

# SPORTS, LEISURE AND COMMUNITY LIFE

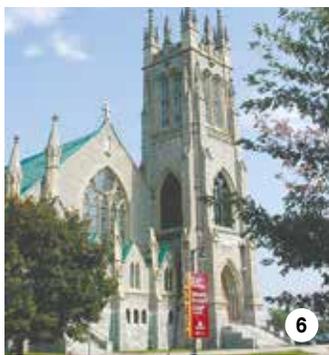


SPRING - SUMMER 2020





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**1 Bureau du citoyen**

General information: 311



Community, public and paraprofessional services: 211

**Mairie de Saint-Laurent**



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

**Patrouille de sécurité urbaine**

514 855-5700

**Aréna Raymond-Bourque**

*Temporary closure*



2345, boulevard Thimens  
H4R 1T4  
514 956-2580

**Ateliers municipaux**



13001, boulevard Cavendish  
H4R 2G5  
311

**4 Bibliothèque du Boisé**

2727, boulevard Thimens  
H4R 1T4  
514 855-6130

**5 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

**7 Cégep de Saint-Laurent**

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

**2 Centre des loisirs**



1375, rue Grenet  
H4L 5K3  
514 855-6110, ext. 3

**3 Complexe sportif**



2385, boulevard Thimens  
H4R 1T4  
514 855-6110, ext. 5

**Cour municipale**



Saint-Laurent location  
1405, rue de l'Église  
H4L 2H4  
514 872-2964

**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

**LaurenHill Academy**

**Junior Campus**

2355, rue Decelles  
H4M 1C2  
514 331-8019

**LaurenHill Academy**

**Senior Campus**

2505, boulevard de la Côte-Vertu  
H4R 1P3  
514 331-8781

**6 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.-Floreni  
H4S 1Y6  
514 280-6678

**Maison Pitfield**

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

**Salle Émile-Legault**



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

**Service de sécurité incendie**

Bureau de prévention  
514 280-8873

**Skatepark**

Parc Marcel-Laurin

**YMCA Saint-Laurent**

1745, rue Décarie  
H4L 3N5  
514 747-5353

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## COUNCIL OF SAINT-LAURENT



**Alan DeSousa, FCPA, FCA**  
Mayor of Saint-Laurent



**Aref Salem**  
City Councillor for  
Norman-McLaren  
District



**Francesco Miele**  
City Councillor for  
Côte-de-Liesse  
District



**Michèle D. Biron**  
Borough Councillor,  
Norman-McLaren  
District



**Jacques Cohen**  
Borough Councillor,  
Côte-de-Liesse  
District

## MESSAGE FROM THE MAYOR OF SAINT-LAURENT



Dear fellow citizens,

With our services covering all the four seasons that set the life stage in our corner of the world, it's always exciting for us to plan summer activities while winter is in full swing!

Here we need only think of the summer camps, whose programs we prepare early in the year. In June, they are taken by storm by several hundreds of Saint-Laurent youngsters excited about the adventures that await. Your young athletes, artists, scientists and explorers will all be thrilled. Teens will also have a blast with outings and expeditions planned just for them. Maybe they'll also be tempted to register for the camp monitor certification course in preparation for their first seasonal job! Several of our long-standing employees began their careers in Saint-Laurent this way. It is a permanent certificate recognized by the Association des camps du Québec, which, in 2019, awarded Saint-Laurent the Camps de jour municipal conforme (Compliant municipal day-camp) certification attesting to the quality of our program.

In addition to the summer camps, Saint-Laurent will offer a wealth of activities to make the most of the beautiful months ahead of us. With eight free outdoor swimming pools in our parks and even more splash pads and wading pools, Saint-Laurent's families will have nothing to fear during heat waves! This is all in addition to recreational and sports facilities of all types including playing fields, basketball, tennis and volleyball courts, and much more! And for those of you who love to relax in the sun, what better than a picnic with family or friends in one of our gorgeous green spaces?

And let's not forget our 2020 Summer Celebrations Program that our Direction de la culture, des sports, des loisirs et du développement social is fine-tuning right at this moment! Budding and well-established artists, cultural and sports activities, discoveries and workshops: the opportunities are endless for the people of Saint-Laurent to get outside and mingle in a fun and friendly setting!

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

**Alan DeSousa**, FCPA, FCA  
Mayor of Saint-Laurent

**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

**Administrative office hours:**

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



## CARTE BIBLIO-LOISIRS

The Carte biblio-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 biblio-loisirs with a photo is required for children aged four and over.

**Cost: Offered free of charge**

### Where to obtain the Carte biblio-loisirs?

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



## RESIDENT CARTE BIBLIO-LOISIRS

The resident Carte biblio-loisirs is reserved exclusively for residents of Montréal. The card is valid for two years. It is mandatory for registration to activities.

### Required documents

Adult: Driver's license or ID card with picture and proof of residence (such as a recent telephone, electricity or gas bill).

Children: Identity document (school report card, birth certificate, health insurance card) and proof of address of a parent.

### Renewals

To renew a Carte biblio-loisirs, residents must provide their expired card, along with the documents indicated above. A new photo will be taken.

### Lost or damaged cards

If the Carte biblio-loisirs is lost or damaged, the replacement cost is:

- \$2 for persons aged 13 and under or 65 and over;
- \$3 for persons aged 14 to 64.

### Changing address

If the holder changes address, the Carte biblio-loisirs will be replaced at no charge upon presentation of a proof of address and the previous card.

## NON-RESIDENT CARTE BIBLIO-LOISIRS

The non-resident Carte biblio-loisirs is intended for non-residents of Montréal. It is valid for five years.

The card is mandatory for registration, and non-residents will be charged registration fees 33.33% higher (to a maximum of \$50) than those charged to residents.

Non-resident card holders are not eligible to reserve certain sports facilities or obtain library memberships.

## REGISTRATION AND PAYMENT TERMS

### ONLINE REGISTRATION

The Loisirs Montréal 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 Ville de Montréal.

### REGISTRATION REQUIREMENTS

- Create an account on [loisirs.montreal.ca](http://loisirs.montreal.ca).
- Make sure you and your children, regardless of their age, have a Carte biblio-loisirs valid on both the registration date and the starting date of the activity.
- Make sure your file is up to date, especially with regard to your contact details.
- Make sure you have a valid credit card on hand. Only Visa and MasterCard credit or prepaid cards are accepted. Aside from certain exceptions, taxes are included in the costs.

For on-site registrations, payment may be made in cash, by Interac or by Mastercard or Visa credit card.

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. The evaluation must be made at least 10 days before registration. No refund will be issued after registration. Information available at the Centre des loisirs and the Complexe sportif.

### 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, the participants already registered will be refunded in full.

The Direction also reserves the right to cancel a maximum of one class 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 because 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 each recreational organization.

No transfer or cancellation requests for summer camps will be accepted later than 14 days prior to the first day of the camp week. Furthermore, each cancellation request will incur a \$20 administrative fee per camp or daycare week.

## RESERVATION OF RECREATIONAL FACILITIES

### Aréna Raymond-Bourque

Temporary closure

### Bibliothèque du Boisé

Reservation of rooms:  
514 855-6110, ext. 3

### Centre des loisirs

Reservation of rooms for community activities:  
514 855-6110, ext. 3

### Complexe sportif

Reservation of sports facilities (gymnasium, soccer, multipurpose room):  
514 855-6110, ext. 4609

Rental of pool:  
514 855-6110, ext. 4878

### Parks

The many recreational facilities in Saint-Laurent parks provide residents with the opportunity to practice activities of all kinds. 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:  
514 855-6110, ext. 4702

For more information, consult the *Encadrement administratif pour la réservation et l'utilisation des installations* available on the borough's website at [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent) under "Activities and recreation" and "Sports and recreational facilities".

## FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



211 Community, public and parapublic services  
311 General information



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



ArrSaintLaurent



MTLsaintlaurent

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

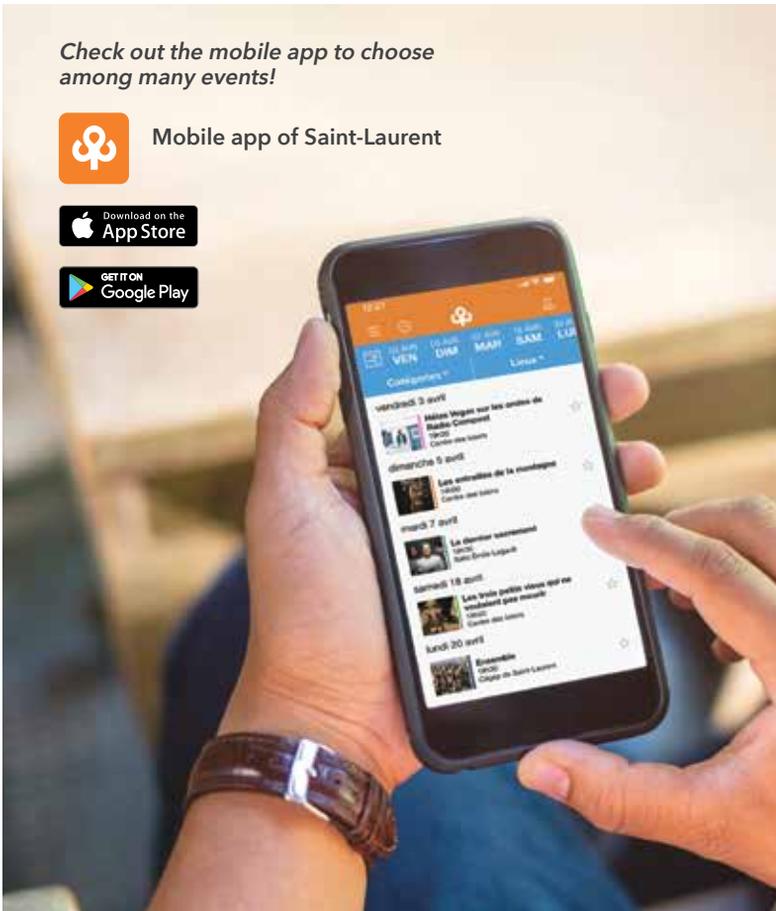


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*Check out the mobile app to choose among many events!*



Mobile app of Saint-Laurent



# LIST OF SAINT-LAURENT SANCTIONED 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  
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**  
514 744-2252  
info@cejfi.org



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



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



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



**CENTRE SOUTIEN JEUNESSE**  
514 744-1288  
centre.soutien\_jeunesse@hotmail.com



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



**CLUB LIONS SAINT-LAURENT**  
514 747-1889  
micheline.p.roy1889@gmail.com



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



**CORPORATION CULTURELLE  
LATINO-AMÉRICAINNE DE L'AMITIÉ**  
514 748-0796  
cocla.mtl@gmail.com



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



**L'OASIS SAINT-LAURENT**  
514 747-7621



**LES AÎNÉS DU VILLAGE  
MONTPELLIER**  
514 855-6123



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



**MOISSON MONTRÉAL**  
514 344-4494  
info@moissonmontreal.org



**PARENTS-SECOURS**  
parentssecours.stlaurent@gmail.com



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



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



**VERTCITÉ**  
Éco-quartier de Saint-Laurent  
514 744-8333  
info@vertcite.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.



