

# RECREATION and CULTURE



Fall-Winter 2016-2017

VILLEPINCOURT.QC.CA



TOWN OF  
**PINCOURT**

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Recreation and Community Services



It's hard to believe, but another successful summer is already drawing to a close! Several major events were held in Pincourt this past season. The Grand défi Pierre Lavoie and its visit to our Town is just one example. The 2016 season of our BBQ Wednesdays, organized in cooperation with Canadian Tire and Scotiabank, was another memorable activity. Our two renowned chefs, Jonathan Garnier and Steven Raichlen, put on a wonderful show and passed on some great tips for making barbecue season a success.

The time has come to shift from our summer activities to our fall-winter program. It's a great opportunity for everyone to try something new and meet some new people!

**Photo:** Town Council

**Bottom row:**

Diane Boyer, (district 4), Yvan Cardinal (mayor) and Denise Bergeron (district 2).

**Top row:**

Sam Ierfino (district 3), Alexandre Wolford (district 1), René Lecavalier (district 6) and Jim Miron (district 5)

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## NEED INFORMATION?

### RECREATION AND COMMUNITY SERVICES

#### Omni-Centre

375 Cardinal-Léger Blvd.,  
Pincourt J7W 9H6

Phone: 514 453-8981, option 6

Fax: 514 453-1839

E-mail: [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca)

Website: [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)



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# Registration Details



## REGISTRATION

### IN PERSON

**September 1 and 2**

Faubourg de l'Île  
6:30 pm to 9:00 pm

Make sure to check under each activity as registration details may differ. Some activities may not be represented at the Faubourg de l'Île.

For some activities, registration priority is given to Pincourt residents. Places are limited. First come, first served.

### REGISTRATION FEES

Registration fees are payable in full unless a payment plan is specified. An additional \$10 fee will be charged for late registration.

For activities offered by the Town, a \$10 fee will be added to the regular price for non-residents.

### ONLINE

#### Regular session activities

Priority period for residents: August 18 to 25

Period opened to all: August 26 to 31

#### INSTRUCTIONS FOR ONLINE REGISTRATION

1. Go to [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)
2. Click on the "Recreation and Culture" tab
3. Click on the "Courses and Activities" sub-tab, then on "Registration"
4. Click on "Login" to access your family file\*

**\*If you do not have one, you need to create your own family file, including all parents and members of your family.**

**Recommendation:** Creating your family profile can be done at any time before the official registration period.

5. You can then proceed with your registration and payment, by credit card only (secured site).

**IMPORTANT:** Please keep a reminder of your user code and password in order to be able to access your account, register to other activities and print your own receipts.

### REIMBURSEMENT POLICY

The original receipt is required for all reimbursements.

- a) Should the Town cancel an activity, the refund is 100%.
- b) If the request is submitted prior to the activity, the refund is 100% less \$10 administration fees.
- c) Once activity has begun, requests for reimbursement will only be considered if accompanied by a relevant document (ex: medical certificate). The Town will only reimburse the portion of unused service, less \$10 administration fees. The portion of unused service is calculated as of the received date.
- d) Reimbursement requests received after an activity has ended will not be approved.

For online registration payments made by credit card, reimbursement will be credited directly on the card used at time of registration or by cheque, at the Town's discretion. The Town of Pincourt will not be held responsible for interest charges incurred by the card owners.

N.B. : Each association has its own reimbursement policy which may vary from the Town of Pincourt.

### WAIVER OF LIABILITY

The Recreation and Community Services and the various organizations will not be liable for any accidents which occurred during an activity.

Personal property lost or stolen in public lockers (schools, pool, etc.) is the sole responsibility of each participant. We recommend personal insurance coverage.

# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**ARCHERY** | Introduction to basic techniques of archery with an instructor offered by "Les Archers Perrottdamois". Classes and free practice.

Mix	12 yrs old + Classes	Monday and Friday: 6:00 pm to 7:00 pm	November to May	Ste-Rose-de-Lima Church	According to level
	12 yrs old + Free practice	Monday and Friday: 7:00 pm to 10:00 pm	All year		To be announced

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île Marcel Mainville: 450 451-4465 or [www.archersperrottdamois.com](http://www.archersperrottdamois.com) or [lesarchersperrottdamois@bell.net](mailto:lesarchersperrottdamois@bell.net).

**BADMINTON** | Three courts available at the Omni-Centre. Reservation by a Pincourt resident is mandatory. Proof of ID required at entrance.

Mix	All	Sunday: 1:00 pm to 5:00 pm	Sept. 11 to May 7	Omni-Centre	\$6/court/hour
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**Registration and information:** Mon. to Frid., Community Services Dept. 514 453 8981, ext. 229. Clean running shoes mandatory. Fee payable on site. Bring your own equipment.

**BADMINTON CLUB** | Recreational badminton games for men and women.

Mix	18 yrs old +	Tuesday: 7:30 pm to 9:30 pm and Thursday: 8:30 pm to 10:30 pm	Sept. to April	Chêne Bleu High School and Omni-Centre	\$90/year, 2X/week
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**Registration and information:** Thurs. Sept.1 and Frid. Sept. 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Patrick Barette: 514 425-3436. Shuttlecocks supplied.

**BADMINTON COMPETITIVE** | Activity for junior and adult players at the competitive development level offered in collaboration with the BADCLUB Vaudreuil.

