

DESCRIPTIONS OF ACTIVITIES

6105 av. du Boisé
Montreal, QC H3S 2V9

Phone: (5 14) 737.0000

www.midtown_sanctuaire.com

Fitness Director - Benjamin Deloume
Benjamin.deloume@midtown.com

Open time - Gym is free to use for varied activities that do not require any supervision.

Tennis camp - period reserved for the tennis camp during the Summer .

Volleyball - A few warm -up drills and a supervised volleyball game, ! without supervision.

Soccer 16 yrs +- A few warm -up drills and a supervised soccer game, for 16 years and over.

Soccer (open to all) - A few warm -up drills and a supervised soccer game, for all ages .

Basketball ! - A B asketball game without supervision , for adults only .

General information

No additional fees for any activity unless otherwise noted.

Instructor substitutions may occur without notice. Activities are subject to a minimal participation amount and can be removed at any time.

During an activity

Please bring drinking water for your activity . Demonstrate good team spirit, you are here to have fun and move!

Any questions or comments please contact:

Fitness Director
Benjamin Deloume
Courriel: benjamin.deloume@midtown.com