Dame-de-Grâce borough has plenty of sports and recreation activities for everyone – join the fun!!



ACTIVITIES 2-19

A Adult clubs	2
Aerobic exercise	2
Aquafit	2
Art	2
Art of cooking	2
Artistic gymnastics	2
Astrology	3
B Badminton	3
Ball hockey	3
Baseball	3
Basketball	4
Belly dancing	4
Board games	4
Body building	4
C Calligraphy and illumination	5
Card games	5
Cartoons	5

Ceramics	5
Choir	5
Circus arts	5
Classical ballet	5
Community kitchens	5
Computers	6
Crafts	6
Creative dance	6
Cultural activities	6
D Dance	6
Drawing	6
Drop-in centre	6
E Expressive dance	6
F Fencing	6
Figure skating	6
Fitness	6
Folk dancing	7

G Games of skill	7
Group sports	7
Guitar	7
H Homework help	8
I Ice hockey	8
Ice sports	8
Instrumental music	8
Intro to music	9
J Judo	9
K Karate	9
Kung fu	10
L Language courses	10
Latin dance	10
Lifesaving	10
Line dancing	11
Literature	11
M Martial arts and combat sports	11

Meetings and get-togethers	11
Modern dance	11
Music	12
O Orchestra	12
Outdoor activities	12
P Painting	12
Photography	12
Piano	12
R Recreation and community activities	12
Recreation clubs	13
Relaxation	13
Rhythmic gymnastics	14
Ringuette	14
S Sculpture	14
Sewing	14
Soccer	14
Social dance	14

Sports and physical activities	15
Swimming	15
Swimming lessons	15
Synchronized swimming	17
T Table tennis	17
Taekwondo	17
Tai chi	17
Tennis	17
Theatre	17
Tiny tots	18
Training and information	18
V Violin	18
Volleyball	18
W Water polo	19
Watercolour painting	19
Weightlifting	19
Y Yoga	19

KEEP THIS DIRECTORY UNTIL THE END OF SUMMER 2010

The Côte-des-Neiges—Notre-Dame-de-Grâce borough *Directory of Sports and Recreation Activities* is published once a year. Flip through these pages for a general idea of the activities offered from fall 2009 to summer 2010 and the registration dates at the different facilities. Activities and schedules can change depending on the number of registrations and the availability of facilities, so we suggest you call the different partner organizations for more specific details.

PARTNER ORGANIZATIONS . . . 20-21

RECREATION ORGANIZATIONS FOR PEOPLE WITH DISABILITIES 20-21

FACILITIES 22-23

MAP OF FACILITIES IN THE BOROUGH 24

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
ADULT CLUBS							
Card club	n/a	CDN Black Community Association	CDN Black Community Association	17+	NAV	Fri. and Sun. 5 to 8 p.m.	at all times
Social club	n/a	Saint-Raymond Community Centre	NDG Youth Committee	50+	\$	Mon. to Fri. 9 a.m. to noon	call
AEROBIC EXERCISE							
Aerobic dance	n/a	Creative Social Center	Creative Social Center	55+	NAV	Tues. and Thurs. 10 to 11 a.m.	call
P.I.E.D. program	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Wed. 9:30 to 11 a.m. and Fri. 9:30 to 10:30 a.m.	Sept. 1 to 8
Walking club	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	16+	\$	Wed. 7 to 8 p.m. and Sun. 10 a.m. to noon	at all times
AQUAFIT							
Aquafit	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Tues. and Fri. 11 a.m. to noon	Sept. 1 to 8
ART							
Art lessons	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 10 to 11:30 a.m.	call
Crafts - mixed media	1	Monkland Community Centre	NDG 50 Plus Club	50+	NAV	Tues. 12:30 to 4 p.m.	call
Drawing	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 1 to 4 or 7 to 10 p.m.	Sept. 8 and 9
Drawing - live models	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Sat. 10 a.m. to 1 p.m.	Sept. 8 and 9
Drawing - live models	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Sat. 1:30 to 4:30 p.m.	Sept. 8 and 9
Scrapbooking	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 10 to 11:30 a.m.	call
Stained glass, lessons and workshops	n/a	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 7 to 10 p.m.	Sept. 14 to 17 and 20
Watercolour painting	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Thurs. 1 to 4 or 7 to 10 p.m.	Sept. 8 and 9
ART OF COOKING							
Art of cooking	healthy cooking	Rosedale Church	NDG 50 Plus Club	50+	NAV	Thurs. noon to 3 p.m.	call
Art of cooking	international cuisine	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$\$	Wed. 6:30 to 9:30 p.m.	Sept. 8 and 9
Cooking workshops	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Sat. 5 to 8 p.m.	Sept. 17
ARTISTIC GYMNASTICS							
Artistic gymnastics	beginner, bronze, boys, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$\$\$\$	Sun. 5 to 6:30 p.m.	Sept. 2 to 4
Artistic gymnastics	CR-3, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Wed., Fri. 4:30 to 5:30 p.m. and Sat. 2 to 5 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 1-2, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Mon. and Fri. 4:30 to 7:30 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 1-2, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Sat. 3 to 6 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 2-3, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Mon. and Fri. 5 to 8 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 2-3, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Sat. 2:30 to 5 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 2-3, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Wed. 5 to 8 p.m.	Sept. 2 to 4
Artistic gymnastics	défi 2-3, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Sat. 12:30 to 2 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 1-3, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Tues., Thurs. 4:30 to 6 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 1-3, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Sat. 10:45 a.m. to 12:15 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 1-3, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Sat. 12:30 to 2 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 1-3, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	6-12	\$	Tues. 6:15 to 7:45 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 1-9, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	13-17	\$	Thurs. 7:45 to 9:15 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 4-5-6, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Tues. 6:15 to 7:45 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 4-5, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Thurs. 4:30 to 6 or 6:15 to 7:45 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 4-5, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Sat. 10:45 a.m. to 12:15 p.m. or 12:30 to 2 p.m.	Sept. 2 to 4
Artistic gymnastics	gym plus 5-6, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Thurs. 6:15 to 7:45 p.m.	Sept. 2 to 4

Artistic gymnastics	gym plus 5-6, recreational	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Sat. 12:30 to 2 p.m.	Sept. 2 to 4
Artistic gymnastics	level C, introductory	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	11+	\$	Tues., Fri. 6 to 7:30 p.m. and Sat. 12:30 to 2 p.m.	call
Artistic gymnastics	provincial II, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	8-17	\$	Wed., Fri. 6:30 to 8 p.m.	Sept. 2 to 4
Artistic gymnastics	provincial II, competitive	Snowdon Gymnastics Centre	Flexart Gymnastics Club	8-17	\$	Sat. 2 to 6 p.m.	Sept. 2 to 4
Artistic gymnastics	recreational, advanced	Snowdon Gymnastics Centre	Flexart Gymnastics Club	7+	\$	Tues. and Thurs. 6:15 to 7:15 p.m.	Sept. 2 to 4
Artistic gymnastics	recreational, kindergarten	Snowdon Gymnastics Centre	Flexart Gymnastics Club	4-5	\$	Tues. 3:45 to 4:45 p.m.	Sept. 2 to 4
Artistic gymnastics	recreational, kindergarten	Snowdon Gymnastics Centre	Flexart Gymnastics Club	4-5	\$	Wed. and Thurs. 3:30 to 4:30 p.m.	Sept. 2 to 4
Artistic gymnastics	recreational, kindergarten	Snowdon Gymnastics Centre	Flexart Gymnastics Club	4-5	\$	Sat. 9:30 to 10:30 a.m.	Sept. 2 to 4
Artistic gymnastics	recreational, kindergarten	Snowdon Gymnastics Centre	Flexart Gymnastics Club	4-5	\$	Tues. 5 to 6 p.m.	Sept. 2 to 4
Artistic gymnastics for children	introductory	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	3-5	\$	Wed. 6 to 7 p.m. or 7 to 8:30 p.m.	call
Artistic gymnastics, open	teens/adults	Snowdon Gymnastics Centre	Flexart Gymnastics Club	14+	\$	Tues. 7:45 to 9:15 p.m.	Sept. 2 to 4

ASTROLOGY

Intro to astrology	intro, interpretation, predictions	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 7 to 10 p.m.	Sept. 8 and 9
--------------------	------------------------------------	------------------------------	---------------------------------	-----	--------	-------------------	---------------

B BADMINTON

Badminton	adults, mixed	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Tues. 8:30 to 10:30 p.m.	Sept. 9 to 11
Badminton	family	Le Manoir NDG Centre	NDG Community Centre	10+	\$\$\$	Fri. 6 to 8 p.m.	Sept. 14 to 17 and 20
Badminton	family	Le Manoir NDG Centre	NDG Community Centre	10+	\$\$\$	Fri. 8 to 10 p.m.	Sept. 14 to 17 and 20
Badminton	introductory	CDN Sports Centre	Loisirs sportifs CDN	8-12	\$\$	Mon. 7 to 8:30 p.m.	Sept. 8 to 11
Badminton	mixed	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	NAV	Thurs. 6 to 7 p.m.	Sept. 8 and 9
Badminton	recreational	Westhill Sports Centre	Club de plein air NDG	18+	\$\$\$	Mon. and Wed. 7:30 to 8:30 p.m.	call
Badminton, lessons	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 6 to 8 p.m.	Sept. 8 and 9
Badminton, open	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 8 to 10 p.m.	Sept. 8 and 9
Badminton, open	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 8 to 10 p.m.	Sept. 8 and 9
Badminton, open	n/a	Le Manoir NDG Centre	NDG Community Centre	16+	\$\$\$	Thurs. 6 to 9:45 p.m.	Sept. 14 to 17 and 20
Badminton, open	n/a	Le Manoir NDG Centre	NDG Community Centre	16+	\$\$\$	Tues. 6 to 9:45 p.m.	Sept. 14 to 17 and 20
Badminton, open	recreational	Westhill Sports Centre	Club de plein air NDG	18+	\$\$\$	Thurs. 7:30 to 8:30 p.m.	Sept. 14 to 18
Badminton, open	recreational	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Mon. 8:30 to 10 p.m.	Sept. 8 to 11
Badminton, open	recreational	Westhill Sports Centre	Club de plein air NDG	18+	\$\$\$	Tues. 7:30 to 8:30 p.m.	call
Badminton, open	recreational	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	15+	\$\$\$	Mon. 7 to 10 p.m.	Sept. 17 to 19
Badminton, open	recreational, family	Saint-Raymond Community Centre	NDG Youth Committee	7+	\$\$\$	Sun. 1 to 3:30 p.m.	Sept. 9 to 11
Badminton, open	recreational, mixed	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-25	NAV	Thurs. 7 to 10 p.m.	Sept. 17
Badminton, training	beginner/intermediate	Le Manoir NDG Centre	NDG Community Centre	16+	\$\$\$	to be determined	Sept. 14 to 17 and 20

BALL HOCKEY

Ball hockey	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$	Sat. 11:30 a.m. to 12:30 p.m.	Sept. 8 and 9
Ball hockey	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$	Sat. 10:30 to 11:30 a.m.	Sept. 8 and 9
Ball hockey	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$	Sat. 2 to 3:30 p.m.	Sept. 17
Ball hockey, open	mixed	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	19-25	\$	Sun. 5 to 8 p.m.	Sept. 17

