# THE HUDSON VOICE

(HUDSON)

- Dates & Reminders p3
- Securing Your Pool p4
- Recognising Ragweed p4
- Lawn Watering p4
- Community Spotlights p5
- Waste Management p6

- Pesticide Use p7
- Hudson Community Pool p8
- Spring & Summer Activities p9-10
- Good Summer Reads p11
- Summer Events & Soccer p12



MAYOR
Chloe Hutchison
maire@ville.hudson.qc.ca



DISTRICT I
COMO
Douglas Smith
district I @ville.hudson.qc.ca
450-458-5347, ext. 1101



DISTRICT2
HUDSON EAST
Benoît Blais
district2@ville.hudson.qc.ca
450-458-5347, ext. 1102



DISTRICT 3
HUDSON CENTRE
Peter Mate
district3@ville.hudson.qc.ca
450-458-5347, ext. 1103







DISTRICT 4
FAIRHAVEN
Reid Thompson
district4@ville.hudson.qc.ca
450-458-5347, ext. I 104



DISTRICT 5
HEIGHTS - EAST
Mark Gray
district5@ville.hudson.qc.ca
450-458-5347, ext. 1105



DISTRICT 6
WEST
Daren Legault
district6@ville.hudson.qc.ca
450-458-5347, ext. 1106

# TOWN COUNCIL MEETINGS are held at 7 PM on the first Monday of each month at the Stephen F. Shaar Community Centre, 394 Main Road. When the first Monday is a holiday, the meeting is usually held on the Tuesday.

# UPCOMING COUNCIL MEETING DATES:

Monday, June 3rd Tuesday, July 2nd Monday, August 5th Tuesday, September 3rd

# COFFEE WITH THE MAYOR is held the Saturday after the Council meeting, from 10 am - noon at Halcro Cottage, 539 Main Road.

# COFFEE WITH THE MAYOR DATES

Saturday, June 8th
Saturday, July 6th
Saturday, August 10th
Saturday, September 7th

# IMPORTANT PHONE NUMBERS:

011

EMEDGENICY

EFIERGENC I 711
Info Santé811
Suicide Crisis line988
Health and social services information211
Community Patrol514-219-5383
Town Hall450-458-5347
Poison Control
I-800-453-5060
Stephen F. Shaar Community Centre
450-458-5347 ext 3703
C.L.S.C. (Vaudreuil) 450-455-6171
C.L.S.C. (Rigaud)



#### **NOTABLE DATES:**

#### MAY

- 01: Parking passes required for Jack Layton Park and the Community Centre
- 05: Early registration for pool (Hudson residents)
- 08: Beginning of combined green waste collection
- 17: Bulky item pick up
- 21: Branch collection. Register before 4 pm Tuesday May 14th
- 24: Town offices closed
- 26: Pool registration for all

#### JUNE

- 03: Town Council meeting
- 05: End of early registration for Day Camp
- 07: End of early registration for pool
- 08: Coffee with the Mayor 08 & 09:

Town-wide garage sale. Register before 4 pm, Monday June 3rd

- 21: Bulky item pick up
- 24: Town offices closed
- 30: Canada Day festivities: St Thomas Park and Jack Layton Park

#### **JULY**

- 01: Canada Day Celebration: Community Centre
- 01: Town offices closed
- 02: Cardboard pick up
- 02: Town Council meeting
- 06: Coffee with the Mayor
- 19: Bulky item pick up

#### **AUGUST**

- 05: Town Council meeting
- 10: Coffee with the Mayor
- 16: Bulky item pick up
- 24: Hudson Day

#### **SEPTEMBER**

- 02: Town offices closed
- 03: Town Council meeting
- 07: Coffee with the Mayor
- 20: Bulky item pick up

#### **PUBLIC WORKS CALENDAR**

Flushing of the aqueduct system in Hudson Valleys: May – July

Painting of street lines: mid-May - mid-June (weather permitting)

# PERMANENT PARKING PASSES FOR HUDSON RESIDENTS:

As of this year, Hudson residents who apply will receive a permanent parking pass, valid for the life of the licence plate for which it is issued. A reminder that a parking pass is required to park at Jack Layton Park and at the Community Centre, from May 1st to October 31st.

