

# **TOWN OF HUDSON**

## **PARKS & RECREATION ACTIVITY GUIDE WINTER 2012**

**INFO: 450 458-6699  
[www.ville.hudson.qc.ca](http://www.ville.hudson.qc.ca)**

## **GENERAL INFORMATION**

### **ACTIVITY GUIDE**

The Parks & Recreation Department will publish a program of its different activities and a revised list of the recreational organizations three times a year in April, August and December. Supplementary copies are available at the Community Centre and the Hudson Town Hall.

### **HUDSON PARKS & RECREATION DEPARTMENT**

Municipal Councillors:	Madeleine Hodgson & Louis Thifault
Director:	Mike Klaiman
Assistant Director:	Jean Chevalier
Secretary:	Franca Gramegna
Program Coordinator & Fitness Specialist:	Natalie Toman
Youth Services Coordinator:	Donna Karpman
Journaliers – Parks & Playground:	Doug Robertson & Mario Villeneuve
Community Centre Monitors:	Patricia Harding, Richard Gareau, Sian Nia Palmer, Nancy Mitchell & Justin Standish

**Stephen F. Shaar Community Centre**  
394 Main, Hudson (Québec) J0P 1H0  
Tel: 450 458-6699 \* Fax: 450 458-7764  
E-mail: [HUDSONREC@VILLE.HUDSON.QC.CA](mailto:HUDSONREC@VILLE.HUDSON.QC.CA)

#### ***Office Hours:***

8:30am–12:00pm & 1:00pm-4:30pm (Mon-Fri)

#### ***Normal Hours of Operation:***

8:30am-11:00pm (Mon-Thurs)

8:30am-2:00am (Fri)

9:00am-2:00am (Sat)

9:00am-11:00pm (Sun)

## **REGISTRATION**

Starting January 3<sup>rd</sup> during regular office hours.  
(8:30am-12:00pm & 1:00pm-4:30pm)

**Stephen F. Shaar Community Centre, 394 Main, Hudson**

***NOTE: Please be ready to pay by cheque only.  
All courses dates & time are subject to change  
Minimum registration required for all programs***

**Thank You**

## **HUDSON TOWN HALL**

### **Administrative Services**

481 Main, Hudson (Québec) J0P 1H0  
Tel: 450 458-5347 Fax: 450 458-4922

### **Office Hours**

8:30am – 4:30pm (Monday – Friday)

### **Members of Council**

<b>Mayor</b>	<b>Michael Elliott</b>		
Councillor	Robert Spencer	District No. 1	Como
Councillor	Jacques Nadeau	District No. 2	Hudson – East
Councillor	Tim Snow	District No. 3	Hudson – Centre
Councillor	Louis Thifault	District No. 4	Fairhaven
Councillor	Diane Piacente	District No. 5	Heights – East
Councillor	Madeleine Hodgson	District No. 6	West

### **Meetings**

Regular meetings are held at 7:30pm on the first Monday of each month at the Stephen F. Shaar Community Centre. When the first Monday is a holiday, the meeting is held on the Tuesday or at another date set by resolution the month preceding the holiday. For meeting updates, please check the town *web calendar*.

### **Technical Services (Engineering & Urban Planning)**

64 Cedar, Hudson (Québec) J0P 1H0  
Tel: 450 458-0222 Fax: 450 458-0241

## **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 the cancellation, and there will be a \$25.00 administration fee deducted from the refunded amount.

Please note there will be a \$25.00 fee for returned or cancelled cheques.

## **SUMMER EMPLOYMENT OPPORTUNITIES**

Those wishing to apply to the Parks & Recreation Department for summer employment can do so until Friday, February 24<sup>th</sup>, 2012. Positions available include Day Camp Coordinator, Day Camp Counsellors, Youth Coordinators, Nature Trail Attendants and Park Attendants. Applications are available at the Stephen F. Shaar Community Centre. Those applying should be 16 years or older. Interviews will be held at the beginning of March. For more information, contact the Hudson Parks & Recreation Dept.

## **HUDSON COMMUNITY POOL 2012**

Registration for the Hudson Community Pool 2012 is as follows:

**HUDSON RESIDENTS on Saturday, May 12<sup>th</sup>, 2012 from 9:00am to 12:00pm.**

***Non residents on Saturday, May 19<sup>th</sup>, 2012 from 9:00am to 12:00pm.***

***At the Stephen F. Shaar Community Centre, 394 Main, Hudson.***

Please note those wishing to register for the pool and all programs (***Including*** swimming lessons); will be required to do so on this day.

### **ADULT FITNESS**

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.

***Fitness & Yoga - 14 Weeks (Jan. 4 – April 8) at the Stephen F. Shaar Community Centre***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
9:00-10:00am Cardio Challenge (Natalie)	9:00-10:00am Muscle Conditioning (Natalie)	9:00-10:00am Step Circuit (Patti)	9:00-10:00am Muscle Conditioning II (Natalie)	9:00-10:00am Pilates (Karen)	9:00-10:00am Cardio Kick Box (Natalie)
10:15-11:15am Yoga Fit I (Natalie)		10:15-11:00am Regenerative Yoga (Natalie)	10:15-11:15am Yoga Fit II (Natalie)		
11:30am-12:15pm Regenerative Yoga (Natalie)					
	7:00-8:00pm Muscle Conditioning (Natalie)		7:00-8:00pm Step Combo (Patti)		
8:00-9:30pm Wellness Yoga (Maureen)					

***New members are welcome to take a complimentary class before registering.***

**WINTER FITNESS – 14 Weeks (January 4 - April 8)**

Adults - 1 X Week \$88.00 – 2 X Week \$144.00 - Unlimited \$160.00  
(Students & Seniors save 25%)

**WELLNESS YOGA with Maureen Ruiter – 13 Weeks (January 9 – April 2)**

Adults - 1 X Week \$120.00  
(Students & Seniors save 25%)

**YOGA FIT I & II with Natalie Toman – 12 Weeks (January 5 – April 4)**

(No class Jan. 17 & 19)

Adults – 1 X Week \$75.00 – 2 X Week \$105.00  
(Students & Seniors save 25%)

**REGENERATIVE YOGA with Natalie Toman – 11 Weeks (January 9 – April 4)**

(No class Jan. 17 & 19, March 5 & 7)

Monday	11:30am-12:15pm	Cost: 1X wk \$48.00	Community Centre
Wednesday	10:15am-11:00am	2X wk \$85.00	

**MANOIR GOLDEN FITNESS at Manoir Cavagnal**

**Instructor: Maureen Ruiter**

Monday & Thursday 9:30am-10:15am Free to all seniors

**ADULT PROGRAMS**

**INTRO TO COMPUTERS I – 8 Weeks**

(No class March 6)

This course is designed for beginners. Cost: \$70.00. Space is limited.

