



Canton de Hatley North Hatley



RECREATION PROGRAM - WINTER 2025

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: Mondays, from January 20th to May 12th

Breaks on March 3rd and April 21st (15 lessons)

Time: 7 to 9 p.m.

Where: North Hatley Elementary School

110 School Street, North Hatley

Cost: \$ 50

Limited places: 12 to 24 people registered

When: Wednesdays, from January 22nd to May 7th

Break on March 5th (15 lessons)

Time: 7 to 9 p.m.

Where: North Hatley Elementary School

110 School Street, North Hatley

Cost: \$ 50

Limited places: 12 to 24 people registered



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 21st to June 10th / Break on March 4th (20 lessons)

Time: Group #1: 8:30 to 9:30 a.m. / **Group #2:** 9:45 to 10:45 a.m.

When: Wednesday, from January 22nd to June 11th / Break on March 5th (20 lessons)

Time: Group #3: 5:30 to 6:30 p.m. / **Group #4:** 6:45 to 7:45 p.m.

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

Cost: \$ 175 **Limited places:** 8 to 14 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, from January 20th to May 12th

Breaks on March 3rd and April 21st (15 lessons)

Time: 5:30 to 6:30 p.m.

Where: North Hatley Elementary School, 110 School Street

Cost: \$ 150

Minimum: 12 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, from January 20th to June 9th

Breaks on March 3rd, April 21st and May 19th (18 lessons) **Time:** 1 to 6 p.m.

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

Cost: 30 min: \$ 540 **45 min:** \$ 810 **60 min:** \$ 1 080 Possibility of payment agreement



YOGA

Take care of yourself by practicing gentle yoga, aimed at relaxing and stretching the body, with certified instructor Geneviève Laurendeau.

Bring your floor mat, your blocks (non-mandatory) & water bottle!

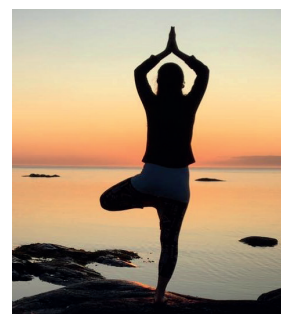
When: Tuesdays, from January 21st to May 6th / Break on March 4th (15 lessons)

Time: 3 to 4 p.m.

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

Cost: \$ 155

Limited places: 6 to 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.