



Spring-summer 2019

RECREATIONAL  
SCHEDULE

# LEISURE GUIDE

Now in its 351st spring, Lachine is proud to deliver programming that meets your needs.

Let's celebrate our green spaces. Lachine now boasts over 40 municipal parks, including 4 km of parks along the shores of Lake Saint Louis. And our parks continue to grow: Parc Pominville opened in 2018 and we have new urban furniture going up along the lakeshore this year.

Let's celebrate our history. Maison Le Ber-Le Moyne and its Dépendance, Maison du Brasseur, L'Entrepôt, and the Fur Trade at Lachine National Historic Site are lasting reminders of our past, our identity, and the strength of our community.

Let's celebrate our people. Faced with our famous rapids, early Lachiners had to be highly skilled on the water—a tradition that carries on to this day. Our shores are home to some of the area's biggest canoe, rowing, and sailing clubs. Whether for sports, recreation, or culture, there are plenty of opportunities to get out and meet people.

Let's celebrate our organizations. Along with the many activities presented in this Info Loisirs, nearly a hundred different community groups will help keep Lachiners active and entertained over the summer season. We're lucky to have so many people involved in making Lachine such a wonderful place to live.

Along with my council colleagues and everyone at the Arrondissement de Lachine, I'd like to wish you a summer full of great folks and good fun.



Maja Vodanovic  
Mayor of the Borough of Lachine



Maja Vodanovic  
Mairesse d'arrondissement  
514 634-3471, poste 501

## Follow us!

Twitter 

Facebook 

Instagram 

Information :  
[lachine.ca](http://lachine.ca)

The Arrondissement de  
Lachine Council invites  
you to make the most  
of all the activities  
on offer in Lachine.



Michèle Flannery  
Borough Councillor  
Fort-Rolland District  
514-634-3471, ext. 205



Younes Boukala  
Borough Councillor  
J.-Émery-Provost District  
514-634-3471, ext. 280



Julie-Pascale Provost  
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514-634-3471, ext. 824



Micheline Rouleau  
City Councillor  
514-634-3471, ext. 823

The information contained in this guide is, to the best of our knowledge, accurate and up-to-date as of March 15, 2019. However, Lachine Borough is not responsible for any errors in the list of activities, their classification, contact information, schedules, or rates.

**CLICKING**  
ON THE TITLE  
OF THE PAGE OF  
INTEREST TO YOU WILL  
GET YOU  
DIRECTLY THERE.

**L'INFO  
CITOYENS**  
DIRECTORY OF RESOURCES,  
ORGANISMS AND PARTNERS  
AND OTHER USEFUL  
INFORMATION



## Accès Lachine Card

You'll need an Accès Lachine card to sign up for swimming classes or borrow books. It is free and good for two years. You can get it at one of the Borough's two libraries (photo ID and proof of residence required).



## Accès Montréal Card

Get 10% off tickets for shows and movies at L'Entrepôt. Available at Bureau du citoyen for \$8 (photo and proof of residence required). Good for one year. Photo for card: \$2.50



**RECREATIONAL  
SCHEDULE**

# LEISURE GUIDE

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# Summer celebrations

## À LACHINE COMME UN *air* d'été

More details  
in May:  
[lachine.ca](http://lachine.ca)



Parc de la Marina d'escalpe. Photo: Marie Ledoux

### La Fête nationale du Québec

**June 24**

**Parc de la Marina d'escalpe**

1 p.m. to 5 p.m. Family Day with the La Magie de l'alchimie, tome 2 show, face painting, inflatable games, street performers

**Parc Saint-Louis**

**9 p.m. Les Trois Accords**

Hear songs from the band's new album along with their greatest hits! Rock solid and fun for everyone. You'll be glad you came!



June 24 at 9 p.m., at parc Saint-Louis. Photo : ENO

## THE RESPECTABLES

# 25



July 1, at 8:30 p.m. at parc de la Marina d'escalpe

## Canada Day

**July 1**

**7:30 p.m.** Children's show:

**Kattam et ses tam-tams**

**8:30 p.m. The Respectables\***

The Respectables\* 25 years of rock 'n roll! Come out for a night of classic hits. These guys know how to put on a show!

**10 p.m.** Fireworks

## Rain or shine!

The Trois Accords show will be at Parc Saint-Louis, rain or shine. If it rains, shows at Parc de la Marina d'escalpe marked with an asterisk (\*) will move to l'Entrepôt, same day, same time.

Info: 311  
or 514 634-3471, ext. 302 et 828



## Festival de musique classique de Lachine

**July 4 to 21**, Concerts Lachine presents a free concert series at l'Entrepôt, Saints-Anges Church and Sisters of Saint Anne Chapel.

## Festival de théâtre de rue de Lachine

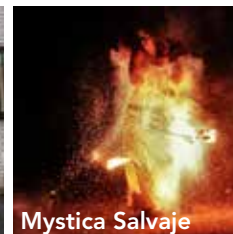
**Evenings, August 22 to 24**

Creativity, culture, and imagination come together in a terrific all-ages festival.

At parc Saint-Louis along Boulevard Saint-Joseph. [theatrederue.ca](http://theatrederue.ca)



Cie Sivouplait



Mystica Salvaje

Evenings, August 22 to 24

## Concerts at parc de la Marina d'escalpe

**Every two Wednesdays at 7:30 p.m.**

**July 17 Clay and friends**

A brilliant mix of hip-hop, soul, funk, jazz, and reggae, with words that could only have been born in Montréal. This concert is presented by Campbell Concerts.

**July 31 Jorane Labrie\***

Spend an otherworldly evening with this singer-songwriter and her folk songs.

**August 14 Ramon Chicharron\***

The winner of the 2018 Diversity in Music Award bring you their artful blend of cumbia and champeta.

**August 28 Les Chiens de Ruelles\***

Influenced by Nirvana, this band is ready to rock and wants you to rock with them.

## Fêtes de Lachine

**August 22 to 25**

There's something for everyone during Lachine Days: concerts, shows, activities, and games for the whole family.

Au programme : spectacles, animations, jeux et activités pour toute la famille.

**Lachine Centre d'hébergement Festivités**

**August 24**, noon : Corn on the Cob Feast Concert at 2 p.m. – *Les Requins* - 50s-60s music

**Parc LaSalle Festivités**

**August 22 to 25** - Softball Tournament

**Teen Party at Parc LaSalle**

**August 24** – Team challenges on the theme of urban disciplines

**Parc LaSalle Family Day**

**August 25** - Italian lunch, face painting, inflatable games, performances by Lachine kids and teens, including:

**2 p.m.** kids show -

Tadam with Fredo le magicien

**3:30 p.m.** Cirque nez à nez show

Let's get the party started.



Ramon Chicharron, August 14, at 19:30 p.m. at Marina d'escalpe Park





Kattam et ses tam-tams,  
July 7:30 p.m.,  
at parc de la Marina d'escale

## Summer is for kids, too!

### La Magie de l'alchimie, tome 2

During Saint-Jean-Baptiste Day, June 24,  
at the parc de la Marina d'escale at 2 p.m.

Yannick Bergeron, the mind behind the science experiments featured in *Les Débrouillards*, presents a whole new series of experiments that will blow your mind!

### Kattam et ses tam-tams

During Canada Day, July 1, at parc  
de la Marina d'escale at 7:30 p.m.

Kattam and his monkey Takoum will take you on a trip to Africa, India, and the Middle East through song and dance.

### Cache-cache

A show from Théâtre La Roulotte

July 10, 7 p.m. at parc de la Marina d'escale

Edmond, Violette, and Jimmy Jim attempt the impossible: turn their catastrophic show into a big hit. It's a big task, but they have some help: a little girl named Coco, who appeared out of thin air.

### Tadam de Fredo le magicien

During Fêtes de Lachine

August 25, at 2 p.m. at parc LaSalle

If you've seen Fredo the magician on TVA and Yoopa, you know how amazing his tricks are.

Come and experience the magic live! You'll be blown away.

### Cirque Nez à nez

August 25, 3:30 p.m. at parc LaSalle

Odette and René the big-hearted clown are joyful jugglers and tight-rope walkers, lovers of games and pranks. They'll bring out the kid in you!



La Magie de l'alchimie, tome 2  
June 24, 2 p.m., at parc de la Marina d'escale



Cache-cache  
July 10, 7 p.m.,  
at parc de la Marina  
d'escale



## Outdoor Movie Theatre

The outdoor movie series goes on tour this summer to a variety of locations throughout Lachine. Tuesdays around 8:30 p.m.

### Astérix, le secret de la potion magique

June 27, at the town square on Rue Notre-Dame at the corner of 11<sup>e</sup> Avenue

### Le film Lego 2

July 4, parc Carignan

### Normand du nord 2 : les clés du royaume

July 11, at the town square on Rue Notre-Dame at the corner of 11<sup>e</sup> Avenue

### Les abominables petits-pieds

July 25, at the town square on Rue Notre-Dame at the corner of 11<sup>e</sup> Avenue

### Les As de la jungle

August 3, parc Michel-Ménard

### Le parc des merveilles

August 8, parc Kirkland

### Pokémon Détective Pikachu

August 15, at the town square on Rue Notre-Dame at the corner of 11<sup>e</sup> Avenue

### Bring your chairs and blankets!

In case of rain, the screening and shows will be cancelled. Info: 311 or 514-634-3471 ext. 302 or 828



## Public Piano

For the fourth year in a row, Lachine is teaming up with the Public Pianos Program Launched in Montréal in 2012. You can play away from June 15 to September 29. Play on!







Musée de Lachine

1 chemin du Musée • 514 634-3478  
[museedelachine@ville.montreal.qc.ca](mailto:museedelachine@ville.montreal.qc.ca)  
[museedelachine.com](http://museedelachine.com)

Photo: Martin Viau

## Exhibitions

### Le coeur à l'ouvrage

April 25 - November 24

What do a sewing kit, a stethoscope, and lead letters have in common? This exhibition brings together nearly a hundred objects and documents that bear witness to the many skills and trades practiced by the Sisters of Saint Anne. Explore a forgotten chapter of Lachine's history and learn how sewing, printing, and nursing were revolutionized over the course of the 20<sup>th</sup> century.



LE  
À COEUR  
L'OUVRAGE

### Hours for 2019 :

April 24 – November 24, Wednesdays to Sundays  
 June 25 – September 1, Tuesdays to Sundays  
 Noon to 5 p.m.

Free admission/Pay parking



### Cent fois sur le métier

Try your hand at an old-fashioned trade. Come and meet artisans who keep the skills of the past alive. They're here all summer! From 1 p.m. to 4 p.m.

**May 26:** Ash weaving and blacksmithing

**July 7:** First Nations skills and cooperage

**July 21:** Book binding and calligraphy

**July 28:** Weaving and embroidery

### Maison Le Ber-Le Moyne House, a site, a dream...

April 24 - November 24

A magnificent example of 17<sup>th</sup> century French architecture, Maison Ber-Le Moyne is a designated historical site. Inside, you'll find over 400 historical and archaeological artefacts illustrating the life of its occupants throughout the centuries.

