



SPRING-SUMMER 2014

L'AGENDA

CULTURE, SPORTS, RECREATION
AND SOCIAL DEVELOPMENT



Saint-Laurent

Montréal





- 1 **Citizens' Office** 
General information: 311
- Borough Hall**
777, boulevard Marcel-Laurin
H4M 2M7
ville.montreal.qc.ca/saint-laurent
- Urban Security Patrol**
514 855-5700

- 3 **Aréna Raymond-Bourque**
2345, boulevard Thimens
H4R 1T4
514 956-2580

- 6 **Bibliothèque du Boisé**
2727, boulevard Thimens
514 855-6130

- 7 **Bibliothèque du Vieux-Saint-Laurent**
1380, rue de l'Église
H4L 2H2
514 855-6130

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

- C@f St-Lo**
1375, rue Grenet
H4L 5K3
514 855-6110, ext. 4898

- 2 **Cégep de Saint-Laurent**
625, avenue Sainte-Croix
H4L 3X7
514 747-6521

- Centre de formation professionnelle Léonard-De Vinci**
2405, boulevard Thimens
H4R 1T4
514 332-7934

- 5 **Centre des loisirs**
1375, rue Grenet
H4L 5K3
514 855-6110

- École Enfant-Soleil**
1615, rue Tassé
H4L 1R1
514 747-3065

- École Henri-Beaulieu**
235, rue Bleignier
H4N 1B1
514 332-0742

- École secondaire Saint-Laurent**
Édifice Émile-Legault
2395, boulevard Thimens
H4R 1T4
514 332-3190

Édifice Saint-Germain

1870, rue Decelles
H4M 1A8
514 332-3190

- 8 **Fire Station - 73**
820, rue Saint-Germain
H4L 3R8
514 280-6740

LaurenHill Academy Junior Campus Sports Complex

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


LaurenHill Academy Senior Campus

2505, boulevard de la Côte-Vertu
H4R 1P3

Municipal Court

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

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

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

Parc-nature du Bois-de-Liesse

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

Maison Pitfield

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


Parkdale Elementary School & Community Centre

1475, rue Deguire
H4L 1M4
514 744-6423

Public Works

-  13001, boulevard Cavendish
H4R 2G5
514 956-2400

Salle Émile-Legault

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

Skatepark

Parc Marcel-Laurin

YMCA Saint-Laurent

1745, rue Décarie
H4L 3N5
514 747-5353

L'Agenda Spring-Summer 2014

- 3 Message from the Mayor of Saint-Laurent
- 4 Message from the Director

5 INFORMATION

- 5 Registration
- 6 Carte-loisirs
- 6 Debit cards
- 7 Loisirs en ligne
- 7 Universal access in Saint-Laurent
- 8 Community gardens
- 9 Activities for small budgets
- 12 List of Saint-Laurent sanctioned community associations and organizations
- 13 List of Saint-Laurent leisure organizations and independent volunteer committees
- 15 Resources for persons with disabilities

10 REGISTRATION FORM – REGULAR ACTIVITIES

17 LIBRARIES

- 18 General information
- 19 Services
- 19 Online resources

20 SUMMER CAMPS

22 LEISURE SECTION

- 22 Association des artistes de Saint-Laurent
- 22 Bridge
- 22 Cercle de fermières de Saint-Laurent
- 22 Cultural workshops
- 26 Dance
- 27 Exhibitions
- 28 Photography
- 28 Program for adults – Ages 50 and over
- 29 Program for persons with disabilities
- 29 Program for youth
- 30 Scrabble

31 SPORTS SECTION

- 31 Aquatic activities
- 31 Spring – Indoor pools
- 32 Summer – Outdoor pools
- 35 Competitive swimming, diving, water-polo
- 35 Baseball
- 36 Basket-ball – L'Express camp
- 37 Football
- 38 Gymnastic
- 39 Hockey
- 39 Judo
- 40 Karate
- 40 Physical fitness
- 41 Soccer
- 42 Sports for persons with intellectual disabilities
- 43 Tai-chi
- 43 Tennis
- 46 Track and field
- 47 Volley-ball

48 PARKS AND FACILITIES

Published by
the Borough of
Saint-Laurent
March 2014
Vol. 23, N° 1

Legal deposit:
Bibliothèque
nationale
du Québec
ISSN: 1705-7620

Council of SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Francesco Miele

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



Aref Salem

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



Maurice Cohen

*Borough Councillor,
Côte-de-Liesse
District*



Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Message from the Mayor of Saint-Laurent



Dear fellow citizens of Saint-Laurent,

In recent years, Saint-Laurent has become home to thousands of young families intent on settling in a safe and stimulating environment. Due to this appeal of our lovely community, this summer we will reach the population milestone of 100,000 residents. While we are thrilled with this symbolic achievement, it also means that we must set the bar even higher when it comes to the services we provide. Accordingly, it is important for us to effectively harness our growth, namely by ensuring that our facilities and our cultural and sports programs satisfy the needs of the population.

For this to happen, our administration launched a reflection process that culminated in the construction of the Bibliothèque du Boisé, which is applauded for the quality of its architecture and the services it provides. In less than one year, it has gained positioning as a cultural hub and a wonderful venue for families to learn, discover, or just relax.

Right next door, the structure for the new sports complex is taking shape. Boasting a modern concept that focuses equally on sustainable development, this building promises to also become an essential landmark when it opens in spring 2015. Its design was carefully planned to encourage residents to participate in sports, and this objective will be easy to achieve thanks to the enthusiasm and dynamism that drive the sports committees with which we work.

Other surprises await the public in the near future, as we are also in the midst of several major projects and action plans that will guide the outstanding efforts of our teams in the areas of recreation, culture and social development. They will work in specific areas such as Vieux-Saint-Laurent, and strive to improve our service supply.

Some of these will come in the form of major unifying events, and others will unfold over several years. The second component of the "Saint-Laurent in motion" initiative, which will take place over the summer, is an excellent example of this intention. The many activities that are described in the following pages, including a number of which have been prepared with the socio-community milieu, are also prime examples.

To summarize, my colleagues on Council and I are doing all we can to offer you a healthy living environment, as well as quality services and recreational activities. I hope you will make the most of it!

A handwritten signature in black ink, which appears to read "Alan DeSousa". The signature is stylized with a large, looped "A" and a cursive "DeSousa".

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

Message from the Director



Ladies and gentlemen,

I am pleased to present the program you have been waiting for that will allow you to plan an action packed summer with your family. In recent months, our team has been adding the final touches in collaboration with the 18 volunteer committees that are active in Saint-Laurent, and thanks to which we are able to offer such a broad range of activities. I would like to express gratitude to these committees for their steadfast support over the years. Among them is the Association de football de Saint-Laurent, which is celebrating its 60th anniversary this year.

Our parks that were renovated a few years ago will enable you to participate in your favorite outdoor activities without venturing far. Work has also been ongoing at Parc Saint-Laurent in order to update the baseball, basketball and tennis facilities, as well as the football stands.

With respect to the services we are offering, in recent months we conducted an in-depth analysis of the activities provided by our preschool centre. This led to a major overhaul of the program, which we are looking forward to unveiling to you at the Open House on May 24.

You will also notice a few new additions to the cultural workshops, including artistic discovery at lunchtime, sewing and beading courses, felt crafts and prenatal yoga. Youngsters will have the opportunity to experiment with calligraphy, as well as crocheting and knitting, which are regaining in popularity like many other traditional techniques.

Our two libraries also await with a fabulous program that is documented in another publication that I urge you to peruse on our website or pick up at one of our municipal buildings. Watch also for the big reveal of our Saint-Laurent Summer Celebrations, which will return in June with more activities than ever. Among these, I would like to draw your attention to three free outdoor activities that will unfold continuously over the summer, namely tai chi in Parc Cousineau starting June 29, line dance which will return to Parc Gohier starting July 3, and family dance that will tour various parks starting July 8.

Our team wishes you a fantastic summer!

A handwritten signature in blue ink, appearing to read 'Patrick Igual'.

Patrick Igual

Director, Culture, des Sports, des Loisirs et du Développement social

Information

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

Centre des loisirs

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

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

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

REGISTRATION

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

REGISTRATION PRIORITY

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

PAYMENT

Unless otherwise stated, all registration fees must be paid in full at the time of registration. Credit card payments only are accepted for registrations made via Loisirs en ligne. For onsite registrations, fees may be paid in cash, by Interac, by Visa, MasterCard, American Express or by cheque payable to Ville de Montréal – Saint-Laurent

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

LOW-INCOME FAMILIES

Low-income families who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by the Borough (and not by the recreational organizations). Information available at the Centre des loisirs.

REFUNDS AND CANCELLATION

The Direction de la culture, des sports, des loisirs et du développement social reserves the right to cancel any activity. In the event an activity is cancelled, fees will be refunded in full. However, applicants who withdraw from an activity will only be reimbursed if they provide a valid reason, in writing to the Direction de la culture, des sports, des loisirs et du développement social, before the activity session begins. Refunds will be granted only if the reason provided for withdrawing is deemed to be important.

A medical certificate will be required if a refund is requested as a result of illness. In the event of a withdrawal, a \$15 administrative fee applies, with the exception of the day camps (for which a \$25 fee will be charged). The final decision will be made by Borough authorities.

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

RESERVATION OF RECREATIONAL FACILITIES

The many recreational facilities in Saint-Laurent parks provide residents with the opportunity to enjoy summer activities. These include baseball diamonds, volleyball and basket-ball courts, soccer and football fields, and areas for playing shuffleboard, croquet, petanque and bocce.

Information and reservations:

514 956-2580, extension 4702

Aréna Raymond-Bourque is also available for rental by citizens at certain times.

Information and reservations:

514 956-2580, extension 4700

RESERVATIONS AT THE CENTRE DES LOISIRS

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

Information and reservations:

514 855-6110, extension 4926 or 4707

ADULT WORKSHOPS

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

Information: 311

CARTE-LOISIRS

The carte-loisirs is an ID card for anyone who wishes to participate in activities offered by the Direction de la culture, des sports, des loisirs et du développement social. It provides access to many activities, and entitles the holder to benefit from advantages and discounts on certain services offered by the Borough of Saint-Laurent and by recreational organizations. A carte-loisirs without a photo is issued for children aged five and under. The carte-loisirs is offered free of charge to all citizens.

Where to obtain the carte-loisirs?

Centre des loisirs

Until May 30, 2014

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

June 2 to August 29, 2014

Monday to Friday, from 8:30 a.m. to 8 p.m.
(Closed April 18 and 21, May 19, June 24, July 1st and September 2)

Business hours may be extended during the registration period.

Cost: Free

RESIDENT CARTE-LOISIRS

The resident carte-loisirs is reserved exclusively for residents of Montréal. The card is mandatory for registration to activities.

Required documents

Adult: ID card with picture and driver's license or telephone, electricity or gas bill.

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

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

Lost or damaged cards

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

Changing address

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

Renewals

The carte-loisirs is valid for 2 years. Upon expiry, the card must be renewed.

NON-RESIDENT CARTE-LOISIRS

Offered free of charge, the non-resident carte-loisirs is intended for non-residents of Montréal. It is mandatory for registration, and non-residents will be charged registration fees that are 33.33% higher (to a maximum of \$50) than those charged to residents. Non-resident card holders are not eligible for tennis, badminton and library memberships.

Annual membership that grants right to rent facilities

Rental fees not included

Organization card

Montréal organizations
Per year: \$31

Business card

Montréal businesses
Per year: \$61

DEBIT CARDS

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

Where to obtain the debit card?

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

Cost: \$10 plus taxes

REGISTER TODAY

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



LOISIRS EN LIGNE



(FRENCH ONLY)

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

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

Information

For information on the registration via the Loisirs en ligne website, visit the Loisirs en ligne section of the Saint-Laurent website at: ville.montreal.qc.ca/saint-laurent/loisirsenligne

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

Registration

To register directly via Loisirs en ligne, please visit the department website at: ville.montreal.qc.ca/loisirsenligne

Accepted payment methods

Visa, MasterCard and American Express credit cards



UNIVERSAL ACCESS IN SAINT-LAURENT

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

Major renovations facilitating universal access have been carried out at Aréna Raymond-Bourque and at Borough Hall, where an elevator, a Citizens' Office service counter, and stroboscopic lighting and hearing support systems for the Council room have all been installed in keeping with the requirements of universal accessibility.

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

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

Since 2008, close to 350 children with disabilities have participated in summer camps under the recreation support program (Programme d'accompagnement en loisirs).

Universal access integrated into all redevelopment projects in parks and park chalets.

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

COMMUNITY GARDENS

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

Vacant plots will be assigned by draw on **May 1, 2014** from among the registrations received.

To register, please fill out the coupon below, and return it to the Arena Raymond-Bourque by **April 30, 2014**.

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

COMMUNITY GARDENS

from May 16 to October 13, 2014

LAST NAME:

FIRST NAME:

ADDRESS:

APT:

POSTAL CODE:

TELEPHONE:

☐ Rent

☐ Condominium

☐ Owner

☐ House

☐ Apartment

Choice of garden

(Check only one)

☐ Alexis-Nihon

☐ Cardinal

☐ Hartenstein

☐ Noël-Nord

☐ Saint-Laurent

☐ Super Jardin

Send to:


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

ACTIVITIES FOR SMALL BUDGETS

CULTURAL ACTIVITIES


 **Dance performances:** Shows spotlighting a variety of choreographic styles, from contemporary dance to flamenco. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Exhibitions:** Exhibitions that shed light on different artistic techniques leading to the creation of original artworks. See page 27.

