



SPRING-SUMMER 2016

L'AGENDA

CULTURE, SPORTS, RECREATION
AND SOCIAL DEVELOPMENT



 Saint-Laurent
Montréal 



1 **Citizens' Office**

General information: 311

Borough Hall
777, boulevard Marcel-Laurin
H4M 2M7
ville.montreal.qc.ca/saint-laurent

Urban Security Patrol
514 855-5700

3 **Aréna Raymond-Bourque**

2345, boulevard Thimens
H4R 1T4
514 956-2580

6 **Bibliothèque du Boisé**

2727, boulevard Thimens
H4R 1T4
514 855-6130

7 **Bibliothèque du Vieux-Saint-Laurent**

1380, rue de l'Église
H4L 2H2
514 855-6130

Boulodrome
800, rue Saint-Germain
H4L 3R8
Indoor petanque:
514 956-2580, ext. 4710

Café du Centre des loisirs

1375, rue Grenet
H4L 5K3
514 855-6110, ext. 4898

2 **Cégep de Saint-Laurent**

625, avenue Sainte-Croix
H4L 3X7
514 747-6521

Centre de formation professionnelle Léonard-De Vinci

2405, boulevard Thimens
H4R 1T4
514 332-7934

5 **Centre des loisirs**

1375, rue Grenet
H4L 5K3
514 855-6110

École Enfant-Soleil

1615, rue Tassé
H4L 1R1
514 747-3065

École Henri-Beaulieu

235, rue Bleignier
H4N 1B1
514 332-0742

École secondaire Saint-Laurent

Édifice Émile-Legault

2395, boulevard Thimens
H4R 1T4
514 332-3190

Édifice Saint-Germain

1870, rue Decelles
H4M 1A8
514 332-3190

8 **Fire Station - 73**

820, rue Saint-Germain
H4L 3R8
514 280-6740

LaurenHill Academy Junior Campus Sports Complex

2350, boulevard de la Côte-Vertu
H4R 1P1
514 956-2598

LaurenHill Academy Senior Campus

2505, boulevard de la Côte-Vertu
H4R 1P3

Municipal Court

Saint-Laurent location
1405, rue de l'Église
H4L 2H4
311

4 **Musée des maîtres et artisans du Québec**

615, avenue Sainte-Croix
H4L 3X6
514 747-7367

Parc-nature du Bois-de-Liesse

Accueil des Champs
3555, rue Douglas-B.-Floreani
H4S 1Y6
514 280-6678

Maison Pitfield

9432, boulevard Gouin Ouest
H8Y 1T4
514 280-6729

Public Works

13001, boulevard Cavendish
H4R 2G5
311

Salle Émile-Legault

613, avenue Sainte-Croix
H4L 3X6
514 855-6110

Skatepark

Parc Marcel-Laurin

Saint-Laurent YMCA

1745, rue Décarie
H4L 3N5
514 747-5353

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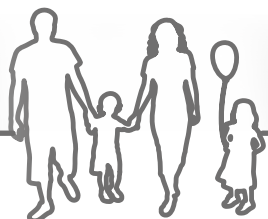
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Council of SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Francesco Miele

*City Councillor for
Côte-de-Liesse
District and
Majority Leader*



Aref Salem

*City Councillor for
Norman-McLaren
District and
Executive Committee
member responsible
for Transportation*



Maurice Cohen

*Borough Councillor,
Côte-de-Liesse
District*



Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Message from the Mayor of Saint-Laurent



Dear fellow citizens,

Over the past few decades, the Saint-Laurent community has evolved nicely. Constantly moving forward, it has effectively progressed to adapt to current realities and embrace major trends. For instance, the second half of the 20th Century was marked by the arrival of a high number of newcomers attracted by job prospects and the possibilities that come with our territory, which is strategically located in the heart of Greater Montréal. Then, early in the 21st Century, Saint-Laurent experienced a second wave of demographic growth with the arrival of several thousand new families from here and abroad who chose our wonderful community as a place to raise their families.

In a unique situation in Montréal, the Saint-Laurent population has grown by some 30% in just 15 years. This has resulted in our Direction de la culture, des sports, des loisirs et du développement social working tirelessly to adapt its service supply to accommodate the growth. Summer camps, playground activity programs, cultural workshops at the Centre des loisirs, partnerships with local institutions and associations: no effort has been spared to nurture the growth of each and every family member.

Along the same lines, the team is also working in the area of social development by closely collaborating with the sociocommunity milieu to stimulate local initiatives. Its daily accomplishments are admirable. My colleagues on Council and I are proud to consistently support it in its mission. The Bibliothèque du Boisé is a good example, as is the future Complexe sportif, which will be a top-notch venue for Saint-Laurent's sports associations. Several of these have already reached their full membership capacities, so the new Complex will give even more residents the opportunity to participate in their favourite sports in a modern and safe facility.

The pages that follow contain information about an extensive range of activities planned so that you can make the most of the coming summer. Other upcoming events not to be missed, including the Saint-Laurent Summer Celebrations, will be announced in our publications and on social media - follow us to make sure you don't miss a thing!

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

A handwritten signature in black ink that reads "Alan DeSousa". The signature is fluid and cursive, with a horizontal line under the first name.

Message from the Director



Ladies and gentlemen,

The pages that follow contain all the information you need to know about the activities offered by the Borough of Saint-Laurent and its partner committees. The well-being of our citizens is always at the top of our department's list of priorities. With this in mind, universal accessibility projects were completed at the Centre des loisirs and at Parc Bourbonnière last year.

Along these same lines, renovations will begin shortly at the Aréna Raymond-Bourque. The installation of an elevator permitting access to all stories, and the reconfiguration of the stands, thereby making the facility accessible to persons with reduced mobility, are among the planned initiatives.

Winter is drawing to an end but it's still possible to play some hockey or enjoy free skating at the Aréna Raymond-Bourque until the end of March. This is a great way to spend some quality family time during Spring Break. Please visit our website for the schedule of all planned activities.

In closing, if you do not yet have a carte-loisirs, you can pick one up at either the Centre des loisirs or at one of our libraries. With this card, you will be able to access Loisirs en ligne website and register for one or more of our activities. Online registration is available for an increasingly number of activities. For example, since last year, it has been possible to reserve tennis courts online, much to the appreciation of players across the borough.

I wish everyone a wonderful summer!

Patrick Igual

Director, Culture, Sports, Loisirs et Développement social

A handwritten signature in blue ink that reads "Patrick Igual". The signature is stylized and written in a cursive-like font.

Information

DIRECTION DE LA CULTURE, DES SPORTS, DES LOISIRS ET DU DÉVELOPPEMENT SOCIAL

Centre des loisirs

1375, rue Grenet
Saint-Laurent (Québec)
H4L 5K3

514 855-6110
ville.montreal.qc.ca/saint-laurent

Administrative office hours:
Monday to Friday, 8:30 a.m. to 4:30 p.m.

REGISTRATION

- 1) No places are guaranteed.
- 2) The carte-loisirs must be valid on the activity start date.
- 3) Regardless of his or her age, every participant must have a valid carte-loisirs.
- 4) It is possible to register for more than one activity online via Loisirs en ligne (see page 7):
ville.montreal.qc.ca/loisirsenligne

REGISTRATION PRIORITY

Montréal residents are given the first opportunity to register for the services offered by the Borough.

PAYMENT

Unless otherwise stated, all registration fees must be paid in full at the time of registration. Credit card payments only are accepted for registrations made via Loisirs en ligne.

For onsite registrations, fees may be paid in cash, by Interac or by Visa or MasterCard.

Registration fees include all applicable taxes. In some cases, registration fees are payable by cheque to the appropriate recreational organization whose name appears in the activity description. It is therefore important to carefully read the information specific to each activity.

LOW-INCOME FAMILIES

Low-income families of Saint-Laurent who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by the Borough (and not by the recreational organizations). No refunds will be issued after registration. Information available at the Centre des loisirs.

REFUNDS AND CANCELLATION

The Direction de la culture, des sports, des loisirs et du développement social reserves the right to cancel any activity. In the event an activity is cancelled, fees will be refunded in full.

The Borough reserves the right to cancel a maximum of one course without issuing a refund in the event of a situation that is beyond its control.

Refunds will be granted only if the reason provided for withdrawing is deemed to be important. A medical certificate will be required if a refund is requested as a result of illness. In the event of a withdrawal, a \$20 administrative fee applies as well as a prorated fee reflecting the number of classes completed prior to the request date. The final decision will be made by Borough authorities.

A different refund policy applies for the day camps and for each recreational organization. Information available from the different organizations.

RESERVATION OF RECREATIONAL FACILITIES

The many recreational facilities in Saint-Laurent parks provide residents with the opportunity to enjoy summer activities. These include baseball fields, basketball courts, bocce and bowls areas, football and soccer fields and volleyball courts, in addition to hockey arenas, sledding hills, and skating rinks during the winter.

Information and reservations:
514 956-2580, extension 4702

Aréna Raymond-Bourque

Aréna Raymond-Bourque sets aside time slots for citizens to reserve the arena.

Information and reservations:
514 956-2580, extension 4700

Centre des loisirs

The Centre des loisirs rents out some of its facilities to organizations for community activities.

Information and reservations:
514 855-6110, extension 4926 or 4707

ADULT WORKSHOPS

The activities offered at the Centre des loisirs are open to breastfeeding mothers and their nursing infants. Under special circumstances, during activities in which the child's safety may be at risk, reasonable accommodation will be made. In all cases, the mother is urged to exercise sound judgment.

Information: 311

CARTE-LOISIRS

The carte-loisirs is an ID card for anyone who wishes to participate in activities offered by the Direction de la culture, des sports, des loisirs et du développement social. It provides access to many activities, and entitles the holder to benefit from advantages and discounts on certain services offered by the Borough of Saint-Laurent and by recreational organizations.

The card may also be used to borrow items throughout the Ville de Montréal's network of **public libraries**.

A carte-loisirs without a photo is issued for children aged five and under.

Cost: Offered free of charge to individuals.

Where to obtain the carte-loisirs?

- Bibliothèque du Boisé
- Bibliothèque du Vieux-Saint-Laurent
- Centre des loisirs

Reception desk hours at the Centre des loisirs:

Until May 27, 2016

Monday to Friday, from 8:30 a.m. to 4:30 p.m. and Wednesday until 8 p.m.

May 30 to August 26, 2016

Monday to Friday, from 8:30 a.m. to 8 p.m. (Closed March 25 and 28, May 23, June 24, July 1st and September 5)

Business hours may be extended during the registration period.

RESIDENT CARTE-LOISIRS

Offered free of charge, the resident carte-loisirs is reserved exclusively for residents of Montréal. The card is mandatory for registration to activities.

Required documents

Adult: ID card with picture or driver's license and proof of residence (telephone, electricity or gas bill).

Children: Report card or birth certificate with the parent's name and a father's or mother's proof of residence.

To renew a carte-loisirs, resident must provide their expired card.

Lost or damaged cards

If the carte-loisirs is lost or damaged, a \$3 replacement fee will be charged.

Changing address

If the holder changes address, the carte-loisirs will be replaced at no charge upon presentation of a proof of address.

Renewals

The carte-loisirs is valid for 2 years.

NON-RESIDENT CARTE-LOISIRS

Offered free of charge to individuals, the non-resident carte-loisirs is intended for non-residents of Montréal.

It is mandatory for registration, and non-residents will be charged registration fees that are 33.33% higher (to a maximum of \$50) than those charged to residents. Important to note, non-resident card holders are not eligible for badminton and library memberships.

Annual membership that grants right to rent facilities

Rental fees not included.

- **Organization card**
Montréal organizations
Per year: \$31
- **Business card**
Montréal businesses
Per year: \$61

DEBIT CARDS

Debit cards are available to carte-loisirs holders, and are the only accepted method of payment for participation in open activities. The debit card allows to pay the initial fee related to certain activities, such as badminton, public skating, open hockey, etc., without having to handle cash, and also allows the holder to bring a guest to public activities. Debit cards are refundable at any time.

Cost: \$10 plus taxes

Where to obtain the debit card?

- Centre des loisirs
- Borough hall – Citizens' Office
- Bibliothèque du Boisé
- Bibliothèque du Vieux-Saint-Laurent

LOISIRS EN LIGNE



(FRENCH ONLY)

This Loisirs en ligne site, made available by the Ville de Montréal, allows users to search for sports and recreational activities offered by Saint-Laurent as well as by the entire City of Montréal.

In addition to searches by borough, activity type or age group, the Loisirs en ligne site also offers online registration for several activities.

Information

For information on the registration via the Loisirs en ligne website, visit the Loisirs en ligne section of the Saint-Laurent website at:

ville.montreal.qc.ca/saint-laurent/loisirsenligne

For telephone assistance, please call 514 855-6110, ext. 0.

Registration

To register directly via Loisirs en ligne, please visit the department website at:

ville.montreal.qc.ca/loisirsenligne

Accepted payment methods

Visa and Mastercard prepaid and credit cards.



UNIVERSAL ACCESS IN SAINT-LAURENT

Universal accessibility is a major concern in Saint-Laurent, and many initiatives have been launched with the aim of improving universal access since 2006 in its many renovation and construction action plans and projects.

Integration of universal accessibility into all park and chalet restoration programs, as well as major renovations facilitating universal access at the Aréna Raymond-Bourque, Centre des loisirs, and Borough Hall. In the latter building, an elevator, a Citizens' Office service counter, and stroboscopic lighting and hearing support systems for the Council room have all been installed in keeping with the requirements of universal accessibility.

In 2010 and 2012, Saint-Laurent receives the Prix Panam for its deployment of outstanding and sustained efforts in the matter of universally accessible recreational activities.