### Maison Le Ber-Le Moyne turns 350

July 13 starting at 1:30 p.m.

Actor Sylvain Massé will bring famous French merchant Charles Le Moyne back to life for the occasion. The Terra Nova ensemble will also be there to take you back in time, with music from the 16<sup>th</sup> and 17<sup>th</sup> centuries played on period instruments.

## Mois de l'archéologie

**August 4, 11 and 18, 2 p.m. to 4 p.m.:**

Simulated outdoor archeology digs.  
For children 6–12.

**August 17 at 2 p.m.:** Stone-carving workshop. Instructor: Frédéric Hottin, Musée d'archéologie de Roussillon

**Limited places. For 12 yrs+**

**Reservation : 514 634-3478**



## Musée plein air de Lachine

With its collection of 50 works, Lachine's open-air museum is one of Canada's largest contemporary sculpture gardens.

**Guided tours for everybody:  
September 7 and 14 at 2 p.m.**

(cancelled if it rains)

Guided tours for groups of 10 or more.  
Must be booked in advance.



Sculptures by Michel Goulet, *Détour le grand jardin*

## Storytime picnic

June 15 and July 20, noon

Set out on a captivating storytime journey inspired by the history of Maison Le Ber-Le Moyne and the world of old trades, with a Lachine librarian as your guide. Bring your lunch and your blanket! **Age 4+.**

## Heritage Sites



Photo: Parcs Canada

### The Fur Trade at Lachine National Historic Site

This warehouse for storing furs is one of the last vestiges of the voyageurs' west-ward journeys in the 18<sup>th</sup> and 19<sup>th</sup> centuries. Tour the building and discover the many secrets of Canada's fur trade. Club Parka and Xplorateurs activity books are available for children.

A fascinating visit for children and adults!  
For more information: 1255 boulevard Saint-Joseph

[pc.gc.ca/fourrure](http://pc.gc.ca/fourrure) • 514 637-7433

### Lachine Canal National Historic Site

Lachine Canal has been on the move since 1825. These days, the historic site gives you plenty of ways to learn about its rich history and enjoy your favourite outdoor pursuits. Travel through the five locks in a kayak or pleasure boat like the shipping barges of yore to see a different side of the city. Or appreciate the canal from the shore along its 14.5-km trail—a fascinating path dotted with iconic industrial buildings and green spaces perfect for bikers, walkers, joggers, and visitors of all kinds.

Information: [pc.gc.ca/canalachine](http://pc.gc.ca/canalachine)  
514 283-6054



For the full  
schedule,  
go to:

[lachine.ville.montreal.qc.ca/bibliotheques](http://lachine.ville.montreal.qc.ca/bibliotheques)



BIBLIOTHÈQUES  
**DE LACHINE**  
ON GRANDIT AVEC VOUS!

Saul-Bellow Library  
Photo credit: Pierre Bourgault

Free access and registration for all Montréal residents.

Saint-Pierre: 514 634-3471, ext. 826  
Saul-Bellow: 514 872-5082

### Free activities for adults and children.

Film presentations, shows, training and talks are all part of the program at Lachine's libraries. All activities are free. Registration required at the loans counter or over the phone except for activities marked "free admission."

**Pamphlets listing the activities (for adults and kids) are available at Lachine's libraries and online.**

### Saul-Bellow Library

3100 rue Saint-Antoine

#### Hours

Monday to Thursday,  
10 a.m. to 9 p.m.  
(June 25 to August 27,  
closed at 5 p.m. on Mondays)  
Fridays, Saturdays, and Sundays,  
10 a.m. to 5 p.m.



### Saint-Pierre Library

183 rue des Érables

#### Hours

Monday to Wednesday, 1 p.m. to 9 p.m.  
Thursday through Saturday, 9 a.m. to 5 p.m.  
Sunday, 12 p.m. to 5 p.m.  
(June 24 to Sept. 2, closed on Sundays)



### Libraries: Live, love, learn.

- Take out books, comic books, CDs, DVDs, video games, magazines, musical instruments, board games and more
- Read newspapers at the library
- Rent an iPad or laptop computer for in-library use
- Computing and Internet terminals available

## SAUL-BELLOW AND SAINT-PIERRE LIBRARIES YOUTH ACTIVITIES - SUMMER 2019



### JUNE 1 - AUGUST 11: TD SUMMER READING CLUB

Children age 3-13 are invited to sign up for the TD Summer Reading Club. Registration is free and starts on Saturday, June 1, at either Lachine library. Each child will receive a notebook to record their reading journey.

### KINDERGARTEN AND DAY CAMP ACTIVITIES

Bring your group of kids to the library and enjoy the air conditioning! We offer activities geared towards various age groups. Book your trip to the library with our youth librarian, Sueanne O'Hanley, at 514-872-2787 or [sueanne.ohanley@ville.montreal.qc.ca](mailto:sueanne.ohanley@ville.montreal.qc.ca).

### LIBRARIES IN THE COMMUNITY

#### LA BIBLI-AU-PARC

From July 5 to August 16, the library heads out to a park near you, from 10 a.m. to 11:30 a.m. Families, daycares, and day camps are welcome!

Parc Michel-Ménard - Friday July 5  
and Thursday August 15

Parc LaSalle - every Tuesdays from  
July 9 to August 13

Parc Brewster - Friday July 12

Parc Francis-Daoust - Friday July 19

Parc Dixie - Friday July 26

Parc Monk - Friday August 2

Parc Curé-Provost - Friday August 9

Parc Kirkland - Friday August 16

### READING TENTS

The reading tents are back! A initiative of Table de concertation petite enfance de Dorval-Lachine, young children (0-6 yrs) are invited to read in the shade in Lachine Park. Reading hosts will be onsite to suggest stories for your little ones.

Thursdays at 10 a.m., with the following schedule:

Parc LaSalle - July 4 and August 8

Parc Kirkland - July 11 and August 1

Parc Albert-Gariépy - July 18

Parc Michel-Ménard - July 25



# Exhibitions

## L'Entrepôt

2901 boulevard Saint-Joseph  
514 634-3471, ext. 302 and 828

### Hours

Fridays and show nights:

6 p.m. to 9 p.m.

Saturdays and Sundays: noon to 5 p.m.

**Free admission**



[lentrepotdelachine](https://www.facebook.com/lentrepotdelachine)



Partial view of the *To Get a Drink, You Have to Sell* exhibition.  
Photo credit: Richard-Max Tremblay

**More details:**  
[lachine.ca](http://lachine.ca)

## Permanente Exhibition

***Pour boire il faut vendre.***

**Advertising and Black Horse  
Beer in the 20th Century.**

**Information: 514 634-3478**

See Lachine Museum's permanent exhibition and discover the strategies used by Dawes Brewery to froth up sales of their famous *Black Horse Beer*.

[blackhorse.museedelachine.com](http://blackhorse.museedelachine.com)

## Temporary Exhibitions

L'Entrepôt has both a concert hall and a terrific space for multicultural and multidisciplinary exhibitions.

### ***Lumière!***

Club Vision Photo de Lachine

April 12 to May 19

Launch party, April 14 at noon

### ***Sculpteur à Lachine***

Yvon Longpré

July 12 to August 18

Launch party, July 12 at 6:30 p.m.



*Avec le temps*, Réjean Albert



Sculpture by Yvon Longpré



### ***Plus que des barbeaux XIV***

Programme Graffiti de l'arrondissement de Lachine  
May 24 to June 30 • launch party, May 24 at 5 p.m.



# Boating



## Batobus

A water taxi service that runs between parc Saint-Louis and parc René-Lévesque. The Batobus does not sail in rain or strong winds. For more information: 514-634-0646, ext. 414

- May 25 to June 24: Saturdays, Sundays, and statutory holidays, noon to 6:30 p.m.
- June 27 to August 11: Thursdays to Sundays, 11:30 a.m. to 7 p.m.
- August 17 to August 25: Saturdays and Sundays, 11:30 a.m. to 6:30 p.m.
- August 31 to October 7: Saturdays, Sundays, and statutory holidays, noon to 6 p.m.

## Boarding

- Parc Saint-Louis, 34<sup>e</sup> Avenue and Boulevard Saint-Joseph
- At the entrance of parc René-Lévesque, Chemin des Iroquois and Chemin du Canal

## 2019 Schedule of Fares: One Way

- Regular: \$2
- Children 0–5 years: Free

## Public Docks

Two public docks are available free of charge for light watercraft such as kayaks and paddleboards:

- Parc Summerlea dock (53<sup>e</sup> Avenue/boul. Saint-Joseph)
- Dock beside the municipal parking lot (21<sup>e</sup> Avenue/boul. Saint-Joseph)

For light watercraft, personal watercraft, and boats, there is a public boat launch at the 34<sup>e</sup> Avenue wharf (corner of boul. Saint-Joseph).

No mooring or swimming. The Borough cannot be held responsible for any damage or injury arising from the use of these facilities.



## Lachine-Châteauguay River Shuttle

A lovely 50 minute crossing between parc René-Lévesque in Lachine and De La Commune Park in Châteauguay.

Hours and boarding schedule : [Lachine.ca](http://Lachine.ca)



## Catamaran, Dinghy, and Windsurfing Rentals (16 yrs+)

**École de voile de Lachine**  
3045 boulevard Saint-Joseph  
[voilelachine.com](http://voilelachine.com), 514 634-4326

- May to September



### POOL SCHEDULES

**June 10 to 21 and August 24 to September 2 (off-season)**

**Parcs LaSalle and Kirkland**

- Monday to Friday, 3 p.m. to 6:45 p.m.
- Saturdays and Sundays, noon to 6:45 p.m.

**June 22 to August 23 (peak season)**

**Parc Michel-Ménard**

- Daily from 11 a.m. to 7:45 p.m.

**Parc Kirkland**

- Mondays, Fridays, Saturdays, and Sundays, 11 a.m. to 7:45 p.m.
- Tuesdays, Wednesdays, and Thursdays, 1 p.m. to 7:45 p.m.

**Parc LaSalle**

- Daily from 10 a.m. to 7:45 p.m.

### WADING POOL SCHEDULES

**June 22 to August 23 (peak season)**

**Parc Carignan**

- Daily from 1 p.m. to 6:45 p.m.

**Parc Michel-Ménard**

- Daily from 11 a.m. to 6:45 p.m.

**Parc LaSalle**

- Daily from 10 a.m. to 6:45 p.m.

Free swim schedule may vary depending on the weather. Pool staff may ask for a valid Accès Lachine card and deny pool access to those without. To book a group, call 514-634-3471, ext. 820.

### SPLASH PAD SCHEDULES

**June 22 to August 23 (peak season)**

**Parcs Kirkland and LaSalle**

- Daily from 9 a.m. to 8 p.m.

Parc de la Marina d'escale has also water jets during the summer.

## National Drowning Prevention Week

July 13 to 20, our lifeguards will be hosting activities aimed at informing the public about potential swimming hazards.

## COMPETITIVE SWIMMING

Dive into the world of swimming with Parc LaSalle's Introductory Competitive Swimming Club. You must know how to swim to join. Parents need to be actively involved; transportation to competitions is not included. Details at [lachine.ca](http://lachine.ca) under **Loisirs en ligne**.