 **Family shows:** Shows created especially for families that allow audiences to discover different artistic disciplines, such as music, film and circus arts. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Friday Rendez-vous:** Events that spotlight emerging artists and world music. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Lundis littéraires:** Gatherings—talks featuring storytellers, writers, columnists, publishers and other guest speakers who discuss their lives and share their stories. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Movies:** Screenings of films of all genres, from documentaries to narrative. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Saint-Laurent Summer Celebrations:** Events, shows and special activities will be held all summer long in Saint-Laurent's parks. See Saint-Laurent Summer Celebrations in May at ville.montreal.qc.ca/saint-laurent.

 **Sunday concerts:** Concerts featuring a variety of musical styles, from light classics to popular song. See Cultural Season on ville.montreal.qc.ca/saint-laurent.

 **Workshops and conferences:** Do-it-yourself workshops, cooking or science workshops, storytelling and games, the Bibliothèque du Boisé and Bibliothèque du Vieux-Saint-Laurent offer a great variety of activities for family. See the Libraries program on ville.montreal.qc.ca/saint-laurent.


LEISURE ACTIVITIES


 **Ados de St-Lo:** Basket-ball, soccer and urban dancing all summer long in Saint-Laurent's parks for youths aged 12 to 25. See page 29.

Carrefour des aînés: Pool and table tennis, bingo, bridge, board games, shuffleboard or petanque are among the activities organized by the Carrefour des aînés. Membership card: \$7. See page 28.

Centre des ados: Urban dance, soccer, basket-ball and other sports activities, pool and computer games, make-up workshops and Académie du DéfilArt—all this and more for teens aged 12 to 18 at the Centre des ados. Membership card: \$2. See page 30.

Crafts: The Cercle de fermières de Saint-Laurent offers workshops devoted to the interests of women and families as well as to the passing on of family heritage. Annual membership: \$27. See page 22.

 **Family dance:** Every Tuesday, 6:30 to 7:15 p.m., from July 8 to August 26 (in select parks across the borough).


 **Line dancing:** Every Thursday, 7 to 9 p.m., at Parc Gohier, from June 26 to August 14.

 **Playgrounds:** Organized activities for youths aged 6 to 12 in Saint-Laurent's parks from June 23 to August 15. See page 21.

Scrabble: Pleasant and friendly environment for lovers of Duplicate Scrabble. Membership card: \$4. See page 30.

SPORTS ACTIVITIES

Course Saint-Laurent: Races varying in distance from 1 km to 10 km for the entire family in the Bois-Franc sector on April 13. Fees vary between \$7 and \$40 per person depending on registration method and race category. See page 47.

 **Free activities in the parks:** Several facilities are available in the borough's parks, such as petanque courts, running tracks, exercise equipment for adults, walking paths, soccer, football and baseball fields and basket-ball courts. See page 48.

Free tennis: Outdoor tennis throughout the summer, from 9 a.m. to 10 p.m. Costs vary from \$5 to \$70 depending on the type of membership and age group. See page 43.

Indoor free swim: Free swim times reserved at the YMCA Saint-Laurent or at the École secondaire Saint-Laurent – Édifice Émile-Legault. See page 31.

Masters swimming: Swimming skills improvement for adults with a coach all summer long. See page 34.

 **Outdoor free swim:** Reserved swim times in pools, wading pools and water-play areas in Saint-Laurent parks. See page 32.

Specialized aquatic activities: Free swim and low cost swimming lessons. See page 31.

 **Tai-chi:** Activity open to all in Parc Cousineau, every Sunday, from 9 to 10 a.m., June 29 to August 17. See page 43.

 **Water-polo introduction:** This activity is organized jointly with the Playgrounds program. See page 35.



REGISTRATION FORM – REGULAR ACTIVITIES

REGISTRATION FORM ALSO AVAILABLE AT: ville.montreal.qc.ca/saint-laurent

ONE CHEQUE MUST BE ENCLOSED FOR EACH PERSON FOR EACH ACTIVITY;
OTHERWISE THE REGISTRATION WILL NOT BE PROCESSED IN THE ORDER RECEIVED.

ACTIVITY:

LEVEL (if indicated):

COST: \$

	DAY:	HOUR:
1 st choice		
2 nd choice		
3 rd choice		

CARTE-LOISIRS NUMBER:

EXPIRY DATE OF THE CARTE-LOISIRS (YEAR/MONTH):

BIRTH DATE (YEAR/MONTH/DAY):

LAST NAME:

FIRST NAME:

SEX: ☐ F ☐ M

ADDRESS:

APT.:

POSTAL CODE:

BOROUGH:

CITY:

E-MAIL*:

TELEPHONE (HOME):

☐ FATHER ☐ MOTHER

TELEPHONE (WORK OR EMERGENCY):

☐ FATHER ☐ MOTHER

COMPLETE THE FOLLOWING IN ORDER TO RECEIVE A RELEVÉ 24 TAX RECEIPT
(VIENS JOUER AND MINI VIENS JOUER ONLY)

SOCIAL INSURANCE NUMBER OF THE
INDIVIDUAL PAYING THE FEES:

LAST NAME:

FIRST NAME:

ADDRESS (IF DIFFERENT FROM THE CHILD'S):

APT.:

POSTAL CODE:

BOROUGH:

CITY:

* I agree to receive the *Cyberbulletin de Saint-Laurent* and information about the Borough's activities and services by email.

REGISTRATION FORM – REGULAR ACTIVITIES

REGISTRATION FORM ALSO AVAILABLE AT: ville.montreal.qc.ca/saint-laurent

ONE CHEQUE MUST BE ENCLOSED FOR EACH PERSON FOR EACH ACTIVITY;
OTHERWISE THE REGISTRATION WILL NOT BE PROCESSED IN THE ORDER RECEIVED.

ACTIVITY:

LEVEL (if indicated):

COST: \$

	DAY:	HOUR:
1 st choice		
2 nd choice		
3 rd choice		

CARTE-LOISIRS NUMBER:

EXPIRY DATE OF THE CARTE-LOISIRS (YEAR/MONTH):

BIRTH DATE (YEAR/MONTH/DAY):

LAST NAME:

FIRST NAME:

SEX: ☐ F ☐ M

ADDRESS:

APT.:

POSTAL CODE:

BOROUGH:

CITY:

E-MAIL*:

TELEPHONE (HOME):

☐ FATHER ☐ MOTHER

TELEPHONE (WORK OR EMERGENCY):

☐ FATHER ☐ MOTHER

COMPLETE THE FOLLOWING IN ORDER TO RECEIVE A RELEVÉ 24 TAX RECEIPT
(VIENS JOUER AND MINI VIENS JOUER ONLY)

SOCIAL INSURANCE NUMBER OF THE
INDIVIDUAL PAYING THE FEES:

LAST NAME:

FIRST NAME:

ADDRESS (IF DIFFERENT FROM THE CHILD'S):

APT.:

POSTAL CODE:

BOROUGH:

CITY:

* I agree to receive the *Cyberbulletin de Saint-Laurent* and information about the Borough's activities and services by email.

LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



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



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



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



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



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



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



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



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



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



CERCLE DE FERMIERES DE SAINT-LAURENT
438 395-8262
cfqstlau16@gmail.com



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



COMITÉ LOGEMENT SAINT-LAURENT
514 419-4820
comitelogement.saintlaurent@gmail.com



CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L'AMITIÉ (COCLA)
514 748-0796
direction@coclamontreal.com



CRABE (Centre de recherche et d'actions pour le bien-être environnemental) (ÉCO-QUARTIER DE SAINT-LAURENT)
514 744-8333
info@eqsl.ca



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

LES AÎNÉS DU VILLAGE MONTPELLIER
514 855-6123

L'OASIS SAINT-LAURENT
514 747-7621



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



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



RAP JEUNESSE
514 388-7336
ipac@nvo.ca



RELAIS LAURENTIEN, ÉPICERIE SOLIDAIRE
514 419-9333, ext. 203
direction@relaislaurentien.org



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



YMCA SAINT-LAURENT
514 747-5353
eric.lagace@ymcaquebec.org

For more information please consult the services and organizations in the "Activities and recreation" section at: ville.montreal.qc.ca/saint-laurent

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

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

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



ARTISTS

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

Sabine Eid, president
514 331-9748
artsaintlaurent@gmail.com
www.artsaintlaurent.ca



BASEBALL

CLUB DE BASEBALL SAINT-LAURENT INC.

Guy Bolduc, president
www.baseballstlaurent.com



BASKET-BALL

COMITÉ DE BASKET-BALL SAINT-LAURENT

Tom Ingeman, president
514 855-6110, ext. 4915
www.slbasket.com



BRIDGE

CLUB DE BRIDGE LOISIRS SAINT-LAURENT

Claudette Belliveau, 514 332-2770
Hélène Tassé, 514 747-4300



CHOIR

L'ENSEMBLE VOCAL DE SAINT-LAURENT

Françoise Barbot, president
514 733-2572
Marc Lapasset, treasurer
514 592-8329



CHŒUR WALTER

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



COMPETITIVE SWIMMING

CLUB DE NATATION SAINT-LAURENT INC.

Eric Beaudette, president
www.clubcnsl.com

DANCE

LES AMIS DE LA DANSE

Winnie Stewart, 514 334-0400
Donna Stewart, 514 744-6563



CLUB DE DANSE SOCIALE LES LAURENTIENS

Nouhad Gédéon, president
514 432-4748

FIGURE SKATING

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

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



FOOTBALL

ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT

Marie-José Comptois, president
www.saintlaurentfootball.com



GYMNASTICS

CLUB GYMSLIC SAINT-LAURENT INC.

Marie-Ève Parent, director
514 748-7707
gymslc@bellnet.ca
www.gymslc.com



HOCKEY

COMITÉ DE HOCKEY SUR GLACE DE VILLE SAINT-LAURENT INC.

Michel Cohen, president
514 335-3277
www.hockeystl.com



JUDO

CLUB DE JUDO BUDOKAN SAINT-LAURENT

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



KARATE

CLUB DE KARATÉ KIO SAINT-LAURENT

Christian Leduc, president
514 855-6110, ext. 4915
kiosaint-laurent.blogspot.com



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



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



PHOTOGRAPHY
ASSOCIATION DES
PHOTOGRAPHES
DE SAINT-LAURENT
 Micheline Paquin, president
 514 333-7065

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



RINGUETTE
RINGUETTE
SAINT-LAURENT INC.
 Kimberly O'Brien, president
 ringuettesaintlaurent@hotmail.com
 www.leaguelineup.com/
 ringuettelstlaurent

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



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



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



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



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



UNIVERSITÉ DU
TROISIÈME ÂGE
 Claudette Belliveau
 514 332-2770

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

RESOURCES FOR PERSONS WITH DISABILITIES



AIM CROIT
(Association internationale des
machinistes – Centre de réadapta-
tion, d'orientation et d'intégration
au travail)
514 744-2944
emploi@aimcroit.qc.org
Reintegration into the labor
market



ALTERGO
514 933-2739, ext. 241
info@altergo.net
www.altergo.net
Regional association for leisure
activities of individuals with disabili-
ties on the Island of Montréal



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



**ASSOCIATION DE MONTRÉAL
POUR LA DÉFICIENCE
INTELLECTUELLE**
514 381-2307, ext. 26
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
514 694-6531, ext. 21
Integration into recreational pro-
grams and community activities



**ASSOCIATION DES SPORTS
POUR AVEUGLES
DE MONTRÉAL**
514 252-3178, ext. 3536
www.sportsaveugles.qc.ca
Sports activities



**ASSOCIATION POUR JEUNES
HANDICAPÉS PHYSIQUES,
LES LOISIRS SOLEIL**
514 872-6694
info@loisirssoleil.org
www.loisirssoleil.org
Recreational programs for youths
aged 6 to 30



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



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

CENTRE ACTION

514 366-6868, ext. 229
info@centreaction.org
www.centreaction.org
Education, animation, accom-
paniment, support and listening
services



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

**CERCLE DES HANDICAPÉS
VISUELS DE VILLE-MARIE**
514 323-3039
margueritem@videotron.ca
Social club

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 DE PATINAGE ARTISTIQUE DE SAINT-LÉONARD

Intégration
514 593-7878
cpa.st-leonard@qc.aira.com
www.cpasaintleonard.com
Participation of individuals with
disabilities in figure skating



**CLUB DES PERSONNES
HANDICAPÉES DU LAC
SAINT-LOUIS**
514 634-0447
clubph@cam.org
Provides respite for families, socia-
lization and recreational activities,
integration and autonomy



FONDATION DES AVEUGLES DU QUÉBEC

514 259-9470
info@aveugles.org
www.aveugles.org
Sports and recreational activities



HANDICAPÉS DE SAINT-LAURENT INC.

514 855-6110, ext. 4937
Friendly recreational activities



JUNI-SPORT

Juni-sport@mainbourg.org
www.juni-sport.com
Sports activities for persons with a physical disability aged 18 or under



LE CENTRE VIOMAX

514 527-4527, ext. 2329
www.viomax.org
Physical activities

LOISIRS LE GRILLON

514 253-2227
lesloisirslegrillon@hotmail.com
http://loisirslegrillon.1fr1.net
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
info@parrainagemontreal.org
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
upfm@videotron.ca
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, ext. 22
spph@arobas.net
www.spph.net
Promotion and defence of interests, and overcoming isolation for families

MONTRÉAL FIRE DEPARTMENT CENSUS OF PEOPLE WITH DISABILITIES

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

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

Registration: 514 872-3775



SOCIÉTÉ DE TRANSPORT DE MONTRÉAL ACCOMPANIMENT CARD

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

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



RECREATIONAL TOURISM ACCOMPANIMENT STICKER

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

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



PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

It is possible for individuals with reduced mobility to obtain reserved parking in front of their home, or an access ramp nearby.

