



# INFO- PINCOURT

Spring 2025, vol. 45

f  in bciti+

TOWN OF  
PINCOURT 



CREDITS

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

René-Lévesque Park



Pickleball courts at  
Olympique Park



New basketball courts,  
beside the Omni-Centre

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## A WORD FROM THE MAYOR

Dear citizens,

Spring is coming, and our beautiful, dynamic, and welcoming town is preparing for many projects.

In 2025, several initiatives will be launched to continue the

embellishment of our living environment. Whether through the improvement of our existing infrastructure and traffic flow, or through the development of our parks, each project aims to strengthen the welcoming and family-friendly aspect of Pincourt.

Here are some of the municipal projects planned for this year:

- New display structures at Taillon Park and on Forest Street.
- Replacement of the two electronic signs.
- Installation of an interactive kiosk at the COOP.
- Construction of two new pickleball courts.
- Continuation of the street resurfacing program.
- Development of Trotter Park.
- Resurfacing of the baseball field and the skating rink on Shamrock.
- Implementation of ambient lighting in parks, trails, and certain spaces.

**I invite you to consult page 4 and 5 of the municipal newsletter to learn more about all the projects.**

In addition, I encourage you to stay tuned for the events that will take place throughout the spring and summer. Consult the calendar on the Town's Website or get a copy of the brochure Info-Pincourt at:

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

I am convinced that you will find something enjoyable and fulfilling among all these great propositions. On behalf of the municipal council, I wish you a wonderful spring.

**Claude Comeau, Mayor of Pincourt**

[c.comeau@villepincourt.qc.ca](mailto:c.comeau@villepincourt.qc.ca)

514 453-8981, ext. 325

## MUNICIPAL COUNCIL

VACANT

DISTRICT 1

**Denise Bergeron**

[d.bergeron@villepincourt.qc.ca](mailto:d.bergeron@villepincourt.qc.ca)

514 808-6257

*In memory of*  
**Sam Ierfino**

February 21, 2025

**Diane Boyer**

[d.boyer@villepincourt.qc.ca](mailto:d.boyer@villepincourt.qc.ca)

438 397-7226

**Claudine Girouard-Morel**

[c.girouard-morel@villepincourt.qc.ca](mailto:c.girouard-morel@villepincourt.qc.ca)

514 501-0245

**René Lecavalier**

[r.lecavalier@villepincourt.qc.ca](mailto:r.lecavalier@villepincourt.qc.ca)

514 646-0720

DISTRICT 2

DISTRICT 3

DISTRICT 4

DISTRICT 5

DISTRICT 6



SUBSCRIBE!

Preventive  
boil-water  
advisory  
in effect

bciti+

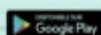
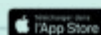
INTERACTIVE  
CITIZEN  
PORTAL

TO BE UP  
TO DATE  
IN REAL TIME

It allows the population to be connected at all times with the Town of Pincourt, from a smartphone, tablet or computer.

**2 ways to connect:**

1. Download the B-Citi+ application on:



2. Go to the following Web page:

[pincourt.bciti.com](http://pincourt.bciti.com)

## WHAT'S COMING UP FOR 2025

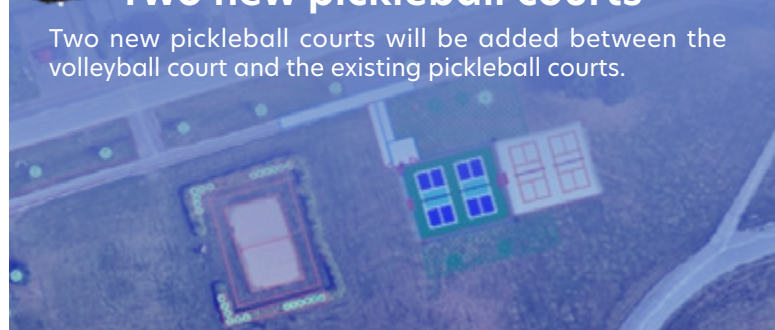
**Two new electronic signs** at the entrances to the city, replacing the old structures on boul. de l'Île and Cardinal-Léger.

### Interactive stations

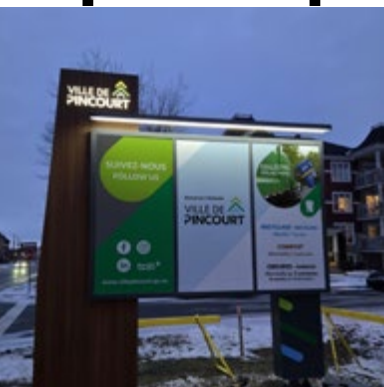
A pilot project will take place at the Résidence Pointe-aux-renards, a cooperative for the elderly, with the aim of sharing Town information digitally.

### Two new pickleball courts

Two new pickleball courts will be added between the volleyball court and the existing pickleball courts.