### CHILD SAFETY IN AQUATIC FACILITIES

To enter a pool without an adult, children must be at least 8 years old and meet the minimal height requirement or pass a swimming test. They must also be familiar with the pool layout and obey all pool rules. An accompanying monitor (16 yrs+) may supervise a single child who can't swim and isn't wearing a life vest. In all other cases, the ratio is 1:6, meaning one monitor for every 6 children who are 5 years and younger and one monitor for every 15 children who are 6 years and older. Pool supervisors are authorized AT ALL TIMES to reduce the aforementioned ratio, tighten up rules, and require swimmers to wear life jackets.

## PRIVATES POOLS

**Western Lachine Recreation Centre inc.**

June 15 to September 2  
Membership required  
4070 rue Victoria  
[crlo-wlrc.ca](http://crlo-wlrc.ca)  
514 637-0703

**Dixie Pool Association inc.**

June 8 to September 2  
Membership required  
695 54<sup>e</sup> Avenue  
[piscinedixiepool.com](http://piscinedixiepool.com)  
514 637-6149

## Parks animation and activities



Murale Lachine Zoo au 279, boul. Saint-Joseph

### Graffiti Program

The Graffiti Program takes a realistic view of the graffiti phenomenon. Known and respected graffiti artists lead workshops and events to build solid bridges with Lachine youth.



Plus que des Barbeaux, a graffiti exhibition, runs May 24 to June 30. The launch party is on May 24 at 5 p.m. at L'Entrepôt. All are welcome.

A mural project along Rue Notre-Dame between 6<sup>e</sup> and 18<sup>e</sup> Avenue was also organized as part of the program.

### Authorized Walls Workshop

Up-and-coming graffers can practice their craft starting in May on authorized walls mounted in parcs Carignan, Michel-Ménard, Kirkland, and LaSalle.

During the summer, street artists will be painting onsite and leading a number of activities. Graffiti workshops are also available by appointment.

### Skate: Free workshops

**Wednesdays, June 22 to August 21, 6 p.m. to 8 p.m.**

Introductory and advanced workshops offered at parc LaSalle.

### Skate party at the park!

**July 7, August 4 and 24, 6 p.m. to 8 p.m.**

Entertainment and door prizes at parc LaSalle!





# Parks animation and activities

## Activities and Park Monitors

Park staff at Parc Kirkland will organize games and activities for kids. Come play soccer, basketball, tennis, and more!

Park monitors will also be onsite at the following times.

### Parcs Carignan, Dixie, Kirkland et LaSalle

**April 23 to June 23/August 26 to October 14**

Monday to Friday, 5 p.m. to 10:30 p.m.  
Saturdays and Sundays, 10:30 a.m. to 10:30 p.m.

**June 24 to August 25**

Monday to Friday, 3:30 p.m. to 10:30 p.m.  
Saturdays and Sundays, 10:30 a.m. to 10:30 p.m.

### Parc Dalbé-Viau

**April 15 until the beginning of October**

Monday to Friday, 5 p.m. to 10:30 p.m.  
Saturdays and Sundays, 8:45 a.m. to 10:30 p.m.

The park buildings in those parks have public restrooms.

For more information: 514-634-3471, ext. 350

## Eco-friendly fitness circuit

The new outdoor fitness trail at **Parc Stoney Point** has a series of scalable fitness circuits, so you can use natural and manmade structures for your workout. Learn how to plog and get in shape while you make a difference!

Free training sessions will be available. The dates will be announced at [lachine.ca](http://lachine.ca) in late spring.

## Free summer sports

Pickleball, basketball, tennis, baseball, football, ping-pong, volleyball—there are so many sports you can play in Lachine's parks! For some spots you'll need to book ahead, others are available on a first-come, first-serve basis during regular park hours. For more details, see the [outdoor sports equipment table](#) on page 29.

## Outdoor Dance Floor

**May 20 to August 17**



## Free dance nights and yoga!

- Line dancing, Mondays, 7 p.m.
- Country, Tuesdays, 7 p.m.
- Hip-hop, Wednesdays, 6:30 p.m.
- Zumba gold, Wednesdays, 7:30 p.m.
- Zumba, Thursdays, 7 p.m.
- Yoga, Saturdays, 9 a.m. (bring your own mat)

Set up for the summer on the banks of Lake Saint-Louis the outdoor dance floor is behind 3051 boul. Saint-Joseph. In case of rain, activities will be cancelled.

## Urban Agriculture



### Collective Gardening

For residents who'd like to garden as a group and share the fruits of their labours, Lachine has three collective gardens.

#### Du soleil Garden:

2270 rue Duff Court

For more info: 514-634-5055, ext. 222

#### Triangle fleuri Garden:

Rue Léo-Pétrin and Rue Ouellette

For more info: 514-365-7000

#### Regroupement de Lachine Garden:

735 rue Notre-Dame

For more info: 514-634-7205



### Community Gardens

Three community gardens are available from April to October for kitchen gardening and horticulture.

#### Remembrance Garden (210 plots)

Rue Remembrance and 32e Avenue

Cost: \$20

For more info: 514-634-3471, ext. 520

#### Réal-Gareau garden (30 plots)

Rue Sherbrooke and 4e Avenue

Cost: \$20

For more info: 514-634-3471, ext. 520

#### Wilfrid-Vincent Garden (30 plots)

Rue des Érables

For kids and seniors only

Fee, refundable at year's end:

\$1 per year

For more info: 514-366-0230



# Leisure and Universal Accessibility



**Your partner  
for health  
and wellbeing**

Centre de loisirs de Lachine runs sports, cultural, and educational activities designed with you in mind.

## Three different services are available:

- **The Recreation Centre** has a wealth of activities for people of all ages and interests of all kinds, with three different sessions each year.
- **Club Décllic** has low-cost drop-in activities for families.
- **Phoenix Day Camp**: sports, games, and outings for children age 5 to 12 during day camps.

Informations: [info@centre-de-loisirs-lachine.com](mailto:info@centre-de-loisirs-lachine.com) / [centre-de-loisirs-lachine.com](http://centre-de-loisirs-lachine.com)



## Free activities for people with low incomes

Registration will be confidential: Wednesday  
May 22, 2019 from 3 p.m. to 8 p.m.

Albert-Gariépy community centre  
800 rue Sherbrooke

Info : 438 504-2635 • [info@centre-de-loisirs-lachine.com](mailto:info@centre-de-loisirs-lachine.com)



## Universal Accessibility

In 2011 the City of Montreal adopted a Municipal Universal Accessibility Policy in an ongoing effort to make Montreal a universally accessible city.

Here are some examples in Lachine:

- A number of our community buildings are accessible (see Borough map)
- An FM assistive listening system has been installed at L'Entrepôt so that hearing-impaired guests can hear shows presented at the venue.
- A universal access circuit has been installed in the Borough Meeting Room at City Hall so that all residents can attend

Borough Council meetings. This includes signage, an assistive listening system, access ramps, and accessible washrooms.



The City has tasked Altergo with coordinating Montreal's recreation support program.

Info: [bit.ly/accesuniversel](http://bit.ly/accesuniversel) / [altergo.ca](http://altergo.ca)



| ACTIVITY | AGE | SCHEDULE | SESSION | LOCATION | COST PER SESSION | INFORMATION | REGISTRATION |
|----------|-----|----------|---------|----------|------------------|-------------|--------------|
|----------|-----|----------|---------|----------|------------------|-------------|--------------|

## Day Camp – Monday to Friday

|                                      |       |                     |                         |  |   |  |   |
|--------------------------------------|-------|---------------------|-------------------------|--|---|--|---|
| <b>Day Camp</b><br>(with daycare)    | 5-12* | 7:30 a.m. to 6 p.m. | June 24<br>to August 30 | Parcs Carignan, Dixie,<br>Kirkland and LaSalle | \$130/wk<br>+ \$10 registration fee<br>Non-res.: \$145/wk+ \$10<br>registration fee | Day Camp<br>Phoenix de Lachine<br>438 883-5833<br><a href="http://centre-de-loisirs-lachine.com">centre-de-loisirs-lachine.com</a> | Centre Albert-Gariépy,<br>online or by phone at<br>438 504-2635 |
| <b>Day Camp</b><br>(without daycare) |       | 9 a.m. to 4 p.m.    |                         |  | \$80/wk<br>+ \$10 registration fee<br>Non-res.: 95 \$/wk<br>+ \$10 registration fee |  |   |

| ACTIVITY | AGE | SCHEDULE | SESSION | LOCATION | COST PER SESSION | INFORMATION | REGISTRATION |
|----------|-----|----------|---------|----------|------------------|-------------|--------------|
|----------|-----|----------|---------|----------|------------------|-------------|--------------|

## Special Day Camp – Monday to Friday

|                        |       |  |                      |                           |  |  |  |
|------------------------|-------|--|----------------------|---------------------------|--|--|--|
| <b>Rowing</b>          | 10-15 | 9 a.m. to 4 p.m.   | June 24 to August 16 | 2801 boul. Saint-Joseph   | \$200/wk   | Lachine Rowing Club • 514 639-0006<br><a href="mailto:info@avironlachine.ca">info@avironlachine.ca</a> • <a href="http://avironlachine.ca">avironlachine.ca</a>                          | By phone<br>or online  |
| <b>Ballet</b>          | 5-14  | 9 a.m. to 4:30 p.m.,<br>with daycare<br>8 a.m. to 5:30 p.m.                          | July 2 to July 26    | 2901 boul Saint-Joseph    | \$215/1 wk      \$400/2 wk<br>\$560/3 wk      \$675/4 wk                         | Centre de loisirs de Lachine<br>438 504-2635<br><a href="http://centre-de-loisirs-lachine.com">centre-de-loisirs-lachine.com</a>   | Centre Albert-Gariépy,<br>online or by phone<br>at 438 504-2635                            |
| <b>Canoe and kayak</b> | 5-16  | 10 a.m. to 3:30 p.m.   | June 24 to August 16 | 2105 boul. Saint-Joseph   | \$50/wk + membership card +<br>daycare \$30/wk                                   | Lachine Racing Canoe Club League<br>514 634-4402 • <a href="http://canoeelachine.com">canoeelachine.com</a>  | Online   |
| <b>Gymnastics</b>      | 5-12  | 7:30 a.m. to 5:30 p.m.   | Starting June 25     | 50 12 <sup>e</sup> Avenue | \$185-\$225 (trip or not)  | Lachine Gymnitours Club<br>514 639-6510  | In person or Online<br>at <a href="http://amilia.com/gymnitours">amilia.com/gymnitours</a> |
| <b>Soccer</b>          | 6-13  | 9 a.m. to 4 p.m. Half<br>day 9 am. to noon with<br>daycare 7:30 a.m. to<br>5:30 p.m. | June 24 to July 26   | École Dalbé-Viau          | \$150/wk Half day : \$90/wk +<br>\$30/wk for daycare                             | Club de soccer de Lachine SC<br>514-942-7189<br><a href="mailto:bruno.routhe@lachinesc.com">bruno.routhe@lachinesc.com</a><br><a href="http://lachinesc.com/camp">lachinesc.com/camp</a> | Online   |
| <b>Sailing</b>         | 5-17  | 9 a.m. to 4 p.m.,<br>Daycare available (\$)  | June 24 to August 23 | 3045 boul. Saint-Joseph   | Sailing dinghy CAN1-2 : \$260<br>saling 3-4 \$520 sailing CAN<br>Catamaran \$315 | École de voile de Lachine<br>514 634-4326<br><a href="http://voilelachine.com">voilelachine.com</a>  | Online   |

Online registration : if you don't have Internet access, you can book a computer at one of the two libraries in Lachine.