Tuesday January 24 – March 20 2:30pm-4:30pm Youth Centre Computer Lab

**RENDEZ-VOUS - A meeting of minds and ideas!! Starting on January 17<sup>th</sup>, 2012**

Tuesday 12:30pm-3:00pm Drop In \$5.00 Community Centre

Refer to the Hudson Gazette's Happenings section for information on upcoming topics.

**HUDSON SENIOR TRAVEL CLUB**

Interested in going on day or overnight trips as a group? Wouldn't it be nice to sit back and let someone else do the driving?

Membership: \$10.00/year. Call or stop by the Community Centre for more information.

## **CHILDREN'S PROGRAMS**

### **HUDSON COMMUNITY PRESCHOOL – (September 4<sup>th</sup>, 2012 – May 31<sup>st</sup>, 2013)**

This program focuses on the general development of the child and prepares him/her for kindergarten. The child is encouraged to follow instructions. The teacher encourages healthy and positive behavior through activities that develop curiosity, imagination and intelligence, in a warm and jovial atmosphere. Activities – Monthly Themes – Free Play – Your child will learn to make choices, experiment, interact and make friends!

Playschool	2 ½ - 3 ½ yrs.	Mon/Wed/Fri 9:00-11:30am	Comm. Centre
Bilingual Nursery School	3 ½ - 4 ½ yrs.	Mon -Thurs 9:00-11:30am	Comm. Centre

### ***No school during Christmas & March breaks.***

Playschool, Nursery School:	2 X Week - \$110.00 per month
	3 X Week - \$138.00 per month
	4 X Week - \$154.00 per month

*Pre-registration for Academic year September 4<sup>th</sup>, 2012 – May 31<sup>st</sup>, 2013 will begin March 5<sup>th</sup>, 2012. A non-refundable \$45.00 registration fee; as well as, post-dated cheques for the academic year will be required at this time. Spaces are limited for the Bilingual Nursery School and Playschool programs, and will be filled on a first-come, first-serve basis. Priority is given to siblings of present program participants. Call the Community Centre for details.*

*Open House: Thursday, February 23<sup>rd</sup>, 2012, 11:30am-1:00pm.*

### **TEDDY BEAR AEROBICS – 6 Weeks (January 24 – February 28)**

***Instructor: Natalie Toman***

Tuesday	10:30-11:15am	\$35.00	Community Centre
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Music and stories to inspire your children to move creatively. Open to children aged 2 to 5. Parent participation required. P.S. Please bring *Teddy* too.

### **GLEE – BROADWAY PERFORMANCE – 10 WEEKS (January 25 – March 21)**

***(No Class March 7)***

The class will focus on putting together musical numbers in the style of the TV show Glee. The emphasis will be on Broadway and popular songs from the show, vocal harmonies, movement and staging. During the course of the 10 weeks, students will be grouped up to create their own musical number to perform for the class. The most important aspect of this class is fun, Fun, FUN!

Wednesday	6:30-7:30pm	Ages: 8+	\$60.00	Community Centre
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**KARATE (For all ages from 5 years to adult)**

Classes will focus on the basics of Karate with an emphasis on etiquette, discipline, control, and positive attitude.

Sensei Lorraine d'Artois who has 35 years training in martial arts and 20 years of teaching experience, is a 4<sup>th</sup> degree black belt in Shorinjiryu and a 3<sup>rd</sup> degree black belt in Atarashii Naginata.

	<b><u>5-7 Years</u></b>	<b><u>Students 8+</u></b>	<b><u>Adults</u></b>
<b>Session I</b> <b><u>Jan. 12 –Feb. 18</u></b> Thurs. 4:30-6:30pm or Sat. 10am-12pm	\$60 1 x Week \$100 2 x Week	\$80 1 x Week \$140 2 x Week	\$100 1 x Week \$185 2 x Week
<b>Session II</b> <b><u>Feb. 23 – April 7</u></b> Thurs. 4:30-6:30pm or Sat. 10am-12pm	\$60 1 x Week \$100 2 x Week	\$80 1 x Week \$140 2 x Week	\$100 1 x Week \$185 2 x Week
<b>Full 12 Weeks</b> <b><u>Jan. 12 – April 7</u></b> Thurs. 4:30-6:30pm or Sat. 10am-12pm	\$100 1 x Week \$180 2 x Week	\$140 1 x Week \$260 2 x Week	\$175 1 x Week \$315 2 x Week

***(No class March 8 & 10)***

Thursday class will be held at the Stephen F. Shaar Community Centre

Saturday class will be held at St-Thomas School gym.

For once a week you must specify the day.

Additional costs for uniforms and some equipment will be discussed with the sensei.

**NAGINATA – 12 Weeks (January 9 – March 26)**

Naginata is a fencing sport and martial art discipline of Japanese origin. It is practiced by men, women, and children of all ages around the world. Training focuses on body movement and the skills required manipulating the seven-foot Naginata. Courses are taught by Sensei Lorraine d'Artois, 3<sup>rd</sup> Dan.

