



# SUMMER 2016



VILLE DE  
**PINCOURT**



For more details, please visit our website at: [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)  
Recreation and Community Services: 514 453-8981, option 6



# QUEBEC FAMILY WEEK 21<sup>ST</sup> EDITION



**May 9 to 15, 2016**  
**“Full of families, Full of realities”**

Like other municipalities of Vaudreuil-Soulanges and all over Quebec, the Town of Pincourt has planned activities for you to spend quality time with your love ones.

## Outdoor Zumba | Free

Thursday, May 12

6:30 to 7:15 pm

Desjardins Kiosk - Olympique Park *(in the Omni-Centre in case of rain)*

Zumba classes for parents and their teenage children (14 +). Come and enjoy a fun session of dance and exercise.

## Mega Family Garage Sale

Saturday, May 21 *(rain or shine)*

9:00 am to 3:00 pm, Omni-Centre

Find some great deals at the Mega Family Garage Sale organized by the Pincourt Cooperative Preschool.

- Activities
- Animation
- Inflatable games
- Recycled crafts exhibition
- BBQ on site (\$)
- Lots of surprises

To reserve a table, please  
call Andrea Cappelli at  
514 802-6324.  
\$10 per table

## Free Badminton | Free

Sunday, May 15

1:00 to 5:00 pm, Omni-Centre

Reserve your court during the week of May 9: 514 453-8981, ext. 229.

*Bring your own equipment. Some rackets will be available (limited quantity).*

## Parent-Child Yoga | Free

Saturday, May 14, Omni-Centre

**3 to 5 years:** 9:30 to 10:30 am

**5 to 12 years:** 10:45 am to 12:15 pm



In the program, you will learn a routine of yoga postures, including some to achieve with your child. This yoga class will be both fun and beneficial for your child and for you.

Registration mandatory *(limited places)*: 514 453-8981, ext. 229

# UPCOMING EVENTS

All the details at [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)  
In the Calendar section

Don't miss our Summer 2016  
Special Edition of the Info-Pincourt!  
Available in June

- Firemen's Day
- Orchestre Métropolitain
- BBQ Wednesdays
- Desjardins kiosk animation!

## CHÊNE-BLEU CHALLENGE - Citizens participation

Thursday, May 19

Chêne-Bleu High School

Obstacle course & 3, 5 and 10 km race

Registration: [www.events.com](http://www.events.com) (write "Défi Chêne-Bleu" in the search bar)

Deadline to register: May 8

Pricing: \$10 (3-5-10 km race) and \$15 (obstacle course)

## Walk with my doc! | Free

Sunday, June 5, at 9:00 am

Departure from Olympique Park

Come walk 1, 3 or 5 km with your healthcare professionals.

Registration form available:

- In participating clinics or pharmacies
- Online at [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca) (type the name of the event in the search bar)



PIERRE LAVOIE

## Cycling challenge "The Grand défi Pierre Lavoie"

In the night of June 18 to 19, the Town of Pincourt will host the "The Grand défi Pierre Lavoie" 12<sup>th</sup> stop of their 1000 km trek.

Come and welcome the cyclists for their night-time arrival or their morning departure from Chêne-Bleu High School.

**Cyclist arrival: June 19<sup>th</sup>, 3:20 am**

**Location: Cardinal-Léger Blvd. /5<sup>th</sup> Avenue towards the school**

**Grand departure: Between 7:00 and 9:00 am**

Come and support the cyclists before their morning departure towards Verdun.

Music band, animation and activities on site.

**Interested in volunteering for this activity? Contact us at 514 453 8981, ext. 230.**

## Aquafun Day | Free

Saturday, July 9 at the municipal pool.

# REGULAR ACTIVITIES

ACTIVITY	SCHEDULE	COST	LOCATION	REGISTRATION
<b>AEROBICS</b> <b>Category:</b> Mix, 16 years +	Starts June 13 / 8 weeks  Monday and Wednesday 7:15 pm to 8:15 pm	\$65	Omni-Centre	Online May 6 to June 10: \$5 discount  514 453-8981, option 6
<b>BADMINTON</b> <b>Category:</b> All	May 2 to August 10  Monday and Wednesday 8:30 pm to 10:30 pm	\$6 / court / hour <i>(payable on site)</i>	Omni-Centre	514 453-8981, ext. 229 <i>Clean running shoes.            Bring your own            equipment.</i>
<b>BASEBALL</b> <i>(Axiom Baseball            Camp)</i> <b>Category:</b> 10 to 14 years	Starts July 11  Monday to Friday 9:00 am to 3:30 pm	<u>Residents:</u> \$175 /week or \$925/ 6 weeks  <u>Non-residents :</u> \$200/week or \$1000 / 6 weeks	Shamrock Park and/or indoor facility at Faubourg de l'Île.  Walking distance between the park and the mall.	Sambu: 514 880-0956 or nsambu.sn@gmail.com  <i>Participants must supply            their own equipment.</i>
<b>BIKING 101</b> <b>Category:</b> 5 years + <i>Parent must attend</i>	Starts July 3 / 8 weeks  Sunday 10:00 to 11:00 am	\$25	Notre-Dame- de-Lorette School <i>(school yard)</i>	Online May 6 to June 10: \$5 discount  514 453-8981, option 6
<b>KARATE</b> <b>Category:</b> Mix 7-12 years  13 years +	Starts June 28 / 7 weeks  Tuesday & Thursday 7:30 to 8:20 pm  Tuesday & Thursday 8:30 to 9:00 pm	\$80  \$110	Omni-Centre	During the last spring session classes.  Jean-Pierre Trahan: 514 814-5452 or jeanpierretarahan@ sanskukan.ca
<b>LINE DANCING</b> <b>Category:</b> Adult, mix	July 8 to August 12  Friday 7:30 to 10:00 pm	\$5 / evening <i>(payable on site)</i>	Omni-Centre	Murielle Groulx: 450 424-4170

