



# Canton de Hatley North Hatley



## RECREATION PROGRAM – FALL 2019

Registration at City Hall, 4765 Capelton Road, Canton de Hatley, Monday to Friday, 8am to 12pm and 1pm to 4pm. Dates and details subject to change.

### PILATES - BEGINNER AND INTERMEDIATE

This is a method of strengthening muscles and improving posture. You must be in good physical shape (not recommended for people with osteoporosis or lumbar sprain). With Mélanie Boivin, certified instructor.



**Bring your floor mat!**

**When:** Tuesdays, from September 17<sup>th</sup> to December 3<sup>rd</sup>

**Where:** Town Hall - Montjoye Hall  
4765 Capelton Road – Canton de Hatley

**Cost:** \$ 95

#### Beginner level

Time: 1.30 pm to 2.30 pm  
Limited places: 6 to 10 people

#### Intermediate level

Time: 2:45 pm to 3:45 pm  
Limited places: 10 to 12 people

### ZUMBA

Let yourself be carried away by Latin American rhythms and stay in shape while having fun! No dance experience needed. By Gabriel Ernesto Soriano, certified instructor.

**When:** Tuesdays, from September 17<sup>th</sup> to December 3<sup>rd</sup> \*

**Time:** 6 pm to 7 pm

**Where:** North Hatley Elementary School  
110 School Street - North Hatley

**Cost:** \$ 100

**Minimum: 14 people registered**

\*schedule subject to change depending on the availability of the gym.



### BADMINTON

This is the opportunity to play badminton games every week, in good company! Come improve your techniques (must master the game and have the basic knowledge to play badminton)!

Activity reserved for people 16 years old and over

**When:** Wednesday, September 18<sup>th</sup> to December 18<sup>th</sup> \*

**Time:** 7 pm to 9 pm

**Where:** North Hatley Elementary School  
110 School Street - North Hatley

**Cost:** \$ 50

**Limited places: 12 to 22 people registered**

\* schedule subject to change depending on the availability of the gym



### LEARN A NEW LANGUAGE! ESPAÑOL

Introductory Spanish course, conjugation, key phrases, vocabulary and basic expression and basic structures of Spanish grammar, with Annabelle Botran, MA in Foreign Language Teaching - University of Salamanca (Spain).

**When:** Saturday, from September 21<sup>st</sup> to December 7<sup>th</sup>

**Time:** 10 am to 11:15 am

**Where:** Town Hall - Massawippi Room  
4765 Capelton Road  
Canton de Hatley

**Cost:** \$ 90

Documentation included



**Minimum:  
10 people  
registered**



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## PIANO

Do you dream of playing the piano or improving your technique? This is the course you need. Adapted to your level, it is taught by Micheline Gagnon, pianist graduated from the University of Montreal.

Children from the age of 6, teenagers, adults.

Welcome to seniors!

**When:** Monday, September 16<sup>th</sup> to December 9<sup>th</sup>  
(leave October 14<sup>th</sup>)

**Time:** From 1 pm

**Where:** Town Hall - Montjoye Hall  
4765 Capelton Road  
Canton de Hatley

Children 14 & under	30 min: \$ 260
	45 min: \$ 390
	60 min: \$ 520
Person aged 15 and over	30 min: \$ 280
	45 min: \$ 420
	60 min: \$ 560

## TANGO

Come discover the elegance of Argentine Tango as danced in the salons of Buenos Aires! No experience of dance necessary. With or without a partner. By Marc Tardif, instructor of Tango Soul.

**When:** Wednesdays, from September 18<sup>th</sup> to December 4<sup>th</sup>

**Time:** 7 pm to 8 pm

**Where:** Town Hall - Montjoye Hall  
4765 Capelton Road - Canton de Hatley

**Cost:** 100 \$

**Minimum :**  
**6 people registered**

For non-residents of the Township of Hatley and North Hatley, registration fees will be increased by 25%.

For all activities, you must be registered at the session, no one-off registration will be accepted.

## YOGA

Looking for a way to take care of yourself and want to discover the basics of yoga? Do it smoothly with Élisabeth Hébert-Raymond, certified instructor.

**Bring your carpet & blocks!**

**When:** Thursdays, from September 19<sup>th</sup> to November 7<sup>th</sup>

**Time:** 18:30 to 19:45

**Where:** Town Hall - Montjoye Hall  
4765 Capelton Road - Canton de Hatley

**Cost:** \$ 58

**Limited places: 10 - 15 people registered**



## CHOIR

If you're interested in choir singing, singing just right, and want to invest in quality musical moments, the Massawippi Vocal Ensemble is for you! Introduce yourself to the first rehearsal on September 13<sup>th</sup>, at 7 pm!

**When:** Thursdays, from September 13<sup>th</sup> to Friday, December 6<sup>th</sup> (included) and a Saturday in October (date to be confirmed at the first rehearsal)

**Time:** 7 pm to 9:30 pm

**Where:** St. Elizabeth Church  
3115 Capelton Road - North Hatley

**Cost:** \$ 100

Contact Ms. Gardner at the following address:  
lise\_gardner50@hotmail.com

[www.ensemblevocalmassawippi.com](http://www.ensemblevocalmassawippi.com)