In 2011, Saint-Laurent adheres to the new municipal policy on universal access (Politique municipale d'accessibilité universelle).

Since 2008, more than 500 children with disabilities have participated in day camps under the recreation support program (Programme d'accompagnement en loisirs).

Construction in 2013 of the new Bibliothèque du Boisé in compliance with the principles of universal accessibility.

In December 2015, the Borough garnered an award presented by the Altergo organization to commend the accessibility of the Bibliothèque du Boisé.

COMMUNITY GARDENS

The Borough of Saint-Laurent offers residents the opportunity to obtain a plot in one of the borough's six community gardens.

Vacant plots will be assigned by draw on **May 2, 2016** from among the registrations received.

To register, please fill out the coupon below, and return it to the Aréna Raymond-Bourque by **May 1, 2016**.

Only one plot is allowed per family. Gardeners must show their valid resident carte-loisirs.

COMMUNITY GARDENS

from May 20 to October 10, 2016

LAST NAME:

FIRST NAME:

ADDRESS:

APT:

POSTAL CODE:

TELEPHONE:

Rent

Condominium

Owner

House

Apartment

Choice of garden

(Check only one)

Alexis-Nihon

Cardinal

Hartenstein

Noël-Nord

Saint-Laurent

Super Jardin

Send to:

COMMUNITY GARDENS
 Aréna Raymond-Bourque
 2345, boulevard Thimens
 Saint-Laurent (Québec) H4R 1T4

ACTIVITIES FOR SMALL BUDGETS



CULTURAL ACTIVITIES

- 
Children's activities
 Do-it-yourself workshops, cooking or science workshops, storytelling and games, the Bibliothèque du Boisé and Bibliothèque du Vieux-Saint-Laurent offer a great variety of activities for family. See the librairies program on ville.montreal.qc.ca/saint-laurent.
- 
Dance performances
 Shows spotlighting a variety of choreographic styles. See Cultural Season on ville.montreal.qc.ca/saint-laurent.
- 
Exhibitions
 Exhibitions that shed light on different artistic techniques leading to the creation of original artworks. See page 24.
- 
Family shows
 Shows created especially for families that allow audiences to discover different artistic disciplines, such as music, film, theatre and circus arts. See Cultural Season on ville.montreal.qc.ca/saint-laurent.
- 
Friday Rendez-vous
 Events that spotlight emerging artists and world music. See Cultural Season on ville.montreal.qc.ca/saint-laurent.
- 
Lundis littéraires
 Writing presentations featuring storytellers, writers, actors and other guest speakers who discuss their lives and share their stories. See the librairies program on ville.montreal.qc.ca/saint-laurent.
- 
Movies
 Screenings of films of all genres, from documentaries to narrative. See Cultural Season on ville.montreal.qc.ca/saint-laurent.
- 
Saint-Laurent Summer Celebrations
 Events, shows and special activities will be held all summer long in Saint-Laurent's parks. See the Saint-Laurent Summer Celebrations program in May at ville.montreal.qc.ca/saint-laurent.
- 
Sunday concerts
 Concerts featuring a variety of musical styles, from light classics to popular song. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

Workshops-conferences

Adult activities offered at the libraries in Saint-Laurent on a variety of topics including music, travel, etc. See the librairies program on ville.montreal.qc.ca/saint-laurent.

LEISURE ACTIVITIES

Ados de St-Lo

Basketball, soccer, urban dancing and more all summer long in Saint-Laurent's parks for youths aged 12 to 25. See page 26.

Carrefour des aînés

Pool and table tennis, bingo, bridge, board games, shuffleboard or petanque are among the activities organized by the Carrefour des aînés. See page 25.

Centre des ados

Urban dance, soccer, and other sports activities, pool and computer games, and Académie du DéfilArt. This and more for teens aged 12 to 18 at the Centre des ados (membership card: 2 \$). See page 27.

Crafts

The Cercle de fermières de Saint-Laurent offers workshops devoted to the interests of women and families as well as to the passing on of family heritage. Annual membership: \$27. See page 20.

Line dancing

Every Thursday, 7 to 9 p.m., at Parc Gohier, from June 30 to August 25.

Family dance

Every Tuesday, 6:30 to 7:15 p.m., from July 5 to August 23. A facilitator and percussionist will get families dancing at several parks throughout the borough (park schedule to be determined).

Playgrounds

Organized activities for youths aged 6 to 12 in Saint-Laurent's parks from June 27 to August 18. See page 19.

Scrabble

Pleasant and friendly environment for lovers of Duplicate Scrabble. Membership card: \$4. See page 27.

SPORTS ACTIVITIES

Course Saint-Laurent


Races varying in distance from 1 km to 10 km for the entire family in the Bois-Franc sector on April 10. Fees vary between \$7 and \$40 per person depending on registration method and race category. See page 43.

Free activities in the parks

Several facilities are available in the borough's parks, such as petanque courts, running tracks, exercise equipment for adults, walking paths, soccer, football and baseball fields and basketball courts. See page 44.

Free tennis 

Open and free access to all tennis courts. Courts may be reserved online. Refer to page 40.

Indoor free swim 

Free swim times reserved at the YMCA Saint-Laurent or at the École secondaire Saint-Laurent – Édifice Émile-Legault. See page 28.

Mini polo initiation 

This activity is organized jointly with the Playgrounds program. See page 31.

Outdoor free swim 

Reserved swim times in pools, wading pools and water-play areas in Saint-Laurent parks. See page 29.

Specialized aquatic activities

Free swim and low cost swimming lessons. See page 28.

Tai-chi 

Activity open to all in Parc Cousineau, every Sunday, from 9 to 10 a.m., June 26 to August 14. See page 39.

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



3-1-1



ville.montreal.qc.ca/saint-laurent



ville.montreal.qc.ca/saint-laurent/newsletter



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent



youtube.com/MTLsaintlaurent



Mobile app of Saint-Laurent



REGISTER TODAY

ville.montreal.qc.ca/saint-laurent/newsletter

CYBERBULLETIN



LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



COSSL (Comité des organismes sociaux de Saint-Laurent)
514 748-2000 | info@cossl.org



APSM (Association des parents pour la santé mentale de Saint-Laurent)
514 744-5218 | apsm@videotron.ca



CARI ST-LAURENT (Centre d'accueil et de référence sociale et économique pour immigrants de Saint-Laurent)
514 748-2007 | carist@cari.qc.ca



CARREFOUR DES AÎNÉS DE SAINT-LAURENT
514 748-0943
carrefouraines@hotmail.com



CARREFOUR JEUNESSE-EMPLOI
514 855-1616, ext. 222
administration@cjestlaurent.org



CENTRE COMMUNAUTAIRE BON COURAGE DE PLACE BENOIT
514 744-0897
infos@centrebonscourage.org



CENTRE D'ACTION BÉNÉVOLE ET COMMUNAUTAIRE SAINT-LAURENT INC.
514 744-5511 | cabcc@qc.aira.com



CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES (CEJFI)
514 744-2252 | cejfi@videotron.ca



CENTRE DE PÉDIATRIE SOCIALE
514 333-8989
info1@aucoeurdelenfance.ca



CENTRE DES FEMMES DE SAINT-LAURENT
514 744-3513 | info@cfstl.org



CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ
514 744-1239
info@centre-unite.com



CENTRE SOUTIEN JEUNESSE
514 744-1288
centre.soutien_jeunesse@hotmail.com



CERCLE DE FERMÎÈRES DE SAINT-LAURENT
514 331-9652
cfqstlau16@gmail.com



CLUB LIONS SAINT-LAURENT
514 747-1889
micheline.p.roy@gmail.com



COMITÉ LOGEMENT SAINT-LAURENT
514 331-9898
comitelogement.saintlaurent@gmail.com



CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ (COCLA)
514 748-0796 | cocla.mtl@gmail.com



HANDICAPÉS DE SAINT-LAURENT INC.
514 855-6110, ext. 4937



LES AÎNÉS DU VILLAGE MONTPELLIER
514 855-6123



L'OASIS SAINT-LAURENT
514 747-7621



MAISON DES FAMILLES DE SAINT-LAURENT
514 333-8989
info@maisondesfamilles.org



MAISON DES JEUNES DE SAINT-LAURENT
514 680-3748 | mdjstlo@yahoo.ca



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



RAP JEUNESSE
514 388-7336 | info@rapjeunesse.org



RELAIS LAURENTIEN, ÉPICERIE SOLIDAIRE
direction@relaislaurentien.org



RESSOURCES JEUNESSE DE SAINT-LAURENT
514 748-0202 | info@rjstl1410.com



VERTCITÉ (ÉCO-QUARTIER DE SAINT-LAURENT)
514 744-8333 | info@eqsl.ca



YMCA SAINT-LAURENT
514 747-5353
www.ymcaquebec.org

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

The Borough of Saint-Laurent works in partnership with several organizations and volunteer committees with a view to offering the public a varied program.

The commitment of citizens is the key element enabling the success and continuity of these activities. If you would like to contribute to the success of an activity, please contact those in charge of the organization or committee.

ARTISTS



ASSOCIATION DES ARTISTES DE SAINT-LAURENT
Sabine Eid, president
514 331-9748
artsaintlaurent@gmail.com
www.artsaintlaurent.ca

BASEBALL



CLUB DE BASEBALL SAINT-LAURENT INC.
Guy Bolduc, president
www.baseballstlaurent.com

BASKETBALL



COMITÉ DE BASKETBALL SAINT-LAURENT
Michael Roy, president
514 855-6110, ext. 4915
http://slbasket.kaypic.com/

BRIDGE



CLUB DE BRIDGE LOISIRS SAINT-LAURENT
Claudette Belliveau
514 332-2770
Hélène Tassé
514 747-4300

CHOIR



L'ENSEMBLE VOCAL DE SAINT-LAURENT
Françoise Barbot, president
514 733-2572
Marc Lapasset, treasurer
514 592-8329



CHŒUR WALTER

Marjorie Walter, director
514 863-7580 or 514 747-2115
info@choeurwalter.org
www.choeurwalter.org



COMPETITIVE SWIMMING

CLUB DE NATATION SAINT-LAURENT INC.
Éric Beaudette, president
www.clubcnsl.com

DANCE



LES AMIS DE LA DANSE
Winnie Stewart, 514 334-0400
Donna Stewart, 514 744-6563



CLUB DE DANSE SOCIALE

LES LAURENTIENS
Gisèle Kasbo, president
514 855-6110, ext. 4646

FIGURE SKATING



CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

Jenny Lee, president
514 334-2619
www.cpastl.ca



FOOTBALL

ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT
Kelly Dimitropoulos, president
www.saintlaurentfootball.com



GYMNASTICS

CLUB GYMSLIC SAINT-LAURENT INC.
Marie-Ève Parent, director
514 748-7707
gymslc@bellnet.ca
www.gymslc.com

HOCKEY



COMITÉ DE HOCKEY SAINT-LAURENT

Joe Pasztor, president
514 600-1259
www.hockeystl.com

JUDO



CLUB DE JUDO BUDOKAN SAINT-LAURENT

Étienne Bouillère, president
514 855-6110, ext. 4915
ebouillere@sympatico.ca
www.judobudokanstl.com



KARATÉ

CLUB DE KARATÉ KIO SAINT-LAURENT
Christian Leduc, president
514 855-6110, ext. 4915
www.kiosaint-laurent.blogspot.com



MASTERS SWIMMING CLUB DES MAÎTRES-NAGEURS DE SAINT-LAURENT INC.
Lajos Kovacs, president
mnstlaurent@gmail.com



MUSIC CENTRE D'ÉTUDES MUSICALES PANTONAL
Mario Tremblay, directeur
514 273-1055



PHOTOGRAPHY ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT
Fanny Grimard, president
admin@apsl.ca | www.apsl.ca

PHYSICAL FITNESS CLUB DE CONDITIONNEMENT PHYSIQUE SAINT-LAURENT INC.
Mary Canaan, president
514 855-6110, ext. 4896



PICKLEBALL CLUB DE PICKLEBALL DE SAINT-LAURENT
Jean-Claude Lavoie, president
514 462-8087
www.pickleballquebec.com



RINGUETTE RINGUETTE SAINT-LAURENT INC.
Tony Karachekhlian, president
www.ringuettesaintlaurent.com

SCRABBLE CLUB DE SCRABBLE SAINT-LAURENT
Mary Stamboulieh
514 748-9652



SOCCER CLUB DE SOCCER DE SAINT-LAURENT INC.
Govin Veerasami, president
514 747-0952
www.soccerstl.ca



SYNCHRONIZED SWIMMING CLUB DE NAGE SYNCHRONISÉE SAINT-LAURENT INC.
Margaret Boyer, president
www.synchro-saintlaurent.com



TAI-CHI CLUB DE TAI-CHI SAINT-LAURENT INC.
Philippe Bélec, president
514 855-6110, ext. 4915



TRACK AND FIELD CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.
Edvige Persechino, president
514 855-6110, ext. 4980
sls@slsathletisme.com
www.slsathletisme.com



UNIVERSITÉ DU TROISIÈME ÂGE
Claudette Belliveau
514 332-2770

VOLLEYBALL CLUB DE VOLLEYBALL SAINT-LAURENT
Nicole Joubert, president
514 855-6110, ext. 4915

RESOURCES FOR PERSONS WITH DISABILITIES



AIM CROIT
(Centre de réadaptation, d'orientation et d'intégration au travail)
514 744-2944
www.aimcroitqc.org
Reintegration into the labor market



ALTERGO
514 933-2739
www.altergo.ca
Regional association for leisure activities of individuals with disabilities on the Island of Montréal



AQEPA
(Association québécoise pour enfants avec problèmes auditifs)
Montréal section
514 842-8706
1 877 842-4006
www.aqepa.org



