

SPRING-SUMMER 2015

L'AGENDA

CULTURE, SPORTS, RECREATION
AND SOCIAL DEVELOPMENT



- 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 Bois**
2727, boulevard Thimens
H4R 1T4
514 855-6130

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

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

- Café du Centre des loisirs**
1375, rue Grenet
H4L 5K3
514 855-6110, ext. 4898

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

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

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

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

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

École secondaire Saint-Laurent

Édifice Émile-Legault
2395, boulevard Thimens
H4R 1T4
514 332-3190

Édifice Saint-Germain
1870, rue Decelles
H4M 1A8
514 332-3190

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

LaurenHill Academy Junior Campus Sports Complex
2350, boulevard de la Côte-Vertu
H4R 1P1
514 956-2598

LaurenHill Academy Senior Campus
2505, boulevard de la Côte-Vertu
H4R 1P3

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

- 4 Musée des maîtres et artisans du Québec**
 615, avenue Sainte-Croix
H4L 3X6
514 747-7367

Parc-nature du Bois-de-Liesse
Accueil des Champs
3555, rue Douglas-B.-Florensi
H4S 1Y6
514 280-6678

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

- Public Works**
 13001, boulevard Cavendish
H4R 2G5
311

- Salle Émile-Legault**
 613, avenue Sainte-Croix
H4L 3X6
514 855-6110

Skatepark
Parc Marcel-Laurin

Saint-Laurent YMCA
1745, rue Décarie
H4L 3N5
514 747-9801

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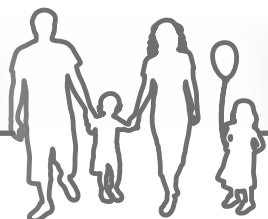
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Council of SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Francesco Miele

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



Aref Salem

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



Maurice Cohen

*Borough Councillor,
Côte-de-Liesse
District*



Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Message from the Mayor of Saint-Laurent



Dear fellow citizens,

It is always a pleasure to unveil our cultural, sports, and leisure activity program that will keep the entire family busy all summer long! The services we offer have not ceased to improve in recent years thanks among other things to the enthusiasm of the Direction de la culture,

des sports, des loisirs et du développement social and the collaboration of the many volunteer committees active in Saint-Laurent.

If we consider all of the initiatives that have come about in recent years as well as those that are under development, it is clear that physical fitness has definitely taken hold in our community! We need think only of the inauguration of the artificial turf home field at Vanier College last fall. This was a highly anticipated project that progressed from being a dream to becoming reality thanks to the cooperation of several partners, including Saint-Laurent.

It is with this same innovative spirit that Saint-Laurent's Administration defied all limitations by starting construction of the future sports complex. With its modern and spacious amenities, the facility will satisfy the interests of both families and committees across Saint-Laurent. We are already anticipating the feats and milestones our athletes will achieve inside its walls!

Important to remember, last February, Saint-Laurent's Administration adopted the Ville de Montréal's *Politique du sport et de l'activité physique*. By doing so, we attested to our tremendous desire to encourage citizens to acquire healthy living habits, and strove to reinforce our commitment to integrating venues that are conducive to physical activity. Among its guidelines, the Policy strives to reduce health-related social inequalities in accordance with the principles of sustainable development and universal accessibility, and to make physical fitness appealing to everyone by engaging both citizens and the local community.

In our pursuit of these same objectives, my colleagues on Council and I included in our 2014-2017 Priorities a citizen consultation exercise specifically addressing the service supply in terms of culture, sports, leisure, and social development. With insight from residents, our teams will be able to continue to offer the entire community activities that are adapted to its needs and designed to encourage their participation no matter what the season.

In closing, we wish you an excellent summer and urge you to make the most of the additional activities we have in store, such as the Saint-Laurent Summer Celebrations!

A handwritten signature in black ink, reading "Alan DeSousa". The signature is fluid and stylized, with a large loop at the end.

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

Message from the Director



Ladies,
Gentlemen,

As you have surely noticed, the construction of the sports complex is progressing well. Once the building is erected, the servicing phase will begin including configuring the space, testing different building systems, and training personnel. We are really looking forward to opening up the doors to this future sports hub to you!

As we patiently await its inauguration and as the winter excitement starts to melt away, we need only turn to this edition of L'Agenda, which will certainly bring to mind warm spring and summer activities. To help you to prepare, I urge you to carefully read the following pages. They contain an extensive selection of sports and leisure activities for both the young and the young-at-heart. And don't forget to register free for the *carte-loisirs*, which is mandatory for registration for many activities, and which will also grant you access to all of the municipal libraries across Montréal. In short, it is an indispensable "two-in-one" card.

More than just a basic method, the intelligent city concept involves, among other things, providing public services via instruments like the Internet. A pioneer in this field, Saint-Laurent is one of the few boroughs that has already been using the *Loisirs en ligne* site for the past few years, allowing residents to register for a growing number of activities from their own homes. They can even reserve tennis courts online, and there's even more good news for tennis lovers: access to the courts is now free across the borough!

Have you noticed the incredible mural, the first in the borough, located on the north side of Parc Beaudet? Created by the artist Omen, it represents harmony and peace – two themes that are vital to our community. These values are also reflected in the *Voisins solidaires* pilot project in which Saint-Laurent participates, and whose slogan clearly translates its objective: "Les bons côtés d'être à côté" (or "The upside to living side by side"). On page 8, you will read eight simple neighbourly actions that are encouraged under the initiative.

Saint-Laurent has launched additional social development projects in recent months. These include receiving Child-Friendly Municipality certification for the second time, the *Voisins* interactive web-documentary (voisinschameran.com) narrating the revitalization of the Chameran-Lebeau sector, and the opening of a mini-library in Parc Painter, in the centre of this same sector, on March 1.

Happy reading!

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

Patrick Igual

Director, Culture, Sports, Loisirs et 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

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

REGISTRATION

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

REGISTRATION PRIORITY

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

PAYMENT

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

For onsite registration, fees may be paid in cash, by Interac, by Visa, MasterCard, American Express or by cheque payable to Ville de Montréal – Saint-Laurent or to the mentioned organization.

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

LOW-INCOME FAMILIES

Low-income families of Saint-Laurent who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by the Borough (and not by the recreational organizations). 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, before the activity session begins. Refunds will be granted only if the reason provided for withdrawing is deemed to be important. The Borough reserves the right to cancel a maximum of one course without issuing a refund in the event of a situation that is beyond its control.

A medical certificate will be required if a refund is requested as a result of illness. In the event of a withdrawal, a \$20 administrative fee applies as well as a prorated fee reflecting the number of classes completed prior to the request. 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 basketball courts, soccer and football fields, and areas for playing shuffleboard, 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.

**FREE
for
residents**

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

A carte-loisirs without a photo is issued for children aged five and under. The carte-loisirs is offered free of charge to all citizens.

Where to obtain the carte-loisirs?

Centre des loisirs

Until May 29, 2015

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

June 1st to August 28, 2015

Monday to Friday, from 8:30 a.m. to 8 p.m.
(Closed April 3 and 6, May 18, June 24, July 1st and September 7)

*Business hours may be extended during the registration period.

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

Annual membership that grants right to rent facilities

Rental fees not included.

• Organization card

Montréal organizations
Per year: \$31

• Business card

Montréal businesses
Per year: \$61

DEBIT CARDS

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

Cost: \$10 plus taxes

Where to obtain the debit card?

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

LOISIRS EN LIGNE



(FRENCH ONLY)

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

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

Information

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

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

For telephone assistance, please call 514 855-6110.

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, 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 Prix Panam for its deployment of outstanding and sustained efforts in the matter of universally accessible recreational activities.

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

Since 2008, more than 410 children with disabilities have participated in day camps under the recreation support program (Programme d'accompagnement en loisirs).

Universal access is 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 4, 2015** from among the registrations received.

To register, please fill out the coupon below, and return it to the Aréna Raymond-Bourque by **May 1st, 2015**.

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

COMMUNITY GARDENS

from May 15 to October 12, 2015

LAST NAME:

FIRST NAME:

ADDRESS:

APT:

POSTAL CODE:

TELEPHONE:

☐ Rent

☐ Condominium

☐ Owner

☐ House

☐ Apartment

Choice of garden

(Check only one)

☐ Alexis-Nihon

☐ Cardinal

☐ Hartenstein

☐ Noël-Nord

☐ Saint-Laurent

☐ Super Jardin

Send to:

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

ACTIVITIES FOR SMALL BUDGETS



CULTURAL ACTIVITIES



Children's activities

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



Dance performances

Shows spotlighting a variety of choreographic styles. See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Exhibitions

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



Family shows

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



Friday Rendez-vous

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



Lundis littéraires

Writing presentations featuring storytellers, writers, actors and other guest speakers who discuss their lives and share their stories. See the librairies program on ville.montreal.qc.ca/saint-laurent.



