



INFO- PINCOURT

Spring 2026, vol. 49

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TOWN OF 
PINCOURT

CREDITS

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www.villepincourt.qc.ca



Entrance to the Town of Pincourt



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A WORD FROM THE MAYOR

Dear residents,

As spring begins to show itself, I am pleased to present the projects that will shape 2026 in Pincourt. Our city continues to grow with concrete initiatives that reflect our values of proximity and quality of life.

Once again this year, we are investing in improving our infrastructure, modernizing our services, and creating spaces that promote everyone's well-being. Each project demonstrates our commitment to making Pincourt a city where it is good to live, grow, and thrive. Here are some of the municipal projects planned for this year:

- Upgrading the Trotter crossing;
- Installation of a second interactive kiosk;
- Launch of "Pincourt Multiservice" and the new reception area at Town Hall;
- Continuation of the arts integration program (murals);
- Continuation of the street resurfacing program;
- Omni-Centre expansion project;
- Complete reconstruction of Leduc street;
- Development of the Trotter Park crossing;
- Delivery of a new fire truck;
- New green and resilient landscaping;
- Continued installation of decorative lighting in parks and green spaces.

In addition, I encourage you to stay informed about the events taking place throughout the spring and summer. Consult the calendar on the City's website or pick up a copy of the Info-Pincourt brochure at:

- Town Hall;
- The Library;
- The Omni-Centre.

I am confident you will find plenty of opportunities to entertain yourself and thrive through all of these offerings.

On behalf of Town Council, I wish you a wonderful spring.

Claude Comeau, Mayor
c.comeau@villepincourt.qc.ca
514 453-8981, extension 325

MUNICIPAL COUNCIL



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DISTRICT 6

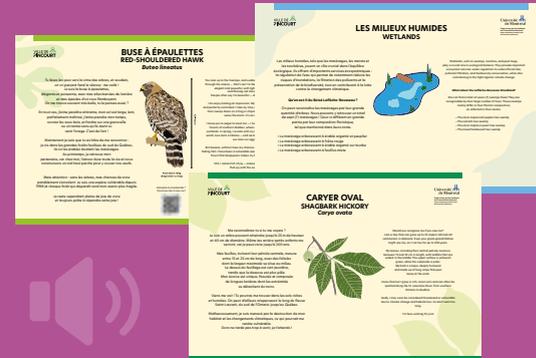
René Lecavalier
r.lecavalier@villepincourt.qc.ca
514 646-0720



Laflèche-Rousseau Woodland

The enhancement of the Laflèche-Rousseau woodland, carried out in collaboration with students from the Université de Montréal, is now complete. Starting in spring 2026, educational panels about local wildlife and plant life will be installed on site to raise visitors' awareness of the richness of this ecosystem. Some signs will even offer an audio experience so you can hear local wildlife!

Follow our social media to find out the installation date, and come discover the woodland for yourself!



Summer jobs in Pincourt: seize your chance!

Looking for a stimulating and rewarding summer job? Join our team! Whether you're interested in recreation, civil engineering, or the fire service, we have a place for you. Build valuable skills while having fun!

Discover all job openings and apply now in the [Careers](#) section of our website.



Photo credit: Josiane Farand



FINANCES

Municipal taxes

Tax rates are set based on anticipated expenses for the year and the budget required to fund costs.

To view the history of tax rates, visit our [website](#) under Municipal Taxes.

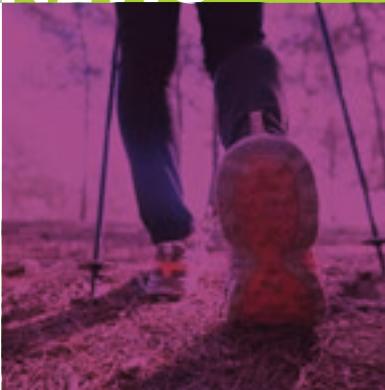
2026 due dates:

- 1st installment: March 5, 2026
- 2nd installment: May 1, 2026
- 3rd installment: July 2, 2026
- 4th installment: September 1, 2026

Photo credit: CRD Photo



LATEST NEWS



A look back at Polar lights and WinterFest

Thank you to all residents and partners for contributing to the success of Polar lights and WinterFest. Your enthusiastic participation, despite the cold weather, created a warm and festive atmosphere.

We would like to thank:

- The firefighters from the fire Department of Pincourt and Notre-Dame-de-l'Île-Perrot;
- The Public Works team;
- The Recreation Department;
- Jeunesse 360 facilitators;
- The Girl Guides;
- Tim Hortons Pincourt, partner of WinterFest;
- Roger Campbell, for the ice fishing workshop;
- Plaisirs plein air, partner of Polar lights;
- The Prenatal and Young Families Centre;
- Pincourt Public Safety;
- The Sûreté du Québec.



Photo credit: CRD Photo



Thank you all for your involvement, and we look forward to seeing you again at the next edition.

HERITAGE BENCH PROGRAM

This program was created to recognize the contribution of a person who has made a mark on the municipality and/or to commemorate a loved one who lived in Pincourt, through the installation of a public bench. For full program details, please contact:

Mr. Simon Grenier, Project Manager, Office of the Director General at: s.grenier@villepincourt.qc.ca.

To view the Heritage Bench Program policy, visit the following webpage: [Heritage Bench Program](#)





COUNCIL MEETINGS

During municipal council meetings, elected officials gather to make decisions in the interest of Pincourt residents, in the form of by-laws or resolutions. When needed, the Mayor may also call special meetings during the year.

When and where:

- 2nd Tuesday of each month, 7 p.m. (rule of thumb)
- René-Fournier Room, Omni-Centre (375 Cardinal-Léger Blvd.)

March 10 | April 14 | May 12 | June 9 | July 14 | August 11 |
September 15 | October 20 | November 10 | December 8

Special meeting – Adoption of the 2027 budget:

To be confirmed



USEFUL REMINDERS

06

SPECIAL COLLECTION

Bulk waste collection: March 25, April 22 and May 27

Green waste: May 6, May 20

Branches collection: Week of May 18

DON'T FORGET TO [REGISTER](#)



GARAGE SALES

May 16 to 18, 2026. No permit required.

