

LIST OF SPORTS AND RECREATIONAL ACTIVITIES OF THE BOROUGH OF PIERREFONDS-ROXBORO

2015 WINTER PROGRAMMING

ACTIVITIES FOR CHILDREN AND TEENS (18 YEARS OLD AND UNDER)

Activity	Organization	Schedule	Description	Cost	Contact information
Air cadets	803 Squadron	Tuesdays, from 6:30 to 9:30 pm Riverdale high school	Aviation, citizenship, leadership, sports	Contact us for more information.	514 421-0803 co@803squadron.com www.803squadron.com
Air cadets	Cadets 830	Contact us for more information. St-Anthony School	Activities in French on aviation, citizenship, leadership, sports, wilderness survival, etc.	Contact us for more information.	514 626-1830 Cmdt.830aviation@cadets.gc.ca
Athletic Excellence Camp	West Island Track Club	Sundays, 1 to 2:30 p.m. January to March 28 West Island College	5 year-olds and up Developing motor skills and introduction to track & field through fun activities. Experienced athletes can also develop, skill, endurance, speed and power.	\$240	Paul Charron 514 685-9501 paul_witc@sympatico.ca Alexander Rossi alexrossi6@hotmail.com
Badminton	Pierrefonds Badminton Club	Mondays, Wednesdays and Fridays, at 8 p.m. Saturdays, 12:40 to 3 p.m.	Practices and beginners courses Junior Elite Junior Recreational	\$400 \$100	George Paschali 514 865-5487 g_paschali@hotmail.com badminton-pierrefonds.com

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Badminton Open badminton	Borough of Pierrefonds- Roxboro	Mondays to Fridays, from 7 to 10 p.m. Consult the website for the full calendar.	6 courts available in 30 minutes blocks. First come first serve. No organised groups authorised.	\$2 per person	514 624-1100 ville.montreal.qc.ca/pierrefonds-roxboro
Badminton	West Island Badminton Club	Visit our website. St-Anthony School	Badminton training for children. From beginners to elite.	Visit our website.	514 626-1334 badmintonwibc.com
Baseball Development clinics	Club de Baseball Pierrefonds	Tuesdays and Saturdays Starting in January	Fall Clinics directed by Pierre Arsenault	\$200	514 620-BALL zkechayan@gmail.com pierrefondsbaseball.com
Basketball	Brookwood Basketball	Until May. Riverdale High school	Recreational and competitive basketball leagues for boys and girls aged 6 to 18 years.	Visit our website for more information.	514 684-5885 brookwood@videotron.ca brookwoodbasketball.org
Cheerleading	North Shore Extreme Cheerleading	January to April	Cheerleading workshops and courses for all levels. Develop your skills and learn choreographies. Recreational and competitive programs available.	Visit our website for more information.	Leyda Jimenez 514 683-6111 cheer-nsc@hotmail.com nscheer.com