YOUTH ACTIVITIES

| ACTIVITY                                   | AGE     | SCHEDULE  | SESSION              | LOCATION                                 | COST PER SESSION  | INFORMATION  | REGISTRATION   |
|--|---------|---|----------------------|--|---|--|--|
| Track & Field                              | 8 yrs.+ | U10 - Tues/Sat<br>U13 - Tues/Thurs                    | End April to August  | 740 rue Esther Blondin                   | U10- res.: \$75<br>Non-res.: \$85<br>U13- res.: \$80<br>Non-res.: \$100 | Lachine track & Field Cluc<br>Fred Arlen: 514 710-6009<br><a href="mailto:athletismelachine@videotron.ca">athletismelachine@videotron.ca</a><br><a href="http://athletismelachine.ca">athletismelachine.ca</a> | Online   |
|  |         | U16 - Tues/Thurs/Sat<br>Elite - Mon/Wed/<br>Thurs/Sat | Mid-April to August  |  | U16- res : \$125<br>Non-res.: \$145<br>Elite- \$165                     |  |  |
| Rowing                                     | 16-21   | Saturday morning<br>and weeknights                    | May to September     | 2801 boul.<br>Saint-Joseph               | \$125   | Lachine Rowing Club<br>514 639-0006<br><a href="mailto:info@avironlachine.ca">info@avironlachine.ca</a><br><a href="http://avironlachine.ca">avironlachine.ca</a>  | By phone, online<br>or at the club                         |
| Classical ballet for teens                 | 14+     | 7:30 to 9 p.m.  | June 10 to July 26   | Maison du brasseur                       | Varies  | Centre de loisirs de Lachine<br>438 504-2635<br><a href="http://centre-de-loisirs-lachine.com">centre-de-loisirs-lachine.com</a>   | In person at<br>800, rue Sherbrooke,<br>by phone or online |
| Baseball                                   | 5-18    | weeknights<br>and weekends                            | May to September     | Parcs Carignan,<br>LaSalle et Dalbé-Viau | \$75 to \$125   | Ass. de baseball amateur<br>de Lachine<br>514 634-3471, poste 313<br><a href="http://baseballlachine.com">baseballlachine.com</a>  | See their Web site   |
| Kayak and Racing<br>Canoe (introduction)   | 8-14    | Monday to Friday,<br>10 a.m. to 3:30 p.m.             | June 25 to August 24 | 2105 boul.<br>Saint-Joseph               | Starting at \$50<br>+ membership  | Lachine Racing Canoe Club<br>514 634-4402<br><a href="http://canoelachine.com">canoelachine.com</a>  | Online or onsite   |
| Kayak and Racing<br>Canoe (competitive)    | 8+      | Variable<br>selon catégorie                           | May 14 to August 24  |  | Varies  |  | See their Web site   |
| Hockey School (training<br>and draft camp) | 4-18    | Variable  | August 17-30         | Pierre « Pete » Morin<br>Arena           | See their website   | Lachine Hockey Association<br>514 634-2471<br><a href="http://hockeylachine.com">hockeylachine.com</a>   | Online   |

YOUTH ACTIVITIES

ACTIVITY

AGE

SCHEDULE

SESSION

LOCATION

COST PER SESSION

INFORMATION

REGISTRATION

Swimming Lessons Online Registration

- If the server is unavailable when you try to register, please try again later. If we cannot fix the problem quickly, we will suspend registration until the following day to give everyone a chance to register.
- The parent and child must have a valid Accès Lachine card.

- A \$12,82 fee (tax included) will be deducted from your refund should you withdraw.
- No refunds will be offered once an activity has started unless you have a doctor's note or a class is cancelled by the Borough.

You can also register in person at Bureau Accès Montréal (see page 26)

|                                     |                         |  |  |                               |   |   |   |
|-------------------------------------|-------------------------|--|--|-------------------------------|---|---|---|
| Swimming: Preschoolers              | 18 month to 5           | 3 days/wk  | June 22 to August 17<br>June 24 to July 18<br>July 22 to August 15 | Parcs LaSalle<br>ou Kirkland  | Residents: \$41.35<br>Non-residents: \$88.05  | Arrondissement de Lachine<br>lachine.ca, 311<br>ou 514 634-3471, poste 820    | Online on Loisirs Montréal starting May 7, 6 p.m. |
| Natation : junior (1 à 10)          | 5-12 yrs.               | or Saturday  |  |                               |   |   |   |
| Competitive Swimming (introductory) | 5-8<br>9 -10<br>11+yrs. | Monday to Friday:<br>1 p.m. to 2 p.m.<br>2 p.m. to 3 p.m.<br>3 p.m. to 4:30 p.m. | June 24 to August 16   |                               | Child Res: \$44.70<br>Non-rés.: \$98.45<br>Teen res.: \$51.40<br>Non-Res.: \$113.19 |   |   |
| Swimming Basics                     | 12+ yrs.                | Monday, Tuesday and Thursday<br>6 p.m. to 6:50 p.m.                              | June 24 to July 18<br>July 22 to August 15                         | Parc LaSalle                  | Resident \$51.40<br>Non-resident \$113.19   |   |   |
| Swimming: Swimming styles           |                         | Monday, Tuesday and Thursday<br>6:55 p.m. to 7:45 p.m.                           |  |                               |   |   |   |
| Soccer (recreative)                 | 4 -0 yrs.               | Boys (Mon and Wed)<br>Girls (Tues and Thurs)                                     | May 27 to August 17  | Parcs of Lachine              | Depending on age<br>(See their website)   | Lachine SC Soccer Club<br>514 639-3573<br>info@lachinesc.com<br>lachinesc.com | Online  |
|                                     | 11-18 yrs               | Schedule set by league   | May 15 to August 31  |                               |   |   |   |
| Tennis                              | 5-17 yrs                | Varies   | May to September   | Tennis centre at parc LaSalle | Varies  | 514 634-3471, ext. 325, vers la mi-mai  | To be confirmed                                   |
| Sailing (private)                   | 6+ yrs.                 | Varies   | June to September  | 3045, boul. Saint-Joseph      | 75 \$/h   | École de voile de Lachine<br>514 634-4326<br>voilelachine.com                 | By phone or onsite                                |



**Online registration** : if you don't have Internet access, you can book a computer at one of the two libraries in Lachine.

# ADULT ACTIVITIES

| ACTIVITY                         | SCHEDULE   | SESSION                                    | LOCATION                         | COST PER SESSION   | INFORMATION  | REGISTRATION  |
|----------------------------------|--|--|----------------------------------|--|--|---|
| <b>AquaFit</b>                   | Days to be confirmed<br>noon to 12:30 p.m. and<br>6:50 p.m. to 7:40 p.m. | June 25 to August 10                       | Parc LaSalle                     | See Web site   | Lachine Swim Club<br>514 307-3470<br><a href="http://clubnatationlachine.com">clubnatationlachine.com</a>  | Online, by email or phone   |
| <b>Rowing</b>                    | Saturday morning<br>and weeknights                                       | May to September                           | 2801 boul. Saint-Joseph          | \$175  | Lachine Rowing Club<br><a href="mailto:info@avironlachine.ca">info@avironlachine.ca</a><br>514 639-0006 • <a href="http://avironlachine.ca">avironlachine.ca</a> | By phone, online or onsite  |
| <b>Bocce</b>                     | Monday,<br>6:30 to 10 p.m.   | May 13 to August 26                        | Parc LaSalle                     | \$3/game<br>+ membership (\$15)  | Union des familles de Lachine<br>Francine Jobin<br>514 639-1994  | May 13, 6: 30 p.m. onsite   |
| <b>Meditation</b>                | Wednesday, 10 a.m.<br>to noon  | Starting April 10                          | Centre Albert-Gariépy            | Free   | Centre multi-ressources<br>de Lachine<br>Caroline Demers<br>514 634-3658, ext. 204   | Onsite or by phone  |
| <b>Swimming Basics</b>           | Mon, Tues and<br>Thurs., 6 to 6:55 p.m.                                  | June 24 to July 18<br>July 22 to August 15 | Parc LaSalle                     | Resident \$51.40<br>Non-resident \$113.19                              | Arrondissement de Lachine<br><a href="http://lachine.ca">lachine.ca</a> , 311<br>ou 514 634-3471, ext. 820   | Online on <a href="#">Loisirs Montréal</a><br>starting May 7 at 6 p.m.<br>See details for the online<br>registration on <a href="#">page 23</a> |
| <b>Natation : styles de nage</b> | Monday, Tuesday<br>and Thursday<br>6:55 to 7:45 p.m.                     |  |                                  |  |  |   |
| <b>Petanque</b>                  | Wednesdays,<br>6:45 p.m. to 10 p.m.                                      | May 8 to August 28                         | Parc LaSalle                     | \$3/game<br>+ membership (\$15)  | Union des familles de Lachine<br>Denis Perras<br>514 634-4087  | May 8 at 6:45 p.m.,<br>onsite   |
| <b>Tai-chi</b>                   | Friday 9 to 10 a.m.  | Starting April 5                           | Centre Albert-Gariépy            | Members : \$40/10 classes<br>\$10/class<br>Family-couples : \$25/class | Centre multi-ressources de<br>Lachine<br>Karine Joly<br>514 634-3658, ext. 200   | Onsite or by phone  |
| <b>Tennis</b>                    | Varies   | May to September                           | Tennis centre at<br>parc LaSalle | Varies   | 514 634-3471, ext. 325,<br>vers la mi-mai  | To be confirmed   |
| <b>Sailing (private class)</b>   | Varies   | May to September                           | 3045 boul. Saint-Joseph          | Private lessons: :\$75/hr<br>Group lessons: \$385                      | École de voile de Lachine<br>514 634-4326<br><a href="http://voilelachine.com">voilelachine.com</a>  | By phone or onsite  |