Monday	7:30-9:30pm	Children 8+	\$140.00	St-Thomas School Gym
		Adults	\$175.00	

## **ST. JOHN AMBULANCE BABYSITTING COURSE**

Friday, March 9<sup>th</sup>, 2012    9:00am–4:00pm    Ages 11+    \$60.00    Youth Centre

Must bring the following items to the course. Child must be 11 years old by the day of the course.

- Doll or stuffed friend preferable with clothes
- A diaper if possible
- A baby bottle & store
- A small blanket or thin towel something to wrap the baby in
- A greeting card used or new for a craft
- Pen or pencil and note paper
- Any known allergies, medical conditions, special needs physical or learning
- Lunch, drinks and snacks
- Must be there the full time for the certificate.

## **SUMMER LEADERS PROGRAM – Sec. I & II**

If your child is going to be going into Sec. I & II in the next school year we have a fantastic summer camp program for them. Look for more information in upcoming flyers and booklets. Leadership training, day trips, exciting programming, overnight trips, everything your child will want for the summer all rolled into one. Plan to be with Hudson for the 2012 Summer of excitement.

## **COUNSELLOR IN TRAINING – CIT'S (SUMMER LEADERSHIP PROGRAM)**

For Teens in Senior High school – Sec. III - V

Stay tuned for our improved CIT Programs for senior high students. Lots of exciting new developments coming for a fun summer season!

## **HUDSON YOUTH CENTRE**

The Youth Centre is a place where teens & pre-teens have the opportunity to socialize with their friends in a safe and supervised environment.

As always there are programs for teens and pre-teens and regular weekend activities that are posted at the local schools. All of our programs are part of our Positive Youth Development Program – “Youth Inspiring Youth”. Our leadership program offers teens many opportunities from working at Town events to teaching programs.

**YOUTH CENTRE WINTER HOURS (Jan. 6 – April 7)**

Fridays	5:00-8:00pm 8:00-11:00pm	Pre-Teens Teens
Saturdays	12:00-6:00pm 6:00-11:00pm	Programs Teens

**WINTER PRE-TEEN PROGRAM – 8 Weeks (Feb. 11 – April 7)**

*(No class March 10)*

Saturday	2:00-4:00pm	Ages 9-12 years	\$40.00	Youth Centre
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Our schedule is full of fun and age appropriate activities. Upon registration you will receive the schedule of the program. For information on all the Youth Centre activities please call 450 458-7072.

**PRE-TEEN CLUB – (Jan. 6 – April 7)**

Friday nights from 5:00-8:00pm and Saturday's from 4:00-6:00pm the Hudson Youth Centre is open for Pre-Teens. Come on in and join our Pre-Teen Club. These activities are free for Pre-Teen aged 9-12 years.

**HOMEWORK STUDIES AID – (January 7 – April 7)**

Saturdays	6:00-11:00pm	Free	Youth Centre
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Our Youth Centre staff will be available during this time to help you with your homework.

**YOUTH CENTRE PLAYERS DRAMA PROGRAM – 8 Weeks (February 11 – April 7)**

*(No class March 10)*

Saturdays	4:00-6:00pm	Ages: 9-17	\$40.00	Youth Centre
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A dynamic drama program designed to engage youth in the wonderful world of acting.

**HUDSON YOUTH COUNCIL**

The Hudson Youth Council is beginning a new season. We have exciting new projects and need enthusiastic members to represent all grade levels from 12 – 17 years old. Call to find out about our meetings and how you can be part of this dynamic group.

## **FRIDAYS & SATURDAYS FOR TEENS (13-17)**

We are open Fridays for this age group from 8:00-11:00pm and Saturdays from 6:00-11:00pm. We follow a schedule that is always posted about what's coming up. Drop in and join in the fun. We have game show nights, Nintendo tournaments, Skateboard competitions, movie nights, computer lab and much more.

If you have just moved into the area, please contact the Youth Centre, our Youth Council will be pleased to host a welcoming party for your Teen or Pre-teen to help him/her make new friends. Ask us about our Birthday parties.

## **CONCERTS FOR TEENS**

This winter we will be hosting local bands to play concerts at the Teen Centre. If your band would like to be showcased give us a call. We promote youth bands at all of our Town Events. As well we host teen concerts with live local youth bands. If your band wishes to be promoted by the Hudson Youth Centre please contact Donna Karpman at 450-458-7072 or 458-6699

## **JOB CO-OP (13-17 yrs)**

Odd job employment for local teenagers such as babysitting, raking leaves, shovelling snow, etc. Application forms are available at the Hudson Youth Centre. Call the Youth Centre at 450 458-7072 to make an appointment to be registered in this venture.

## **BASEBALL ST-LAZARE**

### ***To all those wanting to play Baseball***

Baseball St-Lazare provides all children, boys and girls from 4 -16 with an opportunity to **have fun while learning how to play baseball.**

We have the resources, coaching and administrative staff to provide your child with a healthy and fulfilling baseball experience. **All we need is you.**

The Rally Cap program for children from 4yrs to 6yrs provides youth with the opportunity to learn the sport of Baseball in a fun dynamic environment.

**Contact us today for more information on our winter program. Come and join us.**

Mark Moll

President

(514) 289-2277

E-mail: [baseballst\\_lazare@yahoo.ca](mailto:baseballst_lazare@yahoo.ca)

Web-site: [www.leaguelineup.com/stlazarelittleleagueassociation](http://www.leaguelineup.com/stlazarelittleleagueassociation)

## **WINTER SKATING IN HUDSON**

The Town of Hudson offers you the choice of skating on three outdoor rinks, which include the following:

**Benson Park**      Yacht Club  
1 Recreational Skating Oval Rink (No hockey sticks please) (Weather Permitting)  
1 Hockey Rink (Note: Both rinks are lit in the evenings)

You are welcome to skate on these rinks from 9:00am-10:00pm, Monday through Sunday. The Benson Park chalet is also open to provide a warm place to change your skates as well as washroom facilities.