## LATEST NEWS



## OPENING OF THE CONSIGNATION CENTER

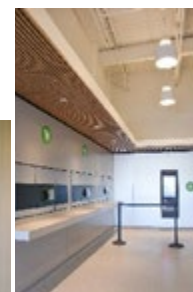
In preparation for the second phase of the deposit system modernization, the Association québécoise de récupération des contenants (AQRCB)/Consignation has opened its doors at: **1430, boulevard du Traversier, Pincourt**

Dedicated exclusively to the recycling of redeemable beverage containers, this location offers two services:

- Return by unit with automated recovery machines
- Express return, where you can drop off a bag of unsorted containers.

**Opening hours are:**

- Monday, Tuesday, Wednesday,  
Saturday and Sunday, 8 a.m. to 6 p.m.
- Thursday and Friday, 8 a.m. to 7 p.m.



04



## Many others projects:

1. Continuation of street resurfacing program.
2. Development of Trotter Park.
3. Resurfacing of the tennis and baseball fields, and skating rink on Shamrock.
4. Installation of ambient lighting in parks, trails and other areas.
5. Resilient development and greening of the town.
6. Continuation of the Arts Integration Program (outdoor mural).
7. Complete rehabilitation of Leduc, Ouimet, 1<sup>st</sup> and 2<sup>nd</sup> Blvd. and 44<sup>th</sup> Avenue.
8. Updating of the Chêne-Bleu synthetic turf field.
9. Implementation of eco-responsible parking.

## The residential greening campaigns are back with GRAME : Ensemble on verdict and A Tree for my Neighbourhood

Visit the Town's web site for more information.



## HERITAGE BENCH PROGRAM

This program was created to recognize the contribution of individuals who have made a significant impact on the municipality and/or to commemorate a loved one who lived in Pincourt through the installation of a public bench. For more details, please contact: **Mr. Simon Grenier, Project Manager for the Town management at [s.grenier@villepincourt.qc.ca](mailto:s.grenier@villepincourt.qc.ca)**. To review the Heritage Bench Program policy, visit the following Webpage: Heritage Bench Program.



## URBAN PLANNING

### Boisé Laflèche-Rousseau

The Rousseau forest has been officially renamed Boisé Laflèche-Rousseau in honor of two prominent families in Pincourt.

### New Environmental Grants:

- The purchase of a new or used bicycle;
- The installation of a radon concentration mitigation system.

For more details, please visit [the Environmental Grants Program page on the Town's Website](#).

## SPORTS SCHOLARSHIPS

Five young athletes from Pincourt have each received a \$500 scholarship to support their sports endeavors. **Congratulations to the recipients for their dedication and perseverance!**

**Félix Lebrun** will join the United World Games in June 2025 for deck hockey.

**EmyRose Gagnon** will compete in the Canada Games in Newfoundland in August 2025 for fastpitch softball.

**Noa Gaiqui** will compete in the Mare Nostrum Cup international soccer tournament in Spain from April 17 to 21, 2025.

**Jimmy Painarin Sanchez** represented Québec at the World Karate Championship in Japan in October 2024.

**Rafael Cortez** participated in the World Taekwondo Championships in South Korea in October 2024.



## FINANCES

### Property Taxes

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

### Payment Due Dates for 2025:

- 1<sup>st</sup> installment: March 5, 2025
- 2<sup>nd</sup> installment: May 2, 2025
- 3<sup>rd</sup> installment: July 2, 2025
- 4<sup>th</sup> installment: September 2, 2025

# COUNCIL MEETINGS



Council meetings are when elected representatives come together to make decisions in the best interests of the town in the form of by-laws or resolutions.

## When and where:

- 2<sup>nd</sup> Tuesday of each month, at 7 p.m.,
- René-Fournier Room, Omni-Centre (375, Cardinal-Léger Blvd.)

March 11 | April 8 | May 13 | June 10 | July 8 | August 12 |  
September 9 | October 14 | November 11 | Décembre 9

**Special meeting - Adoption of 2026 budget:**  
To be confirmed



# USEFUL REMINDERS



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# SPECIAL COLLECTION

**Green waste:** March 26, April 23 and May 28  
**Garbage and compost:** May 7 and 21  
**Branches collection:** Week of May 26

## GARAGE SALE

May 17 to 19, 2025. No permit required.

# BY-LAWS

## POOL

Reminder for pool owners: You have until September 2025 to make the necessary adjustments to ensure your installations are compliant and safe.



More info: [www.quebec.ca/habitation-territoire/piscines-et-spas/securite-piscines-residentielles/securisez-piscine](http://www.quebec.ca/habitation-territoire/piscines-et-spas/securite-piscines-residentielles/securisez-piscine)

## CONSTRUCTION WORK

Construction, repair, or demolition work on a building **are permitted** during the following hours:

- 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.

## LAWNMOWER AND EDGE TRIMMER

The use of lawnmowers, lawn tractors, edge trimmers, chainsaws, leaf blowers, or any other motorized tool **is permitted** during the following hours:

- 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 each 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.

## NIGHT PARKING

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





# COLLECTIONS 2025 calendar

JANUARY 2025						
S	M	T	W	T	F	S
			1		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 2025						
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 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	5	11	12	13	14	15
16	17	18	19	20	21	22
23	19	25	26	27	28	29
30	31					

APRIL 2025						
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 2025						
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 2025						
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 2025						
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 2025						
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						


-  Food waste
-  Recycling
-  Garbage
-  Bulk Waste
-  Branches


**Green waste:** May 7 and 21; June 4 and 18; July 2, 16 and 30; August 13 and 27; September 10 and 24, October 8 and 22 and November 5 and 19.