BY-LAWS

ANIMAL



Mandatory licence

You must obtain a permanent lifetime licence for your dog or cat.

To register your pet, see the procedure on the website in the [F.A.Q. section](#)

CONSTRUCTION WORK

It is **permitted** to carry out or have carried out construction, repair, or demolition work on a building:

- Monday to Thursday, 7 a.m. to 10 p.m.;
- Friday, 7 a.m. to 8 p.m.;
- Saturday and Sunday, 9 a.m. to 8 p.m.

LAWN MOWER AND TRIMMER

It is **permitted** to use a lawn mower or lawn tractor, a trimmer, a chainsaw, a leaf blower, or any other motorized tool:

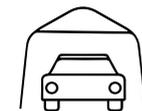
- Monday to Thursday, 7 a.m. to 10 p.m.;
- Friday, 7 a.m. to 8 p.m.;
- Saturday, Sunday and holidays: 9 a.m. to 4 p.m. .

STORAGE OF RECREATIONAL VEHICLES



From March 15 to November 1 of the same year, the following recreational vehicles are permitted in the front yard:

- Trailer
- Boat
- Motorhome
- Tent trailer
- All-terrain vehicle
- Trailer



CARPORT

You have until April 15 to remove your winter carport from your property.

OVERNIGHT PARKING

Starting April 1, you will once again be allowed to park your car on the street overnight.



COLLECTIONS 2026 calendar

JANUARY 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL 2026						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026						
S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2026						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST 2026						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OCTOBER 2026						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOVEMBER 2026						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

■ Food waste ■ Recycling ■ Garbage
 Bulk Waste Branches

■ **Green waste:** May 6 and 20; June 3 and 17; July 1, 15 and 29; August 12 and 26; September 9 and 23, October 7 and 21 and November 4 and 18.

■ **Cardboard:** January 6 and July 7
Cardboard and excess recycling (in a clear bag)

■ **Christmas trees:** week of January 12
Place the trunk towards the street

****We recommend that you place your bins at the curb the day before collection, from 6 p.m., to avoid missing the truck on your street.**
 For information about the various collections, please refer to the website of the Town of Pincoart: www.villepincoart.qc.ca/en/citizen-s-services/municipal-services/collection

GARBAGE Garbage collection takes place every two weeks on Wednesdays.

RECYCLING Recycling is collected every two weeks on Tuesdays.

FOOD WASTE Food waste is collected every Wednesdays.

BULK WASTE Bulk waste collection is held on the 4th Wednesday of the month, from March to October.
Materials accepted: bathtubs, showers, sinks, furniture and mattresses, carpets, toilets.

GREEN WASTE Green waste is collected every second Wednesday, from May to November.
Residues accepted: garden residues, flowerbed residues, grass and leaves, lawn, hedge clippings, small branches less than 1 cm in diameter.

BRANCHES Collection #1 in May: May 18 to 23
Collection #2 in October: October 19 to 24
Registration required: [online form](#) and branches must be placed at the curb no later than the day before collection.
In the event of bad weather causing damage, a special collection will be organized.

FORM Branches Collection



DECEMBER 2026

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





PROGRAMME ACCÈS-LOISIRS VAUDREUIL SOULANGES

To learn more or register:



Free spaces for sports, cultural, and outdoor activities for children, adults, and seniors from low-income families.

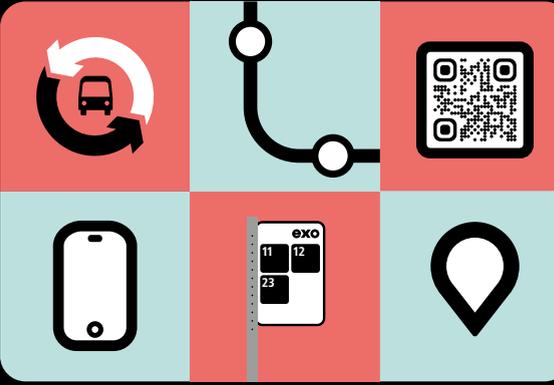
SPRING SESSION
March 14 to 17, 2026 | 9 a.m. to 4 p.m.

SUMMER SESSION
May 2 to 5, 2026 | 9 a.m. to 4 p.m.

- 3 WAYS TO REGISTER**
-  Online at www.accesloisirsvs.ca
 -  By phone at 450 217-2177 ext 1 (Saturday, January 17, March 14 and May 2 between 9 a.m. and noon)
 -  By scheduling a registration appointment in person, by contacting 450 217-2177 ext 1



Your bus network is changing with the arrival of the REM.



Plan your new route

exo.quebec/new-route



Bus | Train | Paratransit



225, Blvd. Pincourt,
Pincourt QC J7W 9T2
(inside Chêne-Bleu High School)

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REGULAR SCHEDULE

Monday: 9 a.m. – 8:30 p.m.	Thursday: 9 a.m. – 8:30 p.m.
Tuesday: 9 a.m. – 8:30 p.m.	Friday: 9 a.m. – 5 p.m.
Wednesday: 9 a.m. – 8:30 p.m.	Saturday: 10 a.m. – 4 p.m.
Sunday: Closed	

To contact us:

☎ 514 453-8981, ext. 214
 🌐 bibliotheque@villepincourt.qc.ca

Discussion Group FRENCH LANGUAGE SUPPORT

Fridays: March 20, April 17 & May 15 9:30 a.m. – 11:30 a.m.

With Chantal Darcy and the Vaudreuil-Soulanges Prenatal and Young Families Centre

Are you learning French? Our discussion groups are made for you! In a relaxed setting, you can practise speaking, connect with other learners, and build your confidence every day. Come alone or with your family, whatever your level, and join us over a nice cup of tea or coffee!