Movies

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



Saint-Laurent Summer Celebrations

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



Sunday concerts

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

Workshops-conferences

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

LEISURE ACTIVITIES

Ados de St-Lo

Basketball, soccer 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. See page 28.

Centre des ados

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

Line dancing

Every Thursday, 7 to 9 p.m., at Parc Gohier, from June 25 to August 6.

Family dance

Every Tuesday, 6:30 to 7:15 p.m., from July 7 to August 25. A facilitator and percussionist will get families dancing at several parks throughout the borough (park schedule to be determined).

Playgrounds

Organized activities for youths aged 6 to 12 in Saint-Laurent's parks from June 29 to August 20. 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 12. 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 basketball courts. See page 48.

Free tennis 🌿

Open and free access to all tennis courts. Courts may be reserved online. Refer to page 44.

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.

Outdoor free swim 🌿

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

Physical activities in the parks 🌿

Everyone is invited to attend the “On bouge dans nos parcs” (“Moving in the parks”) program. On Saturday, May 30 from 10:30 a.m. to 12 p.m., in Gohier and Painter parks.

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 28 to August 16. See page 43.

Water-polo introduction 🌿

This activity is organized jointly with the Playgrounds program. See page 35.



Since 2013, Saint-Laurent has participated in the Voisins solidaires project. This initiative reflects the Borough's values for peaceful cohabitation between members of the community. Here are **8 simple neighbourly actions** this project encourages:

1. **Meet and greet** - break the ice!
2. **Offer** help to a senior citizen or busy parents.
3. **Donate** food or items: cookies, garden vegetables, magazines, etc.
4. **Keep** a lookout during the day or while neighbours are on vacation.
5. **Respect** your neighbours' privacy.
6. **Participate** in the Neighbours' Day held on the second Saturday in June.
7. **Communicate** calmly in the event of conflict.
8. **Share**: babysitting, community cooking, discussion groups, etc.

voisins.solidaires.ca

 Saint-Laurent
Montréal 

LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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

LES AÎNÉS DU VILLAGE MONTPELLIER
514 855-6123

L'OASIS SAINT-LAURENT
514 747-7621



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



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



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



RAP JEUNESSE
514 388-7336 | ipac@nvo.ca



RELAIS LAURENTIEN, ÉPICERIE SOLIDAIRE
direction@relaislaurentien.org



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



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



YMCA SAINT-LAURENT
514 747-9801
caroline.perran@ymcaquebec.org

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

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

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

ARTISTS



ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

BASEBALL



CLUB DE BASEBALL SAINT-LAURENT INC.

Guy Bolduc, president
www.baseballstlaurent.com

BASKETBALL



COMITÉ DE BASKETBALL SAINT-LAURENT

Michael Roy, president
514 855-6110, ext. 4915
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.

Éric Beaudette, president
www.clubcnsl.com

DANCE



LES AMIS DE LA DANSE

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



CLUB DE DANSE SOCIALE LES LAURENTIENS

Mila Gonzales, president
514 855-6110, ext. 4646

FIGURE SKATING



CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

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

FOOTBALL



ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT

Kelly Dimitropoulos, president
www.saintlaurentfootball.com

GYMNASTICS



CLUB GYMSLIC SAINT-LAURENT INC.

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

HOCKEY



COMITÉ DE HOCKEY SAINT-LAURENT

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

JUDO



CLUB DE JUDO BUDOKAN SAINT-LAURENT

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



KARATÉ

CLUB DE KARATÉ KIO SAINT-LAURENT

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



MASTERS SWIMMING

CLUB DES MAÎTRES-NAGEURS DE SAINT-LAURENT INC.

Lajos Kovacs, président
mnstlaurent@gmail.com



MUSIC

CENTRE D'ÉTUDES MUSICALES PANTONAL

Mario Tremblay, directeur
514 273-1055



PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Fanny Grimard, président
admin@apsl.ca | www.apsl.ca

PHYSICAL FITNESS

CLUB DE CONDITIONNEMENT PHYSIQUE SAINT-LAURENT INC.

Mary Canaan, président
514 855-6110, ext. 4896



RINGUETTE

RINGUETTE SAINT-LAURENT INC.

Marco Ferraresi, président
514 956-1544
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, président
514 747-0952
www.soccerstl.ca



SYNCHRONIZED SWIMMING

CLUB DE NAGE SYNCHRONISÉE SAINT-LAURENT INC.

Margaret Boyer, président
www.synchro-saintlaurent.com



TAI-CHI

CLUB DE TAI-CHI SAINT-LAURENT INC.

Philippe Bélec, président
514 855-6110, ext. 4915



TRACK AND FIELD

CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.

Edvige Persechino, président
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, président
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
info@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**
514 381-2300
www.amdi.info
Accompaniment through different
stages of life so as to foster social
integration



**ASSOCIATION DE L'OUEST
DE L'ÎLE POUR LES
HANDICAPÉS INTELLECTUELS**
Volet intégration
514 694-6531
Integration into recreational pro-
grams and community activities



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



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



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

CENTRE ACTION
514 366-6868, ext. 229
ilham@centreaction.org
Education, animation, accom-
paniment, support and listening
services



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

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



**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
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.ca
Physical activities

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



OLYMPIQUES SPÉCIAUX QUÉBEC – Région nord de l'île
514 843-8778
www.olympiquestspeciaux.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
info@upfm.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
info@spph.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



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

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



3-1-1



ville.montreal.qc.ca/saint-laurent



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



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent



youtube.com/MTLsaintlaurent



**Mobile app of
Saint-Laurent**

Available at
App Store

Available on
Google play

REGISTER TODAY

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



Libraries



Credit: Yen Chao



BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens

☎ 514 855-6130

📍 Station Côte-Vertu > 🚌 171



BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église

☎ 514 855-6130

📍 Station du Collège

Libraries

GENERAL INFORMATION



BIBLIOTHÈQUE
DU BOISÉ

Bibliothèque du Boisé

2727, boulevard Thimens
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT

Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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



MEMBERSHIP

RESIDENTS

Residents and property owners
of Montréal

Free

BUSINESS COMMUNITY

Owner, occupant of a business
place of Montréal

Free

STUDENTS

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:



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

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



twitter.com/ArrSaintLaurent



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



FREE SERVICES

- Wi-Fi Internet access.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of tablet computers (for use inside the library only).
- Loan of CDs, DVDs, Blu-Rays and video games for Xbox One, Xbox 360, PS4, PS3, Wii and Wii U games.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Work spaces (five rooms at the Bibliothèque du Boisé, one room at the Bibliothèque du Vieux-Saint-Laurent).
- Training room and meeting room (Bibliothèque du Boisé). Reservation: 514 855-6130, ext. 4460



- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4754



- 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.).

bibliomontreal.com:

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 brochure on camps and the registration process will be available starting on **March 23** 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 2** at 4:30 p.m.

Registration period:

Registrations as of **April 11** at 9 a.m.
via Loisirs en ligne:
ville.montreal.qc.ca/loisirsenligne

Information: 514 855-6110

Camps

Centre des loisirs › Mon to Fri › 9 a.m. to 4 p.m. › June 29 to Aug 21 › With the exception of camps for 12 to 16 year-olds when outings are planned.

Daycare service

Mon to Fri › 7:15 to 9 a.m. and 4 to 6 p.m. › June 29 to Aug 21

C	\$30 / child / week
O	\$35 / child / week

SUMMER CAMPS

3 TO 5

Camp bulle

Centre des loisirs

C 1st child	\$125 / week
C 2nd child	\$115 / week
C 3rd child	\$105 / week
O	\$167 / week

6 TO 12

Camp soleil

École Enfant-Soleil

C 1st child	\$115 / week
C 2nd child	\$105 / week
C 3rd child	\$95 / week
O	\$153 / week

6 TO 8

Arc-camp-ciel

Centre des loisirs

C 1st child	\$115 / week
C 2nd child	\$105 / week
C 3rd child	\$95 / week
O	\$153 / week

7 AND 8

Artistic camp

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week

Sciences camp

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week



9 TO 11

Artistic camp

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week

Sciences camp

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week

Sports camp

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week

12 TO 16

Teen camp - Outings (6 weeks on 8)

Centre des loisirs

C 1st child	\$135 / week
C 2nd child	\$125 / week
C 3rd child	\$115 / week
O	\$180 / week

Teen camp - Expeditions (2 weeks on 8)

C 1st child	\$145 / week
C 2nd child	\$135 / week
C 3rd child	\$125 / week
O	\$193 / week

14 TO 16

Counsellor in training CIT (including internship and expeditions)

Centre des loisirs › Length: 4 weeks mandatory

C 1st child	\$490
C 2nd child	\$450
C 3rd child	\$410
O	\$540

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



Day camp integration program

Centre des loisirs › For information on eligibility criteria: 514 855-6110, ext. 4907 › Registration: April 14 to 17 by appointment (reservation at 514 855-6110, ext. 4985) › Open to Saint-Laurent residents only.