**Pine Lake**      Cameron

Enjoy a leisurely skate on this special recreational rink which offers true country skating down winding paths as well as in a larger open area. Please note that there are no lights on this rink and skaters are advised to check for "OPEN" and "CLOSED" signs before skating during warmer weather periods. (Weather Permitting)

## **HITCH A RIDE PROGRAM**

The Hitch a Ride organization will be providing chauffeur service within Hudson for senior citizens unable to provide their own transportation. Monday to Friday. Just call the following number **450 458-0044** before 4:00pm the day before you need a ride.

Hitch a Ride is a volunteer organization dedicated to assisting senior citizens without transportation to move about town in a convenient and inexpensive manner.

## **P.R.O. KIDS PROGRAM**

### **Positive Recreation Opportunities for Kids**

Are you a kid (17 years of age & under) who wants to join a team, club or take lessons but you or your parents can't afford it?

P.R.O. Kids can help! All you need to do is:

1. Pick a community program that you are interested in.
2. Get a P.R.O. Kids brochure from the Stephen F. Shaar Community Centre.
3. Fill out the application form.
4. Mail it, fax it or drop it off to the address provided on the form.

### **It's that simple!**

For more information contact the:  
Stephen F. Shaar Community Centre  
394 Main, P.O. Box 689  
Hudson, Que. J0P 1H0  
Tel: 450 458-6699 Fax: 450 458-7764  
Email: [HUDSONREC@VILLE.HUDSON.QC.CA](mailto:HUDSONREC@VILLE.HUDSON.QC.CA)

This program is available to Hudson residents. Supported by the Hudson Parks & Recreation Dept.

## **SNOW RANGERS SNOWSHOEING EXCURSIONS – 9 Weeks (January 9 – March 12)**

Mondays                      9:15-11:00am                      \$90.00                      Hudson area and vicinity

Participants **must** have their own snowshoes. Janice Burdon and her team are equipped to handle a group of 15 persons. Our team has Wilderness First Aid and CPR Training. Please contact Janice at 450 458-2531 for more info and to register. Deadline to register: January 6<sup>th</sup>, 2012.

## **MY SMART HANDS QUEBEC – SIGN LANGUAGE CLASSES FOR BABIES & TODDLERS**



### **Why should I sign with my baby?**

While most babies start talking between 1 and 2 years of age, they can understand and want to communicate much earlier. Since babies have control over their hands long before they develop verbal skills, signing enables them to express what they are not yet able to say. This reduces frustration resulting in fewer temper tantrums. Signing also exposes your child to more words at an earlier age, helping increase language development.

### **My Smart Hands Level 1**

This 8 week session introduces everyday signs, family signs, food signs, animal signs and many more. Through instruction, games and songs, learn over 100 signs and how to integrate them into everyday life.

For more information please contact **Denise O'Briain at 450-458-5274** or [www.MySmartHandsQuebec.com](http://www.MySmartHandsQuebec.com)

## **REGIONAL SERVICES**

### **NEARBY INDOOR AQUATIC CENTRES**

For information on lessons, competitive teams, open swim times, etc., call the Aquatic Centre of your choice listed below:

Rigaud – Centre d'Apprentissage	450 451-6711
Vaudreuil-Dorion Indoor Pool -	450 455-5751
John Abbott College - Thérèse Casgrain Centre -	514 457-6610 ext: 5325

### **INDOOR ARENAS**

For information on leisure skating times, contact the arena of your choice listed below.

Vaudreuil-Dorion	450 455-5505
Cité des Jeunes	450 455-7287
Rigaud Collège Bourget	450 451-0815
Complexe Sportif St-Lazare	450 510-1850

## **SWIMMING LESSONS & AQUAFITNESS**

The municipality of Rigaud offers Red-Cross swimming lessons for children 8 months to 17 years old. Aqua-fit courses are also offered for adults.

### **Registration dates for swimming in Rigaud:**

**Édifice Paul Brasseur (Salle de l'Amitié)  
10, rue Saint-Jean-Baptiste Est, Rigaud**

### **Spaces are limited and will not be guaranteed at time of registration**

### **For residents of Hudson and neighbouring towns and municipalities:**

Saturday, January 7, 2012 from 9:00am – 12:00pm

**Fee of \$10.00 per registration is applicable for non-residents.**

### **Refund policy**

Other than for medical reasons, no reimbursements will be issued after the second course.

**Time & Place** – All activities will be held at the Collège Bourget, 65 rue Saint-Pierre, Rigaud.

The classes will take place on Saturday mornings from 8:30am – 1:00pm. The session begins on January 14<sup>th</sup> for 10 weeks and will end on March 17<sup>th</sup> 2012.

### **Swimming Lessons – Children**

The exact times will be specified on registration day. However, schedules may be subject to change following registration if there is an insufficient number registered in certain groups.

The program is divided in two groups:

**The Red Cross Swimming Program for preschoolers**, includes the following: Star fish, Duck, Sea Turtle, Sea Otter, Salamander, Sun Fish, Crocodile and Whale. This program was designed for toddlers 8 months to 5 years old, in order to develop their basic skills according to ability and age group. Parental participation required.

30-minute course - Cost: \$50.00

The second group is **The Red Cross Swimming Program for beginners**, including the following: Levels 1 to 10. This program includes continuous assessment of the swimmers in order to allow them to develop at different levels. This program is for children 6 years +.

Level 1 to Level 4: 30-minute course      Level 5 to Level 10: 45-minute course      Cost: \$60.00

### **Aquafitness - Adults**

This course is for one hour, 8:30am – 9:30am.      Cost: \$65.00

For more information contact: 450 451-0869, Danielle, ext: 238 & Mélanie, ext: 228.



## CLUB DE PATINAGE DE VITESSE DES TROIS-LACS

INFO@cpv3lacs.org

### Description

The Trois-Lacs speed skating club, which is a member of the Quebec Speedskating Federation, welcomes young skaters from age 5 and up as well as adults from the Vaudreuil-Soulanges area.

Our club's mission is to promote the exciting sport of short-track speed skating and to encourage participation in this sport at both a recreational and competitive level.