**AIR CADETS**  
**ESCADRON 621**  
**SAINT-LAURENT**  
 Abdelaziz Mansouri, president  
 esc621message@gmail.com



**588 ERIC SIMMS SQUADRON**  
 Gary Derbedrossian, president  
 588aviation@cadets.gc.ca



**ART**  
**ASSOCIATION DES ARTISTES**  
**DE SAINT-LAURENT**  
 Marcel Daoust, president  
 contact@artsaintlaurent.ca  
 www.artsaintlaurent.ca



**ARTISTIC SWIMMING**  
**CLUB DE NAGE SYNCHRONISÉE**  
**SAINT-LAURENT INC.**  
 Laila Bouali, president  
 www.synchrosaintlaurent.com  
 synchro.saintlaurent@gmail.com



**BASEBALL**  
**CLUB DE BASEBALL**  
**SAINT-LAURENT**  
 Fernando Longueira, president  
 info@baseballstlaurent.com  
 www.baseballstlaurent.com



**BASKETBALL**  
**COMITÉ DE BASKETBALL**  
**SAINT-LAURENT**  
 Julia King, president  
 info@basketballstlaurent.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**  
 Ariane-Hélène Fortin, president  
 514 891-4674  
 Marc Lapasset, treasurer  
 514 592-8329



**CHOEUR WALTER**  
 Marjorie Walter, director  
 514 863-7580  
 info@choeurwalter.org  
 www.choeurwalter.org



**COMPETITIVE SWIMMING**  
**CLUB DE NATATION**  
**SAINT-LAURENT INC.**  
 Maryse Petitpas, president  
 514 855-6000, ext. 4778  
 coord@clubcnsl.com  
 clubcnsl.com



**DANCE**  
**STUDIO DE DANSE IMPULSE**  
 Marie-Denise Bettez  
 514 855-6110, ext. 4998  
 www.studiodedanseimpulse.com



**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  
 www.cpastl.ca



**FOOTBALL**  
**ASSOCIATION DE FOOTBALL**  
**AMATEUR DE SAINT-LAURENT**  
 Shawn Daniels, president  
 www.stlaurentspartansfootball.com



**GYMNASTICS**  
**CLUB GYMSLIC**  
**SAINT-LAURENT INC.**  
 Marie-Ève Parent, general manager  
 514 748-7707  
 contact@gymslic.com  
 www.gymslic.com



**HOCKEY**  
**COMITÉ DE HOCKEY**  
**SAINT-LAURENT**  
 John Chatzidakis, president  
 info@hockeystl.com  
 www.hockeystl.com

**JUDO****CLUB DE JUDO BUDOKAN SAINT-LAURENT**

Lyazid Ouhab, president  
judobudokanstl@gmail.com  
www.judobudokanstl.com

**KARATE****CLUB DE KARATÉ KIO SAINT-LAURENT**

Noël Ngandui, president  
info@kiosaintlaurent.com  
www.kiosaintlaurent.com

**MASTERS SWIMMING****CLUB DES MAÎTRES-NAGEURS DE SAINT-LAURENT**

Lajos Kovacs, president  
mnstlaurent@gmail.com

**MUSIC****CENTRE D'ÉTUDES MUSICALES PANTONAL**

Mario Tremblay, director  
514 273-1055

**PHOTOGRAPHY****ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT**

Diane Hamelin-Bourrassa, president  
admin@apsl.ca  
www.apsl.ca

**PHYSICAL FITNESS****CLUB DE CONDITIONNEMENT PHYSIQUE SAINT-LAURENT INC.**

Mary Canaan, president  
cdcphvsl@gmail.com

**PICKLEBALL****CLUB DE PICKLEBALL DE SAINT-LAURENT**

Henrik Amirian, president  
438 504-8087  
www.clubpickleballstl.ca

**RINGUETTE****RINGUETTE SAINT-LAURENT INC.**

Paul Dussault, president  
info@ringuettesaintlaurent.com  
www.ringuettesaintlaurent.com

**SCRABBLE****CLUB DE SCRABBLE LAURENTIEN**

Mary Stamboulieh, president  
514 748-9652

**SCRABBLE LAURENTIEN**

Clotilde Esseili, director  
514-334-1639

**SOCCER****CLUB DE SOCCER DE SAINT-LAURENT INC.**

Rui Sousa, president  
www.soccerstl.ca

**TAI-CHI****CLUB DE TAI-CHI SAINT-LAURENT INC.**

Louis Cayer, president  
@clubtaichisaintlaurent

**TAEKWONDO****ACADÉ-KICKS**

Gaël Texier  
514 995-4257  
info@acadekicks.com  
www.acadekicks.com

**TRACK AND FIELD****CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.**

Edvige Persechino, president  
sls@slsathletisme.com  
www.slsathletisme.com

**UNIVERSITÉ DU TROISIÈME ÂGE**

Gisèle Lamarche  
514 379-3113  
giselelamarche@yahoo.ca

**VOLLEYBALL****CLUB DE VOLLEYBALL SAINT-LAURENT**

Nicole Joubert, president  
volleystlaurent@gmail.com

**WATER-POLO****CLUB DE WATER-POLO SAINT-LAURENT**

Marie-Claude Dionne, president  
wpstlaurent@gmail.com

# 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 labour  
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)  
Section Montréal  
514 842-8706  
www.aqepa.org



**ASSOCIATION DE MONTRÉAL  
POUR LA DÉFICIENCE  
INTELLECTUELLE**  
514 381-2300  
www.amdi.info  
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  
www.wiaih.qc.ca  
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  
MONTRÉAL-LAVAL**  
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,  
accompagnement, 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.cphlsl.com  
Provides respite for families,  
socialization and recreational  
activities, integration and  
autonomy



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



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



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

**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-  
Laurent 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  
Promotion and defence of interests, and overcoming isolation for families

**EMERGENCY EVACUATION  
ASSISTANCE PROGRAM**

The Service de sécurité incendie de Montréal invites all individuals with sight or hearing impairments, or another deficiency affecting their mobility to register with the directory for persons with reduced mobility.

In case of emergency, this free service enables firefighters to respond more effectively in the event they must be evacuated from their 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/fr/ta



**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



**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.

514 933-2739  
www.altergo.ca



**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



**GUIDE DOGS AND THERAPY  
DOGS ARE WELCOME!**

The Borough of Saint-Laurent is pleased to welcome anyone accompanied by a guide dog or a therapy dog to its parks and facilities.

# COMMUNITY GARDENS

The Borough of Saint-Laurent offers residents the opportunity to obtain a plot in one of the borough's nine community gardens, including three new ones that are universally accessible.

Vacant plots will be assigned by draw on **May 4, 2020** from among the registrations received.

To register, please fill out the coupon below, and return it to the Complexe sportif by **May 1, 2020**.

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

## COMMUNITY GARDENS

From May 15 to October 12, 2020



Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Apt: \_\_\_\_\_ Postal code: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

### CARTE BIBLIO-LOISIRS:

No: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Rent  Condominium

Owner  House

Apartment

I am a person with reduced mobility 

### CHOICE OF GARDEN:

(Check only one)

- |  |  |   |
|--|--|---|
| <input type="radio"/> Alexis-Nihon   | <input type="radio"/> Bourbonnière  | <input type="radio"/> Cardinal  |
| <input type="radio"/> Hartenstein  | <input type="radio"/> Noël-Nord  | <input type="radio"/> Robert-Mitchell  |
| <input type="radio"/> Roman-Zytynsky  | <input type="radio"/> Saint-Laurent  | <input type="radio"/> Super Jardin  |

**SENT TO:**  
COMMUNITY GARDENS  
Complexe sportif  
2385, boulevard Thimens  
Saint-Laurent (Québec)  
H4R 1T4



## GENERAL INFORMATION



### CENTRE DES LOISIRS



1375, rue Grenet  
H4L 5K3

📞 514 855-6110, ext. 3

🚇 Métro Côte-Vertu / 🚌 64, 128

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### SCHEDULE

#### RECEPTION COUNTER

Mon and Tue 8:30 a.m. to 4:30 p.m.  
Wed 8:30 a.m. to 8 p.m.  
Thu and Fri 8:30 a.m. to 4:30 p.m.

#### ACTIVITIES AND EXHIBITIONS

Sun 8 a.m. to 10 p.m.  
Mon to Thu 8 a.m. to 10:30 p.m.  
Fri and Sat 8 a.m. to 11 p.m.

Closed on Apr 10 and 13, May 18 and Sept 7.

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### SERVICES

- Café
- Free parking
- Nursing room
- Wi-Fi Internet access

# GENERAL INFORMATION



BIBLIOTHÈQUE  
DU BOISÉ



Photo: 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 to Fri 11 a.m. to 8 p.m.  
Sat, Sun 10 a.m. to 4 p.m.



Your digital creative laboratory.



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.



Your self-serve art creation  
space. Materials provided.

## MEMBERSHIP

### Residents

Saint-Laurent residents and property owners of Montréal  
FREE

### Business community

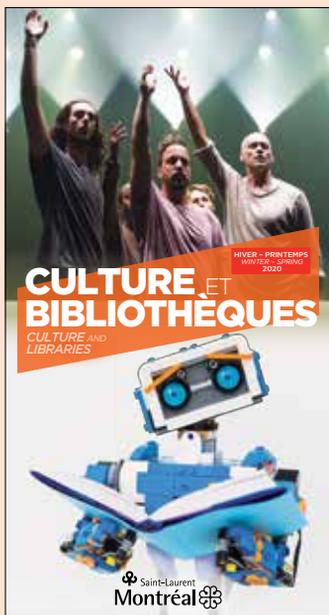
Owner, occupant of a business place of Montréal  
FREE

### 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 |



## PROGRAM

Consult the *Culture and Libraries publication* available at all municipal buildings and online at [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)



[bibliotheques.saint.laurent](http://bibliotheques.saint.laurent)  
ArrSaintLaurent

## FREE SERVICES

- Wi-Fi Internet access.
- Une naissance, un livre: Register your infant (under age 1) at the library and get a free baby reading kit.
- Loan of passes to the Centre d'histoire de Montréal, Musée McCord and Musée Stewart.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of musical instruments at the Bibliothèque du Boisé.
- Loan of tablet computers (for use inside the library only).
- Loan of board games, CDs, DVDs, Blu-Rays and video games for Xbox One, Xbox 360, PS4, PS3, Wii and WiiU, Nintendo Switch and Nintendo 3DS.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Five work spaces at the Bibliothèque du Boisé. Online reservation: [reservations.saint-laurent.ca](http://reservations.saint-laurent.ca).
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4753
- Loan of wheelchair.



## ONLINE RESOURCES

[bibliomontreal.com](http://bibliomontreal.com)

- **Digital catalogue**  
Directory containing all of the collections found in Montréal libraries. Online reservations and management of the subscriber file.
- **Digital library**  
E-books, newspapers, magazines, news reports, 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 RENTAL

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

Information on rates and reservation terms: 514 855-6110, ext. 3

# GENERAL INFORMATION



Photo: Olivier Blouin

## COMPLEXE SPORTIF



2385, boulevard Thimens  
H4R 1T4

📞 514 855-6110, ext. 5

🚇 Métro Côte-Vertu / 🚌 171

### SCHEDULE

#### Regular

From Sept 8 to June 24  
Mon to Sun 5:30 to 0:30 a.m.

#### Summer

June 25 to Labour Day  
Mon to Fri 6:30 to 0:30 a.m.  
Sat and Sun 7:30 a.m. to 5:30 p.m.

#### RECEPTION COUNTER

Mon to Fri 8:30 a.m. to 8:30 p.m.  
Sat and Sun 8:30 a.m. to 4:00 p.m.

Closed on Apr 10, 12 and 13, May 18 and Sept 7.