🌐 Register online: [Sport-Plus](#)

STORYTIME AND CRAFTS IN PYJAMAS

Dive into the magical world of stories! Our storytimes are specially designed to offer warm moments tailored to all children. It's a wonderful way to spark the imagination and create cherished family memories.

Free for children ages 2 to 5
(accompanied by an adult)

French Storytime:
1st Wednesday of each month, 6:30-7:30 p.m.

With Stacey Monk
April 1, May 6, June 3

English Storytime:
1st Tuesday of each month, 6:30-7:30 p.m.

With Stacey Monk
April 7, May 5, June 2

🌐 Register online: [Sport-Plus](#)
 ☎ By telephone: 514 453-8981, ext. 229

DID YOU KNOW? SERVICES AND RESOURCES

NEW COLLECTION - Video games to borrow

Starting in February, borrow your favourite PlayStation, Xbox, and Nintendo video games from the library. Our new collection lets you explore a variety of titles – adventure, sports, racing, puzzles – and discover new worlds... without having to buy them. It's the perfect offer for families, teens, and all enthusiasts who want to try, compare, and share their favourite games.



Book Your LIBRARIAN

Every Friday, you can book a **30-minute session with your librarian**, between 9 a.m. and 12 p.m., to get help with your tablet, e-reader, digital books, or to learn how to navigate our catalogue. A personalized service to answer all your questions.



A Collection of Games... to Borrow

Discover our new board game library! We have games for all ages that you can borrow just like books to have fun with family and friends.



Access Plus + BOOKS FOR ALL READERS

Come explore **Access Plus**, our collection created specifically for people with special needs and learning disabilities (including visual impairment, dyslexia, and language or attention disorders).

You'll find a selection of adapted novels, accessible documentaries, practical manuals, and other resources designed to make reading and learning easier for all ages. Because everyone deserves to enjoy reading!



DIGITAL BOOKS, NOW JUST A CLICK AWAY!

The library now gives you access to a vast collection of digital books:

- In French via [pretnumerique.ca](#)
- In English via [cloudLibrary.com](#)

These resources are available directly from our new online catalogue.

Borrow books from anywhere, 24/7

New Collection : LEARN FRENCH AND DISCOVER LANGUAGES

Discover our kits dedicated to language learning and our new collection to support learning French. You'll find language textbooks, dictionaries, educational kits, and various practical tools to learn French or explore other world languages.



CREATIVE ACTIVITIES AND WORKSHOPS FOR YOUTH at the library	DATE
<p>COOKING WORKSHOP: GET YOUR APRONS ON WITH C'EST MOI LE CHEF (Ages 7+) To mark Autism Awareness Month, "C'est moi le chef" returns to Pincourt with a reverse-inclusion baking workshop. Join Karine for a unique activity where neurotypical children and children with special needs bake together, promoting inclusion and creativity. Participants will connect and learn while preparing delicious, eco-friendly recipes together.</p> 	<p>Saturday April 4 10:30 a.m. - 12 p.m.</p>
<p>WORKSHOP ENCHANTED FOREST IN A SHOEBOX (Ages 6+) With Jessandra Guindon Create your own enchanted forest in a shoebox! Children will start with a short outdoor walk to gather natural items like leaves, twigs, and small stones. Then, using these finds and craft materials, they'll build their own unique forest scene inside a shoebox. Everyone will leave with their personalized creation.</p> 	<p>Saturday April 18 10:15 a.m. - 11:45 a.m.</p>
<p>FAMILY WORKSHOP: INTRODUCTION TO CHESS (Ages 10+) With Kokobrik Discover chess in this fun family workshop. Parents and children will learn the rules, how the pieces move, and simple strategies together. Enjoy quality family time while building logic, focus, and the joy of playing.</p> 	<p>Saturday April 25 10:15 a.m. - 12 p.m.</p>
<p>INCLUSIVE ART WORKSHOP (All ages) With Steven Atme To mark Autism Awareness Month, the library showcases artwork by Steven Atme, a multidisciplinary artist dedicated to the neurodivergent community. On April 25, he will lead an inclusive workshop where neurotypical and neurodivergent participants can create together, celebrating diversity and creativity.</p> 	<p>Saturday April 25 1 p.m. - 3 p.m.</p>
<p>WORKSHOP MAGIC POP-UP CARD FOR MOM (Ages 5+) With Jessandra Guindon For Mother's Day, children will create a 3D pop-up card using basic cutting and folding techniques. They'll learn to make shapes and messages pop out when the card is opened—a heartfelt gift for mom.</p> 	<p>Saturday May 2 10:30 a.m. - 11:30 a.m.</p>
<p>SCIENCE WORKSHOP - CHEMICAL REACTIONS (Ages 6+) With Les Neurones Atomiques Dive into the world of great scientific discoveries with Les Neurones Atomiques through spectacular and interactive demonstrations. Participants will discover what a chemical reaction is by concocting potions worthy of the best alchemists: amazing colours, temperature changes, smoke, and impressive reactions await!</p> 	<p>Saturday May 9 10:15 a.m. - 11:15 a.m.</p>
<p>SCIENCE WORKSHOP - ELECTRICAL CIRCUITS (Ages 8+) With Les Neurones Atomiques Come discover electricity in a fun way with Les Neurones Atomiques. Children will use generators and try to operate all sorts of electrical devices. An entertaining and surprising workshop to understand how electricity is created and used, all while taking on fun challenges.</p> 	<p>Saturday May 9 11:30 a.m. - 12:30 p.m.</p>
<p>YOUTH WORKSHOP - CREATE YOUR OWN COMIC (Ages 10+) With Kokobrik Celebrate Comic Book Month at the library! In this creative workshop, youth will discover the basics of visual storytelling, learn to create characters, design a comic strip, and tell a story through drawing. A fun activity to spark imagination and bring their own comics to life.</p> 	<p>Saturday May 23 10:15 a.m. - 12 p.m.</p>