ASSOCIATION DE MONTRÉAL POUR LA DÉFICIENCE INTELLECTUELLE
514 381-2300
<http://amdi.info/wp/>
Accompaniment through different stages of life so as to foster social integration



ASSOCIATION DE L'OUEST DE L'ÎLE POUR LES HANDICAPÉS INTELLECTUELS
Volet intégration
514 694-7090
<http://wiaih.qc.ca/fr>
Integration into recreational programs and community activities



ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL
514 524-4715
www.asam.ca
Sports activities



ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS
514 274-7447
www.aqtc.ca
Defence of the interests and recreational activities



AUTISME ET TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT MONTRÉAL
514 524-6114
www.autisme-montreal.com
Defence of the rights and interests, support and assistance program, recreational services and activities



CENTRE ACTION
514 366-6868
www.centreaction.org
Education, animation, accompaniment, support and listening services



CENTRE DIDACHE
514 274-9358
www.centredidache.com
Social and community integration of autistic individuals



CIVA
(Centre d'intégration à la vie active)
514 935-1109
www.civa.qc.ca
Integration and active participation in the life of their community



CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS
514 634-0447
www.cphsl.com
Provides respite for families, socialization and recreational activities, integration and autonomy



FONDATION DES AVEUGLES DU QUÉBEC
514 259-9470
www.aveugles.org
Sports and recreational activities



HANDICAPÉS DE SAINT-LAURENT INC.
514 855-6110, ext. 4937
Friendly recreational activities



JUNI-SPORT
514 498-4808
www.juni-sport.com
Sports activities for persons with a physical disability aged 18 or under



LE CENTRE VIOMAX
514 527-4527
www.viomax.ca
Physical activities for persons with disabilities

LOISIRS LE GRILLON
 514 253-2227
lesloisirslegrillon.e-monsite.com
 Social integration through recreational activities



OLYMPIQUES SPÉCIAUX QUÉBEC – Région nord de l'île
 514 843-8778
www.olympiquesspeciaux.qc.ca
 Recreational activities on Saint-Lawrent territory for individuals aged 10 or over



PARRAINAGE CIVIQUE MONTRÉAL
 514 843-8813
www.parrainagemontreal.org
 Supports the social participation of persons with an intellectual disability by offering leisure activities through friend-based relationships



PROLONGEMENT À LA FAMILLE DE MONTRÉAL
 514 504-7989
www.upfm.ca
 Supports persons with an intellectual disability so they may develop their abilities, independence and capacity to flourish



SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES
 514 254-6067
www.spph.net (Facebook)
 Promotion and defence of interests, and overcoming isolation for families

MONTRÉAL FIRE DEPARTMENT CENSUS OF PEOPLE WITH DISABILITIES

Residents who have trouble getting around due to a reduced mobility, or visual, hearing, or other impairments, the Montréal Fire Prevention Department encourages you to register for a census of individuals with disabilities.

In case of emergency, this free service enables firefighters to respond more effectively in the event you must be evacuated from your home.

Registration: 514 872-3775



SOCIÉTÉ DE TRANSPORT DE MONTRÉAL ACCOMPANIMENT CARD

The accompaniment card is for people with an intellectual, physical, or visual impairment whose limitations justify the need for accompaniment when using the bus or metro system. This accompaniment card allows a caregiver free access to the regular system.

514 280-8211
www.stm.info/t-adapte/index.htm



RECREATIONAL TOURISM ACCOMPANIMENT STICKER

This sticker allows the companions of individuals with a disability or permanent mental-health problem free access to tourism, cultural and recreational sites.

To know what sites recognize the sticker: www.altergo.net/programmes/vignette.html or 514 771-0707



PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

It is possible for individuals with reduced mobility to obtain reserved parking in front of their home, or an access ramp nearby. Ville de Montréal technical traffic service: 311



MOBILE PARKING PERMIT ISSUED BY THE SAAQ

This permit provides access to parking spaces reserved for persons with disabilities.

514 873-7620
www.saaq.gouv.qc.ca

Libraries

GENERAL INFORMATION

LIBRARIES



BIBLIOTHÈQUE
DU BOISÉ



Credit: Yien Chao

BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens
H4R 1T4

📞 514 855-6130

🚇 Métro Côte-Vertu > 🚌 171

SCHEDULE

Regular

Mon, Tue, Wed	11 a.m. to 9 p.m.
Thu, Fri	11 a.m. to 8 p.m.
Sat, Sun	10 a.m. to 5 p.m.

Summer

(June 25 to Labour Day)

Mon, Tue, Wed	11 a.m. to 8 p.m.
Thu, Fri	11 a.m. to 8 p.m.
Sat, Sun	10 a.m. to 4 p.m.



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT



BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église
H4L 2H2

📞 514 855-6130

🚇 Métro Du Collège

SCHEDULE

Regular

Mon, Tue, Wed	10 a.m. to 8 p.m.
Thu, Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 5 p.m.

Summer

(June 25 to Labour Day)

Mon, Tue, Wed	10 a.m. to 7 p.m.
Thu, Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 4 p.m.

MEMBERSHIP

RESIDENTS

Residents and property owners of Montréal

Free

BUSINESS COMMUNITY

Owner, occupant of a business place of Montréal

Free

STUDENTS

Students from an educational institution located in Montréal

Free

NON-RESIDENTS OF MONTRÉAL

Seniors (65 and +): \$56

Adults (14 and +): \$88

Youth (13 and -): \$44

Families: \$100

FREE SERVICES

- Wi-Fi Internet access.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of tablet computers (for use inside the library only).
- Loan of CDs, DVDs, Blu-Rays and video games for Xbox One, Xbox 360, PS4, PS3, Wii and Wii U games.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Work spaces (five rooms at the Bibliothèque du Bois , one room at the Bibliothèque du Vieux-Saint-Laurent).
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4754
- Loan of wheelchair (Biblioth que du Bois ).



[facebook.com/
bibliotheques.saint.laurent](https://www.facebook.com/bibliotheques.saint.laurent)

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



twitter.com/ArrSaintLaurent



[ville.montreal.qc.ca/
saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

ONLINE RESOURCES

bibliomontreal.com:

- **Digital catalogue:**
Directory containing all of the collections found in Montréal libraries.
- **Digital library:**
E-books, newspapers and magazines, music, language and computer courses.
- **Bibliojeunes:**
Internet portal for 6- to 12-year-olds and their parents (SOS devoirs, information on various subjects, etc.).

ROOM RENTALS

Citizens, organizations and businesses are able to rent multipurpose and meeting rooms at the Bibliothèque du Bois .

Information on rates and reservation terms: 514 855-6110, ext. 4926 or 4707



PROGRAM

Consult the *Les biblioth ques de Saint-Laurent* publication available at all municipal buildings and online at ville.montreal.qc.ca/saint-laurent

Summer camps

GENERAL INFORMATION

The brochure on camps and the registration process will be available starting on **March 21** at the Centre des loisirs and at the following address: ville.montreal.qc.ca/saint-laurent/daycamps

This document contains an explanation of the conditions applicable to transfers and refunds.

All families eligible for financial assistance must bring their supporting documents to the Centre des loisirs by no later than **March 30** at 7 p.m.

Registration period:

Registrations as of **April 9**, at 9 a.m. via Loisirs en ligne: ville.montreal.qc.ca/loisirsenligne

Information: 514 855-6110, ext. 0

Camps

Centre des loisirs › Mon to Fri › 9 a.m. to 4 p.m. › June 27 to Aug 19 › With the exception of camps for 12 to 16 year-olds when outings are planned.

Daycare service

Mon to Fri › 7:15 to 9 a.m. and 4 to 6 p.m. › June 27 to Aug 19

\$30 / child / week

SUMMER CAMPS

3 TO 5

Camp bulle
Centre des loisirs

1st child	\$130 / week
2nd child	\$120 / week
3rd child	\$110 / week

6 TO 12

Camp soleil
École Enfant-Soleil

1st child	\$120 / week
2nd child	\$110 / week
3rd child	\$100 / week

6 TO 8

Arc-camp-ciel
Centre des loisirs

1st child	\$120 / week
2nd child	\$110 / week
3rd child	\$100 / week

7 AND 8

Artistic camp
Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

Sciences camp

Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

SUMMER CAMPS

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).



9 TO 11

Artistic camp

Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

Sciences camp

Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

Sports camp

Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

12 TO 16

Teen camp - Outings (6 weeks on 8)

Centre des loisirs

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week

Teen camp - Expeditions (2 weeks on 8)

1st child	\$150 / week
2nd child	\$140 / week
3rd child	\$130 / week

14 TO 16

Counsellor in training CIT (including internship and expeditions)

Centre des loisirs › Length: 4 weeks mandatory

1st child	\$500 / 4 weeks
2nd child	\$460 / 4 weeks
3rd child	\$420 / 4 weeks

CIT graduates will have the opportunity to continue their internships with the Playgrounds program throughout the rest of the summer. Information will be provided in June to all registered participants.

GYMNASTICS CAMP

See page 34.

SOCCER CAMP

See page 37.



Day camp integration program

Centre des loisirs › For information on eligibility criteria: 514 855-6110 › Registration from April 11 to 15 › Paiement from April 18 to 29 › Available to Saint-Laurent residents referred by the CIUSSS du Nord-de-l'île-de-Montréal.

3 to 5

1st child	\$130 / week
2nd child	\$120 / week
3rd child	\$110 / week

6 to 11

1st child	between \$120 and \$135 / week
2nd child	between \$110 and \$125 / week
3rd child	between \$100 and \$115 / week

12 to 16

Weeks are being offered according to Teen camps – Outings

1st child	\$135 / week
2nd child	\$125 / week
3rd child	\$115 / week



FREE

PLAYGROUNDS

Activities and entertainment all summer long for children ages 6 to 12 in Beaulac, Cousineau, Gohier, Houde, Noël-Nord, Painter, Poirier and Saint-Laurent parks › Free regular leisure activities and reasonably-priced outings › Program available in the parks › Information: 514 855-6110, ext. 4787

Animation

Free › June 27 to Aug 18 › Mon to Thu 1:15 to 8 p.m.

Leisure section

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

GENERAL INFORMATION:
514 855-6110, ext. 0



BRIDGE

Location: Centre des loisirs.

Organized by the Club de bridge Loisirs Saint-Laurent.

Information:
Claudette Belliveau 514 332-2770
Hélène Tassé 514 747-4300

Supervised bridge – French
18 and + › Wed 1:15 to 3:30 p.m. ›
Apr 13 to June 1st › \$55

Bridge duplicata
18 and + › Tue 1 to 4 p.m. › March 29 to
June 21 › \$5 / day › NR \$6 / day

18 and + › Wed 8:45 to 9:30 p.m. ›
March 30 to June 22 › \$5 / day ›
NR \$6 / day

CERCLE DE FERMIERES DE SAINT-LAURENT

Location: Centre des loisirs

Association dedicated to the interests of women and families, and to spreading cultural and artistic heritage. No workshops from June to September, but members may attend to work on projects already in progress. Membership: \$27.

Information:
Réjeanne Houle 514 331-9652

Craft workshop
14 and + › Wed 1 to 4 p.m. › March to
June › Free for members

Weaving workshop
14 and + › Thu 1:30 to 3:30 p.m. ›
March to June › Free for members ›
\$5 non-member / day

14 and + › Thu 7 to 9 p.m. › March to
June › Free for members › \$5 non-member / day

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs, unless otherwise indicated.

Participants will have to purchase materials for certain workshops. Only basic colours are provided for the watercolours and painting course.

Registration: Starting March 16 at 8:30 a.m. via Loisirs en ligne (see page 7 for details).

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Printemps 2016" and the keyword **(KW)** corresponding to the activity.

