



Day camps and Summer Aquatics: From March 23 as of 09:00 - ONLINE ONLY
RECREATION activities: From March 24 as of 09:00 – ONLINE, FORM DROP-OFF or by FAX until March 27, at 16:00*
**Register early! Limited spaces*

SENIORS – SPRING/SUMMER 2026 ONLINE REGISTRATION: www.town.mount-royal.qc.ca

NAME:	FIRST NAME:
ADDRESS:	CITY:
POSTAL CODE:	DATE OF BIRTH:
TELEPHONE:	EMAIL:

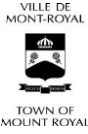
year / month / day

Activities, Conferences		# OF PERS	PRICE	TOTAL
May 12	Conference: Groovy AI – Giving power to seniors: <input type="checkbox"/> 13:00-14:00 (English)		\$0	
	Conference: Lifelong balance: Fundamentals of fall prevention: <input type="checkbox"/> June 11, 13:00-15:00 (English) <input type="checkbox"/> June 25, 13:00-15:00 (French)		\$0	
Nature on foot – Outdoor Park Walks. Saturday at 10:00 Information Session (Mandatory): Saturday, April 18: 10:00-11:00 (Recreation Center)				
	<input type="checkbox"/> April 25 : Forêt du Grand Coteau (Lorraine)		\$5	
	<input type="checkbox"/> May 16: Chemin Olmstead (Mount Royal Park)		\$5	
	<input type="checkbox"/> June 6 : Bernard-Landry Park (Laval)		\$5	
May 1	Disco dance night: <input type="checkbox"/> Bus 1 (Russell) <input type="checkbox"/> Bus 2 (Graham) <input type="checkbox"/> No Bus		\$10	
July 8	Strawberry social : <input type="checkbox"/> Bus 1 (Russell) <input type="checkbox"/> Bus 2 (Graham) <input type="checkbox"/> No Bus		\$10	
Exercices Spring 2026 (for Summer 2026 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 (chair) <input type="checkbox"/> Tuesday 10:45 (mat)		\$65	
	Body and Mind Fitness* <input type="checkbox"/> Monday 10:00 <input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Thursday 10:00		\$65	
	Therapeutic yoga*		\$65	
<i>*Reduction of \$10 for 2nd and 3rd exercise class in the same price group.</i>				()
	Balance, Mobility and Coordination		\$90	
	Line dancing <input type="checkbox"/> Friday 09:15 (beg.) <input type="checkbox"/> Friday 10:30 (int/adv.)		\$75	
Excursions: Please provide an emergency contact below and answer the 2 questions on the back (mandatory)				
April 22	“Detroit: Music of the Motor City” at Segal Center		\$85	
May 5	Natalino, Dorval		\$25	
May 20	Bird watching – Île Bizard		\$25	
June 5	Stroll, Boutiques and Gourmet tea		\$75	
June 18-19	Train of Charlevoix – Overnight trip (Gendron Tours) <input type="checkbox"/> Deposit \$200 <input type="checkbox"/> Double occupation \$755 <input type="checkbox"/> Single occupation \$875			
July 22	Maison Lavande		\$55	
August 6	Day in Old Montreal		\$40	
August 18	Il Fornetto – Lachine		\$25	
EMERGENCY CONTACT	LAST NAME:	FIRST NAME:		
	TELEPHONE:	RELATIONSHIP:		
Cards	Travel Card for non-residents – 2026		\$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) _____



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Excursions:
Please answer the 2 questions below (mandatory)

1. Do you have a particular medical condition? (diabetes, asthma, epilepsy, allergies, etc.)

Answer :

2. Do you take any medication? If yes, please provide details and dosage:

Answer :