CONFERENCES AND PROGRAMS FOR ADULTS at the library	DATE
<p>WORKSHOP NATURAL SOAP MAKING With Mile-End Soap & Candles Learn how to make homemade soap in this creative, friendly workshop! You'll master the basics of cold-process soap making, using natural ingredients (oils, butters, essential oils, and pigments) to create your own custom soaps. All materials provided. Leave with the knowledge to make more recipes at home.</p> 	<p>Saturday, March 21 1 p.m. - 4 p.m.</p>
<p>WORKSHOP KNITTING - BEGINNER (Ages 16+) With Carole Lesage A perfect workshop to learn the basics of knitting in a relaxed setting. Participants will learn how to cast on stitches, knit, and bind off their work. No prior experience required—just a bit of patience and dexterity.</p> 	<p>Thursday, March 26 6:30 p.m. - 8:30 p.m.</p>
<p>Travel CONFERENCE JAPAN - A JOURNEY THROUGH TIME & DISCOVERY Join Pierre-Luc Côté and discover Japan through the highlights of his three trips to the Land of the Rising Sun. From the bustle of Tokyo to the temples of Kyoto, Nara, and Koyasan, climbing Mount Fuji, visiting Hiroshima, and exploring lesser-known spots like Shirakawa-go or the hot springs of Beppu. A journey filled with encounters and anecdotes, among monks, geishas, cosplayers, and sumo wrestlers.</p> 	<p>Saturday, March 28 1:30 p.m. - 3 p.m., FRENCH</p>
<p>Author MEETING with ÉRIC CHACOUR Hosted by Amélie Boivin-Handfield Dive into the literary universe of Éric Chacour, acclaimed author of <i>Ce que je sais de toi</i>, a powerful novel exploring family ties, identity, and places between Cairo and Montreal. A unique chance to discuss his creative process, his work, and his literary inspiration.</p> 	<p>Saturday, April 11 1:30 p.m. - 3 p.m., FRENCH</p>
<p>WORKSHOP BEGINNER CROCHET (Ages 12+) With Carole Lesage An introductory crochet workshop in which participants will learn basic stitches (chain, single crochet, increasing, decreasing, magic ring) while making an adorable little jellyfish across two sessions. No prior experience required—learn, try, and have fun at your own pace.</p> 	<p>1st session: Thursday, May 7 6:30 p.m. - 8:30 p.m. 2nd session: Thursday, May 14 6:30 p.m. - 8:30 p.m.</p>
<p>CREATIVE WORKSHOP - MANDALA DESIGN With Jessandra Guindon Learn how to draw, structure, and create your own patterns while discovering the basics of mandalas, their shapes, and their rhythms.</p> 	<p>Saturday, May 16 10:30 p.m. - 12 p.m.</p>

IN THE ART OF SUMMER EXHIBITION

Registration from April 27 to May 31

In the Art of Summer returns for its 18th edition, from July 4 to August 4, 2026. The library is transformed into an exhibition hall to showcase the talents of local artists, as part of a joint initiative with the libraries of Pincourt, Notre-Dame-de-l'Île-Perrot, and L'Île-Perrot.

Back again this year, the **In the Art of Summer Junior section** highlights the creativity of young artists aged 10 to 17, giving them the opportunity to exhibit their works.

Please note that craftwork will not be accepted. Please complete the [registration form](#).

For more information: 514 453-8981, ext. 214.



Steven Atme Collective Exhibition

All of April

Pincourt Library

For Autism Awareness Month, the Pincourt Library welcomes Steven Atme, an artist and passionate advocate for neurodiversity. He will share his life journey in a short, inspiring talk, followed by a sensitive piano mini-concert. The stage will then be opened to local neurodivergent artists, who will present their works and creative worlds. The event will conclude with an inclusive art workshop for youth. This gathering celebrates difference, perseverance, and the richness of talent.

Come meet the artist during an inclusive collaborative art workshop (open to everyone) on Saturday, April 25, from 1 p.m. to 3 p.m.



Micro-Library

If weather permits, the micro-library at Trotter Park will open in May. Follow us on social media for the announcement.



Monarch Gardens

Did you know that Pincourt is a monarch-friendly city? Since 2024!

Come discover our pollinator garden at Trotter Park! Made up of native, nectar-rich plants, it features many types of flowers that attract monarchs and other pollinators. As soon as the nice weather returns, come take a walk—you might even spot a beautiful monarch!



SEED LIBRARY

The seed library is back for a second season. Citizens can take up to 4 packets of seeds per week for their gardens, directly from the Pincourt Library. We have several varieties of vegetables and flowers - come check them out!

A big thank you to all the volunteers and to the Environmental Horticulture Society of the towns of Île Perrot, thanks to whom the seed library is available to residents. Around twenty people helped prepare several thousand seed packets!



MAJOR CITIZEN CONSULTATION 2026

SOCIAL AND CULTURAL DEVELOPMENT: SHARE YOUR VISION FOR PINCOURT!



All ages are welcome!

Take an active role in shaping the future of your community. For the first time, the Town of Pincourt is inviting you to participate in two major initiatives that will guide our development:

CULTURE

Update of our Cultural Action Plan (policy adopted in October 2022).

Share your priorities around three key themes:

- Access to practice and performance spaces;
- Accessibility of programs and events for everyone;
- Expanded services to support our artists.

SOCIAL DEVELOPMENT & MUNICIPALITÉS AMIE DES AÎNÉS

Social development promotes everyone's well-being through collective action and citizen participation.

Share your ideas with us for these four priorities:

- Creating vibrant and dynamic neighbourhoods;
- Encouraging healthy lifestyles;
- Promoting social inclusion;
- Supporting and collaborating with local partners.

Why a joint approach?

Because culture and social development form the heart of a vibrant and inclusive community, where each generation flourishes and shapes a collective future.

HOW TO PARTICIPATE?

Two complementary surveys

Follow us on social media to find out when the surveys are launched!

Public Consultations – Open to everyone!

Want to get involved?

Sign up now for the public consultations:

☎ 514 453-8981, ext. 229

✉ loisirs@villepincourt.qc.ca

From the youngest to the oldest, every voice counts.
Together, let's build the Pincourt of 2030!