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



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



[twitter.com/ArrSaintLaurent](https://twitter.com/ArrSaintLaurent)

Photo: Olivier Blouin



## SERVICES

- 25-metre swimming pool
- Classroom
- Free parking
- Gymnastics palestra
- Healthy restaurant
- Indoor soccer field
- Lockers with stalls and individual showers
- Multipurpose room
- Nursing room
- Recreational swimming pool
- Rest area
- Single gymnasium
- Training room
- Wi-Fi Internet access

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### Universal accessibility

All of the sports facilities comply with the principles of universal accessibility.




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### Rental of sports venues, and children's parties

Certain time slots are available for the rental of sports venues and for children's parties.

Soccer field, gymnasium, multipurpose rooms and children's parties:  
☎ 514 855-6110, ext. 4609

Swimming pool rental:  
☎ 514 855-6110, ext. 4878

# SUMMER CAMPS



## GENERAL INFORMATION

Registration Information is available at the Centre des loisirs, Complexe sportif and at the following address: **ville.montreal.qc.ca/saint-laurent/daycamps**

The conditions for transfers and refunds are explained on page 5 in the "Refunds and cancellations" section.

All families eligible for financial assistance must bring their supporting documents to the Centre des loisirs or Complexe sportif and allow a period of 48 hours for their file to be reviewed.

### Schedule:

Mon to Fri  
9 a.m. to 4 p.m.  
June 22 to August 14

### Family rates:

A \$10 discount upon registering a second child from the same family, and \$20 for the third.

### REGISTRATION

Now via Loisirs Montréal  
**loisirs.montreal.ca**

### Information:

514 855-6110

### DAYCARE SERVICE

Centre des loisirs or  
Complexe sportif

Mon to Fri  
7:15 to 9 a.m. and 4 to 6 p.m.  
June 22 to Aug 21

\$30 / child / week



CAMP DE JOUR  
MUNICIPAL  
CONFORME

2020

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

## LIST OF CAMPS

## Ages 5 and 6

**Camp explorateurs**

Centre des loisirs  
\$122 / week

## Ages 7 to 11

**Camp aventuriers**

Centre des loisirs  
\$122 / week

**Artistic camp**

Centre des loisirs  
\$142 / week

**Science camp**

Centre des loisirs  
\$142 / week

**Sports camp**

Complexe sportif  
\$152 / week

## Ages 12 to 16

**Teen camp - Outings  
(6 weeks out of 8)**

Complexe sportif  
\$152 / week

**Teen camp - Expeditions  
(2 weeks out of 8)**

Complexe sportif  
\$162 / week

## Ages 14 to 16

**Diplôme d'aptitude aux fonctions  
d'animateur (DAFA)  
(including internship)**

Permanent certification recognized by the Association des camps du Québec. Participants are taught the knowledge and skills required to work as summer camp monitors.

**Location:** Centre des loisirs

Length: 4 weeks / mandatory presence / June 29 to July 24 / \$500: 4 weeks / 33 hours of theoretical training and a practical training course in animation of 35 hours

DAFA 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.

**Extra week**

Centre des loisirs  
Mon to Fri / 9 a.m. to 4 p.m. / Aug 17 to 21 / Ages 5 to 12 / \$152

**Gymnastics camp**

See page 37.

**Soccer camp**

See page 41.

## PLAYGROUNDS



Activities and entertainment all summer long for children ages 6 to 12 in Alexis-Nihon, Beaulac, Cousineau, Gohier, Noël-Nord, Painter, Poirier and Saint-Laurent parks.

Free regular activities and reasonably-priced outings. Program available in the parks.

**Animation**

Free / June 22 to Aug 13 / Mon to Thu 1:15 to 8 p.m.

**Information:** 514 855-6110



**General information:**  
514 855-6110, ext. 3

## **CERCLE DE FERMIERES DE SAINT-LAURENT** Ages 14 +

**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.

Annual membership: \$32

**Information:**  
Annie-Roche Groult, 514 583-7345

**Craft workshop**  
Wed 1 to 4 p.m. / March to June /  
Free for members

**Weaving workshop**  
Thu 1:30 to 3:30 p.m. / March to June /  
Free for members (\$5 non-members)

Thu 7 to 9 p.m. / March to June /  
Free for members (\$5 non-members)

## **CULTURAL WORKSHOPS**

### **ADULTS** Ages 18 +

**Location:** Centre des loisirs, unless otherwise indicated

Participants will have to purchase materials for certain workshops.

**SESSION**  
**Spring:** Apr 6 to June 1<sup>st</sup> unless otherwise indicated (break on Apr 12 and 13 and May 18)

**REGISTRATION**  
**Spring:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on March 11.

**Spring**



**3D cutting / Évelyne Singer**  
Sun 9 a.m. to 4 p.m. / Apr 19 and  
May 24 / \$30

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

**Cake decorating** / *Martha Garzon*  
Sat or Sun 1 to 3:30 p.m. / Apr 19,  
May 17, 24 and 31, and June 6 and 13 /  
\$80

**Calligraphy** / *Réal Colletterte*  
Mon 1 to 3:30 p.m. / \$80

**Contemporary painting I and II  
(acrylic)** / *Svetla Velikova*  
Wed 9:30 a.m. to 12 p.m. / \$90  
Wed 1 to 3:30 p.m. / \$90

**Contemporary painting II and III  
(acrylic)** / *Svetla Velikova*  
Fri 9:30 a.m. to 12 p.m. / \$90

**Contemporary painting I and II -  
Mixed techniques** / *Svetla Velikova*  
Sat 9:30 a.m. to 12 p.m. / \$90

**Contemporary painting III - Mixed  
techniques** / *Svetla Velikova*  
Thu 1 to 3:30 p.m. / \$90

**Crochet - Knitting** / *Lucie Carmel*  
Tue 6:30 to 9 p.m. / \$75

**Drawing - Observation I and II /  
Svetla Velikova**  
Mon 9:30 a.m. to 12 p.m. / \$95

**Drawing and acrylic painting  
I and II** / *Svetla Velikova*  
Sun 10 a.m. to 12:30 p.m. / \$95

**Drawing and modeling II - Live  
models** / *Svetla Velikova*  
Mon 1 to 3:30 p.m. / \$95  
Additional cost for live models

**Drawing and modeling -  
Long poses with live models** /  
*Svetla Velikova*  
Mon 6:30 to 9 p.m. / \$95  
Additional cost for live models

**Icon - Egg tempera** / *Svetla Velikova*  
Thu 9:30 a.m. to 12 p.m. / \$90

**Icon - Traditional and modern egg  
tempera** / *Svetla Velikova*  
Wed 6:30 to 9 p.m. / \$90

**Oil painting I and II** / *Areg Elibekian*  
Tue 7 to 9:30 p.m. / \$90  
Wed 7 to 9:30 p.m. / \$90  
Sat 9:30 to 12 p.m. / \$90

**Oil painting II and III** / *Areg Elibekian*  
Thu 1:30 to 4 p.m. / \$90

**Oil painting III** / *Areg Elibekian*  
Tue 1:30 to 4 p.m. / \$90  
Wed 9:30 to 12 p.m. / \$90

**Patchwork** / *Céline Arcand*  
Sat 1 to 3:30 a.m. / \$80

**Patchwork: decorative article** /  
*Céline Arcand*  
Fri 9:30 a.m. to 12 p.m. / \$80

**Pottery, modeling, turning,  
ceramics** / *Francine Gauthier*  
Mon 2 to 4:30 p.m. / \$100  
Mon 6:30 to 9 p.m. / \$100  
Tue 10 a.m. to 12:30 p.m. / \$100  
Tue 2 to 4:30 p.m. / \$100 - New  
Tue 6:30 to 9 p.m. / \$100

**Pottery, modeling, turning,  
ceramics (advanced)** /  
*Francine Gauthier*  
Sat 9:30 a.m. to 12 p.m. / \$100

**Scrapbooking** / *Corine Cariminot*  
Tue 1 to 3:30 p.m. / \$80

**Sewing** / *Corine Caraminot*  
Tue 9:30 a.m. to 12 p.m. / \$80  
Wed 1 to 3:30 p.m. / \$80  
Wed 7 to 9:30 p.m. / \$80  
Sat 9:30 a.m. to 12 p.m. / \$80

**Silk painting** / *Valérie Gruia*  
Sun 9 a.m. to 4 p.m. / Apr 19 and  
May 3 / \$30

**Stained glass** / *Stéphanie Aghbachian*  
Tue 1:30 to 4 p.m. / \$80  
Tue 7 to 9:30 p.m. / \$80  
Wed 1:30 to 4 p.m. / \$80  
Thu 9:15 to 11:45 a.m. / \$80  
Thu 7 to 9:30 p.m. / \$80

**Stained glass - fusion** /  
*Stéphanie Aghbachian*  
Wed 7 to 9:30 p.m. / \$80  
Fri 1:30 to 4 p.m. / \$80

**Stone carving** / *Vasil Nikov*  
Wed 1:30 to 4 p.m. / \$80  
Wed 5:30 to 8 p.m. / \$80

**Yoga (bilingual)** / *Ghislaine Bayade*  
Participants must bring their yoga mat.  
1 / week: \$75  
2 / week: \$120

Mon 6:15 to 7:40 p.m.  
Wed 6:15 to 7:40 p.m.

**Yoga lunch break** / *Florence Say or  
Xavier Tesserot\**  
Participants must bring their yoga mat.  
1 / week: \$50  
2 / week: \$75  
3 / week: \$120

Mon 12:05 to 12:55 p.m.\*  
Wed 12:05 to 12:55 p.m. (relaxation)  
Fri 12:05 to 12:55 p.m.

**Watercolour contemporary** /  
*Valérie Gruia*  
Wed 1 to 3:30 p.m. / \$90

**Watercolour and preparatory  
drawing** / *Valérie Gruia*  
Thu 9:30 a.m. to 12 p.m. / \$90  
Fri 1 to 3:30 p.m. / \$90

**Watercolour I and II** / *Valérie Gruia*  
Tue 9:30 a.m. to 12 p.m. / \$90  
Thu 7 to 9:30 p.m. / \$90

**Watercolour II and III / Valérie Gruia**

Tue 1 to 3:30 p.m. / \$90  
Wed 7 to 9:30 p.m. / \$90

**Watercolour III - Creativity and expression / Valérie Gruia**

Thu 1 to 3:30 p.m. / \$90

**Wood carving / Rémi Richard**

Tue 1:30 to 4 p.m. / \$80  
Tue 7 to 9:30 p.m. / \$80

**Summer**



**NEW -**

**Outdoor watercolour / Valérie Gruia  
Parc Caron**

June 9, 16 and 30 /  
Tue 10 a.m. to 4 p.m.  
Bring your lunch / \$30 per day /  
Equipment not provided.