3 to 5

C 1st child	\$125 / week
C 2nd child	\$115 / week
C 3rd child	\$105 / week
O	NA

6 to 11

C 1st child	between \$115 and \$135 / week
C 2nd child	between \$105 and \$125 / week
C 3rd child	between \$95 and \$115 / week
O	NA

12 to 16

Weeks are being offered according to Teen camps – Outings

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

 **FREE**

PLAYGROUNDS

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

Animation

Free › June 29 to Aug 20 › Mon to Thu 1:15 to 8 p.m.

Leisure section

c Resident with carte-loisirs o Others: Non-resident with carte-loisirs

GENERAL INFORMATION:
514 855-6110

BRIDGE

Location: Centre des loisirs.

Organized by the Club de bridge Loisirs Saint-Laurent.

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

Supervised bridge – French
18 and + > Wed 1:15 to 3:30 p.m. >
Apr 8 to May 27 > \$55

Bridge duplicata
18 and + > Tue 1 to 4 p.m. > March 31
to June 16 > c \$5 / day > o \$6 / day
18 and + > Wed 8:45 to 9:30 p.m. >
Apr 1 to June 17 > 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:
Réjeanne Houle 514 331-9652

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

Weaving workshop
14 and + > Thu 1:30 to 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
other-wise indicated.

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

Registration: Starting March 18 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 2015" and the **keyword (KW)** corresponding to the activity.

Baladi I and II / Lala Hakim
18 and + > Tue 6 to 7 p.m. > Apr 14 to
May 26 > c \$72 > o \$96 > KW Baladi

Baladi III / Lala Hakim
18 and + > Tue 7 to 8 p.m. > Apr 14 to
May 26 > c \$72 > o \$96 > KW Baladi

Calligraphy / Réal Collette
18 and + > Mon 1 to 3:30 p.m. >
Apr 13 to June 1 > c \$74 > o \$99 >
KW Calligraphie

**Contemporary painting I and II
(acrylic) / Svetla Velikova**
18 and + > Wed 9:30 a.m. to 12 p.m. >
Apr 15 to May 27 > c \$81 > o \$108 >
KW Peinture

18 and + > Wed 1 to 3:30 p.m. >
Apr 15 to May 27 > c \$81 > o \$108 >
KW Peinture

AFTER WORK
18 and + > Wed 5:30 to 7:30 p.m. >
Apr 15 to May 27 > c \$74 > o \$99 >
KW Peinture



**Contemporary painting II and III
(acrylic) / Svetla Velikova**
18 and + > Fri 9:30 a.m. to 12 p.m. >
Apr 17 to May 29 > c \$81 > o \$108 >
KW Peinture

**Contemporary painting I and II
(mixed techniques) / Svetla Velikova**
18 and + > Sat 9:30 to 12 p.m. > Apr 18
to May 30 > c \$81 > o \$108 >
KW Peinture

**Contemporary painting III (mixed
techniques) / Svetla Velikova**
18 and + > Thu 1 to 3:30 p.m. > Apr 16
to May 28 > c \$81 > o \$108 >
KW Peinture

Crochet – Knitting / Lucie Carmel

18 and + › Tue 7 to 9:30 p.m. › Apr 14 to May 26 › **C** \$73 › **O** \$97 › **KW** Tricot

18 and + › Thu 2 to 4:30 p.m. › Apr 16 to May 28 › **C** \$73 › **O** \$97 › **KW** Tricot

Drawing – Observation I and II / Svetla Velikova

18 and + › Mon 9:30 a.m. to 12 p.m. › Apr 13 to June 1 › **C** \$85 › **O** \$113 › **KW** Dessin

AFTER WORK

18 and + › Mon 5:30 to 7 p.m. › Apr 13 to June 1 › **C** \$60 › **O** \$80 › **KW** Dessin

Drawing and acrylic painting I and II / Svetla Velikova

18 and + › Sun 10 a.m. to 12:30 p.m. › Apr 19 to May 31 › **C** \$81 › **O** \$108 › **KW** Dessin

Drawing and modeling II – Live models / Svetla Velikova

18 and + › Mon 1 to 3:30 p.m. › Apr 13 to June 1 › **C** \$85 › **O** \$113 › Additional cost for live models › **KW** Dessin

**Icon (egg tempera) / Svetla Velikova**

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

Oil painting I / Areg Elibekian

18 and + › Sat 1 to 3:30 p.m. › Apr 18 to May 30 › **C** \$81 › **O** \$108 › **KW** Peinture

Oil painting I and II / Areg Elibekian

18 and + › Tue 7 to 9:30 p.m. › Apr 14 to May 26 › **C** \$81 › **O** \$108 › **KW** Peinture

Oil painting II / Areg Elibekian

18 and + › Mon 1:30 to 4 p.m. › Apr 13 to June 1 › **C** \$81 › **O** \$108 › **KW** Peinture

18 and + › Mon 7 to 9:30 p.m. › Apr 13 to June 1 › **C** \$81 › **O** \$108 › **KW** Peinture

Oil painting III / Areg Elibekian

18 and + › Tue 1:30 to 4 p.m. › Apr 14 to May 26 › **C** \$81 › **O** \$108 › **KW** Peinture



18 and + › Wed 9:30 a.m. to 12 p.m. › Apr 15 to May 27 › **C** \$81 › **O** \$108 › **KW** Peinture

18 and + › Sat 9:30 a.m. to 12 p.m. › Apr 18 to May 30 › **C** \$81 › **O** \$108 › **KW** Peinture

Photography I and II (digital) - (bilingual) - Hybrid and reflex cameras / Jean-Luc Laporte**AFTER WORK**

18 and + › Tue 5:30 to 7 p.m. › Apr 14 to May 26 › **C** \$58 › **O** \$77 › **KW** Photographie

**Pottery, modelling, turning, ceramics / Francine Gauthier**

18 and + › Mon 1:30 to 4 p.m. › Apr 13 to June 1 › **C** \$88 › **O** \$117 › **KW** Poterie

18 and + › Mon 7 to 9:30 p.m. › Apr 13 to June 1 › **C** \$88 › **O** \$117 › **KW** Poterie

18 and + › Tue 7 to 9:30 p.m. › Apr 14 to May 26 › **C** \$88 › **O** \$117 › **KW** Poterie

18 and + › Sat 9:30 a.m. to 12 p.m. › Apr 18 to May 30 › **C** \$88 › **O** \$117 › **KW** Poterie

Sewing / Gaétane Nicol and Latifa Boukendakdji*

18 and + > Tue 9:30 a.m. to 12 p.m. >
Apr 14 to May 26 > C \$74 > O \$99 >
KW Couture

18 and + > Wed* 7 to 9:30 p.m. >
Apr 15 to May 27 > C \$74 > O \$99 >
KW Couture

18 and + > Sat 9:30 a.m. to 12 p.m. >
Apr 18 to May 30 > C \$74 > O \$99 >
KW Couture

Stained glass / Stéphanie Aghbajian

18 and + > Tue 1:30 to 4 p.m. > Apr 14 to
May 26 > C \$79 > O \$105 > **KW** Vitrail

18 and + > Tue 7 to 9:30 p.m. > Apr 14 to
May 26 > C \$79 > O \$105 > **KW** Vitrail

18 and + > Thu 9:15 to 11:45 a.m. >
Apr 16 to May 28 > C \$79 > O \$105 >
KW Vitrail

18 and + > Thu 7 to 9:30 p.m. > Apr 16 to
May 28 > C \$79 > O \$105 > **KW** Vitrail

Stone sculpture / Vasil Nikov

18 and + > Wed 1:30 to 4 p.m. >
Apr 15 to May 27 > C \$74 > O \$99 >
KW Sculpture



Water colour I / Valérie Gruia

18 and + > Wed 1 to 3:30 p.m. >
Apr 15 to May 27 > C \$81 > O \$108 >
KW Aquarelle

18 and + > Tue 1 to 3:30 p.m. > Apr 16
to May 28 > C \$81 > O \$108 >
KW Aquarelle

Water colour II and III / Valérie Gruia

18 and + > Wed 7 to 9:30 p.m. >
Apr 15 to May 27 > C \$81 > O \$108 >
KW Aquarelle

18 and + > Tue 1 to 3:30 p.m. > Apr 14
to May 26 > C \$81 > O \$108 >
KW Aquarelle

AFTER WORK

18 and + > Tue 5:30 to 7:30 p.m. >
Apr 14 to May 26 > C \$74 > O \$108 >
KW Aquarelle

Wood carving / Rémi Richard

18 and + > Tue 1:30 to 4 p.m. >
Apr 14 to May 26 > C \$74 > O \$99 >
KW Sculpture

18 and + > Tue 7 to 9:30 p.m. >
Apr 14 to May 26 > C \$74 > O \$99 >
KW Sculpture

Yoga – Bilingual / Antoine Tinawi* or Pamela Gooria

Participants must bring their yoga mat.