# Other Events

| EVENT   | DATE  | SCHEDULE   | LOCATION  | INFORMATION  |
|---|---|--|---|--|
| <b>Printemps culturel</b>   | April 1 to May 31   | Schedule varies  | Various Borough locations   | 311  |
| <b>Big Family Party</b>   | May 11  | 10 a.m. to 2 p.m.  | Parc LaSalle  | 514 634-3658   |
| <b>Centre multi-ressources de Lachine's<br/>18<sup>th</sup> Annual Book Fair</b>  | May 24 and 25   | Friday: 10 a.m. to 8 p.m.<br>Saturday: 10 a.m. to 3 p.m. | Centre Albert-Gariépy   | 514 634-3658   |
| <b>686 Dorval/Lachine Squadron Annual Review</b>                                  | May 25  | 10 a.m.  | Aréna Pierre Pete Morin   | 514 634-3888   |
| <b>Aviron Club Canal Challenge</b>  | May 26  | 8 a.m. to 5 p.m.   | Lachine Locks (Chemin du Musée)   | 514 639-0006   |
| <b>Montréal Museums Day</b>   | May 26  | 9 a.m. to 6 p.m.   | All Lachine museums   | 311  |
| <b>Music at Saints-Anges</b>  | May 26, June 30, September 29                                   | 3 p.m.   | Saints-Anges Church   | 311  |
| <b>Vintage Car Show</b>   | June 2  | 11 a.m. to 4 p.m.  | Rue Notre-Dame between 7 <sup>e</sup> and 16 <sup>e</sup> Avenue                | 311  |
| <b>Lachine Cyclin' Tuesdays</b>   | June 4, 11, 18 and 25, July 2,<br>9, 23 and 30, August 6 and 13 | 6 p.m.   | Parc LaSalle  | 514 634-3471, ext. 318   |
| <b>Dragonboat Festival</b>  | June 8  | 8 a.m. to 4 p.m.   | Club de canoë de course de Lachine  | 514 634-4402   |
| <b>Lachine "Optimiste" Triathlon Challenge<br/>– Québec Games Regional Finals</b> | June 16   | 8 a.m.   | Parc LaSalle  | 514 367-6438   |
| <b>Canal Sundays</b>  | June 16 to August 4   | 11 a.m. to 4 p.m.  | Promenade du Père Marquette   | 311  |
| <b>Lachine Youth Cycling Tournaments</b>  | June 22, July 7 and August 18                                   | 8 a.m. to noon   | Dalbé-Viau Outdoor Track  | 514 639-6812   |
| <b>2019 Street Games: Cosom Hockey, Basketball,<br/>and Soccer Preliminaries</b>  | June 27   | 11 a.m. to 10 p.m.                                       | Parc Dalbé-Viau and<br>parc Michel-Ménard<br>(gymnasium Dalbé-Viau if it rains) | Everyone welcome, registration<br>in advance or onsite starting at<br>11 a.m. : 514 637-0934 |
| <b>Painting Symposium</b>   | August 4  | 10 a.m. to 6 p.m.  | Promenade Père Marquette  | 311  |
| <b>Lachine Half Marathon</b>  | August 18   |  | Boul. Saint-Joseph and parc René-Lévesque                                       | <a href="http://demimarathondelachine.com">demimarathondelachine.com</a>                     |



Borough's map and municipal addresses

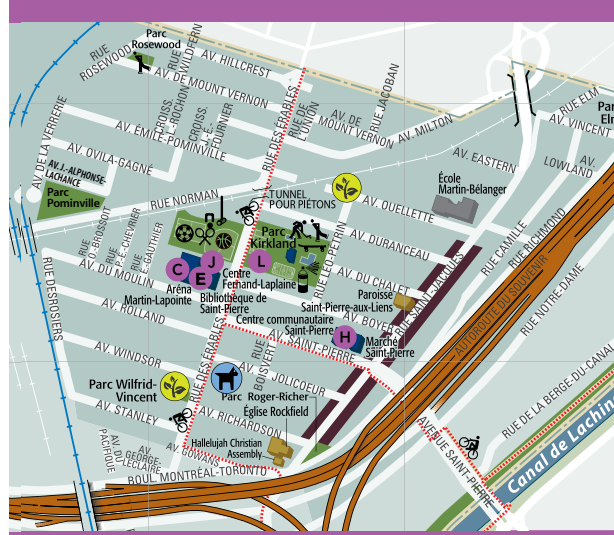


USEFUL ADDRESSES

- A Bureau Accès Montréal**  
1800 boulevard Saint-Joseph  
Lachine (Québec) H8S 2N4  
**Hours**  
Monday to Thursday, 8:30 a.m. to 5 p.m.  
Friday, 8:30 a.m. to noon  
Phone: 311  
Fax: 514 634-8164  
[lachine@ville.montreal.qc.ca](mailto:lachine@ville.montreal.qc.ca)

**B Complexe Guy-Descary**  
2901 boul. Saint-Joseph H8S 4B7  
Phone: 514 634-3471, ext. 302 and 828  
Fax: 514 634-8177  
**Hours**  
Monday to Friday, 8:30 a.m. to 10 p.m.  
Saturday and Sunday, 8:30 a.m. to 5 p.m.  
(closed on Sundays during the summer)  
- **Maison du brasseur and Bureaux de la Direction de la culture, des sports, des loisirs et du développement social**  
- **Entrepôt**  
[concert and exhibition hall]  
- **Vieille brasserie**  
2801 boul. Saint-Joseph
- C Martin-Lapointe Arena**  
183 rue des Érables H8R 1B1  
**D Pierre «Pete» Morin Arena**  
1925 rue Saint-Antoine H8S 1V5  
**E Saint-Pierre Library**  
183 rue des Érables H8R 1B1  
514 634-3471, ext. 826  
**F Saul-Bellow Library**  
3100 rue Saint-Antoine H8S 4B8  
514 872-5080  
**G Albert-Gariépy Community Centre**  
800 rue Sherbrooke H8S 1H2  
514 634-3471, ext. 350  
**H Saint-Pierre Community Centre**  
69 avenue Saint-Pierre H8R 1P1  
**I Lachine Tennis Centre**  
1500 rue Remembrance H8S 1W3  
514 634-3471, ext. 325
- J Fernand-Laplain Centre**  
183 rue des Érables H8R 1B1  
514 634-3471, ext. 839  
**K Michel-Ménard Pool Hut**  
1830 croissant Roy H8S 4E2  
514 634-3471, ext. 331  
**L Kirkland Park Pool Hut**  
150 rue des Érables H8R 1B4  
514 634-3471, ext. 832  
**M LaSalle Park Pool Hut**  
475 10<sup>e</sup> Avenue H8S 3R9  
514 634-3471, ext. 327  
**N Carignan Park Hut**  
4100 rue Provost H8T 3J6  
514 634-3471, ext. 321  
**O Dixie Park Hut**  
257 54<sup>e</sup> Avenue H8T 3A1  
514 634-3471, ext. 322
- P LaSalle Park Hut**  
801 rue Saint-Antoine H8S 1T5  
514 634-3471, ext. 320  
**Q LaSalle Park Wading Pool Hut**  
1450 rue Remembrance  
514 634-3471, ext. 319  
**R Lachine Museum**  
1 chemin du Musée H8S 4L9  
514 634-3478  
**S Lachine Marina**  
1800 chemin des Iroquois H8S 4J5  
514 634-0646, ext. 414  
**T Curé-Piché Multipurpose Hall**  
170 15<sup>e</sup> Avenue H8S 3L9  
514 634-0646, ext. 414

Quartier Saint-Pierre



# Outdoor Recreational Facilities

| Parks                | Balle | Basketball | Bocce, croquet and petanque | Football | Splash pad | Wading pool | Pickleball | Ping-pong | Pool | Running track | Skate ramp /skate park | Soccer | Tennis | Volleyball | Authorized graffiti wall |
|----------------------|-------|------------|-----------------------------|----------|------------|-------------|------------|-----------|------|---------------|------------------------|--------|--------|------------|--------------------------|
| Bishop-Whelan        |       |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| Carignan             | *     |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| Catherine-Soumillard |       |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| Dalbé-Viau           | *     |            |                             | *        |            |             |            |           |      |               |                        | *      |        |            |                          |
| Dixie                |       |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| du Fort-Rolland      |       |            |                             |          |            |             |            |           |      |               |                        |        |        |            |                          |
| Grovehill            | *     |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| Kirkland             |       |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| Lakeside Academy     |       |            |                             |          |            |             |            |           |      |               |                        | *      |        |            |                          |
| LaSalle              | *     |            |                             |          |            |             | **         |           |      |               |                        |        | **     |            |                          |
| Meadowbrook          |       |            |                             |          |            |             |            |           |      |               |                        |        |        |            |                          |
| Michel-Ménard        |       |            |                             |          |            |             |            |           |      |               |                        |        |        |            |                          |
| Paterson             |       |            |                             |          |            |             |            |           |      |               |                        |        |        |            |                          |
| Saint-Louis          |       |            |                             |          |            |             |            |           |      |               |                        |        |        |            |                          |

\* Reservation required, other rooms are available to rent in various municipal buildings.  
Information: 514-634-3471, ext. 828 or 302

\*\* Court reservation policies will be announced in June on lachine.ca

## Health Challenge

Municipalities

Let's get fit!

Sign up from  
April 1 to 30, 2019  
and tell your friends!

[lachine.ca](http://lachine.ca)



### Bike Paths

Want to go walking, biking, or rollerblading? Lachine has three great paths, at parc René-Lévesque (3 km), Promenade Père-Marquette (1 km), and along Boulevard Saint-Joseph (3 km).

Stop and have a bite at one of the many picnic areas along the paths. Rollerblade rentals and lessons are available at the entrance of parc René-Lévesque.



# L'INFO CITOYENS

## DIRECTORY OF RESSOURCES, ORGANISMS AND PARTNERS AND OTHER INFORMATION

### Emergency Numbers

Police, firefighters, ambulance: 911  
Info-santé (health line): 811  
Neighbourhood police: 514-280-0108  
Poison control: 1-800-463-5060  
S.O.S. violence conjugale  
(domestic violence helpline):  
514-873-9010 • 1 800-363-9010  
Suicide Action Montréal: 514-723-4000

### Notices and Alerts

Be notified in case of unexpected  
or emergency situations.  
Sign up at [www.lachine.ca](http://www.lachine.ca)



L'INFO CITOYENS spring-summer 2019  
À détacher et conserver

## DRINKING WATER REGULATIONS (13-023)



As stated in Montreal's by-laws on the use of drinking water:

- Watering **by hand** is permitted throughout the city at all times, as long as it isn't raining
- Watering with a portable **sprinkler or soaker hose** is authorized only on odd or even dates according to street address, and only between 8 p.m. and 11 p.m., as long as it isn't raining
- Watering with an automatic system is subject to the above conditions (odd/even dates) but must take place between 3 a.m. and 6 a.m.
- New lawns and new landscaping can be watered every day for up to 15 days.
- The following equipment is prohibited: automatic watering systems that aren't equipped with moisture sensors, and air-conditioning and refrigeration units that aren't equipped with water recirculation systems

For more information: 311 - [ville.montreal.qc.ca/eaudemontreal](http://ville.montreal.qc.ca/eaudemontreal)

## PERMITS AND AUTHORIZATIONS

For information on permits and authorizations, contact the Borough's permits and inspections division at 514-634-3471, ext. 296, or 311, or visit [lachine.ca](http://lachine.ca).

Permits and authorizations are mandatory on all construction and renovation projects.