Ville de Montréal
technical traffic service: 311



MOBILE PARKING PERMIT ISSUED BY THE SAAQ

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

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

Libraries



Credit: Yen Chao



BIBLIOTHÈQUE
DU BOISÉ

BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens

☎ 514 855-6130

🚇 Métro Côte-Vertu > 🚊 171



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT

BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église

☎ 514 855-6130

🚇 Métro Du Collège

Libraries

GENERAL INFORMATION



BIBLIOTHÈQUE
DU BOISÉ

Bibliothèque du Boisé

2727, boulevard Thimens

SCHEDULE

Regular

Mon, Tue, Wed	10 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 September 1

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



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT

Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église
514 855-6130

SCHEDULE

Regular

Mon to Thu	10 a.m. to 9 p.m.
Thu	10 a.m. to 8 p.m.
Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 5 p.m.

Summer

June 25 to September 1

Mon to Thu	10 a.m. to 8 p.m.
Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 4 p.m.



MEMBERSHIP

RESIDENTS

Residents and property owners
of Montréal

Free

BUSINESS COMMUNITY

Owner, occupant of a business
place of Montréal

Free

STUDENTS

The educational institution must
be located in Montréal

Free

NON-RESIDENTS OF MONTRÉAL

Seniors (65 and +): \$56

Adults (14 and +): \$88

Youth (13 and -): \$44

Families: \$100

FOLLOW US ON:



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



twitter.com/ArrSaintLaurent



Bibliothèques de Montréal:
bibliomontreal.com



FREE SERVICES

- Wi-Fi Internet access.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of tablet computers (for use inside the library only).
- Loan of CDs, DVDs, Blu-Rays and video games for Playstation3, Xbox 360, Wii and WiiU games.



- Document loan available at home for people with reduced mobility (514 855-6130, ext. 4754).
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Work spaces (five rooms at the Bibliothèque du Boisé, one room at the Bibliothèque du Vieux-Saint-Laurent).
- Training room and meeting room (Bibliothèque du Boisé).
Reservation: 514 855-6130, ext. 4460.



- Loan of wheelchair (Bibliothèque Du Boisé).

SUMMER PROGRAM:

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

ONLINE RESOURCES

bibliomontreal.com/numerique :

E-books, computer courses, online music, online games, language courses and hundreds of Québec, Canadian and international newspapers and magazines.

bibliomontreal.com/bibliojeunes :

Internet portal for 6-to-12 year-olds and their parents (SOS devoirs, information on various subjects, etc.).

nelligan.ville.montreal.qc.ca :

E-catalogue of all collections found in Montréal libraries. Online reservations, loan renewals, and subscriber account tools.

unenaissanceunlivre.ca :

Are you the parent of a child aged 1 or under? Sign up for a library card for your bundle of joy and get a free baby reading kit containing the book *Toupie et Binou*, one issue of the *Enfants Québec* magazine, and many more surprises!



Summer camps

GENERAL INFORMATION

The camp brochure and the registration process will be available starting on **April 7** at the Centre des loisirs and at the following address: ville.montreal.qc.ca/saint-laurent/camps

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

All families eligible for financial assistance must bring their supporting documents to the Centre des loisirs by no later than **April 11** at 4:30 p.m.

Registrations period reserved for Saint-Laurent and Montréal residents:

1. Registrations from April 12 at 9:00 a.m. until April 13, at 11:59 p.m. via Loisirs en ligne: ville.montreal.qc.ca/loisirsenligne
2. During online registration it is possible to pay in full using a credit card, or to delay the payment. To do this, simply print out the invoice and present it along with your payment at Room 157 of the Centre des loisirs from 9:00 a.m. to 8 p.m., between April 14 and 17.
3. Telephone support for the online registration process will be available at 514 855-6110 on April 12 and 13 from 9:00 a.m. to 4:30 p.m.
4. Unpaid camp registrations will be cancelled as of April 18.

Registration period for all:

Registration online at ville.montreal.qc.ca/loisirsenligne or in person. If places are available, registration may be done in person as of April 23, at the Centre des loisirs. Non-residents will be charged a different fee.

To obtain a **Relevé 24** tax slip, you must enter the carte-loisirs number for the parent making the online payment.

Information: 514 855-6110

Camps

Centre des loisirs > Mon to Fri > 9 a.m. to 4 p.m. > June 25 to Aug 15 > With the exception of camps for 9 to 16 year-olds when outings are planned.

Week 1 of camp will take place from Wednesday, June 25 until Friday, June 27, 2014 (3 days). The cost will be equivalent to 60% of the fees charged for the other weeks (5 days).

Daycare service

Centre des loisirs > Mon to Fri > 7:15 to 9 a.m. and 4 to 6 p.m. > June 25 to Aug 15

c	\$30 / child / week
o	\$35 / child / week

SUMMER CAMPS

3 TO 5

Camp bulle

c 1st child	\$120 / week
c 2nd child	\$110 / week
c 3rd child	\$100 / week
o	\$160 / week

5 TO 12

Camp soleil

Location to be determined

c 1st child	\$115 / week
c 2nd child	\$105 / week
c 3rd child	\$95 / week
o	\$153 / week

6 TO 8

Arc-camp-ciel

c 1st child	\$115 / week
c 2nd child	\$105 / week
c 3rd child	\$95 / week
o	\$153 / week

7 AND 8

Artistic camp

c 1st child	\$130 / week
c 2nd child	\$120 / week
c 3rd child	\$110 / week
o	\$172 / week

Ini-sciences camp

c 1st child	\$130 / week
c 2nd child	\$120 / week
c 3rd child	\$110 / week
o	\$172 / week

9 TO 11

Artistic camp

C 1st child	\$130 / week
C 2nd child	\$120 / week
C 3rd child	\$110 / week
O	\$172 / week

Ini-sciences camp

C 1st child	\$130 / week
C 2nd child	\$120 / week
C 3rd child	\$110 / week
O	\$172 / week

Ini-sports camp

C 1st child	\$130 / week
C 2nd child	\$120 / week
C 3rd child	\$110 / week
O	\$172 / week

6 TO 12

Camp x-tra – NEW

August 18 to 22 › Daycare service available

C 1st child	\$115 / week
C 2nd child	\$105 / week
C 3rd child	\$95 / week
O	\$172 / week

12 TO 16

Teen camp - Outings (6 weeks on 8)

C 1st child	\$130 / week
C 2nd child	\$120 / week
C 3rd child	\$110 / week
O	\$172 / week

Teen camp - Expeditions (2 weeks on 8)

C 1st child	\$140 / week
C 2nd child	\$130 / week
C 3rd child	\$120 / week
O	\$187 / week

14 TO 16

Counsellor in training CIT – Level 1 (Including internship)

Centre des loisirs › Length: 4 weeks mandatory

C 1st child	\$480
C 2nd child	\$440
C 3rd child	\$400
O	\$530

PAM 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.



Day camp integration program

Centre des loisirs › For information on eligibility criteria: 514 855-6110, ext. 4985 › Information meeting on Wednesday, April 9, from 6 to 7 p.m. (registration at 514 855-6110, ext. 4985) › Open to Saint-Laurent residents only.

3 to 5

C 1st child	\$120 / week
C 2nd child	\$115 / week
C 3rd child	\$105 / week
O	NA

6 to 11

C 1st child	\$115 / week
C 2nd child	\$105 / week
C 3rd child	\$95 / week
O	NA

12 to 16

Weeks are being offered according to Teen camps – Outings

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



PLAYGROUNDS

Activities and entertainment all summer long for children ages 6 to 12 in Beaulac, Chamberland, Cousineau, Gohier, Decelles, Houde, Noël-Nord, Painter, Poirier and Saint-Laurent parks › Free regular activities and reasonably-priced outings › Program available in the different parks › Information: 514 855-6110, ext. 4912

Animation

Free › June 23 to Aug 14 › Mon to Thu 1:15 to 8 p.m.

Leisure section

C Resident with carte-loisirs **O** Others: Resident without carte-loisirs or non-resident with carte-loisirs

Open house and program launch for the preschool centre (ages 0 to 5)

Saturday, May 24, at 10 a.m.
Registration on-site or via Loisirs en ligne starting on May 26.

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

Information:

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



BRIDGE

Location: Centre des loisirs.

Organized by the Bridge Club Loisirs Saint-Laurent.

Information:

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

Supervised bridge – French

18 and + > Wed 1:15 to 3:30 p.m. >
Apr 16 to May 28 > \$50

Bridge duplicata

18 and + > Tue 1 to 4 p.m. > Apr 1 to
June 17 > **C** \$5 / day > **O** \$6 / day

18 and + > Wed 7:15 to 10:15 p.m. >
Apr 2 to June 18 > **C** \$5 / day >
O \$6 / day

CERCLE DE FERMIERES DE SAINT-LAURENT

Location: Centre des loisirs.

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

Information:

Marcelle Ducasse at 438 395-8262

Craft workshop

14 and + > Wed 1 to 4 p.m. >
March to June > Free for members

Weaving workshop

14 and + > Thu 1:30 to 4 p.m. >
March to June > **C** Free for members >
O \$5 non-member / day

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

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs, unless otherwise indicated. Participants will have to purchase materials for certain workshops. Only basic colours are provided for the watercolours and painting course.

Registration: Starting March 17 at 8:30 a.m. via Loisirs en ligne (see page 7 for details).

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Printemps 2014" and the **keyword (KW)** corresponding to the activity.



Lunch break discovery workshops /
NEW / Svetla Velikova / Areg Elibekian / Francine Gauthier
 Watercolour, oil painting and pottery

18 and + › Mon 12 to 1 p.m. ›
 Apr 14 to June 9 › **C** \$72 › **O** \$96 ›
KW Découvertes artistiques

Baladi I / Lala Hakim

18 and + › Tue 6 to 7 p.m. › Apr 15 to
 May 27 › **C** \$72 › **O** \$96 › **KW** Baladi

Baladi II / Lala Hakim

18 and + › Tue 8 to 9 p.m. › Apr 15 to
 May 27 › **C** \$72 › **O** \$96 › **KW** Baladi

Baladi III / Lala Hakim

18 and + › Tue 7 to 8 p.m. › Apr 15 to
 May 27 › **C** \$72 › **O** \$96 › **KW** Baladi

Calligraphy / Réal Colletterie

18 and + › Mon 1 to 3:30 p.m. ›
 Apr 14 to June 9 › **C** \$72 › **O** \$96 ›
KW Calligraphie

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

18 and + › Sat 10 a.m. to 12:30 p.m. ›
 Apr 19 to May 31 › **C** \$79 › **O** \$105 ›
KW Peinture

Contemporary painting II (acrylic) /
Svetla Velikova

18 and + › Wed 9:30 a.m. to 12 p.m. ›
 Apr 16 to May 28 › **C** \$79 › **O** \$105 ›
KW Peinture

Contemporary painting II
(mixed techniques) / Svetla Velikova

18 and + › Thu 1 to 3:30 p.m. ›
 Apr 17 to May 29 › **C** \$79 › **O** \$105 ›
KW Peinture

Contemporary painting III
(acrylic) / Svetla Velikova

18 and + › Fri 9:30 a.m. to 12 p.m. ›
 Apr 18 to May 30 › **C** \$79 › **O** \$105 ›
KW Peinture

Crochet – Knitting / Lucie Carmel

18 and + › Thu 2 to 4:30 p.m. › Apr 17 to
 May 29 › **C** \$72 › **O** \$96 › **KW** Tricot

18 and + › Tue 7 to 9:30 p.m. › Apr 15
 to May 27 › **C** \$72 › **O** \$96 ›
KW Tricot

Drawing - observation I and II /
Svetla Velikova

18 and + › Mon 9:30 a.m. to 12 p.m. ›
 Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
KW Dessin

NEW SCHEDULE

18 and + › Mon 5:30 to 7 p.m. ›
 Apr 14 to June 9 › **C** \$56 › **O** \$75 ›
KW Dessin



Drawing and acrylic painting
I and II / Svetla Velikova

18 and + › Sun 10 a.m. to 12:30 p.m. ›
 Apr 20 to June 1 › **C** \$79 › **O** \$105 ›
KW Dessin

Drawing and modeling II –
live models / Svetla Velikova

18 and + › Mon 1 to 3:30 p.m. ›
 Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
 Additional cost for live models ›
KW Dessin

Felt / NEW / Latifa Boukendakdji

18 and + › Sun 9 a.m. to 4 p.m. ›
 Apr 27 › **C** \$30 › **O** \$40 › **KW** Feutre

Icon (egg tempera) / Svetla Velikova

18 and + › Thu 9:30 a.m. to 12 p.m. ›
 Apr 17 to May 29 › **C** \$79 › **O** \$105 ›
KW Icônes



Oil painting I / Areg Elibekian

18 and + › Sat 1 to 3:30 p.m. ›
 Apr 19 to May 31 › **C** \$79 › **O** \$105 ›
KW Peinture

Oil painting I and II / Areg Elibekian

18 and + › Wed 1:30 to 4 p.m. ›
 Apr 16 to May 28 › **C** \$79 › **O** \$105 ›
KW Peinture

NEW SCHEDULE

18 and + › Tue 5:30 to 7 p.m. ›
 Apr 15 to May 27 › **C** \$56 › **O** \$75 ›
KW Peinture

Oil painting II / Areg Elibekian

18 and + › Mon 1:30 to 4 p.m. ›
 Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
KW Peinture

18 and + › Mon 7 to 9:30 p.m. ›
 Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
KW Peinture

Oil painting III / Areg Elibekian

18 and + › Tue 1:30 to 4 p.m. ›
Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Peinture

18 and + › Wed 9:30 a.m. to 12 p.m. ›
Apr 16 to May 28 › **C** \$79 › **O** \$105 ›
KW Peinture