Mix	Junior (beg.) 7-11 yrs old	Sunday: 12:30 pm to 2:30 pm	Sept. 11 to May 21	Chêne Bleu High School	\$200/year*
	Junior (comp.) 11 yrs old +	Monday: 6:00 pm to 7:30 pm Friday: 6:00 pm to 8:00 pm	Sept. 9 to May 19		\$300/year* (2x/week)
	Senior (comp.) Adults	Wednesday: 8:30 pm to 10:30 pm	Sept. 7 to May 17		\$300/year*

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. BAD CLUB Vaudreuil-Dorion, Réal Labelle: 514 206-3458 and [www.badclub.com](http://www.badclub.com). \*Equipment and tournaments extra.



# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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## BALLET CLASSICAL / JAZZ BALLET

Pre-ballet	4-5 yrs old	Thursday: 5:00 pm to 5:45 pm	September to May	Omni-Centre	\$30/month
Ballet 1	6-8 yrs old	Thursday: 6:00 pm to 7:00 pm			\$35/month
Ballet 2	9 yrs old & up	Thursday: 7:00 pm to 8:00 pm			\$35/month

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île.  
Ramela Nahorniak: 514 624-8666.

## BASKETBALL CLUB | Recreational and competitive basketball for children offered by the "Association de basketball de L'Île Perrot".

Girls	Born 2001-2009	Please visit Web site for specific details per category.	Please visit Web site for specific details per category.	Schools on Île Perrot	Cost according to group (home or competition) Family discount available. Additional \$15 for non-residents.
Boys	Born 1997-2009				

**Registration and information:** Thursday September 1 and Friday September 2, 2016 from 6:30 pm to 9:00 pm at the Faubourg de l'Île.  
Michel Bento: 514 774-1663 or michel.bento@sympatico.ca. Web site: www.basketileperrot.ca.

## BIATHLON | Get back in shape for the upcoming ski season with the "Club de biathlon de Vaudreuil-Soulanges", offering classes for beginners and sports enthusiasts who wish to practice this sport.

Children	10-15 yrs old	September	Varies	Parc nature les Forestiers-de-Saint-Lazare	\$110 + Annual fee \$40
Adults	15 yrs old +				

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île.  
Christian Valet: 514 830-3718. Email: info@cbvs.org. Web Site: www.cbvs.org.

## BOWLING | Provides friendly and relaxing 10-pin games for seniors in an organized league.

Mix	50 yrs old +	Tuesday: 1:00 pm to 3:30 pm	August until May	Salon de quilles Pincourt	\$11/week
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**Registration and information:** Donald Clune at 450 455-0789.

# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
<b>CARDIO-INTERVAL</b>   The course alternates cardio and strength training sequences. While toning your muscles, these exercises provide effective active recovery.					
Mix	16 yrs old +	Monday and Wednesday: 7:15 pm to 8:15 pm	Starts September 12 (12 weeks)*	Omni-Centre	\$115

**Registration and information:** Online August 18 to August 31: \$5 rebate. Thursday September 1 and Friday September 2, 2016 from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514 453-8981 poste 242. \*No class on Oct. 10 and 31.

<b>CHEERLEADING G-FORCE</b>   Recreational and competitive classes offered by G-Force Cheerleading. Several levels are available based on the athlete's capabilities. For the competitive teams auditions are mandatory as the places are limited.					
Mix, Recreational	5 to 16 yrs old	Varies according to level	Sept. 17 to Dec. 3	Chêne-Bleu High School, gym #3	Pincourt residents: \$90 + \$13 for affiliation + \$35 for uniform
Mix, Competitive	11 to 14 yrs old		Sept. 17 to June 17		Pincourt residents: \$1212 (details online) \$20 fee for audition

**Registration and information:** Online at [www.clubgymini.org](http://www.clubgymini.org). For auditions please contact us at: 450 455-3141 or by email at [info@clubgymini.org](mailto:info@clubgymini.org).

<b>CROSS COUNTRY SKIING</b>   Join hundreds of cross-country skiing enthusiasts who take advantage of more than 30 km of trails maintained and signposted on the island! Accessible to the whole family! Our different courses will charm you, day and night. Access from Pincourt or by Notre-Dame de Fatima Chalet on Perrot blvd in N.D.I.P. The latter also offers cross-country skiing courses and equipment rental. Related activities to skiing and group travels are available for a pleasant ski season!					
Mix	Family	According to the weather	Season	On Île Perrot Island	<b>\$10*</b> \$15 after 4/12
	Individual				<b>\$8*</b> \$10 after 4/12
	Seniors 50 yrs old +				<b>\$6*</b> \$8 after 4/12

**Registration and information:** At Le Faubourg de l'Île, Thursday Dec. 1 and Friday Dec. 2 from 6:00 pm to 9:00 pm, Saturday Dec. 3 from 10:00 am to 5:00 pm and Sunday Dec. 4 from 12:00 pm to 4:00 pm. Additional fees for non-residents. Pierre Levac: 514 453-8592, [skieurdelle@hotmail.com](mailto:skieurdelle@hotmail.com) or [www.lesskieurdelle.blogspot.com](http://www.lesskieurdelle.blogspot.com). Facebook: Les skieurs de l'île. \*Rates are valid for registrations prior to December 4.

# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**DIVING** | Affiliated with "Plongeon Québec" the CPVD offers course for 5 to 77 years old. Recreational, pre-competitive, competitive and adult classes available. Contact us for details!