1 / week: C \$73 > O \$97
2 / week: C \$117 > O \$156

18 and + > Mon 6:15 to 7:40 p.m. >
Apr 13 to June 1 > **KW** Yoga

18 and + > Mon 7:50 to 9:15 p.m. >
Apr 13 to June 1 > **KW** Yoga

18 and + > Wed 6:15 to 7:40 p.m. >
Apr 15 to May 27 > **KW** Yoga*

18 and + > Wed 7:50 to 9:15 p.m. >
Apr 15 to May 27 > **KW** Yoga*

Yoga lunch break – Bilingual / Pamela Gooria

1 / week: C \$41 > O \$55
2 / week: C \$66 > O \$88

18 and + > Mon 12:05 to 12:55 p.m. >
Apr 13 to June 1 > **KW** Yoga

18 and + > Fri 12:05 to 12:55 p.m. >
Apr 17 to May 29 > **KW** Yoga



Chair yoga / Pamela Gooria

C \$73 > O \$96

18 and + > Fri 1:05 to 2:30 p.m. > Apr 17
to May 29 > **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 15 to June 17 > \$175 > 15% discount for participants aged 60 or over > Wood not included > Mandatory: Must have completed the previous three programs offered at the Centre > Participants must bring a diagram of their project to the first class.

Information and registration:
514 332-7934, ext. 7332

YOUTH AND FAMILY

Location: Centre des loisirs

Registration: Starting March 18 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 2015" session and the **keyword (KW)** corresponding to the activity.

■ Section for ages 6 to 8

Cartoon drawing / Pierre Bourgouin
6 to 8 > Sat 10 a.m. to 12 p.m. > Apr 18 to May 30 > C \$33 > O \$44 >
KW Bande dessinée

Drawing and painting / Carolle Dubuc
6 to 8 > Sun 10 a.m. to 12 p.m. >
Apr 19 to May 31 > C \$40 > O \$53 >
KW Peinture

6 to 8 > Sun 1 to 3 p.m. > Apr 19 to May 31 > C \$40 > O \$53 > **KW** Peinture

■ Section for ages 6 to 12

Chess level 1 / Diego Perez
6 to 12 > Sat 1 to 2 p.m. > Apr 18 to May 30 > C \$20 > O \$27 > **KW** Échecs

Chess level 2 / Diego Perez
6 to 12 > Sat 2 to 3 p.m. > Apr 18 to May 30 > C \$20 > O \$27 > **KW** Échecs

Chess level 3 / Diego Perez
6 to 12 > Sat 3 to 4 p.m. > Apr 18 to May 30 > C \$20 > O \$27 > **KW** Échecs

Drawing, pottery, modelling / Francine Gauthier
6 to 12 > Sat 1 to 3 p.m. > Apr 18 to May 30 > C \$40 > O \$53 > **KW** Poterie

6 to 12 > Sun 10 a.m. to 12 p.m. >
Apr 19 to May 31 > C \$40 > O \$53 >
KW Poterie

Pottery, modelling, turning / Francine Gauthier

6 to 12 > Sun 1 to 3 p.m. > Apr 19 to May 31 > C \$40 > O \$53 > **KW** Poterie

Yoga / Pamela Gooria

6 to 12 > Thu 6 to 7 p.m. > Apr 16 to May 28 > C \$33 > O \$44 > Participants must bring their yoga mat > **KW** Yoga

■ Section for ages 7 to 12

Petits marmitons / Mariette Cadieux
7 to 12 > Sat 10 a.m. to 12 p.m. > Apr 18 to May 30 > C \$40 > O \$53 > Participants must bring four containers >
KW Marmitons

7 to 12 > Sat 1 to 3 p.m. > Apr 18 to May 30 > C \$40 > O \$53 > Participants must bring four containers >
KW Marmitons

■ Section for ages 9 to 14

Acrylic painting / Carolle Dubuc
9 to 14 > Fri 7 to 9 p.m. > Apr 17 to May 29 > C \$40 > O \$53 >
KW Peinture

9 to 14 > Sat 10 a.m. to 12 p.m. >
Apr 18 to May 30 > C \$40 > O \$53 >
KW Peinture

Calligraphy / Réal Colletterie NEW
9 to 14 > Sun 10 a.m. to 12 p.m. > Apr 19 to May 31 > C \$33 > O \$44 > \$20 kit not included > **KW** Caricatures

Caricatures and characters / Pierre Bourgouin
9 to 14 > Fri 7 to 9 p.m. > Apr 17 to May 29 > C 33 \$ > O 44 \$ >
KW Caricatures



Cartoon drawing – Manga / Pierre Bourgouin
9 to 14 > Sat 1 to 3 p.m. > Apr 18 to May 30 > C \$33 > O \$44 >
KW Bande dessinée

Water painting / Carolle Dubuc
9 to 14 > Sam 1 to 3 p.m. > Apr 18 to May 30 > C \$40 > O \$53 >
KW Peinture

■ Section for ages 10 to 17

Oil painting / Areg Elibekian
10 to 17 > Thu 7 to 9 p.m. > Apr 16
to May 28 > c \$40 > o \$53 >
KW Peinture

10 to 17 > Fri 7 to 9 p.m. > Apr 17
to May 29 > c \$40 > o \$53 >
KW Peinture

Pottery, modelling, turning / Francine Gauthier

10 to 17 > Fri 7 to 9 p.m. > Apr 17 to
May 29 > c \$40 > o \$53 > **KW** Poterie

■ Section for ages 13 to 17

Cooking / Mariette Cadieux
13 to 17 > Fri 7 to 9 p.m. > Apr 17 to
May 29 > c \$40 > o \$53 > Participants
must bring four containers > **KW** Cuisine

Sewing / Latifa Boukendakdji
13 to 17 > Fri 7 to 9 p.m. > Apr 17 to
May 29 > c \$33 > o \$44 > Material not
included > **KW** Couture

Stained glass – Family / Stéphane Aghbachian
13 to 17 > Fri 7 to 9 p.m. > Apr 17 to
May 29 > c \$40 > o \$53 > Parents are
welcomed. Registration at \$40 >
KW Vitrail



ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

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

DANCE

SOCIAL DANCING CLUB LES LAURENTIENS

(Couples only)

Location: Centre des loisirs

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

Information:

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

Paso doble

16 and + > Sun 6 to 7:30 p.m. > Apr 19
and 26, May 3, 10, 24 and 31 > c \$50 >
o \$60

Rock'n'roll

16 and + > Sun 7:30 to 9 p.m. > Apr 19
and 26, May 3, 10, 24 and 31 > c \$50 >
o \$60



LES AMIS DE LA DANSE

Location: Centre des loisirs

Spring session: Registration in person at the Centre des loisirs on Thursday, March 19, 2015, from 6 to 8 p.m.

Information:

514 334-0400 or 514 744-6563

Preballet – Mother and child

2 ½ and 3 > Fri 10:15 to 11 a.m. >
Apr 10 to May 22 > c \$35 > o \$45

Dance duo – Ballet and jazz

3 and 4 > Fri 9:30 to 10:15 a.m. > Apr 10
to May 22 > c \$35 > o \$45

Tap-dancing

Adult > Levels 2 and 3 > Mon 7 to 8 p.m. >
May 4 to June 15 > c \$35 > o \$45

Dance workshops – Hip-hop and jazz

25 and + > Mon 8 to 9:30 p.m. >
March 30 to June 15 > c \$60 > o \$80



EXHIBITIONS

CENTRE DES LOISIRS

Participants in multidisciplinary workshops – Children

Mon to Sun 8:30 a.m. to 9 p.m. › March 3 to 22 › Free › Varied works

Association des photographes de Saint-Laurent (APSL)

Mon to Sun 8:30 a.m. to 9 p.m. › Apr 4 to 19 › Free › Photography

Participants in the watercolour and pottery workshops

Mon to Sun 8:30 a.m. to 9 p.m. › May 2 to 17 › Free › Watercolour and pottery

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

Information:

514 747-7367
www.mmaq.qc.ca

Business hours:


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

Groups by reservation:

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

Rates:

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

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

Masterworks

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

Icons: Seeing is believing

Until March 15 › Contemporary icons created by several Québec iconographers from a variety of backgrounds.

My perspective on art

March 18 to April 19 › Collaboration between the Musée, the Commission scolaire Marguerite-Bourgeoys, École primaire Beau-Séjour, École secondaire Saint-Laurent, and the Centre de formation professionnelle de Lachine.

Jérôme Vermette

March 18 to April 19 › Sculptures on wood presented by Jérôme Vermette, an autistic artist who uses art as a medium to communicate with others.

40 years with l'Empreinte

April 22 to May 24 › Unique creations by several standing and former members of this Cooperative, which was founded in 1974.