18 and + › Sat 9:30 a.m. to 12 p.m. ›
Apr 19 to May 31 › **C** \$79 › **O** \$105 ›
KW Peinture

Photography I and II (digital) - (bilingual) - Hybrid and reflex cameras / NEW SCHEDULE

Jean-Luc Laporte
18 and + › Tue 5:30 to 7 p.m. ›
Apr 15 to May 27 › **C** \$56 › **O** \$75 ›
KW Photographie

Photography – Baby in action / NEW / Jean-Luc Laporte

18 and + with the baby › Wed 9 to 11:30 a.m. › May 7 to June 4 › **C** \$56 › **O** \$75 › **KW** Photographie



Pottery, modelling, turning, ceramics / Francine Gauthier

18 and + › Mon 1:30 to 4 p.m. ›
Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
KW Poterie

18 and + › Mon 7 to 9:30 p.m. ›
Apr 14 to June 9 › **C** \$79 › **O** \$105 ›
KW Poterie

18 and + › Tue 7 to 9:30 p.m. › Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Poterie

18 and + › Sat 9:30 a.m. to 12 p.m. ›
Apr 19 to May 31 › **C** \$79 › **O** \$105 ›
KW Poterie

Sewing / Gaétane Nicol and Latifa Boukendakdji*

18 and + › Tue 9:30 a.m. to 12 p.m. ›
Apr 15 to May 27 › **C** \$72 › **O** \$96 ›
KW Couture

18 and + › Wed* 7 to 9:30 p.m. ›
Apr 16 to June 4 (cancelled on May 21) ›
C \$72 › **O** \$96 › **KW** Couture



18 and + › Sat 9:30 a.m. to 12 p.m. ›
Apr 19 to May 31 › **C** \$72 › **O** \$96 ›
KW Couture

Sewing – Beadwork / NEW / Latifa Boukendakdji

18 and + › Mon 7 to 9:30 p.m. ›
Apr 14 to June 9 › **C** \$72 › **O** \$96 ›
KW Couture

Stained glass / Stéphanie Aghbachian

18 and + › Tue 1:30 to 4 p.m. ›
Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Vitrail

18 and + › Tue 7 to 9:30 p.m. › Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Vitrail

18 and + › Thu 9:15 to 11:45 a.m. ›
Apr 17 to May 29 › **C** \$79 › **O** \$105 ›
KW Vitrail

18 and + › Thu 7 to 9:30 p.m. ›
Apr 17 to May 29 › **C** \$79 › **O** \$105 ›
KW Vitrail

Stone sculpture / Vasil Nikov

18 and + › Wed 1:30 to 4 p.m. ›
Apr 16 to May 28 › **C** \$72 › **O** \$96 ›
KW Sculpture

18 and + › Wed 10 a.m. to 12:30 p.m. ›
Apr 16 to May 28 › **C** \$72 › **O** \$96 ›
KW Sculpture

Water colour I / Raynald Murphy

18 and + › Tue 9:30 a.m. to 12 p.m. ›
Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Aquarelle

Water colour II and III/ Svetla Velikova

18 and + › Wed 1 to 3:30 p.m. ›
Apr 16 to May 28 › **C** \$79 › **O** \$105 ›
KW Aquarelle

18 and + › Wed 7 to 9:30 p.m. ›
Apr 16 to May 28 › **C** \$79 › **O** \$105 ›
KW Aquarelle

Water colour II and III / Raynald Murphy

18 and + › Tue 1 to 3:30 p.m. ›
Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Aquarelle

18 and + › Tue 7 to 9:30 p.m. ›
Apr 15 to May 27 › **C** \$79 › **O** \$105 ›
KW Aquarelle

Wood carving / Rémi Richard

18 and + › Tue 1:30 to 4 p.m. ›
Apr 15 to May 27 › **C** \$72 › **O** \$96 ›
KW Sculpture

18 and + › Tue 7 to 9:30 p.m. ›
Apr 15 to May 27 › **C** \$72 › **O** \$96 ›
KW Sculpture

Yoga – Bilingual / **NEW SCHEDULE**

Antoine Tinawi or Pamela Gooria*

Participants must bring their yoga mat.

1 / week: **C** \$72 › **O** \$95
2 / week: **C** \$105 › **O** \$140

18 and + › Mon 6 to 7:25 p.m. › Apr 14
to June 9 › **KW** Yoga*

18 and + › Mon 7:35 to 9 p.m. › Apr 14
to June 9 › **KW** Yoga*

18 and + › Wed 6 to 7:25 p.m. › Apr 16
to May 28 › **KW** Yoga

18 and + › Wed 7:35 to 9 p.m. › Apr 16
to May 28 › **KW** Yoga

Yoga hatha lunch break – Bilingual / Pamela Gooria

1 / week: **C** \$40 › **O** \$53
2 / week: **C** \$58 › **O** \$78

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

18 and + › Mon 12:05 to 12:55 p.m. ›
Apr 14 to June 9 › **KW** Yoga

Prenatal yoga – Bilingual / Pamela Gooria

C \$72 › **O** \$96

18 and + › Fri 1:05 to 2:30 p.m. ›
Apr 18 to May 30 › **KW** Yoga

Chair yoga – Bilingual / Pamela Gooria

C \$72 › **O** \$96

18 and + › Fri 2:35 to 4 p.m. ›
Apr 18 to May 30 › **KW** Yoga

CABINET MAKING (French only)

Location: Centre de formation professionnelle Léonard-De Vinci

Free project (30 hrs)

16 and + › Wed 7 to 10 p.m. › Apr 16
to June 18 › **C** \$175 › **O** \$233 ›
15% discount for participants aged 60
or over › Wood not included › Mandatory: Must have completed the previous
three programs offered at the Centre ›
KW Ébénisterie

YOUTH AND FAMILY

Location: Centre des loisirs.

Registration: Starting March 17 at 8:30 a.m.
via Loisirs en ligne (see page 7 for details).

To easily search for cultural workshops
in Loisirs en ligne, select the Borough of
Saint-Laurent, “Printemps 2014” session and
the **keyword (KW)** corresponding to the
activity.

Acrylic painting / Carole Dubuc

9 to 14 › Sat 10 a.m. to 12 p.m. ›
Apr 19 to May 31 › **C** \$32 › **O** \$43 ›
KW Peinture

9 to 14 › Fri 7 to 9 p.m. › Apr 18 to
May 30 › **C** \$32 › **O** \$43 ›
KW Peinture

Calligraphy / **NEW** / Réal Collerette

9 to 14 › Fri 7 to 9 p.m. › Apr 18 to
May 30 › **C** \$32 › **O** \$43 › \$20 kit not
included › **KW** Calligraphie

Cartoon drawing / Pierre Bourgouin

6 to 8 › Sat 10 a.m. to 12 p.m. ›
Apr 19 to May 31 › **C** \$32 › **O** \$43 ›
KW Bande dessinée

Cartoon drawing - Manga / Pierre Bourgouin

9 to 12 › Sat 1 to 3 p.m. › Apr 19
to May 31 › **C** \$32 › **O** \$43 ›
KW Bande dessinée



Chess level 1 / Diego Perez

6 to 13 › Sat 1 to 2 p.m. › Apr 19 to
May 31 › **C** \$17 › **O** \$23 › **KW** Échecs

Chess level 2 / Diego Perez

6 to 13 › Sat 2 to 3 p.m. › Apr 19 to
May 31 › **C** \$17 › **O** \$23 › **KW** Échecs

Chess level 3 / Diego Perez

6 to 13 › Sat 3 to 4 p.m. › Apr 19 to
May 31 › **C** \$17 › **O** \$23 › **KW** Échecs

Cooking / Mariette Cadieux

13 to 17 › Fri 7 to 9 p.m. › Apr 18 to
May 30 › **C** \$32 › **O** \$43 ›
KW Cuisine

Crochet – Knitting / NEW /
Lucie Carmel
 13 to 17 › Thu 6 to 8 p.m. › Apr 17 to
 May 29 › **C** \$32 › **O** \$43 › **KW** Tricot

Drawing and painting /
Carolle Dubuc
 6 to 8 › Sun 10 a.m. to 12 p.m. ›
 Apr 20 to June 1 › **C** \$32 › **O** \$43 ›
KW Peinture

6 to 8 › Sun 1 to 3 p.m. › Apr 20 to
 June 1 › **C** \$32 › **O** \$43 › **KW** Peinture

Drawing, pottery, modelling /
Francine Gauthier
 6 to 13 › Sat 1 to 3 p.m. › Apr 19 to
 May 31 › **C** \$32 › **O** \$43 › **KW** Poterie

6 to 13 › Dim 10 a.m. to 12 p.m. ›
 Apr 20 to June 1 › **C** \$32 › **O** \$43 ›
KW Poterie

Oil painting / Areg Elibekian
 13 to 17 › Thu 7 to 9 p.m. › Apr 17
 to May 29 › **C** \$32 › **O** \$43 ›
KW Peinture

13 to 17 › Fri 7 to 9 p.m. › Apr 18
 to May 30 › **C** \$32 › **O** \$43 ›
KW Peinture

Petits marmitons / Mariette Cadieux
 (Participants must bring four containers)
 7 to 12 › Sat 10 a.m. to 12 p.m. ›
 Apr 19 to May 31 › **C** \$32 › **O** \$43 ›
KW Marmitons

7 to 12 › Sat 1 to 3 p.m. › Apr 19 to
 May 31 › **C** \$32 › **O** \$43 ›
KW Marmitons

Pottery, modelling, turning /
Francine Gauthier
 6 to 13 › Sun 1 to 3 p.m. › Apr 20 to
 June 1 › **C** \$32 › **O** \$43 › **KW** Poterie

10 to 14 › Fri 7 to 9 p.m. › Apr 18 to
 May 30 › **C** \$32 › **O** \$43 › **KW** Poterie

**Stained glass / NEW: Parents and
 teens / Stéphane Aghbachian**
 13 to 17 › Fri 7 to 9 p.m. › Apr 18 to
 May 30 › **C** \$32 › **O** \$43 › Parents
 are welcomed. Registration for the same
 price. › **KW** Vitrail

Sewing / Latifa Boukendakdji
 13 to 17 › Fri 7 to 9 p.m. › Apr 18 to
 June 6 › **C** \$32 › **O** \$43 › Material
 not included (cancelled on May 23) ›
KW Couture

Water painting / Carolle Dubuc
 9 to 12 › Sam 1 to 3 p.m. › Apr 19 to
 May 31 › **C** \$32 › **O** \$43 ›
KW Peinture

Yoga / NEW / Pamela Gooria /
 (Participants must bring their yoga mat)
 7 to 12 › Thu 6 to 7 p.m. › Apr 17 to
 May 29 › **C** \$32 › **O** \$43 › **KW** Yoga

13 to 17 › Thu 7:10 to 8:10 p.m. › Apr 17
 to May 29 › **C** \$32 › **O** \$43 › **KW** Yoga

DANCE

SOCIAL DANCING CLUB LES LAURENTIENS

(Couples only)

Location: Centre des loisirs.

Courses and evenings organized during the
 year. Dances taught: Cha-cha, merengue,
 rumba, samba, triple swing, slow waltz,
 foxtrot and tango. Fall and Winter sessions
 only. Payable to the Club de danse sociale
 Les Laurentiens (cheque or cash).

Information: 514 432-4748 or
www.cdsleslaurentiens.com

LES AMIS DE LA DANSE

Location: Centre des loisirs.

Spring session: Registration in person at
 the Centre des loisirs on Tuesday, March 25
 2014, from 6 to 7:30 p.m.

Information: 514 334-0400 or 514 744-6563

Dance workshop – Hip-hop, jazz and ballet trio

3 to 5 › Sat 10 to 11 a.m. › May 24
 and 31 › **C** \$15 › **O** \$20

6 to 10 › Sam 11 a.m. to 12 p.m. ›
 May 24 and 31 › **C** \$15 › **O** \$20

Ado junior and Ado › Sat 10 a.m. to
 12 p.m. › May 24 and 31 › **C** \$25 ›
O \$35

Preballet – Mother and child

2 ½ and 3 › Fri 10:15 a.m. to 11 a.m. ›
 Apr 4 to May 23 (6 classes) › **C** \$35 ›
O \$50

Dance duo – Ballet and jazz

3 and 4 › Fri 9:30 to 10:15 › Apr 4 to
 May 23 › **C** \$35 › **O** \$50

Tap-dancing

Adult › Levels 2 and 3 › Mon 7:15 to
 8:15 p.m. › Apr 7 to June 16 › **C** \$75 ›
O \$95

Adult › Level 1 › Mon 9:15 to 10 p.m. ›
 Apr 7 to June 16 › **C** \$75 › **O** \$95

Dance workshops – Hip-hip and jazz

25 and + › Mon 8:15 to 9:15 p.m. ›
 Apr 7 to June 16 › **C** \$60 › **O** \$80



EXHIBITIONS

CENTRE DES LOISIRS

Participants in the sewing, knitting, stained glass and pottery workshops – Adults

Mon to Sun 8:30 a.m. to 9 p.m. ›
March 15 to 30 › Free › Varied works

Association des photographes de Saint-Laurent (APSL)

Mon to Sun 8:30 a.m. to 9 p.m. ›
Apr 5 to 20 › Free › Photography

Participants in the oil painting workshops

Mon to Sun 8:30 a.m. to 9 p.m. ›
May 3 to 18 › Free › Painting

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix
Information: 514 747-7367 or
www.mmaq.qc.ca

Business hours:

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

Groups by reservation:

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

Rates:

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



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

Masterworks

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

Needlepoint – Social and activist

March 13 to May 4 › Pascale Annoual works to reconcile communities through art and therapy.