Mix	5 to 77 yrs old	Check out the website <a href="http://www.cpvd.ca">www.cpvd.ca</a>	Check out the website <a href="http://www.cpvd.ca">www.cpvd.ca</a>	Vaudreuil-Dorion Pool	According to level
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**Registration and information:** Tuesday August 23, 2016, from 6:30 to 8:00 pm on the 2nd floor of the "Centre Multisports" 3093 boul. De la Gare, Vaudreuil-Dorion. Isabelle D'Amour: 514 787-9330, [idadamour@gmail.com](mailto:idadamour@gmail.com). Web Site: [www.cpvd.ca](http://www.cpvd.ca)

**FIGURE SKATING** | The CPARV offers skating programs by Skate Canada, for different levels and more specialized programs. Semi-private, private and development courses available for figure skating.

Pre-Skate Plus	3 to 5 yrs old	According to level	Sept. to the end of March 2017	Local arenas	According to level
Skate Plus	5 yrs old and up				
Intensive Skate Plus	6 yrs old with experience				

**Registration and information:** Online at [www.cparv.org](http://www.cparv.org), [info@cparv.org](mailto:info@cparv.org). Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île.

**FIT & TONE FOR SENIORS** | Workout classes adapted for seniors.

Mix	50 yrs old +	Monday, Wednesday and Friday: 1:15 pm to 2:15 pm	Starts September 12 (12 weeks)*	Omni-Centre	\$90
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**Registration and information:** Online, from August 18 to August 3: \$5 rebate. Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514-453-8981, ext. 242. \*No class on Oct. 10 and 31.

**GYMNASTICS CLUB GYMINI** | Gymnastics classes such as floor work, bars, jumping, trampoline and balance beam given by specialized trainers from the Club Gymini. Affiliated with the «Fédération de gymnastique du Québec».

Mix	12 months to adult	Various	From Sept. 16 (11 classes) and from Jan. 9 (12 classes)	Centre Multisport	According to level
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**Registration and information:** Online for Fall session – Aug. 8, 2016 – Winter session – Oct. 31, 2016 at [www.clubgymini.org](http://www.clubgymini.org). Contact us: 450 455-3141.



# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**GYMNASTICS ACROSPORT** | Acrobatics, pyramids and tumbling offered by «Les Gymnastes de l'Île». Competitive and recreational programs also offered.

Mix	4 to 6 yrs old	Wed.: 6:00 pm Sat.: 9:00 am	14 weeks	Île Perrot Schools	\$165*
Mix, beg.+ interm.	6 yrs old and +	Wed.: 6:00 pm Sat.: 10:00 am			\$215* (1 day) or \$320* (2 days)
Mix, Tumbling	After evaluation	Sunday: 10:00 am and 11:30 am			\$215*
Mix, Double mini-tramp	After evaluation	Sunday <i>To be discussed with trainer</i>			To be discussed with trainer*
Mix, Advanced	After evaluation	Various <i>To be discussed with trainer</i>			To be discussed with trainer*

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Eva Rucka (trainer) at 514 425-0803, Danielle Tremblay at 514 824-0548, gymnastesdelile@gmail.com or www.facebook.com/LesGymnastesDeLille.

\*Membership fees with "Fédération de gymnastique" are extra.

**HOCKEY COSOM** | Friendly games in a gymnasium for children 7 to 13 with supervisor to help them improve their skills.

Mix	7 yrs old to 13 yrs old	Sundays (depending on level)	September 11 (12 weeks)*	Chêne Bleu High School	\$45
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**Registration and information:** Online from August 18 to August 31: 5 \$ rebate. Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 242. \*No class on Oct. 9.

**HOCKEY INDOOR** | Floor hockey offered by «La Ligue de hockey intérieur de Pincourt».

Men	Adults	Sunday: 8:45 am to 12:45 pm	Fall / Winter	Omni-Centre Gymnasium	\$140 (Shirt included)
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**Registration and information:** Jean-François Julien: 450 763-1536. Email: lhip2009@gmail.com.

**HOCKEY MINOR** | Practice and development of hockey among children.

Pre-novice/Intro	Born 2010-2012	Fixed	Week-end	Local arenas	View prices on website
Junior/Novice	Born 1995-2009	Varies	Varies		

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Visit the Association's website: www.hmip.org. Or contact the registrar at registrar@hmip.org.

# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**JUDO** | Self-defence techniques taught by the club «Judo Dojo Perrot Shima». Basic skills: co-ordination, rapidity and balance.

Children	5-17 yrs old	Tues. + Sat./Acc. to lev.	Sept. to May	Ste-Rose-de-Lima Church	\$30/month*
Adults	18 yrs old and +	Tues. + Thur./Acc. to lev.			\$20/month* for 2 <sup>nd</sup> child \$15/month* for 3 <sup>rd</sup> child
					\$35/month*

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Richard Proulx: 514 781-4294. Session to be paid in advance. Accredited by Judo Québec. Only Judo club in the region. \*Membership with the Federation and kimono cost extra.

