



FALL 2014 - WINTER 2015

L'AGENDA

CULTURE, SPORTS, RECREATION
AND SOCIAL DEVELOPMENT



Saint-Laurent

Montréal





1



2



3



4



5



6



7



8

- 4 **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

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

- 7 **Bibliothèque du Boisé**
 2727, boulevard Thimens
H4R 1T4
514 855-6130

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

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

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

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

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

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

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

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

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

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

- 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

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

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

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

- Parkdale Elementary School & Community Centre**
1475, rue Deguire
H4L 1M4
514 744-6423

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

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

- Skatepark**
Parc Marcel-Laurin

- Saint-Laurent YMCA** 8
1745, rue Décarie
H4L 3N5
514 747-5353

L'Agenda Fall-Winter 2014-2015

3 Message from the Mayor of Saint-Laurent

4 Message from the Director

5 INFORMATION

5 Registration

6 Carte-loisirs

6 Debit cards

7 Loisirs en ligne

7 Universal access in Saint-Laurent

8 Activities for small budgets

9 List of Saint-Laurent sanctioned community associations and organizations

10 List of Saint-Laurent leisure organizations and independent volunteer committees

12 Resources for persons with disabilities

15 LIBRARIES

16 General information

17 Services

17 Online resources

18 LEISURE SECTION

18 Association des artistes de Saint-Laurent

18 Bridge

18 Cabinet making

19 Cercle de fermières de Saint-Laurent

19 Cultural visits

19 Cultural workshops

23 Dance

26 Exhibitions

27 Instrumental music

27 Photography

28 Preschool centre

30 Program for adult - Ages 50 and over

30 Program for persons with disabilities

31 Program for youth

31 Scrabble

32 Singing – Choir

32 Special family events

33 Université du troisième âge

34 Winter day camp

35 SPORTS SECTION

35 Aquatic activities

37 Badminton

37 Baseball

37 Basketball

38 Football (evaluation camp)

38 Gymnastic

40 Hockey

41 Judo

41 Karate

42 Physical fitness

43 Ringuette

43 Skating

45 Soccer

45 Sports for persons with intellectual disabilities

46 Tai-chi

46 Track and Field

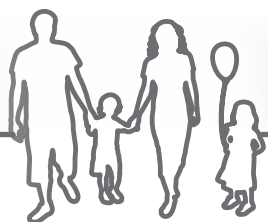
47 Volleyball

48 PARKS AND FACILITIES

Published by
the Borough of
Saint-Laurent
August 2014
Vol. 23, N° 2

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

Council of SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Francesco Miele

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



Aref Salem

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



Maurice Cohen

*Borough Councillor,
Côte-de-Liesse
District*



Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Message from the Mayor of Saint-Laurent



The orange ribbon campaign—with **We have grown together** as its slogan—marks the milestone of 100,000 residents in our Borough.

Dear fellow citizens of Saint-Laurent,

Saint-Laurent has reached the milestone of 100,000 residents! This excellent news—which we announced at the beginning of the summer—marks an important step in our community's development. Beyond a doubt, we owe this remarkable growth to the quality of life enjoyed in Saint-Laurent, which contributes toward making it a choice destination for new families. Our Borough can really take pride in being "an active, attractive, responsible and innovative community", as the theme of our strategic planning for 2014-2017 so rightly emphasizes.

This announcement also demonstrates that Saint-Laurent's Administration is heading in the right direction, with the very many diversified cultural, sports, leisure and social development services it offers. The contents of the publication you are now holding in your hands represents the best proof, once again.

One example, among various others, of the success achieved by our overall programs of activities: the Bibliothèque du Boisé, whose first anniversary was celebrated last July, has welcomed 412,000 visitors since it opened. This impressive number of visitors has already made over half a million library loans. In addition, hundreds of activities held on- and off-site have delighted numerous participants of all ages. Needless to say, this outstanding building is therefore completely fulfilling its role of facilitating access to culture and providing a place for everyone to get together and make discoveries of all kinds.

The next prestigious building to be launched on our territory will be the sports complex—our Complexe sportif. Already, we are impatiently awaiting the day when this centre will open its doors to a multitude of sports activities, encouraging all members of our families to practise a wide variety of sports and supporting the development of our athletes. Located in the heart of the Borough's recreational-educational hub, the Complexe sportif is setting its sights on LEED Gold certification. The success of this sports complex promises to be as dazzling as that of its neighbour, the Bibliothèque du Boisé!

Between now and the opening of this sports complex, your wants and needs won't be neglected: countless sports and cultural activities have been planned for you by our teams, in cooperation with local partners. You will find the details on the following pages. Don't hesitate to take advantage of them along with your loved ones!

A handwritten signature in black ink, which appears to read "Alan DeSousa".

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

Message from the Director



Ladies and gentlemen,

While summer is getting ready to say its good-byes, our teams have been making plans to enhance your fall and winter for a long time now! We have worked very hard, in close cooperation with the volunteer committees, to offer you a wide range of activities that are bound to fulfill the aspirations of grown-ups and youngsters alike. And so now you can start lining up all your leisure, cultural and sports activities for the fall and winter, and reserve the dates—on your family's agenda—of the numerous free events organized by our Borough.

Some of you will find, once again, the cultural workshops or sports sessions that you enjoy, while others will discover attractive new finds. For instance, the Preschool Center is offering a brand new program that will help 5-year-olds and under tackle stimulating challenges in their very first years—accompanied by their parents or even their grand-parents! Dancing, yoga, musical games, comedy, arts and crafts: there is no lack of choices...

The cultural workshops are also presenting a variety of new features. For example, adults will be able to take part in a daytime choir and music theory courses given by the Ensemble vocal de Saint-Laurent. As for teens, they will have the chance to be introduced to yoga or crochet-knitting, while children will have the opportunity to learn yoga and calligraphy.

In order to inform Saint-Laurent residents well about its many activities, the Borough produces several publications in print, such as this Agenda. And take note that the jam-packed program of both libraries is now published in a separate brochure available on our Internet site as well as in our municipal buildings.

In addition, Saint-Laurent communicates with its residents on various media, as listed on page 14. I would like to attract your attention to the *Saint-Laurent in motion* mobile application. Launched last year, it now has a new section that includes the three seasons of the Boisé Literary Path and another section featuring active and public transportation on our territory.

Our team are also already planning, at a longer range, the many activities at the Complexe sportif—in partnership with Saint-Laurent's volunteer committees. We are very excited about presenting everyone this new treasure in our Borough.

I wish you and your family happy days ahead as you return to your routine!

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

Patrick Igual

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

Information

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

Centre des loisirs

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

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

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

REGISTRATION

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

REGISTRATION PRIORITY

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

PAYMENT

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

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

REFUNDS AND CANCELLATION

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

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

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

RESERVATION OF RECREATIONAL FACILITIES

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

Information and reservations:

514 956-2580, extension 4702

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

Information and reservations:

514 956-2580, extension 4700

RESERVATIONS AT THE CENTRE DES LOISIRS

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

Information and reservations:

514 855-6110, extension 4926 or 4707

ADULT WORKSHOPS

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

Information: 311

CARTE-LOISIRS

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

Where to obtain the carte-loisirs?

Centre des loisirs

Until August 29, 2014

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

September 2, 2014 to May 29, 2015

Monday to Friday, from 8:30 a.m. to 8 p.m.
(Closed September 1st, October 13, from December 24 to January 2, and from April 3 to 6)

Business hours may be extended during the registration period.

Cost: Free

RESIDENT CARTE-LOISIRS

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

Required documents

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

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

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

Lost or damaged cards

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

Changing address

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

Renewals

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

NON-RESIDENT CARTE-LOISIRS

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

Annual membership that grants right to rent facilities

Rental fees not included

Organization card

Montréal organizations

Per year: \$31

Business card

Montréal businesses

Per year: \$61

DEBIT CARDS

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

Where to obtain the debit card?

Centre des loisirs

Borough hall – Citizens' office

Bibliothèque du Boisé

Bibliothèque du Vieux-Saint-Laurent

Cost: \$10 plus taxes

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's, and many initiatives have been launched with the aim of improving universal access since 2006 in its many renovation and construction action plans and projects.

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

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

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

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

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

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

ACTIVITIES FOR SMALL BUDGETS

CULTURAL ACTIVITIES

Ciné-découvertes



Free screenings of films of all genres, from documentaries to narrative, supported by the NFB, FIFA, RIDM or the Rendez-vous du cinéma québécois. Movies in your neighbourhood! See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Dance

Free shows spotlighting a variety of choreographic styles, from contemporary dance. Astonishing dance moves! See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Emerging singers

A unique program that features emerging stars of Québec's music scene. A pure delight! 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 26.



Family shows

Shows created especially for families, which allow audiences to discover different artistic disciplines, such as music and film. Guaranteed fun! See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Friday Rendez-vous

Free events that spotlight emerging artists and world music. Wonderful artistic revelations! See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Sunday concerts

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



Workshops and talks

Do-it-yourself workshops, cooking or science workshops, storytelling and games, computer courses and talks – the Vieux-Saint-Laurent Library offers a great variety of activities for children and adults. See publication *Les bibliothèques de Saint-Laurent* on ville.montreal.qc.ca/saint-laurent.



= **FREE**



= **FREE WITH LAISSER-PASSER**



= **FREE WITH CARTE-LOISIRS**

LEISURE ACTIVITIES

Carrefour des aînés

Pool and table tennis, bingo, bridge, board games, shuffleboard and pétanque are among the activities organized by the Carrefour des aînés (membership card: \$7). See page 30.

Craft and weaving

The Cercle des 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 19.

Centre des ados

Urban dance, soccer, basketball and other sports activities, pool and computer games, cooking workshops and make-up workshops, this and more for teens aged 12 to 18 at the Centre des ados (membership card: 2 \$). See page 31.

Sundays in Parc Painter



Every Sunday, starting in September, at the chalet in Parc Painter. Artistic and athletic equipment lending service so users can have fun with their families or friends.

Program for persons with disabilities

Socio-recreational activities and individual support for persons with disabilities offered by the Handicapés de Saint-Laurent association (membership card: \$7). See page 30.

Samedis ensoleillés

Cooperation, sports activities and fun are on the program at Enfant-Soleil and Henri-Beaulieu schools for elementary-level students for 24 Saturdays. Information and registration at partner schools starting in October (admission: \$2).

Scrabble

Pleasant and friendly environment for lovers of Duplicate Scrabble. (membership card: \$4). See page 31.

SPORTS ACTIVITIES

Baseball



Youth aged 9 to 15 are invited to perfect their baseball skills by taking classes at the cégep de Saint-Laurent (free). See page 37.

Free Swim



Free swim times reserved at the YMCA Saint-Laurent or at the École Saint Laurent – Édifice Émile-Legault. See page 35.

Open hockey

Ice time reserved for open hockey at Aréna Raymond-Bourque (admission: \$5). See page 40.

Open skating



Ice time reserved for free skating at Aréna Raymond-Bourque. Free for Carte-loisirs holders on Wednesdays between 7 and 8 p.m. for all and between 8 to 9 p.m. for adults. See page 44.

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



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



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



CORPORATION CULTURELLE LATINO-AMÉRICAINE DE L'AMITIÉ (COCLA)
514 748-0796 | 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
514 419-9333, ext. 203
direction@relaislaurentien.org



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



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



YMCA SAINT-LAURENT
514 747-5353
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
artsaintlaurent@gmail.com
www.artsaintlaurent.ca

BASEBALL

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

BASKET-BALL

COMITÉ DE BASKET-BALL SAINT-LAURENT
 Tom Ingerman, treasurer
 514 855-6110, ext. 4882
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

CNSL
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
 514 432-4748

FIGURE SKATING

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT
 Jenny Lee, president
 514 334-2619
www.cpastl.ca


FOOTBALL ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT
 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 SUR GLACE DE VILLE SAINT-LAURENT INC.
 Joe Pasztor, président
 514 335-3277
www.hockeystl.com

JUDO

CLUB DE JUDO BUDOKAN SAINT-LAURENT
 Étienne Bouillère, president
 514 855-6110, ext. 4915
ebouillere@sympatico.ca
www.judobudokanstl.com

KARATÉ

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



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



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



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



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



PHOTOGRAPHY
ASSOCIATION DES
PHOTOGRAPHES
DE SAINT-LAURENT
 Fanny Grimard, president
 514 744-3027



TRACK AND FIELD
CLUB D'ATHLÉTISME
SAINT-LAURENT SÉLECT INC.
 Edvige Persechino, president
 514 855-6110, ext. 4915
sls@slsathletisme.com
www.slsathletisme.com

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



UNIVERSITÉ DU
TROISIÈME ÂGE
 Claudette Belliveau
 514 332-2770



RINGUETTE
RINGUETTE
SAINT-LAURENT INC.
 Marco Ferraresi, président
 514 956-1544
www.leaguelineup.com
ringuettetstlaurent

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

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



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

RESOURCES FOR PERSONS WITH DISABILITIES



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



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



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



**ASSOCIATION DE MONTRÉAL
POUR LA DÉFICIENCE
INTELLECTUELLE**
514 381-2307, ext. 26
www.amdi.info
Accompaniment through different
stages of life so as to foster social
integration



**ASSOCIATION DE L'OUEST
DE L'ÎLE POUR LES
HANDICAPÉS INTELLECTUELS**
Volet intégration
514 694-6531, ext. 21
Integration into recreational pro-
grams and community activities



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



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



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



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

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



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

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

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

**CLUB DE PATINAGE ARTISTIQUE
DE SAINT-LÉONARD**
Intégration
514 593-7878
cpa.st-leonard@qc.aira.com
www.cpasaintleonard.com
Participation of individuals with
disabilities in figure skating



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



FONDATION DES AVEUGLES DU QUÉBEC

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



HANDICAPÉS DE SAINT-LAURENT INC.