**Cardboard:**  
7 January and July 8


**Christmas trees:**  
week of January 13

**\*\*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.**


 **GARBAGE** Garbage collection takes place every two weeks on Wednesdays.

 **RECYCLING** Recycling is collected every Tuesday.  
Information: [tricycle-mrcvs.ca/en/recyclage/](https://tricycle-mrcvs.ca/en/recyclage/)

 **FOOD WASTE** Food waste is collected every Wednesday.  
Information: [villepincourt.qc.ca](https://villepincourt.qc.ca)  
(Citizen / Public Works/Collections)

 **BULK WASTE** Bulk waste collection is held on the 4th Wednesday of the month.  
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** Branch collection takes place every 4th week of the month, from May to October.  
You must register for the branches collection via the [online form](#).  
The large end of the branches must be facing the street.

SEPTEMBER 2025						
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				

**FORM  
Branches  
Collection**



OCTOBER 2025						
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 2025						
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						

DECEMBER 2025						
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			

**TOWN OF  
PINCOURT**





VAUDREUIL  
SOULANGES  
**ACCÈS-  
LOISIRS**  
PROGRAM



We offer **free** recreational activities in your region!

## HOW DO I REGISTER ?

By completing our online application form at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca) or by making an appointment during the registration period.

## WHO IS ELIGIBLE ?

All children, adults and seniors whose family income is below the following threshold:

### Number of people

### Family income

1 person living alone	\$ 30 526 or less
2 persons	\$ 38 003 or less
3 persons	\$ 46 720 or less
4 persons	\$ 56 724 or less
5 persons	\$ 64 336 or less
6 persons	\$ 72 560 or less
7 persons or more	\$ 80 785 or less

Source : Statistic Canada Income Threshold for regions of 500,000 population.

## WHAT MUST I PROVIDE ?

For each adult in the family, you must have :

- ✓ Notice of assessment from provincial or federal government (2023) **or** Claims booklet for income security recipients
- ✓ Proof of residence with address: driver's license, tax invoice or recent bill



Complete our online application form at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)



## REGISTRATION PERIODS 2025

☀ Spring-Summer : **March 22 to 25, 2025**

🍂 Fall : **September 13 to 16, 2025**

## 3 WAYS TO REGISTER

- 1 Online at [www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)
- 2 By phone at **450 217-2177 ext 1**  
(Saturday, January 11, March 22 and September 13 between 9 a.m. and noon)
- 3 By scheduling a **registration appointment in person\***, by contacting **450 217-2177 ext 1**

## FOR MORE INFORMATION ABOUT THE ACCÈS-LOISIRS PROGRAM

[www.accesloisirsvs.ca](http://www.accesloisirsvs.ca)  
450 217-2177, ext 1

\* Please note that there are no longer any physical registration points.





# DAY CAMP

*Camp de jour*  
**PINCOURT**  
*Day Camp*

# 10

## REGISTRATION PROCEDURE

**Online registration is mandatory:**

From April 7 at 9 a.m. to June 20, 2025

<https://www.villepincourt.qc.ca/camp-de-jour-de-pincourt>

- Limited spots available
- 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.**

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

## 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

Dates	Camp Cost	Cost of daycare
<b>Week 1</b> From June 25 to June 27 (3-day week only)	\$57	\$24
<b>Week 2</b> From June 30 to July 4 (Open Tuesday, July 1 <sup>st</sup> )	\$95	\$40
<b>Week 3</b> From July 7 to 11	\$95	\$40
<b>Week 4</b> From July 14 to 18	\$95	\$40
<b>Week 5</b> From July 21 to 25	\$95	\$40
<b>Week 6</b> From July 28 to August 1 <sup>st</sup>	\$95	\$40
<b>Week 7</b> From August 4 to 8	\$95	\$40
<b>Mini-Camp*</b> From August 11 to 15	\$95	\$40

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

Daily payment is not available for the daycare service, and it is non-refundable. The daycare service is reserved for children enrolled in the day camp only.

## DISCOUNT

**Summer package:** When purchasing 6 weeks of camp for the same child, the 7th week is free. (Excluding the mini-camp and daycare service)

**Family Package (3 or more children):** 40% discount for the 3<sup>rd</sup> child and beyond. (Excluding the mini-camp and daycare service)

## REFUND POLICY

- Fees are 100% refundable if the activity is canceled by the Town.
- Cancellation and refund requests must be sent by email to the Recreation Department at [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca). Before Friday, June 20, the Town will refund 100% of the costs, minus a \$10 administration fee.
- Starting June 23, a refund will only be issued on a prorated basis for the services rendered, minus a \$10 administration fee, and only if accompanied by relevant supporting documentation (e.g., a medical certificate). The prorated amount is calculated from the date the request is received.
- Refund requests received after the end of an activity will not be accepted.