**KARATÉ** | Various day and evening classes with no limit of participation.

Initiation	5-6 yrs old	Saturday morning	September 12 (12 weeks)	Omni-Centre	\$95 <sup>1</sup>
Yellow belt and under	7-12 yrs old	Depending on level	September 12 (14 weeks)*		\$160 <sup>1</sup>
Orange belt and up	7-12 yrs old				\$170 <sup>1</sup>
Yellow belt and under	13 yrs old and +				\$200 <sup>1</sup>
Orange belt and up	13 yrs old and +				\$210 <sup>1</sup>

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Jean-Pierre Trahan: 514 814-5452 ou [jeanpieretraham@sankukan.ca](mailto:jeanpieretraham@sankukan.ca). <sup>1</sup>Kimono, equipment and examinations included. Club kimono mandatory. \*No classes on October 10 and October 31.

**PICKLEBALL** | A fun and creative mix of tennis, badminton and ping-pong. Come and try it!

Mix, Intermediate	18 yrs old and +	Monday: 7:30 pm to 9:30 pm	Sept. 12 (32 weeks)	Chêne-Bleu High School	\$80/year
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Pierre Besner: 514 453-8944. We supply the balls but you must bring your own racket.

**RINGUETTE** | Developed originally for girls, ringuette is a fast-paced team sport on ice in which players use a straight stick to pass, carry and shoot a rubber ring to score goals. Ringuette promotes a no-contact policy when it comes to the physical aspect of the game. Complete protective equipment mandatory.

Bunnies	Born 2009 and +	Various	Sept. to April	Regional arenas	\$170
Pre-Novice	Born 2007-2008				\$282.50 + Contri. for team funds (tourn.)
Novice to Cadets*	Born 2006 and under				\$322.50 + Contrib. for team funds (tourn.)

**Registration and information:** Online only. Mail payment to 3093, de la Gare, local b-230, Vaudreuil-Dorion, QC J7V 9R2. Send a copy of medicare card and a picture by email at [regist4cites@gmail.com](mailto:regist4cites@gmail.com). Website: [www.ringuette4cites.com](http://www.ringuette4cites.com). Registration fee payable in 1 or 3 equal instalments with postdated cheques. \*Girls who will be 18 yrs old as of September 30, 2016, will have to pay \$645.

# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**SPEED SKATING** | The Trois-Lacs speed skating club welcomes young skaters of all ages as well as adults from the Vaudreuil-Soulanges area and the town of Valleyfield.

Mix	Initiation	Sun.: 8:50 to 9:30 am	From September 4, 2016 until March 26, 2017	Vaudreuil-Dorion Arena	Visit the club's Website for 2016-2017 rates.
	Perfection	Sunday: 9:30 to 10:15 am Monday: 4:45 to 5:30 pm			
	Competition 1	Sun.: 7:50 to 8:50 am Mon.: 5:30 to 6:30 pm Thurs.: 4:40 to 5:30 pm <i>Speed skates are mandatory</i>			
	Competition 2	Sun.: 6:30 to 7:40 am Mon.: 6:35 to 7:45 pm Wed.: 4:45 to 5:45 pm Thurs.: 5:35 to 6:45 pm <i>A minimum of 2 times/ week is required</i>			

**Registration and information:** Registration and skate try-out on August 23 and 24, from 6:00 pm to 8:00 pm at the Vaudreuil-Dorion Arena. Josée Daoust: 514 425-5349, [www.cpv3lacs.org](http://www.cpv3lacs.org), [info@cpv3lacs.org](mailto:info@cpv3lacs.org) or [www.facebook.com/CPV.3Lacs](http://www.facebook.com/CPV.3Lacs).

**SPORTBALL** | Helps children with social and physical development. Specifically designed for 2-7 year old children, classes focus on abilities, pep and fun. Children will be introduced to 8 popular ball sports.

Children and adult	2-3 ½ yrs old	Sat.: 9:00 to 9:45 am	From September 24 (for 10 weeks)	N-D de Lorette School	\$179
Children and adult	2-3 ½ yrs old	Sat.: 10:00 to 10:45 am			
Children multi-sport1	3 ½ yrs old to 6 yrs old	Sat.: 11:00 to 12:00 pm			

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. SportBall Quebec: 514 331-3221

**STRENGTH TRAINING** | This complete body workout using classic strengthening exercises and dynamic stretching. Benefit from increased flexibility, a release of tension in the muscles while improving posture and development of body awareness.

Mix	16 yrs old +	Monday and Wed.: 8:20 pm to 9:20 pm	Starts September 12 (12 weeks)*	Omni-Centre	\$115
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**Registration and information:** Online August 18 to August 31: \$5 rebate. Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 242. \*No class on Oct. 10 and 31.



# Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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## SWIM CLUB | Competition training for all levels. Experienced trainers – “Club Les Citadins”.

Mix	7-18 yrs old	2 to 6 days/week	September to June	Vaudreuil-Dorion Pool	According to level
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**Registration and information:** In August with try-outs in September. Guylaine Lacasse at lescitadinsnatation@hotmail.com. Costs, schedules and more on: <http://www.LesCitadinsNatation.com>.

## TENNIS PROSET (ADAPTED) | Program adapted for children with autism, A.D.D. or Trisomie 21.

Children	6-12 yrs old	Sunday: 12:30 pm to 1:30 pm or 1:30 pm to 2:30 pm	Sept. 11 (for 10 weeks)	Edgewater School	\$195 + \$10 additional fee for non-residents
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Philip Manning: 438-321-1564

## VOLLEYBALL MIX | Friendly volleyball games offered by «La Ligue de volleyball amicale de Pincourt» for fun and sportsmanship.