SOCIAL DEVELOPMENT

ACTIVITIES FOR PEOPLE WITH DISABILITIES

Did you know that the library has a special collection of **resources designed to meet the needs of autistic individuals and others with specific needs?**

- **Sensory toys**
- **Audiobooks**
- **And many other adapted tools**

Come explore this unique section and borrow the resources that could make a real difference for you or your loved ones!



WE WANT TO BE INCLUSIVE!

Do you have concerns about the accessibility of an activity, or have you encountered a barrier? Contact us and we will be happy to work with you to find solutions: loisirs@villepincourt.qc.ca.

ACTION PLAN FOR PERSONS WITH DISABILITIES

The 2025 report on the Action Plan for People with Disabilities, as well as the updated action plan for 2026, are available on the Town's website:

PROJECTS SUPPORTED BY THE 2025 SOCIAL DEVELOPMENT CALL FOR PROJECTS



Dialogues

Hosted by Julie Hamel, Dialogues invites citizens aged 11 and up to come together and discuss topics that matter to them: education, justice, family, the state of the world, and much more. These discussions will lead to the creation of dialogues, which will later be presented to the public. Free and bilingual, from March 31 to June 23, Mondays from 6:30 p.m. to 8:30 p.m. at the Omni-Centre. Registration: [Sport-Plus](#) or 514 453-8981, ext. 229.

It's Good for the Soul

Presented by the Association of People of African and Caribbean Origin, this project aims to raise awareness among youth about mental health issues by sharing informational videos and then engaging them in discussions. For more details, please visit their [Facebook page APOAC-APACO](#).



ZEN ZONE

Visit the **Zen Zone** during **Bouge Bouge** (see page 26 of this brochure). The Zen Zone offers a calming space for children with special needs.

LIST OF EXTERNAL ORGANIZATIONS

Several external organizations offer activities to the public. To learn more, visit: www.villepincourt.qc.ca/activities-offered-by-organizations

- | | | | |
|---|---|--|--|
| <ul style="list-style-type: none"> • 211 Social and Community Services near you • Acrobatic gymnastics (Gymnastes de l'île) • Adult softball • Archery (Archers Perrottdamois) • Baseball (Petite ligue des Trois-Lacs) • Basketball (Ass. basketball de l'Île-Perrot) • Bowling (Second Mile Bowling League) • Bridge Club of Pincourt • CCAVS • Cercle des fermières • Classic/Jazz Ballet • Community gardens de Pincourt • Comquat (French learning) • Cross-country skiing (Skieurs de l'île) • Cycling | <ul style="list-style-type: none"> • Diving (Club plongeon Vaudreuil-Dorion) • Figure skating (Club patinage art. rég. de Vaudreuil) • Friendly Volleyball (Ligue volleyball amicale de Pincourt) • Girl Guides (English) • Gymnastics and Recreational acrobatic sports (Gymini) • History and genealogy • Horticulture (SHE Île-Perrot) • Indoor field hockey • Indoor swimming (Club de natation les Citadins de VD) • Karate (Sankukan) • Kin Ball (Ass. de Kin-ball Sud-Ouest) • Maison de la Famille • MWCN • Men's softball 25 + • Minor Baseball • Minor Girls Softball • Minor Hockey | <ul style="list-style-type: none"> • Ornithology (Club Ornithologique VS) • Painting/Sculpture (MEAL) • Philately and Coins (Club Philatélie et Monnaie Pincourt) • Pickleball (Pierre Besner) • Pincourt Judo (Judo Dojo Perrot Shima) • Pincourt Petanque League • Pool of John Abbott College • Pool of Vaudreuil-Dorion • Popotte roulante 65 ans et + • Scouts Canada (French) • Scouts de l'île Perrot (bilingual/ain english) • Senior Citizens Club - Second Mile Club (in English) • Senior Citizens Club (in French) • Shared Meals (Jacques Leclair/Nicole Richard) • Soccer FC Trois-Lacs • Soccer senior recreational | <ul style="list-style-type: none"> • Sportball (Sportball Québec) • Spanish (Academia Mistral) • Speed skating (Club patinage vitesse de Trois-Lacs) • Squadron (Escadron 867 Vaudreuil-Dorion) • Ringette 4 cités • Tennis (club members) • Tennis (lesson) • Tennis Proset Philip Manning (Adapted) • Women's Volleyball (Caroline Bédard) • Women's softballs |
|---|---|--|--|

LEISURE ACCOMPANYING CARD

Pincourt accepts the Leisure Accompanying Card, which allows a companion to participate in our activities for free.



www.villepincourt.qc.ca/fr/loisirs-et-culture/developpement-social/personnes-handicapees

ACCESSIBILITY WALKABOUT OF OUR ADAPTED FACILITIES

This spring, there will be a walkabout of our adapted facilities to evaluate, together with people living with disabilities, whether these facilities are accessible and truly meet users' needs.

For more information or to sign up, contact Sabrina at 514 453-8981, ext. 273, or by email at s.martel@villepincourt.qc.ca.



Let's get **moving**, this spring!

Starting March 30, 10-week session **
** Unless otherwise indicated

Registration for residents: March 16-29, starting at 9 a.m.
Registration for non-residents: March 23-29, starting at 9 a.m.
Information: 514 453-8981, ext. 229

Flat rate
\$5 per hour of class*
*An additional fee of \$10 per session for non-residents.

ABS, CORE AND LEGS

An intense and targeted workout to tone and sculpt these key areas.

With Patricial Noal

Monday or Wednesday: 7:45 p.m. to 8:45 p.m.

(no class on April 6 and May 18)

École Notre-Dame-de-Lorette,

\$50, ages 16+

NORDIC WALKING

This is a dynamic workout that stimulates and boosts your overall health by improving your cardio, muscle strength, flexibility, and balance!

It is practiced with special poles (provided).

With Diane Pagé

Tuesday or Thursday: 9:30 a.m. to 10:30 a.m.

Bellevue Park

\$50, ages 16+



CHAIR YOGA **50+**

An adapted form of yoga that allows you to practice postures and breathing exercises while remaining seated in a chair.