NOTE: The Town of Pincourt reserves the right to request proof of residency at any time and to expel any child with behavioral issues without a refund.

## SUPPORT PROGRAM for Children living with an Intellectual and/or Physical Disability

This program is designed for children aged 4 to 14 in Pincourt who are living with an intellectual and/or physical disability or who require support to participate in activities. It provides access to a support worker during day camp and daycare, with the aim of facilitating children's participation and integration. Children may be paired based on their individual needs.

### Procedure:

- **You must complete the evaluation form, available on the Town's Website**, to assess your child's needs during the registration period. (See: [villepincourt.qc.ca/camp-de-jour-de-pincourt](http://villepincourt.qc.ca/camp-de-jour-de-pincourt)).

- **Send the completed form before April 15 to [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca)** so that the Town of Pincourt can arrange for a support worker for your child.
- Once your application is approved by the Recreation Department, we will proceed with the registration, and you will be able to pay the registration fees under the same conditions as the regular day camp participants.

## ASPIRING COUNSELOR PROGRAM



The Aspiring Counselor Program is a training course for youth aged 14 and 15 to obtain the Diploma of Aptitude for the Role of Animator (DAFA): [programmedafa.com/fr](http://programmedafa.com/fr)

**Online registration required:** Residents only, from April 7 at 9 a.m. until May 30 (20 spots available).

**Cost:** \$180\*

**Schedule:** June 25 to August 8, 9 a.m. to 4 p.m.

(\*DAFA certification included). This program is not eligible for the family package discount.







# PINCOURT OUTDOOR POOL

Located behind the Omni-Centre, at the heart of Pincourt's recreational hub, the municipal pool is the perfect place to have fun, cool off, and take swimming lessons during the summer.

## The Pool Features:

- 8 swimming lanes (25m)
- 1 wading pool for toddlers
- Parking for cars and bicycles

## OPEN SWIM SCHEDULE

\*The pool opening and open swim schedule may be adjusted at any time due to weather conditions.

PRE-SEASON June 9 to 20, 2025	REGULAR SEASON June 21 to August 17, 2025
Monday to Friday: 4 p.m. to 7 p.m	Every day: 1 p.m. to 8 p.m.
POST-SEASON August 18 to August 31, 2025	
Monday to Friday: 4 p.m. to 7 p.m. Saturday and Sunday: 1 p.m. to 7 p.m.	
(To be confirmed depending on weather and student staff availability)	



# POOL

# 12



## FEES | Residents: Free

\*New: Debit and credit cards are accepted.

Non-residents	Daily Rate at the Door	Season Pass
0 to 4 years old	Free	Free
Children (5-17)	\$ 3	\$ 50
Adults (18-59)	\$ 6	\$ 90
60 years +	\$ 3	\$ 50
Family	-	\$ 150

# PROGRAM

The Town of Pincourt, in collaboration with the Pincourt Aquatic Club, offers a variety of swimming courses and activities for both children and adults.

Registration online via [Sport-Plus](#) or by phone at 514 453-8981, ext. 229.

Residents: April 15, from 9 a.m., to June 15, 2025

\*Non-residents: June 2, from 9 a.m., to June 15, 2025 (Limited spots available)

For more information: [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca)

Swimming lessons from Parent and Child level to Swimmer 3 are **free again this summer!**

For non-residents, Parent and Child classes up to Swimmer 3 are \$40.

**REMINDER:** Since spaces are limited, it's important to attend all swimming lessons so your child can learn all the necessary swimming skills and ensure that no child is deprived of the opportunity to participate. Learn to swim and stay safe this summer.

**New:** We will offer 3 sessions of swimming initiation courses for adults. Please refer to the course description for the schedule.

The swimming lesson schedule has been optimized to better accommodate the needs of the community. The requirements of the **Swim for Life** program will always be followed.

Course descriptions can be found here: <https://www.villepincourt.qc.ca/en/swimming-lessons>.

**Courses and clubs will begin on Saturday, June 21, and run until August 15, for a total of 8 weeks.**

Important: Classes on Monday June 23 have been cancelled and rescheduled for Sunday, June 22. Classes on Tuesday, June 24 and July 1 will be maintained.

\*Additional fee of \$10 for non-residents

For courses offered by the Pincourt Aquatic Club, please visit <http://www.clubpac.org> and on Facebook at [clubaquatiquepincourtaquaticclub](#).

**For more details, please see the Website in the Swimming Pool and Swimming Lessons section.**

Photographer: James Brittain • Property: HUT Architecture





## ADULT BOOK CLUB IN FRENCH



Meeting to share  
literary favourites.  
**Free, adults**

**2<sup>nd</sup> Wednesday of each month, 7 p.m. to 8:30 p.m.**

Joanne Déry

April 9, May 14, June 11

Registration: 514 453-8981, ext 229

## STORY TIME



Story time in pyjamas and crafts  
**Free, kids from 2 to 5 years old**  
(accompanied by an adult)

**In french:**

**1<sup>st</sup> Wednesday of each month, 6:30 p.m. to 7:30 p.m.**

Stacey Monk

April 2, May 7, June 4

**In english:**

**1<sup>st</sup> Tuesday of each month, 6:30 p.m. to 7:30 p.m.**

Kristy Boisvert

April 1<sup>st</sup>, May 6, June 3

Registration required via Sport-Plus or at 514 453-8981, ext. 229.

