

RECREATION



HUDSON COMMUNITY POOL

Summer 2024

Pre-Season: June 8– June 23

Regular Season: June 24 – August 17

(Dates, lessons, and fees are subject to change)

Get ready for a summer of family swimming! The Hudson Community Pool is proud to offer Olympic Way swim lessons, synchro & diving lessons, aqua-fit, swim diving, synchro & water polo teams, leaders' program, masters swim team, great social activities and much more.

RESIDENTS

SINGLE ACCESS:

Child: \$ 3

Adult: \$ 5

10-visit pass card: \$30

MEMBERSHIPS

Family: (immediate family members only) \$350

Parent and child: \$260

Teenager: \$220

Adult: \$220

Adult couple: \$290

Senior: \$85

Senior couple: \$125

NON-RESIDENTS

SINGLE ACCESS

Child: \$4

Adult: \$6

10-visit pass card: \$40

MEMBERSHIPS

Family: (immediate family members only) \$475

Parent and child: \$350

Teenager: \$315

Adult: \$315

Adult couple: \$390

Senior: \$115

Senior couple: \$170

An additional fee of 15% will be charged for registrations received after the June 7th.

EARLY REGISTRATION

HUDSON RESIDENTS

Sunday, May 5th, 2024, from 9:00am – 12:00pm to Friday, May 10th, 2024

Monday – Thursday 8:30am-12:00pm & 1:00pm-4:30pm, Friday 8:30am-12:00pm

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

Proof of residency is required when registering for the Hudson Community Pool, Residency is defined as the participant's child'(s) primary town of residence.

NON-RESIDENTS

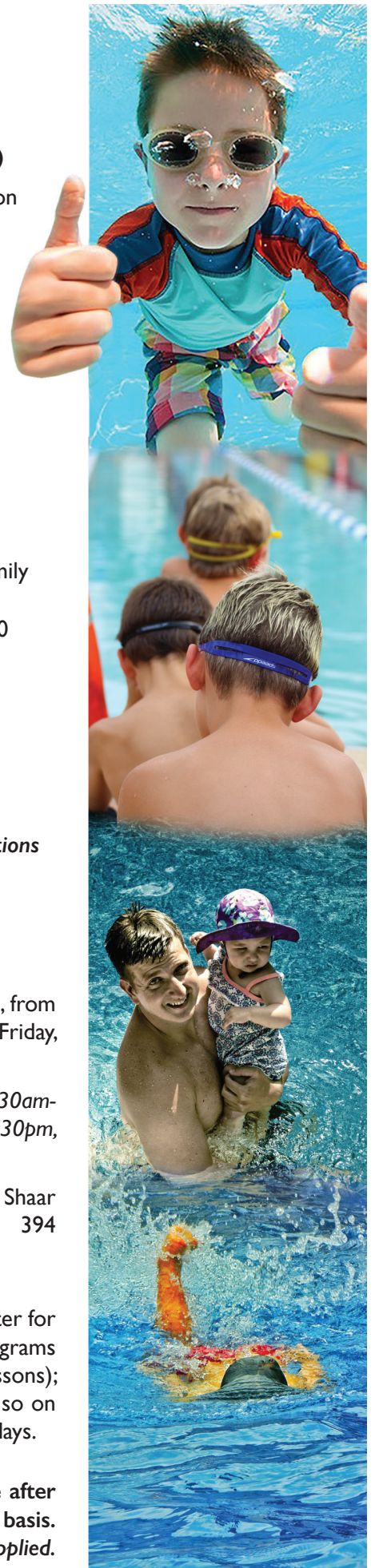
Sunday, May 26th, 2024, from 9:00am – 12:00pm to Friday, May 31st, 2024

Monday – Thursday 8:30am-12:00pm & 1:00pm-4:30pm, Friday 8:30am-12:00pm

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

Those wishing to register for the pool and all programs (including swimming lessons); will be required to do so on the above-mentioned days.

