

CULTURE AND RECREATION PROJECTS

CULTURAL POLICY UPDATE

The draft Cultural Policy was reviewed by the Cultural Policy Committee on February 27, 2025, and by the Hudson Arts and Culture Council on March 1, 2025.

Once this revision phase is over, the final version will be presented to Town Council for adoption. A public presentation of the final policy will follow—more details to come.

Get Involved: Cultural Policy Action Plan

To bring the cultural policy to life, we're forming an action plan committee.

Would you like to help shape and track its progress? Apply at culture_loisirs@ville.hudson.qc.ca.

Your commitment:

Planning phase: 2-3 meetings over 2-3 months.

Follow-up: 1-2 meetings per year for 3 years.



PARKS AND GREEN SPACES MASTER PLAN UPDATE

The preliminary Parks and Green Spaces Master Plan was presented to Town Council on March 18, 2025. After incorporating their feedback and approving the revisions, the plan will be officially adopted, marking the introduction of Hudson's very first Parks and Green Spaces Master Plan!

A public presentation of the final version will follow—details to come.

Since you asked... A Parks and Green Spaces Master Plan is a long-term guide for planning, developing, and maintaining the Town's parks, trails, and natural areas. It provides a roadmap for the next decade, helping future councils make informed budget and investment decisions. A good master plan helps create vibrant, sustainable outdoor spaces that benefit both residents and the environment.



DAY CAMP

We are excited to partner with Hudson Forest Play, a local non-profit organization, for this year's day camp. Activities begin on Monday, June 23 and end on Friday, August 15, 2025, for a total of 8 weeks. Activities take place at St-Thomas elementary school, 393 Main Road and at the Stephen F. Shaar Community Centre, 394 Main Road.

For children *5 to 12 years of age. *must have turned 5 in September 2024.

Register online at hudsonforestplay.org

- Hudson residents can register online as of 9 am, April 14th.
- Non-residents can register online as of 9 am, April 28th.
- Early-bird prices in effect until May 31st.

Fees	By May 31st	After May 31st
Resident	\$85/week	\$127.50/week
Resident Summer Package	\$578 (\$72.25/week)	\$867 (\$108.38/week)
Non-resident	\$150/week	\$200/week
Non-resident Summer Package	\$1020 (\$127.50/week)	\$1360 (\$170/week)

Contact: Jessica Stanimir, Camp Coordinator at camp@hudsonforestplay.org or consult the website at: hudsonforestplay.org







HUDSON DAY CAMP

8 week program
JUNE 23 – AUGUST 15

Come join us for a fun-filled summer you'll never forget!

AGES: 5-12 YEARS OLD*

*Please note that your child must be 5 by September 30, 2024.

Activities Include:

- Outdoor Activities
- Swimming
- Arts & Crafts
- Science Experiments
- Team Sports & Games
- Special Theme Days
- Much More!!

Registrations open April 13

For more information:
HUDSONFORESTPLAY.ORG

HUDSON COMMUNITY POOL

Summer 2025

Pre-season: June 9 to June 20

Regular Season: June 23 to August 15

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

By Kaley Sheehan,

Hudson Community Pool Team Member

The Community Pool is gearing up for an exciting summer, and we want YOU to be a part of it! We're actively looking for new members to join our vibrant, friendly community. With a fun and passionate staff, we're always thrilled to offer an array of activities and programs that cater to everyone, no matter their age or skill level.

Our pool provides something for everyone, from our competitive swim team to synchronized swimming, water polo, and diving. For those looking to stay fit, we offer Aqua Fit classes. We also have swimming lessons for all ages and abilities, including our Masters program, aimed at adult swimmers.

If you're interested in pursuing a future as a lifeguard, we offer Bronze Medallion and Bronze Cross courses. But that's not all – we're big on community activities, too! Every other week, we host exciting events like Family Fun Night and our Swimathon, where families and friends can come together for a great time.

If competitive programs aren't your thing, no worries! We offer free swim every day and adult swim in the evenings, perfect for those who want to enjoy a quiet swim or get some laps in.