With Susan Frederick

Tuesday or Friday: 10:30 a.m. to 12 p.m. (no class on April 3)

Omni-Centre

\$75, adults 50+

PILATES

Exercises that combine strength, balance, breathing, and flexibility. **8-week session.**

With Diane Pagé

Sunday: 10:15 a.m. to 11:15 a.m. (no class on April 5)

École Notre-Dame-de-Lorette

\$40, ages 16+



YOGA

With Susan Frederick

Omni-Centre

BEGINNER

Tuesday: 6 p.m. to 7:15 p.m.

\$62.50, ages 16+

INTERMEDIATE

Tuesday: 7:30 p.m. to 9 p.m.

\$75, ages 16+

MULTI-LEVEL

Monday and Wednesday: 10:30 a.m. to 12 p.m.

(no class on April 6 and 18)

\$75, ages 16+



20-20-20 **50+**

This class includes 20 minutes of cardio, 20 minutes of strength training, followed by 20 minutes of core and balance work with stretches.

Monday:

1:15 p.m. to 2:15 p.m., (beginner level) With Rachel Ellison

(no class on April 6 and May 18)

Wednesday:

12 p.m. to 1 p.m., (intermediate level) With Eleonora Nakova

1:15 p.m. to 2:15 p.m., (beginner level) With Rachel Ellison

Friday:

12 p.m. to 1 p.m., (intermediate level) With Patricia Noal

(no class on April 3)

1:15 p.m. to 2:15 p.m., (beginner level) With Patricia Noal

Omni-Centre

\$50, ages 50+

CARDIO INTERVAL

High-intensity exercises with strength training periods.

With Patricia Noal

Monday or Wednesday: 6:30 p.m. to 7:30 p.m.

(no class on April 6 and May 18)

École Notre-Dame-de-Lorette

\$50, ages 16+

ZUMBA TONING GOLD **50+**

This fitness class combines dance and muscle toning with light weights. It is adapted for adults aged 50 and over to improve physical fitness and coordination.

With Nicole Trottier

Monday: 12 p.m. to 1 p.m. or

(no class on April 6 and May 18)

Wednesday: 10:45 a.m. to 11:45 a.m.

Omni-Centre

\$50, ages 50+



OUTDOOR ACTIVITIES

Tennis: Membership and court access

To become a member or obtain an access key, visit www.tennispinccourt.org for full details on rates and registration.



Outdoor Pickleball - 2026 Season

Activation and registration at the Omni-Centre (residents only, proof required).

Access chip: Annual fee: \$5/year; chip replacement \$5 (cash only).

i Info : 514 453-8981, ext. 229

loisirs@villepinccourt.qc.ca



MUSCLE TONE

This is a class of varied intensity that uses a range of exercises aimed at increasing muscle tone and strength.

Thursday: 7:30 p.m. to 8:30 p.m.

With Patricia Noal

Sunday: 9 a.m. to 10 a.m. (no class on April 5)

With Rachel Ellison

École Notre-Dame-de-Lorette

\$50, ages 16+



INDOOR BADMINTON AND PICKLEBALL

Clean shoes mandatory.
Bring your own equipment.

Free Badminton

Sunday: 1 p.m. to 5 p.m.

Omni-Centre

\$8/field/hour

End of session June 21.

Free Pickleball*

Tuesday: 3 p.m. to 5 p.m.

Friday: 4 p.m. to 6 p.m.

Omni-Centre

\$8/field/hour

End of session June 23.

REGISTRATION PROCEDURE

Go on the [Town Website](#) and click on Registration Sport Plus in the top menu (**registration required**).

RESERVATION FOR THE OUTDOOR PICKLEBALL FIELDS

[Procedures](#), see website under the Sport-Plus, badminton, and pickleball reservation tab.

Residents only (Proof of residency required)

Omni-Centre

\$5 (cash payment)

SOCIO-CULTURAL ACTIVITIES Offered by the Town

PAINTING WORKSHOP

In the first part of the class, the instructor will teach a painting technique. In the second part, participants can paint their own work and receive personalized guidance from the instructor.

With Manon Labelle

Monday: 1:30 to 4:30 p.m. or 6:30 to 9:30 p.m. (no class on April 6 and May 18); **8-week session.**

Omni-Centre • \$120, adults

WATERCOLOUR WORKSHOP

Exploration of basic watercolour concepts. Intended for beginners, but experienced artists are also welcome. Materials provided.

With Daniela Cretu

Wednesday: 7 to 8:30 p.m. ; **5-week session.**

Omni-Centre • \$37.50, ages 12+



BEFORE I JOINED **FITSPIRIT**,
I DIDN'T SEE MYSELF AS
THE SPORTY TYPE.



Join your
FITSPIRIT team!

THE FITSPIRIT PROGRAM IS COMING TO PINCOURT!

The first pilot project in a Quebec municipality:
right here in Pincourt!

It's the same dynamic program found in high schools, but offered on weekends, with girls from several schools in the region.

Because girls drop out of sports three times more often than boys and are 20% less likely to meet physical activity recommendations, Fitspirit has a clear mission: to get teenage girls moving for life! Here, it's all about having fun, being active with no competition and no judgment!

Details and Registration

Registration: Online **LS+** from March 16 to 29
or by phone at 514 453-8981, ext. 229

Participation: Voluntary, every week

The program is subject to a minimum number of registrations.

Instructor: Eleonora Nakova, from Maison des jeunes Martin-Bernier

Cost: Free

When: Sundays from 11:30 a.m. to 12:30 p.m.

Where: Starts from the gym at Notre-Dame-de-Lorette School

Who? Teenage girls 12 to 17 living on île Perrot

Invite
your
friends!



PROGRAM SCHEDULE

Dates	Activity
April 5	Exploratory Challenge in Pincourt
April 12	Acrobatic Yoga
April 19	Pickleball
April 26	Mission IMPOSSIBLE
May 3	Basketball Queens
May 10	Forest Flag Game
May 17	Giant Soccer
May 24	Pincourt Tour – Biking & Skating
May 31	Kickball
June 7	Frisbee golf
June 14	Watercraft



Are you between 12 and 18 years old and live on l'île Perrot?