Registration will continue at the Community Centre after this date, but will be on a first come, first served basis. Please note after June 7th, 2024, a 15% late fee will be applied.





Celebrate the joy of movement!

Hudson Spring & Summer Activities Registration at Stephen F. Shaar Community Centre, 394 Main Road, Hudson.

- Monday, April 8th to Friday, April 12
- Hours
Monday through Thursday: 8:30 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m.
Friday: 8:30 a.m. to 12 p.m.
- Payment by cheque, cash, or debit only
- Minimum registration required for all programs.



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 cancellation.
- A \$25 administration fee will be deducted from the refunded amount.
- A \$35 fee is charged for returned or cancelled cheques.

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS	20/20/20 10:00am – 11:00am (with Marla)	*REGENERATIVE YOGA 10:30am – 11:30am (with Maureen)		*REGENERATIVE YOGA 10:30am – 11:30am (with Maureen)	*REGENERATIVE YOGA 9:00am – 10:00am (with Maureen)
	NEW CORE FUSION 11:15am – 12:15pm (with Marla)				NEW STEP-TONUS 10:15am – 11:15am (with Marla)
AFTERNOONS	CHAIR YOGA 3:00pm – 4:00pm (with Maureen)			CHAIR YOGA 12:00pm – 1:00pm (with Maureen)	
		*REGENERATIVE YOGA 5:00pm – 6:00pm (with Maureen)		LINE DANCING 2:00pm – 3:30pm (with Marc Mitchell)	
				KARATE 5:00pm – 6:30pm (with Shinan Luigi di Filippo)	

*Participants must provide their own yoga mats



HUDSON SPRING & SUMMER ACTIVITIES



20/20/20 TRAINING WITH MARLA - ALL FITNESS LEVELS

Three workouts in one! This class combines 20 minutes of cardio and 20 minutes of strength training, followed by 20 minutes of core/balance and stretching.

NEW STEP-TONUS WITH MARLA - ALL FITNESS LEVELS

Improves cardiovascular and muscular capacity through simple combinations using the step and various strength-building exercises. The intensity varies and is similar to circuit training.

NEW CORE FUSION WITH MARLA - ALL FITNESS LEVELS.

Mix of isometric and dynamic exercises that challenges the entire core (Isometric exercises are static positions where you contract your muscles without moving) (Dynamic exercises are planks, crunches movements and resistance to work the core). When both isometric and dynamic are used in a single routine, you can target more areas of the core in one single workout. Excellent for those looking to increase strength and mobility in the back, pelvis and/or hip region. This class finishes with a full-body stretch.

12 WEEKS: APRIL 15 – JULY 26

No Classes on Monday, May 20, June 24, and July 1st
Drop-in fee: Resident \$15, Non-resident \$20

RESIDENTS	ADULTS	60+	NON-RESIDENTS	
12 Classes	\$125	\$95	12 Classes	\$170
24 Classes	\$175	\$135	24 Classes	\$235
Unlimited	\$215	\$165	Unlimited	\$290

LINE DANCING WITH MARC MITCHELL

7 WEEKS: MAY 9 – JUNE 20

Come and enjoy a wide range of great music to well explained dances. Line dancing for all. No partner needed.
Thursday 2 p.m. - 3:30 p.m.

RESIDENTS: \$85.00	NON-RESIDENTS: \$115.00
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SUMMER LINE DANCE SCHEDULE

6 WEEKS: JUNE 27 - AUGUST 15

No class Thursday August 1st.
Thursday 2 p.m. - 3:30 p.m.

RESIDENTS: \$85.00	NON-RESIDENTS: \$115.00
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REGENERATIVE YOGA WITH MAUREEN

Come and experience a yoga class designed to restore and rejuvenate your mind, body, and soul in a gentle modified supportive setting.

CHAIR YOGA WITH MAUREEN

This regenerative chair yoga class works all the joints and muscles, building strength and expanding range of motion from a seated or standing position. This class is designed for people who cannot get down on the floor.