## 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	

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

**INFORMATION:** 514 453-8981, ext 214  
or [bibliotheque@villepincourt.qc.ca](mailto:bibliotheque@villepincourt.qc.ca)

### WE WANT TO BE INCLUSIVE!

Do you have any concerns about accessibility to an activity or have you encountered a barrier? Contact us, and we'll be happy to explore possible solutions with you: [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca).

**RECREATION  
SPORTS &  
CULTURE**

**14**









# SPORTS AND SOCIAL ACTIVITIES offered by the Town



REGISTRATION VIA



## ABS, CORE AND LEGS

Intense, targeted training to tone and sculpt these key areas.

From March 31 (10 weeks)

Monday or Wednesday: 8:30 p.m. to 9:30 p.m.

Notre-Dame-de-Lorette School, Gymnasium

\$75, 16 +

## CIRCUIT TRAINING **50+**

Exercises suitable for people aged 50 and over. Chair exercises available if required.

From March 31 6 (10 weeks, no class on April 21 and May 19)

Monday: 1:15 p.m. to 2:15 p.m. (Beginner)

Omni-Centre

\$50, 50 +

## NORDIC WALKING

An outdoor activity that combines walking with the use of dedicated poles.

From April 7 (9 weeks)

Tuesday: 9 a.m. to 10 a.m. (Advanced  
- Having already participated in a

Nordic walking session)

Tuesday: 10:15 a.m. to 11:15 p.m.  
(Beginner)

Thursday: 9:30 a.m. to 10:30 a.m.  
(Multi-levels)

Bellevue Park

\$108, 16 +



## CHAIR YOGA **50+**

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

From April 1 (12 weeks)

Tuesday or Friday: 10:30 a.m. to 12 p.m.

Omni-Centre

\$84, 50 +

**Resident Registration:** March 17, from 9 a.m., to March 30

**Registration non-residents\*:** March 24, from 9 a.m., to March 30

(\*Additional 10\$ fee for non-residents)

Information: 514 453-8981, ext. 229

## YOGA

From March 31

Omni-Centre, 16 +

**Monday:** 10 weeks (vacation on April 21 and May 19), \$96

10:30 a.m. to 12 p.m. (multi-level)

**Tuesday:** 12 weeks

6 p.m. to 7:15 p.m. (beginner), \$90

7:30 p.m. to 9 p.m. (inter.), \$96

**Wednesday:** 12 weeks, \$80

10:30 a.m. to 12 p.m. (multi-level)



## GENTLE EXERCISES **65+**

Gentle, adapted physical activity sessions to maintain and develop physical fitness.

April 14 to June 23 (9 classes) (No classes: April 21 and May 19)

Monday: 10:30 a.m. to 11:30 a.m. ; Omni-Centre

Registration via le Centre communautaire des aînés de  
Vaudreuil-Soulanges : <https://www.centredesainesvs.com/activites/enrichissementde-la-vitalite/>

450 265-3548, ext. 225 or 450 424-8503

participation@ccavs.ca

## CARDIO-INTERVAL

High-intensity exercise with periods of weight training.

From March 31 (10 weeks, vacation on April 21 and May 19)

Monday or Wednesday: 7:15 p.m. to 8:15 p.m.;

Notre-Dame-de-Lorette School, Gymnasium

\$75, 16 +

## 20-20-20 **50+**

20 minutes of cardio, 20 minutes of strength training, followed by 20 minutes of core and balance work and stretching.

**Wednesday or Friday:** From April 2 (10 weeks)

12 p.m. to 1 p.m. (Intermediate level)

1:15 p.m. to 2:15 p.m. (Beginner level)

Omni-Centre

\$50, 50 +

## ZUMBA TONING GOLD **50+**

This fitness class combines cardio and toning with light weights, followed by stretching.

From March 31 (10 weeks, no classes on April 21 and May 19)

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

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

**Omni-Centre**

\$50, 50 +

## ZUMBA GOLD **50+**

This fitness class combines dance movements inspired by latin and international rhythms, but at a moderate intensity. Movements can be performed on a chair if required.

Starting April 4 (10 weeks)

**Friday:** 2:30 p.m. to 3:30 p.m.

**Omni-Centre**

\$50, 50 +

## MUSCLE TONE

A varied-intensity class using a range of exercises designed to increase muscle tone and strength.

From April 3 (10 weeks)

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

**Sunday:** 9:30 a.m. to 10:30 a.m.

**Notre-Dame-de-Lorette School**, Gymnasium

\$75, 16 +

## INDOOR BADMINTON & PICKLEBALL

Clean espadrilles mandatory. Bring your own equipment.

### Free Badminton\*

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

• Omni-Centre

• \$8/field/hour

End of session May 25.

### 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 May30.



Download the procedure of registration.

### Registration procedure:

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

By telephone, from Monday to Friday prior the open badminton dates, from 8:30 a.m. to noon and from 1 p.m. to 4:45 p.m., by calling 514 453-8981, ext. 229.