Registration is coming up soon! **Hudson Residents can register starting May 4th, and non-residents can register beginning May 25th.** Registration will be held from 9 am to 12 pm at the **Stephen F. Shaar Community Center.**

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.

The Hudson Community Pool is a place for everyone, and we're excited to see some new faces this year. Don't miss out – it's going to be an amazing summer!

If you have any questions, reach out to us on Facebook or Instagram @Hudson_communitypool.



RECREATION



EARLY REGISTRATION

HUDSON RESIDENTS

Sunday, May 4th, 9 a.m. to noon to Friday, May 9th.

NON-RESIDENTS

Sunday, May 25th, 9 a.m. to noon, to Friday, May 30th.

Registration takes place 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 these dates, but will be on a first-come, first served basis. Registrations received after June 7th will be subject to an additional fee of 15%.

Opening hours:

Monday through Thursday:

8:30 a.m. to noon, and 1 p.m. to 4:30 p.m.

Friday: 8:30 a.m. to noon.

PROGRAMS AND FEES

RESIDENTS		NON-RESIDENTS	
Single access		Single access	
Child	\$3	Child	\$4
Adult	\$5	Adult	\$6
10-visit pass card	\$30	10-visit pass card	\$40
All-inclusive Memberships		All-inclusive Memberships	
Family (2 parents and 1-3 children)	\$350	Family (2 parents and 1-3 children)	\$475
\$5/extra child		\$7/extra child	
Parent-Child (1 parent, 1 child)	\$260	Parent-Child (1 parent, 1 child)	\$350
Teenager	\$165	Teenager	\$220
Adult (18+)	\$220	Adult (18+)	\$315
Adult couple	\$290	Adult couple	\$390
Senior	\$85	Senior	\$115
Senior couple	\$125	Senior couple	\$170
NEW Free-Swim Memberships		**NEW** Free-Swim Memberships	
Family (2 parents and 1-3 children)	\$120	Family (2 parents and 1-3 children)	\$160
\$5/extra child		\$7/extra child	
Individual (18 +)	\$60	Individual (18 +)	\$80
Teenager	\$45	Teenager	\$60
Senior	\$45	Senior	\$60





Celebrate the joy of movement!

Spring and Summer Fitness Registration at Stephen F. Shaar Community Centre, 394 Main Road, Hudson.

- Tuesday, April 22nd to Friday, April 25th
- 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
- Minimum registration required for all programs

The dates and times of all courses and other activities are subject to change or cancellation.

REFUND POLICY

- After the first 2 weeks of programs, refunds will be issued only upon presentation of a medical certificate
- 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 10:15 am – 11:15 am Marla	PILATES 9 am – 10 am Marla		PILATES 9 am – 10 am Marla	*REGENERATIVE YOGA 9 am – 10 am Maureen
		*REGENERATIVE YOGA 10:30 am – 11:30 am Maureen		*REGENERATIVE YOGA 10:30 am – 11:30 am Maureen	20/20/20 10:15 am – 11:15 am Marla
				*CHAIR YOGA 12 pm – 1 pm Maureen	
AFTERNOONS	*CHAIR YOGA 3 pm – 4 pm Maureen			LINE DANCING 2 pm – 3:30 pm Marc	
		*REGENERATIVE YOGA 5 pm – 6 pm Maureen		KARATE 5 pm – 6:30 pm Luigi	

*Participants must provide their own yoga mats

SPRING/SUMMER FITNESS

SPRING/SUMMER FITNESS

12 WEEKS: APRIL 28 – AUGUST 8

No classes on April 28, May 19, June 24 and July 1
Drop-in fee: Resident \$15, Non-resident \$20

20/20/20 TRAINING WITH MARLA

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.

PILATES WITH MARLA

Pilates is a form of low-impact exercise that aims to strengthen core muscles while improving postural alignment, flexibility and balance. All levels welcome, exercises will be modified according to ability.