Mix, Competitive	18 yrs old and +	Mon.: 8:30 to 10:30 pm	Sept. 12 (30 weeks)	Chêne-Bleu School	TBD
Mix, All levels	18 yrs old and +	Friday: 8:30 to 10:30 pm	Sept. 16 (30 weeks)		\$50

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Ghislain Paquet: 514 453-2170

## VOLLEYBALL WOMEN | Recreational volleyball for intermediate players.

Women	16 yrs old and +	Tuesday 8:00 pm	Sept. 6 (30 weeks)	Omni-Centre	\$65
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**Registration and information:** Claudia Lacombe at 514 824-2493.

## YOGA | Breathing techniques and postures to promote good health, good balance and flexibility (Hatha Yoga).

Mix, Multi level	Adults	Mon. and Wed.: 10:30 am to 12:00 pm	Sept. 12 (12 weeks)*	Omni-Centre	\$150
Mix, Beginner		Tuesday: 6:00 pm to 7:15 pm	Sept. 13 (12 weeks)		\$75
Mix, Int./Advanced		Tuesday: 7:30 pm to 9:00 pm	Sept. 13 (12 weeks)		\$85

**Registration and information:** Online August 18 to August 31: 5 \$ rebate. Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 242. Bring your own yoga mat. \*No class on Oct. 10 and 31.

Outdoor ball fields: \$16/hour (min. 2 hours)  
Gym & meeting rooms: Omni-Centre & schools \$16/hour

### Extra fees for setup and changing rooms.

### Special events halls:

Hall 1 or 2: \$125  
Hall 3: \$175  
2 of 3 halls: \$250  
Halls 1 to 3: \$325

### Conditions:

- A 50% non-refundable deposit is required for each reservation.
- A refundable safety deposit is required for access to the kitchen.
- The lessee is responsible for getting the proper liquor permit.
- Taxes are extra.
- Different rates are applicable for non-residents and groups from outside of Pincourt.

# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**AIR CADETS** | Public interest BILINGUAL organization involving young people in a spirit of fun and camaraderie, while teaching good citizenship principles and promoting air physical skills and by stimulating their interest in aviation. Our motto: "Learn, Serve and Grow!"

Mixed	12-18 yrs old	Friday: 6:00 pm to 9:15 pm	September to June	Cité-des-Jeunes High School Lionel-Giroux Pav.	Free
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**Registration and information:** Friday, Sept.9, between 6:00 pm and 9:00 pm, at Cité-des-Jeunes High School Lionel-Giroux Pav. Administrative office voice mail: 450 424-5252 and cmdt.867aviation@cadets.qc.ca. Web Site: www.escadron867.ca.

**AUTOBIOGRAPHICAL WRITING** | "J'écris ma vie" is an autobiographical writing assistance program for those interested in writing their personal, family, ancestral or that of their ethnic heritage. Workshop given in French only.

Mixed	All	Wed.: at 1:30 pm Every two weeks	Two years, starts in September 2016.	Pincourt Library	Annual membership: \$30
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**Registration and information:** Pauline Gazaille Vallée at 514-453-2288 and www.jecrismavie.com.

**BOOK CLUB** | You enjoy reading and discovering new authors? Join our book club and share your impressions with us!

Mixed	Adults	3 <sup>rd</sup> Tuesday of each month 7:00 pm to 8:30 pm	September to June	Pincourt Library	Free
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**Registration and information:** Pincourt Library, 255 boul. Pincourt. Rosanne Rockburn: 514 425-1104, ext. 6244 or bibliopincourt@cstois-lacs.qc.ca.

**CERCLE DE FERMÈRES** | In Pincourt, workshops such as embroidery, quilting, knitting, weaving and more. Women's group concerned with living conditions for women and families along with the transmission of our cultural heritage and craftsmanship.

Women	14 yrs old +	Monday and/or Thursday: 7:00 pm	September to June	N-D-de-Lorette-Church	25\$/year
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Carole Lesage: 514 425-4815, cercledepincourt@hotmail.ca or www.facebook.com/cercledepincourt.

# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**CRAFTS WORKSHOP** | You are between 9 and 13 years old, come craft with us! Painting, scrapbooking, embroidery, cooking, stamping, finger weaving, modeling, jewelry making and more! Places are limited to 10 participants.

Children	9-13 yrs old	Sat.: 9:30 to 11:00 am	October 15 (10 weeks)	N-D-de-Lorette Church basement	\$75
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Carole Lesage: 514 425-4815, cercledepincourt@hotmail.ca or www.facebook.com/cercledepincourt.

**DAFA** | « Le Diplôme d'Aptitude aux Fonctions d'Animateur » for teens who wish to work with children. Please note: at this time, course is given in French only.

Mix	15 yrs old +	Saturday and Sunday 8:00 am to 5:00 pm	TBD	Chêne-Bleu High School	TBD
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**Registration and information:** On Web Site: [www.cstois-lacs.qc.ca/écoles/secondaire/chene-bleu/programme-dafa](http://www.cstois-lacs.qc.ca/écoles/secondaire/chene-bleu/programme-dafa). Community Services: 514 453-8981 (242)

**GIRL GUIDES ENGLISH** | Our program puts emphasis on personal development, leadership, health, welfare, science and technology, music and arts, outdoors, environment and service to the community.