514 855-6110, ext. 4937
Friendly recreational activities



JUNI-SPORT

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



LE CENTRE VIOMAX

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

LOISIRS LE GRILLON

514 253-2227
lesloisirslegrillon@hotmail.com
http://loisirslegrillon.1fr1.net
Social integration through recreational activities



OLYMPIQUES SPÉCIAUX

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



PARRAINAGE CIVIQUE MONTRÉAL

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



PROLONGEMENT À LA FAMILLE DE MONTRÉAL

514 504-7989
upfm@videotron.ca
www.upfm.ca
Supports persons with an intellectual disability so they may develop their abilities, independence and capacity to flourish



SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES

514 254-6067, ext. 22
spph@arobas.net
www.spph.net
Promotion and defence of interests, and overcoming isolation for families

MONTRÉAL FIRE DEPARTMENT CENSUS OF PEOPLE WITH DISABILITIES

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

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

Registration: 514 872-3775



SOCIÉTÉ DE TRANSPORT DE MONTRÉAL ACCOMPANIMENT CARD

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

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



RECREATIONAL TOURISM ACCOMPANIMENT STICKER

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

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



PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

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

Ville de Montréal
technical traffic service: 311



MOBILE PARKING PERMIT ISSUED BY THE SAAQ

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

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

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
Saint-Laurent in motion**



REGISTER TODAY

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



Libraries



Crédit : Yen Chao



BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens
H4R 1T4

☎ 514 855-6130

🚇 Métro Côte-Vertu > 🚌 171



BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église
H4L 2H2

☎ 514 855-6130

🚇 Métro Du Collège

Libraries

GENERAL INFORMATION

LIBRARIES



BIBLIOTHÈQUE
DU BOISÉ

Bibliothèque du Boisé

2727, boulevard Thimens
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to September 1)

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



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT

Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to September 1)

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



MEMBERSHIP

RESIDENTS

Residents and property owners
of Montréal
Free

BUSINESS COMMUNITY

Owner, occupant of a business
place of Montréal
Free

STUDENTS

The educational institution must
be located in Montréal
Free

NON-RESIDENTS OF MONTRÉAL

Seniors (65 and +):	\$56
Adults (14 and +):	\$88
Youth (13 and -):	\$44
Families:	\$100

FOLLOW US ON:



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



twitter.com/ArrSaintLaurent



Bibliothèques de Montréal:
bibliomontreal.com



FREE SERVICES

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



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



- Loan of wheelchair (Bibliothèque du Boisé).

LIBRARIES PROGRAM:

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

ONLINE RESOURCES

bibliomontreal.com/numerique:

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

bibliomontreal.com/bibliojeunes:

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

nelligan.ville.montreal.qc.ca:

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

unenaissanceunlivre.ca:

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



Leisure section

General information:
514 855-6110

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

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



BRIDGE

Location: Centre des loisirs. Organized by the Club de bridge Loisirs Saint-Laurent.

Fall session: Registration in person at the Centre des loisirs from 6 to 8 p.m. on August 27, at 8 p.m.

Winter session: Registration in person on November 25, from 6 to 8 p.m.

Information: Claudette Belliveau
514 332-2770

FALL

Lesson – Beginner (French)

18 and + › Mon 7:15 to 9:30 p.m. › Sept 15 to Nov 24 › C \$85 › O \$100

18 and + › Wed 1:15 to 3:30 p.m. › Sept 17 to 19 Nov › C \$85 › O \$100

Game – Bridge duplicata

18 and + › Tue 1 to 4 p.m. › Sept 2 to Dec 16 › C \$5 / day › O \$6 / day

18 and + › Wed 7:15 to 10:15 p.m. › Sept 3 to Dec 17 › C \$5 / evening › O \$6 / evening

WINTER

Lesson – Intermediate (French)

18 and + › Mon 7:15 to 9:30 p.m. › Jan 12 to March 16 › C \$85 › O \$100



18 and + › Wed 1:15 to 3:30 p.m. › Jan 14 to March 18 › C \$85 › O \$100

Game – Bridge duplicata

18 and + › Tue 1 to 4 p.m. › Jan 6 to June 16 › C \$5 / day › O \$6 / day

18 and + › Wed 7:15 to 10:15 p.m. › Jan 7 to June 17 › \$5 / evening › \$6 / evening

Coached bridge

18 and + › Wed 1:15 to 3:30 p.m. › Apr 15 to June 3 › \$50

CABINET MAKING

(French only)

Location: Centre de formation professionnelle Léonard-De Vinci

For participants aged 16 or over. 15% discount for participants aged 60 or over.

Registration: At the Centre de formation professionnelle Léonard-De Vinci only.

Introduction to cabinet making (18 hrs)

Mandatory for all

16 and + › Tue 7 to 10 p.m. › Sept 16 to Oct 21 › Wed 7 to 10 p.m. › Sept 17 to Oct 22 › C \$130 › O \$173 › Project: Shelf › Materials included › Course on the use of equipment (tools and machinery) for safe and efficient woodworking.

Making my first piece of furniture (24 hrs)

16 and + › Wed 7 to 10 p.m. › Oct 29 to Dec 17 › C \$250 › O \$300 › Project: Chest (mandatory for all) › Materials included › Prerequisite: Introduction to cabinet making › Reading plans, safety, and production of simple furniture.

Free project (30 hrs)

16 and + › Thu 7 to 10 p.m. › Sept 25 to Nov 27 › C 175 \$ › O 225 \$ › Wood not included › Mandatory admission condition: Must have completed the previous two programs with Natalie Sauvé (shelf, chest, and small cabinet or console).

CERCLE DE FERMIÈRES DE SAINT-LAURENT

Location: Centre des loisirs

Association dedicated to the interests of women and families, and to spreading cultural and artistic heritage. Membership card, (contribution to the Association included): \$27.

Subscriptions entitle members to receive the association magazine, reduced registration or free participation.

Information:
Réjeanne Houle, 514 331-9652
Marcelle Ducasse, 438 395-8262

Craft workshop

14 and + › Wed 1 to 4 p.m. › Sept to June inclusively › Free for members

Weaving workshop

14 and + › Thu 1:30 to 4 p.m. › Sept to June › Free for members › \$5 non-member / course

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

CULTURAL VISITS

Cultural outings are organized by the Direction de la culture, des sports, des loisirs et du développement social throughout the year.

Information: 514 855-6110, ext. 4880

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs

Participants will have to purchase materials for certain workshops.

Only basic colours are provided for the watercolours and painting courses.

Fall session: Registration online as of August 18 at 8:30 a.m. on Loisirs en ligne (see instructions on page 7).

Winter session: Registration online as of November 24 at 8:30 a.m. on Loisirs en ligne (see instructions on page 7).

Course schedule available at the Centre des loisirs in November.

Information: 514 855-6110

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

Baladi I (bilingual) – Beginner /

Lala Hakim
18 and + › Tue 8 to 9 p.m. › Sept 16 to Nov 25 › **C** \$118 › **O** \$157 › **KW** Baladi

Baladi II (bilingual) – Intermediate /

Lala Hakim
18 and + › Tue 8 to 9 p.m. › Sept 16 to Nov 25 › **C** \$118 › **O** \$157 › **KW** Baladi

Baladi III (bilingual) – Advanced /

Lala Hakim
18 and + › Tue 7 to 8 p.m. › Sept 16 to Nov 25 › **C** \$118 › **O** \$157 › **KW** Baladi

Calligraphy / Réal Colletterte

18 and + › Mon 1 to 3:30 p.m. › Sept 15 to Dec 1 › **C** \$122 › **O** \$163 › **KW** Calligraphie

18 and + › Mon 7 to 9:30 p.m. › Sept 15 to Dec 1 › **C** \$122 › **O** \$163 › **KW** Calligraphie

Contemporary painting I – II (acrylic) / Svetla Velikova

New schedule*

18 and + › Wed 9:30 a.m. to 12 p.m. › Sept 17 to Nov 26 › **C** \$132 › **O** \$176 › **KW** Peinture

18 and + › Wed 1 to 3:30 p.m. › Sept 17 to Nov 26 › **C** \$132 › **O** \$176 › **KW** Peinture*

Afterwork: 18 ans + › Wed 5:30 to 7:30 p.m. › Sept 17 to Nov 26 › **C** \$122 › **O** \$163 › **KW** Peinture*

Contemporary painting II – III (acrylic) / Svetla Velikova

18 and + › Fri 9:30 a.m. to 12 p.m. › Sept 19 to Nov 28 › **C** \$132 › **O** \$176 › **KW** Peinture

Contemporary painting I – II – Mixed techniques / Svetla Velikova

18 and + › Sat 9:30 a.m. to 12 p.m. › Sept 20 to Nov 29 › **C** \$132 › **O** \$176 › **KW** Peinture



Contemporary painting III – Mixed techniques / Svetla Velikova

18 and + > Thu 1 to 3:30 p.m. > Sept 18 to Nov 27 > C \$132 > O \$176 > KW Peinture

Drawing – Observation I – II / Svetla Velikova

18 and + > Mon 9:30 a.m. to 12 p.m. > Sept 15 to Dec 1 > C \$138 > O \$184 > KW Dessin

Afterwork: 18 and + > Mon 5:30 to 7 p.m. > Sept 15 to Dec 1 > C \$100 > O \$133 > KW Dessin

Drawing and acrylic painting I – II / Svetla Velikova

18 and + > Sun 10 a.m. to 12:30 p.m. > Sept 21 to Nov 30 > C \$132 > O \$176 > KW Dessin

Drawing and modeling II – Live models / Svetla Velikova

18 and + > Mon 1 to 3:30 p.m. > Sept 15 to Dec 1 > C \$138 > O \$184 > Additional cost for live models > KW Dessin

Digital photography – (bilingual) I and II / Jean-Luc Laporte

Hybrid and reflex cameras (basics)

Afterwork: 18 and + > Tue 5:30 to 7 p.m. > Sept 16 to Nov 25 > C \$94 > O \$125 > Bring a digital camera > One outing a Saturday morning > KW Photographie

Icon – Egg tempera / Svetla Velikova

18 and + > Thu 9:30 a.m. to 12 p.m. > Sept 18 to Nov 27 > C \$130 > O \$173 > KW Icônes

Illumination / Réal Colletterte

18 and + > Sun 9 a.m. to 4 p.m. > Oct 19 and 26 > C \$58 > O \$77 > KW Enluminure

Knitting – Crochet / Lucie Carmel

18 and + > Tue 7 to 9:30 p.m. > Sept 16 to Nov 25 > C \$120 > O \$160 > KW Tricot

18 and + > Thu 2 to 4:30 p.m. > Sept 18 to Nov 27 > C \$120 > O \$160 > KW Tricot

Oil painting I / Areg Elibekian

18 and + > Sat 1 to 3:30 p.m. > Sept 20 to Nov 29 > C \$132 > O \$176 > KW Peinture

Oil painting I and II / Areg Elibekian

18 and + > Tue 7 to 9:30 > Sept 16 to Nov 25 > C \$132 > O \$176 > KW Peinture

Oil painting II / Areg Elibekian

18 and + > Mon 1:30 to 4 p.m. > Sept 15 to Dec 1 > C \$132 > O \$176 > KW Peinture

18 and + > Mon 7 to 9:30 p.m. > Sept 15 to Dec 1 > C \$132 > O \$176 > KW Peinture

**Oil painting III / Areg Elibekian**

18 and + > Tue 1:30 to 4 p.m. > Sept 16 to Nov 26 > C \$132 > O \$176 > KW Peinture

18 and + > Wed 9:30 to 12 p.m. > Sept 17 to Nov 26 > C \$132 > O \$176 > KW Peinture

18 and + > Sat 9:30 to 12 p.m. > Sept 20 to Nov 29 > C \$132 > O \$176 > KW Peinture

Pottery, modelling, turning, ceramics / Francine Gauthier

18 and + > Mon 1:30 to 4 p.m. > Sept 15 to Dec 1 > C \$145 > O \$193 > KW Poterie

18 and + > Mon 7 to 9:30 p.m. > Sept 15 to Dec 1 > C \$145 > O \$193 > KW Poterie

18 and + > Tue 7 to 9:30 p.m. > Sept 16 to Nov 25 > C \$145 > O \$193 > KW Poterie

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 20 to Nov 29 > C \$145 > O \$193 > KW Poterie

Sewing / Gaetane Nicol or Latifa Boukendakdjil*

18 and + > Tue 9:30 a.m. to 12 p.m. > Sept 16 to Nov 25 > C \$122 > O \$163 > KW Couture

18 and + > Wed 7 to 9:30 p.m. > Sept 17 to Nov 26 > C \$122 > O \$163 > KW Couture*

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 20 to Nov 29 > C \$122 > O \$163 > KW Couture

Sewing - Beadwork / Latifa Boukendakdjil

18 and + > Mon 7 to 9:30 p.m. > Sept 15 to Dec 1 > C \$122 > O \$163 > KW Couture

Stained glass / Stéphanie Aghbanchian

18 and + > Tue 1:30 to 4 p.m. > Sept 16 to Nov 25 > C \$130 > O \$172 > KW Vitrail

18 and + > Tue 7 to 9:30 p.m. > Sept 16 to Nov 25 > C \$130 > O \$172 > KW Vitrail

18 and + > Thu 9:15 to 11:45 a.m. > Sept 18 to Nov 27 > C \$130 > O \$172 > KW Vitrail

18 and + > Thu 7 to 9:30 p.m. > Sept 18 to Nov 27 > C \$130 > O \$172 > KW Vitrail

Stone carving / Vasil Nikov

18 and + › Wed 1:30 to 4 p.m. › Sept 17 to Nov 26 › **C** \$122 › **O** \$163 › **KW** Sculpture

Yoga (bilingual) / Antoine Tinawi or Pamela Gooria*

Participants must bring their yoga mat.

