Bedminton - parced child Incer Incertain statistic and Incerta	Activity	Description	Age	Early fall 2021	Early winter 2022	No classes on:	No. of days/wks	Instructor / leader	Day	Time	Location	Cost 2021
Part	Badminton – parent-child	Free (unstructured) play	Family	Wk of Sept. 13	Wk of Feb. 14				Saturday	10:30 a.m11:45 a.m.	Alpha school	
Public port Special position of the displacement of the position of the position of the displacement of the position o										9 a.m 10:15 a.m. 10:30 a.m11:45 a.m.	Hubert-Maisonneuve school	= \$80/family
Multiport - Sportball Agent	Multisport - Sportball	learning various sports Registration at Ville de Sainte-Thérèse:	Parent-child 3-4-year-olds Parent-child To be confirmed							i i		To be confirmed
Prepared to say allow Read Pasis for \$4 dil Echniques and the #885 Read Cross counter to surplice the read writing in excelled to saty safe when alone at home or in continuous perspective (and the provided in the pro				To be confirmed	March 5	8 wks		Saturday	9:50 a.m.		To be confirmed	
Peganer to stay alone needed to stay safe when alone and none or in community (certical process) 2-3 year-olds) 2-3 y										11 a.m.		To be confirmed
Liver's 1 52 Live	Prepared to stay alone	needed to stay safe when alone at home or in	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	<u> </u>	11-year-olds	October 10	April 10		1 day	Red Cross		8:30 a.m. – 4 p.m.	Memorial Community Centre	\$65
Description	Oil painting	Level 3 (9-12 years of continuous experience)	Adults	Wk of Sept. 13	Wk of Feb. 14	February 28 –	12 wks	Dianne Larose	Wednesday	1 p.m 3:30 p.m.	Hamilton House	\$166 + materials
Segimen's level Advanced level lamp Advanced lamp Advanced level lamp Advanced									Thursday	9 a.m 11:30 a.m.		
Regiment level Adults Wk of Sept. 13 Wk of Feb. 14 Wk of Feb. 14 March 1-3 12 wks Annelise Gadoum Toursday 1230 p.m330 p.m. Martliton House Same September 1-3 March 1-3 12 wks March 1-3 12 wks Annelise Gadoum Toursday 1230 p.m330 p.m. Martliton House Same September 1-3 March 1-3 12 wks Wk of Sept. 13 Wk of Feb. 14 Wk of Sept. 13 Wk of Feb. 14 Wk of Sept. 13 Wk of Sept. 14 November 18									Tuesday	9 a.m 11:30 a.m.		
March Marc	Water colour painting		Adults	Wk of Sept. 13	Wk of Feb. 14	March 1-3	12 wks		Thursday	12:30 p.m 3:30 p.m.	Hamilton House	\$181 + materials
Stained glass Beginner level: Creation of a stained glass window in two dimensions + a sun catcher, intermediate level: Creation of a lampshade of 36 piaces. Advanced level: Lamp or special project (to be confirmed).		Intermediate level						Annelise Gadoury	Tuesday	12:30 p.m 3:30 p.m.		
Stained glass March Stained glass Stai		Advanced level							Wednesday	9:30 a.m12:30 p.m.		
Fiction Comparitive level (Monday, ESC) March September 20 Cothor 11 September 20 Cothor 11 Monday Sp.m9:30 p.m. Stemata Sarie-Coeur Monday Sp.m9:30 p.m. Monday Sp.m9:30 p.m. Alpha school Sp.m.	Stained glass	window in two dimensions + a sun catcher. Intermediate level: Creation of a lampshade of 36 pieces. Advanced Level: Lamp or special	Adults			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)
Competitive level (Monday, ESC)	Pickleball	project (to be committed).	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
Regular level Adults		Competitive level (Monday, ESC)		Wk of Sept. 13 Wk of Sept. 20 for Tuesday at Alpha Wk of Oct. 18 for		September 20 October 11 Novembre 18 (for Thursday at Alpha) February 28 –					· · ·	
