



TOWN OF
PINCOURT

WINTER 2017



Visit our Website: www.villepincourt.qc.ca

Recreation and Community Services: 514 453-8981, option 6



GENERAL INFORMATION

WINTERFEST



Saturday, January 28, 2017
12:30 p.m. to 4:30 p.m.
Olympique Park

Games, skating, sliding, dog sledding, animations and fun for the whole family!

Hot beverages and food truck (\$)

OPEN BADMINTON AT THE OMNI-CENTRE

- 3 courts available
- For children and adults
- \$6/court/hour, payable on site
- Bring your equipment
- Reservations are not required during the Holidays
- First come, first served

Schedule

Sat.: Dec. 24 & 31, 2016
(1 p.m. to 5 p.m.)

Sun.: Dec. 25, 2016 (1 p.m. to 5 p.m.)

Wed.: Dec. 28, 2016 and Jan. 4, 2017
(7 p.m. to 10 p.m.)

"ACCÈS-LOISIRS" PINCOURT

The Town of Pincourt is offering a **limited number of free registrations** for low income participants. See the next pages for selected activities. Proof of income required.

Registration

Saturday, January 14, 2017, from 9 a.m. to 1 p.m.

Centre Communautaire Paul-Émile Lépine (150, Perrot Blvd., L'Île-Perrot)

Information: 514 453-8981, ext. 242

2017 MARCH BREAK ACTIVITIES

Look for the flyer that will be distributed in the schools during the week of January 16, 2017.

Online registration: January 23 to February 3, 2017.

5/30 HEALTH AND WELLNESS CHALLENGE

Change your habits in 6 weeks!

Dates: March 30 to May 10, 2017.

Eat 5 fruits and vegetables, and engage in 30 minutes of physical activity per day.

Consult the local media for the complete special activity guide!

GENERAL INFORMATION

CROSS-COUNTRY SKI TRAILS

As per By-Law 714 regarding the parks, we ask all citizens to respect the trails maintained by the *Skieurs de l'Île*. Walkers, dogs and motorized vehicles are forbidden.

These trails are maintained by volunteers members of the *Skieurs de l'Île* club. Which represent around hundred hours of work. Thank you for your collaboration.

VAUDREUIL-DORION INDOOR POOL

Registration

Vaudreuil-Dorion Website: www.ville.vaudreuil-dorion.qc.ca

From December 8 to 23, 2016, and from January 3 to 9, 2017.

JOHN ABBOTT INDOOR POOL

Registration

Online: johnabbott-sport.omnivox.ca

From December 1, 2016, to January 2, 2017

Information (pool): 514 457-6610, ext. 5325

Casgrain Centre: 514 457-2737

SKATING RINKS SCHEDULE (*Weather permitting)

Parks: Taillon, Olympique, Shamrock

Week days: 6 p.m. to 10 p.m.*

Weekends, Statutory and school Holidays: 12 p.m. to 10 p.m.*

NEW SNOW SLIDES

This winter, enjoy the snow slides developed at Olympic and Taillon parks.

PINCOURT LIBRARY *(Free membership)*

225, Pincourt Blvd., Pincourt, 514 425-1104, ext. 6244

www.villepincourt.qc.ca

Schedule

Monday to Thursday: 10 a.m. to 8:30 p.m.

Friday: 10 a.m. to 5 p.m.

Saturday: 10 a.m. to 4 p.m.

Please note that our offices and the library will be closed from December 24 to January 3, inclusively.

- Books • Magazines • CD • DVD • Internet • Animation • Conferences

REGULAR ACTIVITIES

Online registration

www.villepincourt.qc.ca

- Residents: Dec. 15, 2016, to January 4, 2017
- Non-residents: Dec. 23, 2016, to January 4, 2017

Regular registration

Faubourg de l'Île

January 5 and January 6, 2017,
from 6:30 p.m. to 8:30 p.m.

ACTIVITIES	SCHEDULE	COST	LOCATION	REGISTRATION
ACROBATIC GYMNASTICS Category: Mixed, 4 years +	Starts January / 12 weeks <i>Schedule according to the level</i>	<u>In person:</u> <i>Price according to level</i>	Chêne-Bleu High School	In person only Information: Mrs. Eva Rucka at 514 425-0803, Mrs. Danielle Tremblay at 514 824-0548
BIATHLON Category: Mixed, 11-14 years	Starts January 7 / 8 weeks Saturday afternoon	<u>In person:</u> \$110 + annual fees (\$40)	Parc Nature les Forestiers-de- Saint-Lazare	In person only Information : Mr. Christian Valet, 514 830-3718
CARDIO-INTERVAL Category: Mixed, 16 years +	Starts January 9 / 10 weeks Mon. and Wed. 7:15 p.m.	<u>Online:</u> \$90 <u>In person:</u> \$95	Omni-Centre	In person and online "Accès-Loisirs": eligible Information : 514 453-8981, ext. 242
CROSS-COUNTRY SKIING Category: Mixed, All	<i>Depending on the temperature</i>	<u>In person:</u> \$15/family (Pincourt resident)	Skieurs de l'Île trails	In person only Information: Mr. Pierre Levac 514 453-8592
DAFA - Training in animation <i>(in French only)</i> Category: Mixed, 15 years +	Saturday and Sunday Jan. 21 and 22 Feb. 4 and 5 8 a.m. to 5 p.m.	<u>In person:</u> <i>To be confirmed</i>	Chêne-Bleu High School	In person only Information: 514 453-8981, ext. 242
FIT & TONE Category: Mixed, 50 years +	Starts January 9 / 10 weeks Mon.,Wed.,Fri. 1:15 p.m.	<u>Online:</u> \$70 <u>In person:</u> \$75	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242
HOCKEY COSOM Category: Mixed, 7-13 years	Starts January 15 / 15 weeks Sunday morning <i>(as per level)</i>	<u>Online:</u> \$55 <u>In person:</u> \$60	Chêne-Bleu High School	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242