# FREE LIBRARY MEMBERSHIP AT THE SAINT-LAZARE LIBRARY!

Thanks to a new pilot project, Hudson residents can now benefit from a free membership at the Saint-Lazare library as of May 1st. Residents must show two proofs of residency, and provide a birth certificate as proof for their child. For more info: https://hudson.quebec/en/

#### **USE OF LOUD EQUIPMENT**

A reminder that construction work or the use of loud equipment such as chainsaws can be carried out during the following hours:

Monday to Friday: 7 am to 8 pm

Saturday, Sunday, and legal holidays: 9 am to 4 pm

Fines for a first infraction range from \$200 to \$1,000 per day for an individual, and from \$400 to \$2,000 per day if the offender is a business. For each repeat infraction, fines range from \$400 to \$2,000 per day for an individual, and from \$800 to \$4,000 per day if the offender is a business.

#### **WE'RE HERE TO SERVE YOU!**

#### 4 ways to stay up to date:

- 1. Town of Hudson website: www.hudson.quebec/en
- 2. Hudson This Week email newsletter
- Town of Hudson Facebook page: @Town of Hudson Ville d'Hudson
- **4.** The Automated Calling System; receive emergency messages such as flooding, boil water advisories, and other pertinent information.

# Do you have a QUESTION, a CONCERN, or a SERVICE REQUEST?

#### 3 ways to get in touch with us:

- Register a service request from the Town of Hudson website: www.hudson.quebec/en
- 2. Email us at info@ville.hudson.qc.ca
- 3. Call us at 450-458-5347.



#### THIS SUMMER I AM SECURING MY POOL!

Beginning in May 2024, Urban Planning inspectors will conduct inspections of the residential pools in the Municipality. This exercise aims to help pool owners identify any non-compliance with their installations before the September 30, 2025 deadline.

In May 2021, the Quebec government announced new rules regarding pool safety, which have been in effect since July 1, 2021. The purpose of these new rules is to render even safer the structures surrounding any residential swimming pools (in-ground, above-ground, semi-in-ground, removable). The new rules aim to control the access of occupants to the pool by simple measures such as the installation of an enclosure equipped with a security door.

These rules now apply to all pools, regardless of their installation date. Homeowners have until September 30, 2025, to bring their installation into compliance. Therefore, it is important that residents affected by these new rules become aware of the changes to ensure compliance. For additional information: https://hudson.quebec/en/services/urban-planning/piscines-residentielles/

#### RAGWEED: RECOGNIZE IT, ELIMINATE IT

Every summer, ragweed causes much discomfort for those allergic to its pollen, such as throat tingling, repeated sneezing, and several other symptoms. That's why it's important to pull it out now to minimize the impact of its pollen, which is responsible for hay fever.

Ragweed is not the same plant as poison ivy. Although these plants have similar names in French (l'herbe à poux and l'herbe à puce), they are quite different. While poison ivy causes painful skin inflammation upon contact with the sap, ragweed, on the other hand, is harmless. It is therefore possible to easily get rid of it in various ways.

- Pull the plants out and dispose of them in the trash (never in compost);
- Mow the lawn regularly to prevent the plant from flowering;
- Sow grass seed on bare soil;
- Use mulch or ground cover plants in areas where there is no lawn.

#### **LAWN WATERING**

By-law 723 governs the use of drinking water produced by the municipal water system. Lawn watering is restricted based on address and type of watering system. If you have:

- An automatic watering system, you are permitted to water your lawn only from 2 a.m. and 4 a.m., on the day corresponding to your address (see table below).
- A mechanical watering system, you are permitted to water your lawn only from 8 p.m. and 10 p.m., on the day corresponding to your address (see table below).