2014 CARI twinning

Nikator and Dariush Bagheri/
Dominic Dufour

March 20 to April 21 › Twinning between a local artist and a newly immigrated artist in collaboration with CARI St-Laurent.

Valentin Firsov Shabaeff

Apr 3 to May 4 › Born in 1891, this Russian artist immigrated to Canada during the lull between world wars I and II. Since then, he has pursued a career at the crossroads of art and arts and crafts.

Teraciel – Alain Salesse and Vicky

May 15 to June 29 › Ceramic and multimedia exhibition.

À Pro Peau

June 4 to 22 › Annual exhibition by the graduates of the Centre des métiers du cuir de Montréal (CMCM).

Le Levant

July 10 to Aug 31 › Annual exhibition hosted by Le Levant, a group of artists originally from the Middle East and Maghreb who have each forged artistic ties between their native land and their new homeland.



PHOTOGRAPHY

Location: Centre des loisirs.

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

Information: 514 333-7065 or
admin@apsl.ca or www.apsl.ca

Association des photographes de Saint-Laurent

18 and + › Every Wednesday ›
7 to 9:30 p.m. › Until May 28 ›
C \$60 › O \$70

PROGRAM FOR ADULTS – AGES 50 AND OVER

CARREFOUR DES AÎNÉS

Location: Centre des loisirs (with the exception of petanque). Membership card (\$7 for residents and \$10 for non-residents) is mandatory to participate to the activities offered by the Carrefour des aînés.

Business hours:

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

Information: 514 748-0943 or
carrefouraines@hotmail.com

Bingo

50 and + › Tue 1 to 4 p.m. › Mar 19
to May 14 › Free

Bridge

50 and + › Thu 1 to 5 p.m. › Until
Aug 29 › Free

Board games

50 and + › Mon to Sun 9 a.m.
to 10 p.m. › Until Aug 30 › Free

Line dance

50 and + ›
Mon 1 to 2:15 p.m. (advanced) ›
Mon 2:30 to 3:45 p.m. (beginner) ›
Wed 1 to 2:30 p.m. (beginner) ›
Wed 2:45 to 4:15 (advanced) ›
Mar 18 to May 15 › C \$25 / session ›
O \$30 / session › Closed Apr 1



Petanque

50 and + › Mon, Wed and Fri 7 to
9 p.m. › Until Aug 23 › Free › At the
Boulodrome year-round except in the
summer (Parc Gohier)

Physical activities

50 and + › Mon, Thu 9 to 10 a.m.
or 10:15 to 11:15 a.m. › Mar 18 to
May 16 › C \$25 / session ›
O \$30 / session › Closed on Apr 1

Pool and table tennis

50 and + › Mon to Fri 9 a.m. to 6 p.m. ›
Sun 6:30 to 10:30 p.m. › Until Aug 30 ›
Free

Shuffleboard

50 and + › Thu 1 to 4 p.m. › Mar 21
to May 16 › Free

Stretching

50 and + › Wed 9 to 10 a.m. or
10:15 to 11:15 a.m. › Mar 20 to May 15 ›
C \$20 / session › O \$27 / session

PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs.

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

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

Regular activities

For all › Wed 9 a.m. to 3 p.m. › Until June 11, 2014 › \$7 / membership card

Recreational activities

For all › Wed 9 a.m. to 4 p.m. › July and Aug 2014 › Admission fees vary according to event



PROGRAM FOR YOUTH

ADOS DE ST-LO

Locations: Cousineau, Hartenstein, Painter and Poirier parks.

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

Information: 514 855-6110, ext. 4925



Basket-ball – Sports night

Free › Cousineau, Painter and Poirier parks

June 19 to 22 › Thu and Fri 7 to 9 p.m.,
Sat 3 to 6 p.m.

June 23 to Aug 15 › Tue to Sat 3:30 to
10 p.m.

Aug 16 to 30 › Wed to Fri 7 to 9 p.m.,
Sat 3 to 6 p.m.

Soccer – Sports night

Free › Hartenstein and Painter parks

June 19 to 22 › Thu and Fri 7 to 9 p.m.,
Sat 3 to 6 p.m.

June 23 to Aug 15 › Tue to Sat 3:30 to
10 p.m.

Aug 16 to 30 › Wed to Fri 7 to 9 p.m.,
Sat 3 to 6 p.m.

Urban dance

Free › Cousineau, Hartenstein, Painter and Poirier parks

June 23 to Aug 15 › Tue to Sat 3:30 to
10 p.m.



CENTRE DES ADOS

Location: Centre des loisirs. Friendly gatherings for participants aged 12 to 18. Variety of cultural and sports activities.

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

Information: 514 855-6110, ext. 4950

Regular activities

Thu 6 to 9 p.m. › Fri 6 to 11 p.m. › Sat 1 to 5 p.m. and 6 to 11 p.m. › Sun 2 to 5 p.m. › Jan 5 to May 25 › Centre des loisirs

Activities: Pool, table tennis, board games, video games and movie nights

CDA-Girls

Sat 1 to 5 p.m. › March 16 to May 25 › Centre des loisirs

Activities: Artistic make-up, photo shoots with professionals, international dance workshops, cooking workshops, meetings with urban arts professionals

Sports activities

Sat 6 to 9 p.m. › Jan 12 to May 18 › École Saint-Laurent – Édifice Émile-Legault

Sun 2 to 4 p.m. › Two Sundays per month › Schedule available at the Centre des ados › École Saint-Laurent – Édifice Saint-Germain

Activities: Soccer and basket-ball

Parc Painter chalet

Thu 6:15 to 8:45 › Fri, Sat 5 to 8 p.m. › Until May 24 › Parc Painter chalet

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



SCRABBLE

Location: Centre des loisirs.

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

Information:

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

Clotilde Esseili: 514 334-1639 (Thursday games)

Scrabble

12 and + › Mon 7:30 to 10:30 p.m. › Thu and Sat 1:30 to 4:30 p.m. › All year long › Member: \$4 › Non-member: \$5



Sports section

AQUATIC ACTIVITIES

SPRING Indoor pools

For all aquatic activities:

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

FREE SWIM



FREE

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



6 months and +

Mon, Wed, Fri 3 to 4:25 p.m. › Tue 3:45 to 5:55 p.m. › Thu 3 to 5:55 p.m. › Fri 7:05 to 9:30 p.m. › Sat, Sun 2 to 4 p.m. › March 22 to May 30 › YMCA Saint-Laurent

2 and +

Sat, Sun 5:45 to 7 p.m. › March 22 to May 30 › École secondaire Saint-Laurent – Édifice Émile-Legault

Mixed 18 and +

Wed, Fri 7:30 to 9:30 p.m. › March 22 to May 30 › École secondaire Saint-Laurent – Édifice Émile-Legault › Swimming lanes (2 lanes) and free swim (2 lanes)

Mixed 18 and +

Mon, Wed 6:30 to 9:30 a.m., 12 to 2 p.m. and 8:30 to 9:30 p.m. › Tue 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 7:30 to 9:30 p.m. › Thu 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 7:30 to 8:55 p.m. › Sat, Sun 8 to 8:55 a.m. and 4:05 to 5:30 p.m. › March 22 to May 30 › YMCA Saint-Laurent › Swimming lanes



SWIMMING LESSONS AND AQUAFITNESS

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

Registration: Via Loisirs en ligne (see page 7 for details) as of Saturday, March 15, starting at 9 a.m.

Information and schedules:

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

Swimming lessons – Adults

18 and + › March 22 to May 30 › **C** \$67 › **O** \$90 › École secondaire Saint-Laurent – Édifice Émile-Legault / cégep de Saint-Laurent / YMCA Saint-Laurent › 55 min / week

Swimming lessons – Children

6 months to 17 years › March 22 to May 30 › **C** \$53 › **O** \$73 › YMCA Saint-Laurent › 30 to 45 min (depending on level) / week 2 to 17 › March 22 to May 30 › **C** \$53 › **O** \$73 › École secondaire Saint-Laurent – Édifice Émile-Legault / cégep de Saint-Laurent › 30 to 55 min (depending on level) / week

Aquafitness 1

Mixed 18 and + › Tue, Thu 6:15 to 7:15 p.m. › March 22 to May 30 › **C** \$57 › **O** \$76 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

Aquafitness 2

Mixed 18 and + › Tue, Thu 8:15 to 9:15 p.m. › March 22 to May 30 › **C** \$57 › **O** \$76 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

Aquafitness 3

Mixed 18 and + › Mon, Wed 6:30 to 7:25 p.m. › March 22 to May 30 › **C** \$57 › **O** \$76 › YMCA Saint-Laurent › 55 min / twice a week

Aquafitness 4

Mixed 18 and + › Mon, Wed, Fri 11 to 11:55 a.m. › March 22 to May 30 › **C** \$85 › **O** \$113 › YMCA Saint-Laurent › 55 min / three times a week

Aquafitness – Membership

Mixed 18 and + › Free access to aqua-fit sessions 1, 2, 3 and 4 › March 22 to May 30 › C \$140 › O \$187 › YMCA Saint-Laurent and École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / course

Aquafitness – Prenatal group

Pregnant women › Tue, Thu 7:15 to 8:15 p.m. › March 22 to May 30 › C \$57 › O \$76 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

LIFEGUARD TRAINING AND WATER SAFETY TRAINING

If places are available, registration now open via Loisirs en ligne (see page 7 for details). Included: Documentation and certification.

National lifeguard

16 and + › Sun › Apr 27 to June 9 › 10 a.m. to 4:30 p.m. › C \$197 › O \$247 › Cégep de Saint-Laurent › Program from the Société de sauvetage › Prerequisite: Must be 16 years old for the exam and have the Bronze Cross certificate and the General First aid certificate.

MASTER'S SWIM CLUB

Location: Cégep de Saint-Laurent.

Registration: In person at the pool, according to the practice schedule. Payable to Club des maîtres-nageurs de Saint-Laurent inc. At the registration, swimmers must pay insurance premiums to the Federation.

18 and +

Mon 7:30 to 9 p.m. › Tue, Thu 7:30 to 8:30 p.m. or 8:30 to 9:45 p.m. › Wed 8 to 9:30 p.m. › Sat 7:15 to 8:45 a.m. › Sun 7 to 8:30 p.m. › Apr 7 to June 15 › **Adult:** C \$50 › O \$65 › **65 and +:** C \$30 + affiliations fees › O \$40 + affiliations fees › Prerequisite: Must be able to swim 4 lengths of the pool without stopping in a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes, register for, and participate in the training program.

SYNCHRONIZED SWIM

Location: YMCA Saint-Laurent.

Information:

www.synchro-saintlaurent.com

8 to 20 › Tue, Thu 6 to 7:30 › Jan 8 to June 14 › Prerequisite: To have passed Junior 5 level

Winter-Spring session:

C \$80 › O \$106



SUMMER Outdoor pools

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

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

Pool staff may ask to see a piece of ID at any time. To borrow equipment, flotation belt or life jacket, one piece of ID is required. Participants must leave the premises ten minutes prior to the end of free activities.



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

FAMILY FREE SWIM



June 16 to August 24
(Closing at 4 p.m. on August 24)

Pools

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

August 25 to September 1

Pool

2 and + › Mon to Sun 1 to 6 p.m. › Parc Bourbonnière

18 and + › Mon to Sun 12 to 1 p.m. and 6 to 7 p.m. › Parc Bourbonnière



Wading pools

10 and – › Mon to Sun 12 to 7 p.m. › Parc Bourbonnière

Water games

2 and + › Mon to Sun 8:30 a.m. to 9 p.m. › Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks

FREE SWIM - ADULTS (18 AND +)



June 16 to August 24
(Closing at 4 p.m. on August 24)

18 and + › Mon to Sun 12 to 1 p.m. › Decelles and Painter parks › Free swim and swimming lanes

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

* Season: June 21 to August 17 (there will be no adult free swim at Parc Marlborough on Tuesdays and Thursdays).

WADING POOLS AND WATER GAMES

June 16 to 20, August 18 to 24
(Closing at 4 p.m. on August 24)

Wading pools and water games (with supervision)

10 and – › Mon to Sun 1 to 7:30 p.m. › Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

June 21 to August 17

Wading pools and water games (with supervision)

10 and – › Mon to Fri 10:30 to 12:45 p.m., 1:15 to 4 p.m., 4:30 to 6 p.m. › Sat, Sun 1 to 6 p.m. › Parc Alexis-Nihon

10 and – › Mon to Fri 10:30 a.m. to 7:30 p.m. › Sat, Sun 1 to 7:30 p.m. › Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

WATER GAMES (without supervision)

June 16 to September 1

2 and + › Mon to Sun 8:30 a.m. to 9 p.m. › Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks

AQUAFITNESS

Registration: Starting June 21 at 9 a.m. via Loisirs en ligne (see page 7 for details).

Mixed

18 and + › Mon, Wed 11 a.m. to 12 p.m. › June 23 to Aug 13 › **C** \$55 › **O** \$73 › Parc Decelles › 55 min / twice a week

18 and + › Tue, Thu 6:15 to 7:15 p.m. › June 24 to Aug 14 › **C** \$55 › **O** \$73 › Parc Marlborough › 55 min / twice a week

Membership

18 and + › **C** \$66 › **O** \$87 › Gives access to 2 groups: Mon, Wed 11 a.m. to 12 p.m. and Tue, Thu 6:15 to 7:15 p.m.



SWIMMING LESSONS CHILDREN (2 TO 17)

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

Dates:	Registration via Loisirs en ligne:
June 24 to July 4	June 21, 9 a.m.
July 14 to 25	July 12, 9 a.m.
August 4 to 15	August 2, 9 a.m.