**YOUTH**

**Ages 6 to 17**

**Location:** Centre des loisirs, unless otherwise indicated

**SESSION**

**Spring:** Apr 6 to June 1<sup>st</sup> unless otherwise indicated (break on Apr 12 and 13 and May 18)

**REGISTRATION**

**Spring:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on March 11.

**Ages 6 to 8**

**Cartoon drawing / Pierre Bourgoin**

Sat 10 a.m. to 12 p.m. / \$40

**Drawing and painting / Carolle**

*Dubuc\* or Areg Elibekian*  
Sun 10 a.m. to 12 p.m. / \$50  
Sun 1 to 3 p.m. / \$50\*  
Sun 1 to 3 p.m. / \$50

**Theatre / Évelyn Laniel**

Sun 10 to 11:30 a.m. / \$40

**Ages 6 to 12**

**Chess level I / Raphael Nunez**

Sat 1 to 2 p.m. / \$30

**Chess level II / Raphael Nunez**

Sat 2 to 3 p.m. / \$30

**Chess (advanced) / Raphael Nunez**

*or Seymour Gelet\**  
Sat 3 to 5 p.m. / \$50  
Sat 3 to 5 p.m. / \$50\*

**Drawing, pottery, modeling /**

*Francine Gauthier*  
Sat 1 to 3 p.m. / \$50  
Sun 10 a.m. to 12 p.m. / \$50  
Sun 1 to 3 p.m. / \$50

**Yoga / Ghislaine Bayade**

**NEW LOCATION:**

Centre communautaire Painter  
Thu 5 to 6 p.m. / \$40  
Participants must bring their yoga mat.

**Ages 7 to 12**

**Petits marmitons / Mariette Cadieux**

Participants must bring four containers.  
Sat 10 a.m. to 12 p.m. / \$50  
Sat 1 to 3 p.m. / \$50

**Ages 9 to 12**

**Theatre / Évelyn Laniel**

Sun 1 to 3 p.m. / \$40



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

**Ages 9 to 14**

**Acrylic painting** / *Carolle Dubuc*  
Fri 7 to 9 p.m. / \$50

**Cartoon drawing - Manga /**

*Pierre Bourgoïn*

Sat 1 to 3 p.m. / \$40

Sat 3:30 to 5:30 p.m. / \$40

**Water painting** / *Carolle Dubuc*

Sam 1 to 3 p.m. / \$50

**Ages 10 to 17**

**Oil painting** / *Areg Elibekian*

Thu 7 to 9 p.m. / \$50

Fri 7 to 9 p.m. / \$50

Sam 1 to 3 p.m. / \$50

**Pottery, modeling, turning /**

*Francine Gauthier*

Fri 6:30 to 8:30 p.m. / \$50

**Ages 13 to 17**

**Creative cooking** / *Mariette Cadieux*

Participants must bring four containers.

Fri 7 to 9 p.m. / \$50

**Sewing - Family /** *Corine Caraminot*

Fri 7 to 9 p.m. / \$40

Parents are welcomed.

Registration: \$40

**Stained glass - Family /**

*Stéphanie Aghbachian*

Fri 7 to 9 p.m. / \$50

Parents are welcomed.

Registration: \$50

**Theatre /** *Évelyne Laniel*

Sun 3:30 to 5:30 p.m. / \$40

**Watercolour - Introduction and exploration /** *Valérie Gruia*

Fri 6:30 to 8:30 p.m. / \$50

**ASSOCIATION DES ARTISTES DE SAINT-LAURENT (PAINTING)**

The Association des artistes de Saint-Laurent is an organization comprising some fifty artists-painters. New members are selected by the beginning of April.

**Information:**

Marcel Daoust  
contact@artsaintlaurent.ca  
artsaintlaurent.ca

**DANCE****SOCIAL DANCING CLUB  
LES LAURENTIENS****Ages 18 +**

(Couples only)

**Location:** Centre des loisirs

Courses and evenings organized during the year.

**Dances taught**

Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot, paso doble, rock'n'roll, salsa, tango and Zorba.

**Information:**

514 855-6110, ext. 4646

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

[cdsleslaurentiens@hotmail.com](mailto:cdsleslaurentiens@hotmail.com)

**IMPULSE DANCE STUDIO****All ages**

**Location:** Centre des loisirs

**SESSION**

**Spring:** May 2 to June 5

(cancelled from March 2 to 6)

**REGISTRATION**

Online on [loisirs.montreal.ca](http://loisirs.montreal.ca)  
from Apr 5 to 20.

In person at the Centre des loisirs,  
on Apr 22, at 6 p.m.

**Courses**

Contemporary, modern jazz, ballet, tap dance, hip-hop, baladi, creative dance, parent-child and Brazilian samba.

**Detailed programming:**

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

**Information:**

514 855-6110, ext. 4998

[studiodedanseimpulse@hotmail.com](mailto:studiodedanseimpulse@hotmail.com)

[facebook.com/studiodedanseimpulse](https://facebook.com/studiodedanseimpulse)

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

## EXHIBITIONS

### CENTRE DES LOISIRS

1375, rue Grenet



#### CITIZEN EXHIBITION

To submit an exhibition project to the Centre des loisirs in 2020-2021, refer to the procedure at the following address: [ville.montreal.qc.ca/saint-laurent/expocitoyenne](http://ville.montreal.qc.ca/saint-laurent/expocitoyenne)

#### For all

##### Participants in multidisciplinary workshops - Adults

Mon to Sun 8:30 a.m. to 9 p.m. /  
Feb 29 to March 15 / Varied works

##### Association des photographes de Saint-Laurent (APSL)

Mon to Sun 8:30 a.m. to 9 p.m. /  
March 21 to Apr 5 / Photography

##### Participants in the oil painting workshops

Mon to Sun 8:30 a.m. to 9 p.m. /  
Apr 11 to 26 / Painting

##### Exhibition - École Enfant-Soleil

Mon to Sun 8:30 a.m. to 9 p.m. /  
May 23 to June 7 / Varied works



### MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

The Museum will be temporarily closed for renovations in March, April and May.

615, avenue Sainte-Croix  
Saint-Laurent, H4L 3X6  
514 747-7367  
[www.mmaq.qc.ca](http://www.mmaq.qc.ca)

#### SCHEDULE

##### General public:

Tue to Sun, 10 a.m. to 5 p.m.

##### Groups by reservation:

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

##### Rates:

Adults \$8  
Senior \$6  
Students \$5  
Family rate \$16 (maximum 2 adults)

##### Free:

For children under 6 years of age, at any time.

For everyone at exhibition openings and on the first Sunday of each month.

#### EVENT

Saturday, June 20, 2020

Official opening of the new permanent exhibition with a special day of activities for the general public from 10 a.m. to 5 p.m. and an evening event from 7 to 11 p.m. featuring musical and artistic presentations.

Free admission

## EXHIBITIONS

#### *New permanent exhibition:* **Objets témoins, la grande histoire des métiers d'art au Québec**

As of June 20

#### **Trois siècles de céramique au Québec** July 10 to Sept 2

#### **Carole Frère, Histoires de récits** **A retrospective: 24 years of creation** July 31 to Oct 4

#### **Vibrations sur fibres** **Paulette-Marie Sauvé, textile arts,** **1972-2020 retrospective** Sept 12 to Oct 25

#### **Voix communes - un dialogue créatif** Presented by CARI and LatinArte Oct 10 to 25

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



## PRESCHOOL CENTRE

### Ages 0 to 5

**Location:** Centre des loisirs

Children must have reached the minimum age required at the beginning of the activity. Proof of age is required at registration.

Children with diapers are admitted only to workshops where parents are present.

#### SESSION

**Spring:** March 28 to May 22

#### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), starting on March 10.

\*The presence of an adult is mandatory.

\*\*Courses on Monday, May 18 will be resumed on Tuesday, May 19.

#### Future moms

##### Pre-natal yoga

Mon\*\* 7 to 8 p.m. / \$45

#### 0 to 12 months\*

##### Danse with baby

Mon\*\* 12:30 to 1:30 p.m. / \$45

Bring your baby carrier

##### Fitness with baby

Fri 1 to 2 p.m. / \$45

##### Sensory awareness with baby

Wed 10 a.m. to 12 p.m. / \$60

Thu 10 a.m. to 12 p.m. / \$60

##### Yoga with baby

Mon\*\* 1:30 to 2:30 p.m. / \$45

Wed 1 to 2 p.m. / \$45

#### 12 to 36 months\*

##### Sounds and rhythms

Fri 9 to 11 a.m. / \$60

##### Marionettes

Tue 9 to 11 a.m. / \$60

#### 1 to 3 years old\*

##### Musical game

Sat 9 to 9:45 a.m. / \$45

Sat 10 to 10:45 a.m. / \$45

Sat 11 to 11:45 a.m. / \$45

##### Mini-circus

Sun 9 to 9:45 a.m. / \$45

Sun 10 to 10:45 a.m. / \$45

Sun 11 to 11:45 a.m. / \$45

#### 1 to 5 years old\*

##### Crazy Sunday / April 26 / Green thumb

Sun 10:30 a.m. to 12 p.m. / \$12

#### 18 to 36 months\*

##### Acrobats

Mon\*\* 9 to 11 a.m. / \$60

#### 4 and 5 years old

##### Arts and crafts

Sat 10 a.m. to 12 p.m. / \$60

Sat 1 to 3 p.m. / \$60

##### Mini-circus

Sun 1 to 3 p.m. / \$60

# PROGRAM FOR ADULTS

**Ages 50 +**

## CARREFOUR DES AÎNÉS

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

Mandatory membership card: \$10 (NR \$15)

### SESSION

March 16 to May 7 (break on Apr 13)

### REGISTRATION

In person at the Centre des loisirs on Feb 24 and 26, from 8:30 a.m. to 4 p.m.

### Office hours until May 14:

Mon and 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  
<http://carrefour-aines.jimdo.com>

### Bingo

Tue 1 to 4 p.m. / 1\$ / card

### Bridge

Thu 1 to 5 p.m. / Free

### Board games

Mon to Sun 9 a.m. to 9:30 p.m. / Free

### Line dance

\$25: session (NR \$30)

### Beginners:

Courses: Mon 2:45 to 4:15 p.m.  
Rehearsal: Wed 1 to 2:30 p.m.

### Advanced:

Courses: Mon 1 to 2:30 p.m.  
Rehearsal: Wed 2:45 to 4:15 p.m.

### Petanque

Tue 1:30 to 4 p.m. / At the Boulodrome year-round except in the summer (Parc Gohier) from May to Aug / Free

### Physical activities

Mon and Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. / \$25: session (NR \$30)

### Pool and table tennis

Mon 8 a.m. to 9:30 p.m. / Tue to Fri 8 a.m. to 6 p.m. / Sat 8 a.m. to 3 p.m. / Sun 8 a.m. to 9:30 p.m. / Free

### Shuffleboard

Thu 1 to 4 p.m. / Free

### Stretching

Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. / \$25: session (NR \$30)



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



## PROGRAM FOR FALL PREVENTION P.I.E.D.

**Ages 65 +**

 **FREE**

**Location:** Centre des loisirs

Offered by the CIUSSS du Nord-de-l'Île-de-Montréal

### SESSION

March 30 to June 10  
(break on Apr 13 and May 18)

Mon 2:30 to 4 p.m. and  
Wed 3:15 to 4:15 p.m.

Intensive course to improve balance and leg strength.