### RESERVATION PROCEDURE FOR THE OUTDOOR PICKLEBALL

Come to the Recreation Department.

Residents only (Proof of residency required)

**Omni-Centre**

\$5 (cash payment)

# SOCIO-CULTURAL ACTIVITIES offered by the Town



## PAINTING WORKSHOP

The painting course offers participants an enriching experience where they can explore their creativity through learning a variety of artistic techniques.

From March 31 (10 weeks)

**Monday:** 1:30 p.m. to 4:30 p.m. or 6:30 p.m. to 9:30 p.m. ; **Omni-Centre** • \$ 140, adults

## DRAWING WORKSHOP

Exploration of basic drawing notions and use of charcoal, graphite, Indian ink and colored pencils.

For beginners. Experienced artists also welcome.

From April 2 (8 weeks)

**Wednesday:** 7 p.m. to 8:30 p.m. ; **Omni-Centre** • \$80, 12 +

## BEGINNER BRIDGE COURSE

The bridge course teaches participants the rules, strategies and techniques of this complex card game.

From March 31 (10 weeks)

**Monday:** 9:30 a.m. to 11:30 a.m. or 7 p.m. to 9 p.m.; **Omni-Centre** • \$100, adults

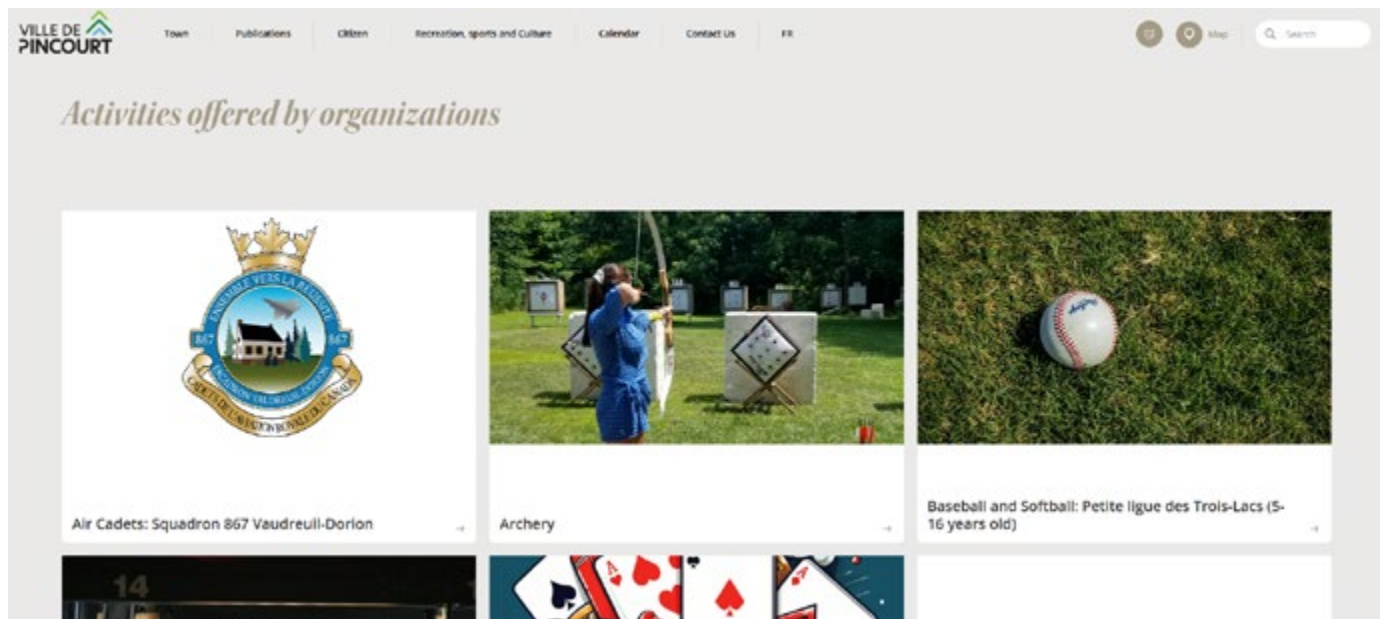


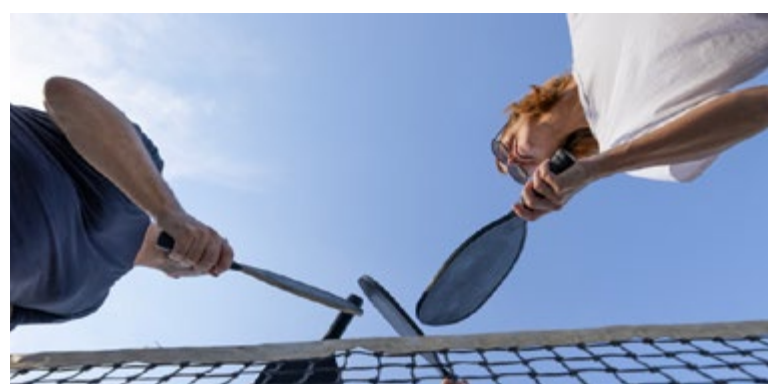
# LIST OF EXTERNAL ORGANIZATIONS

- 211 Social and Community Services near you
- Acrobatic gymnastics (Gymnates de l'île)
- Adult softball
- Archery (Archers Perrotdamois)
- 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
- 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
- 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)
- 16<sup>e</sup> Ile Perrot-Pincourt Group
- Scouts de l'île Perrot (bilingue/ anglais)
- 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
- 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