Park: Hartenstein
Schedule: Tue and Thu evening

Dates:	Registration via Loisirs en ligne:
June 24 to July 17	June 21, 9 a.m.
July 22 to August 14	July 18, 6 p.m.

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

Dates:	Registration via Loisirs en ligne:
June 28 to July 20	June 21, 9 a.m.
July 26 to August 17	July 23, 6 p.m.

SWIMMING LESSONS ADULTS (15 AND +)

Basics 1 (beginner)

Park: Saint-Laurent
Schedules: Mon to Fri 7:15 to 8:15 p.m.

Dates:	Registration via Loisirs en ligne:
June 23 to July 4	June 21, 9 a.m.

Park: Saint-Laurent
Schedules: Mon to Fri 7:15 to 8:15 p.m.

Dates:	Registration via Loisirs en ligne:
July 14 to 25	July 12, 9 a.m.

Swimming strokes (intermediate)

Park: Noël-Nord
Schedules: Mon to Fri, 6:15 to 7:15 p.m.

Dates:	Registration via Loisirs en ligne:
August 4 to 15	August 2, 9 a.m.

MASTER'S SWIM CLUB

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

Mixed

18 and + › Mon, Thu 8:15 to 9:30 p.m. ›
June 16 to Aug 28 › Free › Parc Bourbonnière

18 and + › Wed 7:15 to 8:15 p.m. ›
June 18 to Aug 28 › Free › Parc Hartenstein

18 and + › Sat 8 to 9:30 p.m. › June 21 to Aug 23 › Free › Parc Hartenstein





COMPETITIVE SWIMMING, DIVING, WATER-POLO

Registration: June 21 to 30 via Loisirs en ligne (see page 7 for details).

Session: June 24 to August 15

Cost: \$25 (25% discount for the 2nd activity or 2nd child from the same family)

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



INTRODUCTION TO WATER-POLO with the Playgrounds



Parks: Noël-Nord and Saint-Laurent

Information and registration: Park chalet

BASEBALL

Registration: Online at baseballstlaurent.com or in person at the Centre des loisirs (room AB117) starting Sunday, March 30, from 2 to 3:30 p.m.

Payable to the Club de baseball Saint-Laurent inc.

Information: info@baseballstlaurent.com (Frequently Asked Questions section) or email at info@baseballstlaurent.com.

HOUSE LEAGUE (MIXED)

Novice

Born between 2007-2009 › 2 times / week: Mon to Thu (1 session), Sat or Sun (1 session) › June to Aug › **C** \$105 › **O** \$135 › Parc Chamberland



INTERZONES LEAGUE (MIXED)

Atome (B and A)

Born in 2005-2006 › 2 games and 1 practice / week › Approximate length: 90 min › Mon to Fri (2 games) starting at 6:45 p.m. › Sat or Sun (1 training session) › May to Aug › **C** \$115 › **O** \$150 › Additional fee of \$40 for players selected for the A team › Houde and Petit parks ›

Mosquito (B, A and AA)

Born in 2003-2004 › 2 games and 1 practice / week › Approximate length: 1 hr 45 min › Mon to Thu (2 games) starting at 6:45 p.m. › Sat or Sun (1 training session) › May to Aug › **C** \$125 › **O** \$160 › Additional fee of \$40 for players selected for the AA or A team › Decelles and Petit parks

Pee-wee (B and A)

Born in 2001-2002 › 2 games and 1 practice / week › Approximate length: 1 hr 45 min › Mon to Thu (2 games) starting at 6:45 p.m. › Sat or Sun (1 training session) › May to Aug › **C** \$130 › **O** \$165 › Additional fee of \$40 for players selected for the A team › Decelles and Cousineau parks

Bantam (B and A)

Born in 1999-2000 › 2 games and 1 practice / week › Approximate length: 2 hrs › Mon to Thu (2 games) starting at 7 p.m. › Sat or Sun (1 training session) › May to Aug › C \$155 › O \$190 › Additional fee of \$40 for players selected for the A team › Parc Saint-Laurent

Midget (B and A)

Born between 1996-1998 › 2 games and 1 practice / week › Approximate length: 2 hrs › Mon to Thu (2 games) starting at 7 p.m. › Sat or Sun (1 training session) › May to Aug › C \$160 › O \$195 › Additional fee of \$40 for players selected for the A team › Parc Saint-Laurent

Junior (A)

Born between 1992-1995 › 2 games and 1 practice / week › Approximate length: 2 hrs › Sun to Thu (2 games) starting at 7:30 p.m. › Sat or Sun (1 training session) › May to Sept › C \$192 › O \$227 › Parc Saint-Laurent

TIGRES AA

Pee-wee, Bantam, Midget and Junior

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

Information: info@baseballstlaurent.com



BASKET-BALL L'Express camp

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

Registration: By phone or online at http://tournoiexpress.ca/basket_camp_accueil.html as of March 3.

Payable to École secondaire Saint-Laurent. A day care service is available. A day care receipt will be issued for participant aged 14 and under. Additional discount for children who register for more than one week of activities or for two or more children from the same family.

Information:

514 332-3190, ext. 6122, 514 209-8130 or camps.express@portail.csmb.qc.ca.

Dates:

Week 1: June 23 to June 27
Week 2: June 30 to July 4
Week 3: July 7 to July 11
Week 4: July 14 to July 18
Week 5: August 4 to August 8

Schedules:

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

Day care service available:

Mornings from 7 to 9 a.m., and evenings from 4 to 6 p.m.

Cost: \$125 / week

Groups:

Initiation to basket-ball and other collective sports (pool)

5 to 9 › Mon to Fri 9 a.m. to 4 p.m. › \$125

Initiation to basket-ball and skills development (pool)

10 to 12 › Mon to Fri 9 a.m. to 4 p.m. › \$125

Skills, techniques and collectives development

12 and 13 › Mon to Fri 9 a.m. to 4 p.m. › \$125

SAINT-LAURENT FOOTBALL



CONGRATULATIONS TO THE ASSOCIATION DE FOOTBALL DE SAINT-LAURENT FOR SIXTY YEARS OF VOLUNTEERING WITH THOUSANDS OF SAINT-LAURENT YOUTHS.

FOOTBALL

WINTER CAMPS - MIXED/ PRE-SEASON CAMPS (MARCH-APRIL)

Location: To be determined.

Registration: Onsite according to practice schedules. Schedules to be determined. Invitation to the open-house day for the winter-spring training camp and introduction to basic techniques.

Information: saintlaurentfootball.com

SPEED SKILLS CAMP

Atom to midget

Born between 1997-2006 › Schedules to be determined (see Website) › saintlaurentfootball.com

REGULAR SEASON (MIXED)

Location: Parc Saint-Laurent.

Registration: Fee and schedule to be determined. Payable to Association de football de Saint-Laurent. Three passport-size photos and health insurance card are required for registration. Mandatory shoes, girdle and mouth guard not included. The second child from the same family will receive a 25% discount and each subsequent child will receive a 50% discount.

Registration for regular session:
See details on the Website.

Information:
saintlaurentfootball.com

Titan

Born in 2007-2008 › July 7 to Oct 9

Atom

Born in 2005-2006 › July 7 to Nov 2

Mosquito

Born in 2003-2004 › July 7 to Nov 2

Pee-wee

Born in 2001-2002 › July 7 to Nov 2

Bantam

Born in 1999-2000 › July 7 to Nov 9

Midget

Born in 1997-1998 › July 7 to Nov 9



GYMNASTIC

Location: YMCA Saint-Laurent. Schedules may change without notice.

Payable to Club Gymslic Saint-Laurent inc. Membership fees for the Fédération de gymnastique and competition not included. Health insurance card is mandatory. A \$15 surcharge will apply to registration received after the registration dates. Places are limited and assigned on a first-come, first-served basis.

Registration for classes:

No mail-in registration will be accepted. Registration in person at the Centre des loisirs on March 18, from 6:30 to 7:30 p.m. or online at gymslic.com from March 12, at 10 a.m., to March 14, at 9 p.m.

The second child from the same family will receive a 15% discount and each subsequent child will receive a 25% discount. Mandatory: Purchase and wear the club's gymnastic outfit (\$26) and a white t-shirt and navy short for boys. See complete program at gymslic.com.

Registration for day camp:

Online registration at gymslic.com starting March 12 at 10 a.m. Mail-in registration using the Gymslic day camp form (available starting March 12, 2014), at the Centre des loisirs, at the YMCA Saint-Laurent and at gymslic.com). Mail the registration form and payment to Club Gymslic Saint-Laurent inc., 1745, boulevard Décarie, bureau 145, Saint-Laurent, H4L 3N5.

Information: 514 748-7707 or gymslic@bellnet.ca

COMPETITIVE AND PRECOMPETITIVE

Competitive (girls)

8 to 14 > June 23 to Aug 22 > Schedule and cost to be confirmed > Between 14 to 20 hours / week

Precompetitive and advanced CRs

5 to 14 > June 23 to Aug 22 > Schedule and cost to be confirmed > Between 5 and 14 hours / week

Parent-child - Mixed

2 ½ to 3 > Tue 5:15 to 5:55 p.m. > Wed 1:30 to 2:10 p.m. > June 23 to Aug 15 > C \$80 > O \$105 > 40 minutes / week

PRESCHOOL CENTRE

Yellow sun – Level 1 (mixed)

4 and 5 > Mon 5 to 5:55 p.m. > Mon 6 to 6:55 p.m. > Tue 6 to 6:55 p.m. > Wed 2:15 to 3:15 p.m. > June 23 to Aug 15 > C \$110 > O \$145 > 1 hour / week

Orange and Red sun – Level 2 (mixed)

4 and 5 > Tue 6 to 7:30 p.m. > June 23 to Aug 15 > C \$135 > O \$180 > 1.5 hrs / week

RECREATIONAL – MIXED (BOYS TO AGE 9)

6 to 8 > Thu 5:30 to 7 p.m. > June 23 to Aug 15 > C \$135 > O \$180 > 1.5 hrs / week

RECREATIONAL (GIRLS)

6 to 8 > Wed 5:30 to 7 p.m. > June 23 to Aug 15 > C \$135 > O \$180 > 1.5 hrs / week

8 and + > Tue 7 to 8:30 p.m. > Thu 7 to 8:30 p.m. > June 23 to Aug 15 > C \$120 > O \$165 > 1.5 hours / week

7 and + > Mon, Wed 7 to 8:30 p.m. > June 23 to Aug 15 > C \$180 > O \$230 > 3 hrs / week

CR1-2

8 and + > June 23 to Aug 15 > Schedule and cost to be confirmed > 5 to 8 hours / week

DAY CAMPS

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

Competitive, precompetitive and advanced CRs

6 to 13 › June 23 to Aug 22 › Weekly registrations › Variable schedules and costs depending on number of training hours › Information: gymslc@bellnet.ca as of March.

Recreational

6 to 9 (boys) › Tue to Fri 9 a.m. to 4 p.m. › June 23, 25, 26, 27, 31 and July 2, 3, 4 › **C** \$145 › **O** \$195 › Weekly registration (4 days / week)

6 to 9 (boys) › Mon to Fri 9 a.m. to 4 p.m. › July 7 to Aug 15 › **C** \$170 › **O** \$220 › Weekly registration

6 to 12 (girls) › Tue to Fri 9 a.m. to 4 p.m. › June 23, 25, 26, 27, 31 and July 2, 3, 4 › **C** \$145 › **O** \$195 › Weekly registration (4 days / week)

6 to 12 (girls) › Mon to Fri 9 a.m. to 4 p.m. › July 7 to Aug 15 › **C** \$170 › **O** \$220 › Weekly registration

Daycare

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

HOCKEY

FALL-WINTER 2014-2015 PREREGISTRATION

Preregistration on May 13 and 14 (Room A-136), from 7 to 8:30 p.m. at the Centre des loisirs. A proof of residence, the carte-loisirs and a \$125 post-dated cheque for January 1, 2015 for the shirt are mandatory. According to Hockey Québec rules, the activity is open to Saint-Laurent residents only.

Information:
hockeystl.com or
norazah.aziz@hockeystl.com

Pre-novice to junior

5 to 20 › **C** \$325 (including a \$25 rebate for the preregistration) › **O** NA › Aréna Raymond-Bourque

SUMMER SCHOOL

Registration and information:
hockeystl.com or
norazah.aziz@hockeystl.com

Novice, atom, pee-wee and bantam / midget

7 to 15 › Camp 1: Aug 4 to Aug 8 › Camp 2: Aug 11 to Aug 15 › Aréna Raymond-Bourque



JUDO

Location: Centre des loisirs.

Registration: In person at the Centre des loisirs on March 18, from 6:30 to 7:30 p.m., for the spring session or in the Judo room (Room AB226), and on May 23, from 6:30 to 7:30 p.m., for the summer session.

Payable to Club de judo Budokan Saint-Laurent inc. Required documents: Passport (\$5) and carte-loisirs. Not included: Affiliation fees of \$17 to \$130 according to the category.

Rates

1 session: **C** \$35 › **O** \$45
2 sessions: **C** \$55 › **O** \$70

Information:
judobudokanstl.com

SPRING

Group A, recreational White / yellow

6 and 7 › Tue 6 to 7:15 p.m. and Sat 9 to 10:15 a.m. › March 25 to June 14

Group B, recreational White / yellow and +

7 and 8 › Mon, Fri 6 to 7:15 p.m. › March 24 to June 13

Group C, recreational

9 and 12 › Thu 6:30 to 8 p.m. and Sat 10:30 a.m. to 12 p.m. › March 27 to June 14

Group D, recreational and competitive

13 and + › Mon 7:15 to 8:45 p.m., Wed 6:30 to 8 p.m. and Fri 7:15 to 8:45 p.m. › March 24 to June 13

SUMMER

6 to 12 › Mon, Thu 6 to 7:30 p.m. › June 16 to Aug 7

13 and + › Mon, Thu 7:30 to 9 p.m. › June 16 to Aug 7

KARATE

Locations: LaurenHill Academy Senior Campus all year long until May 17 and École secondaire Saint-Laurent – Édifice Émile-Legault from May 19 to to August 7.

