

FITNESS & YOGA

AT THE STEPHEN F. SHAAR COMMUNITY CENTRE

Your well-being is important to us. We are personally committed to helping you achieve your fitness goals by offering a wide variety of classes. Join us today.

REGISTRATION

Hudson Town Hall 481 Main, Hudson

Starting Monday, March 28th to Friday, April 1st (Monday – Thursday 8:00am-12:00pm & 1:00pm-4:30pm, Friday 8am-12:00pm)

Please be ready to pay by cheque or debit. Minimum registration required for all programs. Classes, dates, times, and activities are subject to change or cancellation.

Due to the current situation caused by Covid-19, exceptional measures will be put in place and will be communicated to those who register.

Places are limited, register in advance! Only registered people will be able to participate in the classes.

REFUND POLICY

After the first 2 weeks of programs, refunds will be given only with a medical note. Refunded amounts will be calculated from the day of cancellation, and there will be a \$25.00 administration fee deducted from the refunded amount. We charge a \$35.00 fee for returned or cancelled cheques.

SPRING SCHEDULE

12 weeks: APRIL 4 to JUNE 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 – 10:00am PILATES INTERMEDIATE (ZOE) No class April 19		9:00 – 10:00am PILATES ALL LEVELS (ZOE) No class April 14	9:00am – 10:00am *REGENERATIVE YOGA (MAUREEN)
10:00 – 11:00am STRENGTH & MOBILITY (BRANDI)	10:30 – 11:30am *REGENERATIVE YOGA (MAUREEN)	10:30 – 11:30am HATHA YOGA (ZOE)	11:00am – 12:00pm KIN STRETCH® (BRANDI)	
			12:30 – 1:30pm *REGENERATIVE YOGA (MAUREEN)	
		** NEW ** 7:00 – 8:15 pm GENTLE YOGA (VALERIE)	5:00 – 6:30pm **KARATE (LUIGI)	

No Classes on Monday, April 18th (Easter) and Monday, May 23 (Victoria Day).

Participants must provide their own yoga mats

SPRING FITNESS

12 Weeks | (April 4 - June 23)

	Residents Adults	Non-Residents (No Discount)
12 Classes	\$115.00	\$155.00
24 Classes	\$165.00	\$225.00
Unlimited	\$205.00	\$275.00

*REGENERATIVE YOGA

9 Weeks | (April 5 – June 23)
(No classes from May 9 - 31)

Residents	60+	Adults
9 Classes (1x week)	\$70.00	\$95.00
18 Classes (2 x week)	\$100.00	\$130.00
27 Classes (3 x week)	\$125.00	\$160.00

Non-Residents	60+	Adults
9 Classes (1 x week)	\$95.00	\$130.00
18 Classes (2 x week)	\$135.00	\$175.00
27 Classes (2 x week)	\$170.00	\$215.00



SENIORS PROGRAMS

THOMAS MORE INSTITUT

SENIORS PROGRAM COURSE | 9 Weeks

Tuesday 1:30-3:00pm | Cost: \$15.00 | Community Centre



Contact info:
jmacgregor@thomasmore.qc.ca

Registration:
Online at the
Thomas More Website
www.thomasmore.qc.ca

YOUTH PROGRAM

KARATE FOR ALL AGES

with Shihan Luigi di Filippo
10 Weeks (April 14– June 16)



Thursday | 5:00-6:30pm
Community Centre

AGES	RESIDENTS	NON-RESIDENTS
7-12	\$125.00	\$170.00
13-17	\$140.00	\$185.00
Adults	\$150.00	\$205.00



EXTERNAL YOUTH SERVICE AVAILABLE: 450 424-6010

Since 1996, La Passerelle Women Shelter offers accommodation and support services to women and children victims of domestic violence in the Vaudreuil-Soulanges area.

OFFERED SERVICES:

INTERNAL SERVICES	EXTERNAL SERVICES	YOUTH SERVICES
<ul style="list-style-type: none"> • Emergency Shelter • Crisis intervention helpline • Individual consultation • Assessment of your needs • Group workshops • Reference available if necessary 	<ul style="list-style-type: none"> • Individual consultation • Telephone intervention • Women's support group • Reference available if necessary 	<ul style="list-style-type: none"> • Mother-child consultations • Individual consultations with children • Parenting support • External / internal services

ADMINISTRATION

C.P. 115, Vaudreuil-Dorion (Québec) J7V 5W1 | Phone : 450.424.6077 | Fax : 450.424.1371 | Email : info@hebergementlapasserelle.com
WEB SITE: www.hlapasserelle.com | FACEBOOK: www.facebook.com/hlapasserelle



VISION TRAVAIL is a service center whose primary mandate is to support job seekers in their search for employment. Despite these difficult times, our qualified counsellors continue to offer you personalized professional support corresponding to your needs:

- Job search techniques
- Professional advice, resume and cover letter writing
- Exploration of the hidden market and computerized tools
- Preparation for the job interview
- Assistance in integrating into the workplace
- Friendly, warm and caring atmosphere

At Vision Travail, services are free and accessible to everyone aged 40, 50, 60 or more who wishes to find a job corresponding to their values and skills. Put the odds on your side and take two minutes to contact us by email at vaudreuil@visiontravail.ca or by phone at 450 455-5150. Our team is waiting for you!

