



# Canton de Hatley North Hatley



## RECREATION PROGRAM - FALL 2023

### PILATES - MIXED LEVELS

This is a method of strengthening muscles and improving posture. You must be in good physical shape (abstain in cases of osteoporosis, hernia or low back pain). With Mélanie Boivin, certified instructor.

**Bring your floor mat, your Zenga ball (non-mandatory) & water bottle!**

**When:** Tuesdays, from September 19<sup>th</sup> to December 12<sup>th</sup>

**Time:** **Group #1:** 12:30 to 1:30 p.m. / **Group #2:** 1:45 to 2:45 p.m.

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

**Cost:** \$ 115      **Limited places:** 7 to 10 people registered



### ZU-ZU-ZUMBA!

**Looking for an effective, accessible and fun workout? Join us for Zumba!**

This dynamic class is based on simple, lively choreography inspired by Latin rhythms and different musical styles that will take you on a journey. There's nothing like this fitness party for building cardiovascular endurance, toning the body and letting off steam in a fun, non-judgmental way. Get your dose of energy and sunshine at Zumba!

By Laura-Catherine Bergeron, kinesiologist and Zumba instructor since 2016.

**When:** Mondays, September 18<sup>th</sup> to December 11<sup>th</sup> (Break on October 9<sup>th</sup>)

**Time:** 5:30 to 6:30 p.m.      **Where:** North Hatley Elementary School, 110 School Street

**Coût :** \$ 120      **Minimum:** 12 people registered



### 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, September 18<sup>th</sup> to December 11<sup>th</sup>

**Time:** 7 to 9 p.m.

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

**Cost:** \$ 40

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

#### WEDNESDAYS

**When:** Wednesdays, September 20<sup>th</sup> to December 13<sup>th</sup>

**Time:** 7 to 9 p.m.

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

**Cost:** \$ 40

**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, September 18<sup>th</sup> to December 11<sup>th</sup> (12 lessons / Break on October 9<sup>th</sup>)

**Time:** 1 to 8 p.m.

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

**Cost:** **30 min:** \$ 340      **45 min:** \$ 505      **60 min:** \$ 675      Possibility of payment agreement



### TANGO

Come discover the elegance of Argentine Tango as danced in the salons of Buenos Aires! No dance experience needed. With or without a partner. By Bryant Lopez of Tango Soul.

**When:** Mondays, October 2<sup>nd</sup> to December 11<sup>th</sup> (Break on October 9<sup>th</sup>)

**Time:** 7 to 8 p.m.

**Cost:** \$ 140

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

**Minimum:** 10 people registered



**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 for the session, no one-off registration will be accepted.**