



# Canton de Hatley North Hatley



## RECREATION PROGRAM - WINTER 2023

### PILATES - MIXED LEVELS

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 & water bottle!**

**When:** Tuesdays, from January 17<sup>th</sup> to May 23<sup>rd</sup> (Break on February 28<sup>th</sup>)

**Time:** **Group #1:** 12:45 to 1:45 pm / **Group #2:** 2 pm to 3 pm

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

**Cost:** \$ 165      **Limited places:** 7-10 people



### 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.**

#### MONDAYS

**When:** Mondays, January 16<sup>th</sup> to May 29<sup>th</sup> (Break on February 27<sup>th</sup>)

**Time:** 7 pm to 9 pm

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

**Cost:** \$ 65

**Limited places:** 12 to 24 people registered

#### WEDNESDAYS

**When:** Wednesdays, January 18<sup>th</sup> to May 31<sup>st</sup> (Break on March 1<sup>st</sup>)

**Time:** 7 pm to 9 pm

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

**Cost:** \$ 65

**Limited places:**

12 to 24 people registered



### 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:** Mondays, January 16<sup>th</sup> to June 5<sup>th</sup> (18 lessons)  
(Break on February 27<sup>th</sup>, April 10<sup>th</sup> and May 22<sup>nd</sup>)

**Time:** 1 pm to 8 pm

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

**Cost:**

#### Children 14 & under

30 min: \$ 478

45 min: \$ 716

60 min: \$ 955

#### 15 and over

30 min: \$ 525

45 min: \$ 788

60 min: \$ 1 050

*Possibility of payment agreement*



### CHOIR

If you are interested in choir singing, if you are singing just right and want to invest in quality moments, the Ensemble Vocal Massawippi is for you! Come to the first rehearsal on January 26<sup>th</sup> at 7 pm!

**When:** Thursdays, from January 19<sup>th</sup> to May 13<sup>th</sup>  
(17 practices including a concert)

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

Contact Mrs. Lise Gardner: lise\_gardner50@hotmail.com or visit the website: ensemblevocalmassawippi.com

**Where:** Sainte-Elisabeth Church  
3115 Capelton Road, North Hatley

**Cost:** \$ 115

**Registrations beginning now** at Town Hall of Canton de Hatley (4765 Capelton Road).

For non-residents registration fees will be increased by 25%.

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