BASEBALL

Baseball	training, competitive	Confederation Sports Centre	NDG Minor Baseball League	9-18	NAV	Tues. 7:30 to 8:30 p.m. and Sun. 9 a.m. to noon	call
----------	-----------------------	-----------------------------	---------------------------	------	-----	---	------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
BASKETBALL							
Basketball	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$	Sat. 9 to 10:30 a.m.	Sept. 8 and 9
Basketball	competitive	La Voie school	CDN Black Community Association	18+	NAV	Mon. 7 to 9 p.m.	at all times
Basketball	competitive	Westhill Sports Centre	Philippine Basketball Association of Montreal (PBAM)	8-9	NAV	Sat. 9 a.m. to 5:30 p.m.	call
Basketball	competitive	Trenholme Sports Centre	Philippine Basketball Association of Montreal (PBAM)	8+	NAV	Sat. 1 to 5 p.m.	call
Basketball	competitive	Westhill Sports Centre	Philippine Basketball Association of Montreal (PBAM)	13+	NAV	Fri. 7:30 to 8:30 p.m.	call
Basketball	different levels	Notre-Dame-des-Neiges Centre	Philippine Basketball Association of Montreal (PBAM)	15-45	NAV	Sun. noon to 5 p.m.	call
Basketball	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Sat. 3:30 to 5:30 p.m.	Sept. 17
Basketball	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Fri. 8 to 10 p.m.	Sept. 17
Basketball	n/a	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	12-17	NAV	Wed. 6:45 to 8:45 p.m.	at all times
Basketball	n/a	La Voie school	CDN Black Community Association	18+	NAV	Wed. 9 to 11 p.m.	at all times
Basketball	teens, recreational	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$	Fri. 6:30 to 8 p.m.	Sept. 8 to 11
Basketball, development club	mixed	La Voie school	CDN Black Community Association	12-13	NAV	Sat. noon to 2 p.m.	at all times
Basketball, development club	mixed	La Voie school	CDN Black Community Association	9-12	NAV	Sat. noon to 2 p.m.	at all times
Basketball, league practice	n/a	CDN Sports Centre	Philippine Basketball Association of Montreal (PBAM)	14+	NAV	Fri. 8:30 to 10 p.m.	call
Basketball, mini	beginner	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	8-10	\$\$	Tues. 6 to 7:30 p.m. and Sat. 11 a.m. to 1 p.m.	Sept. 17 to 19
Basketball, mini	boys	Saint-Raymond Community Centre	NDG Youth Committee	9-12	\$	Sat. 6:15 to 8:15 p.m.	Sept. 9 to 11
Basketball, mini	introductory	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$	Fri. 5 to 6:30 p.m.	Sept. 8 to 11
Basketball, mini	introductory	CDN Sports Centre	Philippine Basketball Association of Montreal (PBAM)	9-11	\$\$	Fri. 6 to 7:30 p.m.	call
Basketball, open	n/a	La Voie school	CDN Black Community Association	18+	NAV	Sun. 10 a.m. to 2 p.m.	at all times
Basketball, open	n/a	Des Nations school	CDN Black Community Association	13-17	NAV	Thurs. 6 to 10 p.m.	at all times
Basketball, open	n/a	La Voie school	CDN Black Community Association	18+	NAV	Tues. and Thurs. 9 to 11 p.m.	at all times
Basketball, open	n/a	Des Nations school	CDN Black Community Association	13-17	NAV	Mon. 6 to 10 p.m.	at all times
Basketball, open	n/a	Des Nations school	CDN Black Community Association	13-17	NAV	Wed. 6 to 10 p.m.	at all times
Basketball, open	n/a	Des Nations school	CDN Black Community Association	13-17	NAV	Fri. 6 to 10 p.m.	at all times
Basketball, practice	n/a	La Voie school	CDN Black Community Association	16+	NAV	Sat. 4 to 7 p.m.	at all times
Elite, mini	intermediate	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	11-13	\$\$	Wed. 7:30 to 9 p.m. and Sat. 11 a.m. to 1 p.m.	Sept. 17 to 19
BELLY DANCING							
Belly dancing	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-11	\$\$	Sat. 9 to 10 a.m.	Sept. 8 and 9
Belly dancing	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Fri. 5:30 to 10 p.m.	Sept. 17
Belly dancing	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Fri. 5 to 8 p.m.	call
Oriental belly dancing	beginner/intermediate	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 6:30 to 8 or 8 to 9:30 p.m.	Sept. 14 to 17 and 20
BOARD GAMES							
Scrabble	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Mon. 1 to 4:15 p.m.	call
BODY BUILDING							
Body building, open	n/a	CDN Sports Centre	Loisirs sportifs CDN	18+	\$	to be determined	at all times
Fitness, stretching	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 11 a.m. to noon	Sept. 9
Floor and ball Pilates	intermediate	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Tues. 7:30 to 8:30 p.m.	Sept. 14 to 17
Floor Pilates	beginner	Le Manoir NDG Centre	NDG Community Centre	50+	\$\$\$\$	Wed. 11 a.m. to noon	Sept. 14 to 17
Floor Pilates	beginner	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Tues. 6:30 to 7:30 p.m.	Sept. 14 to 17

Pilates	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 1:10 to 2:10 p.m.	Sept. 9
Post-natal Pilates	n/a	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	to be determined	Sept. 14 to 17
CALLIGRAPHY AND ILLUMINATION							
Japanese calligraphy	beginner	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Mon. 7 to 9 p.m.	Sept. 13 to 17
CARD GAMES							
Bridge	n/a	Rosedale Church	NDG 50 Plus Club	50+	\$	Tues. 1 to 4 p.m.	call
Duplicate bridge	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Mon. 1 to 4:15 p.m.	call
CARTOONS							
3D cartoons	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	\$\$	Sat. 5 to 6:30 p.m.	Sept. 17
CERAMICS							
Ceramics	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$\$	Tues. 6:45 to 9:45 p.m.	Sept. 8 and 9
Ceramics	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sun. 10 to 11 a.m.	Sept. 8 and 9
Ceramics	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Thurs. 4 to 7:30 p.m.	Sept. 17
Ceramics	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$V	Sat. 10 to 11 a.m.	Sept. 8 and 9
Ceramics	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Fri. 6 to 7:30 p.m.	Sept. 17
Ceramics	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	\$\$	Fri. 4:30 to 6 p.m.	Sept. 17
Ceramics and sculpture	youth club	NDG Community Centre	NDG Community Centre	8+	\$\$\$	Mon. 4:30 to 6 p.m.	call
Ceramics, building and sculpture	n/a	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Mon. 7 to 10 p.m.	Sept. 13 to 19
Ceramics, lessons	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$\$	Tues. 2 to 5 p.m.	Sept. 8 and 9
Ceramics, practice	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 12:30 to 2 p.m.	Sept. 8 and 9
Ceramics, practice	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 3 to 5 p.m.	Sept. 8 and 9
Ceramics, practice	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	to be determined	Sept. 8 and 9
Ceramics, workshops	n/a	NDG Community Centre	NDG Community Centre	16+	\$\$\$	Tues. 7 to 10 p.m. or Wed. 1 to 4 p.m.	Sept. 13 to 19
CHOIR							
Choir	2	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$	Mon. 6:30 to 8 p.m.	Sept. 8 and 9
Choir	n/a	Creative Social Center	Creative Social Center	55+	\$	Thurs. 1 to 3 p.m.	call
Choir	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Mon. 9:30 to 11 a.m.	Sept. 1 to 8
Choir, Polumnia vocal ensemble, lessons	advanced, adults	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	Thurs. 7 to 9 p.m.	call
Choir, Polumnia vocal ensemble, lessons	beginner, adults	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	Sat. 11 a.m. to 12:15 p.m.	call
CIRCUS ARTS							
Circus workshops	juggling	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-25	\$\$	Sat. 6 to 8 p.m.	Sept. 17
CLASSICAL BALLET							
Classical ballet	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. noon to 1 p.m.	call
Classical ballet	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 11 a.m. to noon	Sept. 8 and 9
Classical ballet	introductory, beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 10 to 11 a.m.	Sept. 8 and 9
Classical ballet	n/a	NDG Community Centre	Studio La Volière inc.	5-8	\$\$	Tues. 4 to 6 p.m.	call
COMMUNITY KITCHENS							
Art of cooking	cake decorating	CDN Black Community Association	CDN Black Community Association	16+	NAV	Fri. 6 to 8 p.m.	at all times
Community kitchen	activities for parents	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Tues. 1 to 4 p.m.	at all times
Community kitchen	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Thurs. 1 to 4 p.m.	at all times
Cooking	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$\$	Sat. 4 to 5:30 p.m.	call
Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
COMPUTERS							
Computers	beginner	CDN Black Community Association	CDN Black Community Association	18+	\$	Sat. 11 a.m. to 2 p.m.	at all times
Computers	beginner	Walkley Community Centre	Walkley United Family Association	18+	\$\$\$	Mon. and Tues. 7 to 9 p.m.	call
Computers	computer basics and using the Internet	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	Mon. 7 to 9:30 p.m.	Sept. 14 to 17
Computers	creating multimedia content	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	Wed. 7 to 9:30 p.m.	Sept. 14 to 17
Computers	introduction	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	12-17	\$	Tues., Thurs., Fri. 6 to 9 p.m. and Sat. 4 to 6 p.m.	call
Computers	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$	to be determined	at all times
Computers	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$	to be determined	at all times
Computers	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$	to be determined	at all times
Introduction to computers	beginner	Walkley Community Centre	Walkley United Family Association	6-12	\$	Mon. and Wed. 5 to 7 p.m.	call
CRAFTS							
Crafts	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sat. 1 to 2 p.m.	Sept. 8 and 9
CREATIVE DANCE							
Creative dance	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sat. 10 to 11 a.m. or 11 a.m. to noon	Sept. 8 and 9
Hip hop	beginner/intermediate	CDN Sports Centre	Loisirs sportifs CDN	6-7	\$\$	Sun. 1 to 2 p.m.	Sept. 8 to 11
Hip hop	beginner/intermediate	CDN Sports Centre	Loisirs sportifs CDN	8-9	\$\$	Sun. 2 to 3 p.m.	Sept. 8 to 11
Hip hop	beginner/intermediate	CDN Sports Centre	Loisirs sportifs CDN	10-13	\$\$	Sun. 3 to 4 p.m.	Sept. 8 to 11
CULTURAL ACTIVITIES							
Les lundis québécois	intro to Quebec	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Mon. 7 to 9:30 p.m.	call
DANCE							
Cardio salsa	n/a	NDG Community Centre	NDG Community Centre	14+	\$\$\$	Mon. and Wed. 6:30 to 7:30 p.m.	call
Mama dance	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	0-1	\$\$	Mon. 9:30 to 11:30 a.m.	Sept. 8 and 9
DRAWING							
Drawing, 3D cartoons	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-15	NAV	Sat. 5 to 6:30 p.m.	Sept. 17
DROP-IN CENTRE							
Resources and support services	babysitting	Creative Social Center	Creative Social Center	55+	NAV	Mon. to Fri. 8:30 a.m. to 12:30 p.m.	call
EXPRESSIVE DANCE							
Line dancing	beginner	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Tues. 10:30 a.m. to noon	Sept. 1 to 8
Line dancing	open practice	Appleton Centre	Centre des Aînés CDN	50+	\$	Fri. 1 to 2:30 p.m.	Sept. 1 to 8
FENCING							
Fencing	club	NDG Community Centre	Club d'escrime Mont-Royal	15+	\$	Mon. to Fri. 6:30 to 9:30 p.m.	at all times
Fencing	different levels	NDG Community Centre	Club d'escrime Mont-Royal	10-13	\$\$\$	Mon. to Fri. 4 to 5:30 p.m.	at all times
FIGURE SKATING							
Figure skating	junior, competitive	Doug Harvey Arena	Montreal Figure Skating Club	6-18	NAV	variable	call
Figure skating	recreational	Doug Harvey Arena	Montreal Figure Skating Club	4-14	\$\$\$\$	to be determined	call
FITNESS							
Aerobics	beginner	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Mon. and Wed. 6:15 to 7:15 p.m.	call
Cardio-flexibility	n/a	Le Manoir NDG Centre	NDG Community Centre	50+	\$\$\$	Mon. and Fri. 11 a.m. to noon	Sept. 14 to 17 and 20

Cardio+	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 7:15 to 8:45 p.m.	Sept. 8 and 9
Dancercise	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 9:30 to 10:45 a.m.	Sept. 8 and 9
Fitness	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 6 to 7:15 p.m.	Sept. 8 and 9
Fitness	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 6 to 7:15 p.m.	Sept. 8 and 9
Fitness	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 9:30 to 10:45 a.m.	Sept. 8 and 9
Fitness	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 6 to 7:15 p.m.	Sept. 8 and 9
Fitness	n/a	Le Manoir NDG Centre	NDG Community Centre	50+	\$\$\$\$	Wed. and Fri. 10 to 11 a.m.	call
Fitness	n/a	Bill Durnan Arena	CDN Black Community Association	18+	NAV	to be determined	at all times
Fitness	n/a	Le Manoir NDG Centre	NDG Community Centre	50+	\$\$\$\$	Mon. 10 to 11 a.m.	call
Fitness	stretching, mixed	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Fri. 11 a.m. to noon	Sept. 8 and 9
Fitness	toning, aerobics	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Mon. and Wed. 6:15 to 7:15 or 7:30 to 8:30 p.m.	Sept. 8 to 11
Fitness	women	Monkland Community Centre	NDG 50 Plus Club	50+	NAV	Tues. 9:30 to 10:30 or 10:30 to 11:30 a.m.	call
Pilates	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 7:15 to 8:15 p.m.	Sept. 8 and 9
Pilates	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. noon to 1 p.m.	Sept. 8 and 9
Pilates, mixed	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Thurs. noon to 1 or 1:10 to 2:10 p.m.	Sept. 8 and 9
Sports activities	open gym	La Voie school	Maison de Jeunes de la Côte-des-Neiges	12-17	NAV	Wed. 7 to 9 p.m.	at all times