Several external organizations offer activities for the public. To find out more, visit:

<https://www.villepincourt.qc.ca/en/activities-offered-by-organizations>





# CALENDAR - FREE ACTIVITIES

For more information on our activities, please visit our Website: [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)

REGISTRATION VIA



or 514 453-8981, ext. 229

## APRIL 2025

### INTRODUCTION TO NORDIC WALKING

Discover the sport of Nordic walking! A complete sport to train the whole body and boost health.

**Saturday, April 5, 10 a.m. to 11 a.m.**

**Bellevue Park**

Ages 16 +

Registration required. Limited places

### MINECRAFT AND LEGO CITY WORKSHOP BY KOKOBRIK



Discover the magic of Lego City while merging with the World of Minecraft! Participants will create imaginary cities inspired by Minecraft, with unique characters and buildings. Get ready for a creative and exciting adventures!

**Saturday, April 5,**

1<sup>st</sup> group: 10:30 a.m. to 11:30 a.m.

2<sup>nd</sup> group: 11:30 a.m. to 12:30 p.m.

**Library**

Ages 6 to 13, resident children only

Registration required. Limited places

### MAYOR'S BLOOD DRIVE

**Monday, April 7, from 12:30 p.m. to 8:30 p.m.**

**Omni-Centre**

By appointment: [hema-quebec.qc.ca](http://hema-quebec.qc.ca) or 1-800-343-7264

Give blood and save a life!

Ages 18 +

### EARTH DAY, HERB SEEDLING KIT DISTRIBUTION (BASIL)

**Saturday, April 12, from 10 a.m.**

**Library**

Come to the library to get a herb seedling kit.

1 per family, limited quantity

First come, first served

### EXHIBITION : IN THE ART OF SUMMER



**From July 7 to August 8, the library will be transformed into a gallery for the enjoyment of art lovers.**

**Registration from April 14 to May 16**

In the Art of Summer exhibition is an initiative of the Pincourt Library to highlight the talent of local artists.

Please note that craftwork is not accepted for this exhibition.

Please fill out the registration form:

<https://forms.office.com/r/9nN6ZUJCBX?origin=lprLink>

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

### WORLD BOOK DAY

**Wednesday, April 23, 7 p.m. to 8:30 p.m.**

**Library**

**Meet Marc-André Pilon**, the author of the popular Myope trilogy, as well as three horror novels for teenagers, *Infectés 1*, *Infectés 2* and *Déluges*, all of which have been very successful with readers. With *Le Gouffre* in 2023, he offers us a horrific dystopia, as original as it is intriguing.



**Registration required. Limited places**

### CONFERENCE: MY ECO-FRIENDLY AND BUDGET-FRIENDLY HOME CONFERENCE, ONE STEP AT A TIME

**Tuesday, April 24, 7 p.m. to 8 p.m., Omni-Centre**

Making your home eco-friendly is also economical! Our power to act is great, whether we're tenants or homeowners. Discover best practices and reduce your bills without losing comfort. Whether it's energy consumption, our material footprint or water consumption, this participatory workshop will provide you with concrete, easy-to-follow tips and economic solutions. Let's put the spotlight on our best tips for combining ecology and economy at home, at our own pace.

**Registration required. Limited places**



## EARTH DAY CLEANUP

Friday, April 25, 9 a.m. to 12 p.m.

Details to come, stay tuned!

## MAY 2025

### BOUGBOUGE FESTIVAL & ÎLE PERROT MARATHON

Sunday, May 4, 2025

Start: Olympique Park

Participate in a family-friendly running or cycling race with courses adapted to all levels, ranging from 1 km to 42.2 km.



### WORKSHOP: HOW TO MAKE POKEMON IN MODELLING CLAY

Saturday, May 10, 10:30 a.m. to 11:30 a.m.

Come and immerse yourself in a fantasy world where your creativity comes to life! Children will learn how to create their own Pokémon in modeling clay.

6 to 12 years, resident children only

Registration required. Limited places



### COMPOST AND TREE SPROUT DISTRIBUTION DAY

Saturday, May 10, 10 a.m. to 3 p.m.

717, Cardinal-Léger Blvd. Pincourt



Once again this year, the municipal council invites you to the compost and tree sprout distribution day.

**Bring your bags, bins and shovel.**

Proof of residence required.

More details to come, stay tuned on our platforms.

### YOUTH CULTURE SERIES

Sunday, May 11

1:30 p.m. (French), 3 p.m. (English)

Omni-Centre

**The secret of the mystery package**

Interactive show combining theatrical investigation and magic

Ages 2 to 12

Free

**No reservation required**



## THE MONARCH BUTTERFLY AND BIODIVERSITY WITH YOLAINE ROUSSEAU

Wednesday, May 28, 7 p.m. to 8:30 p.m.