Activity	Organization	Schedule	Description	Cost	Contact information
Chess lessons	Chess'n Math	Sundays, 1:30 to 3 p.m. January to December 7	The emphasis here will be focused on logical thinking. Children 6-to 16-year-olds will learn chess strategies and then put them into practice. They will also learn how to resolve a problem logically. A fun way to improve your thinking skills! Our program provides a challenge to players of all skill levels	\$95 for 8 weeks or \$15 per individual lesson Registration form available at echecs.org under the lessons tab	Virginie Roux 514 845-8352 admin@echecs.org chess-math.org
Dance and Gymnastics	Dynamics Gymi-Dance	Saturdays, 10 a.m. to 12 p.m. and 11 a.m. to 1 p.m.	A fun and recreational environment where kids aged 4 to 12 years learn the basics of dance and gymnastics.	\$265 plus the federation fee of \$18	Office: 514 624-1430 Catherine Pazzi: 514 942-1551 campjour@pierrefonds-roxboro.qc.ca
Figure Skating	Deux-Rives Skating Club.	Contact us for more information.	Recreational, competitive and elite figure skating lessons.	Contact us for more information.	514 626-6350 cpdeuxrives@hotmail.com cpdeuxrives.com
Girl Guides of Canada	Riverdale District	Mondays, from 6:30 to 8 p.m. Until May 25	Activities, friendships, and fun for all girls from 5-to 13-year-olds. Sparks, Brownies, and Guides.	Visit our website for more information.	514 500-8802 jacquidavies@videotron.ca 514 244-3864 labelle.lisa@gmail.com www.girlguides.ca
Girl Guides of Canada	Northshore District	Until June 2015	For girls aged 5 to 17 years old. Girl Guides of Canada enables girls to be confident, resourceful and courageous, and to make a difference in the world.	\$125	Laura: 514 684-3849 Stacey: 514 817-7211 ggc.northshoredistrict@gmail.com girlguides.ca
Judo	Académie de Judo Seidokwan	Contact us for more information.	Judo activities for children 7 years old and up	Contact us for more information.	514 697-1350 514 694-0248

Activity	Organization	Schedule	Description	Cost	Contact information
Karate	West Island Academy of Martial Arts	Pierrefonds: Wednesdays and Fridays, 6:30 to 7:30 p.m. Roxboro: Mondays, from 6:30 to 7:30 p.m. Sundays: 11 a.m. to 12 p.m.	4 year-olds and up	Contact us for more information.	514 717-1099 karateyogen@gmail.com
Public skating Public skating for all	Borough of Pierrefonds-Roxboro	Saturdays, from 7 to 9 p.m. Sundays, from 1:30 to 4:30 p.m. Consult the website for the full calendar.	Public skating for all. No organized groups authorized. Kids must wear helmets.	\$2 per adult \$1 per child (12 years and under)	514 624-1100 ville.montreal.qc.ca/pierrefonds-roxboro
Public skating for pre-schoolers	Borough of Pierrefonds-Roxboro	Mondays and Wednesdays, from 10 to 11 a.m. Consult the website for the full calendar.	Public skating reserved for kids 5-year-olds and under. No organized groups authorized. Kids must wear helmets.	Free	514 624-1100 ville.montreal.qc.ca/pierrefonds-roxboro
Ringette	Club de ringette de Pierrefonds-Ile-Bizard-DDO.	Contact us for more information.	Ice skating sport for young girls. You do not need to know how to skate, we'll teach you. Recreational and competitive leagues.	Contact us for more information.	514 262-5496 ringettepierrefonds.com

Activity	Organization	Schedule	Description	Cost	Contact information
Scouts	122 ^e groupe scout Marie-Reine-de-la-Paix	Contact us for more information.	Scouting groups for kids aged 7 to 17 years old.	Contact us for more information.	514 694-8975 122groupescoutmrdlp.com
Scouts	Groupe scouts Roxboro	Contact us for more information.	Scouting groups for kids aged 6 to 16 years old.	Contact us for more information.	514 684-4772
Skating Skating lessons	Deux-Rives Skating Club.	Contact us for more information.	Initiation to skating.	Contact us for more information.	514 626-6350 cpdeuxrives@hotmail.com cpdeuxrives.com
Soccer	Pierrefonds Soccer Association	January to April (3 sessions)	Fall/ Winter Recreational Indoor Soccer Program One hour per week consisting of 30 minutes of technical training and 30 minutes of play.	Visit our website for more information.	514 696-2505 Info@soccerpierrefonds.ca soccerpierrefonds.ca
Track & Field	West Island Track Club	Week nights and week ends Indoors (January - April)	5-to 20-year-olds Preparation for Indoor Track & Field (all disciplines), and fall cross-country. Cross-country, sprints and hurdles, Middle distance, Jumps and throws.	Various prices based on ages and levels.	Paul Charron 514 685-9051 paul_witc@sympatico.ca westislandtrack.com
Wrestling	Riverdale Wrestling Club	Mondays and Wednesdays, at 7:30 p.m. Saturdays, at 10 a.m.	Practice for competition or recreation. Full workouts and technical sessions. No experience necessary. Beginners are welcome. We compete provincially and nationally at all ages.	\$100 per season	Jay Bradbury Office: 514 683-2438 Mobile: 514 241-5207 info@sportolympia.com