Registration: In person at the Centre des loisirs on March 18, from 6:30 to 7:30 p.m. A \$15 surcharge will apply to registration received after the registration period.

Payable to Club de Karaté Kio Saint-Laurent inc. Carte-loisirs and annual passport \$30 for children and \$35 for adults are mandatory. Not included: Karate-gi uniform, belt, crest for beginners and the cost of the exam. Friday and Saturday classes end June 14.

Rates:
9 to 17: **C** \$90 **O** \$115
18 and +: **C** \$100 **O** \$130

SPRING

White
9 to 12 **➤** Mon, Wed, Fri 6 to 7 p.m. **➤**
Apr 21 to June 13

White
13 and + **➤** Mon, Wed, Fri 6 to 7 p.m. **➤**
Apr 21 to June 13

Yellow / orange
9 to 12 **➤** Mon, Wed, Fri 7 to 8 p.m. **➤**
Apr 21 to June 13

Yellow / blue
13 and + **➤** Tue, Thu 6 to 7:30 p.m. **➤**
Sat 11 a.m. to 12 p.m. **➤** Apr 22 to June 14

Green / blue / brown
9 to 12 **➤** Tue, Thu 6 to 7:30 p.m. **➤**
Sat 11 a.m. to 12 p.m. **➤** Apr 22 to June 14

Brown / black
13 and + **➤** Tue, Thu 7:30 to 9 p.m. **➤**
Sat 11 a.m. to 12 p.m. **➤** Apr 22 to June 14

Competitive
9 and + **➤** Sat 12 to 1:30 p.m. **➤** Apr 26 to June 14

SUMMER

White
9 to 12 **➤** Mon, Wed 6 to 7 p.m. **➤**
June 23 to Aug 6

White
13 and + **➤** Mon, Wed 6 to 7 p.m. **➤**
June 23 to Aug 6

Yellow / orange
9 to 12 **➤** Mon, Wed 7 to 8 p.m. **➤**
June 23 to Aug 6

Yellow / blue
13 and + **➤** Tue, Thu 6 to 7:30 p.m. **➤**
June 26 to Aug 7

Green / blue / brown

9 to 12 **➤** Tue, Thu 6 to 7:30 p.m. **➤**
June 26 to Aug 7

Brown / black

13 and + **➤** Tue, Thu 7:30 to 9 p.m. **➤**
June 26 to Aug 7



PHYSICAL FITNESS

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

Spring session: By mail (1375, rue Grenet) or in person at the Centre des loisirs on March 18, from 6:30 to 7:30 p.m.

Summer session: By mail (1375, rue Grenet) or in person at the Centre des loisirs before May 26.

Spring session **➤** March 24 to June 14 **➤**
C \$95 **O** \$125

Session summer **➤** June 16 to Aug 23 **➤**
C \$75 **O** \$90

Sports activities for 16 and + SPRING

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

Cardio baladi and zumba
Wed 9:15 to 10:15 a.m. **➤** Centre des loisirs

Cardio-baby
Tue, Thu 9:30 to 10:30 a.m. **➤** Centre des loisirs

Cardio mania
Mon, Wed 6 to 7 p.m. **➤** LaurenHill Academy Junior Campus

Cardio step
Tue 6 to 7 p.m. **➤** Centre des loisirs

Mixed cardio and balls
Fri 9:30 to 10:45 a.m. **➤** Centre des loisirs

Circuit

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

Mixed styles – Yoga, pilates and stretching

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

Pilates – Level I

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

Pilates – Level II

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

Step aerobics

Tue 6 to 7 p.m. › Centre des loisirs

Super workout

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

Tonus

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

Zumba

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

SUMMER

Cardio park

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

Cardio-carriage

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

Cardio mix

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

Pilates – Levels I and II

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

Mixed styles – Yoga

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

Super workout

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

Tonus

Mon, Wed 7 to 7:45 › Centre des loisirs

Zumba

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



SOCCER

Location: Marcel-Laurin, Philippe-Laheurte and Noël-Nord parks.

New in 2014: Online registration is available using a credit card (Visa or Mastercard). For details, visit www.soccerstl.ca.

Registration for new members: In person (for the photo shoot for intercity players) with a copy of the health insurance card at the Centre des loisirs, on Wednesday, March 19, from 7 to 9 p.m. (Room A136-137) and on Saturday, March 22, from 1 to 4 p.m. (Room AB225). Payable by cheque to the Comité de soccer de Saint-Laurent. No postdated check will be accepted. A \$50 fee will be charged for all non-sufficient fund (NSF) cheques.

A \$50 surcharge will apply to registration received after the registration period. A \$100 processing fee will be charged for all cancellation requests before April 30. No cancellation after this date. Shirt, shorts and socks included. **Schedule for information purposes only. May change without notice.**

Summer soccer camp offered under the direction of Rocco Placentino (former player for the Impact).

Information: 514 747-0952 or www.soccerstl.ca.

HOUSE LEAGUE

U4 (boys)

Born in 2010 › Tue, Thu 6:15 to 7:15 p.m. › May 27 to Aug 14 › **C** \$165 › **O** \$215

U4/U5 (girls)

Born in 2009-2010 › Mon, Wed 6:15 to 7:15 p.m. › May 26 to Aug 13 › **C** \$165 › **O** \$215

U5 (boys)

Born in 2009 › Mon, Wed 6:15 to 7:15 › May 26 to Aug 13 › **C** \$165 › **O** \$215

U6 (boys)

Born in 2008 › Tue, Thu 7:30 to 8:30 p.m. › May 27 to Aug 14 › **C** \$165 › **O** \$215

U6/U7 (girls)

Born in 2007-2008 › Mon, Wed 7:30 to 8:30 p.m. › May 26 to Aug 13 › **C** \$165 › **O** \$215

U7 (boys)

Born in 2007 › Mon, Wed 7:30 to 8:30 p.m. › May 26 to Aug 13 › **C** \$165 › **O** \$215

U8 (boys)

Born in 2006 › Tue, Thu 6:15 to 7:15 p.m. › May 27 to Aug 14 › **C** \$180 › **O** \$230

U8/U9 (girls)

Born in 2005-2006 › Mon, Wed 6:15 to 7:15 p.m. › May 26 to Aug 10 › **C** \$180 › **O** \$230

U9 (boys)

Born in 2005 › Mon, Wed 6:15 to 7:15 p.m. › May 26 to Aug 13 › **C** \$180 › **O** \$230

U10 (boys)

Born in 2004 › Tue, Thu 6:15 to 7:15 p.m. › May 27 to Aug 14 › **C** \$180 › **O** \$230

U10 (girls)

Born in 2004 › Tue, Thu 7:30 to 8:30 p.m. › May 27 to Aug 14 › **C** \$180 › **O** \$230

U11 (boys)

Born in 2003 › Mon to Thu › May 26 to Aug 13 › **C** \$235 › **O** \$285

U11 (girls)

Born in 2003 › Tue, Thu 7:30 to 8:30 p.m. › May 27 to Aug 14 › **C** \$235 › **O** \$285

U12/U18 (girls)

Born between 1996-2002 › Mon to Fri › May 26 to Sept 8 › **C** \$255 › **O** \$305 › Activity conditional on the number of registrations › Schedules to be determined by the league

U12/U18 (boys)

Born between 1996-2002 › Mon to Fri › May 26 to Sept 8 › **C** \$255 › **O** \$305 › Activity conditional on the number of registrations › Schedules to be determined by the league

INTER-CITY LEAGUES A, AA AND AAA (COMPETITIVE)

Admission to program is conditional upon participation in evaluation camp. Included: Sweater, shorts, socks and bag.

U9/U10 (boys and girls)

Born in 2005-2006 › Mon to Fri › May 12 to Sept 8 › **C** \$280 › **O** \$330 › Evaluation by the coach and technical director. Variable schedule according to the LARS Lac St-Louis calendar.

U11 (boys and girls)

Born in 2003 › Mon to Fri › May 12 to Sept 8 › **C** \$305 › **O** \$355 › Evaluation by the coach and technical director. Variable schedule according to the LARS Lac St-Louis calendar.

U12/U18 (boys and girls)

Born between 1996-2002 › Mon to Sun › May 12 to Sept 8 › **C** \$325 › **O** \$375 › Evaluation by the coach and technical director. Variable schedule according to the LARS Lac St-Louis calendar.

U14 AAA (boys)

Born in 2000 › Mon to Sun › May 15 to Sept 8 › **C** and **O** \$800 › Evaluation by the coach and technical director.



SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

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

Registration and information:

514 855-6110, ext. 4915

SPRING

Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. › March 22 to May 10 › **C** \$8 / week › **O** NA › Laurentian Bowling Lanes (222, montée de Liesse)

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. › March 23 to May 11 › **C** \$50 › **O** \$60 › LaurenHill Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › March 23 to May 25 › **C** \$50 › **O** \$60 › École secondaire Saint-Laurent – Édifice Émile-Legault

SUMMER

Outdoor soccer

10 and + › Sun 11 a.m. to 1 p.m. › May 25 to Sept 14 › **C** \$50 › **O** \$60 › Parc Marcel-Laurin

TAI-CHI

SPRING

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

Registration: In person at the Centre des loisirs, March 18, 6:30 to 7:30 p.m.

Payable to Club de tai-chi de Saint-Laurent. Minimum of 12 participants per class. A \$15 surcharge will apply to registration received after the registration period.

Rates

1 session: **C** \$100 › **O** \$120

Initiation

18 and + › Mon, Wed 8 to 9 p.m. › Apr 7 to June 25

18 and + › Tue, Thu 10:40 to 11:40 a.m. › Apr 8 to June 26

Beginner

18 and + › Tue, Thu 9:30 to 10:30 a.m. › Apr 8 to June 26

18 and + › Tue, Thu 8 to 9 p.m. › Apr 8 to June 26

Intermediate

18 and + › Tue, Thu 7 to 8 p.m. › Apr 8 to May 29

Advanced

18 and + › Mon, Wed 7 to 8 p.m. › Apr 7 to May 28

SUMMER



FREE

Location: Parc Cousineau. Free activity open to everyone every Sunday, 9 to 10 a.m., from June 29 to August 17. Cancelled in the event of rain. Extended to August 24 if cancellation due to rain during the session.



TENNIS

OPEN TENNIS

A season pass gives free access to the courts all summer, daily from 9 to 10 p.m.

Registration: In person at the Centre des loisirs from April 14 to July 18 for the complete season and from July 21 to August 29 for the end of the season according to the carte-loisirs schedule. For a family membership, each family member's carte-loisirs is necessary. Refer to the map in the centre for the location of facilities.

Membership

17 and - › **C** \$16 (complete season) › \$5 (end of the season) › **O** NA

18 and + › **C** \$50 (complete season) › \$21 (end of the season) › **O** NA

Family › **C** \$70 (complete season) › \$30 (end of the season) › **O** NA › The family membership is intended for parents, grandparents, and children aged 4 years and over living under the same roof. The carte-loisirs for each family member must be presented when the membership is purchased.

Business › **C** \$57 (complete season) › NA (end of the season) › **O** NA › Membership entitles the bearer to use the courts, and is available to any employee who works in Montréal. Proof of employment must be presented along with the company's carte-loisirs number.

Hourly guest › 17 and - › **C** \$5 / hour per court › **O** NA › Season pass holders and their guests may use tennis courts at an hourly rate paid for with a debit card issued by the Centre des loisirs.

Hourly guest › 18 and + › **C** \$8 /hour per court › **O** NA › Season pass holders and their guests may use tennis courts at an hourly rate paid for with a debit card issued by the Centre des loisirs.

Schedules

Preseason (without supervision)

Open daily 9 a.m. to 10 p.m. › Apr 26 to May 25 › All tennis courts

Preseason

Open daily 9 a.m. to 10 p.m. › May 26 to June 22 › Supervision Mon to Fri 6 to 10 p.m. › Marcel-Laurin and Gohier parks › Sat, Sun 10 a.m. to 6 p.m. at Gohier, Hartenstein, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

Season

Open daily 9 a.m. to 10 p.m. › June 23 to Aug 15 › Supervision Mon to Fri 6 to 10 p.m. › Sat, Sun 10 a.m. to 6 p.m. › All tennis courts

Post-season

Open daily 9 a.m. to 10 p.m. › Aug 16 to 31 › Supervision Mon to Fri 6 to 10 p.m. › Sat, Sun 10 a.m. to 6 p.m. › Gohier and Marcel-Laurin parks

Post-season (without supervision)

Open daily 9 a.m. to 10 p.m. › Sept 1 to Oct 26 › All tennis courts

TENNIS LESSONS – ADULTS

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

Registration: Starting April 7 via Loisirs en ligne (see page 7 for details) and April 14 in person at the Centre des loisirs. Sports attire and footwear mandatory. Participants must have their own racquet.