REGULAR ACTIVITIES

DON'T FORGET...

- Places are limited;
- A minimum and maximum number of participants is determined for each activity;
- For activities offered by the Town, a \$10 fee is applied for non-residents and late registration fee.

ACTIVITIES	SCHEDULE	COST	LOCATION	REGISTRATION
KARATE & SELF-DEFENSE Category: Mixed, 4 years +	Starts January 16 / 9 or 11 weeks <i>Schedule to be confirmed</i>	<u>In person:</u> \$85 and +	Omni-Centre	In person only Information: Mr. Jean-Pierre Trahan, 514 814-5452
OIL PAINTING (Workshop) Category: Mixed, 14 years +	Starts January 9 / 10 weeks Mon. 1:30 p.m. or Mon. 6:30 p.m. or Wed. 1:30 pm	<u>Online:</u> \$135 <u>In person:</u> \$140 <i>(materials in extra)</i>	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: Mrs. Manon Labelle, 450 451-1001
SPANISH I & II Category: Mixed, Adults	Starts January 17 / 11 weeks Tuesday 6 p.m. (level I) 7:30 p.m. (level II)	<u>In person:</u> \$165 <i>(materials in extra)</i>	Omni-Centre	In person only Information: Mr. Ricardo Dedios, 450 424-6123
SPORTBALL Category: Mixed, 2 years +	Starts January 14 / 10 weeks Saturday morning	<u>In person:</u> \$179 + txs	Notre-Dame-de-Lorette School	In person and online Information: Mr. Matthew Pearce, 514 331-3221 www.sportball.ca
STRENGTH TRAINING Category: Mixed, 16 years +	Starts January 9 / 10 weeks Mon. and Wed. 8:20 p.m.	<u>Online:</u> \$90 <u>In person:</u> \$95	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242
YOGA / DAY (Beg.-Interm.) Category: Mixed, Adults	Starts January 9 / 10 weeks Mon. and Wed. 10:30 a.m.	<u>Online:</u> \$120 <u>In person:</u> \$125	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242
YOGA / EVENING (Inter.-Advanced) Category: Mixed, Adults	Starts January 10 / 10 weeks Tuesday 7:30 p.m.	<u>Online:</u> \$70 <u>In person:</u> \$75	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242

REGULAR ACTIVITIES

ACTIVITIES	SCHEDULE	COST	LOCATION	REGISTRATION
YOGA / EVENING (Beginners) Category: Mixed, Adults	Starts January 10 / 10 weeks Tuesday 6:00 p.m.	<u>Online:</u> \$60 <u>In person:</u> \$65	Omni-Centre	In person and online "Accès-Loisirs": eligible Information: 514 453-8981, ext. 242
CLASSICAL BALLET / JAZZ Category: Mixed, 4-5 years Mixed, 6 years +	Starts January / Sept. to May <i>Schedule to be confirmed</i>	<u>By phone</u> \$30 to \$35/month	Omni-Centre	Contact: Mrs. Ramela Nahorniak, 514 624-8666
CHEERLEADING Category: Mixed, All	Starts January 7 / 11 weeks Saturday <i>(based on age)</i>	<u>Online on Gymini:</u> \$90 and + www.clubgymini.org	Chêne-Bleu High School	Online on Gymini "Accès-Loisirs": eligible Information: 450 455-3141
GYMNASTICS Category: Mixed, All	Starts January 6 / variable <i>Variable scheduling</i>	<u>Online on Gymini:</u> Variable www.clubgymini.org	Gymini (Centre Multisports)	Online on Gymini "Accès-Loisirs": eligible Information: 450 455-3141
LINE DANCING EVENING Category: Mixed, Adults	Starts January 20 1x/month Friday 7:30 p.m.	<u>By phone:</u> \$5/month	Omni-Centre	Contact: Mrs. Murielle Groulx, 450 424-4170
TENNIS PRO-SET (Autism) Category: Children with special needs	Starts January 17 / 10 weeks Sunday 12:30 to 1:30 pm	<u>By phone:</u> \$195	Edgewater School	Contact: Mr. Philip Manning, 438 321-1564



ENJOY WINTER!