If your address number ends in	0 or I	2 or 3	4 or 5	6 or 7	8 or 9
You can water your lawn on	Monday	Tuesday	Wednesday	Thursday	Friday

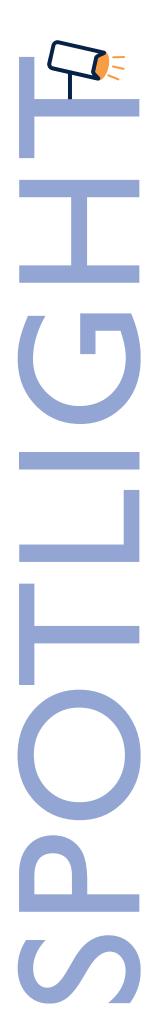
#### **USE OF PESTICIDES**

If you are considering spraying pesticides on your land, note that By-law 739 on the control of pesticides prohibits their use throughout the territory except for certain exceptions such as cases of infestation, security, public health, or prevention reasons. Anyone wishing to use pesticides on their land must apply for a permit and ensure that the conditions outlined in By-law 739 are met, otherwise they are liable to penalties. More information on Page 6.

#### PROPERTY INSPECTION VISITS

Inspection visits for the purposes of the property assessment roll are currently underway.

- The property assessment firm, Les Estimateurs Professionnels Leroux, Beaudry, Picard & Associés will be conducting the visits. The firm's representatives will carry a photo ID and an identification letter signed by an authorized Town representative.
- The owner or occupier has an obligation to allow the inspector access to the property.
- The information collected will be included in the property file; a fundamental aspect of preparing and maintaining the property assessment roll.
- Additional information can be found on the Property Assessment section of the Town's website at www.hudson.quebec



### **The War Memorial Library**

Special contributor: René Gauthier, Co-Chair of the Library Board of Directors

Celebrating its 75th anniversary, the War Memorial Library is a non-profit registered charity deeply woven in the fabric of Hudson for over seven decades. The library provides a subscription service of printed materials as well as CD audiobooks and DVDs, primarily in the English language, extending its services to the residents of Hudson and surrounding communities.

Every Saturday, from 9 AM to 12 PM, the library operates a thrift store known as the Bunker, selling donated items at very reasonable prices, with 100% of the proceeds directly supporting the library and



other charities. Notably, the Bunker has been located in the library basement for over 75 years.

Run by a group of dedicated volunteers, the War Memorial Library & Bunker sustains itself through membership fees, donations, and fundraising activities. Beyond meeting its own needs, the library, with money raised through the Bunker, consistently donates to many other charities. To date, the library has given back in excess of \$700,000 to our local community!

The existing building, originally constructed for the Masons in 1923, currently houses the War Memorial Library and Bunker. Post-World War II, the library relocated to this building with a specific focus on serving as a War Memorial, honouring those in Hudson who served in the Canadian Armed Forces.

## THE HUDSON PLAYERS CLUB

Special contributor: Stephen Walters, member of the Executive board, Hudson Players Club

The Hudson Players Club, based in our wonderfully art-appreciative town of Hudson, Quebec, is a vibrant community theatre company. We host performances at various venues including The Hudson Village Theatre, Jack Layton Park, The Creative Hub, and Greenwood, Our mission is clear: to nurture a love for theatre within our community and to empower individuals to fully



Photograph: Karen Delorme

immerse themselves in the theatrical experience.

Proudly holding the title of the longest-running English-language theatre company in Quebec, The Hudson Players Club has been a cornerstone of cultural enrichment since its inception in 1948. As a volunteer-driven organization, we continuously seek performers of all skill levels and enthusiastic crew members to contribute to every facet of our productions.

Over the past 75 years, we've delighted audiences with a diverse range of performances, spanning from comedies and dramas, to Shakespearean classics and contemporary works. Our commitment to excellence and inclusivity remains unwavering.

For more information about our upcoming productions and how to become a member, please visit www.hudsonplayers.ca.