Pierre Tassé

April 30 to May 31 › Exhibition by Pierre Tassé, a proud, self-taught artist who, for several years now, has presented his toys made mainly from recycled materials and a great deal of imagination, at the Salon des métiers d'art.

Québecostalgia: One hundred years later

May 27 to August 30 › Using self-portraits and commodities, Élise R. Guilbault revisits the everyday lives of Quebecers in the 1900's by spotlighting the vast differences between the 20th and 21st centuries.

About the hide...

June 3 to 21 › Annual exhibition by graduates of the Centre des métiers du cuir de Montréal.

École de joaillerie de Montréal

June 4 to 21 › Exhibition organized by the students at the École de joaillerie de Montréal.

Le Levant

July 2 to August 30 › Annual exhibition by Le Levant, an association of artists who are natives of the Near East and Maghreb.



PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Location: Centre des loisirs

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

Information:
admin@apsl.ca
www.apsl.ca

18 and + › Weekly meetings every Wednesday › 7 to 9:30 p.m. ›
Until May 27 › **C** \$65 › **O** \$75 ›
Evenings with a guest speaker: \$10 for non-members › Photography lessons not provided.

Bingo

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

Bridge

50 and + › Thu 1 to 5 p.m. › Until Aug 27 › Free

Board games

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

Line dance

50 and + › Mon 1 to 2:15 p.m. (advanced) › Mon 2:30 to 3:45 p.m. (beginners) › Wed 1 to 2:30 p.m. (beginners) › Wed 2:45 to 4:15 (advanced) › March 16 to May 13 › **C** \$25 / session › **O** \$30 / session › Closed on Apr 6



Pétanque

50 and + › Mon, Wed and Fri 7 to 9 p.m. › Until Aug 28 › Free › At the Boulodrome year-round except in the summer (Parc Gohier)

Physical activities

50 and + › Mon, Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. › March 16 to May 14 › **C** \$25 / session › **O** \$30 / session › Closed on Apr 6

Pool and table tennis

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

Shuffleboard

50 and + › Thu 1 to 4 p.m. › March 19 to May 14 › Free

Stretching

50 and + › Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. › March 18 to May 13 › **C** \$25 / session › **O** \$30 / session

PROGRAM FOR ADULTS – AGES 50 AND OVER

CARREFOUR DES AÎNÉS

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

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

Business hours:

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

Information:

514 748-0943
carrefouraines@hotmail.com

Registration:

March 9 and 11, from 8:15 a.m. to 4 p.m.
March 12, from 8:15 a.m. to 12 p.m.

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 3 › \$7 / membership card

Recreational outings

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



YOUTH PROGRAM

ADOS DE ST-LO

Locations: Cousineau, Hartenstein, Painter and Poirier parks

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

Information:

514 855-6110, ext. 4787



Sports night – *Cousineau, Painter and Poirier parks*

Basketball and urban activities

June 18 to 28 › Thu and Fri 7 to 9 p.m., Sat 3 to 6 p.m.

June 30 to Aug 21 › Tue to Sat 4 to 10:30 p.m.

Aug 26 to 30 › Wed to Fri 7 to 9 p.m., Sat 3 to 6 p.m.

Sports night – *Hartenstein and Painter parks*

Soccer and urban activities

June 18 to 28 › Thu and Fri 7 to 9 p.m., Sat 3 to 6 p.m.

June 30 to Aug 21 › Tue to Sat 4 to 10:30 p.m.

Aug 26 to 30 › Wed to Fri 7 to 9 p.m., Sat 3 to 6 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. 4787

Regular activities

Thu 6 to 9 p.m. ➤ Fri 6 to 10:30 p.m. ➤
Sat 1 to 5 p.m. and 6 to 10:30 p.m. ➤
Jan 8 to May 23 ➤ Centre des loisirs

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

CDA-Girls

Sat 1 to 5 p.m. ➤ Jan 10 to May 23 ➤
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 17 to May 16 ➤
Ecole Saint-Laurent – Édifice Emile-Legault

Activities: Soccer and basketball

Parc Painter chalet

Thu 6:15 to 8:45 ➤ Fri, Sat and Sun 5 to 8 p.m. ➤ Until May 24

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 to 9:30 p.m. ➤ Thu and Sat 1:30 to 4:30 p.m. ➤ All year long ➤
Member: \$4 ➤ Non-member: \$5



Sports section

AQUATIC ACTIVITIES

SPRING Indoor pools

For all aquatic activities:

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

FREE SWIM

Schedules may change without warning.

FREE

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



6 months and +

Mon, Wed, Fri 3 to 4:25 p.m. › Tue 3:45 to 5:55 p.m. › Fri 8 to 9:30 p.m. › Sat, Sun 2 to 4 p.m. › March 21 to May 29 › YMCA Saint-Laurent

2 and +

Sat, Sun 5:45 to 7 p.m. › March 21 to May 29 › École secondaire Saint-Laurent – Édifice Émile-Legault

Mixed 18 and +

Wed, Fri 7:30 to 9:30 p.m. › March 21 to May 29 › École secondaire Saint-Laurent – Édifice Émile-Legault › Swimming lanes (2 lanes) and free swim (2 lanes)

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



SWIMMING LESSONS AND AQUALFITNESS

Schedules may change without warning.

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

Registration: Starting March 14 at 9 a.m. via Loisirs en ligne (see page 7 for details).

Information and schedules:

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

Swimming lessons – Adults

18 and + › March 21 to May 29 › **C** \$70 › **O** \$93 › 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 21 to May 29 › **C** \$55 › **O** \$73 › YMCA Saint-Laurent › 30 to 45 min (depending on level) / week

2 to 17 › March 21 to May 29 › **C** \$55 › **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 21 to May 29 › **C** \$60 › **O** \$80 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 min / twice a week

Aquafitness 2

Mixed 18 and + › Tue, Thu 7:15 to 9:15 p.m. › March 21 to May 29 › **C** \$60 › **O** \$80 › 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 21 to May 29 › **C** \$60 › **O** \$80 › YMCA Saint-Laurent › 55 min / twice a week

Aquafitness 4

Mixed 18 and + › Mon, Wed, Fri 11 to 11:55 a.m. › March 21 to May 29 › **C** \$85 › **O** \$113 › YMCA Saint-Laurent › 55 min / three times a week

Aquafitness - Membership

Mixed 18 and + > Free access to aquafit sessions 1, 2, 3 and 4 > March 21 to May 29 > 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 21 to May 29 > C \$60 > O \$80 > 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 19 to May 31 > 10 a.m. to 4:30 p.m. > C \$205 > O \$255 > 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 6 to June 14 > 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 6 to 7:30 > Fri 6:30 to 8 p.m. > Until June 12 > Prerequisite: To have passed Junior 5 level

Winter-Spring session:

C \$80 > O \$106



SUMMER Outdoor pools

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

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

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

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



FREE

June 15 to August 23
(Closing at 4 p.m. on August 23)

Pools

2 and + > Mon to Sun 1 to 7:15 p.m. > All outdoor pools > Marlborough until 8:15 p.m. > One lane is designated for lengths from 4 p.m. with the exception of Marlborough.

*Season: June 20 to August 16 (on Tuesdays and Thursdays, there is no free swimming at Parc Marlborough between 7:15 and 8:15 p.m.).



August 24 to 30

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, Philippe-Laheurte and Poirier parks

FREE SWIM - ADULTS (18 AND +)



FREE
June 15 to August 23
(Closing at 4 p.m. on August 23)

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

18 and + › Mon to Sun 7:15 to 8:15 p.m. › All outdoor pools (with the exception of Marlborough)

WADING POOLS AND WATER GAMES

June 15 to 19, August 17 to 23
(Closing at 4 p.m. on August 23)

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 20 to August 16

Wading pools and water games (with supervision)

10 and - › Mon to Fri 10:30 a.m. 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 15 to August 30

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

AQUAFITNESS

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

Registration: Starting June 20 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 22 to Aug 12 › **C** \$60 › **O** \$80 › Parc Decelles › 55 min / twice a week

18 and + › Tue, Thu 6:15 to 7:15 p.m. › June 23 to Aug 13 › **C** \$60 › **O** \$80 › Parc Marlborough › 55 min / twice a week

Membership

18 and + › **C** \$66 › **O** \$90 › Gives access to 2 groups: Mon, Wed 11 a.m. to 12 p.m. and Tue, Thu 6:15 to 7:15 p.m.



SWIMMING LESSONS CHILDREN (2 TO 17)

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

C \$35 **O** \$47

Schedule: Mon to Fri, morning

Parks: To be determined

Dates:	Registration via Loisirs en ligne:
June 29 to July 10	June 20, 9 a.m.
July 13 to 24	July 11, 9 a.m.
August 3 to 14	August 1, 9 a.m.