JOIN ACTION JEUNESSE COMMITTEE (AJC)!

Here's what being a AJC member involves:

- One monthly meeting at Pincourt Library
- Supper included
- Attendance at the June program launch

First meeting: Thursday, March 19 at 4:30 p.m.
at the library mezzanine



ARE YOU INTERESTED
IN JOINING US?

Fill out the
following form:



Deadline: March 15, 2026

For more information, you can contact Cindy Lessard,
Recreation Coordinator at c.lessard@villepincourt.qc.ca
or at 514 453-8981, ext.246.

COMITÉ
ACTION-JEUNESSE
COMMITTEE



DAY CAMP



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REGISTRATION PROCEDURE

From April 7 at 9 a.m., to June 19
Online registration: [Sport-Plus](#)
Information: loisirs@villepincourt.qc.ca
514 453-8981, ext. 229

- Pincourt residents only
- Day camp activities will take place at the Omni-Centre
- **No pairing or group change requests will be accepted before the start of the camp.**

Mini-Grasshopper	Children enrolled in kindergarten next year.
Grasshopper	Children who have completed kindergarten.
Section 1	Children in 1 st and 2 nd grade.
Section 2	Children in 3 rd and 4 th grade.
Section 3	Children in 5 th , 6 th grade, and secondary 1.

Parent Meeting: June 4, 2026, 7 p.m., at the Omni-Centre
 Please consult the Parent Information Handbook on our [website](#).
 Follow us: [CampdejourPincourt](#)

SCHEDULE AND FEES

- Camp: Monday to Friday, from 9 a.m. to 4 p.m.
- Daycare service: Monday to Friday, from 6:30 a.m. to 9 a.m., and from 4 p.m. to 6 p.m.
- One outing per week included from weeks 2 to 6, as well as a camp T-shirt.

Dates	Camp Cost	Cost of daycare
Week 1 From June 25 to June 26	\$40	\$16
Week 2 From June 29 to July 3 (Open Tuesday, July 1 st)	\$100	\$40
Week 3 From July 6 to 10	\$100	\$40
Week 4 From July 13 to 17	\$100	\$40
Week 5 From July 20 to 24	\$100	\$40
Week 6 From July 27 to July 31	\$100	\$40
Week 7 From August 3 to 7	\$100	\$40
Mini-Camp* From August 10 to 14	\$100	\$40

*The capacity of the mini-camp is very limited.

PAYMENT TERMS:

- Pay in full or in 3 installments of 33%, all due before camp begins
- Pay by credit card during online registration
- Pay by cheque, cash, or credit card at the Omni-Centre reception during in-person registration

DISCOUNTS (Excluding mini-camp and daycare service)

Summer Package: Buy 6 weeks of camp for the same child and get the 7th week free.
Family Package (3 children or more): 40% discount for the 3rd child and beyond.

REFUND POLICY

Cancellation and refund requests must be sent by email to loisirs@villepincourt.qc.ca.

- Before Friday, June 19: the Town refunds 100% of the costs, minus a \$10 administration fee.
- As of June 22: a refund will only be issued for the unused portion of the service, minus a \$10 administration fee, and only with valid supporting documentation (e.g.: medical certificate).
- Refund requests received after the end of an activity will not be accepted.

SUPPORT PROGRAM

This program is for Pincourt children aged 4 to 14 with special needs. It provides a support worker during day camp and daycare, to help with participation and integration. Children may be paired with a support worker based on their needs.

Procedure:

- **You must fill in the child needs assessment form**, available on the Town's website (www.villepincourt.qc.ca/en/recreation-and-culture/activities-and-programs/pincourt-day-camp).
- **Send the completed form to loisirs@villepincourt.qc.ca by April 15** so the Town of Pincourt can find a support worker for your child.
- At the same time, enroll your child online starting April 7, following the same procedures as all other day camp participants.
- The Town will contact you to share the decision and any next steps. .

CAMP COUNSELLOR TRAINING PROGRAM (DAFA)

Want an active, useful and fun summer?
PAM trains you to become a camp counsellor and get your DAFA (Diploma of Aptitude for Facilitator Functions).

Who is it for? Teenagers aged 14 and 15

What will you learn?

- How to choose and lead fun activities for children of all ages
- Understand your responsibilities as a counsellor
- Learn basic first aid
- Develop leadership and creativity
- Animate in various Pincourt community settings

Cost: \$195

This program is not eligible for the family package discount.

Schedule:

June 25 to August 7, 9 a.m. to 4 p.m.



" I joined the Leader-in-Training program as a really shy girl. When I think back to that girl now, it's hard to believe that was me. Over my years at camp, I really managed to come out of my shell and open up to others! "
 - Fiji



Photos Credit: Olivier Langevin



POOL

Your summer oasis in the heart of the recreational hub.

364, boul. Olympique
 ☎ 514 453-8981, ext. 253
 (In the summer season)

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PINCOURT OUTDOOR POOL

Located behind the Omni-Centre, our municipal pool offers you:

- 8 swimming lanes, each 25 metres long
- A safe wading pool for toddlers
- Relaxation areas with picnic tables and chairs
- Free parking for cars and bicycles

OPEN SWIM SCHEDULE

Important: Pool opening and schedules may change depending on weather conditions.

PRE-SEASON and POST-SEASON June 8 to 21 and August 17 to 23, 2026

Monday to Friday: 4 p.m. to 7 p.m.
 Saturday and Sunday: 1 p.m. to 7 p.m.

REGULAR SEASON June 22 to August 16, 2026

Every day: 1 p.m. to 8 p.m.
 Adult open swim: 8 p.m. to 8:30 p.m.