### Information:

514 331-2572, ext. 4479

## PROGRAM FOR PERSONS WITH DISABILITIES

**Ages 30 +**

**Location:** Centre des loisirs

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

### Regular activities

Wed 9 a.m. to 3 p.m. / March 9 to June 5 / \$7 / membership card

### Recreational outings

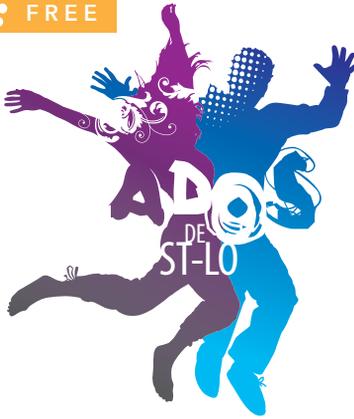
Wed 9 a.m. to 4 p.m. / July and Aug / Admission fees vary according to event

### Information:

Thérèse Deschatelets  
514 337-2007, ext. 4303  
514 855-6110, ext. 4937

## PROGRAM FOR YOUTH

 FREE



### ADOS DE ST-LO

#### • Activities in the parks

**Locations:** Cousineau, Hartenstein, Painter, and Noël-Nord parks

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

#### SESSION

June 11 to Aug 13

#### Basketball and urban activities

Cousineau, Painter and Noël-Nord parks

#### Soccer and urban activities

Hartenstein, Painter and Noël-Nord parks

#### SCHEDULE

June 11 to 19 / Thu and Fri 6 to 9 p.m.  
June 22 to Aug 13 / Tue to Sat 4:30 to 10 p.m.

**Information:** 514 855-6110

#### • Activities at Centre communautaire Painter

Friendly gatherings for participants aged 12 to 17. Variety of cultural and sports activities.

#### SESSION

Jan 17 to May 17

#### REGISTRATION

In person at the Centre communautaire Painter during hours of operation. Piece of identification required. Free annual membership.

Fri 6:30 to 9 p.m. / Sat 4 to 9 p.m. /  
Sun 5 to 9 p.m. / Table tennis, baby foot, board games, video games, and movie nights

**Information:** 514 855-6110

#### • Teen sports at Complexe sportif

Sports and cultural activities for youths aged 12 to 17.

#### SESSION

**Spring:** Jan 13 to May 17

#### Basketball

Wed 4 to 6 p.m. / Thu 3:30 to 6:30 p.m. / Sat 3:30 to 4:30 p.m. /  
Sun 2 to 4 p.m. / Gym

#### Boxing

Fri 3 to 5 p.m. / Multipurpose room

#### Dance

Mon 3:30 to 5:30 p.m. / Multipurpose room

#### Soccer

Fri 4 to 6 p.m. / Sat 4:30 to 6 p.m. /  
Soccerplexe

#### Training session

Sun 12 to 2 p.m. / Training room /  
Limited places

#### REGISTRATION

With the animators during the hours of activities. Piece of identification required. Free membership.

**Information:** 514 855-6110

### L'UNITÉ 12 -17

**Location:** Centre des loisirs

#### SESSIONS

**Spring:** Jan 7 to June 13

**Summer:** June 30 to Aug 15

Open recreational sports and cultural activities for high-school students aged 12 to 17.

Video games, music studio, movies, table football, table tennis and more.

#### REGISTRATION

In person during opening hours. Identification required.

#### SCHEDULE

##### Spring:

Tue to Thu 3:30 to 9 p.m. /  
Fri and Sat 3:30 to 9:30 p.m.

**Summer:** Tue to Sat 4:30 to 9:30 p.m.

**Information:** 514 744-1239





## AQUATIC ACTIVITIES

- Aquafitness classes
- Artistic swimming
- Introduction to competitive swimming (summer)
- Introduction to diving (summer)
- Introduction to water polo (summer)
- Open swim
- Masters swimming
- Swimming lessons for children and adults
- Water-polo

## LOCATIONS

### Spring:

Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent

### Summer:

Pools, wading pools and splash pads located at Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

Splash pads located at Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks

*Schedules may change without notice.*

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

## Open swim 6 months +

Children under age 8 may not enter the swimming pool alone. Chaperone ratios are determined according to age, ability and the use of flotation equipment. Staff may ask to see a piece of ID at any time. An ID card is needed to borrow a swim flotation belt or personal flotation device (PFD).

Swim diapers are permitted only at the recreational pool at the Complexe sportif and at the YMCA Saint-Laurent pool. They are prohibited at outdoor swimming pools and in the 25 m swimming pool inside the Complexe sportif.

The indoor pool at the Complexe sportif and the outdoor pool at Parc Bourbonnière are accessible to people with reduced mobility.

### COMPLEXE SPORTIF

#### AGES

**Recreational pool:** 6 months +  
**25-metre swimming pool:** 2 years +

#### SESSIONS

**Spring:** March 28 to June 21  
(break on March 26, Apr 10, 12 and 13, May 2, 3, 18, June 2, 4, 9 and 11 in the evening, and June 13 and 14)

**Summer:** Pools closed for maintenance.

#### RATES

##### Resident memberships

|           |           |      |
|-----------|-----------|------|
| 3 and –:  | Free      |      |
| 17 and –: | 6 months  | \$18 |
|           | 12 months | \$28 |
| 18 to 54: | 6 months  | \$26 |
|           | 12 months | \$40 |
| 55 and +: | 6 months  | \$18 |
|           | 12 months | \$28 |

##### Single entry fee

|           |              |
|-----------|--------------|
| 3 and –:  | Free         |
| 17 and –: | \$2 (NR \$3) |
| 18 to 54: | \$3 (NR \$4) |
| 55 and +: | \$2 (NR \$3) |

#### Schedule:

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

**Information:** 514 855-6110

### YMCA SAINT-LAURENT



#### AGES:

6 months + (swimming pool)

#### Rates:

Free for Saint-Laurent Carte biblio-loisirs holders.

#### Schedules:

[www.ymcaquebec.org/fr/Trouver-un-Y/YMCA-Saint-Laurent/A-l-horaire](http://www.ymcaquebec.org/fr/Trouver-un-Y/YMCA-Saint-Laurent/A-l-horaire)

#### An ID card is required for free swim:

Carte biblio-loisirs de Saint-Laurent, Carte Accès Montréal or YMCA du Québec member card.

#### Information:

YMCA du Québec  
514 747-5353

### PARKS



#### Pools, wading pools and splash pads:

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

#### AGES

**Wading pools:** 10 years –  
**Swimming pools:** 2 years +  
**Splash pads (only):** For all

#### SESSIONS

##### Summer:

June 13 to Aug 22  
(break on Aug 16 at Parc Bourbonnière)

##### Extension:

Aug 23 to 31  
Pool and wading pool located at Parc Bourbonnière

#### Schedules:

Posted in the respective parks and at [loisirs.montreal.ca](http://loisirs.montreal.ca).

**Information:** 514 855-6110

#### Splash pads without supervision:

Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks

#### AGES

For all

#### SESSION

June 13 to Sept 7

**Schedule:** 8:30 a.m. to 9 p.m.

**Information:** 514 855-6110

## Swimming lessons Ages 6 months +

### LOCATIONS

**Spring:** Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent

**Summer:** Pools located at Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

### ACTIVITIES

Swimming instruction program based on the Canadian Red Cross learn-to-swim program consisting of several levels according to age and ability offering continuous acquisition of skills and knowledge:

- Preschool program for children 5 years old and under, made up of 4 different parented levels and 4 different unparented levels.
- Kids program for children 6 to 12 years old, made up of 10 different levels.
- Teen and adult program for participants 12 years old and older, made up of 2 to 3 different levels.

### AGES

#### Children:

Complexe sportif and YMCA Saint-Laurent: 6 months +  
Cégep de Saint-Laurent and outdoor swimming pools: 2 years +.

#### Teenagers and adults:

12 years +

### SESSIONS

**Spring:** Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent  
As of March 28 (break on Apr 10, 11 [except Complexe], Apr 12 and 13, May 2 [except Cégep], May 3 [except Cégep and YMCA], May 9 [except Complexe and Cégep] and May 18)

**Summer:** Pools in Bourbonnière, Decelles, Hartenstein, Painter and Saint-Laurent parks

Mon to Fri, mornings  
Session 1: June 22 to July 3  
Session 2: July 13 to 24  
Session 3: Aug 3 to 14

Pools in Chamberland, Marlborough and Noël-Nord parks  
Sat and Sun, mornings  
Session 1: June 20 to July 12  
Session 2: July 25 to July 16

Pool in Parc Saint-Laurent  
Mon and Wed, evenings  
Session 1: June 23 to July 16  
Session 2: July 28 to Aug 20

### REGISTRATION

For all online at [loisirs.montreal.ca](http://loisirs.montreal.ca) on the following dates:

#### Spring:

March 22, starting at 2:30 p.m., to March 25

#### Summer:

Mon to Fri, mornings:  
Bourbonnière, Decelles, Hartenstein, Painter and Saint-Laurent parks

- Session 1: June 14, starting at 8.30 a.m., to June 17
- Session 2: July 5, starting at 8:30 a.m., to July 8
- Session 3: July 26, starting at 8:30 a.m., to July 29

Sat and Sun, mornings:  
Chamberland, Marlborough and Noël-Nord parks

- Session 1: June 14, starting at 8.30 a.m., to June 17
- Session 2: July 20, starting at 6:30 p.m., to July 24

Mon and Wed, nights:  
Parc Saint-Laurent

- Session 1: June 14, starting at 8.30 a.m., to June 17
- Session 2: July 20, starting at 6:30 p.m., to July 24

Participants must know which level to register for prior to registration and are responsible for monitoring the number of times they register.

### RATES

#### Spring:

Children: \$60 / 30 to 60 min / once a week (depending on level)  
Adults and teenagers: \$70 / 60 min / once a week

#### Summer:

Children: \$40 / session  
Adults and teenagers: \$70 / session

### Schedules:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) the day before the first registration date of each session.

Bring the registration receipt and progress booklet (if applicable) to the first class.

**Information:** 514 855-6110

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



## Aquafitness Ages 18 +

### LOCATIONS

**Spring:** Complexe sportif - Recreational and 25-meter pools

**Summer:** Parcs Decelles and Marlborough pools

### ACTIVITIES

#### Spring

**Specialized courses:** Aqua cardio, aqua spinning, aqua jogging, aqua combo and aqua stroller

**Regular courses:** Aquafitness, advanced aquafitness, membership, prenatal

#### Summer

**Regular courses:** Aquafitness

### SESSIONS

**Spring:** Complexe sportif  
To be confirmed

(break on Apr 10, 12 and 13, May 2 [except Cégep], May 3 [except Cégep and YMCA] and May 18)

#### Summer:

June 22 to Aug 20

### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) on the following dates:

#### Spring:

Starting on March 22, at 8:30 a.m., and throughout the semester according to available places at the same rate.

#### Summer:

Starting June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

#### Schedules:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) the day before the first registration date of each session.

## Introduction to competitive swimming Ages 6 to 14

**Locations:** Pools located at Bourbonnière, Noël-Nord and Saint-Laurent parks

### SESSION

June 22 to Aug 20

### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

#### Prerequisites:

Must be able to perform the swimming styles and skills described in the Red Cross Swim Kids or equivalent, level 4 and higher program.

#### Rates:

\$25 (\$10 discount if registering the same child for Introduction to diving, or for the other children in the same family).

#### Schedules:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) the day before the first registration date.

**Information:** 514 855-6110

## Introduction to diving Ages 6 +

**Locations:** Bourbonnière and Noël-Nord parks

### SESSIONS

**Session 1:** 22 June to 17 July

**Session 2:** 20 July to Aug 14

### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

### Prerequisites:

Must be able to perform the swimming styles and skills described in the Red Cross Swim Kids or equivalent, level 2 and higher program.

**Rates:** \$25 (\$10 discount if registering the same child for Introduction to diving, or for the other children in the same family).