NUMBER OF CLASSES	RESIDENTS	RESIDENTS (60+)	NON-RESIDENTS	NON-RESIDENTS (60+)
12 Classes	\$125	\$95	\$170	\$135
24 Classes	\$175	\$135	\$235	\$180
Unlimited	\$215	\$165	\$290	\$225

YOGA PROGRAM

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.

13 WEEKS: APRIL 28 – AUGUST 15

No classes on April 28, May 19, June 24 and July 1
Participants must provide their own yoga mats
Drop-in fee: Resident \$15, Non-resident \$20

NUMBER OF CLASSES	RESIDENTS	RESIDENTS (60+)	NON-RESIDENTS	NON-RESIDENTS (60+)
13 Classes	\$135	\$105	\$185	\$145
26 Classes	\$195	\$145	\$265	\$195
Unlimited	\$235	\$180	\$315	\$245

LINE DANCING WITH MARC MITCHELL

7 WEEKS: MAY 8 – JUNE 19

Come and enjoy a wide range of great music to well-explained dances. Line dancing for all. No partner needed.

Thursday 2 pm to 3:30 pm

RESIDENTS: \$90	60+: \$65	NON-RESIDENTS: \$115
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KARATE FOR ALL AGES WITH SHIHAN LUIGI DI FILIPPO

10 WEEKS: MAY 1 – JULY 3

Thursday 5 pm to 6:30 pm

- 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

CULTURAL AND RECREATIONAL PROGRAMS

Do you have some ideas for recreational or cultural activities in town? We'd love to hear them! You can drop your suggestions in the suggestion box at the Community Centre reception desk or send them to us at tech_loisirs@ville.hudson.qc.ca. Let us know what you think!

NEW DRAWING EXPLORATION CLASS WITH ALLANA BENHAM

4 WEEKS: MAY 1 – MAY 22

Thursday: 6:30 pm – 9 pm

Ages 12 and up, open to students & seniors and all levels of experience.

Materials included, students can bring their own materials.

RESIDENTS: \$240	STUDENTS and 60+: \$195	NON-RESIDENTS: \$320
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Course description:

We will use pencils and other materials to create compositions, define shapes, and add depth and mood. Looking at historical drawings, we'll explore different techniques and experiment with effects.

Week 1 – May 1

Let's start with a drawing method that builds large shapes using simple lines. We'll sketch lightly with graphite and refine as we go. This approach is a great foundation for any drawing, with any material.

- Subject: Still-life with tree branches and natural forms, lighting.
- Materials: white paper, graphite pencils, erasers, sharpeners.

Week 2 – May 8

Let's try the 3-crayon method, used by 18th-century French and Dutch artists. We'll sketch a composition, then refine it with white, black, and red pencils, drawing inspiration from art history.

- Subject: Drapery study, lighting.
- Materials: Cream paper, graphite pencil, black, red/green, and white pencil, erasers, sharpeners.

Week 3 – May 15

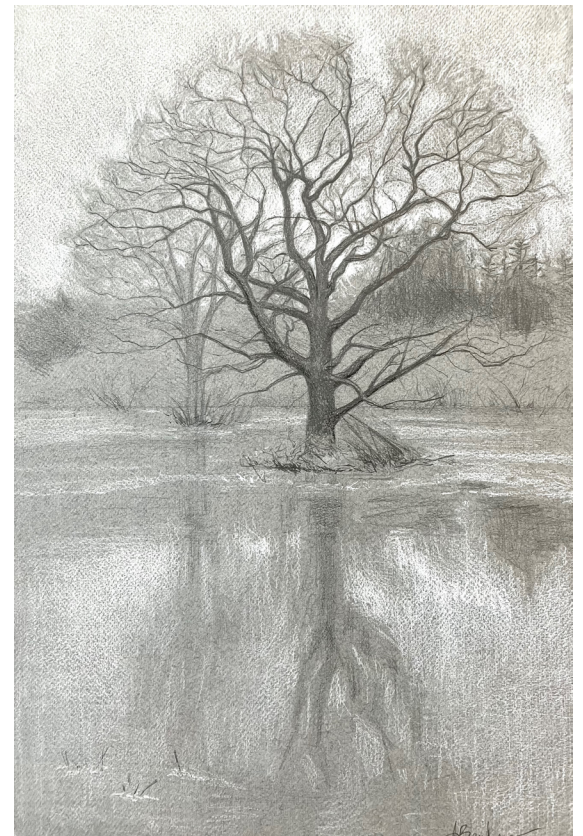
For the last two classes, we'll focus on landscapes. This week, we'll explore how light and dark create depth. Using black and white, we'll develop tones to bring landscapes to life.

