



**VOLLEYBALL
DE PLAGÉ
MILTON ♥ PARC**

At the heart of the community since 1973

Drop-ins

Member

1 access : \$5
10 accesses : \$40
Season pass : \$150

Non-member

1 access : 10 \$

Rentals

Groups of 8 players or more

Between \$35 and \$55 per hour

Events and tournaments

Between \$70 and \$175 per hour

Long term rentals available!

Drop-ins

Adults

60 minutes - \$8

90 minutes - \$11

120 minutes - \$12

Seniors 65+

60 minutes - \$6

90 minutes - \$9

120 minutes - \$11

Mix & Save !

Mix & match two activities to save

2 activities - 120 min./week

Adults: \$110

Seniors (65+): \$80

Our gym is getting a makeover!

Read our statement

www.miltonpark.org/gym

Register online or in person:

3555, Saint-Urbain

Montreal (Quebec) H2X 2N6

514 872-0566

www.miltonpark.org

www.miltonpark.org/volleyball



En partenariat avec

Le Plateau-Mont-Royal

Montréal

Adults & Seniors Activities

Schedule

Spring 2019

April 13 - June 21

Preregistration: March 15 - 24, 2019

Registration: March 25 - April 7, 2019



**ASSOCIATION
RÉCRÉATIVE
MILTON ♥ PARC**

ACTIVITIES SCHEDULE

SPORTS & FITNESS		ADULTS	SENIORS (65+)	
MONDAY				
Tai chi	10 - 11 a.m.	Free for members		GDP
Movements and dance on wheelchair	5:30 - 6:30 p.m.	\$65	\$45	GDP
Zumba ®	6 - 7 p.m.	\$65	-	CME
Classical Ballet	7 - 8 p.m.	\$65	-	CME
Basketball	8 - 9:30 p.m.	\$8/day	-	CME
Basketball	9:30 - 11 p.m.	\$8/day	-	CME
TUESDAY				
Stretch & Tone	9:30 - 10:30 a.m.	\$65	\$45	GDP
Stretch & Tone +	10:30 - 11:30 a.m.	\$65	\$45	GDP
Gentle Yoga	10 - 11 a.m.	\$65	\$45	CME
Gentle Yoga +	11 a.m. - 12 p.m.	\$65	\$45	CME
Boot camp	6:15 - 7:15 p.m.	\$65	-	GDP
Ballet Barre Flow	7 - 8 p.m.	\$65	-	CME
Badminton	6:30 - 8 p.m.	\$65	-	JJO
WEDNESDAY				
Rhythms, dance & drums	11 a.m. - 12 p.m.	\$65	\$45	GDP
Hatha Yoga	5:15 - 6:15 p.m.	\$65	-	CME
Bellydance Workout	6:30 - 7:30 p.m.	\$65	-	CME
Baladi	7:30 - 9 p.m.	\$90	-	CME
Watercolor	7 - 9 p.m.	\$110	-	GDP
THURSDAY				
Stretch & Tone	9:30 - 10:30 a.m.	\$65	\$45	GDP
Stretch & Tone +	10:30 - 11:30 a.m.	\$65	\$45	GDP
Gentle Yoga	10 - 11 a.m.	\$65	\$45	CME
Gentle Yoga +	11 a.m. - 12 p.m.	\$65	\$45	CME
Badminton	6:30 - 8 p.m.	\$65	-	JJO
Volleyball (beginner)	6 - 7:30 p.m.	\$8/day	-	CME
Volleyball (advanced)	7:30 - 9:30 p.m.	\$11/day	-	CME
FRIDAY				
Chair Yoga	11 a.m. - 12 p.m.	\$65	\$45	GDP
Zumba Gold ®	12 - 1 p.m.	\$65	\$45	CME
Kundalini Yoga	5 - 6 p.m.	\$65	-	CME
SATURDAY				
Ballet Barre Flow	11:30 a.m. - 12:30 p.m.	\$65	-	CME
SUNDAY				
Volleyball (advanced)	4:30 - 6 p.m.	\$8/day	-	CME

Please note: Only activities at CME and GDP are eligible for drop-ins. Exceptionally, basketball and volleyball will only be available as drop-ins. Online registration will open 3 days before the day of the activity.

LANGUAGE COURSES		\$165
MONDAY & WEDNESDAY		
French Intermediate 1	6:15 - 7:45 p.m.	
French Beginner 1	8 - 9:30 p.m.	
English Intermediate 1	6:15 - 7:45 p.m.	
English Beginner 1	8 - 9:30 p.m.	
TUESDAY & THURSDAY		
Spanish Beginner 2	6:15 - 7:45 p.m.	
Spanish Beginner 1	8 - 9:30 p.m.	
Spanish Intermediate 1	8 - 9:30 p.m.	
SATURDAY		
English Intermediate 2	9:30 a.m.- 12:30 p.m.	
English Beginner 2	1 - 4 p.m.	
MONDAY TO THURSDAY (INTENSIVE - 2 X 5 WEEKS)		
French Beginner 1 & 2	9 - 10:30 a.m.	
French Intermediate 1 & 2	11 a.m. - 12:30 p.m.	
English Beginner 1 & 2	9 - 10:30 a.m.	
English Beginner 2 & Intermediate 1	11 a.m. - 12:30 p.m.	
FREE PRACTICE		
Spanish [GDP - Monday]	6 - 7:30 p.m.	
French Beginner [CME - Tuesday]	6 - 7:30 p.m.	
English Beginner [GDP - Tuesday]	6 p.m. - 7:30 p.m.	

Intensive sessions dates

Session 1: April 15 - May 16

Session 2: May 20 - June 20

Locations

CME: Centre multiethnique Saint-Louis

3555, Saint-Urbain, H2X 2N6

GDP: Galeries du Parc

3590, Jeanne-Mance, H2X 2K3

JJO: Pavillon Jean-Jacques-Olier

311, Pine East, H2W 1P5

Terms and refund policy

Visit our website to find out more about our terms and refund policy.

www.miltonpark.org/politiques