Speed skating is an Olympic sport which develops agility, strength, endurance and strategy. As such, it provides an excellent side training for sports such as ice hockey or ringuette. Our training program has been developed by our head coach, Marie-Josée Martin, coach of the year in 2008 and former athlete on the national team.

**NOTE:** Hockey skates are permitted. Skaters who want to rent long-blade skates must be present at registration.

Online, use the registration form on the club's Internet site: [www.cpv3lacs.org](http://www.cpv3lacs.org)

### Schedule and location

Vaudreuil Arena, Vaudreuil ice

	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>Monday</b>	4 :30pm to 5 :20pm	5:15pm to 6:15pm	5 :45pm to 7 :15pm
<b>Thursday</b>	4pm to 4:50pm	4:45pm to 5:45pm	5:15pm to 6:45pm

**NOTE:** There is an intentional overlap of the schedule between the categories.

### Duration

From September 13th, 2011 until March 29th, 2012

Visit the club's web site for scheduled days off.

### Cost

Visit the club's web site for rates.

### Information

Marie-Josée Martin : 450 452-4252

Web Site : [www.cpv3lacs.org](http://www.cpv3lacs.org)

Information : [INFO@cpv3lacs.org](mailto:INFO@cpv3lacs.org)



### **What is Acrobatic Gymnastics? *Acrobatics - Dance - Tumbling - Trampoline***

Acrosport is practised by men and women alike. The sport is well known since 40 years in Europe, Asia, South America and the United States. Acrobatic Gymnastics or Acrosport, favours body control in various positions, both on the ground and in the air. The exercises are performed as a team of 2, 3, 4 and more members and must include a combination of choreography, collective acrobatic elements such as holds, throws, catches as well as individual acrobatic elements performed on the floor, all in perfect synchronisation.

### **Who are Les Gymnastes de L'Île?**

Les Gymnastes de L'Île offers all of the above and more! Our club is a dynamic, educational, social and a sports orientated non-profit association. We thrive on teamwork, self-confidence, trust and respect. Our club is affiliated to the Quebec Gymnastics Federation, competing in tumbling, mini-double trampoline, and Olympic trampoline

**Our Coaches** are world-class Acrobatics experts. **Our Athletes** have competed alongside the best in the world. **Our Motto** remains safety, fun and continuous improvement! Come join our team, develop your potential and be part of something special!

<b>Class</b>	<b>Days</b>	<b>Hours /Week</b>	<b>Cost per session</b>
4-5-6 years old	Saturday 9 – 10am or Wednesday 6 – 7pm	1hr week	145\$
Intermediate 6years +	Saturday 10 – 11:30am Wednesday 6 – 7:30pm	1.5hr/week 3hr/week	195\$ 340\$
Trampoline Mini-double trampo	Sunday 10 – 11:30am Sunday 2 – 3:30pm	1.5hr / week	195\$
Advanced (with evaluation)	Saturday 11 – 1pm Tuesday 6 – 8pm	4hr/week 4.5hr/week	350\$ 380\$
Avanced/Sport (with evaluation)	Monday – Sunday (except Thursdays)	6hr/week 8hr/week 10hr/week +	440\$ 500\$ 550\$

\$20 will be added to the fees for late registrations.

We offer courses at all levels from recreational to competitive.

- Our coaches have defined the Canadian Acrosport Program which was approved by Gymnastics Canada Federation in February 2010.
- We are always on the lookout for new talent, wanting to compete in possible international Acrosport competitions. Ex-gymnasts are welcome!

For more information or to find out about our competitive program, please contact:

**Ewa Rucka at 514.425.0803**

Please note our new email: [gymnastesdelile@gmail.com](mailto:gymnastesdelile@gmail.com)

**Place :** La Perdriolle, de la Samare and le Chêne Bleu schools in Ile Perrot.



## **TRANSPORT SOLEIL**

Transport Soleil is a non-profit organization, established in 1988 by a group of volunteers and organizations.

Our transportation service is adapted for any person having limitations in accomplishing normal activities and who is impaired in a significant and persistent manner, physically or intellectually, or who uses an orthosis or prosthesis or any other means to overcome their handicap. Any person residing in the MRC may benefit from our service.

### ***What is the procedure to be able to use the Transport Soleil Service?***

Fill-in an application form to open a file. Afterwards, the request will be submitted to the Admitting Committee who will study and accept the request, while respecting the admitting criteria established by the Quebec Transport Ministry. Once the request is approved, you will receive a letter, along with a leaflet and membership card.

### ***What type of transportation is included?***

Priority is given as follows: 1. Work 2. Studies 3. Medical 4. Leisure Activities

The schedule for this service is the following:

Monday, Tuesday, Wednesday and Friday – 7am-5pm

Thursday – 7am-10pm

Saturday – 7am-8pm

Reservations can be made between 8:30am-12:00pm, Monday to Friday. A 24-hour advance notice is required. At all times, our voice mail will accept your cancellations.

The number to reach us is: **450 424-0744**

To ensure a good service, Transport Soleil prioritizes on trips within the territory served. Out of territory trips are not authorized (except for some medical cases).

## **HUDSON COMMUNITY HEALTH SERVICES PARTNER**

Hudson Community Health Services Partner is a non-profit organization committed to health education in the Hudson/St-Lazare area.

For more information, please call Susan Von der Haar at 514 845-9747

## **TEL-AID – A SIMPLE PHONE CALL!**

You are going through a difficult time,  
You are feeling all alone,  
Being able to talk without being judged, would do you a lot of good,  
We are here for you!

Give us a call at - 450 377-0600 - Valleyfield region  
450 452-2727 - Vaudreuil-Soulanges region  
450 459-4449 - Rigaud region  
or you can visit our website at [www.telaide.com](http://www.telaide.com)



### **Centre d'action bénévole L'Actuel L'Actuel Volunteer Centre**

88 Adele, Vaudreuil-Dorion QC J7V 1S7

Telephone: 450 455-3331 Fax: 450 455-9799

E-mail: [info@lactuel.org](mailto:info@lactuel.org) Web Site: [www.lactuel.org](http://www.lactuel.org)

**Our mission** is to encourage and develop volunteer participation within our various communities in order to respond to the needs required through the volunteer services.