# REGULAR ACTIVITIES

ACTIVITY	SCHEDULE	COST	LOCATION	REGISTRATION
<b>OBSTACLE COURSE TRAINING</b> <i>(Bootcamp) step</i> <b>Category:</b> Mix, 14 years +	April to November Tuesday and Thursday 6:30 pm (75 min.)	<u>Residents:</u> \$12/class <i>(payable on site)</i> <u>Non-residents:</u> \$15/class <i>(payable on site)</i>	Chêne-Bleu High School <i>(back field)</i>	Guy Pilon: guy@obstacles.ca
<b>OUTDOOR FIT AND TONE FOR SENIORS</b> <b>Category:</b> Mix, 50 years +	Starts June 13 / 8 weeks Monday and Wednesday 9:00 to 10:00 am	\$65	Bellevue Park	Online May 6 to June 10: \$5 discount 514 453-8981, option 6
<b>QI-GONG</b> <b>Category:</b> Mix, 18 years +	Month of June Saturday 10:00 to 11:00 am	Free	Olympique Park	514 453-8981, option 6
<b>SKATEBOARDING WORKSHOPS</b> <b>Category:</b> 4 years +	July 9 / 6 weeks Saturday 1:00 to 3:00 pm	Free	Skatepark, <i>(next to the Omni-Centre)</i>	<i>No registration required</i> 514 453-8981, option 6 <i>Safety equipment is mandatory.</i>
<b>YOGA</b> <b>Category:</b> Mix, multilevel, outdoors Mix multilevel, indoors	Starts June 13 / 8 weeks Monday & Friday 10:00 to 11:30 am Tuesday 7:00 to 8:30 pm	\$95 \$65	Omni-Centre <i>Bring your own yoga mat.</i>	Online May 6 to June 10: \$5 discount 514 453-8981, option 6

## POOL AND SPLASH PAD



**Open as of June 4, 2016**

### Pincourt Outdoor Pool

364 Olympique Blvd.  
 Phone: 514 453-8981, ext. 253  
 Phone from June 4: 514 453-3976

### Splash pad

Olympique Park  
 From 9:00 am to sunset  
 What a perfect place to spend some family time and cool off. Picnic tables and shaded areas available.

# MONDAYS IN THE PARKS

Every Monday, from June 27 to August 8  
6:00 to 8:00 pm  
In a park near you

How well do you know your neighbors and neighborhood parks? If the answer is not enough as you would like it to be, it's time to turn the situation around. All summer, follow our entertainment team from park to park and take this opportunity to build new friendships.

Entertainment, face painting, inflatable games and refreshments.

To know the parks location, visit our online interactive map at [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca).

Parks location map  
Available on Facebook  
By June

**June 27**  
**Rousseau Park**

**July 4**  
**Bellevue Park**

**July 11**  
**Souvenir Park**

**July 18**  
**Des Frênes Park**

**July 25**  
**Shamrock Park**

**August 1**  
**Mont-Bleu Park**

**August 8**  
**Taillon Park**

# PINCOURT LIBRARY

225 Pincourt Blvd.  
Phone: 514 425-1104, ext. 6244  
E-mail: [bibliotheque@villepincourt.qc.ca](mailto:bibliotheque@villepincourt.qc.ca)

**Story Time and Crafts** (*in english*)  
Thursday, May 12 and June 9, 10:00 am

**Adult Book Club**  
3<sup>rd</sup> Tuesday of the month: May 17 and June 21,  
7:00 pm

**TD Bank Summer Reading Club**  
Theme: Crazy about nature

This summer, children will be invited to escape their daily routine and discover a wild and unexplored world through reading. The unknown is awaiting!

Participants: 16 years old and under  
Registration: June 6 to August 20, at the library

During registration, a reading package will be awarded to each participant along with other surprises.

**Summer schedule:**  
Monday to Thursday: 10:00 am to 8:30 pm  
Friday: 10:00 am to 5:00 pm  
Saturday\*: 10:00 am to 4:00 pm  
Sunday: Closed  
*\*Closed from July 2 to September 3.*

**In the Art of Summer, 9<sup>th</sup> Edition  
July 8 to 29**  
**Invitation to artists and public**  
Pincourt artists, it's time to reveal your talent! Since last year, even the libraries of L'Île-Perrot and Notre-Dame-de-l'Île-Perrot are offering this opportunity.

Registration form: Available at [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca) or at the library  
**Deadline to register: May 13**

**Closing Party, August 27**  
**Paul-Émile-Lépine  
Community Center, L'Île-Perrot**  
**1:30 to 4:30 pm**