FOLK DANCING

Aerobic dance and yoga	adults	Creative Social Center	Creative Social Center	55+	\$	Tues. and Thurs. 10 to 11 a.m.	call
Folk dancing	n/a	Saint-Raymond Community Centre	NDG Youth Committee	8+	\$\$\$	Wed. 7 to 8:30 p.m.	call
International folk dancing	adults	Creative Social Center	Creative Social Center	55+	\$	Sun. 10:30 to 11:30 a.m.	call

G GAMES OF SKILL

Games of skill	bowling	Rosedale Church	NDG 50 Plus Club	50+	\$	Fri. 10:30 to 11:30 a.m.	call
----------------	---------	-----------------	------------------	-----	----	--------------------------	------

GROUP SPORTS

La zone de sports	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-9	\$	Sat. 10 a.m. to noon	Sept. 9 to 11
La zone de sports	n/a	Saint-Raymond Community Centre	NDG Youth Committee	10-13	\$	Sat. 12:30 to 2:30 p.m.	Sept. 9 to 11
Netball	competitive	Confederation Sports Centre	Region 2 Netball Association	14+	\$	Sun. 8:30 to 10 p.m.	call
Netball	competitive	CDN Sports Centre	Quebec Amateur Netball Federation	14+	\$	Wed. 8:30 to 10 p.m.	call
Netball	competitive	Confederation Sports Centre	Region 2 Netball Association	14+	\$	Sat. 7 to 9 p.m.	call
Netball	competitive	Confederation Sports Centre	Region 2 Netball Association	14+	\$	Sun. 2 to 7 p.m.	call
Netball, lessons	Antilles, introductory	Confederation Sports Centre	Region 2 Netball Association	8-12	\$	Sat. and Sun. 2 to 3:30 p.m.	call

GUITAR

Guitar	different levels by appointment	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	to be determined	Sept. 14 to 17
Guitar	different levels by appointment	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	to be determined	Sept. 14 to 17
Guitar	different levels by appointment	NDG Community Centre	NDG Community Centre	10+	\$\$\$\$	to be determined	Sept. 14 to 17
Guitar	different levels by appointment	NDG Community Centre	NDG Community Centre	10+	\$\$\$\$	to be determined	Sept. 14 to 17
Guitar	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	\$\$	Fri. 4:30 to 5:30 p.m.	call
Guitar, lessons	advanced	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$	Fri. 7:30 to 8:30 p.m.	Sept. 17
Guitar, lessons	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$	Fri. 5:30 to 6:30 p.m.	Sept. 17
Guitar, lessons	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$	Fri. 6:30 to 7:30 p.m.	Sept. 17

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
HOMEWORK HELP							
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$\$	Thurs. 2 to 6 p.m.	Sept. 9 to 11
Homework help	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-12	NAV	Thurs. 3:15 to 4:30 p.m.	call
Homework help	n/a	CDN Black Community Association	CDN Black Community Association	6-13	NAV	Thurs. 4 to 6 p.m.	call
Homework help	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Thurs. 5 to 6 p.m.	call
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	Thurs. 5 to 7 p.m.	at all times
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$\$	Mon. 2 to 6 p.m.	Sept. 9 to 11
Homework help	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-12	NAV	Mon. 3:15 to 4:30 p.m.	call
Homework help	n/a	CDN Black Community Association	CDN Black Community Association	6-13	NAV	Mon. 4 to 6:30 p.m.	call
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	Mon. 5 to 7 p.m.	at all times
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$\$	Tues. 2 to 6 p.m.	Sept. 9 to 11
Homework help	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-12	NAV	Tues. 3:15 to 4:30 p.m.	call
Homework help	n/a	CDN Black Community Association	CDN Black Community Association	6-13	NAV	Tues. 4 to 6 p.m.	call
Homework help	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Tues. 5 to 6 p.m.	call
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	Tues. 5 to 7 p.m.	at all times
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$\$	Wed. 2 to 6 p.m.	Sept. 9 to 11
Homework help	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-12	NAV	Wed. 3:15 to 4:30 p.m.	call
Homework help	n/a	CDN Black Community Association	CDN Black Community Association	6-13	NAV	Wed. 4 to 6 p.m.	call
Homework help	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Wed. 5 to 6 p.m.	call
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	Wed. 5 to 7 p.m.	at all times
Homework help	n/a	CDN Black Community Association	CDN Black Community Association	6-13	NAV	Sat. 10 a.m. to 5 p.m.	call
Homework help	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$\$	Fri. 2 to 6 p.m.	Sept. 9 to 11
Homework help	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Fri. 5 to 6 p.m.	call
Tutoring	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	6-12	\$\$\$	Mon. to Fri. 3:30 to 6 p.m.	Sept. 17 to 19
Tutoring	n/a	CDN Black Community Association	CDN Black Community Association	6-14	NAV	Mon. to Thurs. 4 to 6 p.m. and Sat. 10 a.m. to 5 p.m.	call
Tutoring	n/a	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	12-17	NAV	to be determined	at all times
ICE HOCKEY							
Ice hockey	different levels, competitive	Doug Harvey Arena	NDG Minor Hockey Association	10-17	\$\$\$\$	variable	call
Ice hockey	pre-novice, competitive	Doug Harvey Arena	NDG Minor Hockey Association	3-6	\$\$\$\$	variable	call
Ice hockey	pre-novice, recreational	Doug Harvey Arena	NDG Minor Hockey Association	3-6	\$	variable	call
ICE SPORTS							
Ice hockey	n/a	Doug Harvey Arena	city of Montréal	18+	\$	Sat. 8 to 10 p.m.	call
Ice hockey	n/a	Doug Harvey Arena	city of Montréal	18+	\$	Tues. 9:30 to 11 p.m.	call
Skating	open	Doug Harvey Arena	city of Montréal	3+	\$	Sat. 2 to 4 p.m.	call
Skating	open	Doug Harvey Arena	city of Montréal	3+	\$	Sun. 2 to 4 p.m.	call
Skating	open	Doug Harvey Arena	city of Montréal	3+	\$	Mon. to Fri. 4 to 5 p.m.	call
INSTRUMENTAL MUSIC							
Music and playing, guitar	2	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 8:45 to 10 p.m.	Sept. 8 and 9
Music and playing, piano keyboard	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 7:15 to 8:45 p.m.	Sept. 8 and 9

Music and playing, pop guitar	1	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 6 to 7:15 p.m.	Sept. 8 and 9
Music and playing, recorder	n/a	Creative Social Center	Creative Social Center	55+	\$	Wed. 9:30 to 10:30	call
INTRO TO MUSIC							
Exploring music	learning about music	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sat. and Sun. 2 to 3 p.m.	Sept. 8 and 9
JUDO							
Judo	excellence	Le Manoir NDG Centre	Shidokan Judo Club	16+	\$\$\$\$	Mon., Fri. 5 to 7:30 p.m., Tues., Thurs. 7:30 to 8:30 p.m., Wed. 4:30 to 6 p.m., Sat. 12:30 to 2 p.m.	call
Judo	family	Le Manoir NDG Centre	Shidokan Judo Club	3+	\$\$\$	Sun. 10 to 11 a.m. or 11:30 a.m. to 12:30 p.m.	call
Judo	introductory	Le Manoir NDG Centre	Shidokan Judo Club	6-10	\$	Sun. 9 to 10 a.m.	call
Judo	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 11 a.m. to noon	call
Judo	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 10 to 11 a.m.	call
Judo, elite	cadet, juvenile	Le Manoir NDG Centre	Shidokan Judo Club	12-15	\$\$\$\$	Tues., Thurs. 6 to 7:30 p.m. and Sat. 11 a.m. to 12:15 p.m.	call
Judo, lessons	introductory	Le Manoir NDG Centre	Shidokan Judo Club	6-10	\$	Sun. 9 to 10 a.m.	call
Judo, lessons	introductory parents-children	Le Manoir NDG Centre	Shidokan Judo Club	3+	\$\$	Sun. 10 to 11 a.m. or 11:30 a.m. to 12:30 p.m.	call
Judo, lessons	beginner	CDN Sports Centre	Shidokan Judo Club	6-12	\$	to be determined	Sept. 8 to 11
Judo, lessons white to orange belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Sat. 2 to 3:30 p.m.	call
Judo, lessons, advanced	minime, juvenile U13, U15	Le Manoir NDG Centre	Shidokan Judo Club	10-15	\$\$\$\$	Tues., Thurs. 6 to 7:30 p.m. and Sat. 11 a.m. to 12:15 p.m.	call
Judo, lessons, beginner	mini-poussin, poussin, benjamin U7, U9	Le Manoir NDG Centre	Shidokan Judo Club	6-13	\$\$\$\$	Thurs. 5 to 6 p.m. and Sat. 9 to 10 a.m.	call
Judo, lessons, green to black belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Mon., Wed., Fri. 7:30 to 9 p.m.	call
Judo, lessons, green to black belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Tues., Thurs. 11 a.m. to 12:15 p.m.	call
Judo, lessons, green to black belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Sat. 2 to 3:30 p.m.	call
Judo, lessons, green to black belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Mon., Wed., Fri. 7:30 to 9 p.m., Tues., Thurs. 11 a.m. to 12:15 p.m., Sat. 12:30 to 2 p.m.	call
Judo, lessons, intermediate	benjamin, minime, U11, U13	Le Manoir NDG Centre	Shidokan Judo Club	8-13	\$\$\$\$	Tues. 5 to 6 p.m. and Sat. 10 to 11 a.m.	call
Judo, lessons, white to orange belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Mon., Wed., Fri. 7:30 to 9 p.m.	call
Judo, lessons, white to orange belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Tues., Thurs. 11 a.m. to 12:15 p.m.	call
Judo, lessons, white to orange belt	junior, senior	Le Manoir NDG Centre	Shidokan Judo Club	14+	\$\$\$\$	Mon., Wed., Fri. 7:30 to 9 p.m., Tues., Thurs. 11 a.m. to 12:15 p.m., Sat. 12:30 to 2 p.m.	call
Judo, team	excellence	Le Manoir NDG Centre	Shidokan Judo Club	16+	\$\$\$\$	Mon., Fri. 5 to 7:30 p.m., Tues., Thurs. 7:30 to 8:30 p.m., Wed. 4:30 to 6 p.m.	call
Self-defence	n/a	Le Manoir NDG Centre	Shidokan Judo Club	16+	\$\$\$	Sun. 3 to 5 p.m.	call
KARATE							
Karate	introductory, competitive I-II	Monkland Community Centre	Monkland Community Centre	7-74	\$	Tues. 6 to 8 p.m., Thurs. 6 to 7:30 p.m. and Sat. 9 to 10:30 a.m.	Sept. 15
Karate, blue belt	n/a	CDN Sports Centre	Shidokan International Karate Club	8+	\$	Tues. 4 to 5 p.m.	call
Karate, lessons	introductory	Trenholme Sports Centre	Loisirs sportifs CDN	6+	\$	Sat. 11 a.m. to 1 p.m.	Sept. 14 to 18
Karate, lessons, brown and black belt	n/a	CDN Sports Centre	Shidokan International Karate Club	10+	\$	Fri. 7 to 8:30 p.m.	call
Karate, lessons, green belt +	n/a	CDN Sports Centre	Shidokan International Karate Club	13+	\$	Fri. 6 to 7 p.m. and Sat. 9:30 to 11 a.m.	call
Karate, orange belt	n/a	CDN Sports Centre	Shidokan International Karate Club	13+	\$	Sat. 1 to 2 p.m.	call
Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
KARATE (CONT'D)							
Karate, white belt	advanced	CDN Sports Centre	Shidokan International Karate Club	8+	\$	Wed. 4 to 5 p.m.	call
Karate, white belt	intermediate	CDN Sports Centre	Shidokan International Karate Club	8+	\$	Sat. noon to 1 p.m.	call
Karate, white belt	introductory	CDN Sports Centre	Shidokan International Karate Club	8+	\$	Wed. 10 to 11:30 a.m. and Sat. 11:10 to 11:50 a.m.	call
Karate, yellow belt	n/a	CDN Sports Centre	Shidokan International Karate Club	8+	\$	Wed. 4 to 5 p.m.	call
KUNG FU							
Kung fu and wushu	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-25	\$	Sat. 1 to 5 p.m.	Sept. 17
LANGUAGE COURSES							
English	beginner	CDN Black Community Association	CDN Black Community Association	16+	NAV	Tues. and Thurs. 6:30 to 8:30 p.m.	call
English	n/a	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Fri. 7 to 9 p.m.	Sept. 9 to 11
English, conversation	beginner	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 6:30 to 8 p.m.	Sept. 14 to 17 and 20
English, conversation	beginner I-II	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	to be determined	Sept. 14 to 17 and 20
English, conversation	intermediate	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 8:15 to 10 p.m.	Sept. 14 to 17 and 20
English, courses	1-2, intermediate	Walkley Community Centre	Walkley United Family Association	18+	\$\$	Mon. and Wed. 7 to 9 p.m.	call
French	beginner 1	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Wed. 7 to 9 p.m.	Sept. 9 to 11
French	different levels	CDN Black Community Association	CDN Black Community Association	16+	\$\$\$	Mon. to Thurs. 6:30 to 8:30 p.m.	at all times
French, conversation courses	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Mon. 2:30 to 4 p.m.	Sept. 1 to 8
French, conversation workshop	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Tues. 7 to 8:30 p.m.	preregistration Sept. 22, registration every Tuesday, Sept. 29 to Dec. 1
French, courses	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Mon. to Wed. 9:15 a.m. to 12:15 p.m.	call
French, courses	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Mon. to Wed. 9:15 a.m. to 12:15 p.m.	Sept. 10
French, courses	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Mon. to Wed. 6 to 9 p.m.	Sept. 10
Italian	beginner	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Tues. 7 to 9 p.m.	Sept. 9 to 11
Parlons français	1 on 1 practice	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	NAV	Mon., Wed. 10 a.m. to 3 p.m.	call
Spanish	beginner 1	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Thurs. 7 to 9 p.m.	Sept. 9 to 11
Spanish	beginner pour children	NDG Community Centre	NDG Community Centre	6-12	\$\$\$	Tues. 4:30 to 5:30 p.m.	Sept. 14 to 17
Spanish, conversation	beginner 1A	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Tues. 6:30 to 8 p.m.	Sept. 14 to 17 and 20
Spanish, conversation	beginner 1B	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Tues. 8:15 to 10 p.m.	Sept. 14 to 17 and 20
Spanish, conversation	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. to Thurs. 9:30 to 11:30 a.m.	Sept. 8 and 9
Spanish, conversation	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. to Thurs. 7 to 9 p.m.	Sept. 8 and 9
Spanish, conversation	intermediate	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Thurs. 6:30 to 8:30 p.m.	Sept. 14 to 17 and 20
Spanish, courses	advanced	Appleton Centre	Centre des Aînés CDN	50+	\$	Thurs. 9:30 to 11:30 a.m. or 1:30 to 3:30 p.m.	Sept. 1 to 8
Spanish, courses	intermediate	Appleton Centre	Centre des Aînés CDN	50+	\$	Thurs. 1:30 to 3 p.m.	Sept. 1 to 8
LATIN DANCE							
Latin dance and salsa, lessons and practice	beginner/intermediate	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Fri. 7 to 8:30 or 8:30 to 10 p.m.	Sept. 14 to 17 and 20
LIFESAVING							
First aid	CPR training	CDN indoor pool	Loisirs sportifs CDN	14+	\$	to be determined	Sept. 8 to 10
Lifesaving, lessons	Bronze Cross	NDG indoor pool	NDG Aquatic Club	13+	\$\$\$	variable	Sept.