ACTIVITIES FOR ADULTS (18 +)

Activity	Organization	Schedule	Description	Cost	Contact information
Badminton	Club de badminton Pierrefonds	Mondays, Wednesdays and Fridays, at 8 p.m.	Adults program	\$120	George Paschali 514 865-5487 g_paschali@hotmail.com badminton-pierrefonds.com
Badminton	West Island Badminton Club	Visit our website. St-Anthony School.	Badminton training for adults. From beginners to elite.	Visit our website.	514 626-1334 badmintonwibc.com
Horticulture	Société d'horticulture et d'écologie de Pierrefonds	Every 2 nd Wednesday of each month From January to June	Lectures on various subjects about horticulture, ecology and ornithology.	\$20 per person and \$34 for couples per season. \$5 per conference for non-members.	514 624-1671 shep.fsheq.org
Karate	West Island Academy of Martial Arts	Pierrefonds: Thursdays, at 7:30 p.m.	Adults: 18+	Contact us for more information.	514 717-1099 karateyogen@gmail.com

Physical Fitness	West Island Physical Fitness Association	Mondays and Thursdays, 8 p.m. to 10 p.m. January to the end of April	Physical fitness training and volleyball at St-Charles school on Ste-Anne street in Pierrefonds.	\$100 Members mostly seniors over 45	514 620-9259 hmtheobald@gmail.com
Public skating for seniors	Borough of Pierrefonds-Roxboro	Mondays and Wednesdays, from 11 a.m. to noon Consult the website for the full calendar.	Public skating reserved for seniors aged 50 years and up. No organized groups are authorized.	Free	514 624-1100 ville.montreal.qc.ca/pierrefonds-roxboro
Ringette	Club de ringette de Pierrefonds-Ile-Bizard-DDO.	Contact us for more information.	Ice skating sport for girls aged 19 years old and up. You do not need to know how to skate, we'll teach you. Recreational and competitive leagues.	Contact us for more information.	514 262-5496 ringettepierrefonds.com
Soccer Women's adult soccer 19+	PWSL (Pierrefonds Women's Soccer League)	Saturday mornings January to May	Recreational soccer for women of all skill levels	\$100	info@pwsl.ca pwsl.ca
Soccer Men's soccer	Association de soccer adulte de Pierrefonds	January to May	Recreational soccer for men of all skill levels	Contact us for more information.	514 808-4625 info@asap-soccer.org asap-soccer.org

Volleyball Men's Volleyball	Pierrefonds Men's Volleyball Association	Tuesdays and Fridays, 8 p.m. to 10 p.m.	Recreational and competitive league for men and women of all levels and skills.	Contact us for more information.	514 305-1398 patrick@pmva.ca pmva.ca
Volleyball Women's volleyball	Pierrefonds Ladies Volleyball	Tuesdays, 7:15 to 9:45 p.m. January to May 25	Recreational, intermediate and competitive levels of 6 on 6 volleyball. Played in Pierrefonds Comprehensive High School gymnasium. Players must attend tryouts to be classified and selected for a team.	\$145	Amanda Horton hortona@vaniercollege.qc.ca plvolleyball.com
Wrestling	Riverdale Wrestling Club	Mondays and Wednesdays, at 7:30 p.m. Saturdays, at 10:30 a.m.	Practice for competition or recreation Full workouts and technical sessions. For those interested, we compete provincially and nationally.	\$100 per season	Jay Bradbury Office: 514 683-2438 Mobile: 514 241-5207 info@sportolympia.com