Regular level Adults Tuesday at Alpha Wk of Feb. 14 Wk of Feb. 14 Ifter stay at Alpha February 28 - March 3 12 wks Thursday 8 p.m 9:30 p.m. Externat Sacré-Coeur Stretching and Muscle Toning Recommended for 50-year-olds and over Cardio-plus Adults Tuesday at Alpha February 28 - March 3 No. of days/wks Thursday 8 p.m 9:30 p.m. Alpha school Stretching and Muscle Toning Recommended for 50-year-olds and over Cardio-plus Adults Thursday 8 p.m 9:30 p.m. Alpha school Alpha school Stretching and Muscle Toning Recommended for 50-year-olds and over Cardio-plus Adults Thursday 8 p.m 9:30 p.m. Alpha school Alpha school Stretching and Muscle Toning Recommended for 50-year-olds and over Cardio-plus Adults Thursday 10:15 a.m 11:15 a.m. Alpha school Thursday 8 p.m 9:30 p.m. Alpha school Alpha school Thursday 8 p.m 9:30 p.m. Alpha school Thursday 9 p.m 9:30 p.m. Alpha school Thursday 9 p.m 10:30 p.m. Alpha school Thursday 9 p.m 10:30 p.m. Alpha school Thursday 9 p.m 10:30 p.m. Alpha school Thursday 9 p.m 9:30 p.m. Alpha school Thursday 9 p.m 10:30 p.m. Alpha school Thursday 9 p.m 10:30 p.m. Alpha school Thursday 9 p.m. Alp												
Regular level Adults Wk of Yeb. 14 Wk of Yeb. 14 Wk of Yeb. 14 Wk of Yeb. 14 Yk									Tuesday	8 p.m. – 9:30 p.m.	Alpha school	
Fitness Description Recommended for 50-year-olds and over Stretching and Muscle Toning Age Recommended for 50-year-olds and over Stretching and Muscle Toning Age Recommended for 50-year-olds and over Stretching and Muscle Toning Age Recommended for 50-year-olds and over Stretching and Muscle Toning Age Recommended for 50-year-olds and over Stretching and Muscle Toning Age Recommended for 50-year-olds and over Stretching and Muscle Toning Adults Recommended for 50-year-olds and over Stretching and Muscle Toning Adults Recommended for 50-year-olds and over Stretching and Muscle Toning Adults Recommended for 50-year-olds and over Stretching and Muscle Toning Adults Recommended for 50-year-olds and over Stretching and Muscle Toning Action Davids And Stretching and Muscle Toning Action Davids And Stretching And And Stretching And Audults Recommended for 50-year-olds and over Stretching And Audults Wak of Sept. 13 Wak of Feb. 14 Wak of Feb. 14 Wak of Feb. 14 Wak of Feb. 15 Wak of Feb. 15 Wak of Feb. 15 Wak of Feb. 15 Wak of Feb. 16 Age Recommended for 50-year-olds and over Stretching And Audults Wak of Feb. 16 Age Recommended for 50-year-olds and over Stretching And Audults Wak of Feb. 17 Wak of Feb. 18 Wak of Feb. 18 Wak of Feb. 18 Wak of Feb. 19									Thursday	8 p.m. – 9:30 p.m.		\$62
Fitness Description Age Early fail 2020 Early winter 2021 No classes on: days/wks leader Day Time Location									Thursday	8 p.m. – 9:30 p.m.		
Stretching and Muscle Toning Recommended for 50-year-olds and over Cardio-plus Hatha Yoga - Intermediates-Advanced Zumba Toning Recommended for 50-year-olds and over Zumba Gold Recommended for 50-year-olds and over Zumba Toning Recommended for 50-year-olds and over Zumba Gold Recommended for 50-year-olds and over Zumba Toning Recommended for 50-year-olds and over Zumba Toning Recommended for 50-year-olds and over Zumba Toning Recommended for 50-year-olds and over Zumba Gold Recommended for 50-year-olds and over Zumba Toning Tuesday Véronique Pierre Wednesday Véronique Pierre Wednesday 10:30 a.m11:30 a.m. Wemorial Community Centre Véronique Pierre Wednesday 10:30 a.m11:30 a.m. Hanya Yassir Thursday 9 a.m 10:15 a.m. Memorial Community Centre Wampa Yassir Hanya Yassir Thursday 10:15 a.m11:15 a.m. Leanna Ring Thursday 7:45 p.m 9 p.m. Thursday 7:45 p.m 9 p.m.	Fitness	Description	Age	Early fall 2020	Early winter 2021	No classes on:		leader	Day	Time	Location	
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Hatha Yoga - Beginners Cardio-plus Hatha Yoga - Intermediates-Advanced Zumba Toning Zumba Gold Recommended for 50-year-olds and over Zumba Toning Recommended for 50-year-olds and over Zumba Gold Recommended for 50-year-olds and over Ye'ronique Pierre Wednesday Ye's p.m 9 p.m. Werorique Monday Ye's p.m 9 p.m. Scielle Ligondé Monday Ye's p.m		Recommended for 50-year-olds and over	_									
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Stretching and Muscle Toning Recommended for 50-year-olds and over Gabriela Loerincz Friday 10:15 a.m11:15 a.m.		Recommended for 50-year-olds and over	1						,			