1 / week: **C** \$118 › **O** \$157

2 / week: **C** \$189 › **O** \$239

18 and + › Level 1 › Mon 6:15 to 7:40 p.m. › Sept 15 to Dec 1 › **KW** Yoga*

18 and + › Level 2 › Mon 7:50 to 9:15 p.m. › Sept 15 to Dec 1 › **KW** Yoga*

18 and + › Level 2 › Wed 6:15 to 7:40 p.m. › Sept 17 to Nov 26 › **KW** Yoga

18 and + › Level 1 › Wed 7:50 to 9:15 p.m. › Sept 17 to Nov 26 › **KW** Yoga

**Pre-natal yoga and Yoga with baby**

See Preschool Centre, p. 28-29.

Yoga lunch break / Pamela Gooria

Participants must bring their yoga mat.

1 / week: **C** \$64 › **O** \$85

2 / week: **C** \$102 › **O** \$136

NEW CLASS

18 and + › Mon 12:05 to 12:55 p.m. › Sept 15 to Dec 1 › **KW** Yoga

18 and + › Fri 12:05 to 12:55 p.m. › Sept 19 to Nov 28 › **KW** Yoga

Yoga on chair / Pamela Gooria

Participants must bring their yoga mat.

18 and + › Fri 1:05 to 2:30 p.m. › Sept 19 to Nov 28 › **C** \$118 › **O** \$157 › **KW** Yoga

Watercolour I / To be determined

18 and + › Thu 7 to 9:30 p.m. › Sept 18 to Nov 27 › **C** \$132 › **O** \$176 › **KW** Aquarelle

18 and + › Wed 1 to 3:30 p.m. › Sept 17 to Nov 26 › **C** \$132 › **O** \$176 › **KW** Aquarelle

Watercolour II - III / To be determined

18 and + › Tue 7 to 9:30 p.m. › Sept 16 to Nov 25 › **C** \$132 › **O** \$176 › **KW** Aquarelle

18 and + › Tue 1 to 3:30 p.m. › Sept 16 to Nov 25 › **C** \$132 › **O** \$176 › **KW** Aquarelle

18 and + › Wed 7 to 9:30 p.m. › Sept 17 to Nov 26 › **C** \$132 › **O** \$176 › **KW** Aquarelle

Wood carving / Rémi Richard

18 and + › Tue 1:30 to 4 p.m. › Sept 23 to Dec 2 › **C** \$122 › **O** \$163 › **KW** Sculpture

18 and + › Tue 7 to 9:30 p.m. › Sept 23 to Dec 2 › **C** \$122 › **O** \$163 › **KW** Sculpture

YOUTH

Location: Centre des loisirs

Fall session: Registration as of Monday, August 18 at 8:30 a.m. online at Loisirs en ligne (see page 7).

Winter session: Registration as of Monday, November 24 at 8:30 a.m. (see details on page 7). Course schedule available at the Centre des loisirs in November.

Information: 514 855-6110

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Fall 2014" 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. › Sept 20 to Nov 29 › **C** \$56 › **O** \$75 › **KW** Bande dessinée

Drawing and painting

Carolle Dubuc

6 to 8 › Sun 10 a.m. to 12 p.m. › Sept 21 to Nov 30 › **C** \$70 › **O** \$93 › **KW** Peinture

6 to 8 › Sun 1 to 3 p.m. › Sept 21 to Nov 30 › **C** \$70 › **O** \$93 › **KW** Peinture

Section for ages 6 to 12**Chess level I / Diego Perez**

6 to 12 › Sat 1 to 2 p.m. › Sept 20 to Nov 29 › **C** \$30 › **O** \$40 › **KW** Échecs

Chess level II / Diego Perez

6 to 12 › Sat 2 to 3 p.m. › Sept 20 to Nov 29 › **C** \$30 › **O** \$40 › **KW** Échecs

Chess level III / Diego Perez

6 to 12 › Sat 3 to 4 p.m. › Sept 20 to Nov 29 › **C** \$30 › **O** \$40 › **KW** Échecs



**Drawing, pottery-modelling /**

Francine Gauthier

6 to 12 > Sat 1 to 3 p.m. > Sept 20 to
Nov 29 > C \$65 > O \$87 > KW Poterie6 to 12 > Sun 10 a.m. to 12 p.m. > Sept 21
to Nov 30 > C \$65 > O \$87 > KW Poterie**Pottery, modelling-turning /**

Francine Gauthier

6 to 12 > Sun 1 to 3 p.m. > Sept 21 to
Nov 30 > C \$70 > O \$93 > KW Poterie**Yoga / Pamela Gooria - NEW**6 to 12 > Thu 6 to 7 p.m. > Sept 18 to
Nov 27 > C \$56 > O \$75 > Participants
must bring their yoga mat > KW Yoga**Section for ages 7 to 12****Calligraphy / Réal Collerette - NEW**7 to 12 > Sun 10 a.m. to 12 p.m. > Sept 21
to Dec 14 > Classes not held on Oct 19
and 26 > C \$56 > O \$75 > Starter kit not
included (\$20) > KW Calligraphie**Petits marmitons / Mariette Cadieux**7 to 12 > Sat 10 a.m. to 12 p.m. > Sept 20 to
Nov 29 > C \$70 > O \$93 > Participants must
bring four containers > KW Marmitons7 to 12 > Sat 1 to 3 p.m. > Sept 20 to
Nov 29 > C \$70 > O \$93 > 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. > Sept 19 to
Nov 28 > C \$70 > O \$93 > KW Peinture9 to 14 > Sat 10 a.m. to 12 p.m. > Sept 20 to
Nov 29 > C \$70 > O \$93 > KW Peinture**Caricatures and characters /**

Pierre Bourgouin

9 to 14 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$56 > O \$75 > KW Caricatures**Cartoon drawing – Manga /**

Pierre Bourgouin

9 to 14 > Sat 1 to 3 p.m. > Sept 20 to
Nov 29 > C \$56 > O \$75 > KW Bande
dessinée**Pottery, modelling-turning /**

Francine Gauthier

9 to 14 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$70 > O \$93 > KW Poterie**Water painting / Carolle Dubuc**9 to 14 > Sat 1 to 3 p.m. > Sept 20 to
Nov 29 > C \$70 > O \$93 > KW Peinture**Section for ages 10 to 17****Oil painting / Areg Elibekian**10 to 17 > Thu 7 to 9 p.m. > Sept 18 to
Nov 27 > C \$70 > O \$93 > KW Peinture10 to 17 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$70 > O \$93 > KW Peinture**Section for ages 13 to 17****Sewing / Latifa Boukendakdjil**13 to 17 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$56 > O \$75 > Material not
included > KW Couture**Cooking / Mariette Cadieux**13 to 17 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$70 > O \$93 > Participants must
bring four containers > KW Cuisine**Knitting – Crochet / Lucie Carmel
NEW**13 to 17 > Thu 6 to 8 p.m. > Sept 18 to
Nov 27 > C \$65 > O \$87 > KW Tricot**Stained glass / Stéphanie Aghbachian**13 to 17 > Fri 7 to 9 p.m. > Sept 19 to
Nov 28 > C \$65 > O \$87 > Parents are
welcomed. Registration for \$65 > KW Vitrail**Yoga / Pamela Gooria - NEW**13 to 17 > Thu 7:10 to 8:10 p.m. > Sept 18
to Nov 27 > C \$56 > O \$65 > Participants
must bring their yoga mat > KW Yoga

DANCE

Dance with baby and pre-natal dancing:
See Preschool Centre, p. 28.

LES AMIS DE LA DANSE

Location: Centre des loisirs

Fall session: New participants:

Registration in person at the Centre des loisirs, from 6 to 8 p.m. on August 27, for ages 3 and 4, on August 28, for ages 5 to 7 and on August 29, for 8 and up.

Winter session: Registration on November 25.

Approximate fees for costumes (payable upon registration for the winter session): Ages 3 to 6 (\$55), 7 to 9 (\$55) and teenagers (\$30 to \$55). It is possible to register for more than one course.

Information: 514 334-0400 or 514 744-6563

Ballet junior

4 and 5 › Sat 9:45 to 10:30 a.m. and 10:30 to 11:15 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$80 › O \$100**

4 and 5 › Mon 5:30 to 6:15 p.m. › Sept 22 to Jan 12 or Jan 19 to Apr 27 › **C \$80 › O \$100**

Ballet

6 to 7 › Sat 9 to 9:45 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$80 › O \$100**

6 to 8 › Tue 6:15 to 7:15 p.m. › Sept 23 to Jan 6 or Jan 13 to Apr 28 › **C \$90 › O \$115**

7 to 9 › Mon 6:15 to 7:15 p.m. › Sept 22 to Jan 12 or Jan 19 to Apr 27 › **C \$90 › O \$115**

7 to 10 › Sat 10 to 11 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$90 › O \$115**

8 to 12 › Sat 11 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$90 › O \$115**

Junior teens › Level 3 › Sat 9 to 10 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$90 › O \$115**

Junior teens and teenagers › Tue 6:15 to 7:15 p.m. › Sept 23 to Jan 6 or Jan 13 to Apr 28 › **C \$90 › O \$115**

Preballet

3 › Sat 11:30 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$55 › O \$75**

3 and 4 › Sat 10:30 to 11:15 a.m. or 10:45 to 11:30 a.m. or 11:15 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$80 › O \$100**



Preballet – Mother and child

(Mother present for the first four weeks)
2 3/4 to 3 › Fri 10:15 to 11 a.m. › Sept 26 to Dec 5 or Jan 16 to March 27 › **C \$60 › O \$80**

Dance workshop - Hip hop and jazz

25 and + › Mon 8 to 9 p.m. › Sept 22 to Dec 15 or Jan 6 to March 23 › **C \$75 › O \$95**

25 and + › Mon 8 to 9 p.m. › March 30 to June 15 › **C \$60 › O \$80 › Spring session**

Dance workshop – Trio hip hop, jazz and ballet

3 to 5 › Sat 10 to 11 a.m. › May 23 and May 30 › **C \$15 › O \$20**

6 to 10 › Sat 11 a.m. to 12 p.m. › May 23 and May 30 › **C \$15 › O \$20**

Junior teens and teenager › Sat 10 a.m. to 12 p.m. › May 23 and May 30 › **C \$25 › O \$35**

Dance duo – Ballet and jazz

3 and 4 › Sat 9:45 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$80 › O \$100**

3 and 4 › Fri 9:30 to 10:15 a.m. › Sept 26 to Dec 5 or Jan 16 to March 27 › **C \$60 › O \$80**

4 and 5 › Mon 5:30 to 6:15 p.m. › Sept 22 to Jan 12 or Jan 19 to Apr 27 › **C \$80 › O \$100**

5 and 6 › Sat 11 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$90 › O \$115**

5 and 6 › Tue 5:30 to 6:15 p.m. › Sept 23 to Jan 6 or Jan 13 to Apr 28 › **C \$80 › O \$100**

Dance duo – Ballet and hip-hop

3 and 4 › Sat 9 to 9:45 a.m. and 10 to 10:45 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$80 › O \$100**

3 and 4 › Thu 5:30 to 6:15 p.m. › Sept 25 to Jan 8 or Jan 15 to Apr 30 › **C \$80 › O \$100**

5 and 6 › Sat 9 to 10 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$90 › O \$115**

Dance duo – Ballet and tap

6 and 7 › Sat 9 to 9:45 a.m. and 10 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$130 › O \$160**

7 to 9 › Sat 10:30 to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C \$135 › O \$155**



Dance duo – Hip-hop and tap

4 to 6 › Mon 5:30 to 6:15 p.m. › Sept 22 to Jan 12 or Jan 19 to Apr 27 › **C** \$80 › **O** \$100

5 to 7 › Level 2 › Mon 6:15 to 7 p.m. › Sept 22 to Jan 12 or Jan 19 to Apr 27 › **C** \$80 › **O** \$100

6 to 8 › Wed 5:15 to 6:15 p.m. › Sept 24 to Jan 7 or Jan 14 to Apr 29 › **C** \$90 › **O** \$115

7 to 9 › Sat 9 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$135 › **O** \$165

Dance duo – Hip-hop and jazz

5 and 6 › Sat 9 to 10 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$90 › **O** \$115

7 to 9 › Sat 9 to 10 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$90 › **O** \$115

Junior teens and teenagers › Thu 7:15 to 8:15 p.m. › Sept 25 to Jan 8 or Jan 15 to Apr 30 › **C** \$90 › **O** \$115

Adults advanced › Wed 8 to 9 p.m. › Sept 24 to Jan 7 or Jan 14 to Apr 29 › **C** \$90 › **O** \$115

Dance trio – Hip-hop, jazz and tap

5 and 6 › Sat 9 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$135 › **O** \$165

7 to 9 › Sat 9 to 10 a.m. or 10:30 to 11 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$135 › **O** \$165

Junior teens › Wed 5:15 to 6:15 › Sept 24 to Jan 7 or Jan 14 to Apr 29 › **C** \$90 › **O** \$115

Junior teens › Level 3 › Sat 10:30 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$135 › **O** \$165

Hip-hop

4 to 6 › Sat 10:30 to 11:15 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$80 › **O** \$100

6 to 8 › Sat 9 to 10 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$90 › **O** \$115

7 to 10 (boy) › Sat 11:15 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$80 › **O** \$100

6 to 9 (boy and girl) › Fri 6 to 7 p.m. › Sept 26 to Jan 9 or Jan 16 to May 1 › **C** \$90 › **O** \$115

Junior teens › Fri 7 to 8 p.m. › Sept 26 to Jan 9 or Jan 16 to May 1 › **C** \$90 › **O** \$115

Junior teens › Sat 11 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$90 › **O** \$115

Teenagers › Thu 7:15 to 8:15 p.m. › Sept 25 to Jan 8 or Jan 15 to Apr 30 › **C** \$90 › **O** \$115

Teenagers › Fri 8 to 9 p.m. › Sept 26 to Jan 9 or Jan 16 to May 1 › **C** \$90 › **O** \$115

Teenagers advanced › Sat 11:15 a.m. to 12 p.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$80 › **O** \$100

Jazz

Teenagers advanced › Sat 8:45 to 9:45 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$90 › **O** \$115