1st SESSION

Beginner 01 – 1.0 / 1.5

16 and + › Mon, Wed 8:30 to 10 p.m. › May 26 to June 18 › **C** \$62 › **O** \$76 › Parc Marlborough

Beginner 02 – 1.0/1.5

16 and + › Tue, Thu 7 to 8:30 p.m. › May 27 to June 19 › **C** \$62 › **O** \$76 › Parc Gohier

Intermediate 01 – 2.0/2.5

16 and + › Mon, Wed 7 to 8:30 p.m. › May 26 to June 18 › **C** \$62 › **O** \$76 › Parc Marlborough

Advanced 01 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. › May 27 to June 19 › **C** \$62 › **O** \$76 › Parc Gohier

2nd SESSION

Beginner 03 – 1.0 / 1.5

16 and + › Tue, Thu 7 to 8:30 p.m. › July 1 to July 24 › **C** \$62 › **O** \$76 › Parc Gohier

Beginner 04 – 1.0/1.5

16 and + › Mon, Wed 8:30 to 10 p.m. › June 30 to July 23 › **C** \$62 › **O** \$76 › Parc Marlborough

Intermediate 02 – 2.0/2.5

16 and + › Tue, Thu 8:30 to 10 p.m. › July 1 to July 24 › **C** \$62 › **O** \$76 › Parc Gohier

Advanced 02 – 3.0/3.5

16 and + › Mon, Wed 7 to 8:30 p.m. › June 30 to July 23 › **C** \$62 › **O** \$76 › Parc Marlborough

3rd SESSION

Beginner 05 – 1.0 / 1.5

16 and + › Tue, Thu 7 to 8:30 p.m. › Aug 5 to Aug 28 › **C** \$62 › **O** \$76 › Parc Gohier

Beginner 06 – 1.0/1.5

16 and + › Mon, Wed 7 to 8:30 p.m. › Aug 4 to Aug 27 › **C** \$62 › **O** \$76 › Parc Marlborough





Intermediate 03 – 2.0/2.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
Aug 4 to Aug 27 › C \$62 › O \$76 ›
Parc Marlborough

Advanced 03 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
Aug 5 to Aug 28 › C \$62 › O \$76 ›
Parc Gohier

TENNIS LESSONS – CHILDREN

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

Registration: Starting June 2 via Loisirs en
ligne (see page 7 for details) and June 9
in person at the Centre des loisirs. Limited
places.

Mixed – Mini tennis

Session 1: June 24 to July 11 › Special
activity on July 16

Session 2: July 21 to Aug 8 › Special
activity on August 13

5 to 7 › Mon to Fri 9 to 10 a.m. ›
C \$35 › O \$47 › Gohier, Marcel-Laurin,
Noël-Sud, Painter and Saint-Laurent
parks › Participants must purchase a
« mini racquet ».

5 to 7 › Mon to Fri 11 a.m. to 12 p.m. ›
C \$35 › O \$47 › Parc Painter

5 to 7 › Mon to Fri 12 to 1 p.m. ›
C \$35 › O \$47 › Parc Saint-Laurent

Mixed – Beginner – 1.0/2.0

Session 1: June 24 to July 11 › One tour-
nament day during the week of July 14.

Session 2: July 21 to Aug 8 › One tourna-
ment day during the week of August 11.

8 to 10 › Mon to Fri 10 to 11 a.m. ›
C \$43 › O \$49 › Gohier, Marcel-Laurin,
Noël-Sud, Painter and Saint-Laurent parks

8 to 10 › Mon to Fri 12 to 1 p.m. ›
C \$43 › O \$49 › Parc Painter

8 to 10 › Mon, Wed, Fri 6 to 7 p.m. ›
C \$43 › O \$49 › Parc Marcel-Laurin

11 and 12 › Mon to Fri 11 a.m. to
12 p.m. › C \$43 › O \$49 › Gohier,
Marcel-Laurin, Noël-Sud and Saint-Laurent
parks

11 and 12 › Mon, Wed, Fri 7 to 8 p.m. ›
C \$43 › O \$49 › Parc Marcel-Laurin

13 to 15 › Mon to Fri 12 to 1 p.m. ›
C \$43 › O \$49 › Gohier, Marcel-Laurin
and Noël-Sud parks

13 to 15 › Mon, Wed 8 to 9 p.m. ›
C \$43 › O \$49 › Parc Marcel-Laurin

RECREATIONAL LEAGUE

Singles – Advanced (3.0 +)

16 and + › Sat 11 a.m. to 12:30 p.m. ›
May 24 to Aug 16 › C \$62 › O \$76 ›
Parc Marcel-Laurin

Doubles – Beginner / intermediate (2.0/2.5)

16 and + › Fri 8 to 10 p.m. › May 30
to Aug 22 › C \$62 › O \$76 › Parc
Marlborough

Doubles – Advanced (3.0 +)

16 and + › Sat 9 to 11 a.m. › May 24 to
Aug 16 › C \$62 › O \$76 › Parc Marcel-
Laurin

16 and + › Wed 8 to 10 p.m. › May 28 to
Aug 20 › C \$62 › O \$76 › Parc Gohier

MUNICIPAL TOURNAMENT

All cardholders are eligible to participate
in the tournament.

Singles – Junior (girls / boys)

12 to 17 › July 18 to July 20 › Free ›
Marcel-Laurin and Gohier parks

Singles – Adult (women / men)

18 and + › July 18 to July 20 › Free ›
Marcel-Laurin and Gohier parks



TRACK AND FIELD

Locations: Édifice Émile-Legault (until end of April) or Parc Marcel-Laurin.

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

Spring session: Registration in person on Tuesday, March 18, from 6:30 to 7:30 p.m., at the Centre des loisirs.

Summer session: Registration in person at Parc Marcel-Laurin (red roof) on Wednesday, May 21, from 6:30 to 7:30 p.m.

Registration: Online at www.slsathletisme.com.

Rates:

1 session: **C** \$60 **O** \$80
 2 sessions: **C** \$120 **O** \$160
 Annual: **C** \$235 **O** \$285

Running club

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

Start: March 15 for 12 weeks

SPRING

Colibri group

Born in 2004 or after **➤** Sat 9 to 11 a.m. **➤** Apr 26 to August 2

Minime and benjamin groups

Born between 2000 and 2003 **➤** Tue 6:15 to 7:45 p.m. **➤** Sat 9 to 11 a.m. **➤** Apr 26 to August 2

Cadet and juvenile groups

Born between 1996 and 1999 **➤** Tue, Thu 6:30 to 8 p.m. **➤** Sat 9 to 11 a.m. **➤** Apr 26 to August 2

Junior and juvenile groups

Born between 1994 and 1997 **➤** Mon, Wed 6:15 to 8 p.m. **➤** Sat 9 to 11 a.m. **➤** Apr 21 to August 2

SUMMER

Colibri group

Born in 2004 or after **➤** Mon, Wed, Fri 6 to 8 p.m. **➤** June 16 to Aug 1

Minime and benjamin groups

Born between 2000 and 2003 **➤** Mon, Wed, Fri 6 to 8 p.m. **➤** June 16 to Aug 1

Cadet and juvenile groups

Born between 1996 and 1999 **➤** Tue, Thu, Fri 6 to 8 p.m. **➤** June 17 to Aug 1

Junior and juvenile groups

Born between 1994 and 1997 **➤** Mon, Wed, Thu 6 to 8 p.m. **➤** June 16 to July 31

COURSE SAINT-LAURENT 2014 (22st EDITION)

Road race (running) – Bois-Franc district –
Meeting point: Municipal workshops
(13001, boulevard Cavendish)

Information and online registration:
www.circuitendurance.ca/en/raceslaurent.him

1 km running

11 and – › Regular › Mixed › Sun
11:30 a.m. › Apr 13 › Mail-in registration:
\$7 › Online registration: \$7* › Onsite
registration: \$10

11 and – › Défi scolaire › Girls › Sun
11:40 a.m. › Apr 13 › Rates to be
confirmed

11 and – › Défi scolaire › Boys › Sun
11:50 a.m. › Apr 13 › Rates to be
confirmed

2 km running

12 to 19 › Sun 9 a.m. › Apr 13 ›
Mail-in registration: \$10 › Online
registration: \$10* › Onsite registration:
\$15

20 and + › Sun 9 a.m. › Apr 13 ›
Mail-in registration: \$20 › Online
registration: \$18* › Onsite registration:
\$25

5 km running**

For all › Sun 9:30 a.m. › Apr 13 ›
Mail-in registration: \$35 › Online
registration: \$28* › Onsite registration:
\$40

10 km running**

For all › Sun 10:15 a.m. › Apr 13 ›
Mail-in registration: \$35 › Online
registration: \$28* › Onsite registration:
\$40

*Online rate available until Tuesday,
April 8, at 1 p.m.

**Registration limited.



VOLLEY-BALL IN THE GYM

Location: École secondaire Saint-Laurent
– Édifice Émile-Legault. Payable to Club de
volley-ball de Saint-Laurent inc.

Registration: Based on number of available
places, in person at the gym on June 23, 25,
30 or July 2, from 7 to 7:30 p.m.

Information: volleystlaurent@gmail.com

Mixed – Levels 1, 2 and 3

18 and + › Mon, Wed 7:30 to 10 p.m. ›
June 23 to Aug 13 › **C** \$25 › **O** \$35 ›
Prerequisite: Mastery of basic volley-ball
skills.

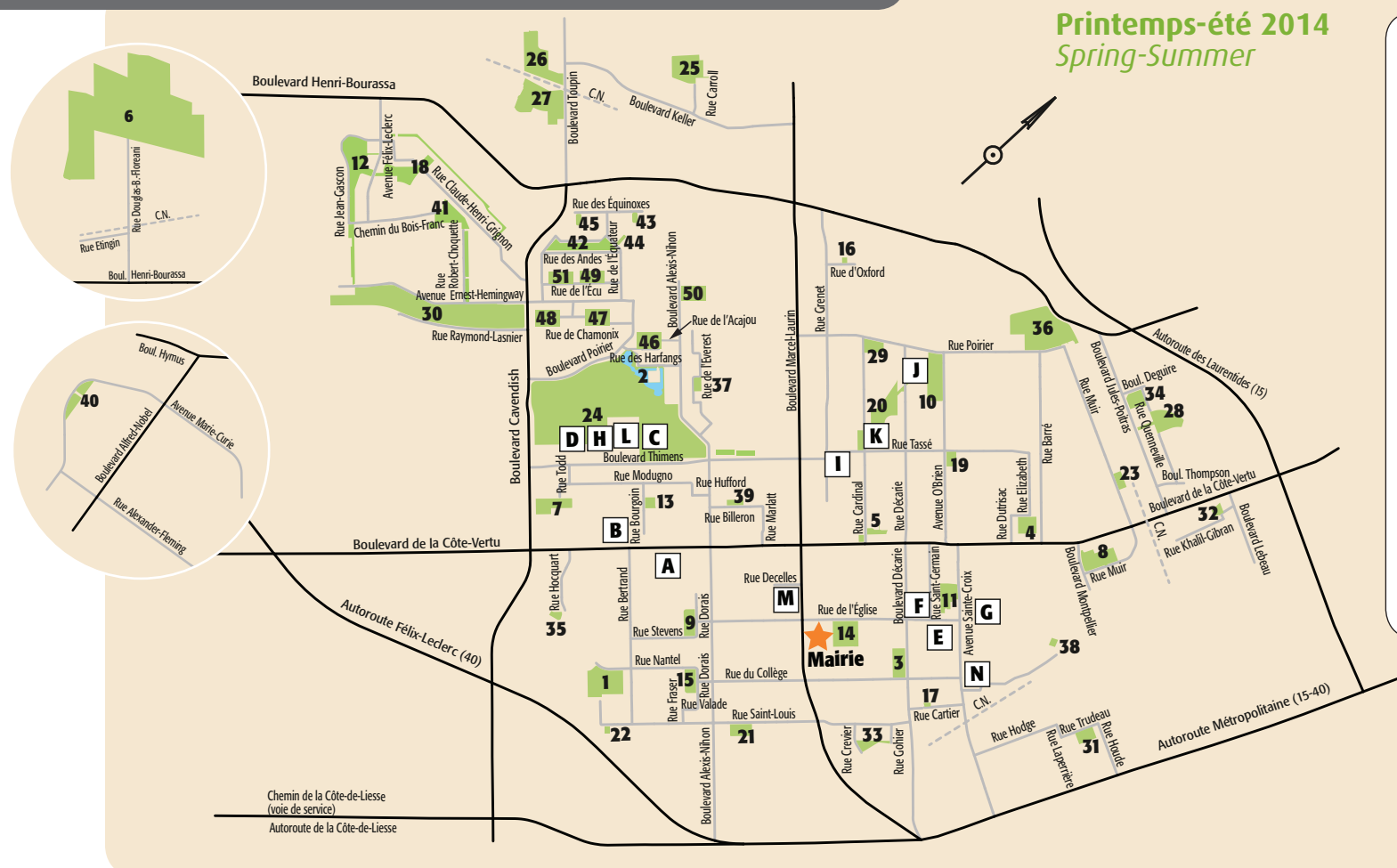
BEACH

18 and + › Tue, Thu 6:30 to 10 p.m. ›
Locations, dates, categories and cost to
be determined › Information: [volleyball-
plage@gmail.com](mailto:volleyball-plage@gmail.com)



Parcs et installations Parks and facilities

Printemps-été 2014
Spring-Summer



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

SQUARES

- 46. Gauguin
- 47. Jean-Rostand
- 48. Lamartine
- 49. Magellan
- 50. Nelligan
- 51. Vivaldi

PARCS PARKS

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

PLACETTES PIAZZETTAS

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 – C@f St-Lo
- J Centre YMCA Saint-Laurent
- K École Enfant-Soleil
- L École secondaire Saint-Laurent Édifice Émile-Legault
- M École secondaire Saint-Laurent Édifice Saint-Germain
- ★ MAIRIE Mairie d'arrondissement Borough Hall
- N Musée des maîtres et artisans du Québec Salle Émile-Legault – Cégep de Saint-Laurent

CHALET DE PARC PARK CHALET

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