Lifesaving, lessons	Bronze Cross	CDN indoor pool	Loisirs sportifs CDN	15+	\$	to be determined	Sept. 8 to 10
Lifesaving, lessons	Bronze Medallion	NDG indoor pool	NDG Aquatic Club	13+	\$\$\$\$	variable	Sept.
Lifesaving, lessons	Bronze Medallion	CDN indoor pool	Loisirs sportifs CDN	13+	\$	to be determined	Sept. 8 to 10
Lifesaving, lessons	Bronze Cross	NDG indoor pool	NDG Aquatic Club	13+	\$\$\$\$	variable	Sept.
Lifesaving, lessons	National Lifeguard	CDN indoor pool	Loisirs sportifs CDN	16+	\$	to be determined	Sept. 8 to 10
Young lifesavers	n/a	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.

LINE DANCING

Line dancing	intermediate, 1st year	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Tues. 1 to 2:30 p.m.	Sept. 1 to 8
Line dancing	intermediate/advanced	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Tues. 9 to 10:30 a.m.	Sept. 1 to 8
Line dancing	recreational	Monkland Community Centre	NDG 50 Plus Club	50+	NAV	Mon. 1 to 3:30 p.m.	call
Line dancing	social activities for women	Saint-Raymond Community Centre	NDG Youth Committee	50+	\$\$	Tues. 7 to 8 p.m.	Sept. 9 to 11
Line dancing, lessons	beginner	Rosedale Church	NDG 50 Plus Club	50+	\$	Wed. 1 to 2:30 p.m.	call

LITERATURE

English writing workshops	n/a	Creative Social Center	Creative Social Center	55+	\$	Tues. 1:30 to 3 p.m.	call
Stories and legends	story writing	NDG Community Centre	NDG Community Centre	16+	\$	to be determined	Sept. 14 to 17

M MARTIAL ARTS AND COMBAT SPORTS

Capoeira	intro/training	NDG Community Centre	Loisirs sportifs CDN	8-14	\$\$\$	Sun. 10:30 to 11:45 a.m.	Sept. 8 to 11
Thai boxing	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 6 to 7:15 p.m. or Fri. 9:30 to 11:45 a.m.	Sept. 8 and 9

MEETINGS AND GET-TOGETHERS

Adult recreational activities	adults	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$	Thurs. 8:15 to 10:15 p.m.	call
Bible, studies and information	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Fri. 9:45 to 11:15 a.m.	Sept. 1 to 8
Café	family sessions	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$	Tues. 10 a.m. to noon	call
Café, workshops and lectures	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$	Tues. 1:30 to 4 p.m.	call
Jeunesse responsable	leadership development	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	14-17	\$	Wed. 6 to 8 p.m.	Sept. 17 to 19
Meetings	n/a	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$	to be determined	call
Meetings and get-togethers, seniors' club	adults	CDN Black Community Association	CDN Black Community Association	50+	\$	Sat. noon to 4 p.m.	at all times
Religious instruction	n/a	Creative Social Center	Creative Social Center	55+	\$	Wed. 1 to 2 p.m.	call

MODERN DANCE

Ballroom dancing	beginner	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$\$	Thurs. 7 to 8 p.m.	Sept. 9 to 11
Break dancing	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Sat. 7 to 10 p.m.	Sept. 17
Dance	modern jazz	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 2 to 3 p.m.	Sept. 8 and 9
Dance	modern jazz	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 3 to 4 p.m.	Sept. 8 and 9
Dance	n/a	Notre-Dame-des-Neiges Centre	Studio La Volière inc.	6-8	NAV	Fri. 4 to 5:45 p.m.	call
Hip hop	advanced	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Sat. 5:30 to 7 p.m.	Sept. 17
Hip hop	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 1 to 2 p.m.	Sept. 8 and 9
Hip hop	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Sat. 2:30 to 4 or 4 to 5:30 p.m.	Sept. 17
House dance	advanced	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	19-25	NAV	Sun. 8 to 10 p.m.	Sept. 17
House dance	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	19-25	NAV	Thurs. 9 to 10:30 p.m.	Sept. 17
House dance	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Thurs. 7:30 to 8:30 p.m.	Sept. 17

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
MODERN DANCE (CONT'D)							
Modern dance	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Fri. 6 to 8 p.m.	Sept. 17
Popping	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	NAV	Fri. 7:30 to 8:30 p.m.	Sept. 17
Waacking	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	19-25	NAV	Sun. 6 to 8 p.m.	Sept. 17
Waacking	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	19-25	NAV	Wed. 6 to 8 p.m.	Sept. 17
MUSIC							
Drums and snare drums	different levels by appointment	NDG Community Centre	NDG Community Centre	8+	\$\$\$\$	to be determined	Sept. 14 to 17
Introduction to singing, voice, songwriting	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 1 to 2 p.m.	Sept. 8 and 9
Music	writing and composition	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	12-17	\$	Tues., Wed. and Fri. 5 to 8 p.m.	at all times
Music and playing, harmonica	beginner	NDG Community Centre	NDG Community Centre	12+	\$\$\$	Wed. 4:30 to 5:30 p.m.	Sept. 14 to 17
Music and playing, piano	beginner	CDN Black Community Association	CDN Black Community Association	6-16	\$	Sat. 9:30 a.m. to 7 p.m.	at all times
Music and playing, steel pan	n/a	CDN Black Community Association	CDN Black Community Association	6+	\$	Sat. 5 to 7 p.m.	at all times
Music and rhythm	n/a	CDN Black Community Association	CDN Black Community Association	18+	\$	Sat. 4 to 7 p.m.	at all times
Piano	introduction to piano with a keyboard	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 3 to 4 p.m.	Sept. 8 and 9
Rap, rhythm and poetry	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-25	\$\$	Sat. 8 to 10 p.m.	call
ORCHESTRA							
Orchestra practice	adults	Saint-Raymond Community Centre	NDG Youth Committee	45+	\$	Fri. 7 to 10 p.m.	call
OUTDOOR ACTIVITIES							
Outings in and around Montreal	n/a	Appleton Centre	Centre des Aînés CDN	50+	NAV	to be determined	call
PAINTING							
Japanese painting and sumi-e	lessons and workshops	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Tues. 1 to 4 p.m.	Sept. 14 to 17
Oil painting	lessons and workshops	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Mon. 7 to 10 p.m.	Sept. 14 to 17
Painting	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 1 to 4 p.m.	Sept. 8 and 9
Painting	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 1 to 4 or 7 to 10 p.m.	Sept. 8 and 9
Painting, lessons	different levels	Creative Social Center	Creative Social Center	55+	\$	Wed. 1 to 3 p.m.	call
Painting, lessons	different levels	Creative Social Center	Creative Social Center	55+	\$	Wed. 10 a.m. to noon	call
Painting, lessons	different levels	Creative Social Center	Creative Social Center	55+	\$	Mon. to Thurs. 9:30 a.m. to 3 p.m.	call
Painting, techniques	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 11:30 a.m. to 12:30 p.m.	Sept. 8 and 9
PHOTOGRAPHY							
Photography	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Thurs. 7 to 9:30 p.m.	Sept. 8 and 9
PIANO							
Music and playing	keyboard	NDG Community Centre	NDG Community Centre	10+	\$\$\$\$	reservations required	Sept. 14 to 17
Piano	different levels by appointment	NDG Community Centre	NDG Community Centre	10+	\$\$\$\$	reservations required	Sept. 14 to 17
RECREATION AND COMMUNITY ACTIVITIES							
Acrobatics	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	16-25	NAV	Thurs. 5 to 7 p.m.	Sept. 17
Ball hockey	boys	Saint-Raymond Community Centre	NDG Youth Committee	9-13	\$	Sat. 3 to 5 p.m.	Sept. 9 to 11
Games room	games	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-18	\$\$	Thurs. 7 to 9:30 p.m., Fri. 7 to 10 p.m. and Sat. 2 to 10 p.m.	Sept. 17

Jeunesse 2000	annual activity	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	12-17	NAV	Mon. to Thurs. 3:30 to 9:30 p.m., Fri. and Sat. 3 to 9:30 p.m.	at all times
Parcours - the art of movement	n/a	Simonne Monet school	Table jeunesse de Côte-des-Neiges	10-18	NAV	Wed. 6 to 10 p.m.	at all times
Recreation and sports activities	open gym	Nelson Mandela park chalet	CDN Black Community Association	13-17	NAV	Mon. to Fri. 3 to 9 p.m.	at all times
Recreation by and for young people	n/a	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	13-17	NAV	Mon. to Thurs. 3:30 to 9:30 p.m., Fri. and Sat. 3 to 9:30 p.m.	at all times
Resources and support services	n/a	Walkley Community Centre	Walkley United Family Association	6-12	\$	Mon. to Thurs. 5 to 7 p.m.	call
Sports and recreation activities	community youth project	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Tues., Wed. 6 to 9 p.m. and Sat. 4 to 7 p.m.	call
Sports and recreation activities	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	5-12	NAV	Mon. 6 to 9 p.m.	call
Sports and recreation activities	open gym	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Tues. 6 to 9 p.m.	call
Sports and recreation activities	open gym	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Fri. 7 to 10 p.m. and Sat. 6:30 to 9:30 p.m.	call
Sports and recreation activities	open gym	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	5-12	NAV	Fri. 6 to 9 p.m.	call
Training and information	leadership program	Nelson Mandela park chalet	CDN Black Community Association	13-17	NAV	Sat. 1 to 4 p.m.	at all times
Youth club	ages 11 to 17	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	11-17	NAV	Mon. to Thurs. 3:30 to 9:30 p.m., Fri. and Sat. 3 to 9:30 p.m.	at all times