Jazz – Contemporary

Teenagers and adults › Tue 7:15 to 8:15 p.m. › Sept 23 to Jan 6 or Jan 13 to Apr 28 › **C** \$90 › **O** \$115

Jazz – Contemporary and pointe

Teenagers › Tue 7:15 to 8:45 p.m. › Sept 23 to Jan 6 or Jan 13 to Apr 28 › **C** \$135 › **O** \$165

Tap dance

4 to 6 › Sat 10 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$55 › **O** \$75

6 to 9 › Levels 1 and 2 › Sat 10 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$55 › **O** \$75

7 to 9 › Level 2 › Sat 10:30 to 11 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$55 › **O** \$75

Junior teens and teenagers › Level 1 › Sat 10 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$55 › **O** \$75

Junior teens › Level 3 › Sat 9:45 to 10:30 a.m. › Sept 20 to Jan 10 or Jan 17 to May 2 › **C** \$80 › **O** \$100

Teenagers intermediate › Thu 6:15 to 7:15 p.m. › Sept 25 to Jan 8 or Jan 15 to Apr 30 › **C** \$90 › **O** \$115

Adults › Level 1 › Fri 8 to 9 p.m. › Sept 26 to Jan 9 or Jan 16 to Apr 3 › **C** \$90 › **O** \$115

Adults › Levels 2 and 3 › Mon 7 to 8 p.m. › Sept 22 to Jan 12 or Jan 12 to Apr 27 › **C** \$90 › **O** \$115

Adults › Advanced › Wed 7 to 8 p.m. › Sept 24 to Jan 7 or Jan 14 to Apr 29 › **C** \$90 › **O** \$115

Parent-child (5 to 12) "Energy Tap" › Fri 6:15 to 7 p.m. › Sept 26 to Jan 9 or Jan 16 to Apr 3 › **C** \$40 per participant › **O** \$60

Adults "Energy Tap" › Fri 7:15 to 8 p.m. › Sept 26 to Jan 9 or Jan 16 to Apr 3 › **C** \$80 › **O** \$100

SOCIAL DANCING CLUB – LES LAURENTIENS

(Couples only)

Location: Centre des loisirs

Dances taught: Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot and tango. Dance evenings organized throughout the year. Free practice for students every Sunday from 7 to 9 p.m.

Fall session: Registration in person at the Centre des loisirs, from 6 to 8 p.m. on August 27.

Winter session: Registration in person on from 6 to 8 p.m. on November 25.

Payable to the Club de danse sociale Les Laurentiens (cheque or cash).

Information: Club de danse sociale Les Laurentiens, 514 432-4748
cdsleslaurentiens@hotmail.com
cdsleslaurentiens.com

FALL

Beginner

16 and + › Fri 7 to 8:30 p.m. › Sept 12 to Nov 28 › **C** \$115 › **O** \$130

2nd session

16 and + › Wed 8:30 to 10 p.m. › Sept 10 to Dec 26 › **C** \$115 › **O** \$130



3rd session

16 and + › Fri 8:30 to 10 p.m. › Sept 12 to Nov 28 › **C** \$115 › **O** \$130

Bronze beginning

16 and + › Sun 7 to 8:30 p.m. › Sept 14 to Nov 30 › **C** \$115 › **O** \$130

Bronze ending

16 and + › Wed 7 to 8:30 p.m. › Sept 10 to Nov 26 › **C** \$115 › **O** \$130

Silver

16 and + › Wed 8:30 to 10 p.m. › Sept 10 to Nov 26 › **C** \$115 › **O** \$130

WINTER

Beginner

16 and + › Fri 7 to 8:30 p.m. › Jan 16 to Apr 3 › **C** \$115 › **O** \$130

2nd session

16 and + › Wed 8:30 to 10 p.m. › Jan 14 to Apr 1 › **C** \$115 › **O** \$130

3rd session

16 and + › Fri 8:30 to 10 p.m. › Jan 16 to Apr 3 › **C** \$115 › **O** \$130

Bronze beginning

16 and + › Sun 7 to 8:30 p.m. › Jan 14 to Apr 1 › **C** \$115 › **O** \$130

Bronze ending

16 and + › Wed 7 to 8:30 p.m. › Jan 14 to Apr 1 › **C** \$115 › **O** \$130

Silver

16 and + › Wed 8:30 to 10 p.m. › Jan 14 to Apr 1 › **C** \$115 › **O** \$130

EXHIBITIONS

CENTRE DES LOISIRS

Specialists in cultural workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Sept 1 to 28 › Free › Multidisciplinary arts

Association des artistes de Saint-Laurent

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Oct 11 to 26 › Free › Painting

Participants in multidisciplinary workshops for adults

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Nov 8 to 23 › Free › Visual arts

Participants in oil painting workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Jan 24 to Feb 14 › Free › Oil painting

Participants in contemporary and acrylic painting, and stone carving workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Feb 14 to March 1 › Free › Visual arts and sculptures

Participants in multidisciplinary workshops for children

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
March 7 to 22 › Free › Multidisciplinary arts

Association des photographes de Saint-Laurent

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

Participants in pottery and watercolor workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
May 2 to 17 › Free › Water painting and pottery

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

Information: 514 747-7367 or mmaq.qc.ca

Business hours

Wed to Sun 12 to 5 p.m.

Group by reservation

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

Admission

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



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



Masterworks

Permanent exhibit › Overview of Québec culture.

Masterpieces by major artists and outstanding works in wood, metal, ceramic and textiles.

Nostalgia

July 10 to August 31 › Annual exhibition by Le Levant, a group of artists originating from the Middle East and Maghreb who are striving to forge ties between their native counties and their new homeland.

40th Anniversary of the École de joaillerie de Montréal

September 18 to November 15 › Exhibition organized by the institution to celebrate its 40th Anniversary.

Exhibition by visual arts students at Cégep de Saint-Laurent

October 22 to November 15 › The Musée will feature the works of students from the departments of visual arts and art history at the Cégep de Saint Laurent.

Zone d'affluence

November 20 to January 4 › The works of eight artists produced using recycled materials incorporated into an exhibition display and the museum space itself.

My vision of a work of art

December 18 to January 4 › Collaborative project between the Musée, the Commission scolaire Marguerite-Bourgeoys, École primaire Beau-Séjour, École secondaire Saint-Laurent and the Centre de formation professionnelle de Lachine.

Artoon (provisional title)

January 8 to February 8 › A meeting of two artists, Seyed Behzad Ghafarizadeh and Oleg Dergachov, featuring cartoons.

The icon – seeking out the invisible

February 18 to March 15 › Several Québec-based iconographers from a variety of backgrounds present their contemporary iconographic works.



INSTRUMENTAL MUSIC

CENTRE D'ÉTUDES MUSICALES PANTONAL

Music training program specially adapted to children, youth and adults that covers all musical styles and repertoires as well as the steps required for learning.

Location: Centre des loisirs

Fall session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on August 27.

Winter session: **Registration** in person on from 6 to 8 p.m. on November 25.

Payable to the Centre d'études musicales PANTONAL. First payment (fall session) must be paid upon registration. Second payment (winter session) may be made at the end of the fall session. Refunds will not be granted to participants who drop out of group during the session. A minimum of three participants is required for a group lesson.

Groups will be formed according to age and based on the level and the number of registrations.

Course duration: 1 hr / week
Fall session: 12 weeks
Winter session: 17 weeks

Schedules will be confirmed at the time of registration.

Fall session: Sept 15 to Dec 6

Winter session: Jan 11 to May 23

The participants must own a musical instrument and practice for 20 minutes each day. They must bring a musical instrument in class (except for keyboard courses).

Information: 514 273-1055

Éveil musical

4 and 5 › Sat 9 a.m. › Fall session ›
c \$105 › o \$140

4 and 5 › Sat 9 a.m. › Winter session ›
c \$145 › o \$190

Guitar

8 and + › Thu 4 to 9 p.m. › Sun 9 a.m. to 5 p.m. › Fall session › c \$170 › o \$220

8 and + › Thu 4 to 9 p.m. › Sun 9 a.m. to 5 p.m. › Winter session › c \$245 › o \$285

Keyboard

6 and + › Tue 4 to 9 p.m. › Sat 10 a.m. to 5 p.m. › Fall session › c \$170 › o \$220

6 and + › Tue 4 to 9 p.m. › Sat 10 a.m. to 5 p.m. › Winter session › c \$245 › o \$285

Violin

6 and + › Mon, Tue, Fri 4 to 9 p.m. › Fall session › c \$170 › o \$220

6 and + › Mon, Tue, Fri 4 to 9 p.m. › Winter session › c \$245 › o \$285

PHOTOGRAPHY

Location: Centre des loisirs

The Association des photographes de Saint-Laurent 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.

Fall session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on August 27.

Winter session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on November 25.

Information: apsl.ca or admin@apsl.ca

Weekly meetings

18 and + › Wed 7 to 9:30 p.m. › Sept 3 to May 27 › c \$60 › o \$75 › A participation fee of \$10 will be charged for non-members of the Association who wish to attend evening conferences. No digital photography courses are given.



**NEW
PROGRAM**

PRESCHOOL CENTRE

Location: Centre des loisirs

Children must reach the minimum age by September 30. Proof of age is required for registration. Children in diapers will only be admitted to workshops where parents are present.

FALL

Registration: On Loisirs en ligne (see page 7) or in person until September 11, 2014.

Open house: September 10, 10 a.m. to 12 p.m.

Future moms

Pre-natal yoga › Mon 7 to 8 p.m. › Sept 15 to Dec 8 › C \$60 › O \$80

Pre-natal dancing › Wed 7 to 8 p.m. › Sept 17 to Dec 3 › C \$60 › O \$80

Scrapbooking › Thu 5:30 to 7:30 p.m. › Sept 18 to Dec 4 › C \$80 › O \$107

0 to 12 months

Dance with baby › Mon 9 to 10 a.m. › Sept 15 to Dec 8 › C \$60 › O \$80

Dance with baby › Mon 10:30 to 11:30 a.m. › Sept 15 to Dec 8 › C \$60 › O \$80

Scrapbooking › Tue 9 to 11 a.m. › Sept 16 to Dec 2 › C \$80 › O \$107

Yoga with baby › Wed 9 to 10 a.m. › Sept 17 to Dec 3 › C \$60 › O \$80

Yoga with baby › Wed 10:30 to 11:30 a.m. › Sept 17 to Dec 3 › C \$60 › O \$80

Sensory awareness › Thu 9 to 11 a.m. › Sept 18 to Dec 4 › C \$75 › O \$100

Keeping fit with baby › Fri 1:30 to 3:30 p.m. › Sept 19 to Dec 5 › C \$80 › O \$107

12 to 36 months

My dad and I › Mon 9 to 11 a.m. › Sept 15 to Dec 8 › C \$75 › O \$100

My grand parent and I › Fri 9 to 11 a.m. › Sept 19 to Dec 5 › C \$75 › O \$100

Musical game › Sat 10:30 to 11:30 a.m. › Sept 20 to Dec 6 › C \$60 › O \$80

Mini-circus › Sun 9 to 10 a.m. › Sept 21 to Dec 7 › C \$60 › O \$80

18 to 36 months

Marionettes › Tue 9 to 11 a.m. › Sept 16 to Dec 2 › C \$75 › O \$100

Music awareness › Wed 9 to 11 a.m. › Sept 17 to Dec 3 › C \$75 › O \$100

3 to 5 years old

Little school kids › Mon 9 a.m. to 3:30 p.m. › Sept 15 to Dec 8 › C \$165 › O \$215

Little school kids (half-day) › Mon 9 a.m. to 12 p.m. › Sept 15 to Dec 8 › C \$95 › O \$127

Little actors › Tue 9 a.m. to 3:30 p.m. › Sept 16 to Dec 2 › C \$165 › O \$215

Little actors (half-day) › Tue 9 a.m. to 12 p.m. › Sept 16 to Dec 2 › C \$95 › O \$127

Little geniuses › Wed 9 a.m. to 3:30 p.m. › Sept 17 to Dec 3 › C \$165 › O \$215

Little geniuses (half-day) › Wed 9 a.m. to 12 p.m. › Sept 17 to Dec 3 › C \$95 › O \$127

Little athletes › Thu 9 a.m. to 3:30 p.m. › Sept 18 to Dec 4 › C \$165 › O \$215

Little athletes (half-day) › Thu 9 a.m. to 12 p.m. › Sept 18 to Dec 4 › **C** \$95 › **O** \$127

Friday fun › Fri 9 a.m. to 1 p.m. › Sept 19 to Dec 5 › **C** \$165 › **O** \$215

Musical game › Sat 9 to 10 a.m. › Sept 20 to Dec 6 › **C** \$60 › **O** \$80

Arts and crafts 4-5 › Sat 10 a.m. to 12 p.m. › Sept 20 to Dec 6 › **C** \$75 › **O** \$100

Arts and crafts 4-5 › Sat 1 to 3 p.m. › Sept 20 to Dec 6 › **C** \$75 › **O** \$100

Mini-circus › Sun 10:30 to 11:30 a.m. › Sept 21 to Dec 7 › **C** \$60 › **O** \$80

WINTER

Registration: In person or on Loisirs en ligne (see page 7) starting October 15 at 8:30 a.m.