#### **WASTE MANAGEMENT**

Waste comprises all the materials generated by households and businesses: garbage, bulky items, recycling and organics, such as food and yard waste.

#### Did you know?

The Politique Québécoise de gestion des matières résiduelles aims to eliminate waste in our society. One of its objectives is to ban organic materials from landfill because they can be composted and recovered.

#### **Organics**

Participating in the organics collection helps to reduce greenhouse gases (GHG) released from landfills. When organics are sent to landfills, they decompose very slowly due to the absence of oxygen in a process that releases methane, a very powerful GHG. Organics collected by the Town are sent to the composting site in Lachute where they are quickly transformed into compost and returned to residents.

#### Did you know?

Complexe Enviro Connexions, the most important landfill in the Communauté Metropolitaine de Montreal (CMM) and where Hudson's garbage is sent, is slated to reach its maximum capacity in 2027! A request to increase its size and capacity has been submitted to the government.

#### Interesting Hudson statistics

In 2021, according to the ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs, the Town of Hudson produced 3521 tons of garbage. This represents 633 kg per resident. When we add recycled and composted waste, we can calculate that only 8 % of the total waste produced on Hudson's territory was composted, 14 % was recycled and 77 % was sent to landfill.

It is interesting to note that 50 % of the total waste produced came from the construction, renovation and demolition (CRD) sector and only 24 % was household garbage. CRD waste can be better managed by taking it to the Ecocentres.

#### **Ecocentres**

Ecocentres are recycling facilities. They accept dangerous residues, electronics and CRD waste. They can also take and safely recycle home appliances including refrigerators and air conditioners which contain halocarbons, extremely potent GHGs. Two 2 Ecocentres are located near Hudson; one in Rigaud, the other in Vaudreuil.





#### **PESTICIDE USE**

Avant-garde and proactive, the Town of Hudson was the first town to ban the cosmetic use of pesticides. In 1991, the Town adopted a by-law without precedence and defended it in the Supreme Court of Canada in 2001. A historical favourable judgment encourages other Quebec towns to legislate pesticide use.

In 2021, the pesticide by-law was updated. By-law 739-2021 prohibits the use and application of pesticides outside of buildings within all of Hudson. Pesticides are insecticides, herbicides, fungicides and rodenticides.

Some exceptions can be found in the by-law. For example, low impact pesticides are allowed provided they are used in accordance with the product label. Low impact pesticides include borax which is used to eliminate ants.

The use of neonicotinoid pesticides, which according to Health Canada pose a threat to bees and aquatic life, is strictly prohibited.

Also, pesticide use in sensitive zones such as schools, daycares, clinics and private residences for the elderly are always prohibited.

#### Did you know?

A product sold in stores is not necessarily authorized. For example, the use of glyphosate, commercially known as Roundup, is not permitted. You must therefore obtain a permit before applying it to your property.

In the case of an infestation, a temporary permit for the application of pesticides can be issued only after all environmentally friendly alternatives have been exhausted.

#### Did you know?

Golf courses and agricultural land are subjected to special clauses. Both must submit an annual report describing all pesticide applications. In addition, golf courses must obtain the ACSP for golf certification issued by Audubon International which ensures the sustainable management of the golf course.

All commercial applications of pesticides and fertilizers must be carried out by a town-registered company. The employees must use a vehicle clearly identified with the name of the company. You can help the Town ensure that all lawn care companies are registered by reporting the presence of a truck in your neighbourhood.

Although pesticides can be useful when trying to reduce nuisance organisms, it should be considered that such chemicals also destroy beneficial organisms. Insecticides are harmful to insects such as monarch butterflies and bees. Insects are essential for ecosystem balance. They are food sources for birds and small mammals. Herbicides destroy native plants that produce nectar, essential to pollinators. Avoiding pesticide use therefore helps protect biodiversity. Green spaces can be managed ecologically using alternative methods. These will be shared with you in upcoming editions. Stay tuned!





