

**PROGRAMMATION HIVER 2019**

**2019 WINTER SESSION**



**Enfants/ Children (6 - 12 ans/ years)**

Program	Horaire/ Schedule	Prix NDG Cost Residents NDG	Prix Non-Resident Cost Non-Residents
After school program*	Lundi à Vendredi—15h00 à 18h00 Monday to Friday—3:00pm to 6:00pm	150.00\$ par année/year (Sept. 4 to June 8)	250.00\$/par année/year (Sept. 4 to June 8)
Flag football (9+ans/yrs)	Les Mercredis—18h00 à 19h30 Wednesdays—6:00pm to 7:30pm	30.00\$/session	45.00\$/session
Soccer (6-8 ans/yrs)	Les lundis—18h00 à 19h00 Mondays—6:00pm to 7:00pm	30.00\$/session	45.00\$/session
Soccer (9-12 ans/yrs)	Les lundis—19h00 à 20h00 Mondays—7:00pm to 8:00pm	30.00\$/session	45.00\$/session
Hockey (6-8 ans/yrs)	Les mardis—18h00 à 19h00 Tuesdays—6:00pm to 7:00pm	30.00\$/session	45.00\$/session
Hockey (9-12 ans/yrs)	Les mardis—19h00 à 20h00 Tuesdays—7:00pm to 8:00pm	30.00\$/session	45.00\$/session
Dance 1 (6-17 ans/yrs) Auditions	Les mardis et jeudis -18h00 à 19h30 Tuesdays and Thursdays 6:00pm to 7:30pm	45.00\$/session	60.00\$/session
Dance 2 (6-13 ans/yrs)	Les samedis—11h00 à 12h00 Saturdays—11:00pm to 12:00pm	30.00\$/session	45.00\$/session
Game zone (6-12 ans/yrs)	Les vendredis—18h00 à 20h00 Fridays—6:00pm to 8:00pm	Gratuite/Free	Gratuite/Free

**Ados/ Teens (13 - 17 ans/years)**

Program	Horaire/ Schedule	Prix NDG Cost Residents NDG	Prix Non-Resident Cost Non-Residents
Leaders Club (13-16 ans/ yrs)	Lundis, à Vendredis -- 17h00 à 20h00 Mondays to Fridays – 5pm to 8pm	10.00\$ par année/year	10.00\$ par année/year

**Adults (18+) et Aînés/ seniors**

Program	Horaire/ Schedule	Prix NDG Cost Residents NDG	Prix Non-Resident Cost Non-Residents
Chair Yoga	Les lundis 10h30 à 11h30 Mondays 10:30a.m. to 11:30 a.m.	Gratuite/ Free	Gratuite/ Free
Circuit santé + (40+ ans/yrs)	Les vendredis 11h00 à 12h00 Fridays 11:00a.m. to 12:00 p.m.	Gratuite/ Free	Gratuite/ Free
Auto-défense/ Self-defense	Les lundis et jeudis 18h30 à 20h00 Les samedis 10h30 à 12h30 Mondays and Thursdays 6:30pm to 8:00pm Saturdays 10:30 to 12:30	30.00\$/session	45.00\$/session
Moms on the loose	Les samedis—12h00 à 13h00 Saturdays—12:00pm to 1:00pm	35.00\$/session	45.00\$/session
Tricoter/ Knitting	à confirmer/ To be confirmed	3\$	3\$

**Enfants/ Children (0 - 5 ans/ years)**

Program	Horaire/ Schedule	Prix NDG Cost Residents NDG	Prix Non-Resident Cost Non-Residents
DIY (Do It Yourself) Parents Every other week	Mercredis—10h30 à 12h00 Wednesdays—10:30a.m. to 12:00p.m.	Gratuite Free	Gratuite Free
Zumbini (6m to 5 ans/yrs)	Les mercredis—10h00 à 10h45 Wednesdays—10:00a.m. to 10:45a.m.	40.00\$/session	40.00\$/session
Zumbini (6m to 5 ans/yrs)	Les samedis—10h00 à 10h45 Saturdays—10:00a.m. to 10:45a.m.	40.00\$/session	40.00\$/session
Family Fun Time** (2 à/ to 12 ans/yrs) Bricolage et plus Arts and crafts, and more	Samedis—11h00 à 12h30 Saturdays—11:00a.m. to 12:30p.m.	Gratuite Free	Gratuite Free
Sortie en Famille Family Outing	Samedis (dates restent à confirmer/) Saturdays (dates to be confirmed)	2\$ par billet d'autobus* 2\$ bus ticket*	2\$ par billet d'autobus* 2\$ bus ticket*

\*aller-retour dans la ville / \*for round trip bus fare in the city