Future moms

Pre-natal yoga › Mon 7 to 8 p.m. › Jan 5 to May 25 › **C** \$90 › **O** \$120

Pre-natal dancing › Wed 7 to 8 p.m. › Jan 7 to May 13 › **C** \$90 › **O** \$120

Scrapbooking › Thu 5:30 to 7:30 p.m. › Jan 8 to May 14 › **C** \$125 › **O** \$167

0 to 12 months

Dance with baby › Mon 9 to 10 a.m. › Jan 5 to May 25 › **C** \$90 › **O** \$120

Dance with baby › Mon 10:30 to 11:30 a.m. › Jan 5 to May 25 › **C** \$90 › **O** \$120

Scrapbooking › Tue 9 to 11 a.m. › Jan 6 to May 12 › **C** \$125 › **O** \$167

Yoga with baby › Wed 9 to 10 a.m. › Jan 7 to May 13 › **C** \$90 › **O** \$120

Yoga with baby › Wed 10:30 to 11:30 a.m. › Jan 7 to May 13 › **C** \$90 › **O** \$120

Sensory awareness › Thu 9 to 11 a.m. › Jan 8 to May 14 › **C** \$120 › **O** \$160

Keeping fit with baby › Fri 1:30 to 3:30 p.m. › Jan 9 to May 22 › **C** \$125 › **O** \$167

12 to 36 months

My dad and I › Mon 9 to 11 a.m. › Jan 5 to May 25 › **C** \$120 › **O** \$160

My grand parent and I › Fri 9 to 11 a.m. › Jan 9 to May 22 › **C** \$120 › **O** \$160

Musical game › Sat 10:30 to 11:30 a.m. › Jan 10 to May 23 › **C** \$90 › **A** \$120

Mini-circus › Sun 9 to 10 a.m. › Jan 11 to May 24 › **C** \$90 › **O** \$120

18 to 36 months

Marionettes › Tue 9 to 11 a.m. › Jan 6 to May 12 › **C** \$120 › **O** \$160

Music awareness › Wed 9 to 11 a.m. › Jan 7 to May 13 › **C** \$120 › **O** \$160

3 to 5 years old

Little school kids › Mon 9 a.m. to 3:30 p.m. › Jan 5 to May 25 › **C** \$250 › **O** \$300

Little school kids (half-day) › Mon 9 a.m. to 12 p.m. › Jan 5 to May 25 › **C** \$180 › **O** \$230

Little actors › Tue 9 a.m. to 3:30 p.m. › Jan 6 to May 12 › **C** \$250 › **O** \$300

Little actors (half-day) › Tue 9 a.m. to 12 p.m. › Jan 6 to May 12 › **C** \$180 › **O** \$230

Little geniuses › Wed 9 a.m. to 3:30 p.m. › Jan 7 to May 13 › **C** \$250 › **O** \$300

Little geniuses (half-day) › Wed 9 a.m. to 12 p.m. › Jan 7 to May 13 › **C** \$180 › **O** \$230

Little athletes › Thu 9 a.m. to 3:30 p.m. › Jan 8 to May 14 › **C** \$250 › **O** \$300

Little athletes (half-day) › Thu 9 a.m. to 12 p.m. › Jan 8 to May 14 › **C** \$180 › **O** \$230

Friday fun › Fri 9 a.m. to 1 p.m. › Jan 9 to May 22 › **C** \$250 › **O** \$300

Musical game › Sat 9 to 10 a.m. › Jan 10 to May 23 › **C** \$90 › **O** \$120

Arts and crafts 4-5 › Sat 10 a.m. to 12 p.m. › Jan 10 to May 23 › **C** \$120 › **O** \$160

Arts and crafts 4-5 › Sat 1 to 3 p.m. › Jan 10 to May 23 › **C** \$120 › **O** \$160

Mini-circus › Sun 10:30 to 11:30 a.m. › Jan 11 to 24 May › **C** \$90 › **O** \$120



PROGRAM FOR ADULTS – AGES 50 AND OVER

CARREFOUR DES AÎNÉS

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

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

Registration: In person at the Centre des loisirs, on August 27, from 9 a.m. to 8 p.m. and on September 3, from 9 a.m. to 6 p.m.

Business hours as of September 8:

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

Bingo

50 and + > Tue 1 to 4 p.m. > Sept 9 to Dec 2 > Jan 6 to March 10 > Free > Release: March 3 (cancelled on October 21)

Board games

50 and + > Mon to Sun 9 a.m. to 10 p.m. > Sept 8 to Aug 28 > Free > Release: March 2 to 6 (cancelled on December 9, 10 and 18)

Bridge

50 and + > Thu 1 to 5 p.m. > Sept 11 to Aug 27 > Free > Release: March 5



Line dance

50 and + > Mon 1 to 2:15 p.m. (advanced rehearsal) > Mon 2:30 to 3:45 p.m. (beginners rehearsal) > Sept 8 to Dec 1 > Jan 5 to March 9 > Wed 1 to 2:30 p.m. (beginners) > Wed 2:45 to 4:15 p.m. (advanced) > Sept 10 to Dec 3 > Jan 7 to March 11 > C \$25 / session > O \$30 / session > Release: Oct 13, March 2 and 4

Petanque

50 and + > Mon, Wed and Fri 7 to 9 p.m. > Sept 8 to Aug 28 > Free > Petanque activities are held at the Boulodrome (in Parc Gohier from May to August) > Information: 514 748-0943

Physical activities

50 and + > Mon and Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. > Sept 8 to Dec 4 > Jan 5 to March 12 > C \$25 / session > O \$30 / session > Release: Oct 13, March 2 and 5

Pool and table tennis

50 and + > Mon to Fri 9 a.m. to 6 p.m. > Sun 6:30 to 10 p.m. > Sept 8 to > Aug 28 > Free

Shuffleboard

50 and + > Thu 1 to 4 p.m. > Sept 11 to Nov 27 > Jan 8 to March 12 > Free > Release: March 5

Stretching

50 and + > Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. > Sept 10 to Dec 3 > Jan 7 to March 11 > C \$25 / session > O \$30 / session > Release: March 4



PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs

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

Information: 514 855-6110, ext. 4937

Regular activities

For all > Wed 9 a.m. to 3 p.m. > Sept 10, 2014 to June 3, 2015 > \$7 / membership card



PROGRAM FOR YOUTH

CENTRE DES ADOS

Location: Centre des loisirs

Place to get together for participants aged 12 to 18. Various cultural and sport activities.

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

Information: 514 855-6110, ext. 4950

Fall session: Sept 13 to Dec 13

Winter session: Jan 8 to May 22

Regular activities

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

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

CDA - Girls

Sat 1 to 5 p.m. › Centre des loisirs and Parc Painter chalet

Activities: Artistic makeup and photo sessions with professionals, international-dance and cooking workshops, meetings with various professionals involved in urban arts

Sports activities

Sat 6 to 9 p.m. › Soccer and baseball › École Saint-Laurent – Édifice Émile-Legault

Sun 2 to 5 p.m. › Soccer and baseball › École Saint-Laurent – Édifice Saint-Germain

Parc Painter chalet

Thu, Fri 3:30 to 5 p.m. and 6 to 9 p.m. › Sat 6 to 9 p.m. › Free ›

Activities: Board games, movie nights, video games and collective sports.



PLUS QU'UN DÉFILÉ DE MODE !

Académie Défil'Art – More than just a fashion show!

14 and + › Seeking participants in the areas of dance, artistic makeup, modeling and singing.

Session: Sept 2014 to March 2015

Catwalk show: March 6, 2015



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 and Saturday games)

Clotilde Esseili 514 334-1639
(Thursday games)

Scrabble

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



SINGING – CHOIR

ENSEMBLE VOCAL DE SAINT-LAURENT

A mixed choir that works to develop its musical skills. The choir meets once a week in a friendly and relaxed atmosphere.

Ensemble Vocal choir

Open house and registration in person: September 11, at the Centre des loisirs, at 8 p.m.

18 and + > Centre des loisirs > Thu 7:45 to 10 p.m. Sept 11 to Dec 18 Jan 15 to May 28 > C and O \$290 > Including instructional materials, payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 15, 2015)

In addition to weekly rehearsals, allow two to three intensive rehearsals during the year. Conditions of admission: Good singing voice, ability to read music preferred but not required, meeting with the musical director for voice classification.

Information:
514 733-2572 or 514 748-0500
info@choeurvsl.com

Daytime choir – New

18 and + > Centre des loisirs > Thu 2 to 4 p.m. > Session: \$120 (material not included) > Registration and payment on site at the start of the session (cancelled if fewer than 10 participants) > Sept 11 to Dec 11 > Jan 22 to May 14 > Prerequisite: Able to sing on key, evaluation at first meeting > Music from the 70's

Solfège course – New

18 and + > Centre des loisirs > Thu 6:15 to 7:45 p.m. > Session: \$140 (material not included) > Registration and payment on site at the start of the session (cancelled if fewer than 6 participants) > Sept 11 to Nov 13 > Musical theory and score reading

CHŒUR WALTER

Mixed voice choir for members aged 8 and up. Its objective is to encourage personal development through choral singing. In general, the choir presents 3 concerts per year in addition to participating in the Mondial Loto-Québec Choral.

Location: Centre des loisirs

Registration: In person at the Centre des loisirs, from 6 to 8 p.m. on August 27 for fall and winter sessions.

\$150 annual fees are payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 26). In addition to weekly rehearsals, allow six to eight days of intensive rehearsals every session which will be held on Sundays from 1 to 3 p.m. Conditions of admission: Audition (costs \$20). Places are limited.

Information and registration:
514 863-7580 or 514 747-2115
info@choeurwalter.org or choeurwalter.org

8 and + > Mon 6 to 7:45 p.m. and Sun 1 to 3 p.m. > Sept 22 to Dec 22 > Jan 26 to June 24 > C \$150 > O \$200

SPECIAL FAMILY EVENTS

Parc Hartenstein

Hartenstein en couleur

Saturday, October 18, 2014 from 1 to 5 p.m.

A fall celebration where traditional Western activities will take place. Hot apple cider and traditional dance are sure to keep participants warm.



Parc Painter

Spotlight on Chameran

Saturday, November 15, 2014 at 5 p.m.

Huge animated family market in Chameran sector extending all the way to the park, where a sound and light show will be presented to commemorate Children's Day.

Centre des loisirs

Arts Career Fair

Saturday, November 29, 2014 from 9 a.m. to 7 p.m.

Demonstration by participants in the watercolours workshop: calligraphy, sewing, design, icons, painting, photography, pottery, sculpture, knitting and stained glass. Products for sale and activities on-site.

Parc Cousineau

Féerie d'hiver

Sunday, February 8, 2015 from 1 to 5 p.m.

A celebration for the young and the young-at-heart. Hot chocolate and horse-drawn sleigh rides are just a couple of the activities that will take place during the day.



UNIVERSITÉ DU TROISIÈME ÂGE

Location: Centre des loisirs (unless indicated otherwise)

In French only.

Ongoing training programs for seniors at Université du troisième âge are intended for retirees or those about to retire who are interested in pursuing their education. There are no prerequisites for admission, mandatory assignments or final examinations. Participants must only be curious and interested in learning new things. UTA Student Status is offered upon registration.

Fall session: Registration in person at the Centre des loisirs, from 6 to 8 p.m. on August 27.

Winter session: Registration in person on November 25.

Contacts:

Conference series
Diane Desbiens, 514 737-2551

English
Lise Poitras, 514 747-7496

History
Diane Bélanger, 514 362-9183

Music and conference
Monique Tremblay, 514 745-7059

Philosophy
Pierrette Martineau-Adjoury, 514 744-5905
André and Claudette Belliveau,
514 744-5905
a.c.belliveau@sympatico.ca

Spanish (advanced and conversation)
Paul Langlois, 514 339-1165

Spanish (beginner and intermediate)
Ginette Mondor, 514 744-2561

FALL

Breakfast-talk

La radio d'hier à aujourd'hui

50 and + › Fri › Breakfast at 1:45 p.m. and conference at 2 p.m. › Nov 7 › UTA's students: Free › Other: \$8 › Speaker: Gilles Proux

English beginner 1

50 and + › Tue 1:15 to 3:15 p.m. › Sept 23 to Dec 9 › **C** \$120 › **O** \$130

English intermediate I

50 and + › Tue 3:30 to 5:30 p.m. › Sept 23 to Dec 9 › **C** \$120 › **O** \$130

English advanced I

50 and + › Wed 3:15 to 5:15 p.m. › Sept 24 to Dec 10 › **C** \$120 › **O** \$130

Spanish beginner I

50 and + › Thu 1 to 3 p.m. › Sept 25 to Dec 11 › **C** \$120 › **O** \$130

Spanish intermediate I

50 and + › Thu 10 a.m. to 12 p.m. › Sept 25 to Dec 11 › **C** \$120 › **O** \$130

Spanish advanced II

50 and + › Tue 1 to 3 p.m. › Sept 23 to Dec 9 › **C** \$120 › **O** \$130

Spanish plus and conversation

50 and + › Tue 10 a.m. to 12 p.m. › Sept 23 to Dec 9 › **C** \$120 › **O** \$130

Histoire – France

50 and + › Wed 9:30 a.m. to 12 p.m. › Sept 25 to Dec 11 › **C** \$80 › **O** \$100

Philosophie

50 and + › Tue 1:30 to 4 p.m. › Sept 23 to Nov 25 › **C** \$85 › **O** \$100

Conference series

50 and + › Fri 9:30 a.m. to 12 p.m. › Sept 26 to Nov 14 › **C** \$85 › **O** \$100 › Location: Les Verrières du Golf, 2400, rue des Nations

WINTER

Collation-talk

Comment s'assurer aujourd'hui que nos volontés soient respectées demain

50 and + › Friday, March 20 › Collation at 1:45 p.m. and conference at 2 p.m. › UTA's students: Free › Other: \$8 › Speaker: Rielle Desjardins, notary

English beginner II

50 and + › Tue 1:15 to 3:15 p.m. › Jan 20 to Apr 14 › **C** \$120 › **O** \$130

English intermediate II

50 and + › Tue 3:30 to 5:30 p.m. › Jan 20 to Apr 14 › **C** \$120 › **O** \$130

English advanced II

50 and + › Wed 3:15 to 5:15 p.m. › Jan 21 to Apr 15 › **C** \$120 › **O** \$130

Spanish advanced II

50 and + › Thu 10 a.m. to 12 p.m. › Jan 20 to May 5 › **C** \$150 › **O** \$160

Spanish plus and conversation

50 and + › Tue 10 a.m. to 12 p.m. › Jan 20 to May 5 › **C** \$150 › **O** \$160

Histoire – France (suite)

50 and + › Wed 9:30 a.m. to 12 p.m. › Feb 18 to Apr 15 › **C** \$85 › **O** \$100

Musique – La musique au Québec

50 and + › Fri 9:30 a.m. to 12 p.m. › Jan 23 to March 20 › **C** \$85 › **O** \$100 › Location: Les Verrières du Golf, 2400, rue des Nations › Claire Villeneuve, Master's degree in musicology

Philosophie

L'existence du mal, ce qu'en pensent les penseurs

50 and + › Mon 1:30 to 3:30 p.m. › Jan 19 to March 30 › **C** \$85 › **O** \$100



WINTER DAY CAMP

Locations: Centre des loisirs and École Parkdale

Registration: Online on Loisirs en ligne (see page 7) as of August 18 for Montréal residents. Non-borough residents may register in person at the Centre des loisirs as of January 5, 2015.