**Hours:** Administration: Monday – Friday 8:30–12:00 & 13:00–16:30  
Store: Tuesday, Wednesday, Friday 9:30-17:00  
Thursday 9:30-17:00, Saturday 9:30-16:00  
Sunday & Monday Closed

### **Activities and services offered to the population:**

- Medical accompaniment and transportation
- Reception: information and referencing
- Special family activities
- Form completion
- Help for the little ones
- Income Tax clinics
- Clothing & furniture counter
- Telephone security calls
- Community kitchens – frozen meals
- Emergency Assistance: food – clothing – furniture
- Info Stop
- Mother assistance
- Loan of orthopaedic apparatus
- Reinsertion to society program, community work, compensatory work
- Furniture recycling
- Meetings with young mothers and post natal care
- Friendly visits

**Watch for our activities in the local newspapers.**



### **VSPCR Upcoming 2012 Events**

#### **Happening ~ Magic Night ~ January 27th, 2012**

A special gala night filled with magic and wonderment... awaits you.

Château Vaudreuil, in Vaudreuil-Dorion

#### **VSPCR Ticket Draw - December 2011 to May 2012.**

**Tickets: \$5 ~ Booklet: \$20**

The draw will be held on May 10, 2012 at 11:00 at the offices of Club Piscine Super Fitness, 493 boul. Harwood Vaudreuil-Dorion, Qc J7V 7W2.

#### **Golf Tournament at the Whitlock Golf and Country Club, Hudson. May 28<sup>th</sup>, 2012**

To reserve your tickets, contact  
450 202-2202, extension 125, or email us at

[rsvp@mspvs.org](mailto:rsvp@mspvs.org)

[www.mspvs.org](http://www.mspvs.org)

## **LOCAL LIBRARIES**

### **WAR MEMORIAL LIBRARY**

Books for every age and taste, large print, classics, books on audio tapes, videos and a collection of CDs for the Library computer which is available to all.

DAY/TIME:           Monday     2:30pm-5:00pm  
                          Tuesday    7:00pm-9:00pm  
                          Wednesday CLOSED  
                          Thursday  10:00am-12:00pm & 7:00-9:00pm  
                          Friday     2:30pm-5:00pm  
                          Saturday  10:00am-2:00pm (Oct. 1 – April 30)  
  10:00am-12:00pm (May 1 – Sept. 30)

PLACE:               60 Elm

MEMBERSHIP:       \$15.00/year adults & \$8.00 for juniors

TELEPHONE:        450 458-4814

### **COMO LENDING LIBRARY**

DAY/TIME:           Tuesday    10:30am-12:00pm  
                          Thursday  2:30pm-4:00pm  
                          Saturday  10:30am-12:00pm

PLACE:               273 Main

MEMBERSHIP:       \$12.00/year fees due in May.

TELEPHONE:        450 458-5561

## COMING EVENTS

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>TIME</u>
March 9	Legion - St. Patrick's Day Dinner	Comm. Centre	6:00pm
March 10	St. Patrick's Day Parade	Main / Cameron	1:00pm
March 24	Hudson Pet Fair Trade Show	Comm. Centre	10am – 4pm
April 7	Hudson Easter Egg Hunt	Comm. Centre	12pm-4pm
April 21	Hudson Legion Closing Dinner	Comm. Centre	6:00pm
April 22	Earth Day Fair	Comm. Centre	
April 27, 28, 29	Hudson Artists Spring Art Show	Comm. Centre	

### HUDSON SHIVER FEST 2012 January 20<sup>th</sup> – February 12<sup>th</sup> *Activities For All Ages – Don't miss out!*

<u>DATE</u>	<u>EVENT</u>	<u>PLACE</u>	<u>TIME</u>
Jan. 20	Hudson Legion – Robbie Burns Dinner	Community Centre	6:00pm
Jan. 28	Carnival Pancake Breakfast	Community Centre	9am-12noon
Jan. 28	Treehouse Family Movie Event	Village Theatre	10am
Jan. 29	Old Fashioned Skating Party Music, skating, sleigh rides etc.	Pine Lake	2-6pm
Jan. 29	Hudson / Oka Ice Hike	Traverse Oka	9:30am
Feb. 3	Carnival Dinner & Comedy Night	Community Centre	7pm
Feb. 4	Mixed Cash Bonspiel	Hudson Legion	9am-7pm
Feb. 5	Quarry Point Open Snow Golf	Quarry Point	11am-3pm
Feb. 12	Silly & Frilly Valentine Ice Bridge Run (12km) See the Carnival flyer that will be delivered in January for full details.	Selkirk Parking Lot	9am

### SPRING BREAK ACTIVITIES March 5<sup>th</sup> – 9<sup>th</sup>. 2012

***Activities may include: Bingo, Movie, Curling & Games, St-Johns Ambulance Babysitting Course, Sports Day and much more.***

***Watch for your Spring Break Activity Flyer which will be delivered to Hudson Elementary Schools in February.***

## **HUDSON COMMUNITY ORGANIZATIONS**

### **ARTIST & CRAFT GROUPS**

Artisans de l'Ouest	Jen Baumeister	450 458-4849
Couleurs Youth Art Studio	Lise Cavanagh	450 458-5904
Hudson Artists Association	Gisele Lapalme	450 424-9074
Lake of Two Mountains Artist Assoc.	Rita Shellard	450 458-0527
Village Quilters	Meredith Royds	450 458-7560

### **HISTORICAL GROUPS**

Greenwood Center for Living History	Audrey Wall	450 458-5396
Heritage Hudson	Frank Royle	450 458-7316
Hudson Historical Society	Martin Smith	450 458-8851
Hudson Museum	Frank Hicks	450 458-8851

### **LOCAL LIBRARIES**

Como Lending Library	Sandy Lawrence	450 458-5561
War Memorial Library	Julie Schroeder	450 458-4814