### Schedule:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) the day before the first registration date.

**Information:** 514 855-6110

## Introduction to mini polo Ages 6 to 12

**Locations:** To be confirmed

### SESSION

To be confirmed

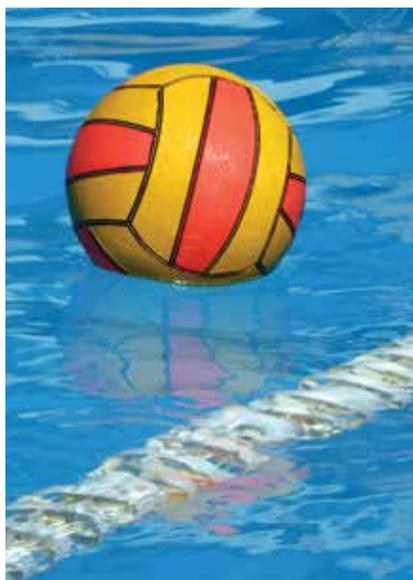
### REGISTRATION

To be confirmed

**Rates:** To be confirmed

**Schedule:** To be confirmed

**Information:** 514 855-6110



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



## Aquatika Outdoor aquatic summer festival for all

**Location:** Parc Bourbonnière

**Date:** Aug 16

**Schedule:** 1:30 to 6:30 p.m.

The regular pool and wading pool schedule will be modified on this date.

**Information:** 514 855-6110

## Master's swim club Ages 18 +

Offered by the Club des maîtres-nageurs de Saint-Laurent, in partnership with the Borough of Saint-Laurent.

### LOCATIONS

**Spring:** Complexe sportif and Cégep de Saint-Laurent

**Summer:** Pools located at Bourbonnière, Decelles and Hartenstein parks

### SESSIONS

**Spring:** Complexe sportif: ongoing until June 11

Cégep de Saint-Laurent: ongoing until May 28  
(break on Apr 12 and 13, May 18)

**Summer:** Parc Bourbonnière: June 13 to 18 and Aug 24 to 27

Parc Decelles: June 22 to Aug 20

Parc Hartenstein: June 17 to Aug 20

**REGISTRATION**

In person at the pool, according to the practice schedule. At the registration, swimmers must pay insurance premiums to the Federation.

**Prerequisites:**

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.

**SCHEDULES****Spring:**

Complexe sportif:

Mon 7:15 to 8:30 p.m.

Tue and Thu 6 to 7:15 a.m.

Wed 7:30 to 8:45 p.m.

Sat 6:45 to 8 a.m. (Sat, May 2 only:

Cégep de Saint-Laurent 7 to 8:15 a.m)

Sun 7 to 8:15 p.m (Sun, May 3 only:

Cégep de Saint-Laurent)

Tue, June 2 and 9 / 7:30 to 9 p.m.

(20-metre lanes)

Thu, June 4 and 11 / 7:30 to 9 p.m.

(20-metre lanes)

Cégep de Saint-Laurent:

Tue and Thu 7:30 to 9 p.m.

**Summer:**

 FREE

Parc Bourbonnière:

Sat, June 13 / 8 to 9:30 a.m.

Mon, June 15 and Thu, June 18 /

8:15 to 9:30 p.m.

Mon, Aug 24 and Thu, Aug 27 /

7:15 to 8:30 p.m.

Parc Decelles:

Mon 8:15 to 9:30 p.m.

Parc Hartenstein:

Wed 7:15 to 8:15 p.m.

Sat 8 to 9:30 a.m.

**RATES**

**Spring:** mnstlaurent@gmail.com

**Summer:** Free

**Information:**

Club des maîtres-nageurs

de Saint-Laurent

mnstlaurent@gmail.com

## Artistic swimming

### Ages 5 +

**LOCATIONS**

**Spring:** Complexe sportif

**Summer:** Pool located at Parc Hartenstein

Offered by the Club de nage synchronisée Saint-Laurent, in partnership with the Borough of Saint-Laurent.

**ACTIVITIES**

- Recreational program
- Competitive program
- Adult artistic swimming lessons

**SESSIONS**

**Spring:** Apr 12 to June 20

**Summer:** June 22 to Aug 14

- **Session 1:** June 22 to 3 July

- **Session 2:** July 6 to July 17

- **Session 3:** July 20 to July 31

- **Session 4:** Aug 3 to Aug 14

**REGISTRATION**

**Spring-summer:** March 28, 1 to 5 p.m. at the Complexe sportif.

**PREREQUISITES****Summer:**

- Age 5 to 7: Must be able to swim.
- Ages 8 and over: Must have passed the Canadian Red Cross Swim Kids Level 5 program or the equivalent.

**Summer:**

Must be able to swim 25 meters continuously.

**Rates and schedules:**

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

**Information:**

Club de nage synchronisée

Saint-Laurent

[synchro.saintlaurent@gmail.com](mailto:synchro.saintlaurent@gmail.com)

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

## Water-polo

### Ages 6 to 12 and 18 +

Offered by the Club de water-polo Saint-Laurent, in partnership with the Borough of Saint-Laurent.

**LOCATIONS**

**Spring:** Complexe sportif (18 +) and YMCA Saint-Laurent (6 to 12)

**Summer:** Outdoor pool located at Parc Hartenstein (18+) and other location to be confirmed (6 to 12)

**SESSIONS**

**Spring:** March to May

**Summer:** June to Aug

**Registration, prerequisites, schedules, rates and information:**

Club de water-polo Saint-Laurent

[wpstlaurent@gmail.com](mailto:wpstlaurent@gmail.com)

## BADMINTON - OPEN

**Locations:** LaurenHill Academy Junior Campus and Complexe sportif

### RESERVATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Complexe sportif or the Centre des loisirs.

### Cost:

\$8 / hour per court

### Information:

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



## BASEBALL

**Locations:** Complexe sportif, Cégep de Saint-Laurent, Chamberland, Houde, Petit, Decelles, Cousineau, Noël-Sud and Saint-Laurent parks

### SESSIONS

**Winter:** Jan 12 to March 14

**Spring-Summer:** Mid-May to the end of Aug

### REGISTRATION

#### Spring-summer:

Online starting on Feb 8 on the website [www.baseballstlaurent.com](http://www.baseballstlaurent.com).

Indoor training until mid-March.

**Categories:** Pre Rally Cap to Junior

#### Evaluations and training:

Offered free of charge starting at the end of March to children registered with the Club de baseball Saint-Laurent only.

#### Baseball Carnival:

Baseball activities and information session at the Complexe sportif:  
Sun, March 15, from 9 a.m.

#### Information:

[www.baseballstlaurent.com](http://www.baseballstlaurent.com)  
[info@baseballstlaurent.com](mailto:info@baseballstlaurent.com)



## BASKETBALL

### Indoor activity - open

**Location:** Complexe sportif

### RESERVATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), at the reception counters at the Complexe sportif or the Centre des loisirs.

### Rates:

Parents with children ages 6 to 8 and 9 to 12 / Residents \$2 (NR \$5)  
13 and + / Residents \$3 (NR \$6)  
16 and + / Residents \$5 (NR \$10)

### Information:

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

### Comité de basketball Saint-Laurent

**Location:** Parc Cousineau

The first meeting on May 23 will be held at LaurenHill Junior Campus.

### SESSION

May 23 to Aug 8

### REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

### Information:

[info@basketballstlaurent.com](mailto:info@basketballstlaurent.com)

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

## CHEERLEADING

### Girls - Ages 6 to 12

**Location:** Complexe sportif

#### SESSION

June 29 to Aug 22

#### REGISTRATION

Online at [www.gymslic.com](http://www.gymslic.com) stating on Apr 29 at 10 a.m. In person at the Complexe sportif on May 4, from 4 to 8 p.m.

#### Schedules:

Wed 5:30 to 7 p.m. / 1.5 hrs / week

#### Rates and information:

Club Gymslic Saint-Laurent inc.  
[www.gymslic.com](http://www.gymslic.com)

## FOOTBALL

### Pre-season camps (March-May)

**Location:** Complexe sportif

**Categories:** Titan to Midget

#### Rates, schedules and information:

Association de football amateur de Saint-Laurent  
[www.saintlaurentspartansfootball.com](http://www.saintlaurentspartansfootball.com)

### Regular season - mixed (July-November)

**Location:** Parc Saint-Laurent

**Categories:** Titan to Midget

#### REGISTRATION

For the regular season starting in April.

#### Rates, schedules and information:

Association de football amateur de Saint-Laurent  
[www.saintlaurentspartansfootball.com](http://www.saintlaurentspartansfootball.com)



## GYMNASTICS

### Ages 1 to 14

**Location:** Complexe sportif

#### ACTIVITIES

- Day camp
- Karibou
- Parent-child
- Recreational and competitive

#### SESSION

June 29 to Aug 22

#### REGISTRATION

Online at [www.gymslic.com](http://www.gymslic.com) starting on Apr 29, at 10 a.m.

In person at the Complexe sportif on May 4, from 4 to 8 p.m.

#### Auditions

Recruitment of young girls for the pre-competitive level

**Succession:** Girls born between 2011 and 2015 / March 14 from 9:30 to 11 a.m. / \$10 per child

### Day camps

#### REGISTRATION

Online at [www.gymslic.com](http://www.gymslic.com) starting on Apr 1<sup>st</sup>, at 10 a.m.

In person at the Centre des loisirs on May 4, from 4 to 8 p.m.

Mail-in registration using the Gymslic day camp form available at the Centre des loisirs, the Complexe sportif and at [www.gymslic.com](http://www.gymslic.com).

#### Mail the registration form and payment to:

Club Gymslic Saint-Laurent inc.  
2385, boulevard Thimens  
Saint-Laurent, H4R 1T4

#### Programming, rates and schedules:

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

#### Information:

Club Gymslic Saint-Laurent inc.  
514 748-7707  
[www.gymslic.com](http://www.gymslic.com)

## HOCKEY

### Ages 5 +

Locations to be determined according to the renovations at Aréna Raymond-Bourque.

#### Pre-registration for fall-winter 2020-2021:

Online from late April at [www.hockeystl.com](http://www.hockeystl.com).

#### Information:

Comité de hockey de Saint-Laurent  
[www.hockeystl.com](http://www.hockeystl.com)  
[info@hockeystl.com](mailto:info@hockeystl.com)

### Pre-novice to Junior

5 to 21 / Cost to be determined

### Summer school

#### Registration and information:

[www.hockeystl.com](http://www.hockeystl.com)  
[info@hockeystl.com](mailto:info@hockeystl.com)

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## JUDO

### Ages 5 +

Location: Centre des loisirs

#### SESSIONS

Spring: March 16 to June 6

Summer: June 8 to Aug 3

#### REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

## Recreational

#### Rates:

Spring / \$75

Summer / \$65

Summer-spring / \$120

#### Schedules:

Samourai (ages 5 and 6):

Tue and Thu 6 to 7 p.m. or Wed 6 to 7 p.m. and Sat 9:30 to 10:30 a.m.

Ninjas (ages 7 and 8):

Mon and Fri 6 to 7 p.m.

Mini judo (ages 9 to 12):

Tue and Thu 7:15 to 8:30 p.m.

## Competitive

#### Rates:

Spring / \$85

Summer / \$75

Summer-spring / \$140

#### Schedule:

Mon, Wed and Fri 7:15 to 8:45 p.m.

#### Information:

Club de judo Budokan Saint-Laurent  
[judobudokanstl@gmail.com](mailto:judobudokanstl@gmail.com)  
[judobudokanstl.com](http://judobudokanstl.com)

## Parents-children

### Ages 5 +

#### Rates:

Spring / \$85

Summer / \$75

Summer-spring / \$140

#### Schedule:

Sat 11 a.m. to 12 p.m.

