

# ACTIVITIES SCHEDULE

SATURDAY	12:30 a.m. - 1:30 p.m.	\$70	\$120	-
Ballet Barre Flow				
Table Tennis (Ping-Pong)	1 p.m. - 3 p.m.		FREE	
SUNDAY	10 a.m. - 12 a.m.	\$120	-	-
Black and White Drawing				
Karate	11 a.m. - 12 a.m.	\$70	\$120	-
Volleyball	4:30 p.m. - 6 p.m.	\$70	\$120	-
Soccer	8:30 p.m. - 10 p.m.	\$70	\$120	-

Free activities are reserved to members with a valid card.

## Drop-in

Adults  
 50 minutes - \$7  
 60 minutes - \$8  
 90 minutes - \$11  
 90 minutes - \$12

Seniors 65+  
 60 minutes - \$6  
 90 minutes - \$9  
 90 minutes - \$11

## PROMO 2 ACTIVITIES

Adults  
 Fall or winter - \$120  
 Fall + Winter - \$210

Seniors 65+  
 Fall or winter - \$85  
 Fall + Winter - \$150

Registration on site or online :

3555, Saint-Urbain Street  
 Montreal (Quebec) H2X 2N6  
 514 872-0566  
[www.miltonpark.org](http://www.miltonpark.org)



En partenariat avec



# Adults & Seniors activities

## Schedule

Fall 2018  
 (16 sept. - 8 dec.)

Winter 2019  
 (13 jan. - 6 apr.)



ASSOCIATION  
 RÉCRÉATIVE  
 MILTON ♥ PARC

# ACTIVITIES SCHEDULE

◆ New activities

	ADULTS		SENIORS (65+)	
	Fall or winter	Fall + winter	Fall or winter	Fall + winter
<b>MONDAY</b>				
Tai chi		10 a.m. - 11 a.m.	FREE	
PIED Program		11 a.m. - 12:30 a.m.	-	\$35
Line Dancing		1:30 p.m. - 2:30 p.m.	\$70	\$120
Zumba		6 p.m. - 7 p.m.	\$70	\$120
Classical Ballet		7 p.m. - 8 p.m.	\$70	\$120
Basketball		8 p.m. - 9:30 p.m.	\$70	\$120
Basketball		9:30 p.m. - 11 p.m.	\$70	\$120
<b>TUESDAY</b>				
Stretch & Tone		9:30 a.m. - 10:30 a.m.	\$70	\$120
Stretch & Tone +		10:30 a.m. - 11:30 a.m.	\$70	\$120
Prenatal Yoga		10 a.m. - 10:50 a.m.	\$60	\$105
Gentle yoga		11 a.m. - 12 a.m.	\$70	\$120
Zumba Gold		12 a.m. - 1 p.m.	\$70	\$120
Boot Camp		6:15 p.m. - 7:15 p.m.	\$70	\$120
Ballet Barre Flow		7 p.m. - 8 p.m.	\$70	\$120
Badminton		6:30 p.m. - 8 p.m.	\$70	\$120
Badminton		8 p.m. - 9:30 p.m.	\$70	\$120
<b>WEDNESDAY</b>				
PIED Program		11 a.m. - 12 a.m.	-	\$35
FIESTA Dancing		12 a.m. - 1 p.m.	\$70	\$120
Hatha Yoga		5 p.m. - 6 p.m.	\$70	\$120
Djamboola		6 p.m. - 7 p.m.	\$70	\$120
Bellydance Workout		6:30 p.m. - 7:30 p.m.	\$70	\$120
Baladi		7:30 p.m. - 9 p.m.	\$95	\$175
Watercolor		7 p.m. - 9 p.m.	\$120	-
Soccer		8 p.m. - 9:30 p.m.	\$70	\$120
<b>THURSDAY</b>				
Stretch & Tone		9:30 a.m. - 10:30 a.m.	\$70	\$120
Stretch & Tone +		10:30 a.m. - 11:30 a.m.	\$70	\$120
Gentle Yoga		11 a.m. - 12 a.m.	\$70	\$120
Line Dancing		1:30 p.m. - 2:30 p.m.	\$70	\$120
Tabata		6:15 p.m. - 7:15 p.m.	\$70	\$120
Badminton		6:30 p.m. - 8 p.m.	\$70	\$120
Badminton		8 p.m. - 9:30 p.m.	\$70	\$120
Volleyball with Instructor		7:30 p.m. - 9 p.m.	85 \$	\$145
Volleyball int.-av.		9 p.m. - 10:30 p.m.	\$70	\$120
<b>FRIDAY</b>				
Chair Yoga		11 a.m. - 12 p.m.	\$70	\$120
Zumba Gold		12 a.m. - 1 p.m.	\$70	\$120
Hatha Yoga		5 p.m. - 6 p.m.	\$70	\$120