Permits and authorizations are as follows:

- o Tree felling
- o Balconies, porches, verandas
- o Outbuildings, garages, sheds
- o Certificate of special authorization
- o Demolition
- o Signs, billboards
- o Driveways
- o Commercial establishments
- o Fireplaces and stoves
- o New construction
- o Temporary occupancy of a public space
- o Pools



## GARAGE SALES

This year, garage sales are allowed on the following days:

- May 18, 19, and 20 (National Patriots' Day)
- June 8 and 9
- August 3 and 4
- September 7 and 8
- October 12, 13, and 14 (Thanksgiving)

No permit necessary.

Only organizations, associations, and other charitable institutions can hold garage sales, bazaars, and the like outside the designated days, and only with Borough authorization (311).





## LIVING IN LACHINE WITH YOUR PET

### To keep Lachine safe and enjoyable for residents and dogs:

- Keep your dog on a leash (max. 1.85 m) when you're in public; dogs weighing 20 kg or more must also wear a harness or head harness
- Make sure your dog wears its City of Montreal tags
- Always clean up after your dog

Failure to comply with Lachine's animal regulations can result in a minimum fine of \$300.

### Dog Parks

- **Rue Victoria and 28<sup>e</sup> Avenue:** 7 a.m. to 10 p.m. daily. This dog park is for members of Lachine's Canine Family only. Canine Family has been tasked by the city of Lachine with managing the park.

To sign up: 514-634-3471, ext. 517 or [chiens.lachine.dogs@gmail.com](mailto:chiens.lachine.dogs@gmail.com)

- **Parc Roger-Richer**, at Saint-Jacques and Richmond (Saint-Pierre neighbourhood): 7 a.m. to 10 p.m. daily. Free.

### Rules About Dogs in Parks

As a general rule, dogs are not allowed in Lachine Borough parks and playgrounds. However there are exceptions for some parks. Check park signage.

#### Parks where dogs are allowed on a leash:

- o The riverside area that runs along the footpath, from the 34<sup>e</sup> Avenue dock to the western boundary of Lachine
- o Promenade du Rail between 6<sup>e</sup> Avenue and 29<sup>e</sup>, from 6 a.m. to 11 p.m.
- o Parc de La 55<sup>e</sup> Avenue, corner of Highway 20, from 6 a.m. to 11 p.m.
- o The park on Rue Victoria at the corner of 40<sup>e</sup> Avenue, from 6 a.m. to 11 p.m.

#### Sector where dogs are allowed only from October 15 to April 15

Dogs are allowed from October 15 to April 15 in the riverside area along the footpath between 6<sup>e</sup> and 34<sup>e</sup> Avenue. They are not allowed in the sector from April 16 to October 14.

Questions: 311 or [ville.montreal.qc.ca/animals](http://ville.montreal.qc.ca/animals)



## L'ÉCO-QUARTIER LACHINE

Together with Lachine Borough, GRAME is responsible for the Éco-quartier program. Contact Éco-quartier about:

- 3RV initiatives (reduce, reuse, recycle, and valorize)
- Cleanliness (neighbourhood clean-ups)
- Gardening
- Bringing nature into the city (tree distribution)

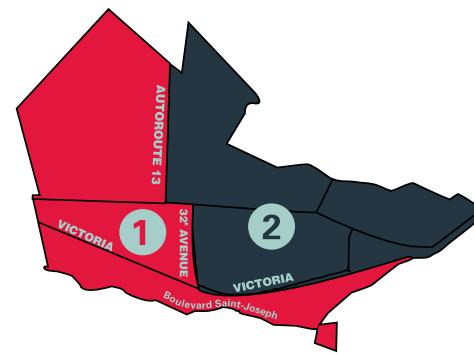
GRAME-Éco-quartier Lachine, 735 rue Notre-Dame • 514 634-7205  
[www.grame.org](http://www.grame.org) and GRAME (in French)

Hours: • Monday, Tuesday, Thursday, and Friday, 10 a.m.–4 p.m.  
• Wednesday 10 a.m.–8 p.m.

Spring is here! Éco-quartier Lachine is holding neighbourhood clean-ups on the riverbank on April 22 (Earth Day). Sign up for a clean up or start your own with support from Éco-quartier: [operation@grame.org](mailto:operation@grame.org) 514 634-7205.



## WASTE COLLECTION SCHEDULE



### Recycling



Curbside



**SECTOR 1:**  
Monday before 7 a.m.  
**SECTOR 2 :**  
Thursday before 7 a.m.

### Organic waste



Curbside



**ALL SECTORS**  
Wednesday, before 7 a.m.  
Plastic bags, even biodegradable and compostable ones, are not accepted and will not be collected at any time.

### Non-upholstered bulky items and construction debris



Curbside



**SECTOR 1:**  
First Friday of the month before 7 a.m.  
**SECTOR 2:**  
First Tuesday of the month before 7 a.m.

### Household garbage and bulky upholstered objects



Curbside



**SECTOR 1:**  
Friday before 7 a.m.  
**SECTOR 2 :**  
Tuesday before 7 a.m.

### Electronics and others



Écocentre LaSalle

**Free disposal at Écocentre LaSalle**  
(with proof of residence and photo ID)  
7272 rue Saint-Patrick, LaSalle  
(between Senkus and Léger)

Information:  
514 872-0384  
[ville.montreal.qc.ca/ecocentres](http://ville.montreal.qc.ca/ecocentres)



**More information on the collections:**  
311, [lachine.ca](http://lachine.ca) and [ville.montreal.qc.ca/infocollectes](http://ville.montreal.qc.ca/infocollectes)



### Lachine Youth Council (LYC)

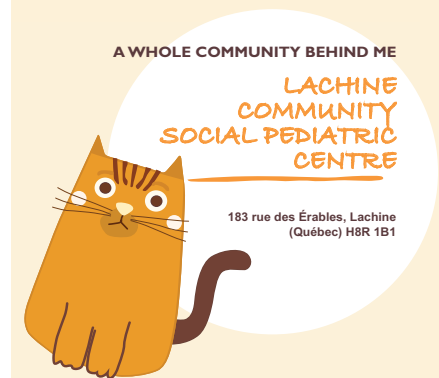
The first-ever Lachine Youth Council will give youth age 15 to 25 an opportunity to make their voices heard on municipal issues that affect them directly. LYC members will hone the skills needed to share ideas and debate effectively while gaining concrete experience in municipal life. The members of the new LYC will be announced at the May 6 meeting of the Lachine Borough Council.

For information on how to apply: [lachine.ca](http://lachine.ca)

[loisirslachine@ville.montreal.qc.ca](mailto:loisirslachine@ville.montreal.qc.ca)

## Lachine Community Social Pediatric Centre

A community social pediatric centre (CPSC) will open its doors this spring in Lachine's Saint-Pierre district. It will serve vulnerable families and offer a full range of services in partnership with local community and institutional providers. The approach taken by the centre will help identify and treat things like stress factors that can affect children's well-being and development.



Centre Fernand-Laplace, 183 rue des Érables, in Saint-Pierre.



## Graffiti removal is available free to residents and businesses

Removing illegal graffiti is one way to help keep your community clean and beautiful. The borough can help you get rid of unsightly graffiti.

Information: 311– [lachine.ca](http://lachine.ca)



## Lachine Borough: Playing an Active Role in Urban Safety...

CASUAL is the Borough of Lachine's urban safety action committee. Committee members work with the Borough to take action in ways that will help the people of Lachine feel safer in their community.

CASUAL's objectives include preventive action and community awareness.

For more information: [c.a.s.u.a.l@hotmail.com](mailto:c.a.s.u.a.l@hotmail.com) or 514-634-3471, ext. 825.

## ...and Supporting Local Parents

Created by CASUAL in collaboration with partner organizations, the Triple P (Positive Parental Practices) Program offers simple, concrete tips for improving parent-child relationships. Services available through this free program include:

- Interactive talks on topics like helping children manage their emotions and build self esteem
- One-on-one meetings with a Triple P practitioner to work on behaviour issues
- Group workshops on parental strategies aimed at making day-to-day life with your children easier

Daycare for children 0–12 years is available onsite at the talks and workshops.

For more information: 514-634-3471, ext. 821  
or [triplep.lachine@gmail.com](mailto:triplep.lachine@gmail.com)





FOOD AND CLOTHING BANKS

**Carrefour d’entraide Lachine**  
1176 rue Provost  
[www.carrefourdentraide.org](http://www.carrefourdentraide.org)  
514 634-3686, ext. 222 et 228  
A sympathetic ear, referrals, second-hand clothing store, community and emergency cooking, food bank, recreational activities, popular education.

**Meals on wheels**  
Central Lachine : 514 403-0511  
Western Lachine : 514 637-6805  
Provides hot meals for the sick, disabled, and elderly.

**Le Relais populaire de Lachine**  
740 rue Esther-Blondin  
514 855-4232, ext. 9  
Prepares meals for the young disadvantaged, in cooperation with the school network.



Associations offering services, programs, and assistance:

**The Tea Pot**  
2901 boulevard Saint-Joseph  
[www.theteapot.org](http://www.theteapot.org)  
514 637-5627

Educational, social, recreational, cultural, and community activities, community cooking, hot lunches, accompaniment, transportation, and home support.

**Centre multi-ressources de Lachine**  
800 rue Sherbrooke, Suite 206  
[www.cmrl.ca](http://www.cmrl.ca)  
514 634-3658

Transportation and accompaniment, friendly calls and visits, safety check-ins, community activities, breakfast talks.

Recreational Associations (Seniors Clubs):

|  |              |
|--|--------------|
| <b>Club d’âge d’or de l’Annunziata</b>               | 514 634-8553 |
| <b>Club d’âge d’or Le soleil de Lachine inc.</b>     | 514 634-0219 |
| <b>Club d’âge d’or Saints-Anges</b>                  | 514 422-1075 |
| <b>Club d’âge d’or Saint-Pierre</b>                  | 514 639-5227 |
| <b>Club social Or et Argent</b>                      | 514 769-1883 |
| <b>Le Réveil de Lachine</b>                          | 514 634-8975 |
| <b>Union des familles de Lachine</b>                 | 514 634-4842 |
| 800 rue Sherbrooke                                   |              |
| Cultural, sports, and social outings and activities. |              |

VOLUNTEERING

**Volunteer West Island**  
1 rue de l’Église, Sainte-Anne-de-Bellevue  
[www.volunteerwestisland.org](http://www.volunteerwestisland.org)  
514 457-5445, ext. 222

**Centre multi-ressources de Lachine**  
800 rue Sherbrooke, Suite 204  
[www.cmrl.ca](http://www.cmrl.ca)  
514 634-3658

**Social Accompaniment and Mentorship**  
In Lachine:  
750 rue Dawson, Suite111, Dorval  
[www.volunteerwica.com](http://www.volunteerwica.com)  
514 631-9151

CHARITY

**La Guignolée de Lachine**  
2901 boulevard Saint-Joseph  
514 634-3471, ext. 348  
Annual food and coin drive for the less fortunate during the holiday season.

**L’Oeuvre soupe maison (Lachine)**  
1170 rue Notre-Dame  
514 469-9954  
Provides three hot meals a week (Tuesdays, Wednesdays, and Thursdays) to the less fortunate. May to September. Registration required.