## Fall control course for seniors

### Ages 60 +

#### Rates:

Spring / \$120

Summer / \$100

Summer-spring / \$200

#### Schedule:

Sat 12:15 to 1:15 p.m.



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



## KARATE

### Ages 6 +

**Locations:** LaurenHill Academy Senior Campus and École secondaire Saint-Laurent - Édifice Émile-Legault

#### SESSIONS

**Spring:** Apr 20 to the end of June  
**Summer:** Late June to Aug 29

#### REGISTRATION

**Spring-summer:** In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

#### Rates and schedules:

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

#### Information:

Club de karaté Kio Saint-Laurent  
[www.kiosaintlaurent.com](http://www.kiosaintlaurent.com)  
[info@kiosaintlaurent.com](mailto:info@kiosaintlaurent.com)  
[facebook.com/KioSaintLaurent/](https://facebook.com/KioSaintLaurent/)

## PICKLEBALL

### Ages 16 +

**Location:** Parc Cousineau

#### SESSION

May 25 to Aug 28

#### Rates and schedules:

Residents and members of the Fédération québécoise de pickleball: \$1 per session  
Racket rental: \$5  
The balls are provided by the club.

Mon and Thu 6:30 to 9 p.m.  
Tue, Wed and Fri 9:30 a.m. to 12 p.m.

#### Registration and information:

Club de pickleball de Saint-Laurent  
Henrik Amirian, 438 504-8087  
[www.clubpickleballstl.ca](http://www.clubpickleballstl.ca)

## MINI TENNIS

### For all

**Location:** Complexe sportif

#### RESERVATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), at the reception counters at the Complexe sportif or the Centre des loisirs.

#### Rates:

\$8 / hour per court

#### Information:

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



## PHYSICAL FITNESS

### Ages 16 +

**Locations:** Centre des loisirs, Complexe sportif and Parc Marcel-Laurin

#### SESSIONS

**Spring:** Apr 6 to June 20

**Summer:** June 22 to Aug 29

#### REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

At any time, at the reception counters at Centre des loisirs or Complexe sportif or by mail.

#### Rates:

1 session / \$115

2 sessions / \$220

3 sessions / \$325

4 sessions / \$365

Summer only / \$99

#### Information:

Club de conditionnement physique  
Saint-Laurent inc.  
cdcphvsl@gmail.com

## SOCCER

Offered by the Club de soccer Saint-Laurent, in partnership with the Borough of Saint-Laurent

### Club de soccer Saint-Laurent

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

#### SESSION

Summer

#### REGISTRATION

Online starting on Feb 10 at [www.soccerstl.ca](http://www.soccerstl.ca) for former players in 2018 or 2019. Payment by Visa or MasterCard only.

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the health insurance card and the Carte biblioloisirs. Intercity players must be present for a photo shoot if the Fédération du soccer du Québec card has expired.

#### Office opening hours:

For registration in person:  
Mon, Wed and Thu from 5 to 9 p.m.  
Sat, from 9 a.m. to 2 p.m.  
Sun, from 10 a.m. to 2 p.m.

### Recreational league (house)

#### SESSION

Late May to early Aug

Shirt, shorts, socks, bag and ball included.

#### Categories U4 to U14

Rates and schedule at [www.soccerstl.ca](http://www.soccerstl.ca)

### Competitive inter-city leagues (A, AA, AAA)

#### SESSION

Mid-May to Sept

Admission to program is conditional upon participation in evaluation camp / Evaluation by the coach and technical director / Variable schedule according to the LARS Lac St-Louis calendar / Match jersey, shorts, socks included.



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



### Categories U7 to Senior

Rates and schedules at [www.soccerstl.ca](http://www.soccerstl.ca)

### 2020 Summer camps

Under the direction of Rocco Placentino, former Impact player.

Boys and girls / 4 to 13 / 9 weeks available / End of June to end of Aug

#### REGISTRATION

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

### 2020 Summer academy

#### SESSION

June 1 to Aug 21

#### REGISTRATION

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

#### Rates, schedules and information:

Club de soccer de Saint-Laurent inc.  
[www.soccerstl.ca](http://www.soccerstl.ca)

### SOCCER - OPEN

**Location:** Complexe sportif

#### RESERVATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Complexe sportif and the Centre des loisirs.

#### Rates:

Parent-child 6 to 12 / \$2 (NR \$5)  
16 and + / \$5 (NR \$10)

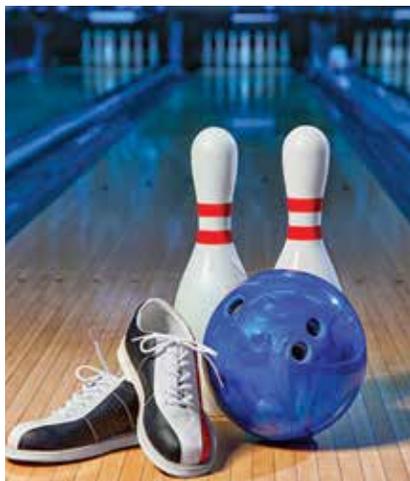
#### Information:

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

## SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

**Ages 10 +**

**Locations:** Lauren Hill Senior Campus Academy (indoor soccer), Cégep de Saint-Laurent (swimming), Laurentian Lanes (bowling) and Parc Marcel-Laurin (outdoor soccer)



#### SESSIONS

##### Swimming:

Spring: March 29 to May 24

##### Bowling:

Spring: Jan 11 to May 9

##### Indoor Soccer:

Spring: March 15 to May 3

##### Outdoor Soccer:

Summer: May 24 to Sept 6

#### Rates:

\$30 for swimming and soccer  
\$9.50 / week for bowling

#### SCHEDULES

**Swimming:** Sun 9 to 10 a.m.

**Bowling:** Sat 9:30 a.m. to 12 p.m.

**Indoor soccer:** Sun 11 a.m. to 1 p.m.

#### Registration and information:

Olympiques spéciaux Québec  
514 843-8778  
[www.olympiquesspeciaux.qc.ca](http://www.olympiquesspeciaux.qc.ca)

## TAEKWONDO - ACADÉ-KICKS

**Ages 3 to 12**

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

### SESSION

April to June

### Registration, rates and schedules:

<http://acadekicks.com/taekwondo-vsl>

### Categories:

Petits dragons: Ages 3 to 5

Juniors: Ages 6 to 12

### Information:

Acadé-kicks  
514 995-4257

<https://acadekicks.com/>  
[info@acadekicks.com](mailto:info@acadekicks.com)

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## TAI CHI

**Ages 18 +**

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

### SESSION

March 30 to June 18

### REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m., or during the courses.

### Rates:

1 session / \$120

### SCHEDULES

#### Initiation:

Mon and Wed 7 to 8 p.m.

Tue and Thu 10:40 to 11:40 a.m.

or 7 to 8 p.m.

#### Intermediate:

Mon and Wed 8 to 9 p.m.,

Tue and Thu 9:30 to 10:30 a.m.

or 8 to 9 p.m.

#### Information:

Club de tai-chi Saint-Laurent inc.

<http://facebook.com/clubtaichisaintlaurent>

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## TABLE TENNIS (OPEN)

**For all**

**Location:** Complexe sportif

### RESERVATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Complexe sportif and the Centre des loisirs.

**Rates:** \$5 / hour per table

### Information:

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





## TENNIS

### Open tennis

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

#### SESSION

Apr 20 to Oct 18

 FREE

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

#### Reservation procedure and facility rules:

Posted in the parks and are also available at: [ville.montreal.qc.ca/saint-laurent/tennis](http://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

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on June 2.

**Cost:** \$50

#### Mixed - Mini tennis

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

**Session 1:** June 22 to July 10  
Special activity on July 15

**Session 2:** July 22 to Aug 7  
Special activity on August 12

#### Ages 5 to 7

Mon to Fri 9 to 10 a.m. / Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

#### Mixed - Beginner - 1.0 / 2.0

**Session 1:** June 22 to July 10 /  
One tournament day during the week of July 13

**Session 2:** July 20 to Aug 7 /

One tournament day during the week of Aug 10

#### Ages 8 to 10

Mon to Fri 10 to 11 a.m. / Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent\* parks

Mon to Fri 11 a.m to 12 p.m. /  
Parc Painter

Mon, Wed, Fri 6 to 7 p.m. /  
Marcel-Laurin, Marlborough\* and Saint-Laurent\* parks

#### Ages 11 and 12

Mon to Fri 11 a.m. to 12 p.m. /  
Gohier, Marcel-Laurin and Noël-Sud and Saint-laurent\* parks

Mon to Fri 12 to 1 p.m. / Parc Painter

Mon, Wed, Fri 7 to 8 p.m. /  
Marcel-Laurin, Marlborough\* and Saint-Laurent\* parks

#### Ages 13 to 15

Mon to Fri 12 to 1 p.m. / Gohier, Marcel-Laurin, Noël-Sud and Saint-Laurent\* parks

Mon, Wed, Fri 8 to 9 p.m. /  
Marcel-Laurin, Marlborough\* and Saint-Laurent\* parks

\*Marlborough and Saint-laurent parks to be confirmed

## Tennis lessons Adults - Ages 16 +

### SESSIONS

**Session 1:** May 18 to June 11  
**Session 2:** June 22 to July 16  
**Session 3:** July 27 to Aug 20

### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on Apr 7.

**Rates:** \$70

Sports attire and footwear mandatory.  
Participants must have their own racket.

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

### SESSION 1

**Beginner 01 - 1.0 / 1.5**  
Tue, Thu 8:30 to 10 p.m. /  
Parc Marlborough

**Beginner 02 - 1.0 / 1.5**  
Mon, Wed 7 to 8:30 p.m. / Parc Gohier

**Intermediate 01 - 2.0 / 2.5**  
Tue, Thu 7 to 8:30 p.m. / Parc  
Marlborough

**Advanced 01 - 3.0 / 3.5**  
Mon, Wed 8:30 to 10 p.m. / Parc Gohier

### SESSION 2

**Beginner 03 - 1.0 / 1.5**  
Mon, Wed 7 to 8:30 p.m. / Parc Gohier

**Beginner 04 - 1.0 / 1.5**  
Tue, Thu 8:30 to 10 p.m. /  
Parc Marlborough

**Intermediate 02 - 2.0 / 2.5**  
Mon, Wed 8:30 to 10 p.m. / Parc Gohier

**Advanced 02 - 3.0 / 3.5**  
Tue, Thu 7 to 8:30 p.m. /  
Parc Marlborough

### SESSION 3

**Beginner 05 - 1.0 / 1.5**  
Tue, Thu 7 to 8:30 p.m. /  
Parc Marlborough

**Intermediate 03 - 2.0 / 2.5**  
Mon, Wed 7 to 8:30 p.m. /  
Parc Gohier

**Intermediate 04 - 2.0 / 2.5**  
Tue, Thu 8:30 to 10 p.m. /  
Parc Marlborough

**Advanced 03 - 3.0 / 3.5**  
Mon, Wed 8:30 to 10 p.m. /  
Parc Gohier

## Recreational league Ages 16 +

**Rates:** \$35

### SESSIONS

**Session 1:** May 16 to June 20  
**Session 2:** July 4 to Aug 8

### REGISTRATION

**Session 1:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on Apr 7.

**Session 2:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) starting on June 2.

Sports attire and footwear mandatory.  
Participants must have their own racket.