15 WEEKS: APRIL 15 – AUGUST 16

No Classes on Monday, May 20, June 24 and, July 1st
Drop in: Resident \$15 Non-resident \$20

RESIDENTS	60+	ADULTS	
15 Classes	\$120	15 Classes	\$155
30 Classes	\$165	30 Classes	\$220
Unlimited	\$210	Unlimited	\$270
NON-RESIDENTS	60+	ADULTS	
15 Classes	\$170	15 Classes	\$215
30 Classes	\$225	30 Classes	\$305
Unlimited	\$280	Unlimited	\$365

KARATE FOR ALL AGES WITH SHIHAN LUIGI DI FILIPPO

10 WEEKS: APRIL 18– JUNE 20

Thursday 5 p.m. – 6:30 p.m.

*Uniforms, belts, and equipment purchases are the student's responsibility.

Shihan Luigi Di Filippo, a 6th degree black belt (Rokudan), has been studying and teaching martial arts for over 35 years.

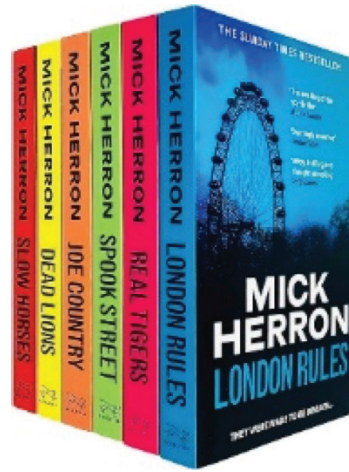
- He is known for his energy and technical skills.
- Classes emphasize traditional Okinawan martial arts principles of etiquette, discipline, confidence, and fitness.
- The goal is to develop students that are well rounded and positive individuals.

	RESIDENTS	NON-RESIDENTS
Ages: 7-12	\$180	\$245
Ages: 13-17	\$200	\$270
Adults	\$220	\$295

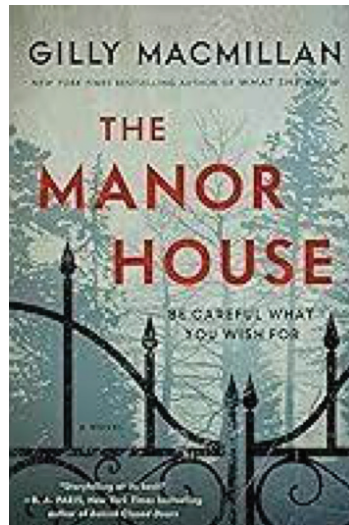
SUMMER TIME



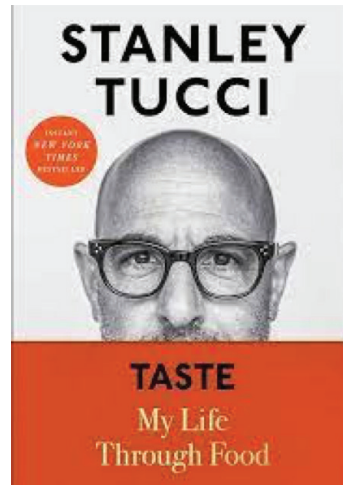
SUMMER IS THE BEST TIME TO CATCH UP ON OUR READING!
Here are some suggestions from the Hudson War Memorial Library:



Mick Herron's six Slough House novels have been shortlisted for eight CWA Daggers, winning twice, and shortlisted for the Old Peculier Crime Novel of the Year three times.