RECREATION CLUBS

Activities for all	youths	Saint-Raymond Community Centre	NDG Youth Committee	6-12	NAV	Mon., Wed. and Fri. 6:15 to 8 p.m.	call
Art Zone	open gym	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	8+	NAV	Sat. 1 to 4 p.m.	call
Daycare	parents-children	Creative Social Center	Creative Social Center	55+	NAV	Mon. to Thurs. 9 to 11:15 a.m.	call
Leadership	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	to be determined	call
Recreation activities	n/a	Saint-Raymond Community Centre	NDG Youth Committee	13-17	NAV	Mon., Wed., Fri. 8:15 to 10 p.m.	at all times
Recreation club	n/a	Walkley Community Centre	Walkley United Family Association	12-18	NAV	Thurs., Fri. and Sat. 6 to 10 p.m.	call
Recreation club	teen club	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	13-17	NAV	Thurs. and Fri. 6 to 9 p.m. and Sat. 3 to 6 p.m.	call
Resources and support services	tutoring	NDG Community Centre	NDG Black Community Association	6-17	\$\$	Mon. to Wed. 3:30 to 6 p.m.	call
Saturday club	n/a	Sainte-Catherine-de-Sienne school	Loyola Youth Development Assn.	5-12	NAV	Sat. 10 a.m. to 16 h	Sept. 17 to 19
Saturday club	n/a	Walkley Community Centre	Walkley United Family Association	6-12	\$	Sat. noon to 4 p.m.	call
Saturday club	n/a	La Voie school	CDN Black Community Association	6-12	NAV	Sat. 2 to 4 p.m.	call
Saturday club	n/a	Saint-Raymond Community Centre	NDG Youth Committee	6-13	\$	Sat. 2 to 6 p.m.	Sept. 9 to 11
Saturday fun	sports/games/outdoor activities	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-11	\$	Sat. 1 to 4 p.m.	Sept. 8 and 9
Teen club	n/a	Walkley Community Centre	Walkley United Family Association	12-18	NAV	Tues. and Fri. 6 to 10 p.m.	call
Youth club	Mix Mania dance	NDG Community Centre	NDG Community Centre	7+	\$\$\$	Fri. 4:30 to 6 p.m.	Sept. 14 to 17 and 20
Youth club, babysitter training	n/a	NDG Community Centre	NDG Community Centre	11+	\$\$	Sun. 9 a.m. to 5 p.m.	at all times
Youth club, Montreal Children's Choir	junior group	NDG Community Centre	NDG Community Centre	6-9	\$\$\$\$	Wed. 4 to 5:30 p.m.	Sept.
Youth club, Montreal Children's Choir	n/a	NDG Community Centre	NDG Community Centre	8-12	\$\$\$\$	Mon. and Thurs. 4 to 6 p.m.	Sept.
Youth club	homework help group II	NDG Community Centre	NDG Community Centre	8-12	\$	Tues. and Thurs. 4 to 6 p.m.	call

RELAXATION

Reflexotherapy	1	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 9:30 to 11 a.m.	Sept. 8 and 9
Reflexotherapy	1-2	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 5 to 7 or 7 to 8:30 p.m.	Sept. 8 and 9

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
RHYTHMIC GYMNASTICS							
Rhythmic gymnastics	beginner, girls only	CDN Sports Centre	Questo Rhythmic Gymnastics Club	6-12	\$\$\$	Mon. 4 to 5 p.m.	call
Rhythmic gymnastics	competitive 1 to 6	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	6-17	\$	Mon. to Fri. 6 to 9 p.m.	call
Rhythmic gymnastics	competitive 1 to 6	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	6-17	\$	Sat. 9 a.m. to 3 p.m.	call
Rhythmic gymnastics	level B, introductory	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	6-10	\$	Thurs. 6 to 7:30 p.m.	call
Rhythmic gymnastics	level B, introductory	Confederation Sports Centre	Questo Rhythmic Gymnastics Club	6-10	\$	Sat. 11 a.m. to 12:15 p.m.	call
RINGUETTE							
Ringuette	atom C, competitive, girls	Doug Harvey Arena	NDG Ringuette Association	10-11	\$\$\$\$	to be determined	Sept. 14
Ringuette	benjamin B, competitive, girls	Doug Harvey Arena	NDG Ringuette Association	12-13	\$\$\$\$	to be determined	Sept. 14
Ringuette	moustiques, competitive, girls	Doug Harvey Arena	NDG Ringuette Association	4-7	\$\$\$	to be determined	Sept. 14
Ringuette	novice, competitive, girls	Doug Harvey Arena	NDG Ringuette Association	8-9	\$\$\$\$	to be determined	Sept. 14
SCULPTURE							
Sculpture	n/a	Creative Social Center	Creative Social Center	55+	\$	Mon. to Thurs. 9:30 a.m. to 3 p.m.	call
Sculpture, lessons	different levels	Creative Social Center	Creative Social Center	55+	\$	Wed. 9:30 a.m. to noon	call
SEWING							
Sewing	family	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$	Wed. 9 a.m. to noon	Sept. 8 and 9
Sewing	n/a	CDN Black Community Association	CDN Black Community Association	16+	NAV	Mon. 6 to 8 p.m.	at all times
Sewing	n/a	CDN Black Community Association	CDN Black Community Association	16+	NAV	Wed. 6 to 8 p.m.	call
Sewing, lessons	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Thurs. 1 to 4 p.m.	Sept. 8 and 9
Sewing, lessons	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Thurs. 7 to 10 p.m.	Sept. 8 and 9
SOCCER							
Soccer	annual event	Kent Pavilion	Maison de Jeunes de la Côte-des-Neiges	12-17	\$	Fri. 6 to 8 p.m.	at all times
Soccer	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	6-8	\$\$	Sat. 10 to 11:15 a.m.	Sept. 8 and 9
Soccer	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	9-11	\$\$	Sat. 11:15 a.m. to 12:30 p.m.	Sept. 8 and 9
Soccer	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-15	\$	Sat. 12:30 to 2 p.m.	Sept. 17
Soccer	open	CDN Sports Centre	Loisirs sportifs CDN	7-8	\$\$\$\$	Tues. 4:45 to 6 p.m.	call
Soccer	open	CDN Sports Centre	Loisirs sportifs CDN	7-8	\$\$\$\$	Thurs. 4:45 to 6 p.m.	call
Soccer	open	CDN Sports Centre	Loisirs sportifs CDN	9-10	\$\$\$\$	Thurs. 4:45 to 6 p.m.	call
Soccer	open	CDN Sports Centre	Loisirs sportifs CDN	9-10	\$\$\$\$	Tues. 4:45 to 6 p.m.	call
Soccer	open	Westhill Sports Centre	Loisirs sportifs CDN	6-9	\$	Tues. 6 to 7:15 p.m.	call
Soccer	open	Westhill Sports Centre	Loisirs sportifs CDN	6-9	\$	Thurs. 6 to 7:15 p.m.	call
Soccer	skills	CDN Sports Centre	Loisirs sportifs CDN	6-8	\$\$\$	Tues. 6 to 7 p.m.	call
Soccer	skills	CDN Sports Centre	Loisirs sportifs CDN	9-10	\$\$\$	Tues. 6 to 7 p.m.	call
Soccer	skills, competitive	CDN Sports Centre	Loisirs sportifs CDN	10-12	\$\$\$	Thurs. 6 to 7 p.m.	call
Soccer, competitive	different levels	Confederation Sports Centre	NDG Soccer Association	5-17	\$	Mon. 6:30 to 9:30 p.m.	call
Soccer, competitive	different levels	Confederation Sports Centre	NDG Soccer Association	5-17	\$	Sat., Sun. 9 a.m. to 5 p.m.	call
Soccer, competitive	different levels	Confederation Sports Centre	NDG Soccer Association	5-17	\$	Wed. to Fri. 6:30 to 9:30 p.m.	call
Soccer, competitive	senior women's team	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$\$\$	Wed. 6:45 to 8:30 p.m.	call
SOCIAL DANCE							
Belly dancing	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 8:30 to 10 p.m. or Wed. 8 to 9:30 p.m.	Sept. 8 and 9

Belly dancing	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 5:30 to 7 or 7 to 8:30 p.m.	Sept. 8 and 9
Dancercise	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. or Thurs. 6 to 7:15 p.m. or Fri. 9:30 to 11 a.m.	Sept. 8 and 9
Latin dance	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 7 to 8:30 p.m.	Sept. 8 and 9
Latin dance	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Tues. 8:30 to 10 p.m.	Sept. 8 and 9
Round dancing	1	Monkland Community Centre	Monkland Community Centre	18+	\$\$\$	Sun. 2 to 5 p.m.	20 Sept.

SPORTS AND PHYSICAL ACTIVITIES

Multisport	recreational	Trenholme Sports Centre	Loisirs sportifs CDN	6-13	\$	Sat. 9 to 11 a.m.	Sept. 14 to 18
------------	--------------	-------------------------	----------------------	------	----	-------------------	----------------

SWIMMING

Free swim	adults	NDG indoor pool	city of Montréal	18+	NAV	Wed. and Fri. 8:45 to 9:45 p.m.	at all times
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Thurs. 3 to 4:45 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Thurs. 7:45 to 8:40 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Tues. 3 to 4:45 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Tues. 7:45 to 8:40 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Wed. 3 to 4:45 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Wed. 7:45 to 8:40 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Sat. 1:30 to 3:25 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Fri. 3 to 4:45 p.m.	call
Free swim	for all	NDG indoor pool	city of Montréal	0+	NAV	Fri. 7:45 to 8:40 p.m.	call
Free swim	lengths for adults	NDG indoor pool	city of Montréal	18+	NAV	Wed., Fri. 6:45 to 7:40 and 8:45 to 9:45 p.m.	call
Free swim	lengths for adults	CDN Sports Centre	Loisirs sportifs CDN	18+	NAV	to be determined	call
Free swim	lengths for all	CDN indoor pool	Loisirs sportifs CDN	0+	NAV	to be determined	call
Free swim	men and boys	CDN indoor pool	Loisirs sportifs CDN	0+	NAV	to be determined	call
Free swim	seniors and pregnant women	NDG indoor pool	city of Montréal	18+	NAV	Tues. to Fri. 2 to 3 p.m.	call
Free swim	women and girls	CDN indoor pool	Loisirs sportifs CDN	0+	NAV	to be determined	call

SWIMMING LESSONS

Lessons	beginner/intermediate	CDN indoor pool	Loisirs sportifs CDN	16+	\$	to be determined	Sept. 8 to 10
Lessons	blue	CDN indoor pool	Loisirs sportifs CDN	6-15	\$	to be determined	Sept. 8 to 10
Lessons	blue	CDN Sports Centre	Loisirs sportifs CDN	6-15	\$	to be determined	Sept. 8 to 10
Lessons	crocodile	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
Lessons	green	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Lessons	orange	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Lessons	parents/children	CDN indoor pool	Loisirs sportifs CDN	2-3	\$	to be determined	Sept. 8 to 10
Lessons	parents/children, star 1	CDN indoor pool	Loisirs sportifs CDN	3-4	\$	to be determined	Sept. 8 to 10
Lessons	parents/children, star 2	CDN indoor pool	Loisirs sportifs CDN	4-5	\$	to be determined	Sept. 8 to 10
Lessons	white	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Lessons	yellow	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Swim club	bébés chou	CDN indoor pool	Loisirs sportifs CDN	4-6	\$	to be determined	Sept. 8 to 10
Swim club	bouts de chou	CDN indoor pool	Loisirs sportifs CDN	6-10	\$	to be determined	Sept. 8 to 10
Swim club	bouts de chou 2	CDN indoor pool	Loisirs sportifs CDN	6-9	\$\$\$\$	Tues. 6 to 7 p.m.	call
Swim club	bouts de chou 2	CDN indoor pool	Loisirs sportifs CDN	6-9	\$\$\$\$	Thurs. 6:30 to 7:30 p.m.	call