### Simple intermediate/advanced (2.5 +)

Sat 11 a.m. to 12:30 p.m. /  
Parc Marcel-Laurin

### Double intermediate/advanced (2.5 +)

Sat 9 a.m. to 11 a.m. /  
Parc Marcel-Laurin

## Municipal tournaments

To the benefit of Parkinson Society Canada.

**Location:** Parc Gohier

**Dates:** To be determined.  
In case of heavy rain, tournaments are postponed to the following weekend.

### REGISTRATION

Details at [ville.montreal.qc.ca/saint-laurent/tennis](http://ville.montreal.qc.ca/saint-laurent/tennis) starting on Apr 16 or by email at [tournoparkinsonvsl@gmail.com](mailto:tournoparkinsonvsl@gmail.com).

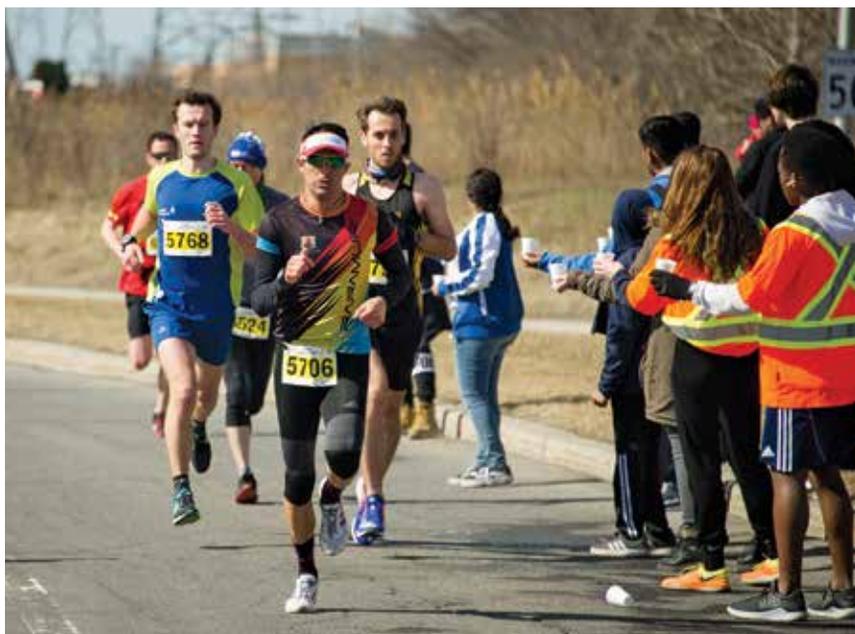
### Single - Junior

Ages 12 to 15 / Free

### Single - Adults (women / men)

Ages 16 + / \$20





## TRACK AND FIELD

### Ages 7 +

**Locations:** École secondaire Saint-Laurent - Édifice Émile-Legault and LaurenHill Junior Campus or Parc Marcel-Laurin

#### SESSIONS

**Spring:** Apr 20 to June 6

**Summer:** June 8 to July 25

#### REGISTRATION

**Spring-summer:** In person on March 17, from 6 to 7:30 p.m., at the Centre des loisirs.

#### Rates and schedules:

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

#### Information:

Club d'athlétisme Saint-Laurent Sélect  
[sls@slsathletisme.com](mailto:sls@slsathletisme.com)  
[www.slsathletisme.com](http://www.slsathletisme.com)

## Running club

Anyone interested in registering for running with a club in the Nouveau Saint-Laurent sector on Saturday mornings is invited to email the club at [sls@slsathletisme.com](mailto:sls@slsathletisme.com).

#### SESSION

March 21 to June 6

#### Rates:

6 sessions / \$50

12 sessions / \$99

## Course Saint-Laurent

**Location:** Road race - Bois-Franc district.

**Meeting point:** Ateliers municipaux, 13001, boulevard Cavendish)

**Date:** Sunday, April 19

#### Distances available:

1 km, 2 km, 5 km and 10 km

#### Information and registration:

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



## TRAINING - CENTRE D'EXCELLENCE SPORTIVE For all

**Location:** Fitness room at the Complexe sportif

Sports groups and citizens who are interested can join at any time for private, semi-private or group training sessions.

### REGISTRATION

Ongoing by email with the club. Please indicate availability and needs: [ces@slsathletisme.com](mailto:ces@slsathletisme.com).

### Athletes and sports clubs

#### Services offered:

Planning and programming customized training based on the sports discipline and on the calendar of the season/competition. All under the supervision of a physical trainer and kinesiologist. Coaching focused on improving performance and preventing injuries.



### Residents

Semi-private training groups offered to specific clientele: pregnant women, new mothers, 65-year-olds and over, introductory training for teenagers, etc. Activities enabling allowing participants to improve their physical fitness and to adopt better habits.

#### Also available:

Customized training service to achieve personal goals, under the supervision of a kinesiologist.

#### Rates, schedules and information:

Club d'athlétisme Saint-Laurent inc.  
[ces@slsathletisme.com](mailto:ces@slsathletisme.com)



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



## VOLLEYBALL

**Ages 18 +**

### In the gym

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

#### SESSION

June 22 to Aug 12

#### REGISTRATION

In person at École secondaire Saint-Laurent - Édifice Émile-Legault based on number of available places on June 22, from 7 to 7:30 p.m., and on July 8, from 7:15 to 7:30 p.m.

#### Mixed - Levels 1, 2 and 3

**Prerequisite:** Mastery of basic volleyball skills.

#### Rates and schedule:

Mon and Wed 7:30 to 10 p.m.  
\$30 (NR \$40)

#### Information:

Club de volleyball Saint-Laurent  
volleystlaurent@gmail.com

### Beach

#### Caliber C+/B

**Location:** Parc Hartenstein

#### SESSION

May 26 to Sept 3

#### REGISTRATION

Registration open until April 24 or according to available spaces.  
Write to: volleyballplage@gmail.com

#### Rates and schedule:

Tue and Thu 6 to 10 p.m.

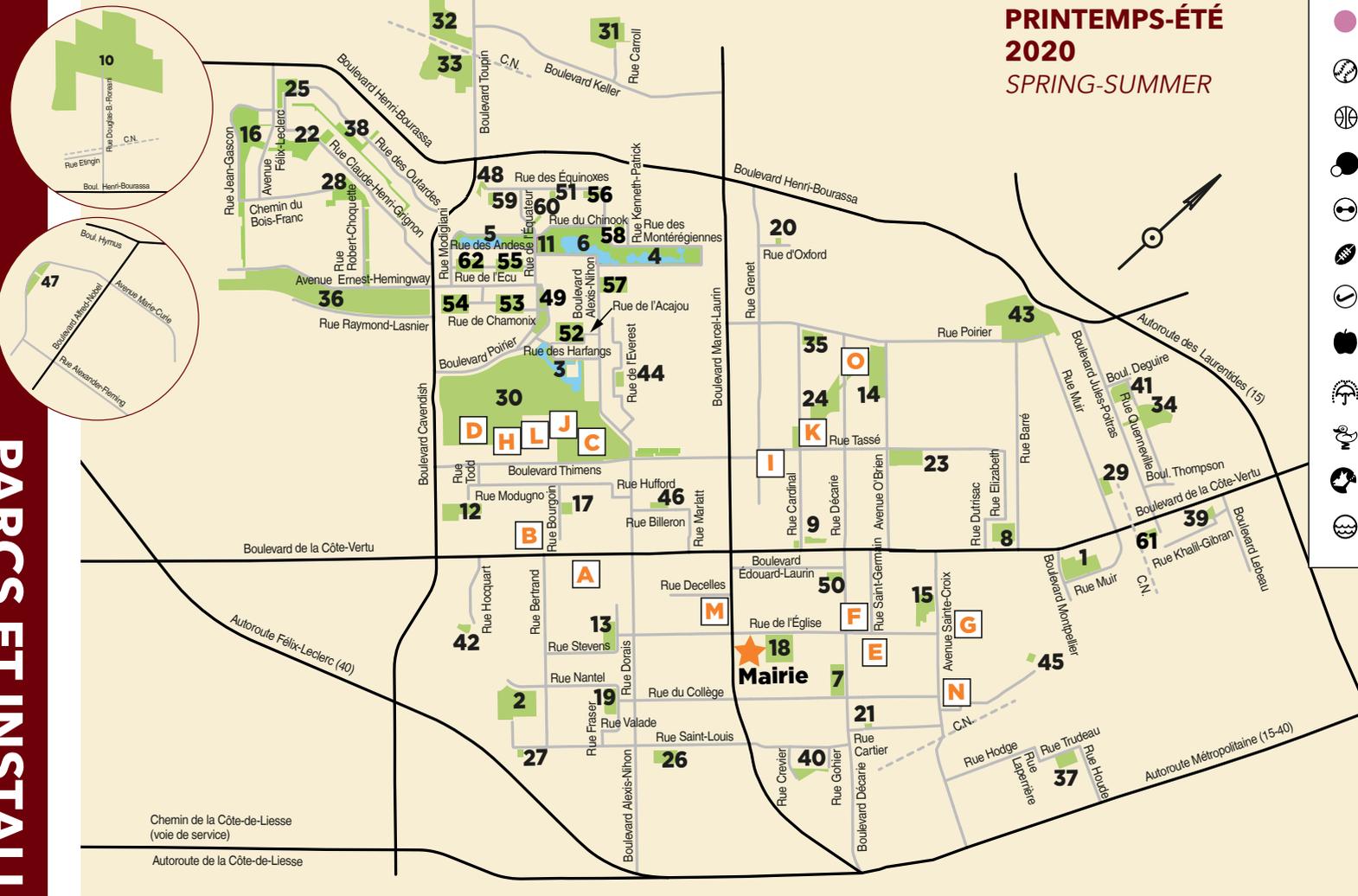
#### Beach volleyball introduction and development

May 12, 14, 19 and 21 / 6 to 8 p.m. /  
A basic level in volleyball is required /  
Categories and costs to be determined

#### Information:

volleyballplage@gmail.com

PRINTEMPS-ÉTÉ 2020  
SPRING-SUMMER



- Site d'animation Activities
- Baseball
- Basketball
- Bocce
- Exerciseurs pour adultes Adult exerciser
- 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
- Pétañque
- 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
- Tennis
- Volleyball de plage Beach volleyball

PLACES PUBLIQUES

- 49. Canadair (de)
- 50. Rodolphe-Rousseau

SQUARES

- 51. Boréal
- 52. Gauguin
- 53. Jean-Rostand
- 54. Lamartine
- 55. Magellan
- 56. Nordet (du)
- 57. Petit-Prince (du)
- 58. Rambler (du)
- 59. Solstice (du)
- 60. Sterne-Arctique (de la)
- 61. Thérèse-Cadorette
- 62. Vivaldi

CHALETS DE PARC

| PARK CHALETS    | Phone Number | Accessibility |
|-----------------|--------------|---------------|
| Alexis-Nihon    | 514 855-6124 |               |
| Beaulac         | 514 855-6114 |               |
| Bois-de-Liesse  | 514 280-6678 | ♿             |
| Bois-Franc (du) | 438 922-4532 |               |
| 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 |               |

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-Zytnytsky            |  |
| 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 Complexe sportif
- K École Enfant-Soleil
- L École secondaire Saint-Laurent Édifice Émile-Legault
- M École secondaire Saint-Laurent Édifice Saint-Germain
- ★ Mairie d'arrondissement Borough Hall
- N Musée des maîtres et artisans du Québec Salle Émile-Legault – Cégep de Saint-Laurent
- O YMCA Saint-Laurent