**Resurrection of Our Lord/Society of Saint Vincent de Paul**  
34 34<sup>e</sup> Avenue  
514 637-2379  
Food bank.

**Société Saint-Vincent-de-Paul Saint-Pierre-aux-Liens**  
514 634-3471, ext. 334 (boîte vocale)  
Food bank for residents of Saint-Pierre.

SERVICES CLUBS

|  |              |
|--|--------------|
| <b>Knights of Columbus of Lachine</b>  | 514 639-1776 |
| <b>Knights of Columbus of Saint-Pierre</b>                                     | 514 364-3567 |
| <b>Lions Club of Lachine</b>   | 514 637-6299 |
| <a href="mailto:contact@clublionslachine.org">contact@clublionslachine.org</a> |              |
| <b>Club Optimiste Lachine inc.</b>   | 514 634-9253 |
| <b>Royal Canadian Legion Lachine Branch 85/90</b>                              | 514 637-8002 |

CULTURAL ASSOCIATIONS

**Centre social d’aide aux immigrants (CSAI)**  
Lida Aghasi, Director  
6201 rue Laurendeau  
Montréal (Québec) H4E 3X8  
514 932-2953  
[www.centrecsai.org](http://www.centrecsai.org)

A social assistance centre for immigrants and government-assisted refugees. Services and activities to help newcomers find work and adapt to life in Quebec. Help and support for asylum seekers.

**Airsom Prisme Multiethnic Community Centre**  
414 rue Lafleur, Suite 1-10  
LaSalle  
[www.airsomprisme.org](http://www.airsomprisme.org)  
514 364-0939

New arrivals, referrals, social and linguistic integration, French classes, job search and workplace integration support, parent-child activities and outings.

DIALOGUE

**Concert’Action Lachine**  
735 rue Notre-Dame  
[info@concertactionlachine.com](mailto:info@concertactionlachine.com)  
[www.concertactionlachine.com](http://www.concertactionlachine.com)  
514 300-2045

Enhances cooperation between social-development actors; supports and coordinates the community in order to improve the lives of residents with a view to social and sustainable development. With:

- Lachine Borough’s urban safety action committee (CASUAL) 514-634-3471, ext. 825
- Lachine’s intercultural reflection and action group (TRAIL)
- Housing committee
- Education committee
- Lachine food security working group (GTSAL)
- Dorval-Lachine 50 years-old + roundtable
- Lachine youth roundtable
- Dorval-Lachine early childhood roundtable

CULTURE

Performing Arts

**Choeur Ambiance Choir**  
514 273-7306  
**Concerts Lachine**  
514 571-0012  
**Éclusiers de Lachine folk group**  
514 634-7526  
**Festival de théâtre de rue de Lachine street theatre festival**  
514 639-6403  
**Harmonie de Lachine wind band**  
514 636-2111  
**Les productions Multisens inc.**  
514 639-8019

Visual Arts

**Painting workshop**  
514 634-6264  
**Les Pics-Bois sculpture workshop**  
514 634-3471, poste 310  
**Glass workshop**  
514 637-9606  
**Vision Photo Club**  
514 697-4730  
**Lachine Pottery Guild**  
514 266-7315  
**Lachine Weavers’ Guild**  
514 453-0752  
**Visual Arts Association (Société d’Arts Visuels en Direct)**  
514 634-4459

History and Heritage

**Lachine Historical Society**  
514 634-9508  
**The Fur Trade at Lachine National Historic Site**  
514 637-7433  
**Lachine Canal National Historic Site**  
514 283-6054

ÉCO-QUARTIER LACHINE

735 rue Notre-Dame  
[www.grame.org](http://www.grame.org)  
514 634-7205  
GRAME is an organization that promotes environmental awareness among Lachine residents.

EDUCATION

Childcare Centres (CPEs)

**CPE de Lachine**  
514 637-4323  
**Familigarde de LaSalle CPE**  
514 595-9955  
**Le Jardin des Frimousses**  
514 637-7733  
**La Petite Caserne**  
514 634-4787  
**Les Petits Pierrots**  
514 364-3993

Primary Schools

**Catherine-Soumillard**  
514 855-4231  
**Des Berges de Lachine**  
514 748-4662  
**Jardins-des-Saints-Anges**  
514 855-4200  
**Martin-Bélanger**  
514 595-2057  
**Maple Grove**  
514 637-5868  
**Paul-Jarry**  
514 855-4201  
**Philippe-Morin**  
514 855-4233  
**Très-Saint-Sacrement**  
514 855-4234  
**Victor-Thérien**  
514 855-4202

Secondary Schools

**Collège Sainte-Anne (private) (also a primary school and CEGEP)**  
514 637-3571  
**Collège Saint-Louis**  
514 855-4198  
**École Dalbé-Viau**  
514 855-4232  
**Lakeside Academy**  
514 637-2505

Vocational Training

**LaSalle Centre d’éducation aux adultes, Boileau Building**  
514 855-4197  
**Lachine Centre de formation professionnelle Dalbé-Viau Building**  
514 855-4185  
**La Rive Building**  
514 855-4189

POPULAR EDUCATION, ADVOCACY

**ACEFSOM (Association d’économie familiale du Sud-Ouest de Montréal)**  
6734 boulevard Monk, Montréal  
[www.consommateur.qc.ca/acef-som](http://www.consommateur.qc.ca/acef-som)  
514 362-1771

Defending individual and collective rights for a better assessment of consumer choices.

**Lachine-LaSalle housing committee**  
426 rue Saint-Jacques  
[logement.lachine-lasalle@videotron.ca](mailto:logement.lachine-lasalle@videotron.ca)  
514 544-4294

Information and public awareness for renters in need, self-directed popular education, collective defence of rights, one-on-one support.

EMPLOYMENT SERVICES

**Marquette CJE (Carrefour Jeunesse emploi)**  
735 rue Notre-Dame  
[www.cjemarquette.qc.ca](http://www.cjemarquette.qc.ca)  
514 634-0450

Employment programs and services for teens and young adults age 13 to 35.

**Lachine CLE (Centre local d’emploi)**  
2740 rue Remembrance, bureau 70A  
514 634-2425

**Economic and Community Development Corporation (CDEC) for LaSalle/Lachine**  
735 rue Notre-Dame  
[www.cdec-lasallelachine.ca](http://www.cdec-lasallelachine.ca)  
514 469-0288

Employment and recruitment assistance, economic development, immigration, and local initiatives budget.

**Association centre-ville de Lachine**  
1024 rue Notre-Dame  
514 469-0288, ext. 236

**The West Island of Montreal Chamber of Commerce**  
71870 boul. des Sources, Suite 106  
Pointe-Claire  
[info@ccoim.ca](mailto:info@ccoim.ca)  
514 697-4228

**Montreal South-West Chamber of Commerce and Industry**  
410 avenue Lafleur, Suite 32, LaSalle  
[www.ccisom.ca](http://www.ccisom.ca)  
514 365-4575

**South-West Montreal Job-Finding Club (CRE Sud-Ouest de Montréal inc.)**  
7625 boul. Newman, LaSalle  
[www.cresom.com](http://www.cresom.com)  
514 366-0660

**PME MTL West Island**  
7300 autoroute Transcanadienne  
Pointe-Claire  
514 426-2888

**Regroupement affaires Lachine inc. (R.A.L.I.)**  
735 rue Notre-Dame  
514 639-4881

## FAMILIES

**Centre jeunesse de Montréal (DPJ - child protection agency)**  
4675 rue Bélanger, Montréal  
[www.centrejeunessedemontreal.qc.ca](http://www.centrejeunessedemontreal.qc.ca)  
514 593-3979

**Batshaw Youth and Family Centre**  
191 place Frontenac, Pointe-Claire  
[www.batshaw.qc.ca](http://www.batshaw.qc.ca)  
514 935-6196 / 514 989-1885

Protection, support, and rehabilitation for child victims of abuse or negligence and for children with behavioural disorders.

**Centre multi-ressources de Lachine**  
800 rue Sherbrooke, Suite 206  
[www.cmrl.ca](http://www.cmrl.ca)  
514 634-3658

Parent workshop on early childhood stimulation (0 to 2 years). Parent relief (6 months to 5 years). Growth and development activities (3 to 5 years). Social activities for adults.

**Collective Community Services**  
451 de l'Église, Verdun  
514 937-5351

Activities and support aimed at community development for Greater Montreal's anglophone population, with a focus on mutual assistance, sharing, and solidarity.

**Fondation de la Visite**  
[www.delavisite.org](http://www.delavisite.org)  
514 329-2800

Support and home visits for pregnant women and parents of newborns.

**JAME (J'apprends avec mon enfant)**  
1201 rue Argyle, bureau 203  
[www.japprendsavecmonenfant.org](http://www.japprendsavecmonenfant.org)  
514 765-7686, ext. 7017

Promoting a love of reading at home and in schools.

**Big Brothers Big Sisters of West Island**  
[www.bbbsowfi.org](http://www.bbbsowfi.org)  
514 538-6100

## WOMEN

**Cercle de fermières de Lachine**  
514 639-3788

**Cercle de fermières de Saint-Pierre**  
514 634-3471, ext. 837

**Le Parados inc.**  
514 637-3529

Support for women and families who are victims of domestic violence.

## YOUTH

**Lachine Club Zone**  
230 15<sup>e</sup> Avenue, Suite 100  
[amansour514@gmail.com](mailto:amansour514@gmail.com)  
Computer lab, music, games, and sports for west borough youth ages 12 to 17.

**Substance abuse prevention project: Cumulus**  
[www.projetcumulus.ca](http://www.projetcumulus.ca)  
514 634-5774

Alcoholism and drug addiction (youth and school-aged children).

**Squadron 686 Lachine-Dorval**  
[www.escadron686.com](http://www.escadron686.com)  
514 634-3888

**Girl Guides of Canada**  
[www.guidesquebec.ca](http://www.guidesquebec.ca)  
514 933-5839

**Summerlea Scouts**  
514 245-9366  
514 769-5565

**La Maison des Jeunes l'Escalier de Lachine inc.**  
560 5<sup>e</sup> Avenue  
[www.mdjesescalier.com](http://www.mdjesescalier.com)  
514 637-0934

In Saint-Pierre:

**La Caserne des Jeunes**  
59 avenue Saint-Pierre  
[lacaserne@hotmail.com](mailto:lacaserne@hotmail.com)  
514 634-3471, ext. 822

School programs and interventions, extracurricular activities for children ages 8 to 12. Homework help (by request), activities, sports, outings, cooking workshops, social work

**TRAC - Street Work/Community Action**  
75 rue Sir-Georges-Étienne-Cartier, Suite 212  
514 939-2122

T.R.A.C. delivers general street-level services for people age 12–35. The organization provides ongoing support in natural settings such as streets, parks, and schools to help people who are alienated from their social setting, and connects them with appropriate resources.

## PEOPLE WITH DISABILITIES

**West Island Association for the Intellectually Handicapped**  
111 avenue Donegani, Pointe-Claire  
[www.wiaih.qc.ca](http://www.wiaih.qc.ca)  
514 694-7090  
Social and cultural activities.