- Subject: landscape photo: Materials: grey paper with white and black pencils.

Week 4 – May 22

Finally, we'll explore how texture, soft edges, and sharp lines create depth and atmosphere in a drawing.

- Subject: landscape photo: Materials: grey paper with white and black pencils.



COMMUNITY DANCE NIGHTS

Traditional dances, square sets, contradances. All dances are explained and called by Mr. Pierre Paul Savaria, accompanied by a fiddle player and pianist. Come and dance in a friendly and fun atmosphere. Open to all!

Tickets: \$10 - free for children under 12.

On sale at the Community Centre 2 weeks before each event.

- Saturday, May 10, 1 pm to 5 pm
- Sunday, June 22, 1pm to 5 pm

HUDSON PARENT-BABY CLUB

7 WEEKS: MAY 6 – JUNE 17

Tuesday: 11:45 am - 12:45 pm

Cost: \$70

Join our weekly group baby class with **local doula, Alix Myers**. Each session is designed to provide parents and caregivers with knowledge and community support. Our sessions will cover essential topics such as infant feeding, postpartum wellness, sleep strategies, and developmental milestones.

HUDSON YOUTH CENTRE

Chat with friends, enjoy video games, ping-pong, board games, foosball and more! Give your ideas and suggestions to the staff on the type of activities you'd like. Pick up the program at the Community Centre.

Pre-teen hours: 4 pm to 7 pm (9-12 years)

Teen hours: 7 pm to 10 pm (12 years +)

Friday May 9

Friday May 23

Friday June 6

Friday June 13

Friday July 4

Friday July 18

Friday August 1

Friday August 15

SENIORS DROP-IN CENTRE LE SPOT 55+

Tuesdays & Thursdays 10 am to 12 pm at the Community Centre

Programming will be interrupted from June 23 to August 15

Open to all! Join us for a variety of activities, card games, bingo, crafts, workshops, guest speakers and much more. Check out our activity schedule on our Facebook page or at the Community Center.

Email: lespot55plus@gmail.com

SUBSIDIES AND FREE ACTIVITIES

For Children & Youth up to 17 years of age

The Town of Hudson reimburses 20% of course registration fees for youth 17 years of age and under, who live permanently in Hudson and who sign up for activities or courses not offered by the Town of Hudson or one of its mandataries, up to maximum amount of \$100 per year, per child.

The annual subsidy period is January 1st to December 31st.

Reimbursement does not cover sports or academic programs, or specialized day camps.

This program is open to Hudson residents only.

For more information, go to hudson.quebec/en and click on the **ACTIVE YOUTH** quick link on the home page.



ST-LAZARE HUDSON SOCCER CLUB

The St-Lazare Hudson Soccer Club, The Hawks are happy to contribute to the sporting lives of young athletes aged 4 and over. We have the resources, coaching and administrative staff necessary to provide your child with a healthy, enriching and exciting soccer experience for the 2025 summer season.

Program for all tastes and levels: from recreational players to competitive players.

The club also offers its summer soccer camp and High-Performance camps.

- 4 years and over
- Residents and non-residents
- Bilingual
- Equipment required: Sportswear and running shoes

Schedule and cost: www.slhsoccer.com

Registration:

Online until June 1, 2025, first come, first served. Due to demand, some programs may close before June 1.