Baladi I and II / Lala Hakim
18 and + › Tue 6 to 7 p.m. › Apr 12 to
May 24 › \$72 › **KW** Baladi

Baladi III / Lala Hakim
18 and + › Tue 7 to 8 p.m. › Apr 12 to
May 24 › \$72 › **KW** Baladi

Calligraphy / Réal Collette
18 and + › Mon 1 to 3:30 p.m. › Apr 11
to May 30 › \$76 › **KW** Calligraphie

Contemporary painting I and II (acrylic) / Svetla Velikova
18 and + › Wed 9:30 a.m. to 12 p.m. ›
Apr 13 to May 25 › \$82 › **KW** Peinture

18 and + › Wed 1 to 3:30 p.m. › Apr 13
to May 25 › \$82 › **KW** Peinture

AFTER WORK
18 and + › Wed 5:30 to 7:30 p.m. ›
Apr 13 to May 25 › \$61 › **KW** Peinture

Contemporary painting II and III (acrylic) / Svetla Velikova
18 and + › Fri 9:30 a.m. to 12 p.m. ›
Apr 15 to May 27 › \$82 › **KW** Peinture



Contemporary painting I and II (mixed techniques) / Svetla Velikova

18 and + › Sat 9:30 to 12 p.m. › Apr 16 to May 28 › \$82 › **KW** Peinture

Contemporary painting III (mixed techniques) / Svetla Velikova

18 and + › Thu 1 to 3:30 p.m. › Apr 14 to May 26 › \$82 › **KW** Peinture

Crochet – Knitting / Lucie Carmel

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$74 › **KW** Tricot

18 and + › Thu 2 to 4:30 p.m. › Apr 14 to May 26 › \$74 › **KW** Tricot

Drawing – Observation I and II / Svetla Velikova

18 and + › Mon 9:30 a.m. to 12 p.m. › Apr 11 to May 30 › \$89 › **KW** Dessin

AFTER WORK

18 and + › Mon 5:30 to 7 p.m. › Apr 11 to May 30 › \$64 › **KW** Dessin

Drawing and acrylic painting I and II / Svetla Velikova

18 and + › Sun 10 a.m. to 12:30 p.m. › Apr 17 to May 29 › \$82 › **KW** Dessin

Drawing and modeling II – Live models / Svetla Velikova

18 and + › Mon 1 to 3:30 p.m. › Apr 11 to May 30 › \$89 › Additional cost for live models › **KW** Dessin

Icon (egg tempera) / Svetla Velikova

18 and + › Thu 9:30 a.m. to 12 p.m. › Apr 14 to May 26 › \$79 › **KW** Icones

Oil painting I / Areg Elibekian

18 and + › Sat 1 to 3:30 p.m. › Apr 16 to May 28 › \$82 › **KW** Peinture

Oil painting I and II / Areg Elibekian

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$82 › **KW** Peinture

Oil painting II / Areg Elibekian

18 and + › Mon 1:30 to 4 p.m. › Apr 11 to May 30 › \$82 › **KW** Peinture

18 and + › Mon 7 to 9:30 p.m. › Apr 11 to May 30 › \$82 › **KW** Peinture

Oil painting III / Areg Elibekian

18 and + › Tue 1:30 to 4 p.m. › Apr 12 to May 24 › \$82 › **KW** Peinture

18 and + › Wed 9:30 a.m. to 12 p.m. › Apr 13 to May 25 › \$82 › **KW** Peinture

18 and + › Sat 9:30 a.m. to 12 p.m. › Apr 16 to May 28 › \$82 › **KW** Peinture



Pottery, modelling, turning, ceramics / Francine Gauthier

18 and + › Mon 1:30 to 4 p.m. › Apr 11 to May 30 › \$95 › **KW** Poterie

18 and + › Mon 7 to 9:30 p.m. › Apr 11 to May 30 › \$95 › **KW** Poterie

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$95 › **KW** Poterie

18 and + › Sat 9:30 a.m. to 12 p.m. › Apr 16 to May 28 › \$95 › **KW** Poterie

Sewing / Gaétane Nicol and Latifa Boukendakdji*

18 and + › Tue 9:30 a.m. to 12 p.m. › Apr 12 to May 24 › \$76 › **KW** Couture

18 and + › Wed 7 to 9:30 p.m.* › Apr 13 to May 25 › \$76 › **KW** Couture

18 and + › Sat 9:30 a.m. to 12 p.m. › Apr 16 to May 28 › \$76 › **KW** Couture

Stained glass – Family / Stéphanie Aghbachian

18 and + › Tue 1:30 to 4 p.m. › Apr 12 to May 24 › \$79 › **KW** Vitrail

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$79 › **KW** Vitrail

18 and + › Thu 9:15 to 11:45 a.m. › Apr 14 to May 26 › \$79 › **KW** Vitrail

18 and + › Thu 7 to 9:30 p.m. › Apr 14 to May 26 › \$79 › **KW** Vitrail

Stone sculpture / Vasil Nikov

18 and + › Wed 1:30 to 4 p.m. › Apr 13 to May 25 › \$76 › **KW** Sculpture

Water colour I / Valérie Gruia

18 and + › Wed 1 to 3:30 p.m. › Apr 13 to May 25 › \$82 › **KW** Aquarelle

Water colour II and III / Valérie Gruia

18 and + › Tue 1 to 3:30 p.m. › Apr 12 to May 24 › \$82 › **KW** Aquarelle

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

LEISURE

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$82 › **KW** Aquarelle

18 and + › Wed 7 to 7:30 p.m. › Apr 13 to May 25 › \$82 › **KW** Aquarelle

Water colour III – Creative expression / Valérie Gruia **NEW**

18 and + › Thu 1 to 3:30 p.m. › Apr 14 to May 26 › \$82 › **KW** Aquarelle

Wood carving / Rémi Richard

18 and + › Tue 1:30 to 4 p.m. › Apr 12 to May 24 › \$76 › **KW** Sculpture

18 and + › Tue 7 to 9:30 p.m. › Apr 12 to May 24 › \$76 › **KW** Sculpture

Yoga (bilingual) / Pamela Gooria or Ghislaine Bayade*

Participants must bring their yoga mat.
1 / week › \$74
2 / week › \$118

18 and + › Mon 6:15 to 7:40 p.m. › Apr 11 to May 30 › **KW** Yoga

18 and + › Mon 7:50 to 9:15 p.m. › Apr 11 to May 30 › **KW** Yoga

18 and + › Wed 6:15 to 7:40 p.m.* › Apr 13 to May 25 › **KW** Yoga

18 and + › Wed 7:50 to 9:15 p.m.* › Apr 13 to May 25 › **KW** Yoga

Yoga lunch break (bilingual) / Pamela Gooria

1 / week › \$42
2 / week › \$67

18 and + › Mon 12:05 to 12:55 p.m. › Apr 11 to May 30 › **KW** Yoga

18 and + › Fri 12:05 to 12:55 p.m. › Apr 15 to May 27 › **KW** Yoga

Chair yoga / Pamela Gooria

18 and + › Fri 1:05 to 2:30 p.m. › Apr 15 to May 27 › \$74 › **KW** Yoga



YOUTH AND FAMILY

Location: Centre des loisirs

Registration: Starting March 16 at 8:30 a.m. via Loisirs en ligne (see page 7 for details).

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Printemps 2016" session and the **keyword (KW)** corresponding to the activity.

■ Section for ages 6 to 8

Cartoon drawing / Pierre Bourgoin
6 to 8 › Sat 10 a.m. to 12 p.m. › Apr 16 to May 28 › \$34 › **KW** Bande dessinée

Drawing and painting / Carole Dubuc

6 to 8 › Sun 10 a.m. to 12 p.m. › Apr 17 to May 29 › \$48 › **KW** Peinture

6 to 8 › Sun 1 to 3 p.m. › Apr 17 to May 29 › \$48 › **KW** Peinture



■ Section for ages 6 to 12

Chess level 1 / Diego Perez

6 to 12 › Sat 1 to 2 p.m. › Apr 16 to May 28 › \$22 › **KW** Echecs

6 to 12 › Sat 2 to 3 p.m. › Apr 16 to May 28 › \$22 › **KW** Echecs

Chess level II-III / Diego Perez

6 to 12 › Sat 3 to 4 p.m. › Apr 16 to May 28 › \$22 › **KW** Echecs

Drawing, pottery, modelling / Francine Gauthier

6 to 12 › Sat 1 to 3 p.m. › Apr 16 to May 28 › \$40 › **KW** Poterie

6 to 12 › Sun 10 a.m. to 12 p.m. › Apr 17 to May 29 › \$40 › **KW** Poterie

Pottery, modelling, turning / Francine Gauthier

6 to 12 › Sun 1 to 3 p.m. › Apr 17 to May 29 › \$40 › **KW** Poterie

Yoga / Ghislaine Bayade

6 to 12 › Thu 6 to 7 p.m. › Apr 14 to May 26 › \$34 › Participants must bring their yoga mat › **KW** Yoga

■ Section for ages 7 to 12

Petits marmitons / Mariette Cadieux
7 to 12 › Sat 10 a.m. to 12 p.m. › Apr 16
to May 28 › \$47 › Participants must bring
four containers › **KW** Marmitons

7 to 12 › Sat 1 to 3 p.m. › Apr 16 to
May 28 › \$47 › Participants must bring
four containers › **KW** Marmitons

■ Section for ages 9 to 14

Acrylic painting / Carolle Dubuc
9 to 14 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$48 › **KW** Peinture

9 to 14 › Sat 10 a.m. to 12 p.m. › Apr 16
to May 28 › \$48 › **KW** Peinture

Calligraphy / Réal Collerette

NEW
9 to 14 › Sun 10 a.m. to 12 p.m. › Apr 17
to May 29 › \$34 › \$20 kit not included ›
KW Calligraphie

Caricatures and characters / Pierre Bourgoïn

9 to 14 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$34 › **KW** Caricatures



Cartoon drawing – Manga / Pierre Bourgoïn

9 to 14 › Sat 1 to 3 p.m. › Apr 16 to
May 28 › \$34 › **KW** Bande dessinée

Water painting / Carolle Dubuc

9 to 14 › Sat 1 to 3 p.m. › Apr 16 to
May 28 › \$48 › **KW** Peinture

■ Section for ages 10 to 17

Oil painting / Areg Elibekian
10 to 17 › Thu 7 to 9 p.m. › Apr 14 to
May 26 › \$48 › **KW** Peinture

10 to 17 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$48 › **KW** Peinture

Pottery, modelling, turning / Francine Gauthier

10 to 17 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$47 › **KW** Poterie

■ Section for ages 13 to 17

Cooking / Mariette Cadieux
13 to 17 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$47 › Participants must bring
four containers › **KW** Cuisine

Sewing / Latifa Boukendakdji
13 to 17 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$34 › Material not included ›
KW Couture

Stained glass – Family / Stéphane Aghbachian

13 to 17 › Fri 7 to 9 p.m. › Apr 15 to
May 27 › \$45 › Parents are welcomed.
Registration for parents: \$45 › **KW** Vitrail



ASSOCIATION DES ARTISTES DE SAINT-LAURENT

The Association des artistes de Saint-Laurent is an organization comprising some sixty artists-painters. New members are selected in August.

Information:

Sabine Eid at 514 331-9748 or
artsaintlaurent@gmail.com



DANCE

SOCIAL DANCING CLUB LES LAURENTIENS (Couples only)

Location: Centre des loisirs

Courses and evenings organized during the year. Dances taught: Cha-cha, merengue, rumba, samba, triple swing, slow waltz, foxtrot, paso doble, rock'n'roll and tango. Payable to the Club de danse sociale Les Laurentiens (cheque or cash).

Information:

514 855-6110, ext. 4646
www.cdsleslaurentiens.com
cdsleslaurentiens@hotmail.com

LES AMIS DE LA DANSE

Location: Centre des loisirs

Spring session: Registration in person at the Centre des loisirs on Tuesday, April 12, from 6 to 7 p.m.

Information:

514 334-0400 or 514 744-6563
lesamisdeladanse@yahoo.com
donnastewart@videotron.ca

Ballet

6 to 8 > Mon 6:15 to 7:15 p.m. > May 16 to June 13 > \$35 > NR \$50

Dance duo – Ballet and jazz

3 to 5 > Mon 5:30 to 6:15 p.m. > May 16 to June 3 > \$30 > NR \$45

Dance duo – Hip-hop and jazz

4 to 6 > Mon 5:30 to 6:15 p.m. > May 16 to June 3 > \$30 > NR \$45

7 to 11 > Mon 6:15 to 7:15 p.m. > May 16 to June 3 > \$35 > NR \$50

12 to 17 > Mon 7:15 to 8:15 p.m. > May 16 to June 3 > \$35 > NR \$50

Dance workshops – Hip-hop and jazz

25 and + > Mon 7:15 to 8:15 p.m. > April 4 to June 13 > \$50 > NR \$80

EXHIBITIONS

CENTRE DES LOISIRS

Participants in multidisciplinary workshops – Children

Mon to Sun 8:30 a.m. to 9 p.m. > March 3 to 20 > Free > Varied works

Association des photographes de Saint-Laurent (APSL)

Mon to Sun 8:30 a.m. to 9 p.m. > Apr 2 to 17 > Free > Photography

Participants in the acrylic and contemporary painting and stone carving workshops

Mon to Sun 8:30 a.m. to 9 p.m. > Apr 30 to May 15 > Free > Painting and sculpting

Citizen's exhibition – Denise Roy

Mon to Sun 8:30 a.m. to 9 p.m. > May 30 to June 5 > Free > Painting



MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

Information:

514 747-7367
www.mmaq.qc.ca

Business hours:

Wednesday to Sunday, from 12 to 5 p.m.

Groups by reservation:

Monday to Friday, from 9 a.m. to 4 p.m.

Rates:

18 and +:	\$7
Senior:	\$5
Students:	\$4
Family:	\$14



Free for children (6 and -) and members of the museum

Masterworks

Permanent exhibit › Overview of Québec culture › Masterpieces by major artists and outstanding works in wood, metal, ceramic and textiles by artists and artisans.

AVY LOFTUS, Native Indonesian patterns

April 7 to May 29

Exhibition spotlighting the 20-year Canadian career of Avy Loftus, an Indonesian silk batik artist. Design and graphic arts by presentation design students attending Cégep du Vieux-Montréal.

Tribute to our roots

March 30 to April 24

Exhibition held during the Vues d'Afrique rally. Display of works paying tribute to the concept of origins and identity. Ten artists unite to create a melding of cultures in an initiative that aims to demonstrate that while there are multiple cultures, there is only one humanity.

Le Levant

April 28 to May 29

Annual exhibition by the Le Levant group featuring artists originally from the Middle East and Maghreb, who strive to build artistic bridges between their native and chosen lands.

Monique Gagné and Hélène Trudel

June 9 to August 28

Innovative project by two multidisciplinary artists who are striving to nurture an organic understanding of art and textile work by women through performances, networks and interconnections.

Art paysan chinois de Luhe, Nanjing, Chine

Development project in collaboration with the Sino-Canada Culture Association

July 7 to August 28

Exhibition featuring simple yet luminous works in the cultural hub of the village of Luhe near Nanjing, China, by country dwellers who express their understanding of life using gouache on paper.



PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Location: Centre des loisirs

The Association offers its members workshops, conferences, occasional picture-taking outings, and the possibility of participating in various photo contests as well as in an annual photo exhibit at the Centre des loisirs.

Information:

admin@apsl.ca
www.apsl.ca

18 and + › Weekly meetings every Wednesday › 7 to 9:30 p.m. › Until May 25 › \$65 › NR \$75 › Evenings with a guest speaker: \$10 for non-members › Photography lessons not provided.