Library

Registration required. Limited seating

## JUNE 2025

### CREATIVE HEARTS WORKSHOP MIXED TECHNIQUES SCULPTURE

Saturday, June 7, 1 p.m. to 3 p.m.

Library

Ages 6 to 12

Registration required. Limited places



### RELAY FOR LIFE

Saturday, June 14<sup>th</sup>

Olympique Park



The Vaudreuil-Soulanges Relay for Life is a walk in support of the Canadian Cancer Society. Come and participate in large numbers for the cause.

### NEIGHBORS' DAY

Gather your neighbors for a party and receive \$100 in financial assistance.

An initiative of the Ville en santé committee.

Period: Between June 7 and October 4, 2025.

Registration: [s.martel@villepincourt.qc.ca](mailto:s.martel@villepincourt.qc.ca),

514 453-8981, ext. 273.



### TD Summer Reading Club SUMMER READING CLUB

The TD Summer Reading Club is the largest program of its kind in Canada. Bilingual and free, it's for kids of all ages, tastes and abilities.

A Club booklet to collect stickers and badges. The first 250 registrants will receive a surprise gift.

Registration and information: [www.tdsummerreading-club.ca/about-the-club](http://www.tdsummerreading-club.ca/about-the-club)

# CULTURAL DOSE - PROGRAM



REGISTRATION VIA **LS+**  
SPORT-PLUS

Cultural initiation workshops for children and adults.  
Registration required via Sport-Plus or by telephone 514 453-8981, ext. 229.

**Places limited. Free.**

**This project is made possible with the support of the Ministère de la Culture et des Communications.**

WORKSHOP	AUDIENCE	DATE	LOCATION
<b>INTRODUCTION TO WATERCOLOR WORKSHOP</b> Come and explore basic watercolor techniques through simple projects. By Daniela Cretu	Adults	Saturday, April 5, 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>COLLAGE-POETRY ON CARDBOARD WORKSHOP</b> During the workshop, we'll use cardboard pieces on which we've affixed excerpts of text or poetry, fabrics and various cut-outs from magazines, old books and other documents. The aim is for participants to explore the creative potential of salvaged items and give free rein to their intuitive creativity. By Émilie Léger	10 years old and + Adults	Saturday, April 12 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>WOOD PAINTING WORKSHOP</b> Each participant learns the basic techniques of painting on wood. By Josée Dansereau	Adults	Saturday, April 19 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>NEUROGRAPHIC ART WORKSHOP</b> This meditative and fun drawing practice can be used to practice mindfulness. By Erin Wainwright	Adults	Saturday, April 26 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>CREATION OF A TEXTILE PAINTING THE THEME OF QUEBEC ANIMALS</b> Children will learn educational facts about the chosen theme. They'll have access to pre-cut felt shapes and blank felt pieces to decorate and personalize their work. By Catherine Côté-Lecavalier	Children 7 to 12 years old	Saturday, May 3, 9:30 a.m. to 11:30 a.m.	Omni-Centre





WORKSHOP	AUDIENCE	DATE	LOCATION
<b>ETERNAL FLOWER BOUQUET IN FELT</b> This workshop will enable participants to create a bouquet of flowers in felt. They'll learn how to make three popular types of flowers to create an elegant bouquet. By Catherine Côté-Lecavalier	13 years and + Adults	Saturday, May 3, 1 p.m. to 4 p.m.	Omni-Centre
<b>MACRAMÉ WORKSHOP</b> Learn the basic knots for wall decorations. By Francine Crevier and Josée Dansereau	Adults	Saturday, May 10 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>METAL WORKSHOP</b> In this workshop, we'll use various tools to create relief on a sheet of metal to create a beautiful 3D image. By Liz Gonzalez	Children 8 to 12 years old	Saturday, May 17 9:30 a.m. to 10:30 a.m.	Omni-Centre
<b>BOTANICAL PRINTING WORKSHOP</b> Explore creating with nature through gouache on tree leaves, flowers and diverse plant elements printed on paper. By Émilie Léger	Open to all	Saturday, May 24 9:30 a.m. to 11:30 a.m.	Omni-Centre
<b>FAKE STAINED-GLASS WORKSHOP</b> This workshop consists of drawing on glass with a black or colored relief ring, following a design under the glass. By Francine Bertrand	Adults	Saturday, May 31 10 a.m. to 3:30 p.m. Bring your lunch.	Omni-Centre



**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 Panning 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  
Communications Department.....option 8

## **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**

Regular hours: Mon. to Thurs.: 7:45 to 11:30 a.m. and 12 to 4 p.m.

Fri.: 7:45 to 11:45 a.m.

**ÉCOCENTRE DE L'ÎLE ..... 450 455-5434**

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

**Current hours: visit** [tricycle-mrcvs.ca](http://tricycle-mrcvs.ca)  
(Citizens/Environment/Ecocentre Network)

**LIBRARY ..... ext. 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 18 to 21, 2025
- National Patriots' Day (Victoria Day): May 19, 2025
- Québec National Day: June 24, 2025



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