



Canton de Hatley North Hatley



RECREATION PROGRAM - WINTER 2024

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 January 16th to June 4th / Break on March 5th (20 lessons)

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: \$ 175 **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, January 15th to April 29th / Breaks on March 4th and April 1st (14 lessons)

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

Coût : \$ 140 **Minimum:** 12 people registered

In the event of a strike, the activity will take place at Town Hall – Salle Montjoye



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 15th to June 3rd / Breaks on March 4th, April 1st and May 20th (18 lessons) **Time:** 1 to 6 p.m.

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

Cost: 30 min: \$ 525 45 min: \$ 787,50 60 min: \$ 1 050 Possibility of payment agreement



BADMINTON

Information and registration to come in January



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.