PROGRAM FOR ADULTS – AGES 50 AND OVER

CARREFOUR DES AÎNÉS

Location: Centre des loisirs (with the exception of petanque)

Membership card (\$7 for residents and \$10 for non-residents) is mandatory to participate to the activities offered by the Carrefour des aînés.

Business hours:

Mon, Wed 8:30 to 11:15 a.m.
and 12:30 to 3 p.m.
Thu 8:30 to 11:15 a.m.

Information:

514 748-0943
carrefouraines@hotmail.com

Registration:

Feb 22, from 8:15 a.m. to 4 p.m., Feb 24 from 8:30 a.m. to 4 p.m., and Feb 25, from 8:30 a.m. to 12 p.m.

Bingo

50 and + › Tue 1 to 4 p.m. › March 15 to May 10 (cancelled April 5) › Free

Bridge

50 and + › Thu 1 to 5 p.m. › Until Aug 25 › Free

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

Board games

50 and + › Mon to Sun 9 a.m. to 9:30 p.m. › Until Aug 28 › Free

Line dance

50 and + › Mon 1 to 2:15 p.m. (advanced) › Mon 2:30 to 3:45 p.m. (beginners) › Wed 1 to 2:30 p.m. (beginners) › Wed 2:45 to 4:15 (advanced) › March 16 to May 11 (cancelled March 28) › \$25 / session › NR \$30 / session



Petanque

50 and + › Mon, Wed and Fri 7 to 9 p.m. › Until Aug 26 › Free › At the Boulodrome year-round except in the summer (Parc Gohier)

Physical activities

50 and + › Mon, Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. › March 14 to May 12 › \$25 / session › NR \$30 / session › Closed on March 28

Pool and table tennis

50 and + › Mon to Fri 9 a.m. to 6 p.m. › Sun 6:30 to 9:30 p.m. › Until Aug 28 › Free › Closed on March 27 and 28

Shuffleboard

50 and + › Thu 1 to 4 p.m. › March 17 to May 12 › Free

Stretching

50 and + › Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. › March 16 to May 11 › \$25 / session › NR \$30 / session



PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs

The association Handicapés de Saint-Laurent inc. organizes during the summer season socio-recreational activities and provides individual support when needed.

Information:

Thérèse Deschâtelets
514 339-2203 or 514 855-6110, ext. 4937

Regular activities

For all › Wed 9 a.m. to 3 p.m. › Until June 8 › \$7 / membership card

Recreational outings

For all › Wed 9 a.m. to 4 p.m. › July and Aug › Admission fees vary according to event



YOUTH PROGRAM

ADOS DE ST-LO

Locations: Cousineau, Hartenstein, Painter and Poirier parks

Free summer activities for participants aged 12 to 25. Soccer, basketball, urban dance, barbecues, city outings, flag football and theme evenings. Programs available at the parks.

Information:

514 855-6110, ext. 4787

FREE

Sports nights

June 16 to 25 › Thu and Fri 7 to 9 p.m.,
Sat 3 to 6 p.m.

June 28 to Aug 19 › Tue to Sat 4:30 to
10 p.m.

Basketball and urban activities

Cousineau, Painter and Poirier parks

Soccer and urban activities

Hartenstein and Painter parks



CENTRE DES ADOS

Location: Centre des loisirs

Friendly gatherings for participants aged 12 to 18. Variety of cultural and sports activities.

Registration: In person at the Centre des ados during hours of operation. Piece of identification required. Annual membership: \$2 with the carte-loisirs, 4 \$ without the carte-loisirs.

Information:

514 855-6110, ext. 4787

Regular activities

Thu 6 to 9 p.m. › Fri 6 to 10:30 p.m. ›
Sat 2 to 10:30 p.m. › Jan 14 to May 21 ›
Centre des loisirs

Activities: Pool, table tennis, board games, video games, movie nights, cooking and dance workshops, meetings with urban art professionals.



Sports activities

Sun 2 to 4 p.m. › Jan 17 to May 22 ›
École Saint-Laurent – Édifice Émile-Legault

Activities: Soccer and basketball

Parc Painter chalet

Thu to Sat 6 to 9 p.m. › Sun 5 to 8 p.m. ›
Jan 14 to May 22

Activities: Table tennis, board games, video games, movie nights and group sports



SCRABBLE

Location: Centre des loisirs

The Club de scrabble provides players with a pleasant setting where they can socialize and play their favourite game. The games are in French only. Players must bring their own sets.

Information:

Mary Stamboulieh 514 748-9652
(Monday or Saturday games)

Clotilde Esseili 514 334-1639
(Thursday games)

Scrabble

12 and + › Mon 7 to 9:30 p.m. › Thu
and Sat 1:30 to 4:30 p.m. › All year long ›
Member: \$4 › Non-member: \$5

Sports section

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

AQUATIC ACTIVITIES

SPRING Indoor pools

For all aquatic activities:

Schedules may change without warning. Diapers and "Swimmers" are accepted only at the YMCA Saint-Laurent.

FREE SWIM

Schedules may change without warning.

FREE

Children under the age of 8 and those who wear a life jacket must be accompanied in the water and supervised by an adult at all times. Staff may ask to see a piece of ID at any time. ID card needed to borrow a swim flotation belt or flotation jacket (PFD). Maximum of two children per adult. A piece of identification is mandatory for free swim at the YMCA Saint-Laurent: carte-loisirs de Saint-Laurent, carte Accès Montréal, or YMCA du Québec member card.



6 months and +

Mon, Wed, Fri 3 to 4:25 p.m. › Tue and Thu 3:45 to 5:55 p.m. › Fri 8 to 9:30 p.m. › Sat, Sun 2 to 4 p.m. › March 12 to June 4 › YMCA Saint-Laurent

2 and +

Sat, Sun 5:45 to 7 p.m. › Apr 2 to May 29 › École secondaire Saint-Laurent – Édifice Émile-Legault

Mixed 18 and +

Wed, Fri 7:30 to 9:30 p.m. › March 21 to June 3 › École secondaire Saint-Laurent – Édifice Émile-Legault › Swimming lanes (2 lanes) and free swim (2 lanes)

Mon, Wed 6:30 to 9:30 a.m., 12 to 2 p.m. and 8:30 to 9:30 p.m. › Tue 8 to 10 a.m., 11 a.m. to 14 p.m. and 7:30 to 9:30 p.m. › Thu 8 to 9:55 a.m., 11 to 4 p.m., and 6 to 9 p.m. › Fri 6:30 to 9:30 a.m. and 12 to 2 p.m. › Sat, Sun 8 to 9 a.m. and 4 to 5:30 p.m. › March 21 to May 29 › YMCA Saint-Laurent › Swimming lanes



SWIMMING LESSONS AND AQUAFITNESS

Schedules may change without warning.

A minimum of 8 weeks of courses is offered by session.

Registration: Starting March 19 at 9 a.m. via Loisirs en ligne (see page 7 for details).

Information and schedules:

Starting beginning of March on ville.montreal.qc.ca/saint-laurent/aquatique

Swimming lessons – Adults

18 and + › Apr 2 to June 3 › \$70 › École secondaire Saint-Laurent – Édifice Émile-Legault / Cégep de Saint-Laurent / YMCA Saint-Laurent › 55 min / week

Swimming lessons – Children

6 months to 17 years › Apr 2 to June 3 › \$55 › YMCA Saint-Laurent › 30 to 45 min (depending on level) / week

2 to 17 › Apr 2 to June 3 › \$55 › École secondaire Saint-Laurent – Édifice Émile-Legault / Cégep de Saint-Laurent › 30 to 55 min (depending on level) / week

Aquafitness 1

Mixed 18 and + › Tue, Thu 6:15 to 7:15 p.m. › Apr 2 to June 3 › \$60 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

Aquafitness 2

Mixed 18 and + › Tue, Thu 8:15 to 9:15 p.m. › Apr 2 to June 3 › \$60 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

Aquafitness 3

Mixed 18 and + › Mon, Wed 6:30 to 7:25 p.m. › Apr 2 to June 3 › \$60 › YMCA Saint-Laurent › 55 min / twice a week

Aquafitness 4

Mixed 18 and + › Mon, Wed, Fri 11 to 11:55 a.m. › Apr 2 to June 3 › \$85 › YMCA Saint-Laurent › 55 min / three times a week

Aquafitness – Membership

Mixed 18 and + › Free access to aquafitness sessions 1, 2, 3 and 4 › Apr 2 to June 3 › \$140 › YMCA Saint-Laurent and École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / course

Aquafitness – Prenatal group

Pregnant women › Tue, Thu 7:15 to 8:15 p.m. › Apr 2 to June 3 › \$60 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

LIFEGUARD TRAINING AND WATER SAFETY TRAINING

Registration: Starting March 19 at 9 a.m. via Loisirs en ligne (see page 7 for details).

Included: Documentation and certification.

National lifeguard

16 and + › Apr 10 to May 22 › Sun 10:30 a.m. to 4:30 p.m. › \$205 › Cégep de Saint-Laurent › Program from the Société de sauvetage › Prerequisite: Must be 16 years old for the exam and have the Bronze Cross certificate and the General First aid certificate.

SUMMER Swimming pools, wading pools, and outdoor water play areas

Pool schedules:

ville.montreal.qc.ca/saint-laurent/aquatique

Locations: Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks.

For all aquatic activities: Participants must obey rules applicable to each facility. Rules are available onsite. Swimmers diapers or pants are prohibited.



The pool in Parc Bourbonnière is accessible to persons with disabilities.



FREE

June 18 to August 28

(Bourbonnière extended until Sept 5, refer to the schedule for each swimming pool at ville.montreal.qc.ca/saint-laurent/aquatique)

FREE SWIM

2 and + › Mon to Sun 1 to 7:15 p.m. › All outdoor pools › Some exceptions

18 and + › Mon to Sun 7:15 to 8:15 p.m. › All outdoor pools › Some exceptions

18 and + › Mon to Sun 12 to 1 p.m. › Decelles and Painter parks

WADING POOLS AND WATER GAMES

10 and – › Mon to Fri 10:30 a.m. to 7:30 p.m. › Sat, Sun 1 to 7:15 p.m. › All outdoor pools › With exception from June 20 to 24 and Aug 22 to 26, refer to the schedule for each swimming pool at ville.montreal.qc.ca/saint-laurent/aquatique

WATER GAMES

Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks › (without supervision) › June 18 to Aug 28 › 8:30 a.m. to 9 p.m.



Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).



AQUAFITNESS

Pool schedules:
ville.montreal.qc.ca/saint-laurent/aquatique

Registration: Starting June 18 at 9 a.m. via Loisirs en ligne (see page 7 for details).

Mixed

18 and + › Mon, Wed 11 a.m. to 12 p.m. ›
June 27 to Aug 17 › \$60 › Parc Decelles ›
55 min / twice a week

18 and + › Tue, Thu 6:15 to 7:15 p.m. ›
June 28 to Aug 18 › \$60 › Parc Decelles ›
55 min / twice a week

Membership

18 and + › \$68 › Gives access to 2 groups:
Mon, Wed 11 a.m. to 12 p.m. and Tue, Thu
6:15 to 7:15 p.m.

SWIMMING LESSONS CHILDREN (2 TO 17)

Pool schedules:
ville.montreal.qc.ca/saint-laurent/aquatique

Cost: \$40

Schedule: Mon to Fri, morning
Parks: To be determined

Dates:	Registration via Loisirs en ligne:
June 27 to July 8	June 18, 9 a.m.
July 18 to 30	July 9, 9 a.m.
August 8 to 19	July 30, 9 a.m.

Schedule: Tue and Thu, evening
Parks: Hartenstein

Dates:	Registration via Loisirs en ligne:
June 28 to July 21	June 18, 9 a.m.
July 26 to August 18	July 22, 6 p.m.

Schedule: Sat and Sun, morning
Parks: To be determined

Dates:	Registration via Loisirs en ligne:
June 25 to July 17	June 18, 9 a.m.
July 30 to August 21	July 18, 6 p.m.

SWIMMING LESSONS ADULTS (15 AND +)

Pool schedules:
ville.montreal.qc.ca/saint-laurent/aquatique

Cost: \$70

Schedule: Mon to Fri 7:15 to 8:15 p.m.

Park: Saint-Laurent

Dates:	Registration via Loisirs en ligne:
June 27 to July 8	June 18, 9 a.m.
July 18 to 30	July 9, 9 a.m.
August 8 to 19	July 30, 9 a.m.

MASTER'S SWIM CLUB

Prerequisite: Must be able to swim 4 lengths of the pool without stopping in a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes, and must join and participate in the training program.

SPRING

Location: Cégep de Saint-Laurent

Registration: In person at the swimming pool according to the training schedule.

Payable to Club des maîtres-nageurs de Saint-Laurent inc. At the registration, swimmers must pay insurance premiums to the Federation.

18 and + › Mon 7:30 to 9 p.m. ›
Tue, Thu 7:30 to 8:30 p.m., or 8:30 to 9:45 p.m. › Wed 8 to 9:30 p.m. › Sat 7:15 to 8:45 a.m. › Sun 7 to 8:30 p.m. ›
Until June 12

SUMMER

Locations: Bourbonnière and Hartenstein parks

Registration: In person at the swimming pool according to the training schedule.

 **FREE**

Mixed

18 and + › Mon, Thu 8:15 to 9:30 p.m. ›
June 20 to Sept 1 › Parc Bourbonnière

18 and + › Wed 7:15 to 8:15 p.m. ›
June 22 to Aug 24 › Parc Hartenstein

18 and + › Sat 8 to 9:30 p.m. › June 18
to Aug 27 › Parc Hartenstein

SYNCHRONIZED SWIMMING

Location: YMCA Saint-Laurent

Information:
www.synchro-saintlaurent.com

Cost : 80 \$ / Winter-Spring session

8 to 20 years old

Tue 6 to 7:30 › Fri 6:30 to 8 p.m. › Until
June 10 › Prerequisite: To have passed
Junior 5 level

COMPETITIVE SWIMMING

Saint-Laurent swim team with the N.A.A. competitive swimming network

Registration: Starting June 1st at 9 a.m. via
Loisirs en ligne (see page 7 for details).