More information:

www.slhsoccer.com

info@slhsoccer.com

Facebook.com/slhsoccer

Instagram:

@hawks_stlazare_hudson

OLYMPIC WRESTLING

The goal of Olympic wrestling is to pin your opponent's shoulders to the ground using techniques to score points. It is a non-violent sport with no punches, kicks, chokes, or submission holds.

Wrestling promotes communication and socialization, as wrestlers are in constant contact with others. They must respect their opponents and engage in the group's shared activities.

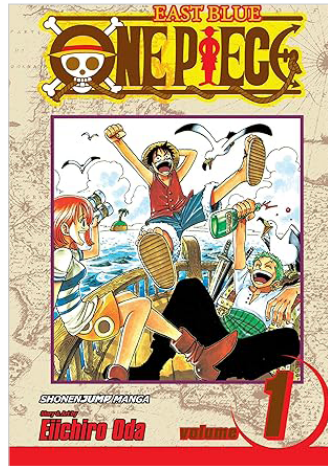
- Tuesdays and Thursdays 6:30 p.m.
- Westwood Senior High School - 69 Côte St-Charles, Hudson.
- Equipment required: wrestling shoes (but not necessary at the beginning).
- Registration: 300\$ annually, family discount for Hudson residents.
- Contact Sylvain Luneau for more information at crazydogswrestling@gmail.com.



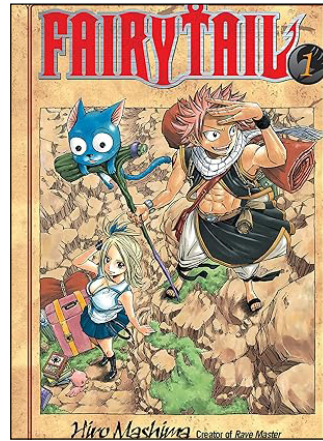
SUMMER READING

FOR YOUR READING PLEASURE

Summer is here, and with school out, keeping the kids entertained can be a challenge! Renée, a Town employee and mother of two active boys, understands firsthand. To help, she's sharing a few Japanese Manga book recommendations that have been a hit in her home—great picks to keep young minds engaged all summer long!



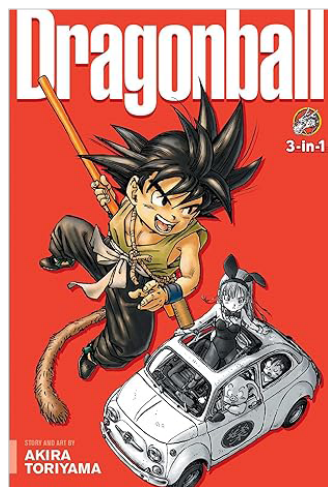
One Piece by Eiichiro Oda follows the adventures of Monkey D. Luffy and his crew, the Straw Hat Pirates, as he explores the Grand Line in search of the mythical treasure known as the “One Piece” to become the next King of the Pirates.



Fairy Tail by Hiro Mashima is a story of the adventures of Natsu Dragneel, a member of the popular wizard guild Fairy Tail, as he searches the fictional world of Earth-land for the dragon Igneel.



Full Metal Alchemist by Hiromu Arakawa In a world where alchemy is a practiced science, brothers Edward and Alphonse Elric seek the Philosopher’s Stone to restore their bodies after a failed attempt to revive their mother.



Dragonball by Akira Toriyama The series follows Son Goku from childhood to adulthood as he trains in martial arts. His journey begins in isolation until he meets Bulma, who leads him on a quest for the seven Dragon Balls, which summon a wish-granting dragon of the Pirates.



My Hero Academia by Kōhei Horikoshi. In a world where superpowers, or “Quirks,” are common, Izuku Midoriya dreams of becoming a hero despite being born without one. Recognizing his potential, the legendary All Might grants him a Quirk and helps him enter a top hero academy.



Fairy Tail: 100 Years Quest by Hiro Mashima is a sequel to the Fairy Tail series. Our hero, Natsu Dragneel and his team from the Fairy Tail wizard guild, disembark on the continent of Gaultina in northern Earth-land for the 100 Years Quest, a mission that has been unaccomplished for over a century.