

Activity	Description	Age	Early fall 2021	Early winter 2022	No classes on:	No. of days/wks	Instructor / leader	Day	Time	Location	Cost 2021
Badminton – parent-child	Free (unstructured) play	Family	Wk of Sept. 13	Wk of Feb. 14	November 6 March 5	12 wks		Saturday	9 a.m. - 10:15 a.m.	Alpha school	\$80/family
									10:30 a.m.-11:45 a.m.		
									noon - 1:15 p.m.		
									9 a.m. - 10:15 a.m.	Hubert-Maisonneuve school	
									10:30 a.m.-11:45 a.m.		
noon - 1:15 p.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	To be confirmed	To be confirmed	March 5	8 wks		Saturday	9 a.m.	Terre-Soleil school (Sainte-Thérèse)	To be confirmed
		3-4-year-olds Parent-child							9:50 a.m.		To be confirmed
		4-6-year-olds							11 a.m.		To be confirmed
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 3	March 27		1 day	Red Cross		9 a.m. – 2:30 p.m.	Memorial Community Centre	\$54
Babysitter course	Red Cross course to acquire the knowledge needed to become a responsible babysitter	11-year-olds	October 10	April 10		1 day	Red Cross		8:30 a.m. – 4 p.m.	Memorial Community Centre	\$65
Oil painting	Level 3 (9-12 years of continuous experience)	Adults	Wk of Sept. 13	Wk of Feb. 14	October 11 February 28 – March 3	12 wks	Dianne Larose	Wednesday	1 p.m. - 3:30 p.m.	Hamilton House	\$166 + materials
	Levels 1 & 2 (up to 8 years of continuous experience)							Thursday	9 a.m. - 11:30 a.m.		
	Level 4 (12 or more years of continuous experience)							Tuesday	9 a.m. - 11:30 a.m.		
Water colour painting	Beginners’ level	Adults	Wk of Sept. 13	Wk of Feb. 14	March 1-3	12 wks	Annelise Gadoury	Thursday	12:30 p.m. - 3:30 p.m.	Hamilton House	\$181 + materials
	Intermediate level							Tuesday	12:30 p.m. - 3:30 p.m.		
	Advanced level							Wednesday	9 :30 a.m.-12:30 p.m.		
Stained glass	Beginner level: Creation of a stained glass window in two dimensions + a sun catcher. Intermediate level: Creation of a lampshade of 36 pieces. Advanced Level: Lamp or special project (to be confirmed).	Adults	Fall session canceled		March 3	12 wks	Lydia Borecki	Thursday	7 p.m. – 9:30 p.m.	Memorial Community Centre	\$168 + materials (\$50 Beginner \$60 Intermediate \$70 Avanced)
Pickleball		Adults	Wk of Sept. 13	Wk of Feb. 14	March 2	12 wks		Wednesday	7:45 p.m. - 9:45 p.m.	Rosemère high school	\$62
Badminton	Competitive level (Monday, ESC)	Adults	Wk of Sept. 13 Wk of Sept. 20 for Tuesday at Alpha Wk of Oct. 18 for SC	Wk of Feb. 14	September 20 October 11 Novembre 18 (for Thursday at Alpha) February 28 – March 3	12 wks		Monday	8 p.m. – 9:30 p.m.	Externat Sacré-Coeur	\$62
	Regular level							Monday	8 p.m. – 9:30 p.m.	Alpha school	
								Tuesday	8 p.m. – 9:30 p.m.	Alpha school	
								Thursday	8 p.m. – 9:30 p.m.	Externat Sacré-Coeur	
								Thursday	8 p.m. – 9:30 p.m.	Alpha school	
Fitness	Description	Age	Early fall 2020	Early winter 2021	No classes on:	No. of days/wks	Instructor / leader	Day	Time	Location	
50+ & Strong	Recommended for 50-year-olds and over	Adults	Wk of Sept. 13	Wk of Feb. 14	September 20 October 11 February 28 – March 4	12 wks	Gabriela Loerincz	Monday	9 a.m. - 10 a.m.	Memorial Community Centre	\$68 / once a wk \$117 / 2x a wk. \$155 / 3x a wk \$189 / 4x a wk \$207 / 5x a wk
Stretching and Muscle Toning	Recommended for 50-year-olds and over						Gabriela Loerincz	Monday	10:15 a.m.-11:15 a.m.		
Cardio-plus							Leanna Ring	Monday	6:15 p.m. - 7:30 p.m.		
Hatha Yoga - Beginners							Cécile Ligondé	Monday	6:30 p.m. - 7:45 p.m.		
Cardio-plus							Leanna Ring	Monday	7:45 p.m. - 9 p.m.		
Hatha Yoga - Intermediates-Advanced							Cécile Ligondé	Monday	8 p.m. – 9:15 p.m.		
Zumba Toning							Hanya Yassir	Tuesday	9 a.m. - 10 a.m.		
Zumba Gold	Recommended for 50-year-olds and over						Hanya Yassir	Tuesday	10:15 a.m.-11:15 a.m.		
Gentle 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 a.m.		
Zumba Gold	Recommended for 50-year-olds and over						Hanya Yassir	Thursday	10:15 a.m.-11:15 a.m.		
Cardio-plus							Leanna Ring	Thursday	6:15 p.m. - 7:30 p.m.		
Cardio-plus							Leanna Ring	Thursday	7:45 p.m. – 9 p.m.		
Cardio Strength							Gabriela Loerincz	Friday	9 a.m. - 10 a.m.		
Stretching and Muscle Toning	Recommended for 50-year-olds and over						Gabriela Loerincz	Friday	10:15 a.m.-11:15 a.m.		