Session: June 24 to Aug 14

Cost: \$25 (a \$10 discount applies for the
2nd activity or 2nd child in the same family)

Schedule and training location:
ville.montreal.qc.ca/saint-laurent/aquatique

DIVING LESSONS (6 TO 12)



Registration: Starting June 6 at 9 a.m. via
Loisirs en ligne (see page 7 for details).

Session 1: June 27 to July 22, competition
on July 23

Session 2: June 25 to Aug 19, competition
on Aug 20

Cost: \$25 (a \$10 discount applies for the
2nd activity or 2nd child in the same family)

Schedule and lessons:
ville.montreal.qc.ca/saint-laurent/aquatique



MINI POLO – INITIATION with the Playgrounds



FREE

Parks: Noël-Nord and Saint-Laurent

Information and registration: Park chalet



BASEBALL

Registration: Online as of mi-February on
the website www.baseballstlaurent.com.

Indoor training until late March. Carnival
(baseball activities and information session)
at Cégep de Saint-Laurent gymnasium:
March 20 from 1:30 p.m.

**Evaluations and training to be held in
April:** For registered participants only.

Payable to the Club de baseball
Saint-Laurent inc.

Information:
www.baseballstlaurent.com
info@baseballstlaurent.com

SAINT-LAURENT PROGRAM (MIXED)

Novice

Born in 2009-2011 › 2 times / week: Mon
to Thu (1 session), Sat or Sun (1 session) ›
June to Aug › \$108 › Parc Chamberland

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

INTERCITY LEAGUE (MIXED)

Atome (B and A)

Born in 2007-2008 › Minimum of 3 games or practices / week › Approximate length: 90 min › Mon to Fri (2 games) starting at 6:45 p.m. › Sat or Sun (1 practice) › May to Aug › \$118 › Additional fee of \$45 for players selected for the A team › Houde and Petit parks ›

Mosquito (B and A)

Born in 2005-2006 › Minimum of 3 games or practices / week › Approximate length: 1 hr 45 min › Mon to Thu (2 games) starting at 6:45 p.m. › Sat or Sun (1 practice) › May to Aug › \$129 › Additional fee of \$45 for players selected for the A team › Houde and Petit parks

Pee-wee (B and A)

Born in 2003-2004 › Minimum of 3 games or practices / week › Approximate length: 1 hr 45 min › Mon to Thu (2 games) starting at 6:45 p.m. › Sat or Sun (1 practice) › May to Aug › \$134 › Additional fee of \$45 for players selected for the A team › Decelles and Cousineau parks

Bantam (B and A)

Born in 2001-2002 › Minimum of 3 games or practices / week › Approximate length: 2 hrs › Mon to Thu (2 games) starting at 7 p.m. › Sat or Sun (1 practice) › May to Aug › \$162 › Additional fee of \$45 for players selected for the A team › Noël-Sud and Saint-Laurent parks

Midget (B and A)

Born between 1998-2000 › Minimum of 3 games or practices / week › Approximate length: 2 hrs › Mon to Thu (2 games) starting at 7 p.m. › Sat or Sun (1 practice) › May to Aug › \$167 › Additional fee of \$45 for players selected for the A team › Parc Saint-Laurent

Junior (A)

Born before 1998 › Minimum of 3 games or practices / week › Approximate length: 2 hrs › Sun to Thu (2 games) starting at 7:30 p.m. › Sat or Sun (1 practice) › May to Sept › \$203 › Parc Saint-Laurent

LAC SAINT-LOUIS AA (mixed teams unless otherwise indicated)

Moustique, Pee-wee, bantam, mid-get (mixed and women's) and junior

Refer to the AA organization's policy › Parks in the Lac Saint-Louis Region › Offered by the Club de Baseball Saint-Laurent Inc. in collaboration with the Association régionale du Lac Saint-Louis.

Information:

www.lstigers.com
info@baseballstlaurent.com



BASKETBALL

NEW

Location: Parc Cousineau

Registration: In person at the Centre des loisirs on March 16, from 6:30 to 7:30 p.m. Payment to Comité de basketball Saint-Laurent.

Spring session: May 21 to Aug 6

Rates :

1st child › \$140
2nd child › \$120
3rd and subsequent children › \$100

Schedules:

7 to 9 › Sat 9 to 10:30 a.m.
10 to 12 › Sat 10:30 a.m to 12 p.m.
13 to 15 › Sat 12 to 1:30 p.m.

L'EXPRESS CAMP

Location: École secondaire Saint-Laurent – Édifice Émile-Legault

Registration: By phone or online at http://tournoiexpress.ca/basket_camp_accueil.html as of March 1st.

Information:

514 332-3190, ext. 6109
514 712-4799
camps.express@portail.csmb.qc.ca

Dates:

Week 1 › June 27 to 30

Week 2 › July 4 to 8

Week 3 › July 11 to 15

Week 4 › July 18 to 22

Schedules:

Mon to Fri, 9 a.m. to 4 p.m.

Cost: \$125 / week. Additional discount for children who register for more than one week or for two or more children who register from the same family.

Day care service available:

7 to 9 a.m. and 4 to 6 p.m.



FOOTBALL

WINTER CAMPS (MIXED) PRE-SEASON CAMPS (March-April)

Location: To be determined

Invitation to the open house for the winter-spring training session, and introduction to basic techniques.

Registration: Onsite according to practice schedules. Schedules to be determined.

Information:www.saintlaurentfootball.com

SPEED SKILLS CAMP

Atom to midget

Born between 1999-2009 › Schedules to be determined (see website)

REGULAR SEASON (MIXED)

Location: Parc Saint-Laurent**Registration for regular session:**

See details on the website.

Registration fee and schedule to be determined. Payable to Association de football de Saint-Laurent. Three passport-size photos and health insurance card are required for registration. Mandatory shoes, thigh pads and mouth guard not included.

Titan

Born in 2009-2011 › July 6 to Oct 18

Atom

Born in 2007-2009 › July 6 to Nov 1

Mosquito

Born in 2005-2006 › July 6 to Nov 1

Pee-wee

Born in 2003-2004 › July 6 to Nov 1

Bantam

Born in 2001-2002 › July 6 to Nov 8

Midget

Born in 1999-2000 › July 6 to Nov 8

GYMNASTIC

Location: YMCA Saint-Laurent

Schedules may change without notice.

Payable to Club Gynslic Saint-Laurent inc. Mandatory membership fees for the Fédération de gymnastique du Québec payable once annually and valid from September 1 to August 1 not included (\$23). Health insurance card is mandatory. A \$15 surcharge will apply to registration received after the registration dates. Places are limited and assigned on a first-come, first-served basis.

Registration for classes:

No mail-in registration will be accepted. Registration in person at the Centre des loisirs on March 16, from 6:30 to 7:30 p.m. or online at www.gynslic.com from March 9, at 10 a.m., to March 11, at 9 p.m.

The second child from the same family will receive a 15% discount and each subsequent child will receive a 25% discount. Mandatory: Purchase and wear the club's gymnastic outfit (\$28) and a white t-shirt and navy short for boys. See complete program at www.gynslic.com.



Registration for day camp:

Online registration at www.gymslic.com starting March 9 at 10 a.m. Mail-in registration using the Gymslic day camp form (available starting March 9), at the Centre des loisirs, at the YMCA Saint-Laurent and at www.gymslic.com.

Mail the registration form and payment to:

Club Gymslic Saint-Laurent inc.
745, rue Décarie, bureau 145
Saint-Laurent, H4L 3N5

OPEN HOUSE: INVITE A FRIEND

Gymnastics activities using the apparatus/games with safety guidance

3 to 5 › June 5 from 9:30 to 10:25 a.m. (accompanied by a parent) › \$5 per child

6 to 12 › June 5 from 10:30 a.m. to 12 p.m. › \$5 per child

AUDITIONS

Recruitment of young girls for the pre-competitive level

Succession: Girls born between 2008 and 2011 › June 9 from 5:45 to 7 p.m. › \$5 per child

Pre-competitive/CR

Girls born between 2005 and 2009 › June 9 from 6:45 to 8 p.m. › \$5 per child

Information:
514 748-7707
gymslic@bellnet.ca

COMPETITIVE AND PRECOMPETITIVE

Competitive (girls)

8 to 14 › June 27 to Aug 19 › Schedule and cost to be confirmed › Between 14 to 20 hours of training / week

Precompetitive and advanced CR3

5 to 14 › June 27 to Aug 19 › Schedule and cost to be confirmed › Between 5 and 14 hours of training / week

Parent-child - Mixed

2 ½ to 3 › Tue 5:15 to 5:55 p.m. › Sat 9:10 to 9:55 a.m. › June 27 to Aug 20 › \$94 › 45 min / week

PRESCHOOL CENTRE

Yellow sun – Level 1 (mixed)

Orange sun – Level 2 (mixed)

4 and 5 › Mon 5 to 5:55 p.m. › Mon 6 to 6:55 p.m. › Tue 6 to 6:55 p.m. › Sat 10 to 10:55 a.m. › June 27 to Aug 20 › \$114 › 1 hr / week

Red sun – Level 3 (mixed)

4 and 5 › Tue 6 to 7:30 p.m. › Sat 10 to 11:30 a.m. › June 27 to Aug 20 › \$140 › 1.5 hrs / week

RECREATIONAL – MIXED (BOYS TO AGE 9)

6 to 8 › Thu 5:30 to 7 p.m. › June 27 to Aug 20 › \$140 › 1.5 hrs / week

RECREATIONAL (GIRLS)

6 to 8 › Wed 5:30 to 7 p.m. › Sat 11:30 a.m. to 1 p.m. › June 27 to Aug 20 › \$140 › 1.5 hrs / week

7 and + › Mon, Wed 7 to 8:30 p.m. › June 27 to Aug 20 › \$208 › 3 hrs / week

8 and + › Tue 7 to 8:30 p.m. › Thu 7 to 8:30 p.m. › Sat 11:30 a.m. to 1 p.m. › June 27 to Aug 20 › \$140 › 1.5 hrs / week

CR1-2

8 and + › June 27 to Aug 19 › Schedule and cost to be confirmed › 5 to 8 hours per week

DAY CAMPS

Complete programming and other information available at www.gymslic.com. Camp t-shirt must be purchased and worn on outing days: \$15.



Competitive, precompetitive and advanced CRS

6 to 13 › June 27 to Aug 19 › Weekly registration › Variable schedules and costs depending on number of training hours › Information: contact@gymslic.com as of March.

Recreational

6 to 9 (boys) › Mon to Tue 9 a.m. to 4 p.m. › June 27 to 30 › \$145 › Weekly registration (4 days / week)

6 to 9 (boys) › Mon to Fri 9 a.m. to 4 p.m. › July 4 to Aug 19 › \$170 › Weekly registration

6 to 12 (girls) › Mon to Tue 9 a.m. to 4 p.m. › June 27 to 30 › \$145 › Weekly registration (4 days / week)

6 to 12 (girls) › Mon to Fri 9 a.m. to 4 p.m. › July 4 to Aug 19 › \$170 › Weekly registration

Daycare

6 to 12 › Mon to Fri 7:30 to 9 a.m. and 4 to 6 p.m. > \$5 / day

HOCKEY

FALL-WINTER 2016-2017 PREREGISTRATION

Preregistration: Online as of end of April at www.hockeystl.com or in person on May 10 and 11, from 7 to 8:30 p.m. at the Aréna Raymond-Bourque. Two proofs of residence and a valid carte-loisirs are mandatory. According to Hockey Québec rules, the activity is open to Saint-Laurent residents only.

Information:
www.hockeystl.com
registraire@hockeystl.com

Pre-novice to junior

5 to 20 › Aréna Raymond-Bourque › Cost to be determined

SUMMER SCHOOL

Registration and information:
www.hockeystl.com
camp@hockeystl.com

Novice, atom, pee-wee and bantam / midget

7 to 15 › Camp 1: Aug 1 to 5 › Camp 2: Aug 8 to 12 / Aréna Raymond-Bourque



JUDO

Location: Centre des loisirs

Registration:

Spring session: In person at the Centre des loisirs on March 16, from 6:30 to 7:30 p.m.

Summer session: In person in the Judo room (Room AB 226) on May 22, from 6:30 to 7:30 p.m.

Payable to Club de judo Budokan Saint-Laurent inc.

Carte-loisirs mandatory. A \$10 discount applies for registrations received before the deadline. A \$20 discount applies for participants re-registering after the fall-winter session.

Not included: Judo uniform and belt. Mandatory affiliation fees ranging from \$19 to \$130 are payable to the Fédération québécoise de judo according to category, in addition to a passport fee of \$5 for new participants.

Rates

Spring › \$45
Summer › \$45

Information:
www.judobudokanstl.com

SPRING March 23 to June 13

Group A, recreational White / yellow

6 and 7 › Tue 6 to 7:15 p.m. and Sat 9 to 10:15 a.m.

Group B, recreational White / yellow and +

7 and 8 › Mon, Fri 6 to 7:15 p.m.

Group C, recreational

9 and 12 › Thu 6:30 to 8 p.m. and Sat 10:30 a.m. to 12 p.m.

Group D, recreational and competitive

13 and + › Mon 7:15 to 8:45 p.m., Wed 7 to 8:30 p.m. and Fri 7:15 to 8:45 p.m.