Sparks	5-6 yrs old	Mon.: 5:00 to 6:00 pm	September to May	St. Patrick Church	\$140
Sparks	5-6 yrs old	Mon.: 6:30 to 7:30 pm		Edgewater School	
Brownies	7-8 yrs old	Mon.: 6:30 to 7:30 pm		N-D-de-Lorette School	
Guides	9-11 yrs old	Mon.: 7:00 to 8:30 pm		N-D-de-Lorette School	
Pathfinders	12-14 yrs old	Mon.: 7:00 to 8:30 pm		St. Patrick School	
Rangers	15-17 yrs old	TBD		TBD	

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Joanne Cardinal Jackson, membership registrar: 514 453-2547 or cardinal.4jackson@gmail.com.



# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**HISTORY & GENEALOGY** | The "Société d'histoire et de généalogie de l'Île-Perrot" invites all citizens interested in learning about the history of our island and our ancestors to join its ranks.

Mix	All	TBC	Yearly	Marie Uguay Library	\$10/year
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**Registration and information:** Marie Uguay Library, N.D.I.P. at 514 453-0013 or Lise Chartier at 514 453-5284. [www.histoireperrot.org](http://www.histoireperrot.org)

**HORTICULTURE** | Outings, workshops and conferences offered by the «Société d'Horticulture Environnementale des villes de l'Île-Perrot» (S.H.E.Î.P.).

Mix	All	Last Wednesday of the month 7:00 pm to 9:30 pm	Sept. to April	Town Hall of L'Île-Perrot (110 Perrot Boul.)	\$25/year
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**Registration and information:** Sylvie Trépanier at 514 453-1374 or Danielle Crête at 450 424-4434 or [sheip@sympatico.ca](mailto:sheip@sympatico.ca) or <http://sheip.fsheq.org>.

**LINE DANCING** | Evenings of line dancing.

Mix	Adults	Last Friday of every month 7:00 pm to 10:30 pm	Sept. to June	Omni-Centre	\$5 per evening of each month payable on site
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**Registration and information:** Murielle Groulx: 450 424-4170.

**ORNITHOLOGY** | The " Club d'Ornithologie de Vaudreuil-Soulanges " offers more than 20 outings per year and at least 3 conferences.

Mix	All	Varies	Sept. to June	In the region	\$15/individual \$20/family
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**Registration and information:** Alain Rondeau at 450 267-0318, Michel Juteau at 450 455-1722 or [ornithovs@gmail.com](mailto:ornithovs@gmail.com).

Web site: <https://sites.google.com/site/ornithovs>.

**PAINTING / SCULPTING /PHOTOGRAPHY** | Group of local artists who have been meeting since 1986. Organization of various meetings, workshops and local exhibitions. « Le Mouvement d'Expression Artistique Libre ».

Mix	Adults	Varies	Year long	Omni-Centre	\$50/year
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**Registration and information:** Contact us: [m.e.a.l.artistes@gmail.com](mailto:m.e.a.l.artistes@gmail.com). Web site: [www.mealartistes.com](http://www.mealartistes.com).

# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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## PAINTING WORKSHOP | Painting for all levels and at your own pace.

Mix	All	Monday 1:30 pm to 4:30 pm	Sept. 12 for (10 weeks) *	Omni-Centre	\$140
		Monday 6:30 pm to 9:30 pm			
		Wednesday 1:30 pm to 4:30 pm	Sept. 14 for (10 weeks)		

**Registration and information:** Online August 18 to August 31: \$5 rebate. Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Manon Labelle: 450 451-1001. \*No class on Oct.10 and 31.

## PARENTS & TOTS | Informal weekly gathering for preschool aged children accompanied by their parents only. Songs, games and crafts.

Mix	Parents and 0-5 yrs old	Monday: 10:00 am to 12:30 pm	Starts Sept. 14	Omni-Centre	Free
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**Registration and information:** Sarah Tanguay at 514 902-0399.

## POETRY | Do you have a love for poetry or an inclination to write? Do you have a passion for languages? If so, join the "Poètes de l'Île"!

Mix	All	Last Saturday of each month From 1:30 pm to 3:30 pm	Begins in September till June	Pincourt Library	Free
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**Registration and information:** 514 425-1104, ext. 6244

## PRESCHOOL (ENGLISH) | Developmental program for children aged 3 to 5 offered by the Pincourt Cooperative Preschool Inc.

Mix	3-5 yrs old	Mon., Wed., Fri.: 9:15 am to 11:30 am	September to May	Omni-Centre	\$135/m. + \$100 registration fee (non refundable)
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 252. [www.facebook.com/pincourtcooperativepreschool](http://www.facebook.com/pincourtcooperativepreschool)

# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**SCOUTS CANADA ENGLISH GROUP** | Île Perrot Scouts offers a world where you can discover the best in yourself and the best in others. We are also looking for new leaders, training is provided.

Beavers, Mix	5-7 yrs	TBD According to group	September to May	According to group	\$210
Cubs, Mix	8-10 yrs				
Scouts, Mix	11-14 yrs				
Venturers, Mix	14-17 yrs				
Rovers, Mix	18-26 yrs				

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. David Fleury david@mijolabel.com, 514 726-6023. Children who cannot pay the fee will not be refused.

**SCOUTS FRENCH GROUP** | The *Groupe Scout 16<sup>e</sup> Île Perrot* troop offers our youth a unique educational experience aiming at developing the full potential of every child.