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
SWIMMING LESSONS (CONT'D)							
Swim club	bouts de chou 2	CDN indoor pool	Loisirs sportifs CDN	6-9	\$\$\$\$	Sat. 10 to 11 a.m.	call
Swim club	regional	CDN indoor pool	Loisirs sportifs CDN	8-12	\$	to be determined	Sept. 8 to 10
Swim club	regional 1	CDN indoor pool	Loisirs sportifs CDN	7-12	\$\$\$\$	Tues. 5 to 6 p.m.	call
Swim club	regional 1	CDN indoor pool	Loisirs sportifs CDN	7-12	\$\$\$\$	Sat. 11 a.m. to 12:15 p.m.	call
Swim club	regional 1	CDN indoor pool	Loisirs sportifs CDN	7-12	\$\$\$\$	Thurs. 6:15 to 7:30 p.m.	call
Swim club	regional 2	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Mon. 6 to 7:30 p.m.	call
Swim club	regional 2	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Sat. 11 a.m. to 12:15 p.m.	call
Swim club	regional 2	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Wed. 6:15 to 7:30 p.m.	call
Provincial swim club	3	CDN indoor pool	Loisirs sportifs CDN	10+	\$\$\$\$	Tues. to Fri. 4:30 to 6:30 p.m.	call
Provincial swim club	3	CDN indoor pool	Loisirs sportifs CDN	10+	\$\$\$\$	Sat. 8 to 10 a.m.	call
Provincial swim club	development	CDN indoor pool	Loisirs sportifs CDN	9+	\$\$\$\$	Wed. 4:30 to 6 p.m.	call
Provincial swim club	development	CDN indoor pool	Loisirs sportifs CDN	9+	\$\$\$\$	Thurs., Fri. 4:45 to 6:30 p.m.	call
Provincial swim club	development	CDN indoor pool	Loisirs sportifs CDN	9+	\$\$\$\$	Sat. 8 to 10 a.m.	call
Provincial swim club	n/a	CDN indoor pool	Loisirs sportifs CDN	12+	\$	to be determined	Sept. 8 to 10
Swimming	junior 7	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 8	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 9	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 1	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 2	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 4	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 5	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 6	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	regional 3	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Tues. 7 to 8:30 p.m.	call
Swimming	regional 3	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Thurs. 6:15 to 7:30 p.m.	call
Swimming	regional 3	CDN indoor pool	Loisirs sportifs CDN	7-13	\$\$\$\$	Sat. 12:15 to 1:45 p.m.	call
Swimming	junior 10	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming	junior 3	NDG indoor pool	NDG Aquatic Club	6-12	\$\$\$	variable	Sept.
Swimming, lessons	aquadulte 1-2-3	NDG indoor pool	NDG Aquatic Club	14+	\$\$\$	variable	Sept.
Swimming, lessons	blanc	CDN indoor pool	Loisirs sportifs CDN	6-17	\$\$\$	Thurs. 4:30 to 5:25 p.m.	call
Swimming, lessons	bébés chou, swim club	CDN indoor pool	Loisirs sportifs CDN	4-7	\$\$\$\$	Fri. 6:30 to 7:30 p.m.	call
Swimming, lessons	bébés chou, swim club	CDN indoor pool	Loisirs sportifs CDN	4-7	\$\$\$\$	Sun. 10 to 11 a.m.	call
Swimming, lessons	beginner, baleine	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
Swimming, lessons	beginner, poisson-lune	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
Swimming, lessons	beginner, salamandre	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
Swimming, lessons	beginner, tortue de mer	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
Swimming, lessons	bouts de chou 1	CDN indoor pool	Loisirs sportifs CDN	5-8	\$\$\$\$	Tues., Thurs. 6:30 to 7:30 p.m.	call
Swimming, lessons	bouts de chou 1	CDN indoor pool	Loisirs sportifs CDN	5-8	\$\$\$\$	Sat. 10 to 11 a.m.	call
Swimming, lessons	bouts de chou 3, swim club	CDN indoor pool	Loisirs sportifs CDN	7-10	\$\$\$\$	Tues. 6 to 7 p.m.	call
Swimming, lessons	bouts de chou 3, swim club	CDN indoor pool	Loisirs sportifs CDN	7-10	\$\$\$\$	Fri. 6:30 to 7:30 p.m.	call

Swimming, lessons	bouts de chou 3, swim club	CDN indoor pool	Loisirs sportifs CDN	7-10	\$\$\$\$	Sat. 1:45 to 3 p.m.	call
Swimming, lessons	parents/children, canard	NDG indoor pool	NDG Aquatic Club	1-3	\$\$\$	variable	Sept.
Swimming, lessons	parents/children, étoile de mer	NDG indoor pool	NDG Aquatic Club	0-2	\$\$\$	variable	Sept.
Swimming, lessons	parents/children, tortue de mer	NDG indoor pool	NDG Aquatic Club	4-5	\$\$\$	variable	Sept.
SYNCHRONIZED SWIMMING							
Synchronized swimming	club	CDN indoor pool	Loisirs sportifs CDN	6-17	\$\$\$\$	Mon. 5 to 7:30 p.m.	call
Synchronized swimming	club	CDN indoor pool	Loisirs sportifs CDN	6-17	\$\$\$\$	Tues. 6 to 8:30 p.m.	call
Synchronized swimming	club	CDN indoor pool	Loisirs sportifs CDN	6-17	\$\$\$\$	Thurs. 6:30 to 8:30 p.m.	call
Synchronized swimming	club	CDN indoor pool	Loisirs sportifs CDN	6-17	\$\$\$\$	Sun. 4 to 7 p.m.	call
Synchronized swimming	swim club	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Synchronized swimming, dance practice	swim club - girls	CDN indoor pool	Loisirs sportifs CDN	6-17	\$	to be determined	Sept. 8 to 10
Synchronized swimming, dance practice	swim club - girls	CDN indoor pool	Loisirs sportifs CDN	8+	\$	to be determined	Sept. 8 to 10
TABLE TENNIS							
Ping pong	n/a	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$	Mon. to Sat. 6:30 to 9:30 p.m.	at all times
Ping pong	n/a	Saint-Raymond Community Centre	NDG Youth Committee	8+	\$	Mon. to Sat. 6:30 to 9:30 p.m.	at all times
TAEKWONDO							
Taekwondo	for all I.T.F.	CDN Sports Centre	Loisirs sportifs CDN	6-12	\$	Mon. and Wed. 5:45 to 6:45 p.m.	call
Taekwondo	for all I.T.F.	CDN Sports Centre	Loisirs sportifs CDN	13+	\$	Tues. 7:30 to 9 p.m.	call
Taekwondo	for all I.T.F.	CDN Sports Centre	Loisirs sportifs CDN	13+	\$	Thurs. 7:30 to 9 p.m.	call
TAI CHI							
Qi Gong, lessons	n/a	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Mon. and Thurs. 11 a.m. to noon	Sept. 1 to 8
Tai chi	fans	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Fri. 11 a.m. to noon	Sept. 1 to 8
Tai chi	n/a	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Thurs. 6:30 to 8 p.m.	Sept. 9 to 11
Tai chi	practice	Appleton Centre	Centre des Aînés CDN	50+	\$	Wed. 9:30 to 11:30 a.m.	call
Tai chi	recreational	Monkland Community Centre	NDG 50 Plus Club	50+	\$	Wed. 9:15 to 10:15 or 10:30 to 11:30 a.m.	call
Tai chi	props	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 7 to 8:30 p.m.	call
Tai chi chuan, lessons	beginner	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 8:15 to 10 p.m.	Sept. 8 and 9
Tai chi chuan, lessons	intermediate	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 6:30 to 8:15 p.m.	Sept. 8 and 9
Tai chi, lessons	advanced	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Mon. and Thurs. 10 to 11 a.m.	Sept. 1 to 8
Tai chi, lessons	beginner	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Mon. and Thurs. 9 to 10 a.m.	Sept. 1 to 8
Tai chi, lessons	intermediate	Appleton Centre	Centre des Aînés CDN	50+	\$\$	Thurs. noon to 1 p.m. and Fri. 10 to 11 a.m.	Sept. 1 to 8
TENNIS							
Tennis, mini	beginner/intermediate	CDN Sports Centre	Tennis Montréal	10-12	\$\$	Thurs. 6 to 7 p.m.	call
THEATRE							
Theatre	improv	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	\$\$	Sat. 4 to 6 p.m.	Sept. 17
Theatre	improv	NDG Community Centre	NDG Community Centre	10+	\$\$\$	Sun. 1 to 3 p.m.	call
Theatre	teens	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-16	\$\$\$	Sat. 6 to 8 p.m.	Sept. 17
Theatre	troupe	NDG Community Centre	NDG Community Centre	16+	\$	variable	call
Theatre	workshops	NDG Community Centre	NDG Community Centre	18+	\$\$\$\$	variable	call
Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
TINY TOTS							
Crafts, collage and colours	n/a	NDG Community Centre	NDG Community Centre	3-6	\$\$\$\$	Tues. 9 to 11:45 a.m.	call
Gymnastics and painting	n/a	NDG Community Centre	NDG Community Centre	3-6	\$\$\$\$	Mon. 9 to 11:45 a.m.	call
Gymnastics and puppets	n/a	NDG Community Centre	NDG Community Centre	3-6	\$\$\$\$	Wed. 9 to 11:45 a.m.	call
Matinée des jeunes bonheurs	parents and tots, games	NDG Community Centre	NDG Community Centre	1-3	\$\$\$\$	Tues. and Thurs. 9 a.m. to noon	call
Mosaïques collectives	songs and rhymes	NDG Community Centre	NDG Community Centre	0+	\$\$\$\$	Thurs. 9 to 11:45 a.m.	call
Parents and tots	intro to music	NDG Community Centre	NDG Community Centre	0-3	\$\$\$	Wed. 9:30 to 10:30 to 10:30 to 11:45 a.m.	call
Parents and tots	parents & tots, games & discussions	NDG Community Centre	NDG Community Centre	0-4	\$	Mon., Wed. and Fri. 9:30 a.m. to noon	call
Saturday morning club	outings, crafts and games	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$	Sat. 1 to 4 p.m.	call
Tiny tots	Christmas magic	NDG Community Centre	NDG Community Centre	3-6	\$\$\$	Mon. to Fri. 9 a.m. to noon	call
Tiny tots	cooking	NDG Community Centre	NDG Community Centre	3-6	\$\$\$\$	Mon. 12:30 to 3:15 p.m.	call
Tiny tots	croquignoles	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	2-5	NAV	Mon. to Fri. 8:30 a.m. to noon	Sept. 3
Tiny tots	croquignoles	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	2-5	NAV	Mon. to Fri. 8:30 a.m. to noon	at all times
Tiny tots	Intro to music	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	2+	\$\$	Mon. 4 to 4:30 p.m.	call
Tiny tots	intro to music	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	3-5	\$\$	Mon. 4:30 to 5:15 p.m.	Sept. 8 and 9
Tiny tots	intro to music, 6 to 24 months	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	0-2	\$\$	Mon. 3:30 to 4 p.m.	Sept. 8 and 9
Tiny tots	moms and tots	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	0-5	\$	Thurs. 9:30 to 11:30 a.m.	Sept. 8 and 9
Tiny tots	preparation for kindergarten	NDG Community Centre	NDG Community Centre	4+	\$\$\$\$	Mon. and Wed. 9 to 11:45 a.m.	call
Tiny tots, ceramics	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sat. 11 a.m. to noon	Sept. 8 and 9
Tiny tots, creative dance	introductory	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	4-5	\$\$	Sat. noon to 1:30 p.m.	Sept. 8 and 9
Tiny tots, dress-up and make-believe	stories and legends	NDG Community Centre	NDG Community Centre	4+	\$\$\$\$	Fri. 9 to 11:45 a.m.	call
Tiny tots, young naturalists	stories and legends	NDG Community Centre	NDG Community Centre	3+	\$\$\$\$	Wed. 12:30 to 3:15 p.m.	call
TRAINING AND INFORMATION							
Human relations	n/a	Rosedale Church	NDG 50 Plus Club	50+	\$	Thurs. noon to 2 p.m.	call
La mère aux prunes family workshop	parents/young children	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	0-5	\$	Fri. 10 to 11:15 a.m.	call
Parents and tots	n/a	Saint-Raymond Community Centre	NDG Youth Committee	0-4	\$	Fri. 10 a.m. to 1 p.m.	at all times
V VIOLIN							
Violin	different levels by appointment	NDG Community Centre	NDG Community Centre	8+	\$\$\$\$	variable	Sept. 14 to 17
VOLLEYBALL							
Volleyball	competitive, beginner/intermediate	Trenholme Sports Centre	Montreal Athletic Regional Club (MARC)	13-17	\$	Tues. and Thurs. 4:30 to 7:30 p.m.	call
Volleyball	competitive, intermediate/advanced (M)	Trenholme Sports Centre	Montreal Athletic Regional Club (MARC)	17+	\$	Tues., Thurs. 7:15 to 11 p.m.	call
Volleyball	competitive, intermediate/advanced (M)	Trenholme Sports Centre	Montreal Athletic Regional Club (MARC)	17+	\$	Sun. 5 to 9:30 p.m.	call
Volleyball	competitive, intermediate/advanced (W)	Trenholme Sports Centre	Montreal Athletic Regional Club (MARC)	17+	\$	Mon., Wed., Fri. 6:15 to 11 p.m.	call
Volleyball	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 7:30 to 10 p.m.	Sept. 8 and 9
Volleyball	introductory	Trenholme Sports Centre	Montreal Athletic Regional Club (MARC)	9-13	\$	Mon., Wed. and Fri. 4:30 to 6:30 p.m.	call
Volleyball	n/a	Coronation school	Coronation school	25-45	\$\$	Tues. 6 to 8 p.m.	call
Volleyball	n/a	Coronation school	Coronation school	25-45	\$\$	Thurs. 6 to 8 p.m.	call
Volleyball	n/a	Coronation school	Coronation school	18-60	\$\$	Thurs. 8 to 10 p.m.	call
Volleyball	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-25	\$	Fri. 7 to 9 p.m.	Sept. 17
Volleyball	open	Westhill Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Tues. and Thurs. 7:30 to 8:30 p.m.	call
Volleyball	open	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	10-13	\$	Fri. 6 to 7 p.m.	Sept. 8 and 9
Volleyball	open	Confederation Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Mon. 6 to 8 p.m.	call