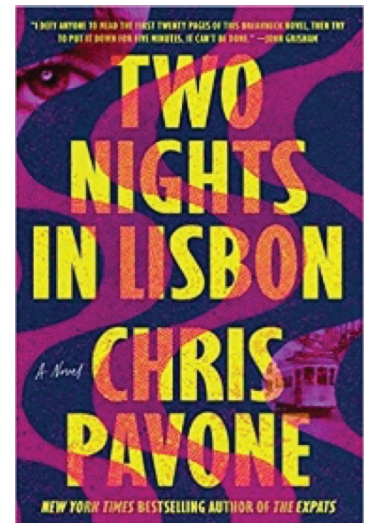
Gilly Macmillan's *The Manor House* is the story of childhood sweethearts Nicole and Tom; a normal, loving couple—until a massive lottery win changes their lives overnight. But this dream world quickly turns into a nightmare when Tom is found dead in the swimming pool. Was Tom's death a tragic accident, or was it something worse?



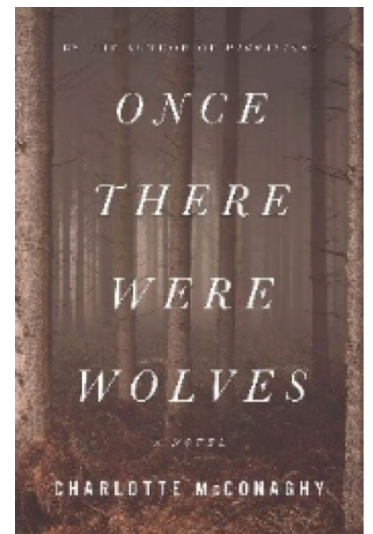
Stanley Tucci's *Taste* is a reflection on the intersection of food and life, filled with anecdotes about his growing up in Westchester, New York; preparing for and shooting the foodie films *Big Night* and *Julie & Julia*; falling in love over dinner; and teaming up with his wife to create meals for a multitude of children. Each morsel of this delicious as the last.



Nita Prose's *The Mystery Guest*: When an acclaimed author dies at the Regency Grand Hotel, it's up to a fastidious maid to uncover the truth, no matter how dirty—in a standalone novel featuring Molly Gray.



Chris Pavone's *Two Nights in Lisbon* is a riveting thriller about a woman under pressure, and how far she will go when everything is on the line.



Charlotte Macgonaghy's *Once There Were Wolves*: Inti Flynn arrives in Scotland with her twin sister, Aggie, to lead a team of biologists tasked with reintroducing fourteen gray wolves into the remote Highlands. She hopes to heal not only the dying landscape, but Aggie, too, unmade by the terrible secrets that drove the sisters out of Alaska.

SUMMER TIME



SUMMER EVENTS

MAY:

26: British Car Show at St Thomas Park

JUNE:

30: Canada Day Festivities at St Thomas Park and Jack Layton Park

JULY:

01: Canada Day Celebration at the Community Centre

12-14: Festival Illume

18-28: Shakespeare-by-the-Lake

AUGUST:

01- 05: Hudson Music Festival

24: Hudson Day

24: Hudson Auto Show at St Thomas Park

SEPTEMBER:

14: Porchfest



ST-LAZARE HUDSON SOCCER CLUB 2024 SOCCER SUMMER

The CSSLH is happy to contribute to the sporting life of young athletes aged 4 and over, we have the resources, coaching and administrative staff necessary to provide your child with a healthy, rewarding, and exciting soccer experience for the 2024 summer season. We have programs for everyone, from the recreational player to the competitive player, boys and girls, men, or women, come and have fun this summer.

Registration is open from February 1 to June 1st, 2024.

For more information, visit our website www.slhsoccer.com or contact us info@slhsoccer.com.

SOCCER SUMMER CAMP AND HIGH-PERFORMANCE CAMP

9 weeks offered from June 25 to August 29, 2024, and 4 weeks of high-performance camp.

It's a summer camp that will allow your child not only to be active, but also to awaken and nurture their interest in developing skills and learning soccer-specific techniques.

We promote excellence by teaching the fundamentals of soccer in a healthy, fun, and safe environment.

INFORMATION

info@slhsoccer.com
www.slhsoccer.com
Facebook: slhsoccer



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