Schedule: Tue and Thu evening

Parks: Hartenstein

Dates:	Registration via Loisirs en ligne:
June 23 to July 16	June 20, 9 a.m.
July 21 to August 13	July 17, 6 p.m.

Schedule: Sat and Sun, morning

Parks: To be determined

Dates:	Registration via Loisirs en ligne:
June 27 to July 19	June 20, 9 a.m.
July 25 to August 16	July 22, 6 p.m.

SWIMMING LESSONS ADULTS (15 AND +)

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

C \$70 **O** \$93

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

Park: Saint-Laurent

Dates:	Registration via Loisirs en ligne:
June 22 to July 3	June 20, 9 a.m.
July 13 to 24	July 11, 9 a.m.
August 3 to 14	August 1, 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 four 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 + **O** Mon, Thu 8:15 to 9:30 p.m. **O** June 15 to Aug 27 **O** Free **O** Parc Bourbonnière

18 and + **O** Wed 7:15 to 8:15 p.m. **O** June 17 to Aug 19 **O** Free **O** Parc Hartenstein

18 and + **O** Sat 8 to 9:30 p.m. **O** June 20 to Aug 22 **O** Free **O** Parc Hartenstein

COMPETITIVE SWIMMING

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

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

Session: June 24 to August 14

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

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

DIVING LESSONS (6 TO 12)

NEW



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

Session: June 24 to August 14

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

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



WATER-POLO – INTRODUCTION with the Playgrounds

FREE

Parks: Noël-Nord and Saint-Laurent

Information and registration: Park chalet

BASEBALL

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

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

Payable to the Club de baseball Saint-Laurent inc.

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

HOUSE LEAGUE (MIXED)

Novice

Born in 2008-2010 › 2 times / week: Mon to Thu (1 session), Sat or Sun (1 session) › June to Aug › **C** \$107 › **O** \$137 › Parc Chamberland



INTERZONES LEAGUE (MIXED)

Atome (B and A)

Born in 2006-2007 › Minimum of 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** \$117 › **O** \$152 › Additional fee of \$40 for players selected for the A team › Houde and Petit parks

Mosquito (B, A and AA)

Born in 2004-2005 › Minimum of 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** \$128 › **O** \$163 › Additional fee of \$40 for players selected for the AA or A team › Decelles and Petit parks

Pee-wee (B and A)

Born in 2002-2003 › Minimum of 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** \$133 › **O** \$168 › Additional fee of \$40 for players selected for the A team › Decelles and Cousineau parks

Bantam (B and A)

Born in 2000-2001 › Minimum of 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** \$158 › **O** \$193 › Additional fee of \$40 for players selected for the A team › Parc Saint-Laurent

Midget (B and A)

Born between 1997 and 1999 › Minimum of 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** \$163 › **O** \$198 › Additional fee of \$40 for players selected for the A team › Parc Saint-Laurent



Junior (A)

Born between 1993 and 1996 › Minimum of 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 \$198 › O \$233 › Parc Saint-Laurent

TIGRES AA

(mixed teams unless otherwise indicated)

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:

www.lsltigers.com
info@baseballstlaurent.com

BASKETBALL L'Express camp

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

Registration: By phone starting March 1 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. 6109
 514 712-4799
camps.express@portail.csmb.qc.ca

Dates:

Week 1: June 22 to June 26
 Week 2: June 29 to July 3
 Week 3: July 6 to July 10
 Week 4: July 13 to July 17
 Week 5: August 3 to August 7

Cost: \$125 / week

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.



Groups:

Initiation to basketball and other collective sports (pool)

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

Initiation to basketball 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



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:
www.saintlaurentfootball.com

SPEED SKILLS CAMP

Atom to midget

Born between 1998-2007 ➤ Schedules to be determined (see website)

REGULAR SEASON (MIXED)

Location: Parc Saint-Laurent

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

Titan

Born in 2008-2009 ➤ July 6 to Oct 18

Atom

Born in 2006-2007 ➤ July 6 to Nov 1

Mosquito

Born in 2004-2005 ➤ July 6 to Nov 1

Pee-wee

Born in 2002-2003 ➤ July 6 to Nov 1

Bantam

Born in 2000-2001 ➤ July 6 to Nov 8

Midget

Born in 1998-1999 ➤ July 6 to Nov 8

GYMNASTIC

Location: YMCA Saint-Laurent

Schedules may change without notice. Payable to Club Gymslic Saint-Laurent inc. Membership fees for the Fédération de gymnastique 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 17, from 6:30 to 7:30 p.m. or online at www.gymslic.com from March 11, at 10 a.m., to March 13, at 9 p.m.

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

Registration for day camp:

Online registration at www.gymslic.com starting March 11 at 10 a.m. Mail-in registration using the Gymslic day camp form (available starting March 11), at the Centre des loisirs, at the YMCA Saint-Laurent and at www.gymslic.com. Mail the registration form and payment to Club Gymslic Saint-Laurent inc., 1745, rue Décarie, bureau 145, Saint-Laurent, H4L 3N5.

OPEN HOUSE: INVITE A FRIEND

Gymnastics activities using the apparatus/games with safety guidance

3 to 5 > June 7 from 9:30 to 10:25 a.m.
(accompanied by a parent) > \$5 per child

6 to 12 > June 7 from 10:30 a.m. to
12 p.m. > \$5 per child

AUDITIONS

Recruitment of young girl for the pre-competitive level

Succession: Girls born between 2007 and
2010 > June 11 from 5:45 to 7 p.m. >
\$5 per child

Pre-competitive/CR: Girls born between
2004 and 2008 > June 11 from 6:45 to
8 p.m. > \$5 per child

Information:

514 748-7707
contact@gymslic.com

COMPETITIVE AND PRECOMPETITIVE

Competitive (girls)

8 to 14 > June 29 to Aug 21 > Schedule
and cost to be confirmed > Between
14 to 20 hours of training / week

Precompetitive and advanced CRS

5 to 14 > June 29 to Aug 21 > Schedule
and cost to be confirmed > Between 5 and
14 hours of training / week

Parent-child (mixed)

2 1/2 to 3 > Tue 5:15 to 5:55 p.m. > Sat
9:15 to 9:55 a.m. > June 29 to Aug 21 >
C \$82 > O \$110 > 40 minutes / week

PRESCHOOL CENTRE

Yellow sun – Level 1 (mixed)

Orange sun – Level 2 (mixed)

4 and 5 > Mon 5 to 5:55 p.m. > Mon 6
to 6:55 p.m. > Tue 6 to 6:55 p.m. >
Sat 10 to 10:55 a.m. > June 29 to Aug 21 >
C \$112 > O \$145 > 1 hr / week



Red sun – Level 3 (mixed)

4 and 5 > Tue 6 to 7:30 p.m. > Sat 10
to 11:30 a.m. > June 29 to Aug 21 >
C \$138 > O \$184 > 1.5 hrs / week

RECREATIONAL – MIXED (BOYS TO AGE 9)

6 to 8 > Thu 5:30 to 7 p.m. > June 29 to
Aug 21 > C \$138 > O \$184 > 1.5 hrs /
week

RECREATIONAL (GIRLS)

6 to 8 > Wed 5:30 to 7 p.m. > Sat
11:30 a.m. to 1 p.m. > June 29 to
Aug 21 > C \$138 > O \$184 > 1.5 hrs /
week

7 and + > Mon, Wed 7 to 8:30 p.m. >
June 29 to Aug 21 > C \$204 > O \$254 >
3 hrs / week

8 and + > Tue 7 to 8:30 p.m. > Thu 7 to
8:30 p.m. > Sat 11:30 a.m. to 1 p.m. >
June 29 to Aug 21 > C \$138 > O \$184 >
1.5 hrs / week

CR1-2

8 and + > June 29 to Aug 21 > Schedule
and cost to be confirmed > 5 to 8 hours
per week

DAY CAMPS

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

Competitive, precompetitive and advanced CRS

6 to 13 > June 29 to Aug 21 > Weekly
registration > Variable schedules and costs
depending on number of training hours >
Information: contact@gymslic.com as of
March.



Recreational

6 to 9 (boys) › Mon-Tue and Thu-Fri 9 a.m. to 4 p.m. › June 29, 30 and July 2, 3 › **C** \$145 › **O** \$195 › Weekly registration (4 days / week)

6 to 9 (boys) › Mon to Fri 9 a.m. to 4 p.m. › July 6 to Aug 21 › **C** \$170 › **O** \$220 › Weekly registration

6 to 12 (girls) › Mon-Tue and Thu-Fri 9 a.m. to 4 p.m. › June 29, 30 and July 2, 3 › **C** \$145 › **O** \$195 › Weekly registration (4 days / week)

6 to 12 (girls) › Mon to Fri 9 a.m. to 4 p.m. › July 6 to Aug 21 › **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 2015-2016 PREREGISTRATION

Preregistration online as of end of April at www.hockeystl.com or in person on May 12 and 13 (Room A-136), from 7 to 8:30 p.m. at the Centre des loisirs. Two proofs of residence and a valid carte-loisirs are mandatory. According to Hockey Québec rules, the activity is open to Saint-Laurent residents only.

