



**AQUATIC activities: March 25 as of 18:00 ONLINE ONLY**  
**CAMPS, RECREATION (except aquatics): From March 26 as of 09:00 - ONLINE ONLY**  
**From March 27 as of 09:00 - FORM DROP-OFF/FAX to March 28, at 16:00\***  
*\*Register early! Limited spaces*

**SENIORS – SPRING/SUMMER 2024** ONLINE REGISTRATION: [www.town.mount-royal.qc.ca](http://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
April 29	Conference – Initiation to bird watching: <input type="checkbox"/> 10:00 (French) <input type="checkbox"/> 13:00 (English)		0 \$	
June 14	Elder Abuse Awareness Day <input type="checkbox"/> Le Russell <input type="checkbox"/> Le Graham <input type="checkbox"/> No Bus		0 \$	
July 10	Strawberry social <input type="checkbox"/> Le Russell <input type="checkbox"/> Le Graham <input type="checkbox"/> No Bus		8 \$	
<b>Exercices</b>				
Tai Chi for seniors*	<input type="checkbox"/> Tuesday 10:00 <input type="checkbox"/> Wednesday 12:30		65 \$	
Staying Active!*			65 \$	
Energizer Gym*			65 \$	
Gentle Yoga*	<input type="checkbox"/> Tuesday 09:30 (lev.1) <input type="checkbox"/> Tuesday 10:45 (lev.2) <input type="checkbox"/> Tuesday 12:00 (lev.1)		65 \$	
Body and Mind Fitness*	<input type="checkbox"/> Monday 10:15 <input type="checkbox"/> Thursday 10:15 <input type="checkbox"/> Friday 10:00		65 \$	
<i>*Reduction of \$10 for 2<sup>nd</sup> and 3<sup>rd</sup> exercise class in the same price group.</i>				(      )
Balance, Mobility and Coordination			90 \$	
Line dancing**	<input type="checkbox"/> Tuesday 13:30 (int/adv.) <input type="checkbox"/> Friday 09:15 (beg.) <input type="checkbox"/> Friday 10:30 (int/adv.)		75 \$	
<i>**Reduction of \$10 for the 2<sup>nd</sup> intermediate and advanced line dancing class.</i>				(      )
<b>Excursions</b>				
April 21	15 Dogs at the Segal Center		75 \$	
May 7	Natalino – Dorval		20 \$	
May 12	POTUS at the Segal Center		75 \$	
May 15	Bird watching in Ile Bizard		20 \$	
June 3 to 7	Atlantic City & Cape May, NJ – DEPOSIT (by March 28) <input type="checkbox"/> Double occ. (499\$) <input type="checkbox"/> Single occ. (845\$) (by April 19)		100 \$	
June 11	Imperial restaurant – Pointe Claire		20 \$	
June 19	Alexandria, Ontario		35 \$	
July 3	Sorel-Tracy, QC		90 \$	
July 23	L'Académie Restaurant – Pointe Claire		20 \$	
August 7	Blueberry picking in Lanaudière		35 \$	
August 13	Casa Mare Restaurant – Pierrefonds		20 \$	
<b>Cards</b>				
	Travel Card for non-residents – 2023-2024		\$20	
	Seniors lounge – Bridge <input type="checkbox"/> Free (Resident) <input type="checkbox"/> 10\$ (Non-Resident)			
<b>Town of Mount Royal, 60 Roosevelt Avenue, Mount Royal (Quebec) H3R 1Z4</b> <b>Telephone: (514) 734-2928      Fax: (514) 734-3083</b>				<b>TOTAL</b>

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

Card No: \_\_\_\_\_ Exp: \_\_\_\_\_ CVC (3 digits) \_\_\_\_\_