SUMMER June 15 to August 6

6 to 12 › Mon, Thu 6 to 7:30 p.m.
13 and + › Mon, Thu 7:30 to 9 p.m.

KARATE

Locations: LaurenHill Academy Senior Campus all year long until May 14 and École secondaire Saint-Laurent – Édifice Émile-Legault from May 16 to August 4.

Spring-Summer session: Registration in person at the Centre des loisirs on March 16, from 6:30 to 7:30 p.m.

Payable to Club de Karaté Kio Saint-Laurent inc. Carte-loisirs, health insurance card and annual passport (\$30 for children and \$35 for adults) are mandatory. A \$15 surcharge will apply to registration received after the registration period. Not included: Karate-gi uniform, belt, crest for beginners and the cost of the exam. Friday and Saturday classes end June 11.

Rates:
9 to 17 > \$90
18 and + > \$100

SPRING April 18 to June 11

White
9 to 12 > Mon, Wed, Fri 6 to 7 p.m.

White
13 and + > Mon, Wed, Fri 6 to 7 p.m.

Yellow / orange
9 to 12 > Mon, Wed, Fri 7 to 8 p.m.

Yellow / blue
13 and + > Tue, Thu 6 to 7:30 p.m. >
Sat 11 a.m. to 12 p.m.

Green / blue / brown
9 to 12 > Tue, Thu 6 to 7:30 p.m. >
Sat 11 a.m. to 12 p.m.

Brown / black
13 and + > Tue, Thu 7:30 to 9 p.m. >
Sat 11 a.m. to 12 p.m.

Competitive
9 and + > Sat 12 to 1:30 p.m.

SUMMER June 13 to August 4

White
9 to 12 > Mon, Wed 6 to 7 p.m.

White
13 and + > Mon, Wed 6 to 7 p.m.

Yellow / orange
9 to 12 > Mon, Wed 7 to 8 p.m.

Yellow / blue
13 and + > Tue, Thu 6 to 7:30 p.m.

Green / blue / brown
9 to 12 > Tue, Thu 6 to 7:30 p.m.

Brown / black
13 and + > Tue, Thu 7:30 to 9 p.m.

PICKLEBALL

Locations: Parc Noël-Nord

Racket sport combining select elements of tennis, badminton, raquetball and ping-pong.

Rates:
Saint-Laurent residents and members of the Fédération québécoise de pickleball: free

Non-residents: \$2 per session

Schedules:
16 and + > Mon 6:30 to 9 p.m. > June 6 to Sept 5 > Wed 9 a.m. to 21 p.m. > June 8 to Sept 7

Information and registration:
514 462-8087
www.pickleballquebec.com



PHYSICAL FITNESS

Location: Centre des Loisirs, Académie LaurenHill Junior Campus or Parc Marcel-Laurin

Payable by cheque to the Club de conditionnement physique de Saint-Laurent.

Registration:
Spring session: By mail (1375, rue Grenet) or in person at the Centre des loisirs on Wednesday, March 16, from 6:30 to 7:30 p.m.

Summer session: By mail (1375, rue Grenet) or in person at the Centre des loisirs before June 5.

Spring session: March 21 to June 11 > \$99
Session summer: June 13 to Aug 20 > \$90

Sports activities for 16 and +

SPRING

Aerobic
Mon, Wed 6 to 7:15 p.m. > LaurenHill Academy Junior Campus

Cardio baladi and zumba
Wed 10:15 to 11:30 a.m. > Centre des loisirs

Cardio-baby

Tue, Thu 9:30 to 10:30 a.m. › Centre des loisirs

Cardio mania

Mon, Wed 6 to 7 p.m. › Lauren Hill Academy Junior Campus

Mixed cardio and balls

Fri 9:15 to 10:30 a.m. › Centre des loisirs

Circuit

Mon 10:15 to 11:30 a.m. › Centre des loisirs

Mixed styles – Yoga, Pilates and stretching

Tue 7:30 to 8:30 p.m. › Fri 6 to 7:15 p.m. › Centre des loisirs

Pilates – Level I

Mon, Wed 9:15 to 10:15 a.m. › Tue, Thu 6:30 to 7:30 p.m. › Wed 10:15 to 11:15 a.m. › Centre des loisirs

Pilates – Level II

Tue, Thu 5:30 to 6:30 p.m. › Centre des loisirs

Step

Tue 6 to 7 p.m. › Centre des loisirs

Super workout

Thu 6 to 7 p.m. › Sat 9 to 10:15 a.m. › Centre des loisirs

Tonus

Mon, Wed 7 to 8 p.m. › Lauren Hill Academy Junior Campus

Zumba

Tue, Thu 7 to 8:15 p.m. › Sat 10:15 to 11:15 a.m. › Centre des loisirs

SUMMER

Cardio park (adults)

Mon, Wed, Fri 9 to 10 a.m. › Parc Marcel-Laurin

Cardio-carriage (mother and child)

Tue, Thu 9:30 to 10:30 a.m. › Parc Marcel-Laurin

Cardio mania

Mon, Wed 6 to 7 p.m. › Centre des loisirs

Mixed styles – Yoga

Tue 7 to 8 p.m. › Fri 6 to 7 p.m. › Centre des loisirs

Pilates – Levels I and II

Tue, Thu 6 to 7 p.m. › Centre des loisirs

Super workout

Sat 9 to 10:15 a.m. › Centre des loisirs

Tonus

Mon, Wed 7 to 8 p.m. › Centre des loisirs

Zumba

Tue, Thu 7 to 8 p.m. › Sat 10:20 to 11:20 a.m. › Centre des loisirs



SOCCER

Locations: Marcel-Laurin, Philippe-Laheurte and Noël-Nord parks and Vanier College

Registration online: From February 15 to March 31 at www.soccerstl.ca.

Payment by Visa or Mastercard.

Registration in person: At the Centre des loisirs on Saturday, March 12, from 9 a.m. to 1 p.m. with a copy of the participant's health insurance card (inter-city players must also be present for their photo to be taken) and carte-loisirs. Payment by cash or cheque only (payable to Club de soccer de Saint-Laurent). No postdated cheque will be accepted. A \$50 fee will be charged for all non-sufficient fund (NSF) cheques.

A \$50 surcharge will apply to registration received after the registration period. A \$100 processing fee will be charged for all cancellation requests and refunds before April 30. No cancellation after this date. Registration hours during this period: Tuesday, Wednesday, and Thursday, from 6 to 9 p.m., and Saturday, from 9 a.m. to 1 p.m. Shirt, shorts and socks included.

Schedules are provided for information purposes only. May be changed without warning depending on field availability.

RECREATIONAL LEAGUE (HOUSE)

May 25 to Aug 7
1 hr / two evenings per week

BOYS:

U4

Born in 2012 › \$175

U5

Born in 2011 › \$175

U6

Born in 2010 › \$175

U7

Born in 2009 › \$175

U8

Born in 2008 › \$190

U9

Born in 2007 › \$190

U10

Born in 2006 › \$190

U11

Born in 2005 › \$190

U12

Born in 2004 › \$255

GIRLS:

U4/U5

Born in 2011-2012 › \$175

U6/U7

Born in 2009-2010 › \$175

U8/U9

Born in 2007-2008 › \$190

U10/U11

Born in 2005-2006 › \$190

COMPETITIVE INTER-CITY LEAGUES A, AA, AAA

Mid-May to September › Admission to program is conditional upon participation in evaluation camp (assessment dates posted on the Internet) › Evaluation by the coach and technical director › Variable schedule according to the LARS Lac St-Louis calendar › Included: game jersey, hoodie, shorts, socks and bag.

BOYS AND GIRLS:

U7 Development

Born in 2009 › \$290

U8 Development

Born in 2008 › \$290

U9

Born in 2007 › \$290

U10

Born in 2006 › \$290

U11

Born in 2005 › \$335

U12

Born in 2004 › \$335

U13/U18

Born between 1999 and 2003 › \$350

U21

Born between 1995 and 1997 › \$375

BOYS:

U15 AAA

Born in 2001 › \$900

Evaluation by the coach and technical director › Variable schedule according to the LSEQ calendar

U16 AAA

Born in 2000 › \$900

Evaluation by the coach and technical director › Variable schedule according to the LSEQ calendar

SUMMER CAMP

Headed by Rocco Placentino (former player with the Impact).

BOYS AND GIRLS:

5 to 13 › Mon to Fri 7:30 a.m. to 5 p.m.

9 weeks available:

- June 27 to July 1
- July 4 to 8
- July 11 to 15
- July 18 to 22
- July 25 to 29
- Aug 1 to 5
- Aug 8 to 12
- Aug 15 to 19
- Aug 22 to 26

Registration: In person at the Centre des loisirs on Saturday, March 12, from 9 a.m. to 1 p.m., with a copy of the child's health insurance card.

Rates:

\$180 per week per child for registrations received before April 1.

\$200 per week per child for registrations received after April 1.





SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

Olympiques spéciaux Québec – Région nord de l'île organizes sports and social activities in Saint-Laurent for the persons with intellectual disabilities. Payable to Olympiques spéciaux Québec – Région nord de l'île.

Registration and information:
514 843-8778
www.olympiquesspeciaux.qc.ca

SPRING

Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. ›
March 19 to May 7 › \$8.25 / week ›
Laurentian Bowling Lanes (222, montée de Liesse)

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. ›
March 20 to May 8 › \$30 › Lauren Hill
Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › March 20
to May 8 › \$30 › École secondaire Saint-
Laurent – Édifice Émile-Legault

SUMMER

Outdoor soccer

10 and + › Sun 11 a.m. to 1 p.m. ›
May 29 to Sept 11 › \$30 › Parc Marcel-
Laurin

TAI-CHI

SPRING

Locations: Fire Department, Station 73,
820, rue Saint-Germain (evening) and
Centre des loisirs (daytime).

Registration:

Spring session: In person at the Centre des
loisirs, on March 16, from 6:30 to 7:30 p.m.

Payable to Club de tai-chi de Saint-Laurent.
Minimum of 10 participants per class. A \$15
surcharge will apply to registration received
after the registration period.

Rates:

1 session › \$120

Initiation

18 and + › Tue, Thu 10:40 to 11:40 a.m. ›
Apr 5 to June 16

18 and + › Tue, Thu 7 to 8 p.m. › Apr 5
to June 16

Intermediate

18 and + › Tue, Thu 9:30 to 10:30 a.m. ›
Apr 5 to June 16

18 and + › Mon, Wed 8 to 9 p.m. ›
Apr 4 to June 15

Advanced

18 and + › Mon, Wed 7 to 8 p.m. ›
Apr 4 to May 25

SUMMER

 **FREE**

Location: Parc Cousineau

Free activity open to everyone every
Sunday, 9 to 10 a.m., from June 26 to
August 14. Cancelled in the event of rain.
Extended to August 21 if cancellation due
to rain during the session.





TENNIS

OPEN TENNIS



FREE

Season: April 25 to October 23

Locations: Gohier, Marcel-Laurin, Alexis-Nihon, Hartenstein, Cousineau, Noël-Sud, Painter, Saint-Laurent and Marlborough parks.

Free access to the tennis courts. Some courts may be reserved online by valid carte-loisirs holders. Priority given to players who bring proof of reservation.

The reservation procedure and facility rules are posted in the parks and are also available at: ville.montreal.qc.ca/saint-laurent/tennis

TENNIS LESSONS – CHILDREN

Children must have their own racquet. Numbers next to level refer to Tennis Canada's self-evaluation scale.

Registration: Starting June 7 via Loisirs en ligne (see page 7 for details).

Mixed – Mini tennis

A mini tennis racket is recommended for the 5-7 age group.

Session 1: June 27 to July 15 › Special activity on July 20

Session 2: July 25 to Aug 12 › Special activity on August 17

5 to 7 › Mon to Fri 9 to 10 a.m. › \$48 › Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

5 to 7 › Mon to Fri 11 a.m. to 12 p.m. › \$48 › Parc Painter

Mixed – Beginner – 1.0/2.0

Session 1: June 27 to July 15 › One tournament day during the week of July 18

Session 2: July 25 to Aug 12 › One tournament day during the week of Aug 15

8 to 10 › Mon to Fri 10 to 11 a.m. › \$48 › Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

8 to 10 › Mon to Fri 11 a.m. to 12 p.m. › \$48 › Parc Saint-Laurent

8 to 10 › Mon, Wed, Fri 6 to 7 p.m. › \$48 › Parc Marcel-Laurin

11 and 12 › Mon to Fri 11 a.m. to 12 p.m. › \$48 › Gohier, Marcel-Laurin and Noël-Sud parks

11 and 12 › Mon to Fri 12 to 1 p.m. › \$48 › Saint-Laurent and Painter parks

11 and 12 › Mon, Wed, Fri 7 to 8 p.m. › \$48 › Parc Marcel-Laurin

13 to 15 › Mon to Fri 12 to 1 p.m. › \$48 › Gohier, Marcel-Laurin and Noël-Sud parks

13 to 15 › Mon, Wed, Fri 8 to 9 p.m. › \$48 › Parc Marcel-Laurin

TENNIS LESSONS – ADULTS

Numbers next to level refer to Tennis Canada's self-evaluation scale.

Registration: Starting April 12 via Loisirs en ligne (see page 7 for details). Sports attire and footwear mandatory. Participants must have their own racquet.