Volleyball	recreational	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	12-18	\$\$	Fri. 7 to 8 p.m.	Sept. 17
Volleyball	open	Confederation Sports Centre	Loisirs sportifs CDN	18+	\$\$\$	Sat. 3 to 5 p.m.	call
WATER POLO							
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	13-17	\$\$\$\$	Thurs. 8:30 to 10 p.m.	at all times
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	12-18	\$	to be determined	Sept. 8 to 10
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	13-17	\$\$\$\$	Mon. 4:30 to 6:30 p.m.	at all times
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	13-17	\$\$\$\$	Wed. 6:30 to 8:30 p.m.	at all times
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	13-17	\$\$\$\$	Sun. 8 to 10 a.m.	at all times
Water polo, lessons	benjamin, cadet, juvenile	CDN indoor pool	Loisirs sportifs CDN	13-17	\$\$\$\$	Sat. 5:30 to 7:30 p.m.	at all times
Water polo, mini	competitive	CDN indoor pool	Loisirs sportifs CDN	6-12	\$\$\$\$	Wed. 6 to 8:30 p.m.	at all times
Water polo, mini	competitive	CDN indoor pool	Loisirs sportifs CDN	6-12	\$\$\$\$	Mon. 6 to 8:30 p.m.	at all times
Water polo, mini	competitive	CDN indoor pool	Loisirs sportifs CDN	6-12	\$\$\$\$	Sat. 9:30 to 11:45 a.m.	at all times
Water polo, mini	swim club	CDN indoor pool	Loisirs sportifs CDN	6-12	\$	to be determined	Sept. 8 to 10
WATERCOLOUR PAINTING							
Watercolour painting, landscapes and still life	different levels	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Mon. 1 to 4 p.m.	Sept. 14 to 17
Watercolour painting, portraits and drawings	n/a	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Wed. 1 to 4 p.m.	Sept. 14 to 17
WEIGHTLIFTING							
Weightlifting	beginner	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	10+	\$\$\$	Mon., Wed. and Fri. 4 to 7:30 p.m.	at all times
Weightlifting	beginner	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	10-12	\$	variable	at all times
Weightlifting	intermediate/advanced	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	10+	\$\$\$	Mon., Wed. and Fri. 4 to 7:30 p.m.	at all times
Weightlifting	introduction to basics	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	10+	\$\$\$\$	Tues. and Thurs. 6 to 7:30 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Mon. 4 to 8 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Sun. 10 a.m. to 1 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Fri. 4 to 8 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Tues. 5 to 7 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Wed. 4 to 8 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$\$	Sat. 10 a.m. to 1 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$	Mon. 4 to 8 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$	Wed. 4 to 8 p.m.	at all times
Weightlifting	n/a	Kent Pavilion	Concordia International Weightlifting and Powerlifting Club	8+	\$\$\$	Sat. 4 to 8 p.m.	at all times
YOGA							
Generational hatha yoga	50+ with 8+ different levels	NDG Community Centre	NDG Community Centre	50+	\$\$\$	Thurs. 4:30 to 5:30 p.m.	Sept. 14 to 17
Power yoga	different levels	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Mon. 8:15 to 9:15 p.m.	Sept. 8 and 9
Yoga	n/a	Saint-Raymond Community Centre	NDG Youth Committee	18+	\$\$	Tues. 7 to 8:15 p.m.	Sept. 9 to 11
Yoga	n/a	Creative Social Center	Creative Social Center	55+	NAV	Tues. and Thurs. 11 a.m. to noon	call
Yoga and relaxation	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 8 to 9:30 p.m.	Sept. 8 and 9
Yoga and relaxation	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 2 to 3:30 p.m.	Sept. 8 and 9
Yoga and relaxation	n/a	Notre-Dame-des-Neiges Centre	CDN Community Recreation Centre	18+	\$\$\$	Wed. 6:30 to 8 p.m.	Sept. 8 and 9
Yoga, relaxation and antistress	workshops and classes	NDG Community Centre	NDG Community Centre	16+	\$\$\$\$	Thurs. 1:30 to 3:30 or 6:30 to 8:30 p.m.	call
Yoga, yogalates	n/a	CDN Sports Centre	Loisirs sportifs CDN	18+	\$\$	Mon. 8:30 to 9:15 p.m.	call

Activity	Level/details	Facility	Organization	Age	Cost	Schedule	Registration date
----------	---------------	----------	--------------	-----	------	----------	-------------------

Partner organizations

Name	Phone	Website	E-mail
Action Communiterre	514 484-0223	www.actioncommuniterre.qc.ca	info@actioncommuniterre.qc.ca
Association des parents de Côte-des-Neiges	514 341-2844	none	asspcdn@cooptel.qc.ca
Association Mondiale Tamoule	514 735-9984	none	none
Baobab familial	514 734-4097	www.baobabfamilial.org	information@baobabfamilial.org
Black Community Resource Centre (BCRC)	514 342-2247	www.blackyouthproject.org	bcrc@qc.aira.com
CDN Athletic West Track Club	514 737-8321	www.cdnbca.org	cdnbca@cdnbca.org
Centre d'écoute et de référence multi-écoute	514 737-3604	www.multiecoule.org	multiecoule@cooptel.qc.ca
Centre de bénévolat Côte-des-Neiges	514 340-1072	none	centredebenevolatc.d.n@bellnet.ca
Centre de bénévolat Notre-Dame-de-Grâce	514 489-0588	none	cbndg@bellnet.ca
Centre de bénévolat SARPAD Côte-des-Neiges	514 798-6525	www.sarpad.com	centrecrrq@yahoo.ca
Centre de référence de la communauté russophone	514 737-0090	none	centrefereference@sympatico.ca
Centre de ressources communautaires Côte-des-Neiges	514 868-5160	none	crccdn@cooptel.qc.ca
Centre des aînés Côte-des-Neiges	514 344-1210	www.ainecdn.org	ainea50@ainecdn.org
Circle Road Community Association	514 369-3382	www.accr.ca	info@accr.ca
Club de l'âge d'or "Le dragon d'or"	514 738-8709	www.freewebs.com/dragon_dor	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, Montréal	514 340-9630	www.vietnam.ca	cdvietnam@hotmail.com
Concordia International Weightlifting and Powerlifting Club	514 481-3976	www.concordia-international.org	johnmargolis@hotmail.com
Côte-des-Neiges Black Community Association	514 737-8321	www.cdnbca.org	cdnbca@cdnbca.org
Côte-des-Neiges Community Recreation Centre	514 733-1478	www.cclcdn.qc.ca	secretariat@cclcdn.qc.ca
Creative Social Center	514 488-0907	none	none
Do Jang Taekwon-Do ITF Sylvain Boucher	514 642-8845	www.boucher-taekwon-do.ca	info@boucher-taekwon-do.ca
Federation CJA	514 345-2645 x 382	www.federationcja.org	fcja@federationcja.org
Fédération des Associations Canado-Philippines du Québec	514 762-9547	none	none
Femmes du monde à Côte-des-Neiges	514 735-9027	none	fdmcdn@rocler.com
Flex-Art Gymnastics Club	514 872-0489	www.flexart.ca	info@flexart.ca
Hatha Yoga	514 313 3363	none	hathayoga@videotron.ca
Jamaican Association of Montreal	514 737-8228	www.jamaicaassociation.com	jamaica_inc@yahoo.ca
Jeunesse 2000 NDG (À deux mains/Head and Hands)	514 481-0277	www.headandhands.ca	info@headandhands.ca
Jeunesse Benny	514 872-6720	none	none
KUMON	514 872 8588	none	none
Loisirs Sportifs Côte-des-Neiges	514 342-9988	none	lscdn@hotmail.com
Loyola Youth Development Association	514 872-6721	none	loyola_a_y_d@yahoo.ca
MADA Community Center	514 342-4969	www.madacenter.com	mada@madacenter.com
Maison de jeunes de la Côte-des-Neiges	514 342-5235	none	mdjcdn@videotron.ca
Monkland Community Centre	514 872-8588	none	none
Montreal Athletic Regional Club (MARC)	Day: 514 365-4681 Eve: 514 872-6126	www.marcvolleyball.com	info@marcvolley.com

Services and programs for people with disabilities

The Côte-des-Neiges—Notre-Dame-de-Grâce borough is doing its utmost to promote universal accessibility and fairness, so as to encourage the social integration of disabled people.

Sports and recreation activities are a good way for disabled people to integrate and become active members of society. We must work to expand access to recreation activities, since they are opportunities for residents to get to know one another, just like school and work.

Recreation opens the door to integration



AlterGo, working with nearly 100 organizations, encourages the social integration of people with disabilities on Montréal Island, by supporting access to recreation activities. It manages the recreation assistance program in partnership with all cities, towns and boroughs on Montréal Island and many recreation organizations.
Tel.: 514 933-2739, ext. 215 (TTY) - www.altergo.net

Tourist and Leisure Companion Sticker (TLCS)

The Tourist and Leisure Companion Sticker (TLCS) is a means of encouraging the social integration of disabled individuals. The sticker allows a companion to accompany a disabled person (ages 12 and up) for free.

On-line application form: <http://www.vatl-tlcs.org>



For details on the tourism, culture and recreation sites where the sticker is valid in Montréal, contact AlterGo, at 514 933-2739, ext. 223, or visit www.altergo.net.

Recreation organizations for people with disabilities

Name	Phone	Website or e-mail
HEARING PROBLEMS		
Association sportive des sourds du Québec (ASSQ)	514 252-3109 (ATS) Bell relay service: 1 800 855-0511	www.assq.org
Association du Québec pour enfants avec problèmes auditifs (AQEPA)	514 842-3926 (ATS)	www.surdite.org/aqepa

Montreal Figure Skating Club	514 483-0543	none	montrealpsc@yahoo.com
Montreal Kendo Club	514 872 8588	none	none
Mountain Sights Community Centre - de la Savane Pavilion	514 872-0576	none	pavillondelasavane@bellnet.ca
Mountain Sights Community Centre	514 737-4644	none	ccms@videotron.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 Aquatic Club	514 296-6285	www.clubaquatiquequendg.com	candg@videotron.ca nage@clubaquatiquequendg.com
NDG Food Bank	514 483-4680	www.depotndg.org	admin@depotndg.org
NDG Minor Baseball League	514 851-1314	www.ndgbaseball.org	info@ndgbaseball.org
NDG Minor Hockey Association	514 487-6799	www.ndghockey.com	info@ndghockey.com
NDG Outdoor Club	514 872-6200	none	none
NDG Ringuette Association	514 481-1295	www.ndgringuette.org	none
Netball Association Region 2	514 486-2769	www.netballquebec.com	none
Notre-Dame-de-Grâce 50 Plus Club	514 872-1764	none	none
Notre-Dame-de-Grâce Black Community Association	514 481-3598	none	ndgbca@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 Youth Committee	514 872-1765 or 514 872-6055	www.cjndg.org	info@cjndg.com
Now and Zen Tai Chi Montreal	514 482 3553	none	taichited@sympatico.ca
Philippine Association of Montreal and Suburbs/FAMAS	514 341-7477	none	none
Philippine Basketball Association of Montréal (PBAM)	514 636-7831	none	mjmaguigad@videotron.ca
Prévention Notre-Dame-de-Grâce	514 489-6567 or 514 736-2732	www.preventionndg.org	info@preventionndg.org
Project Genesis	514 738-4584	none	none
PROMIS Promotion, Intégration, Société nouvelle	514 345-1615	www.promis.qc.ca	promis@promis.qc.ca
Questo Rhythmic Gymnastics Club	Day: 514 486-0533 Eve: 514 872-6181	none	none
Relais Côte-des-Neiges	514 735-3498	none	relaiscdn@videotron.ca
Shidokan International Karate Club	514 342-9988 or 514 735-4389	none	lscdn@hotmail.com
Shidokan Judo Club	514 481-2424	www.shidokanjc.ca	shidokan@bellnet.ca
SIARI Service d'interprète, d'aide et de référence aux immigrants	514 738-4763	none	siari6767@yahoo.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
Studio La Volière inc.	514 735-4214	none	none
Walkley United Families Association	514 369-9449	none	wufa@bellnet.ca
Westhaven Elmhurst Community Recreation Association	514 872-6134	none	westhavencentre@hotmail.com
YMCA NDG	514 486-3273	www.ymcamontreal.qc.ca	none
YW-YMHA Jewish Community Centre	514 737-6551	www.ymywha.com	info@ymywha.com