FEES

Pincourt residents and Notre-Dame-de-L'Île-Perrot residents (Proof of residency required)		Free
Non-residents	Daily Rate at the Door	Season Pass
0 to 4 years old	Free	Free
Children (5-17)	\$5	\$100
Adults (18-59)	\$10	\$100
60 years +	\$5	\$100
Family	-	\$250

Debit and credit cards are accepted.

SWIMMING LESSONS by the Town and the Aquatic Club

PROCEDURE AND REGISTRATION

Residents: Monday, April 13, from 9 a.m. until June 12
Non-residents: Monday, May 18, from 9 a.m. until June 12

- 🌐 **Online registration:** [Sport-Plus](#)
- ☎ **By telephone:** 514 453-8981, ext. 229
- 📧 **Information:** loisirs@villepincourt.qc.ca

Lessons begin Saturday, June 20 and run until August 14, for 8 weeks.

Important: The June 22 and 23 lessons are moved to the evening during open swim. Lessons on June 24 and July 1 are unchanged.



FREE SWIMMING LESSONS!

Swimming lessons from Parent and Child up to Swimmer 3 levels are free this summer for residents!

Since spots are limited, it is important to attend every swimming lesson so your child can learn all swimming skills and not take away the chance for another child to participate.

AQUATIC CLUB LESSONS

Competitive Artistic Swimming, Pre-Junior (8-10 yrs)	
Competitive Artistic Swimming, Junior (11-13 yrs)	\$136
Competitive Artistic Swimming, Senior (14-16 yrs)	
Competitive Swimming (6+ yrs): \$170	\$170
Competitive Water Polo, Junior (9-12 yrs)	\$102
Competitive Water Polo, Senior (13-16 yrs)	
Junior Lifeguards Leadership (12+ yrs)	\$68

A mandatory \$15 affiliation fee must be paid to the Aquatic Club.

TOWN OF PINCOURT LESSONS

Parent/Child	Free
Preschool 1 to 5	
Swimmer 1, 2, 3	
Swimmer 4-5-6	\$51
Swimmer 7-8-9	\$102
Introduction to Artistic Swimming (non-competitive)	\$51
Introduction to Water Polo (non-competitive)	
Aquafitness - Adult	\$96
Master Swimming - Adult	
Adult Swimming Lessons	\$68



For details regarding the schedule of courses and aquatic activities, please consult the information document [online](#).

For lessons by the Pincourt Aquatic Club, visit: [their Facebook](#) or their [website](#)

DISCOUNTS

For the first child: 1st lesson: full price
 2nd lesson: 50% off
 3rd lesson and up: 75% off

For the second child: 1st lesson: full price
 2nd lesson: 50% off
 3rd lesson and up: 75% off

Third child and up, living at the same address: lessons free (max 3 activities).

The family discount does not apply to Parent and Child levels up to Swimmer 3.

The family discount is not available for non-residents.



MAYOR'S BLOOD DRIVE

**Monday, March 30
12:30 p.m. to 8:30 p.m.**



Omni-Centre
By appointment:
hema-quebec.qc.ca
or 1-800-343-7264
Ages 18 and up

Donate blood and save a life!

WELCOME LUNCH FOR NEW RESIDENTS

Sunday, April 26, from 11 a.m. to 1 p.m.
Omni-Centre

Anyone who has moved to Pincourt since January 1, 2025, is invited to meet elected officials and attend an information session on municipal services. Lunch is provided and children's activities are planned.

By registration only and reserved for new residents: link to the [registration form](#).

Organized by the Pincourt Intercultural Committee



COMITÉ
INTERCULTUREL
COMMITTEE

BOUGBOUGE FESTIVAL & ÎLE PERROT MARATHON



Sunday, May 3 • Start: Olympique Park

The BougeBouge Festival & Île Perrot Marathon 2026 is back on May 3!

Come enjoy a day filled with energy and sports challenges in a beautiful setting. Whether you're a runner, a cyclist, or just want to enjoy an active family day with our shows and sports workshops, this event is for you!

- All distances: 1 km, 2 km, 5 km, 10 km, 21.1 km, 42.2 km, and a 21 km bike tour
- More info and registration: www.bougebouge.com

Don't miss out on this unique event!



SENIORS' DAY



Come meet exhibitors offering leisure activities and support services for seniors.

Free lunch!

No registration required.

Omni-Centre,
Pincourt

10 a.m. - 2 p.m.

Friday
MAY

1st

SERVICE AND LEISURE
BOOTHS

FREE MEAL

ACTIVITIES

In collaboration with Pincourt's Ville en santé Committee.



CONTACT US 514 453-8981

TOWN HALL

Regular hours: Mon. to Thurs.: 8 a.m. to noon and 1 p.m. to 4:45 p.m.

Fri.: 8 a.m. to noon.

Administration and Finance Department option 1
Urban Planning Department option 2
General Management, Town Clerk and Mayor's Office option 3
Human Resources Department option 4
Emergency and Fire Protection Department option 7

RECREATION AND COMMUNITY SERVICES option 6

Regular hours: Mon. to Thurs.: 8 a.m. to noon and 1 p.m. to 4:45 p.m.

Fri.: 8 a.m. to noon

PUBLIC SECURITY ext. 203

(Municipal Patrol)

MUNICIPAL GARAGE ext. 381

Summer hours (starting May 19) : Mon. to Thurs.: 7 a.m. to 12 p.m. and 1 to 3 p.m.

Fri. : 7 to 11 a.m.

ÉCOCENTRE DE L'ÎLE450 455-5434

750, Olympique Blvd., Pincourt (QC) J7W 7C8

Current hours: visit tricycle-mrcvs.ca

(Citizens/Environment/Ecocentre Network)

LIBRARYext. 214

3-1-1 LINE: OUTSIDE BUSINESS HOURS

If an incident occurs outside our office hours (**evenings, weekends and holidays**),
call 3-1-1 immediately.

This line is for the following municipal interventions:

water breaks, sewer backups, security patrols, lost, dead or stray animals, etc

OFFICE CLOSURE: PUBLIC HOLIDAYS

- Easter: April 3 to 6, 2026
- National Patriots' Day (Victoria Day): May 18, 2026