### **MUSIC & PERFORMING ARTS**

Hudson Chamber Music Series	Anne Drake	450 458-5107
Hudson Classical Ballet M.B.E.S.	Sandy Ferguson	450 458-5155
Hudson Dance Centre	Sharon Weiner	450 458-4251
Hudson Film Society	Inga Lawson	450 424-2893
Hudson Music Club	Gail Marchand	450 455-8768
Hudson Music Festival	Linda Clouette Mackay	450 458-5633
Hudson Players Club	Dave Fisher	450 455-3558
Village Theatre		450 458-5361

### **SOCIAL SUPPORT GROUPS**

Albatros-Respect, Support & Presence	Dolores Meade	450 455-0507
Alzheimer Society Suroit	Lorraine Hepworth Sauv�	450 373-0303
As Kneaded	Sherri Graham	450 458-3309
Carrefour Jeunesse Emploi Vaudreuil-Soulanges		450 455-3185
Community Cancer Support Group		450 458-2194
Employment Centre « Vision Travail »	Martine Leblanc	450 455-5150
Hitch-A-Ride		450 458-0044
Hudson Masonic Lodge #98	John Manning	450 458-7271
Hudson Meals on Wheels	Lynn Kershaw	450 458-2659
Le Nichoir Bird Rehabilitation Centre	Susan Wylie	450 458-2809
Le Pont/Bridging Food Bank	Carol Laws	450 458-5318
NOVA – Hudson	Judy Tellier	450 458-5727
Option Ressource Travail	Marie-Claude Poirier	450 377-4949
Welcome Wagon	Rena Larouche	514 827-5751

### **RECREATIONAL GROUPS**

Air Cadets Squadron 867 Vaud-Dorion	Helena Tavares	514 293-5137
Association de Moto Tourism		
Vaudreuil-Soulanges	Jacques Monette	514 453-8216
Astronomy Club – Lunatics	Pierre Tournay	450 458-7050

Beavers, Cubs & Scouts	Danica Lewington	450 458-7967
Centre Pre-Scolaire Hudson	Francine Felx	450 458-5972
Girl Guides of Canada	Lydia Berryman	450 455-0115
Hudson Duplicate Bridge Club	Eleanor Rainbow	450 458-2693
Hudson Garden Club	William McCann	450 458-1819
Hudson Senior Travel Club	Rose Marie Grinham	450 458-0972
Hudson Youth Council	Donna Karpman	450 458-7072
Ladies Auxilliary of St-Thomas Church	Linda McBratney	450 451-6245
Manoir Cavagnal Social Committee	Gerry Selke	450 458-2348
Royal Canadian Legion	Peter Mansell	450 458-4882
St-James Church Women	Marilyn Pound	450 458-5127
St-Thomas Bridge Club	Rita Marsh	450 458-7518

### **SPORTS & FITNESS**

Aristo-Fit	Gay Elliott	450 458-4192
Baseball St-Lazare/Rigaud/Hudson	Mark Moll	514 289-2277
Canadian Power & Sail Squadron	Keith Warner	450 458-7780
Como Golf Club	Denyse MacKinnon	450 458-7541
Falcon Golf Club		514 788-3380
Far West Lacrosse Association		514 774-9933
Gymini Gymnastics Club		450 455-3141
Hardy Rocks Curling	Gerry Foliot	450 458-4125
Hudson Athletes Club	Kim Crossley	450 458-0762
Hudson Badminton Club	Luc Laroche	450 458-5926
Hudson Community Pool	Natalie Toman	450 458-6699
Hudson Junior Curling	Robert MacLean	450 424-5309
Hudson Karate Club	Collin Scotcher	450 458-0142
Hudson Legion Curling Club	Glenn Ruiter	450 458-1829
Hudson Minor Hockey Association	Mike Calabrese	450 458-7653
Hudson Mixed Softball League	Michel Carriere	450 424-2182
Hudson Strikers Men's Soccer	Paul Embury	450 458-0129
Hudson/Rigaud Old-timers Hockey	Brian Penny	450 458-5680
Hudson/St. Lazare Soccer Club	Stephen Verkempinck	450 510-0022
Hudson/St-Lazare Skating Club	Sara Winser	514 884-8609
Hudson/St-Lazare Spirit Basketball	Leslie Hughes	514 774-8249
Hudson Yacht Club	Chris Poulter	450 458-5326
Les Gymnastes de L'Ile	Ewa Rucka	450 425-0803
Naginata – Martial Arts	Lorraine d'Artois	450 458-0207
Nordic Walking / Power Walking	Janice Burdon	450 458-2531
Ramblers Association		
(Hiking/Snowshoeing)	Terry Browitt	450 458-7131
Royal Oak Tennis Club	Bob Kemerer	450 458-4320
St-Lazare Stallions Football	Anson William	514 773-0394
SVS – Sentier Vaudreuil Soulanges	Jim Duff	450 458-5482
	Heidi Wright	514 835-7697
Trois Lacs Speed Skating Club	Marie-Josée Martin	450 452-4252
Whitlock Golf & Curling Club	Marco Jetté	450 458-5305

**Our programs are designed to reflect your lifestyle. If there is a particular program you would like to see offered, give us a call. We would be happy to discuss the possibilities.**

**The spring/summer 2012 booklet will be delivered in the mail in early April.**

**Watch for your copy!**

## **TOWN OF HUDSON'S ENVIRONMENT COMMITTEE**



### **WHAT YOU SHOULD KNOW...**

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Excessive idling is not an effective way to heat the engine of a vehicle. It is best to use a block heater.

Running the engine of his vehicle unnecessarily can damage engine components, including cylinders, spark plugs and exhaust system.

The misuse of a remote starter turns the engine unnecessarily.

You waste on average 100 litres of gasoline per year if running for ten minutes every day.

You contribute to smog and emission of greenhouse gas (GHG) and, consequently, health problems and global warming.