#### **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, 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.





# 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.



- 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)
MORN	NEW CORE FUSION 11:15am — 12:15pm (with Marla)				NEW STEP-TONUS 10:15am – 11:15am (with Marla)
NS	CHAIR YOGA 3:00pm — 4:00pm (with Maureen)			CHAIR YOGA 12:00pm — 1:00pm (with Maureen)	
AFTERNOONS		*REGENERATIVE YOGA 5:00pm — 6:00pm (with Maureen)		LINE DANCING 2:00pm — 3:30pm (with Marc Mitchell)	
AF				KARATE 5:00pm — 6:30pm (with Shinan Luigi di Filippo)	

<sup>\*</sup>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

# 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

#### **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.

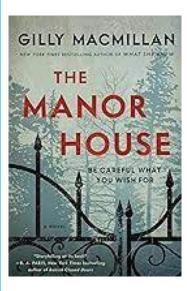
- He is known for his energy and technical skills.
- Classes emphasize traditional Okinawan martial arts principles of etiquette, discipline, confidence, and fitness.
- The goal is to develop students that are well rounded and positive individuals.

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

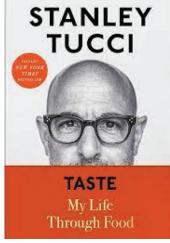
# SUMMER IS THE BEST TIME TO CATCH UP ON OUR READING! Here are some suggestions from the Hudson War Memorial Library:



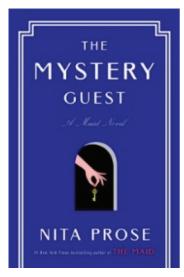
Mick Herron's six Slough House novels have been shortlisted for eight CWA Daggers, winning twice, and shortlisted for the Old Peculier Crime Novel of the Year three times.



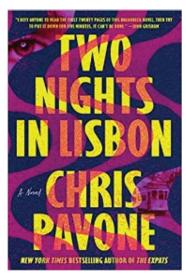
Gilly Macmillan's The Manor House is the story of childhood sweethearts Nicole and Tom; a normal, loving couple—until a massive lottery win changes their lives overnight. But this dream world quickly turns into a nightmare when Tom is found dead in the swimming pool. Was Tom's death a tragic accident,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



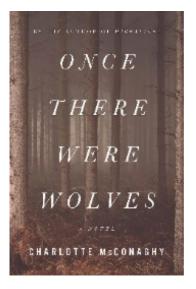
Stanley Tucci's Taste is a reflection on the intersection of food and life, filled with anecdotes about his growing up in Westchester, New York; preparing for and shooting the foodie films Big Night and Julie & Julia; falling in love over dinner; and teaming up with his wife to create meals for a multitude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



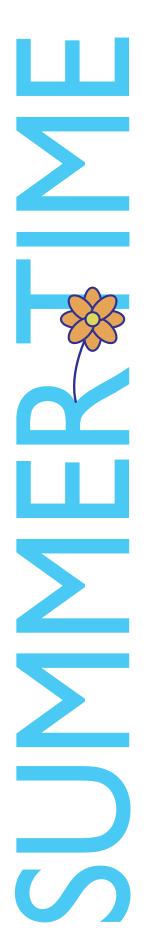
Nita Prose's The Mystery Guest: When an acclaimed author dies at the Regency Grand Hotel, it's up to a fastidious maid to uncover the truth, no matter how dirty—in a standalone novel featuring Molly Gray.



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 EVENTS**

#### MAY:

**AUGUST:** 

26: British Car Show at St Thomas Park

01-05: Hudson Music **Festival** 

24: Hudson Auto Show at St Thomas Park

24: Hudson Day

#### 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

#### **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**

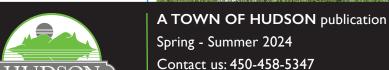
9 weeks offered from June 25 to August 29, 2024, and 4 weeks of high-performance camp.

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



• info@ville.hudson.qc.ca

#### TOWN HALL

481, rue Main, Hudson Québec JOP 1H0 www.hudson.quebec