Day camp

5 to 12 › Mon to Fri › 9 a.m. to 4 p.m. › March 2 to 6 › Programs: Outdoor outing, thematic workshops, group games and more

1st child: **C** \$125 › **O** \$165

2nd child: **C** \$115 › **O** \$153

3rd child: **C** \$105 › **O** \$140

Daycare

5 to 12 › Mon to Fri › 7:15 to 9 a.m. and 4 to 6 p.m. › March 2 to 6 › \$30 / week

Sports section

AQUATIC ACTIVITIES

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

FREE SWIM

Children under the age of 8 and those who wear a life jacket must be accompanied and supervised by an adult at all times (one parent per two children minimum). 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). Carte-loisirs is mandatory for free swim at the YMCA Saint-Laurent.

6 months and +

Mon, Wed, Thu 3 to 4:25 p.m. ▶ Tue 3:45 to 5:25 p.m. ▶ Fri 7:30 to 9:30 p.m. ▶ Sat, Sun 2 to 4 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ Free ▶ YMCA Saint-Laurent

2 and +

Sat, Sun 5:45 to 7 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ Free ▶ École secondaire Saint-Laurent – Édifice Émile-Legault

Mixed 18 and +

Wed, Fri 7:30 to 9:30 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ Free ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ Swimming lanes (2 lanes) and free swim (2 lanes)

Mixed 18 and +

Mon, Wed, 6:30 to 9:30 a.m., 12 to 2 p.m. and 8:30 to 9:30 p.m. ▶ Tue 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 7:30 to 9:30 p.m. ▶ Thu 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 6:30 to 7:55 p.m. ▶ Sat, Sun 8 to 8:55 a.m. and 4:05 to 5:30 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ Free ▶ YMCA Saint-Laurent ▶ Swimming lanes (3 lanes) and free swim (2 lanes)

SWIMMING LESSONS AND AQUATIC PHYSICAL FITNESS

A minimum of 8 weeks of courses is offered per session (except for the Lifeguard training and water safety training course).

Online registration on Loisirs en ligne (see details on page 7).

Fall session: August 30, as of 9 a.m.

Winter session: December 6, as of 9 a.m.

Children at the Étoile de mer, Canard, Tortue de mer, Loutre de mer, Éclabousseurs and Tourbillons levels must be accompanied in the water by an adult.

Information and schedules (as of mid-August): ville.montreal.qc.ca/saint-laurent/aquatique



SWIMMING LESSONS

Adults

18 and + ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$70 ▶ O \$93 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault / cégep de Saint-Laurent / YMCA Saint-Laurent ▶ 55 minutes / week ▶ Carte-loisirs is mandatory at the YMCA Saint-Laurent.

Children

6 months to 17 years old ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$55 ▶ O \$73 ▶ YMCA Saint-Laurent ▶ 30 to 45 minutes / week (depending on level) ▶ Carte-loisirs is mandatory at the YMCA Saint-Laurent.

2 to 17 ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$55 ▶ O \$73 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault / cégep de Saint-Laurent ▶ 30 to 55 minutes / week (depending on level)

AQUAFITNESS

Aquafitness 1

Mixed 18 and + ▶ Tue, Thu 6:15 to 7:15 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$60 ▶ O \$80 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ 55 minutes / twice a week

Aquafitness 2

Mixed 18 and + ▶ Tue, Thu 8:15 to 9:15 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$60 ▶ O \$80 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ 55 minutes / twice a week

Aquafitness 3

Mixed 18 and + ▶ Mon, Wed 6:30 to 7:25 p.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$60 ▶ O \$80 ▶ YMCA Saint-Laurent ▶ 55 minutes / twice a week

Aquafitness 4

Mixed 18 and + ▶ Mon, Wed, Fri 11 to 11:55 a.m. ▶ Sept 20 to Dec 5 ▶ Jan 10 to March 13 ▶ C \$85 ▶ O \$113 ▶ YMCA Saint-Laurent ▶ 55 minutes / three times a week



Aquafitness - Membership

Mixed 18 and + › Free swim during regular group swim times 1, 2, 3 and 4 › Sept 20 to Dec 5 › Jan 10 to March 13 › c \$140 › o \$187 › YMCA Saint-Laurent and École secondaire Saint-Laurent – Édifice Émile-Legault › 55 minutes / course

Prenatal group

Pregnant women › Tue, Thu 7:15 to 8:15 a.m. › Sept 20 to Dec 5 › Jan 10 to March 13 › c \$60 › o \$80 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 minutes / twice a week

LIFEGUARD TRAINING AND WATER SAFETY TRAINING

Included: Documentation and certification

Bronze Medallion

13 and + › Sun 10:30 a.m. to 3:30 p.m. › Nov 9 to Dec 14 › c \$110 › o \$147 › Cégep de Saint-Laurent › Prerequisite: Must be 13 years old or have the Bronze Star certificate and mastered the styles and the techniques of Red Cross Swim Kids level 10.

Bronze Cross

13 and + › Sun 10:30 a.m. to 3:30 p.m. › Jan 11 to Feb 22 › c \$105 › o \$140 › Cégep de Saint-Laurent › Prerequisite: Bronze Medallion

General First Aid

For all › Sat 9 a.m. to 5 p.m. › Feb 21 and 28 › c \$60 › o \$80 › Centre des loisirs › No prerequisite

National Lifeguard

16 and + › Apr 19 to May 31 › c \$205 › o \$255 › Cégep de Saint-Laurent › Prerequisite: Must be 16 years old and have the Bronze Cross certificate and the General First Aid certificate.

Assistant Water Safety Instructor

15 and + › Sun 10:30 a.m. to 3:30 p.m. › Sept 14 to Oct 19 (subject to change) › c \$205 › o \$255 › Cégep de Saint-Laurent › Prerequisite: Have turned 15 years old before the final class, have passed the Bronze Cross course and mastered the styles and techniques of Red Cross Swim Kids level 10.

Water Safety Instructor

15 and + › March/Apr (subject to change) › c \$205 › o \$255 › Cégep de Saint-Laurent › Prerequisite: Have turned 15 years old before the final class, have passed the Assistant Water Safety Instructor course.

COMPETITIVE SWIMMING

Location: Cégep de Saint-Laurent

New members: **Registration** is conditional to an evaluation by the coach. Registration and evaluation mandatory for all swimmers on August 28 and 29 from 5:30 to 7:30 p.m. at the swimming pool. Information session for parents and registered swimmers on September 6, at 9:30 a.m. in the cégep's cafeteria.

8 and +

Schedule will be given at the registration › Sept 6 to Dec 12 › Jan 5 to June 14 › Registration fees to be confirmed › Training sessions: Variable schedule depending on the group. Practices are held weekday evenings and Saturday mornings.



MASTERS SWIM CLUB

Location: Cégep de Saint-Laurent

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

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. › Sept 6 to Dec 12 › Jan 5 to June 14 › Registration fees to be confirmed › 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 CLUB

Location: YMCA Saint-Laurent

Payable to Club de nage synchronisée de Saint-Laurent inc. Included: Affiliation fees to the Federation.

Fall session: Complete the registration form on www.synchro-saint-laurent.com and dropped it off in person at the first class of the fall session on September 9, between 6 and 6:15 p.m.

Winter session: Complete the registration form on www.synchro-saint-laurent.com and dropped it off in person at the first class of the fall session on January 6, between 6 and 6:15 p.m.

8 to 20

Tue, Fri 6 to 7:30 p.m. › Sept 9 to Dec 5 › Jan 6 to June 12 › Prerequisite: Have passed Junior 5 level of Red Cross swim

BADMINTON

Location: LaurenHill Academy Junior Campus

Use of the courts is reserved for resident carte-loisirs (see page 6) holders with badminton memberships. Guests must use a debit card. The schedule and rules will be available at the Centre des loisirs as of August 25. To benefit from the family rate, each family member must have a valid resident carte-loisirs.

Registration: The membership can be purchased at the Centre des loisirs according to the carte-loisirs schedule. Priority is given to borough residents from August 27 to September 14.

16 and +

Mon, Tue, Wed, Thu 8 to 10:15 p.m. › Sept 8 to Dec 11 › Jan 5 to May 21 › **C** \$25 (17 and -) › \$51 (18 and +) › \$102 (family) › **O** Not available › Debit card guest: \$5 / child, \$8 / adult

For all

Fri 8 to 10:15 p.m. › Sat 11 a.m. to 4 p.m. › Sun 2 to 6 p.m. › Sept 12 to Dec 14 › Jan 9 to Apr 19 › **C** \$25 (17 and -) › \$51 (18 and +) › \$102 (family) › **O** Not available › Debit card guest: \$5 / child, \$8 / adult



BASEBALL

Improvement course 8 to 22

Schedule to be determined by group.

Information:
info@baseballstlaurent.com
baseballstlaurent.com

Fall session:

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

Sat 9 a.m. to 1 p.m. › Sept 13 to Dec 13 › Mon 8 to 10:30 p.m. › Sept 15 to Dec 8 › Thu 8 to 10:30 p.m. › Sept 18 to Dec 11 › Cost to be determined

Winter session:

Location: Cégep de Saint-Laurent

Sat 9 a.m. to 12 p.m. › Jan 10 to March 21
Sun 1:30 to 4:30 › Jan 11 to March 22
Free

Specialized course

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

Sat 9 a.m. to 1 p.m. › Jan 10 to March 21
Mon 8 to 10:30 p.m. › Jan 12 to March 23
Thu 8 to 10:30 p.m. › Jan 15 to March 26
Cost to be determined.

Evaluation sessions for players registered in the club will take place from March 28 to May 10.



BASKETBALL

Locations: École secondaire Saint-Laurent – Édifice Émile-Legault and LaurenHill Junior Campus

Fall session: Registration – NEW

Online on Loisirs en ligne between August 11, at 8:30 a.m., and September 20, at 12 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on August 20, from 6:30 to 7:30 p.m.

Winter session: Mid-session registration

Online on Loisirs en ligne between November 17, at 8:30 a.m., to November 26, at 6:30 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on November 26, from 6:30 to 7:30 p.m.

For registration in person, fees are payable to the Comité de basketball Saint-Laurent inc. A \$25 surcharge will apply to registration forms received after the registration dates. Maximum of 60 participants per category for the House league.

Registration fees include a t-shirt. The second child and subsequent children from the same family (with proof of residence) will receive a 25% discount applicable to the fee.

Information: slbasket.kaypic.com

HOUSE LEAGUE

NEW: The House League plays on Sundays!

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

Session: Sept 7 to Apr 26 › **C** \$125 › **O** \$150

Half session: Jan 10 to Apr 26 › **C** \$75 › **O** \$100

Pre-novice

Born between 01/10/06 and 31/12/08 › Sun 9:30 to 11 a.m.

Novice

Born between 01/10/04 and 31/12/06 › Sun 9:30 to 11 a.m.

Mini

Born between 01/10/02 and 31/12/04 › Sun 11 a.m. to 12:30 p.m.

Atome/Benjamin

Born between 01/10/00 and 31/12/02 › Sun 12:30 p.m. to 2:15 p.m.

Cadet

Born between 01/10/99 and 31/12/00 › Dim 2:15 to 4 p.m.

Juvenile

Born between 01/10/96 and 31/12/99 › Dim 2:15 to 4 p.m.

LIGUE INTERCITÉS

Session: Sept 8 to March 22

Dates and locations to be determined.

Mini (boy)

Born between 01/10/02 and 31/12/04 › **C** \$150 › **O** \$200

Benjamin (boy)

Born between 01/10/00 and 31/12/02 › **C** \$175 › **O** \$200

Cadet (boy)

Born between 01/10/99 and 31/12/00 › **C** \$175 › **O** \$200

Juvenile (boy)

Born between 01/10/96 and 31/12/99 › **C** \$175 › **O** \$200

Mini (girl)

Born between 01/10/02 and 31/12/04 › **C** \$150 › **O** \$200

Benjamin (girl)

Born between 01/10/00 and 31/12/02 › **C** \$175 › **O** \$200

Senior (man)

18 and + › **C** \$200 › **O** \$250

Senior (women)

18 and + › **C** \$175 › **O** \$220

FOOTBALL

EVALUATION CAMP

Indoor try-out camp for participants in the Atom, Mosquito, Peewee, Bantam and Midget teams.

Cost to be determined.

Information:

saintlaurentfootball.blogspot.ca or info@saintlaurentfootball.com

Atom, Mosquito, Peewee

7 to 13 › Schedules to be determined

Bantam

14 and 15 › Schedules to be determined

Midget

16 and 17 › Schedules to be determined

GYMNASTIC

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

Registration: No postal registration will be accepted. Payable to Club Gynslic Saint-Laurent inc. The second child from the same family will receive a 15% discount applicable to the lowest fee, and each subsequent child will receive a 25% discount. Medicare card is mandatory. A \$15 surcharge will apply to registration forms received after the registration dates. For the Precompetitive, Competitive and Toddlers categories, contact the Club Gynslic Saint-Laurent inc.