Castor, Mix	7-8 yrs	Friday: 7:00 to 9:00 pm	Mid September to Mid June	Town of L'Île-Perrot Community Centre	\$150 1 <sup>st</sup> child \$140 2 <sup>nd</sup> child \$120 3 <sup>rd</sup> child and +
Louveteaux, Mix	9-11 yrs	Friday: 7:00 to 9:00 pm			
Aventuriers, Mix	12-17 yrs	Thursday: 7:00 to 9:00 pm			

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île. Natalie Jucker: 514 320-6354 or infos@scoutvip.org. Website: <http://scoutvip.org>. We are always looking for adult animators; training is provided.

**SENIOR CITIZENS ENGLISH GROUP** | Social and cultural activities organized by the "Second Mile Club" for people aged 50 years and over.

Mix	50 yrs and +	Regular meetings every Thurs. 2:00 to 4:00 pm Supper 1/month: 6:30 to 10:00 pm	Sept. to August	Omni-Centre	\$15/yr
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 10:00 am to 4:00 pm at the Faubourg de l'Île. Karen Urquhart: 514 453-1284.



# Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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**SENIOR CITIZENS FRENCH GROUP** | Club for people 50 years and over. In addition to the weekly activities, three-day trips and field trips are also organized.

Mix	50 yrs and +	Regular meetings Wednesday: 1:00 pm to 4:00 pm	September to May	Omni-Centre	\$10 membership card
		Sandbag baseball Thursday: 6:30 pm to 8:30 pm			N/A
		Bowling League Friday: 9:30 am to 12:30 pm	September to June	Salon de Quilles Pincourt	\$10/week
		Monthly supper 4 <sup>th</sup> Tuesday for the month		Omni-Centre	\$10/month
		Dance lessons Thursday 10:00 am to 12:00 pm			\$22/semester

**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 10:00 am to 4:00 pm at the Faubourg de l'Île.  
Nicole Beaugard: 514 453-9721

**SPANISH** | Courses offered by the renowned Academia Espanola Mistral. Other levels available.

Level 1	16 yrs and +	Tuesday: 7:00 pm to 8:30 pm	Sept. 13 (11 weeks)	Omni-Centre	\$160 + \$75 for course material (plus GST)
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île.  
Ricardo Dedios or Lyne Servant: 450 424-6123 or [www.mistralspanishcourses.com](http://www.mistralspanishcourses.com) or [academia.mistral@bellnet.ca](mailto:academia.mistral@bellnet.ca)

**STAMP AND COIN COLLECTING** | Stamp & money trading, collecting, and exhibitions organized by «Le Club de Philatélie et Monnaie de Pincourt».

Mix	All	Thurs./every 2 weeks: 7:00 pm to 10:00 pm	Sept. 8 to May	Omni-Centre	\$15/year
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**Registration and information:** Thursday September 1 and Friday September 2, 2016, from 6:30 pm to 9:00 pm at the Faubourg de l'Île.  
André Rollin: 514 453-6998

# Indoor Aquatic Activities

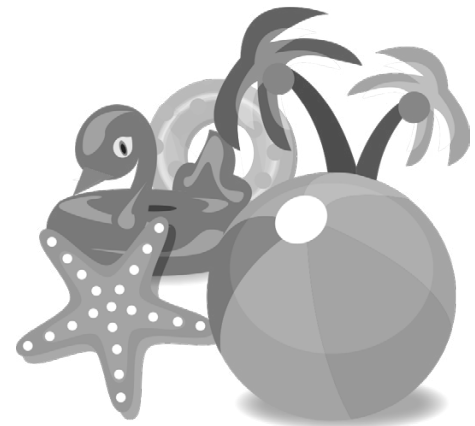


JOHN ABBOTT COLLEGE POOL		
ACTIVITIES	COST (taxes included)	SCHEDULE
<b>PROGRAMS FOR CHILDREN AND TEENAGERS</b> Fall session: September 16 to November 27 No classes on October 7, 8 and 9		
<b>Red Cross Preschool</b>		
Starfish/Duck (4-12 months) + Adult required	*	Friday: 5:00 to 7:00 pm Saturday: 8:00 am to 12:00 pm Sunday: 8:00 am to 12:00 pm or 3:00 to 5:00 pm
Duck/Sea Turtle (12-24 months) + Adult required		
Sea Turtle (24-36 months) + Adult required		
Sea Otter (3-5 years)	*	Duration: 30 min.
Salamander (3-5 years)		
Sunfish (3-5 years)		
Crocodile (3-5 years)		
Whale (3-5 years)		
<b>Red Cross Junior Swim (5-12 years)</b>		
Levels 1 to 3 - Duration: 35 min.	*	Friday: 5:00 to 7:00 pm Saturday: 8:00 am to 12:00 pm
Levels 4 to 10 - Duration: 45 min.	*	Sunday: 8:00 am to 12:00 pm or 3:00 to 5:00 pm
Intro to competitive swimming - Duration: 1 h	*	Sunday: 11:00 am to 12:00 pm
Intro to lifesaving - Duration: 1 h (Most have completed Red Cross Junior level 10)		Saturday: 11:00 am to 12:00 pm
<b>PROGRAMS FOR ADULTS - Fall session: September 16 to November 27</b> No classes on October 7, 8 and 9		
Swimming lessons (basic, intermediate or advanced) - Duration: 1 h	*	Tuesday: 8:00 to 9:00 pm
Aquaform - Duration: 1 h	*	Monday to Wednesday: 8:00 to 9:00 pm Tuesday or Thursday: 4:30 to 5:30 pm

\* Prices available online as of August 25, 2016.