1st SESSION

Beginner 01 – 1.0/1.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
May 23 to June 15 › \$68 › Parc Marlborough

Beginner 02 – 1.0/1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
May 24 to June 16 › \$68 › Parc Gohier

Intermediate 01 – 2.0/2.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
May 23 to June 15 › \$68 › Parc Marlborough

Advanced 01 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
May 24 to June 16 › \$68 › Parc Gohier

2nd SESSION

Beginner 03 – 1.0/1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
June 28 to July 21 › \$68 › Parc Gohier

Beginner 04 – 1.0/1.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
June 27 to July 20 › \$68 › Parc Marlborough

Intermediate 02 – 2.0/2.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
June 28 to July 21 › \$68 › Parc Gohier

Advanced 02 – 3.0/3.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
June 27 to July 20 › \$68 › Parc Marlborough

3rd SESSION

Beginner 05 – 1.0/1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
Aug 2 to 25 › \$68 › Parc Gohier

Beginner 06 – 1.0/1.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
Aug 1 to 24 › \$68 › Parc Marlborough

Intermediate 03 – 2.0/2.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
Aug 1 to 24 › \$68 › Parc Marlborough

Advanced 03 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
Aug 5 to 25 › \$68 › Parc Gohier

RECREATIONAL LEAGUE

Singles intermediate / advanced (2.5 +)

16 and + › Sat 11 a.m. to 12:30 p.m. ›
May 21 to Aug 13 › \$68 › Parc Marcel-Laurin

Doubles intermediate / advanced (2.5 +)

16 and + › Sat 9 to 11 a.m. › May 21 to
Aug 13 › \$68 › Parc Marcel-Laurin

MUNICIPAL TOURNAMENT

All carte-loisir holders are eligible to participate in the tournament.

Singles – Junior

12 to 17 › July 15 to 17 › Free ›
Marcel-Laurin and Gohier parks

Singles – Adults (women / men)

18 and + › July 15 to 17 › Free ›
Marcel-Laurin and Gohier parks





TRACK AND FIELD

Locations: École secondaire Saint-Laurent – Édifice Emile-Legault and Lauren Hill Junior Campus (until end of April) or Parc Marcel-Laurin.

Payable to Club d'athlétisme Saint-Laurent Select inc. F.Q.A. affiliation and competition fees are not included. A \$10 surcharge will apply for registrations received after the registration period. Health insurance card is mandatory.

Registration:

Spring session: In person on March 16, from 6:30 to 7:30 p.m., at the Centre des loisirs.

Summer session: In person at Parc Marcel-Laurin (red roof) on May 19, from 6:30 to 7:30 p.m.

Rates:

1 session › \$80
2 sessions › \$160
3 sessions › \$240
Annual › \$320

Running club

Anyone interested in registering for running with the club in the Nouveau Saint-Laurent sector on Saturday mornings is invited to email the club at sls@slsathletisme.com.

Start: March 14 for 12 weeks

SPRING

April 25 to June 11

Colibri group

Born between 2007 and 2009 › Sat 9 to 11 a.m.

Minime and benjamin groups

Born between 2003 and 2006 › Tue 6:15 to 7:45 p.m. › Sat 9 to 11 a.m.

Cadet and juvenile groups

Born between 1999 and 2002 › Tue, Thu 6:30 to 8 p.m. › Sat 9 to 11 a.m.

Junior and juvenile groups

Born between 1997 and 1999 › Mon, Wed 6:15 to 8 p.m. › Sat 9 to 11 a.m.

SUMMER

June 13 to July 29

Colibri group

Born between 2007 and 2009 › Mon, Wed, Fri 5 to 6:30 p.m.

Minime and benjamin groups

Born between 2003 and 2006 › Mon, Wed, Fri 6 to 8 p.m.

Cadet and juvenile groups

Born between 1999 and 2002 › Tue, Thu, Fri 6 to 8 p.m.

Junior and juvenile groups

Born between 1997 and 1999 › Mon, Wed, Thu 6 to 8 p.m.



COURSE SAINT-LAURENT 2016 (24rd EDITION)

Sunday, April 10

Road race (running) – Bois-Franc district

Meeting point: Municipal workshops
(13001, boulevard Cavendish)

Information and online registration:
www.circuitendurance.ca

1 km running

11 and – › Mixed › Sun 11:30 a.m. ›
Mail-in registration: \$7 › Online registration
until April 7: \$7 › Onsite registration:
\$10

1 km running – Défi scolaire

11 and – › Girls › 11:40 a.m. › Rates to
be confirmed

11 and – › Boys › 11:50 a.m. › Rates to
be confirmed

2 km running

12 to 19 › Sun 9 a.m. › Mail-in registra-
tion: \$10 › Online registration until April 7:
\$10 › Onsite registration: \$15

20 and + › Sun 9 a.m. › Mail-in registra-
tion: \$20 › Online registration until April 7:
\$18 › Onsite registration: \$25

5 km running*

For all › Sun 9:30 a.m. › Mail-in registra-
tion: \$35* › Online registration until
April 7: \$28 › Onsite registration: \$40

10 km running*

For all › Sun 10:15 a.m. › Mail-in registra-
tion: \$35* › Online registration until
April 7: \$28 › Onsite registration: \$40

*Registration limited.

VOLLEY-BALL

IN THE GYM

Location: École secondaire Saint-Laurent –
Édifice Émile-Legault

Payable in cash or by cheque payable to
Club de volley-ball de Saint-Laurent inc.

Registration: Based on number of available
places, in person at the gym on June 20
and 22, from 7 to 7:30 p.m., or June 27 and
29, from 7:15 to 7:30 p.m.

Information:
volleystlaurent@gmail.com

Mixed – Levels 1, 2 and 3

18 and + › Mon, Wed 7:30 to 10 p.m. ›
June 20 to Aug 10 › \$25 › Prerequisite:
Mastery of basic volley-ball skills.

BEACH

18 and + › Tue, Thu 6:30 to 10 p.m. ›
Locations, dates, categories and cost to be
determined.

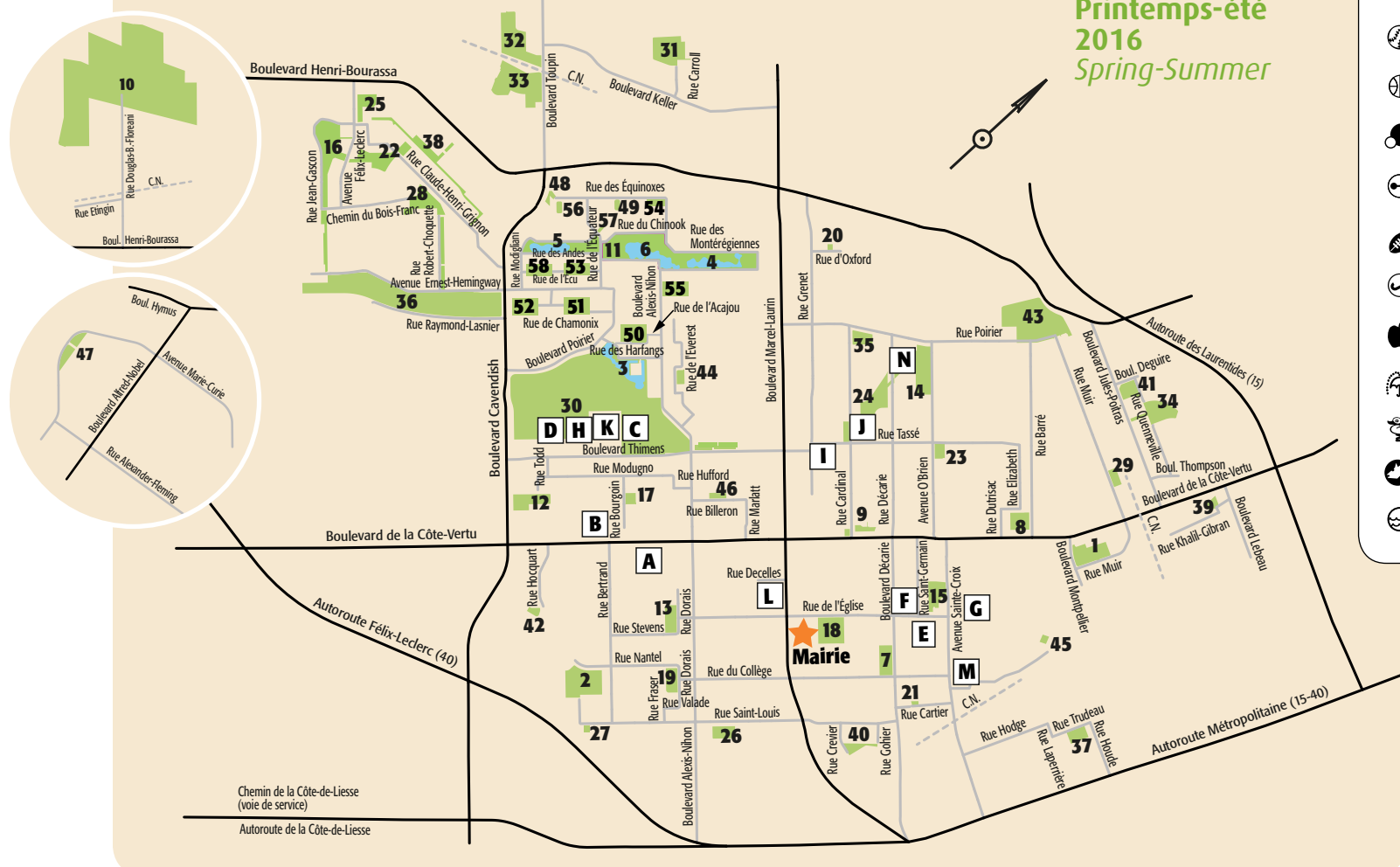
Information:
volleyballplage@gmail.com



Parcs et installations Parks and facilities

Printemps-été
2016
Spring-Summer

- Site d'animation
Activities
- Baseball
Baseball
- Basketball
Basketball
- Bocce
Bocce
- Exerciseur pour adultes
Adult exerciser
- Football
Football
- Glissade hivernale
Winter slide
- Jardin communautaire
Community garden
- Jeux d'eau
Water game
- Jeux pour enfants
Children's playground
- Parc canin
Dog run
- Pataugeoire
Wading pool
- Patin à roues alignées
In-line skating
- Patinoire
Hockey rink
- Pétanque
Petanque
- Piscine
Swimming pool
- Piste d'athlétisme
Track and field facilities
- Planche à roulettes
Skateboarding
- Rond de glace
Skating rink
- Sentier pédestre
Hiking trail
- Ski de randonnée
Cross-country skiing
- Soccer
Soccer
- Tennis
Tennis
- Volleyball de plage
Beach volleyball



SQUARES

- 49. Boréal
- 50. Gauguin
- 51. Jean-Rostand
- 52. Lamartine
- 53. Magellan
- 54. Nordet (du)
- 55. Petit-Prince (du)
- 56. Solstice (du)
- 57. Sterne-Arctique (de la)
- 58. Vivaldi

PARCS / PARKS

- 1. Aimé-Caron
- 2. Alexis-Nihon
- 3. Bassin de la Brunante
- 4. Bassin du Noroît
- 5. Bassin du Suet
- 6. Bassin du Suroît
- 7. Beaudet
- 8. Beaulac
- 9. Bélanger
- 10. Bois-de-Liesse (du)
- 11. Bois-Franc (du)
- 12. Bourbonnière
- 13. Chamberland
- 14. Cousineau
- 15. Decelles
- 16. Docteur-Bernard-Paquet
- 17. Gariépy
- 18. Gohier
- 19. Gold
- 20. Goulet
- 21. Grou
- 22. Guillaume-Bruneau
- 23. Harris
- 24. Hartenstein
- 25. Henri-Thomas-Scott
- 26. Houde
- 27. Isaac-Abrabanel
- 28. Jerry-Shears
- 29. L'Archevêque
- 30. Marcel-Laurin
- 31. Marlborough
- 32. Noël-Nord
- 33. Noël-Sud
- 34. Painter
- 35. Petit
- 36. Philippe-Laheurte
- 37. Poirier
- 38. Raymond-Lagacé
- 39. Raymond-Vidal
- 40. Robert-Mitchell
- 41. Roman-Zytnsky
- 42. Ronald-Moreau
- 43. Saint-Laurent
- 44. Sir-Edmund-Hillary
- 45. Super jardin communautaire
- 46. Tassé
- 47. Urgel-Eugène-Archambault
- 48. Zéphir (du)

INSTALLATIONS FACILITIES

- A** Académie LaurenHill Junior Campus
- B** Académie LaurenHill Senior Campus
- C** Aréna Raymond-Bourque
- D** Bibliothèque du Boisé
- E** Bibliothèque du Vieux-Saint-Laurent
- F** Boulodrome
- G** Cégep Vanier College
- H** Centre de formation professionnelle
Léonard-De Vinci
- I** Centre des loisirs
- J** École Enfant-Soleil
- K** École secondaire Saint-Laurent
Édifice Émile-Legault
- L** École secondaire Saint-Laurent
Édifice Saint-Germain
- ★ MAIRIE** Mairie d'arrondissement
Borough Hall
- M** Musée des maîtres et artisans du Québec
Salle Émile-Legault – Cégep de Saint-Laurent
- N** YMCA Saint-Laurent

CHALET DE PARC PARK CHALET

- Alexis-Nihon** 514 855-6124
- Beaulac** 514 855-6114
- Bois-de-Liesse** 514 280-6678
- Bourbonnière** 514 956-2597
- Caron** 514 855-6123
- Chamberland** 514 825-4571
- Cousineau** 514 855-6118
- Decelles** 514 855-6107
- Gohier** 514 855-6119
- Hartenstein** 514 855-6117
- Houde** 514 855-6106
- Marcel-Laurin** 514 956-2596
- Marlborough** 514 956-2595
- Noël-Nord** 514 956-2593
- Noël-Sud** 514 956-2594
- Painter** 514 887-6042
- Petit** 514 855-6113
- Poirier** 514 855-6115
- Saint-Laurent** 514 855-6127