Information:

www.hockeystl.com
registraire@hockeystl.com

Pre-novice to junior

5 to 20 › **C** \$355 (including a \$25 early registration discount) › **O** NA › Aréna Raymond-Bourque › Additional fees may apply according to the level.

SUMMER SCHOOL

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

Novice, atom, pee-wee and bantam / midget

7 to 15 › Camp 1: Aug 3 to 7 › Camp 2: Aug 10 to 14 / Aréna Raymond-Bourque

JUDO

Location: Centre des loisirs

Registration:

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

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

Payable to Club de judo Budokan Saint-Laurent inc. Carte-loisirs mandatory. A \$10 discount applies for registrations received before the deadline. And a \$20 discount applies for participants re-registering after the fall session.

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

Rates

Spring: **C** \$50 › **O** \$65
Summer: **C** \$45 › **O** \$65

Information:

www.judobudokanstl.com

SPRING

March 23 to June 13

Group A, recreational White / yellow

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

Group B, recreational White / yellow and +

7 and 8 › Mon, Fri 6 to 7:15 p.m.

Group C, recreational

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

Group D, recreational and competitive

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

SUMMER

June 15 to August 6

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



KARATE

Locations: LaurenHill Academy Senior Campus all year long until May 16 and École secondaire Saint-Laurent – Édifice Émile-Legault from May 18 to August 6.

Spring-Summer session: Registration online via Loisirs en ligne (see page 7 for details) from March 9, at 8:30 a.m., to March 17, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on March 17, from 6:30 to 7:30 p.m.

Payable to Club de karaté Kio Saint-Laurent inc. Carte-loisirs, health insurance card and annual passport (\$30 for children and \$35 for adults) are mandatory. A \$15 surcharge will apply to registration received after the registration period. Not included: Karate-gi uniform, belt, crest for beginners and the cost of the exam. Friday and Saturday classes end June 13.

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

SPRING April 20 to June 13

White

9 to 12 **▶** Mon, Wed, Fri 6 to 7 p.m.

White

13 and + **▶** Mon, Wed, Fri 6 to 7 p.m.

Yellow / orange

9 to 12 **▶** Mon, Wed, Fri 7 to 8 p.m.

Yellow / blue

13 and + **▶** Tue, Thu 6 to 7:30 p.m. **▶**
 Sat 11 a.m. to 12 p.m.

Green / blue / brown

9 to 12 **▶** Tue, Thu 6 to 7:30 p.m. **▶**
 Sat 11 a.m. to 12 p.m.

Brown / black

13 and + **▶** Tue, Thu 7:30 to 9 p.m. **▶**
 Sat 11 a.m. to 12 p.m.

Competitive

9 and + **▶** Sat 12 to 1:30 p.m.

SUMMER June 15 to August 6

White

9 to 12 **▶** Mon, Wed 6 to 7 p.m.

White

13 and + **▶** Mon, Wed 6 to 7 p.m.

Yellow / orange

9 to 12 **▶** Mon, Wed 7 to 8 p.m.

Yellow / blue

13 and + **▶** Tue, Thu 6 to 7:30 p.m.

Green / blue / brown

9 to 12 **▶** Tue, Thu 6 to 7:30 p.m.

Brown / black

13 and + **▶** Tue, Thu 7:30 to 9 p.m.

PHYSICAL FITNESS

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

Spring session: By mail (1375, rue Grenet) or in person at the Centre des loisirs on Tuesday, March 17, from 6:30 to 7:30 p.m.

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

Spring session **▶** March 23 to June 13 **▶**
C \$95 **O** \$125

Session summer **▶** June 15 to Aug 22 **▶**
C \$80 **O** \$95

Sports activities for 16 and +



SPRING

Aerobic

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

Cardio baladi and zumba

Wed 10:15 to 11:30 a.m. **▶** Centre des loisirs

Cardio-baby

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

Cardio mania

Mon, Wed 6 to 7 p.m. **▶** LaurenHill Academy Junior Campus

Mixed cardio and balls

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

Circuit

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

Mixed styles – Yoga, Pilates and stretching

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

Pilates – Level I

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

Pilates – Level II

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

Step

Tue 6 to 7 p.m. › Centre des loisirs

Super workout

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

Tonus

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

Zumba

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

SUMMER

Cardio park (adults)

Mon, Wed, Fri 9 to 10 a.m. › Tue, Thu 10:30 to 11:30 a.m. › Parc Marcel-Laurin

Cardio-carriage (mother and child)

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

Cardio mania

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

Pilates – Levels I and II

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

Mixed styles – Yoga

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

Super workout

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

Tonus

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

Zumba

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



SOCCER

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

Registration online: From February 1st to March 31 at www.soccerstl.ca. Payment by Visa or Mastercard. Late fees will be charged after this period.

Registration in person: At the Centre des loisirs on Wednesday, March 18, from 7 to 9 p.m. (Room A136-137), and on Saturday, March 21, from 1 to 4 p.m. (Room AB 230), with a copy of the participant's health insurance card (inter-city players must also be present for their photo to be taken). Payment by cash or cheque only (payable to the Club de soccer de Saint-Laurent). No postdated cheque will be accepted. A \$50 fee will be charged for all non-sufficient fund (NSF) cheques.

A \$50 surcharge will apply to registration received after the registration period. A \$100 processing fee will be charged for all cancellation requests before April 30. No cancellation after this date. Registration hours during this period: Tuesday, Wednesday, and Thursday, from 5 to 9 p.m., and Saturday, from 9 a.m. to 2 p.m. Shirt, shorts and socks included.

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

Summer camp

Boys and girls › 5 to 13 › Mon to Fri 7:30 a.m. to 5 p.m. › June 22 to August 21 › Under the direction of Rocco Placentino (former player for the Impact)

Information:

514 747-0952
www.soccerstl.ca

RECREATIONAL LEAGUE (HOUSE)

May 25 to August 7

U4 (boys)

Born in 2010 > \$175

U4/U5 (girls)

Born in 2009-2010 > \$175

U5 (boys)

Born in 2009 > \$175

U6 (boys)

Born in 2008 > \$175

U6/U7 (girls)

Born in 2007-2008 > \$175

U7 (boys)

Born in 2007 > \$175

U8 (boys)

Born in 2006 > \$190

U8/U9 (girls)

Born in 2005-2006 > \$190

U9 (boys)

Born in 2005 > \$190

U10 (boys)

Born in 2004 > \$190

U10 (girls)*

Born in 2004 > \$190

U11/U12 (girls)

Born in 2003 > \$255

U11 (boys)

Born in 2003 > Mon to Thu > \$255

U12 (boys)

Born in 2003 > Tue and Thu > \$255

U13/U18 (girls)

Born between 1997 and 2002 > Mon to Fri > May 25 to Sept 8 > \$270 > Depending on the number of registrations, the schedule will be determined by the league or players may be promoted to Inter-City A instead of Division 3.

U13/U18 (boys)

Born between 1997 and 2002 > Mon to Fri > May 25 to Sept 8 > \$270 > Depending on the number of registrations, the schedule will be determined by the league or players may be promoted to Inter-City A instead of Division 3.

*U10 girls may be combined with the U11 girls depending on the number of registrations. Additional fees may apply.

COMPETITIVE INTER-CITY LEAGUES A, AA, AAA

May 15 to Sept 8 > Admission to program is conditional upon participation in evaluation camp > Evaluation by the coach and technical director > Variable schedule according to the LARS Lac St-Louis calendar > Included: Sweater, shorts, socks and track suit.

U7 Development (boys and girls)

Born in 2008 > \$290

U8 Development (boys and girls)

Born in 2007 > \$290

U9 (boys and girls)

Born in 2006 > \$290

U10 (boys and girls)

Born in 2005 > \$290

U11 (boys and girls)

Born in 2004 > \$335

U12 (boys and girls)

Born in 2003 > \$335

U13/U18 (boys and girls)

Born between 1997 and 2002 > \$350

U21 (boys and girls)

Born between 1994 and 1996 > \$375

U14 AAA (boys)

Born in 2001 > May 15 to Sept 8 > Mon to Sun > \$900

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

U15 AAA (boys)

Born in 2000 > May 15 to Sept 8 > Mon to Sun > \$900

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

U16 AAA (boys)

Born in 1999 > May 15 to Sept 8 > Mon to Sun > \$900

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



SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

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

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

SPRING

Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. ›
March 21 to May 9 › **C** \$8.25 / week ›
O NA › Laurentian Bowling Lanes
(222, montée de Liesse)

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. ›
March 22 to May 10 › **C** \$30 › **O** \$60 ›
Lauren Hill Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › March 22
to May 10 › **C** \$30 › **O** \$60 › École
secondaire Saint-Laurent – Édifice Émile-
Legault

SUMMER

Outdoor soccer

10 and + › Sun 11 a.m. to 1 p.m. ›
May 24 to Sept 13 › **C** \$30 › **O** \$60 ›
Parc Marcel-Laurin

TAI-CHI

SPRING

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

Spring session: Registration in person at
the Centre des loisirs, on March 17, from
6:30 to 7:30 p.m.