Name	Phone	Website	E-mail
------	-------	---------	--------

AUTISM, INTELLECTUAL DISABILITIES		
À cœur ouvert	514 626-8150	liaisoncd@sympatico.ca
West Island Association for the Intellectually Handicapped (integration)	514 694-6531	www.wiaih.qc.ca
Montreal Association for the Intellectually Handicapped (MAIH)	514 381-2307 x 28	www.amdi.info
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	514 298-7763	rambrou@gmail.com
Olympiques spéciaux Québec	514 843-8778	www.josq.qc.ca
Yaldei Developmental Center	514 278-3666	www.yaldei.org
PHYSICAL DISABILITIES		
Association québécoise des traumatisés crâniens	514 274-7447	www.aqtc.ca
Association québécoise de voile adapté	514 846-2171	www.aqvaqc.com
Action Centre	514 366-6868	centreaction@videotron.ca
Centre d'intégration à la vie active (CIVA)	514 935-1109	www.civa.qc.ca
Club des personnes handicapées du Lac-Saint-Louis	514 634-0407	clubph@cam.org
Corpuscule Dance	514 759-5316	www.corpusculedanse.com
Loisirs le Grillon	514 634-9014	www.groups.msn.com/ loisirlegrillon
Club le Grillon	514 634-9014	agrillon@total.net
Viomax	514 527-4527 x 2410	www.viomax.org
MENTAL DISABILITIES		
Centre Soutien-Jeunesse, Julie Millette, directrice	514 744-1288	
Maison l'Echelon	514 351-0836	www.maisonechelon.ca
VISUAL DISABILITIES		
Association des sports pour aveugles de Montréal	514 252-3178 x 3536	www.sportsaveugles.qc.ca
Quebec Foundation for the Blind	514 259-9470	www.aveugles.org
DISABILITIES IN GENERAL		
Solidarité de parents de personnes handicapées	514 254-6067	spph@arobas.net
Société pour les enfants handicapés du Québec	514 937-6171 x 209	www.enfantshandicapes.com
Visions sur l'Art Québec	514 597-2058 x 3200	www.vsaq.org

1 Bill Durnan Arena

4988, rue Vézina
 ☎ Plamondon 📞 124
 514 872-6073

🕒 After 4 p.m. weekdays and
 at all times on weekends

Fitness
 Skating

2 Doug Harvey Arena

4985, av. West Hill
 ☎ Snowdon 📞 51
 514 872-6028

🕒 After 4 p.m. weekdays and
 at all times on weekends

Figure skating
 Hockey
 Ice sports
 Ringuette

3 CDN Black Community Association

6999, ch. de la Côte-des-Neiges
 Floor 2
 ☎ Côte-des-Neiges 📞 165
 514 737-8321

🕒 Monday to Friday 10 a.m. to 6 p.m.

Adult clubs
 Community kitchens
 Computers
 Homework help
 Language courses
 Meetings and get-togethers
 Music
 Sewing

7 CDN Community Recreation Centre (Centre Notre-Dame-des-Neiges)

5347, ch. de la Côte-des-Neiges
 ☎ Côte-des-Neiges 📞 165
 514 733-1478

🕒 Monday to Friday 9 a.m. to 5 p.m.

Aerobic exercise

Art

Art of cooking

Astrology

Badminton

Ball hockey

Basketball

Belly dancing

Body building

Cartoons

Ceramics

Choir

Circus arts

Classical ballet

Community kitchens

Computers

Crafts

Creative dancing

Cultural activities

Dance

Drawing

Fitness

Guitar

Instrumental music

Intro to music

Judo

Kung fu

Language courses

Martial arts and combat sports

Meetings and get-togethers

Modern dance

Music

Painting

Photography

Recreation and community activities

Homework help

Recreation clubs

9 Monkland Community Centre

4410, av. West Hill
 ☎ Villa-Maria 📞 103 and 162
 514 872-8588

🕒 Monday, Wednesday and Friday
 10 a.m. to 4 p.m.

Art

Fitness

Karate

Line dancing

Social dance

Tai chi

10 Mountain Sights Community Centre

7802, av. Mountain Sights
 ☎ Namur 📞 17
 514 737-4644

🕒 Monday to Friday 9 a.m. to 5 p.m.

Call organization

11 NDG Community Centre

3757, av. Prud'homme
 ☎ Villa-Maria 📞 24
 514 484-6123

🕒 Monday to Friday 9 a.m. to 8 p.m.

Art

Belly dancing

Body building

Calligraphy and illumination

Ceramics

Choir

Classical ballet

Computers

Dance

Fencing

Guitar

Language courses

Latin dance

Literature

Martial arts and combat sports

Music

Painting

14 Snowdon Gymnastics Centre

5225, boul. 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, boul. Décarie
 ☎ Villa-Maria 📞 24
 514 872-9444

🕒 Monday to Friday after 3 p.m.

Call organization

16 Le Manoir NDG Centre

5319, av. Notre-Dame-de-Grâce
 ☎ Villa-Maria 📞 24
 514 872-6055

🕒 Monday to Friday 9 a.m. to 5 p.m.

Badminton

Body building

Fitness

Judo

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

7065, av. Somerled
 ☎ Villa-Maria 📞 103 and 102
 514 872-6721

🕒 Monday to Friday 5 to 8 p.m.

Badminton

Basketball

Computers

Homework help

Meetings and get-togethers

Recreation and community activities

Recreation clubs

21 Westhill Sports Centre (Royal Vale school)

5945, av. Somerled
 ☎ Villa-Maria 📞 103 and 102
 514 872-6200

🕒 Monday to Friday after 6 p.m.

Badminton

Basketball

Soccer

Volleyball

22 Van Horne Centre (La Voie school)

6755, rue Lavoie
 ☎ Plamondon 📞 160 or 124
 514 737-8321

🕒 Monday to Friday 10 a.m. to 6 p.m.

Basketball

Fitness

Recreation clubs

23 Westhaven Centre

7405, av. Harley
 ☎ Villa-Maria 📞 103 and 162
 514 872-6134

🕒 Monday, Tuesday, Thursday 2 to 7 p.m.
 Wednesday noon to 7 p.m.
 Friday 9:30 a.m. to 7 p.m.

Call organization

24 Nelson Mandela Park chalet

4320, av. Vézina
 ☎ Plamondon 📞 124
 514 872-9272

🕒 Monday to Friday after 3 p.m.

Recreation and community activities

29 Maison de Jeunes de la Côte-des-Neiges

3732, av. de Courtrai
 ☎ Côte-des-Neiges 📞 165
 514 342-5235

🕒 Monday to Friday 10 a.m. to 5 p.m.

Call organization

30 Le 6767

6767, ch. de la Côte-des-Neiges
 ☎ Côte-des-Neiges 📞 165
 514 868-5160

🕒 Monday to Friday 9 a.m. to 5 p.m.

Call organization

31 Kent Pavillon

3220, av. Appleton
 ☎ Plamondon 📞 160
 514 342-5235

🕒 Monday to Friday 10 a.m. to 5 p.m.

Basketball

Homework help

Music

Recreation and community activities

Soccer

Weightlifting

32 De la Savane Pavillon

5111, rue Paré
 ☎ Namur 📞 115
 514 872-0576

🕒 Monday to Friday
 8:30 a.m. to 4:30 p.m.

Call organization

4 NDG Black Community Association

3770, boul. Décarie
📍 Villa-Maria 📞 24
514 481-3598
🕒 Monday to Friday 10 a.m. to 3 p.m.
[Call organization](#)

5 Appleton Centre (Centre des aînés CDN) ♿

6585, ch. de la Côte-des-Neiges
📍 Plamondon 📞 160
📍 Côte-des-Neiges 📞 165
514 344-1210
🕒 Monday to Friday
9 a.m. to noon and 1 to 5 p.m.
[Aerobic exercise](#)
[Aquafit](#)
[Board games](#)
[Card games](#)
[Choir](#)
[Expressive dance](#)
[Language courses](#)
[Line dancing](#)
[Meetings and get-togethers](#)
[Outdoor activities](#)
[Tai chi](#)

6 Benny Centre (St. Monica school)

6440, av. de Terrebonne
📍 Vendôme 📞 104
514 872-6720
🕒 Monday to Friday after 6 p.m.
[Call organization](#)

[Relaxation](#)
[Sewing](#)
[Soccer](#)
[Social dance](#)
[Tai chi](#)
[Theatre](#)
[Tiny tots](#)
[Training and information](#)
[Volleyball](#)
[Yoga](#)

8 Saint-Raymond Community Centre ♿

5600, ch. Upper Lachine
📍 Vendôme 📞 104
514 872-1765
🕒 Monday to Friday 9 a.m. to 5 p.m.
[Adult clubs](#)
[Badminton](#)
[Basketball](#)
[Folk dancing](#)
[Group sports](#)
[Homework help](#)
[Language courses](#)
[Line dancing](#)
[Meetings and get-togethers](#)
[Modern dance](#)
[Orchestra](#)
[Recreation and community activities](#)
[Recreation clubs](#)
[Table tennis](#)
[Tai chi](#)
[Training and information](#)
[Yoga](#)

[Piano](#)
[Recreation clubs](#)
[Tai chi](#)
[Theatre](#)
[Tiny tots](#)
[Violin](#)
[Watercolour painting](#)
[Yoga](#)

12 Walkley Community Centre

6650, ch. Côte Saint-Luc
📍 Villa-Maria 📞 103, 102 and 66
514 369-9449
🕒 Monday to Friday Noon to 7 p.m.
[Computers](#)
[Language courses](#)
[Recreation and community activities](#)
[Recreation clubs](#)

13 Creative Social Center

5237, av. Clanranald
📍 Snowdon 📞 166
514 488-0907
🕒 Monday to Thursday 9 a.m. to 3 p.m.
Friday 9 a.m. to noon
[Aerobic exercise](#)
[Choir](#)
[Drop-in centre](#)
[Folk dancing](#)
[Instrumental music](#)
[Literature](#)
[Meetings and get-togethers](#)
[Painting](#)
[Recreation clubs](#)
[Sculpture](#)
[Yoga](#)

18 CDN Sports Centre ♿

4880, av. Van Horne
📍 Plamondon 📞 161
514 342-9988
🕒 Monday to Sunday 9 a.m. to 9 p.m.
[Badminton](#)
[Basketball](#)
[Body building](#)
[Creative dancing](#)
[Fitness](#)
[Group sports](#)
[Judo](#)
[Karate](#)
[Rhythmic gymnastics](#)
[Soccer](#)
[Swimming](#)
[Swimming lessons](#)
[Taekwondo](#)
[Tennis](#)
[Yoga](#)

19 Confederation Sports Centre (Saint-Luc high school)

5320, av. Kensington
📍 Villa-Maria 📞 103
514 872-6181
🕒 Monday to Friday after 6 p.m.
[Artistic gymnastics](#)
[Baseball](#)
[Group sports](#)
[Soccer](#)
[Volleyball](#)

20 Trenholme Sports Centre

6800, rue Sherbrooke Ouest
📍 Villa-Maria 📞 103 and 162
514 872-6126
🕒 Monday to Friday after 6 p.m.
[Basketball](#)
[Karate](#)
[Sports and physical activities](#)
[Volleyball](#)

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, ch. de la Côte-des-Neiges
📍 Côte-des-Neiges 📞 165
514 733-1478
🕒 Monday to Friday 9 a.m. to 5 p.m.
[Call organization](#)

27 Saint-Kevin Centre (Simonne Monet school)

3900, av. Dupuis
📍 Côte-des-Neiges
514 872-0311
🕒 Monday to Friday 9 a.m. to 5 p.m.
[Recreation and community activities](#)

28 Rosedale Church

6870, rue de Terrebonne
📍 Villa-Maria 📞 103 and 102
514 872-1764
🕒 Monday to Thursday 10 a.m. to 4 p.m.
[Art of cooking](#)
[Card games](#)
[Games of skill](#)
[Line dancing](#)
[Training and information](#)

33 CDN indoor pool ♿

4880, av. Van Horne
📍 Plamondon 📞 161
514 342-9988
🕒 Monday to Sunday 9 a.m. to 9 p.m.
[Lifeguard training](#)
[Swimming](#)
[Swimming lessons](#)
[Synchronized swimming](#)
[Water polo](#)

34 NDG indoor pool ♿

3760, boul. Décarie
📍 Villa-Maria 📞 24
514 872-6285
🕒 Tuesday to Friday after 2 p.m.
Saturday 9 a.m. to 4:30 p.m.
[Lifeguard training](#)
[Swimming](#)
[Swimming lessons](#)

✕ See map on page 24 for facility locations.

♿ Accessible toilets and ramps at these facilities.
Cloakrooms and elevators also accessible in some cases.

