



Closing of the Pierre Laporte pool – See page 5 of the brochure.
 Day camps and Summer Aquatics: From March 24 as of 09:00 - ONLINE ONLY
 RECREATION activities: From March 25 as of 09:00 – ONLINE, FORM DROP-OFF or by
 FAX until March 28, at 16:00*
 *Register early! Limited spaces

SENIORS – SPRING/SUMMER 2025 ONLINE REGISTRATION: www.town.mount-royal.qc.ca

NAME: _____ FIRST NAME: _____
 ADDRESS: _____ CITY: _____
 POSTAL CODE: _____ DATE OF BIRTH: _____
 year / month / day
 TELEPHONE: _____ EMAIL: _____

Activities, Conferences, Special activities		# OF PERS.	PRICE	TOTAL
May 2	Disco dance night: <input type="checkbox"/> Bus 1 (Russell) <input type="checkbox"/> Bus 2 (Graham) <input type="checkbox"/> No Bus		15 \$	
June 2	Conference – Nutrition and aging: <input type="checkbox"/> 13:00 (French)		0 \$	
June 13	See me! Respect Me! <input type="checkbox"/> Bus 1 (Russell) <input type="checkbox"/> Bus 2 (Graham) <input type="checkbox"/> No Bus		0 \$	
July 9	Strawberry social : <input type="checkbox"/> Bus 1 (Russell) <input type="checkbox"/> Bus 2 (Graham) <input type="checkbox"/> No Bus		10 \$	
Exercices Spring 2025 (for Summer 2025 exercises, use general form)				
Tai Chi for seniors*	<input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Wednesday 12:30		65 \$	
Staying Active!*			65 \$	
Gentle Yoga*	<input type="checkbox"/> Tuesday 09:30 (on chair) <input type="checkbox"/> Tuesday 10:45 (on mat)		65 \$	
Therapeutic yoga*			65 \$	
Body and Mind Fitness*	<input type="checkbox"/> Monday 10:15 <input type="checkbox"/> Tuesday 10:15 <input type="checkbox"/> Thursday 10:15 <input type="checkbox"/> Friday 11:30		65 \$	
*Reduction of \$10 for 2nd and 3rd exercise class in the same price group.				()
Balance, Mobility and Coordination			90 \$	
Line dancing**	<input type="checkbox"/> Friday 09:15 (beg.) <input type="checkbox"/> Friday 10:30 (int/adv.)		75 \$	
**Reduction of \$10 for the 2nd intermediate and advanced line dancing class.				()
Excursions				
May 13	Natalino – Dorval		25 \$	
May 20	Museum Visit – Musée des Beaux-Arts de Montréal		25 \$	
May 28	Souffle de Vie Vineyard – Senneville		50 \$	
June 18	Strawberry picking – Fermes Marineau Laval		25 \$	
June 29	Clue at the Segal Centre		75 \$	
July 19	Brunch cruise - Montreal		130 \$	
July 22	Ye Old Orchard Pub & Grill –Pointe-Claire Village		25 \$	
July 30	Nature walk & picnic – Bois-de-Liesse		40 \$	
August 14	Botanical Gardens		40 \$	
August 19	Il Fornetto – Lachine		25 \$	
Cards				
	Travel Card for non-residents – 2025		\$20	
	Seniors lounge – Bridge <input type="checkbox"/> Free (Resident) <input type="checkbox"/> 10\$ (Non-Resident)			

Town of Mount Royal, 60 Roosevelt Avenue, Mount Royal (Quebec) H3R 1Z4 **TOTAL**
 Telephone: (514) 734-2928 Fax: (514) 734-3083

VISA MASTERCARD CHEQUE (payable to: Town of Mount Royal)

Card No: _____ Exp: _____ CVC (3 digits) _____