

Activity	Description	Age	Early fall 2020	Early winter 2021	No classes on:	No. of days/wks	Instructor / leader	Day	Time	Location	Cost - Fall 2020	Cost – Winter 2021
Badminton – parent-child	Free (unstructured) play	Family	Wk of October 10	To be confirmed	March 6	10 wks		Saturday	9 a.m. - 10:15 a.m.	Alpha school	\$64 / family	To be confirmed
									10:30 a.m.-11:45 a.m.			
									noon - 1:15 p.m.			
									9 a.m. - 10:15 a.m.			
Multisport - Sportball	Develop motor skills and build confidence while learning various sports Registration at Ville de Sainte-Thérèse: 450 434-1440, ext. 2540	2-3-year-olds Parent-child	October 17	To be confirmed	March 6	8 wks		Saturday	9 a.m.	Terre-Soleil school (Sainte-Thérèse)	\$135	\$135
		3-4-year-olds Parent-child							9:50 a.m.		\$135	\$135
		4-6-year-olds							11 a.m.		\$135	\$135
Prepared to stay alone	Learn basic first aid techniques and the skills needed to stay safe when alone at home or in the community	9-13-year-olds	October 10	March 28		1 day	Red Cross		Full day (schedule to be confirmed)	Memorial Community Centre	\$52	\$53
Babysitter course	Red Cross course to acquire the knowledge needed to become a responsible babysitter	11-year-olds	October 24	April 11		1 day	Red Cross		Full day (schedule to be confirmed)	Memorial Community Centre	\$62	\$63
Oil painting	Levels 1 & 2 (up to 8 years of continuous experience)	Adults	Wk of Sept. 14	Wk of Jan. 11	October 12 March 2-4	12 wks	Dianne Larose	Monday	1 p.m. - 3:30 p.m.	Hamilton House	\$160 + materials	\$163 + materials
	Wednesday							1 p.m. - 3:30 p.m.				
	Thursday							9 a.m. - 11:30 a.m.				
	Tuesday							9 a.m. - 11:30 a.m.				
Water colour painting	Beginners' level	Adults	Wk of Sept. 14	Wk of Jan. 11	March 2-4	12 wks	Annelise Gadoury	Thursday	12:30 p.m. - 3:30 p.m.	Hamilton House	\$174 + materials	\$177 + materials
	Intermediate level							Tuesday	12:30 p.m. - 3:30 p.m.			
	Advanced level							Wednesday	9 :30 a.m.-12:30 p.m.			
Djembe	Bring your instrument.	Adults	Wk of Sept. 14	Wk of Jan. 11	Oct. 12 & March 1	12 wks	Paul Ahern	Monday	6:30 p.m. - 8 p.m.	Memorial Community Centre	\$63	\$64
Pickleball		Adults	Wk of Sept. 14	Wk of Jan. 11	March 3	12 wks		Wednesday	7:30 p.m. - 9:30 p.m.	Rosemère high school	\$60	\$61
Badminton	Competitive level (Monday, ESC)	Adults	Wk of October 5	To be determined	October 12 March 1-4	10 wks		Monday	8 p.m. – 9:30 p.m.	Alpha school	\$50	To be confirmed
	Regular level							Monday	8 p.m. – 9:30 p.m.			
								Tuesday	8 p.m. – 9:30 p.m.			
								Thursday	8 p.m. – 9:30 p.m.			
								Thursday	8 p.m. – 9:30 p.m.			

Fitness

Activity	Description	Age	Early fall 2020	Early winter 2021	No classes on:	No. of days/wks	Instructor / leader	Day	Time	Location	Cost / session	
50+ & Strong	Recommended for 50-year-olds and over	Adults	Wk of Sept. 14	Wk of Jan. 11	Oct. 12 March 1-5	12 wks	Gabriella Loerincz	Monday	9:15 a.m. - 10:15 a.m.	Memorial Community Centre	\$65 / once a wk \$112 / 2x a wk \$149 / 3x a wk \$182 / 4x a wk \$199 / 5x a wk	\$66 / once a wk \$114 / 2x a wk. \$152 / 3x a wk \$186 / 4x a wk \$203 / 5x a wk
Stretching and Muscle Toning	Recommended for 50-year-olds and over						Gabriella Loerincz	Monday	10:30 a.m.-11:30 a.m.			
Aerobics - Cardio-plus							Leanna Ring	Monday	6:15 p.m. - 7:30 p.m.			
Hatha Yoga - Beginners							Véronique Pierre	Monday	6:30 p.m. - 7:45 p.m.			
Aerobics - Cardio-plus							Leanna Ring	Monday	7:45 p.m. - 9 p.m.			
Hatha Yoga - Intermediates-Advanced							Véronique Pierre	Monday	8 p.m. – 9:15 p.m.			
Zumba Toning							Hanya Yassir	Tuesday	9 a.m. - 10:15 a.m.			
Zumba Gold	Recommended for 50-year-olds and over						Hanya Yassir	Tuesday	10:30 a.m.-11:30 a.m.			
Gentle Yoga with meditation							Véronique Pierre	Tuesday	1 p.m. - 2:15 p.m.			
Hatha Yoga with meditation							Véronique Pierre	Wednesday	9 a.m. - 10:15 a.m.			
Yoga Stretching	Recommended for 50-year-olds and over						Véronique Pierre	Wednesday	10:30 a.m.-11:30 a.m.			
Zumba Toning							Hanya Yassir	Thursday	9 a.m. - 10:15 a.m.			
Zumba Gold	Recommended for 50-year-olds and over						Hanya Yassir	Thursday	10:30 a.m.-11:30 a.m.			
Aerobics - Cardio-plus							Leanna Ring	Thursday	6:15 p.m. - 7:30 p.m.			
Aerobics - Cardio-plus							Leanna Ring	Thursday	7:45 p.m. – 9 p.m.			
Cardio Strength							Gabriella Loerincz	Friday	9:15 a.m. - 10:15 a.m.			
Stretching and Muscle Toning	Recommended for 50-year-olds and over						Gabriella Loerincz	Friday	10:30 a.m.-11:30 a.m.			