Mandatory: Purchase and wear the club's gymnastic outfit for girls (\$28) and a white t-shirt and navy short for boys. Affiliation fees of \$23 for the Fédération de gymnastique du Québec payable once a year and valid from September 1 to August 31.

Information and **registration:** 514 748-7707 or gynslic.com

Fall session: Registration online from August 13, at 10 a.m. to August 15 at 12 p.m. and reopening on August 22. Registration in person at the Centre des loisirs on August 20, from 6:30 p.m. to 7:30 p.m.

Winter and spring sessions: Registration online from November 19, at 10 a.m. to November 21 at 9 p.m. and reopening on November 28. Registration in person at the Centre des loisirs November 26, from 6:30 to 7:30 p.m.

RECREATIONAL GROUPS – GIRLS

Levels Bordeaux (1) and Red (2)
6 to 8 › Tue 5:30 to 6:55 p.m. › Sat 3 to 4:25 p.m. › Sat 4:30 to 5:55 p.m. › Sun 1 to 2:25 p.m. › Sun 2:30 to 3:55 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$185 › 1.5 hours / week

6 to 8 › Tue 5:30 to 6:55 p.m. › Sat 3 to 4:25 p.m. › Sat 4:30 to 5:55 p.m. › Sun 1 to 2:25 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

Levels Bordeaux (1) and Red (2)
8 and + › Thu 7 to 8:30 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sun 4 to 5:30 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week

8 and + › Thu 7 to 8:30 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sun 4 to 5:30 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

Levels Tan (3), Bronze (4) and Mauve (5)
6 to 8 › Thu 5:30 to 6:55 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week

6 to 8 › Thu 5:30 to 6:55 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

Levels Tan (3), Bronze (4) and Mauve (5)
7 and + › Thu 5:30 to 6:55 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week

7 and + › Thu 5:30 to 6:55 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

Levels Tan (3), Bronze (4), Mauve (5) and Blue (6) and +
8 and + › Thu 7 to 8:30 p.m. › Sat 3 to 4:25 p.m. › Sept 15 to Nov 30 › **C** \$204 › **O** \$254 › 2 x 1.5 hours / week

8 and + › Thu 7 to 8:30 p.m. › Sat 3 to 5:55 p.m. › Jan 19 to May 31 › **C** \$316 › **O** \$366 › 2 x 1.5 hours / week



Levels Bronze, Mauve (5), Blue (6) and +

8 and + › Sat 4:30 to 6 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week

8 and + › Sat 4:30 to 6 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

RECREATIONAL GROUP – BOYS

Beginner / Intermediary

6 to 9 › Sat 3 to 4:25 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week

6 to 9 › Sat 11 a.m. to 12:30 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week

PRESCHOOL

Children must not be accompanied by their parents.

Yellow sun – Mixed

4 and 5 › Tue 5 to 5:55 p.m. › Thu 5 to 5:55 p.m. › Thu 6 to 6:55 p.m. › Sun 10 to 10:55 a.m. › Sun 11 to 11:55 a.m. › Sept 15 to Nov 30 › **C** \$112 › **O** \$145 › 55 min / week

4 and 5 › Tue 5 to 5:55 p.m. › Thu 5 to 5:55 p.m. › Thu 6 to 6:55 p.m. › Sun 10 to 10:55 a.m. › Sun 11 to 11:55 a.m. › Jan 19 to May 31 › **C** \$173 › **O** \$223 › 55 min / week

Orange and Red sun – Mixed

4 and 5 › Sun 11 a.m. to 12:30 p.m. › Sept 15 to Nov 30 › **C** \$138 › **O** \$184 › 1.5 hours / week › Prerequisite: Yellow sun

4 and 5 › Sun 11 a.m. to 12:30 p.m. › Jan 19 to May 31 › **C** \$214 › **O** \$264 › 1.5 hours / week › Prerequisite: Yellow sun

PARENTS-TODDLERS

Mixed

2½ to 3 › Sun 9:15 to 9:55 a.m. › Tue 10 to 10:40 a.m. › Sept 15 to Nov 30 › **C** \$82 › **O** \$110 › Children must be accompanied by a parent › 40 minutes / week

2½ to 3 › Sun 9:15 to 9:55 a.m. › Tue 10 to 10:40 a.m. › Jan 19 to May 31 › **C** \$128 › **O** \$170 › Children must be accompanied by a parent › 40 minutes / week



HOCKEY

ADULTS

Location: Aréna Raymond-Bourque.

Participants selected at the end of the physical fitness session will be required to pay hockey league registration fees. They will have to sign a liability waiver. The number of places is limited. Replacement players will pay \$10 per match. Online registration on Loisirs en ligne (see page 7).

Information: 514 855-6110, ext. 4884

Physical fitness – Gymnasium and on ice

Group A

25 and + › Mon 8 to 9:15 p.m. › Tue 9:30 to 11 p.m. › Thu 9 to 10:30 p.m. › Sept 8 to Oct 9 › **C** \$110 › **O** \$146

Group B

25 and + › Mon 9:15 to 10:30 p.m. › Tue 10 to 11:30 p.m. › Thu 9:30 to 11 p.m. › Sept 8 to Oct 9 › **C** \$110 › **O** \$146

League group A

25 and + › Tue 10 to 11:30 p.m. › Thu 9:30 to 11 p.m. › Oct 14 to March 26 › **C** \$515 › **O** \$565

League group B

25 and + › Tue 9 to 10:30 p.m. › Thu 10 to 11:30 p.m. › Oct 14 to March 26 › **C** \$515 › **O** \$565

OPEN HOCKEY

Location: Aréna Raymond-Bourque

Information: 514 956-2580

Helmet with a complete facemask, a neck-protector, and hockey gloves are mandatory. Contact is prohibited. Maximum of 25 participants. Participants must buy a ticket at the administrative office before going on the ice.

For all

Mon to Fri 11 a.m. to 1 p.m. › Sept 2 to March 27 › **C** \$5 › **O** \$6

MINOR HOCKEY – DAY CAMP

(Spring break: March 2 to 6, 2015)

Minor Hockey Committee is offering a complete bilingual day camp intended for Novice to Mid-get category players, in partnership with Hockey Nadeau Leblanc.

Information and registration:

hockeynadeauleblanc.com or hockeystl.com

MINOR HOCKEY – REGULAR SEASON

Location: Aréna Raymond-Bourque

Payable by credit card, cash or cheque to Hockey Saint-Laurent. Official colour: Black helmet and pants.

Registration: In person at the Aréna Raymond-Bourque on August 20 and 21, from 6:30 to 8:30 p.m. At registration, provide 2 proofs of residence and a valid carte-loisirs. Following May pre-registration, only few places remain available. According to Hockey Québec regulations, available for residents of the Borough of Saint-Laurent only.

Information: info@hockeystl.com or hockeystl.com

Cost for each child › **C** \$350 › **O** \$400

A \$125 deposit (cheque post-dated to April 1, 2015) will be required in order to obtain a shirt.

Additional fees (to be determined) for the purchase of match shirts (Novice to Junior). A \$125 deposit (cheque post-dated to April 1, 2015) will be required in order to obtain a shirt (Prenovice levels MAHG 1 and 2). Additional cost for the team budget payable prior to the session (Novice to Junior). The amount will be confirmed during registration period.

Additional fees will be charged for doubleletter players. These will be payable during the Versant-Ouest hockey registration process.

All levels (according to the category)

5 to 17 › Mon to Fri 5:30 to 11 p.m. › Sat, Sun 7 a.m. to 11 p.m. › Sept 2 to March 29

WOMEN'S HOCKEY

In order to take part in an all-female program, players must contact the Association de hockey mineur Mont-Royal-Outremont.

Atom to Junior: 8 to 20

Information: andrew.hockeymro@gmail.com

JUDO

Location: Centre des loisirs

Payable to Club de judo Budokan Saint-Laurent inc.

Not included: Mandatory affiliation fees of \$19 to \$130 according to the category. Required documents: Passport (\$5) for new participants. Carte-loisirs is mandatory for everyone. Not included: Judo uniform and belt. \$10 discount for registrations received before the deadline.

Fall/winter session: Registration in person at the Centre des loisirs on August 20, from 6:30 to 7:30 p.m.

Fall/winter (Sept to March): **C** \$70 **D** \$90

Spring: **C** \$50 **D** \$65

Summer*: **C** \$45 **D** \$65

*Re-registration for spring and/or summer: Additional \$20 discount off the regular price.



Group A, recreational white / yellow

6 and 7 **D** Tue 6 to 7:15 p.m. and Sat 9:15 to 10:30 a.m. **D** Sept 9 to Dec 6 **D** Jan 7 to March 22

Group B, recreational white / yellow and plus

7 and 8 **D** Mon, Fri 6 to 7:15 p.m. **D** Sept 8 to Dec 5 **D** Jan 6 to March 21

Group C, recreational

9 to 12 **D** Thu 6:30 to 8 p.m. and Sat 10:30 a.m. to 12 p.m. **D** Sept 11 to Dec 6 **D** Jan 9 to March 22

Group D, recreational-competitive

13 and + **D** Mon 7:15 to 8:45 p.m. **D** Wed 6:30 to 8 p.m. **D** Fri 7:15 to 8:45 p.m. **D** Sept 8 to Dec 5 **D** Jan 6 to March 21

KARATE

Locations: LaurenHill Academy Senior Campus from September 8 to May 16 and Édifice Émile-Legault from May 19 to August 6.

Fall session: NEW: Registration online on Loisirs en ligne (see page 7) between August 11, at 8:30 a.m., and August 20, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on August 20, from 6:30 to 7:30 p.m.

Winter session: Registration online on Loisirs en ligne (see page 7) between November 17, at 8:30 a.m., and November 26, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on November 26, from 6:30 to 7:30 p.m.

Payable to Club de karaté Kio Saint-Laurent inc. Annual passport mandatory: \$30 per children and \$35 per adult (renewable in September only). Not included: Karate-gi uniform, belt, crest for beginners and cost of the exam. A \$15 surcharge will apply to registration received after the registration dates. Medicare card and carte-loisirs mandatory.

6 to 8

2 sessions **D** **C** \$80 **D** **D** \$100

9 to 17

1 session **D** **C** \$90 **D** **D** \$115
2 sessions **D** **C** \$110 **D** **D** \$145
3 sessions **D** **C** \$130 **D** **D** \$170

18 and +

1 session **D** **C** \$100 **D** **D** \$130
2 sessions **D** **C** \$120 **D** **D** \$155
3 sessions **D** **C** \$140 **D** **D** \$180

White

6 to 8 **D** Sat 10 to 11 a.m. **D** Sept 13 to Dec 13 **D** Jan 10 to Apr 18

9 to 12 **D** Mon, Wed and Fri 6 to 7 p.m. **D** Sept 8 to Dec 12 **D** Jan 5 to Apr 17 **D** Apr 20 to Aug 7

13 + **D** Mon, Wed and Fri 6 to 7 p.m. **D** Sept 8 to Dec 12 **D** Jan 5 to Apr 17 **D** Apr 20 to Aug 7

Yellow / orange

6 to 8 **D** Sat 11 a.m. to 12 p.m. **D** Sept 13 to Dec 13 **D** Jan 10 to Apr 18

9 to 12 **D** Mon, Wed and Fri 7 to 8 p.m. **D** Jan 8 to Dec 12 **D** Jan 5 to Apr 17 **D** Apr 20 to Aug 7



Yellow to blue

13 and + > Tue, Thu 6 to 7:30 p.m. and Sat 11 a.m. to 12 p.m. > Sept 9 to Dec 13 > Jan 6 to Apr 18 > Apr 21 to Aug 8

Green / brown

9 to 12 > Tue, Thu 6 to 7:30 p.m. and Sat 11 a.m. to 12 p.m. > Sept 9 to Dec 13 > Jan 6 to Apr 18 > Apr 21 to Aug 8

Brown / black

13 and + > Tue, Thu 7:30 to 9 p.m. and Sat 11 a.m. to 12 p.m. > Sept 9 to Dec 13 > Jan 6 to Apr 18 > Apr 21 to Aug 8

Competitive

9 and + > Sat 12 to 1:30 p.m. > Sept 13 to Dec 13 > Jan 10 to Apr 18 > Apr 25 to June 13

PHYSICAL FITNESS

Payable to the Club de conditionnement physique de Saint-Laurent. Course description brochure available.

Registration: By mail (1375, rue Grenet, Saint-Laurent, H4L 5K3) or in person, by cheque, at the Centre des loisirs.

Fall session: August 20, from 6:30 to 7:30 p.m.

Winter session: November 26, from 6:30 to 7:30 p.m.

1 session > **C** \$95 > **O** \$125
2 sessions > **C** \$185 > **O** \$200
3 sessions > **C** \$275 > **O** \$320
4 sessions > **C** \$310 > **O** \$395

Fall: Sept 8 to Dec 6

Winter: Jan 5 to March 21

Spring: March 23 to June 13

Spring: June 15 to August 22

Aerobic

Age 16 + > Mon, Wed 6 to 7:15 p.m. > LaurenHill Academy Junior Campus

Cardio baladi and zumba

Age 16 + > Wed 10:15 to 11:30 a.m. > Centre des loisirs



Cardio baby

Age 16 + > Tue, Thu 9:30 to 10:30 a.m. > Centre des loisirs

Cardio mania

Age 16 + > Mon, Wed 6 to 7 p.m. > LaurenHill Academy Junior Campus

Cardio mix and balls

Age 16 + > Fri 9:15 to 10:30 a.m. > Centre des loisirs

Circuit

Age 16 + > Mon 10:15 to 11:30 a.m. > Centre des loisirs

Mixed style – Yoga and stretching

Age 16 + > Tue 7:30 to 8:30 p.m. > Fri 6 to 7:15 p.m. > Centre des loisirs

Pilates – Level I

Age 16 + > Mon 9:15 to 10:15 a.m. > Tue, Thu 6:30 to 7:30 p.m. > Wed 9:15 to 10:15 a.m. > Centre des loisirs

Pilates – Level II

Age 16 + > Tue, Thu 5:30 to 6:30 p.m. > Centre des loisirs

Step aerobic

Age 16 + > Tue 6 to 7 p.m. > Centre des loisirs

Super workout

Age 16 + > Thu 6 to 7 p.m. > Sat 9 to 10:15 a.m. > Centre des loisirs

Tonus

Age 16 + > Mon, Wed 7 to 8 p.m. > LaurenHill Academy Junior Campus

Zumba

Age 16 + > Tue, Thu 7 to 8:15 p.m. > Sat 10:15 to 11:15 a.m. > Centre des loisirs

RINGUETTE

Locations: Aréna Raymond-Bourque and arenas from Lac Saint-Louis region.