REGISTRATION	
IN PERSON	ONLINE
August 25, 2016 College Sports Centre 7:00 to 9:30 pm	Aug. 25 to Sept. 5, 2016 <a href="https://johnabbott-sport.omnivox.ca">https://johnabbott-sport.omnivox.ca</a>

ADMISSION TO THE POOL (AUGUST 22, 2016, TO JUNE 9, 2017)		
Juniors (6-12 yrs)	Cost	Schedule
<b>Semester pass</b>	\$3.50 (individual) \$35 (15 for 10) \$65	Monday, Wednesday and Friday: 7:00 to 9:00 pm Tuesday and Thursday: 5:30 to 8:00 pm (until June 10) Saturday and Sunday: 12:00 to 3:00 pm
<b>Adults (13 yrs +)</b>	\$4.50 (individual) \$45 (15 for 10)	
<b>Year pass</b>	\$125 (individual) \$260 (family)	



John Abbott Sports Center also offers various sports activities such as squash, racquetball, weightlifting and workout facilities.

**Information:** 514 457-2737  
**Pool:** 514 457-6610, ext. 5325 or [piscine@johnabbott.qc.ca](mailto:piscine@johnabbott.qc.ca)

# Indoor Aquatic Activities



## VAUDREUIL-DORION POOL

### Online registration:

Starting on September 6 at 8:30 am, till September 13  
[www.ville.vaudreuil-dorion.qc.ca/Recreation\\_and\\_culture/Activities\\_programs/Swimming](http://www.ville.vaudreuil-dorion.qc.ca/Recreation_and_culture/Activities_programs/Swimming)

**Information:** 450 455-3371, option 4  
 Monday to Thursday: 8:30 am to 6:00 pm  
 Friday: 8:30 am to 4:30 pm

ACTIVITIES	COST (taxes included)	SCHEDULE
<b>Children classes session start: September 24, 2016</b>		
Preschool Program (24 months to 6 yrs) Red Cross (Parent in water up to Crocodile level)	\$52	Saturday or Sunday Duration: 30 min. (9 weeks)
Aquatic Safety Program (6 yrs +) Red Cross Junior (levels 1 to 10)	\$65	Saturday or Sunday Duration: 45 min. (9 weeks)
<b>Adult classes session start: September 24, 2016</b>		
<b>Fitness</b>		
Red Cross swimming / Essential 1 and 2 Beginners level 1 and 2	\$72	Week evenings
Red Cross swimming / Swimming styles (intermediate)		
Aqua-Health adapted	\$65	Duration: 45 min. (9 weeks)
Aquadeep with music		
Aquafitness with music Shallow water		
Aquatic fitness		
Aquatic activity for future moms (pre-natal)		
<b>Rescue Training and Education (Books and cost of exam are extra)</b>		
Bronze Medallion (Must be 13 yrs at the last Junior 10 level class or pass the admission test)	\$150	Thursday: 6:00 pm to 8:15 pm Duration: 27 h From Oct. 6 to Dec. 8 (No class Oct. 27) Exam: Saturday Dec. 10, from 8:30 am to 12:30 pm

ACTIVITIES	COST (taxes includes)	SCHEDULE
<b>Rescue training and education (Books and cost of exam are extra)</b>		
Bronze Cross (Prerequisite: Bronze medallion)	\$165	Friday Duration: 30 hours (from Oct. 14 to Dec. 9) Adding Saturday Dec. 3, 8:30 am to 12:30 pm No class on Oct. 27. Exam: Saturday Dec. 10 8:30 am to 12:30 pm
General First Aid (Prerequisite: 14 years old)	\$69 there will be additional cost for course material	August 23 and 25: 8:30 am to 5:30 pm Duration: 16 hours
National Lifeguard (Prerequisite: must be 16 years old at the last class, bronze medallion, general first aid class)	\$205	Schedule varies Duration: 40 hours

### FREE SWIM STARTING SEPTEMBER 22, 2016

PRICES			
	Children	Adults	Seniors
<b>60 min.</b>	\$1.25	\$2.50	\$1.75
<b>90 min.</b>	\$1.50	\$3.50	\$2.50
<b>Year pass*</b>	\$44	\$65	\$55

\*Go to the "Service Loisirs et Culture" at 3093 de la Gare Blvd., local B-230. A swim pass will be issued on site.

FREE SWIM SCHEDULE		
	Hours (may change without notice)	Lanes
<b>Monday</b>	6:00 to 7:00 pm	No lane Diving boards of 1 m and 3 m available
<b>Tuesday</b>	9:00 to 10:00 pm	3 lanes for swimmers
<b>Wednesday</b>	8:30 to 10:00 pm	6 lanes for swimmers only
<b>Thursday</b>	6:00 to 7:00 pm	3 lanes for swimmers
<b>Friday</b>	8:00 to 9:30 pm	2 lanes for swimmers
<b>Saturday</b>	3:15 to 4:45 pm	2 lanes for swimmers
<b>Sunday</b>	3:15 to 4:45 pm	No lane for swimmers

**IMPORTANT: Bathing cap mandatory. For safety reasons, children 0 to 6 years and children wearing floaters must be accompanied by a parent in the water.**