Children are more sensitive to air pollutants because their lungs are still developing; their airways are narrower than those of adults. In addition, the small size of children combined with the position of the exhaust pipes of cars makes them more likely to inhale the air with pollutants. Around schools, we must be vigilant.

#### **Stop the engine whenever...**

- YOU EXPECT A PASSENGER;
- YOU WAIT ON A TRAIN;
- YOU STOP TO TALK TO A FRIEND;
- You go shopping at the convenience store.

The environment committee Hudson thanks you to follow these tips to improve our environment.

For more information please contact the Environmental Officer of the City of Hudson at 450.458.0222 extension 209 or by email at [jenniferd@ville.hudson.qc.ca](mailto:jenniferd@ville.hudson.qc.ca)

Sources: Ministry of Sustainable Development, Environment and Parks of Quebec and the Office of Energy Efficiency Natural Resources Canada and Regional Environmental Council of the Montérégie

## Did you know?

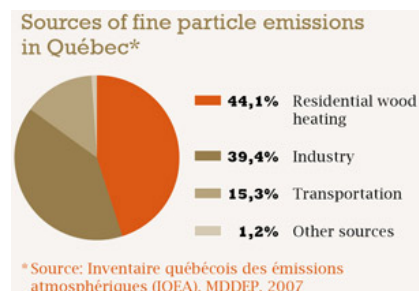
In Québec, wood-fire home heating is responsible for half (41%) of the fine particle emissions associated with human activities.

The particles emitted when heating with wood are very small, less than 2.5 microns, allowing them to penetrate deep into the respiratory tract, affecting breathing.

Contaminants emitted by the wood burning can have harmful effects on health, especially among very young children, the elderly and individuals who suffer from asthma, emphysema or heart problems are among the most sensitive to air pollution.

In a residential area where wood burning is widespread, the concentrations of fine particulate matter, polycyclic aromatic hydrocarbons (PAH) and volatile organic compounds (VOC) can reach high levels under certain weather conditions and according to the topography of the area.

Wood burning is an additional source of exposure to toxic substances in the interior of houses.



## Limit your exposure ...

Avoid burning wood as your main source of heat.

Limit the use of fireplaces and woodstoves, **especially on smoggy days.**

### **When heating with wood:**

- Do not burn household waste such as plastics, treated wood or painted wood.
- Depending on the availability of resources, use a hard wood that have dried for at least six months, such as oak, maple or birch, rather than soft wood such as fir, pine or spruce.

### **If you are thinking of buying a woodstove or fireplace:**

- Make sure the appliance fits your real needs and avoid purchasing an appliance with an excessive heating capacity.
- Opt for an electric heating stove or fireplace. Some models can even be installed in existing appliances.

### **If you still decide to purchase a woodstove:**

- Purchase a certified appliance that complies with the [Regulation respecting wood-burning appliances](#).
- Also choose a device with a data sheet shows the lowest rate of particulate emissions.

### **Installation**

Comply with Canada's Installation Code for Solid Fuel-Burning Appliances.

### **Maintenance**

Maintain, repair or according to your changing needs, replace your wood-burning appliance.

The Hudson environment committee is thanking you to follow these tips to improve our environment.

For more information visit: <http://www.mddep.gouv.qc.ca/air/chauf-bois/index.htm> or contact the Environmental Officer of the City of Hudson at 450.458.0222 extension 209, or by email at [jenniferd@ville.hudson.qc.ca](mailto:jenniferd@ville.hudson.qc.ca)

Source: <http://www.mddep.gouv.qc.ca/air/chauf-bois/index-en.htm>

# EMERGENCY PREPAREDNESS

Your Council has established a comprehensive emergency plan to deal with a major disaster, caused by a lengthy power blackout, an extreme storm involving snow, rain and wind, or a major accident/incident. The Fire Department, the Community Patrol, the Public Works Department, the Recreation Department, the Town Hall employees, and a Coordinator, (along with the S.Q.) form your **Emergency Measures Services**. The Town also has a volunteer-run telephone chain network.

Part of any emergency preparedness involves the citizens themselves taking precautionary measures to ensure their own well-being in the event of a disaster which may disrupt their daily lives. You should have an emergency plan, including a home escape plan. You should be prepared to take care of yourself and your family for a minimum of **72 HOURS**. To that end, you should prepare an **EMERGENCY KIT** containing most of the following:

- **BATTERY-POWERED or WIND-UP RADIO, with spare batteries**
- **FLASHLIGHTS, with spare batteries**
- **BLANKETS or SLEEPING BAGS (one per person)**
- **WATER for 3 DAYS - at least two liters per person per day**
- **FOOD for 3 DAYS - such as canned foods, energy bars, and dried foods**
- **INFANT FORMULA**
- **MANUAL CAN OPENER**
- **SMALL STOVE and FUEL (never use a barbecue indoors)**
- **FIRST-AID KIT**
- **CANDLES and MATCHES/LIGHTERS**
- **SET of KEYS for the CAR and HOUSE**
- **BASIC TOOLS (hammer, pliers, wrench, screwdrivers, work gloves, etc.)**
- **WHISTLE (to attract attention)**
- **SOME CASH in SMALL BILLS and CHANGE for PAYPHONES**
- **CELL PHONE or push-button/dial PHONE for power failures.**
- **IMPORTANT PERSONAL DOCUMENTS and IDENTIFICATION**
- **CLOTHING and SHOES (spare set)**
- **PRESCRIPTION MEDICATIONS**
- **TOILET PAPER and OTHER PERSONAL CARE and HYGIENE SUPPLIES**
- **PLASTIC GARBAGE BAGS**
- **UP-TO-DATE FIRE EXTINGUISHER and SMOKE DETECTOR (S)**
- **FIREWOOD**
- **GENERATOR (especially for sump pumps)**

Plan, also, for your family's specific needs, such as extra provisions for:

- \*Babies and young children- diapers, etc.
- \*Children- a few small toys, books, cards or games
- \*Elderly people-medical necessities
- \*Pets- dog/cat food, shelter
- \*Your automobile-small emergency kit