Payable to Ringuette Saint-Laurent inc. Discount of \$25 for second and subsequent members of the same family. A \$15 surcharge will apply to registration forms received after August 31.

Registration: On Loisirs en ligne (see page 7) from August 11, 8:30 a.m. to August 18, 8 p.m.

In person at Aréna Raymond-Bourque on August 20 and 21, from 6:30 to 8:30 p.m., and on August 23, from 12 to 2 p.m. Bring 3 passport sized photos, your Medicare card and your carte-loisirs.

Open doors: August 23, from 12 to 2 p.m. Bring your skates and helmet. You may register at this time.

Information:
ringuettesaintlaurent@hotmail.com

Moustique

Girl born between 2007 and 2010 › Sat 1 to 2 p.m. › Sun 12 to 1 p.m. › Sept 8 to March 29 › **C** \$175 › **O** \$225

Novice

Girl born in 2005-2006 › Sat 1 to 2 p.m. › Sun 12 to 1 p.m. › Sept 8 to March 29 › **C** \$225 › **O** \$275

Atom

Girl born in 2001-2002 › Wed 6 to 7 p.m. › Sat 2 to 3 p.m. › Sun 1 to 2 p.m. › Sept 8 to March 29 › **C** \$225 › **O** \$275

Benjamin

Girl born in 2003-2004 › Wed 6 to 7 p.m. › Sat 2 to 3 p.m. › Sun 1 to 2 p.m. › Sept 8 to March 29 › **C** \$225 › **O** \$275

Junior

Girl born in 1999-2000 › Mon 7:30 to 8:30 p.m. › Sun 2:30 to 3:30 p.m. › Sept 8 to March 29 › **C** \$250 › **O** \$300

Cadette

Girl born between 1996 and 1998 › Mon 7:30 to 8:30 p.m. › Sun 2:30 to 3:30 p.m. › Sept 8 to March 29 › **C** \$300 › **O** \$350

Juvenile

Girl born between 1991 and 1995 › Mon 9:30 to 10:30 p.m. › Sept 8 to March 29 › **C** \$300 › **O** \$350

Intermediate / Dames A, B and C

21 and + › Mon 9:30 to 10:30 p.m. › Wed 9 to 10 p.m. › Sept 8 to March 29 › **C** \$300 › **O** \$350



Dames Open A

21 and + › Mon 9:30 to 10:30 p.m. › Wed 9 to 10 p.m. › Sept 8 to March 29 › **C** \$400 › **O** \$450

SKATING

FIGURE SKATING

Registration: On Loisirs en ligne (see page 7) from August 20, at 6 p.m., to August 21, at 8 p.m. Additional fees of \$10 will apply to registrations received after the deadline.

Important: After you complete the transaction, you will receive an email with the subject line "Transaction client". In the three days that follow, please forward the email to cpastl.forme@gmail.com, accompanied by the completed registration form from CPA Saint Laurent available at site www.cpastl.ca under the tab "Documents Inscription." Your registration will be validated only upon receipt of these two documents.

Mandatory equipment not provided: CSA-certified hockey skates and helmet. Club uniform mandatory (cost: \$55) available at Aréna Raymond-Bourque on August 20 and 21 from 6:30 to 8:30 p.m.

Skating Canada membership fees are payable annually and are valid from September 1 to August 31. A \$40 discount applies to registrations received before August 22. Refunds will not be given to participants who leave during the season.

Information: cpa.stlaurent@gmail.com or 514 334-2619

Registration details and conditions: cpastl.ca

Skating plus – Saturday

Mixed, 5 to 17 › Sept 13 to mid-Apr › **C** \$225 › **O** \$275

Écusson 0, 1, 2 › Sat 11:40 a.m. to 12:25 p.m. or 12:25 to 1:10 p.m.

Écusson 3, 4, 5 › Sat 1:15 to 2 p.m.



Skating plus – Sunday

Mixed, 5 to 17 > Sept 14 to mid-Apr >
C \$225 > O \$275

Écusson 0, 1, 2 > Sun 10:10 to 10:55 a.m.
or 10:55 to 11:40 a.m.

Écusson 3, 4, 5 > Sun 11:45 a.m. to
12:30 p.m.

Schedule will be confirmed upon registratin
validation.

Stage 2: Option 1 – Group lessons after Stage 1, twice a week

Pre-junior group (Écusson 5 +)

Mixed, 5 to 17 > Wed 5:05 to 5:50 p.m. >
Sept 17 to mid-Apr > C \$390 > O \$440

Mixed, 5 to 17 > Sun 12:25 to 1:25 p.m. >
Sept 14 to mid-Apr > C \$390 > O \$440

Group adults

Fri 7:55 to 8:55 p.m. > Sept 12 to mid-Apr >
C \$235 > O \$285

Stage 2: Option 2 – Private lessons following Step 1 (Écusson 5 +, twice a week minimum)

Star / competitive (based on admissibility
criteria) > Basic ice fees > C \$199 > O \$249

5 and + > Junior, intermediate, senior >
Schedule to be determined based on the
group > Additionnal sessions available >
C \$35 to \$25 > O \$45 to \$35 > Race fees are
payable to the coach.

OPEN SKATING

Location: Aréna Raymond-Bourque

Information: 514 956-2580

Regular activities

Sept 3 to March 29

For all > Wed 7 to 8 p.m. > C Free >
O \$3 / child and \$4 / adult

For all > Sat 7 to 9 p.m. and Sun 2 p.m. to
3:30 p.m. > C \$2 / child and \$3 / adult >
O \$3 / child and \$4 / adult

18 and + > Wed 8 to 9 p.m. > C Free >
O \$4 / adult

Beginner (with a trainer on site) > Sun 1:30
to 2:30 p.m. > C \$2 / child and \$3 / adult >
O \$3 / child and \$4 / adult > A specialist will
be on site to teach the beginners the basic
techniques.

50 and + > Wed 3 to 4 p.m. > C \$3 > O \$4

Holiday schedule

Dec 22 to Jan 4

For all > Mon to Fri 1 to 3 p.m. > C \$2 /
child and \$3 / adult > O \$3 / child and \$4 /
adult > Closed on Dec 24, 25, 31 and Jan 1

Spring break

March 2 to 6

For all > Mon to Fri 1 to 3 p.m. >
C \$2 / child or \$3 / adult > O \$3 / child
or \$4 / adult

PRESCHOOL SKATING

Location: Aréna Raymond-Bourque

Online registration on Loisirs en ligne (see
page 7). Registration for two sessions only,
fall and winter.

Information: 514 855-6110, ext. 4884
Brochure available on the Web site of the
Borough.

Group 1 – Mixed

3 to 5 > Tue 10 to 11 a.m. > Sept 30 to
Dec 2 > Jan 6 to March 10 > 2 sessions:
C \$75 > O \$100

Group 2 – Mixed

3 to 5 > Sat 8:30 to 9:30 a.m. > Sept 27 to
Dec 6 > Jan 10 to March 21 > 2 sessions:
C \$75 > O \$100

Group 3 – Mixed

3 to 5 › Sat 9:30 to 10:30 a.m. › Sept 27 to Dec 6 › Jan 10 to March 21 › 2 sessions:
c \$75 › o \$100

Group 4 – Mixed

3 to 5 › Sat 10:30 to 11:30 a.m. › Sept 27 to Dec 6 › Jan 10 to March 21 › 2 sessions:
c \$75 › o \$100



SOCCER

Locations: Cégep de Saint-Laurent, École Saint-Laurent – Édifice Émile-Legault, LaurenHill Academy Junior Campus

Group schedule and participation fees to be determined. Additional cost for participating in indoor tournaments.

Information: 514 747-0952 or soccerstl.ca

Soccer

6 to 18 › Tue, Thu 6 to 8 p.m. › Fri 6:30 to 10:30 p.m. › Sat 9 a.m. to 6 p.m. › Sun 9 a.m. to 10 p.m. › Oct 7 to Dec 14 › Jan 6 to May 3 › Cost to be determined › 1.5 hours per week › Advanced course presentation

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

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

Registration: In person at the Centre des loisirs on August 20, from 6:30 to 7:30 p.m. No classes on Oct 11 and 12 and on April 4 and 5.

Information: 514 855-6110, ext. 4915



Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. › Sept 13 to Dec 13 › Jan 10 to May 9 › c \$60 / year and \$8.25 / week › o Not available › Laurentian Lanes Bowling, 222, montée de Liesse

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. › Sept 14 to Dec 7 › Jan 11 to May 10 › c \$60 / year › o \$80 / year › LaurenHill Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › Sept 21 to Nov 23 › Jan 11 to March 8 › c \$60 / year › o \$80 / year › École secondaire Saint-Laurent – Édifice Émile-Legault



TAI-CHI

Locations: Fire station 73 located at 820, rue Saint-Germain (evening) and Centre des loisirs (day time).

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 dates.

Fall session: Registration in person at the Centre des loisirs on Aug 20, from 6:30. to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on Nov 26, from 6:30. to 7:30 p.m.

Rates

1 session › C \$120 › O \$140

Initiation

18 and + › Tue, Thu 10:40 to 11:40 a.m. › Tue, Thu 8 to 9 p.m. › Sept 9 to Nov 27 › Jan 6 to March 26

Beginner

18 and + › Tue, Thu 9:30 to 10:30 a.m. › Mon, Wed 8 to 9 p.m. › Sept 8 to Nov 27 › Jan 5 to March 25

Intermediate

18 and + › Tue, Thu 7 to 8 p.m. › Sept 9 to Nov 27 › Jan 6 to March 26

Advanced

18 and + › Mon, Wed 7 to 8 p.m. › Sept 8 to Nov 26 › Jan 5 to March 25

TRACK AND FIELD

Locations: École secondaire Saint-Laurent – Édifice Émile-Legault, Parc Marcel-Laurin or LaurenHill Junior Campus.

Payable to the Club d'athlétisme Saint-Laurent Sélect inc. F.Q.A. affiliation and competition fees are not included. A \$10 surcharge will apply to registration forms received after the registration dates. Medicare card is mandatory.

Fall session: Registration in person at the Centre des loisirs on August 20, from 6:30 to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on November 26, 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

Fall: Sept 6 to Dec 13

Winter: Jan 5 to Apr 18

Spring/summer: Apr 25 to Aug 1

Colibri group

Born between 2004 and 2007 › Sat 9 to 11 a.m.

Minime and Benjamine groups

Born in 2002-2003 › Tue 6:15 to 7:45 p.m. › Sat 9 to 11 a.m.

Cadet and Juvenile groups

Born between 1996 and 1999 › Tue, Thu 6:30 to 8 p.m. › Sat 9 to 11 a.m.

Juvenile and Junior groups

Born between 1994 and 1997 › Mon, Wed 6:15 to 8 p.m. › Sat 9 to 11 a.m.

SAINT-LAURENT CROSS COUNTRY

Location: Parc Marcel-Laurin

Online registration at:
circuitendurance.ca

The course schedule is subject to change. Information available on the Website or on the brochure 1 month before the event



1 km running

11 and - › Sat 11 a.m. › Oct 4

2 km running

12 to 19 › Sat 10:30 a.m. › Oct 4

20 and + › Sat 10:30 a.m. › Oct 4

5 km running

12 and + › Sat 11:15 a.m. (women) ›
Sat 12 p.m. (man) › Oct 4

COURSE SAINT-LAURENT

Road race (running) – Bois-Franc sector.
Meeting point: Municipal Workshops
(13001, boulevard Cavendish)

Online registration at:
circuitendurance.ca

The course schedule is subject to change.
Information available on the Website or on
the brochure 1 month before the event

1 km running

11 and - › Sun 11:30 a.m. › Apr 12

2 km running

12 and + › Sun 9 a.m. › Apr 12

5 km running

12 and + › Sun 9:30 a.m. › Apr 12

10 km running

16 and + › Sun 10:15 a.m. › Apr 12



VOLLEYBALL

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

Payable to Club de volleyball de Saint-
Laurent inc.

Registration: In person on Aug 20, from
6:30 to 7:30 p.m. at the Centre des loisirs
and on Sept 9, 10 and 12, from 7:30 to
8 p.m. at École secondaire Saint-Laurent –
Édifice Émile-Legault, if places are still
available.

Level 1 – Basic

18 and + › Tue 8 to 10:30 p.m. › Sept 9 to
Dec 9 › Jan 6 to Apr 28 › **C** \$35 / year ›
O \$45 / year

Level 2 – Intermediate

18 and + › Tue, Fri 8 to 10:30 p.m. › Sept 9
to Dec 12 › Jan 6 to May 1 › **C** \$65 / year ›
O \$85 / year

Level 3 – Advanced

18 and + › Wed, Fri 8 to 10:30 p.m. ›
Sept 10 to Dec 12 › Jan 7 to May 1 ›
Wed: Mixed teams (6-10 players) have prio-
rity for registration › Level C/C+ › \$ 600/
year per team with 4 residents and more ›
O \$ 700/year per team

Parcs et installations Parks and facilities

Automne-hiver
2014-2015
Fall-Winter

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

SQUARES

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

PARCS PARKS

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

PLACETTES PIAZZETTAS

INSTALLATIONS FACILITIES

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

CHALET DE PARC PARK CHALET

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