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

Rates

1 session: **C** \$120 › **O** \$140

Initiation

18 and + › Mon, Wed 8 to 9 p.m. ›
Apr 6 to June 17

18 and + › Tue, Thu 10:40 to 11:40 a.m. ›
Apr 7 to June 18

Beginner

18 and + › Tue, Thu 9:30 to 10:30 a.m. ›
Apr 7 to June 18

18 and + › Tue, Thu 8 to 9 p.m. › Apr 7
to June 18

Intermediate

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

Advanced

18 and + › Mon, Wed 7 to 8 p.m. ›
Apr 6 to May 27

SUMMER



Location: Parc Cousineau

Free activity open to everyone every
Sunday, 9 to 10 a.m. from June 28 to
August 16. Cancelled in the event of rain.
Extended to August 23 if cancellation
due to rain during the session.





TENNIS

NEW

OPEN TENNIS

 FREE

Season: April 27 to October 25

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

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

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

TENNIS LESSONS – CHILDREN

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

Registration: Starting June 2 via Loisirs en ligne (see page 7 for details).

Mixed – Mini tennis

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

Session 1: June 29 to July 17 › Special activity on July 22

Session 2: July 27 to Aug 14 › Special activity on August 19

5 to 7 › Mon to Fri 9 to 10 a.m. ›
C \$45 › O \$60 › Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

5 to 7 › Mon to Fri 11 a.m. to 12 p.m. ›
C \$45 › O \$60 › Painter and Saint-Laurent parks

Mixed – Beginner – 1.0/2.0

Session 1: June 29 to July 17 › One tournament day during the week of July 20

Session 2: July 27 to Aug 14 › One tournament day at the end of the season: Schedule and location to be determined

8 to 10 › Mon to Fri 10 to 11 a.m. ›
C \$45 › O \$60 › Gohier, Marcel-Laurin, Noël-Sud, Painter and Saint-Laurent parks

8 to 10 › Mon to Fri 11 a.m. to 12 p.m. ›
C \$45 › O \$60 › Painter, Saint-Laurent, Noël-Sud, Marcel-Laurin and Gohier parks

8 to 10 › Mon, Wed, Fri 6 to 7 p.m. ›
C \$45 › O \$60 › Parc Marcel-Laurin

11 and 12 › Mon to Fri 11 a.m. to 12 p.m. ›
C \$45 › O \$60 › Gohier, Marcel-Laurin and Noël-Sud parks

11 and 12 › Mon to Fri 12 to 1 p.m. ›
C \$45 › O \$60 › Saint-Laurent and Painter parks

11 and 12 › Mon, Wed, Fri 7 to 8 p.m. ›
C \$45 › O \$60 › Parc Marcel-Laurin

13 to 15 › Mon to Fri 12 to 1 p.m. ›
C \$45 › O \$60 › Gohier, Marcel-Laurin and Noël-Sud parks

13 to 15 › Mon, Wed, Fri 8 to 9 p.m. ›
C \$45 › O \$60 › Parc Marcel-Laurin

TENNIS LESSONS – ADULTS

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

Registration: Starting April 8 via Loisirs en ligne (see page 7 for details). Sports attire and footwear mandatory. Participants must have their own racquet.





1st SESSION

Beginner 01 – 1.0 / 1.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
May 25 to June 17 › C \$65 › O \$86 ›
Parc Marlborough

Beginner 02 – 1.0/1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
May 26 to June 18 › C \$65 › O \$86 ›
Parc Gohier

Intermediate 01 – 2.0/2.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
May 25 to June 17 › C \$65 › O \$86 ›
Parc Marlborough

Advanced 01 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
May 26 to June 18 › C \$65 › O \$86 ›
Parc Gohier

2nd SESSION

Beginner 03 – 1.0 / 1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
June 30 to July 23 › C \$65 › O \$86 ›
Parc Gohier

Beginner 04 – 1.0/1.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
June 29 to July 22 › C \$65 › O \$86 ›
Parc Marlborough

Intermediate 02 – 2.0/2.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
June 30 to July 23 › C \$65 › O \$86 ›
Parc Gohier

Advanced 02 – 3.0/3.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
June 29 to July 22 › C \$65 › O \$86 ›
Parc Marlborough

3rd SESSION

Beginner 05 – 1.0 / 1.5

16 and + › Tue, Thu 7 to 8:30 p.m. ›
Aug 4 to 27 › C \$65 › O \$86 › Parc
Gohier

Beginner 06 – 1.0/1.5

16 and + › Mon, Wed 7 to 8:30 p.m. ›
Aug 3 to 26 › C \$65 › O \$86 › Parc
Marlborough

Intermediate 03 – 2.0/2.5

16 and + › Mon, Wed 8:30 to 10 p.m. ›
Aug 3 to 26 › C \$65 › O \$86 ›
Parc Marlborough

Advanced 03 – 3.0/3.5

16 and + › Tue, Thu 8:30 to 10 p.m. ›
Aug 4 to 27 › C \$65 › O \$86 ›
Parc Gohier

RECREATIONAL LEAGUE

Singles intermediate / advanced (2.5 +)

16 and + › Sat 11 a.m. to 12:30 p.m. ›
May 23 to Aug 15 › C \$65 › O \$86 ›
Parc Marcel-Laurin

Doubles intermediate / advanced (2.5 +)

16 and + › Sat 9 to 11 a.m. › May 23 to
Aug 15 › C \$65 › O \$86 › Parc Marcel-
Laurin

MUNICIPAL TOURNAMENT

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

Singles – Junior (girls / boys)

12 to 17 › July 17 to 19 › Free ›
Marcel-Laurin and Gohier parks

Singles – Adults (women / men)

18 and + › July 17 to 19 › Free ›
Marcel-Laurin and Gohier parks



TRACK AND FIELD

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

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

Spring session:

Registration in person on Tuesday, March 17, 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 Tuesday, May 19, from 6:30 to 7:30 p.m.

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 invited to email the club at sls@slsathletisme.com.

Start: March 14 for 12 weeks

SPRING

April 20 to June 13

Colibri group

Born between 2006 and 2008 > Sat 9 to 11 a.m.

Minime and benjamin groups

Born between 2002 and 2005 > Tue 6:15 to 7:45 p.m. > Sat 9 to 11 a.m.

Cadet and juvenile groups

Born between 1998 and 2001 > Tue, Thu 6:30 to 8 p.m. > Sat 9 to 11 a.m.

Junior and juvenile groups

Born between 1996 and 1998 > Mon, Wed 6:15 to 8 p.m. > Sat 9 to 11 a.m.

SUMMER

June 15 to July 31

Colibri group

Born between 2006 and 2008 > Mon, Wed, Fri 5 to 6:30 p.m.

Minime and benjamin groups

Born between 2002 and 2005 > Mon, Wed, Fri 6 to 8 p.m.

Cadet and juvenile groups

Born between 1998 and 2001 > Tue, Thu, Fri 6 to 8 p.m.

Junior and juvenile groups

Born between 1996 and 1998 > Mon, Wed, Thu 6 to 8 p.m.

COURSE SAINT-LAURENT 2015 (23rd EDITION)

Sunday, April 12, 2015

Road race (running) – Bois-Franc district

Meeting point: Municipal workshops
(13001, boulevard Cavendish)

Information and online registration:
www.circuitendurance.ca

1 km running

11 and – › Regular › Mixed ›
11:30 a.m. › Mail-in registration: \$7 ›
Online registration until April 9: \$7 ›
Onsite registration: \$10

1 km running - Défi scolaire

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

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

2 km running

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

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

5 km running*

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

10 km running*

For all › 10:15 a.m. › Mail-in registration:
\$35* › Online registration until April 9:
\$28 › Onsite registration: \$40

*Registration limited.



VOLLEY-BALL

IN THE GYM

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

Registration: Based on number of available
places, in person at the gym on June 22
and 29, from 7 to 7:30 p.m., or July 6 and 8,
from 7:15 to 7:30 p.m. Payable to Club de
volley-ball de Saint-Laurent inc.

Information:
volleystlaurent@gmail.com

Mixed – Levels 1, 2 and 3

18 and + › Mon, Wed 7:30 to 10 p.m. ›
June 22 to Aug 6 › **C** \$25 › **O** \$35 › Pre-
requisite: Mastery of basic volley-ball skills.

BEACH

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

Information:
volleyballplage@gmail.com



Parcs et installations Parks and facilities

Printemps-Été
2015
Spring-Summer



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

SQUARES

- 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