**AVA-TIL inc.**  
387 40<sup>e</sup> Avenue  
[www.avatil.org](http://www.avatil.org)  
514 634-8944

Integrated services for individuals with mild or borderline intellectual disabilities.

**Club des personnes handicapées du Lac-Saint-Louis**  
3195 rue Remembrance  
514 634-0447

Accompagnement, adapted transportation, health clinics, tax preparation clinics, snow removal, wheelchair loans, meals, computers, board games, handicrafts.

**Corporation L'Espoir**  
55 avenue Dupras  
LaSalle  
[www.corporationespoir.org](http://www.corporationespoir.org)  
514 367-3757



Adapted services for those with intellectual handicaps.

## HEALTH

**Dorval-Lachine CLSC**  
1900 rue Notre-Dame  
514 639-0660

**Hôpital de Lachine**  
650 16<sup>e</sup> Avenue  
514 637-2351

**Lachine Community Social Pediatric Centre**  
Centre Fernand-Laplace, salle 103  
183 rue des Érables, Lachine  
[www.cpscdelachine.ca](http://www.cpscdelachine.ca)  
[cpscdelachine@hotmail.com](mailto:cpscdelachine@hotmail.com)

## MENTAL HEALTH

**Groupe d'entraide Lachine**  
1310 rue Notre-Dame  
514 639-4941  
Group meals; community cooking; supervised housing; social, recreational, and sports activities.

**Oméga**  
[www.omegacenter.org](http://www.omegacenter.org)  
514 631-2760

Day centre, open six days a week. Activities, outings, and special events.

**Projet suivi communautaire**  
[www.projetsuivicommunautaire.com](http://www.projetsuivicommunautaire.com)  
514 366-0891  
Medium- and long-term one-on-one support for adults suffering from mental illness.

## PSYCHOLOGICAL SUPPORT

**Alzheimer Society of Montréal**  
4505 Notre-Dame, Montréal  
[www.alzheimermontreal.ca](http://www.alzheimermontreal.ca)  
514 369-0800

**Groupe des Aidants du Sud-Ouest**  
Dorval, Lachine, LaSalle and Verdun  
405-7475, boulevard Newman  
LaSalle  
[www.aidantssudouest.org](http://www.aidantssudouest.org)  
514 564-3061  
[groupeledesaidantssudouest@videotron.ca](mailto:groupeledesaidantssudouest@videotron.ca)  
A sympathetic ear, information and referrals, psychosocial support, talks, and workshops among caregivers.

**These associations provide referrals to local resources:**

**Agoraphobics Anonymous**  
514 368-0338

**Al-Anon/Al-Ateen**  
[www.al-anon-montreal.org](http://www.al-anon-montreal.org)  
514 866-9803

**Alcoholics Anonymous**  
[www.aa-quebec.org](http://www.aa-quebec.org)  
514 376-9230

**Allô prof (in French)**  
[www.alloprof.qc.ca](http://www.alloprof.qc.ca)  
514 527-3726

**ANEB Quebec (anorexia and bulimia)**  
55 rue Dupras, LaSalle  
[www.anebquebec.com](http://www.anebquebec.com)  
514 630-0907



**Montreal Sexual Assault Centre**[www.agressionsexuelle.com](http://www.agressionsexuelle.com)

514 934-4504

**Cocaine Anonymous**

514 527-9999

**Co-dependents Anonymous (DAA)**[www.daa-quebec.org](http://www.daa-quebec.org)

514 990-4744

**Depressed Anonymous**

514 278-2130

**Drugs: Help and Referrals**[www.drogue-aiderreference.qc.ca](http://www.drogue-aiderreference.qc.ca)

514 527-2626

**Emotions Anonymous**[www.emotifs-anonymes.org](http://www.emotifs-anonymes.org)

514 990-5886

**Gai Écoute - bilingual sexual orientation and gender identity helpline**[www.gai-ecoute.qc.ca](http://www.gai-ecoute.qc.ca)

514 866-0103

**Gamblers Anonymous**[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

514 484-6666

**Kids Help Phone**

1 800 668-6868

[jeunessejecoute.ca](http://jeunessejecoute.ca)**Parents Anonymous**

1 800 361-5085

**Narcotics Anonymous**[www.naquebec.org](http://www.naquebec.org)

514 249-0555

**Phobies-Zéro**[www.phobies-zero.qc.ca](http://www.phobies-zero.qc.ca)

514 276-3105

**S.O.S. violence conjugale - domestic violence helpline**[sosviolenceconjugale.ca](http://sosviolenceconjugale.ca)

514 873-9010

**Suicide Action Montreal**[www.suicideactionmontreal.org](http://www.suicideactionmontreal.org)

514 723-4000

**Montreal Island Seniors Roundtable**[www.tcaim.org](http://www.tcaim.org)

514 286-8226

**Tel-Aide**[www.telaide.org](http://www.telaide.org)

514 935-1101

**Tel-Ainés**

514 353-2463

**Tel-Écoute**[www.tel\\_ecoute.org](http://www.tel_ecoute.org)

514 493-4484

**Tel-Jeunes**[www.teljeunes.com](http://www.teljeunes.com)

1 800 263-2266

**SPORTS AND RECREATION****Association “Art martial moderne” inc. (martial arts club)**[www.artmartialmoderne.com](http://www.artmartialmoderne.com)

514 634-3471, ext. 355

**Association de baseball amateur de Lachine inc. (amateur baseball association)**[www.baseballlachine.com](http://www.baseballlachine.com)

514 634-3471, poste 313

**Association de basketball de Lachine (basketball association)**

514 601-2317

**Dixie Pool Association Inc.**

(in season only)

[www.piscinedixiepool.com](http://www.piscinedixiepool.com)

514 637-6149

**Association du hockey sur glace de Lachine inc. (ice hockey association)**[www.hockeylachine.com](http://www.hockeylachine.com)

514 634-2471

**Lachine Rowing**[www.avironlachine.ca](http://www.avironlachine.ca)

514 639-0006

**Badminton Lachine inc.**[www.badmintonlachine.com](http://www.badmintonlachine.com)

514 634-3471, poste 888

**Centre de loisirs de Lachine (recreational centre)**[www.centre-de-loisirs-lachine.com](http://www.centre-de-loisirs-lachine.com)[info@centre-de-loisirs-lachine.com](mailto:info@centre-de-loisirs-lachine.com)

438 504-2635

- Recreational activities for all
- Club Déclic Lachine
- Le Phoenix de Lachine day camps

**Western Lachine Recreation Centre Inc.**

(in season only)

[www.crlo-wlrc.ca](http://www.crlo-wlrc.ca)

514 637-0703

**Lachine Track & Field Club**[athletismelachine@videotron.ca](mailto:athletismelachine@videotron.ca)

514 701-6009

**Club de canoë de course de Lachine inc. (sprint canoe club)**[www.canoelachine.com](http://www.canoelachine.com)

514 634-4402

**Club de croquet (croquet club)**

514 634-0455

**Club de curling de Lachine inc. (curling club)**[www.lachinecurling.com](http://www.lachinecurling.com)

514 637-9521

**Club de natation de Lachine (2007) (swim club)**[www.clubnatationlachine.com](http://www.clubnatationlachine.com)

514 307-3470

**Club de patinage artistique de Lachine (figure skating club)**[www.cpalachine.com](http://www.cpalachine.com)

514 634-0015

**Le Marquette de Lachine inc. (raquetball club)**

450 619-6200

**Lachine SC Soccer Club**[www.lachinesoccer.com](http://www.lachinesoccer.com)

514 639-3573

**Lachine Gymnitours Club**[www.gymnitours.ca](http://www.gymnitours.ca)

514 639-6510

**Karaté-Do Lachine**[calistru@videotron.ca](mailto:calistru@videotron.ca)

514 884-4899

**L'École de voile de Lachine inc. (sailing school)**[www.voilelachine.com](http://www.voilelachine.com)

514 634-4326

**Les pêcheurs et chasseurs sportifs du Lac-Saint-Louis inc. (sports fishing and hunting club)**

514 634-3908

**NEIGHBOURHOODS****Saint-Pierre integrated urban revitalization committee**

183 rue des Érables

[www.revitalisationsaintpierre.ca](http://www.revitalisationsaintpierre.ca)

514 365-7000

Engages citizens, social and cultural stakeholders, and corporations. Supports activities and projects with the potential to improve resident quality of life and revitalize the neighbourhood.

**Duff Court Neighbourhood Committee (COVID)**

1830 rue Duff Court

514 634-5055

Homework help, handicrafts, family workshops, community cooking, youth activities, intercultural interventions, parent relief, outings, tax preparation clinics, second-hand clothing store (intermittent).

**Canine Family of Lachine**[chiens.lachine.dogs@gmail.com](mailto:chiens.lachine.dogs@gmail.com)

514 634-3471, ext. 517

Manages the dog park on rue Victoria (near 28<sup>e</sup> Avenue)

**La P'tite maison du quartier Saint-Pierre**

41 avenue Ouellette

514 544-1319

«Bonne boîte, bonne bouffe» fruit-and-veggie boxes, coffee 'n' conversation, second-hand clothing store, drop-in daycare, popular education workshops, and monthly community cooking sessions.

**OBNL Regroupement de Lachine**

735 rue Notre-Dame

Seven community organizations under the same roof.

**PRIVATE BUSINESSES OFFERING RECREATION SERVICES IN LACHINE\*****Cardio Plein Air**

514 707-2050

[www.cardiopleinair.ca](http://www.cardiopleinair.ca)**Centre musical de Lachine**

L'Oreille Musclée

514 418-1511

[www.loreillemusclée.com](http://www.loreillemusclée.com)**Cubaritmo**

514 639-6780

[www.cubaritmo.ca](http://www.cubaritmo.ca)**Studio Avenue Dance School**

514 300-5018

[www.studioavenue.ca](http://www.studioavenue.ca)[facebook.com/studioavenue.lachine](https://facebook.com/studioavenue.lachine)**Empire Fitness Lachine**

514 886-3164

[Empirefitnesslachine@gmail.com](mailto:Empirefitnesslachine@gmail.com)**Spinning Rossi**

514 910-4240

**Studio Panache**

514 538-6599

[www.studiopanache.ca](http://www.studiopanache.ca)**Swet Performance Entraînement**

514 634-7938

[www.swet.ca](http://www.swet.ca)**Viveka Yoga**

514 634-2200

[www.viveka-yoga.com](http://www.viveka-yoga.com)

\* If you'd like to be on this list, call us at 514-634-3471, ext. 302

## Greater Montréal 211: When you don't know who to turn to

Dial 211 is a service by the Greater Montréal referral centre (Centre de Référence du Grand Montréal) to fight poverty and social exclusion by referring people experiencing non-emergency social needs to frontline community resources that can help them find a way out of their difficulties.

[www.211qc.ca](http://www.211qc.ca)

- Referrals to social and community resources
- Assistance provided in some 200 languages
- Available 8 a.m. to 6 p.m., 7 days a week
- Over 5,000 organizations ready to help