



# SPORTS, LEISURE

AND COMMUNITY  
LIFE

SPRING – SUMMER  
2019





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- 1 Citizens' Office**  
General information: 311  
 Community, public and parapublic services: 211

- Borough Hall**  
 777, boulevard Marcel-Laurin  
H4M 2M7  
[ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

**Urban Security Patrol**  
514 855-5700

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

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

- 7 Point of service – Bibliothèque du Vieux-Saint-Laurent**  
775, avenue Sainte-Croix  
H4L 3Y2  
514 855-6130

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

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

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

- 3 Centre des loisirs**  
 1375, rue Grenet  
H4L 5K3  
514 855-6110, ext. 3

**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 Department**  
Bureau de prévention  
514 280-8873

- LaurenHill Academy Junior Campus**  
 2355, rue Decelles  
H4M 1C2  
514 331-8019

**LaurenHill Academy Senior Campus**  
2505, boulevard de la Côte-Vertu  
H4M 1C2  
514 331-8781

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

- Municipal Workshops**  
 13001, boulevard Cavendish  
H4R 2G5  
311


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

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

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

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

**Skatepark**  
Parc Marcel-Laurin

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

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

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# COUNCIL OF SAINT-LAURENT



**Alan DeSousa, FCPA, FCA**

*Mayor of Saint-Laurent*



**Aref Salem**

*City Councillor,  
Norman-McLaren  
District*



**Francesco Miele**

*City Councillor,  
Côte-de-Liesse  
District*



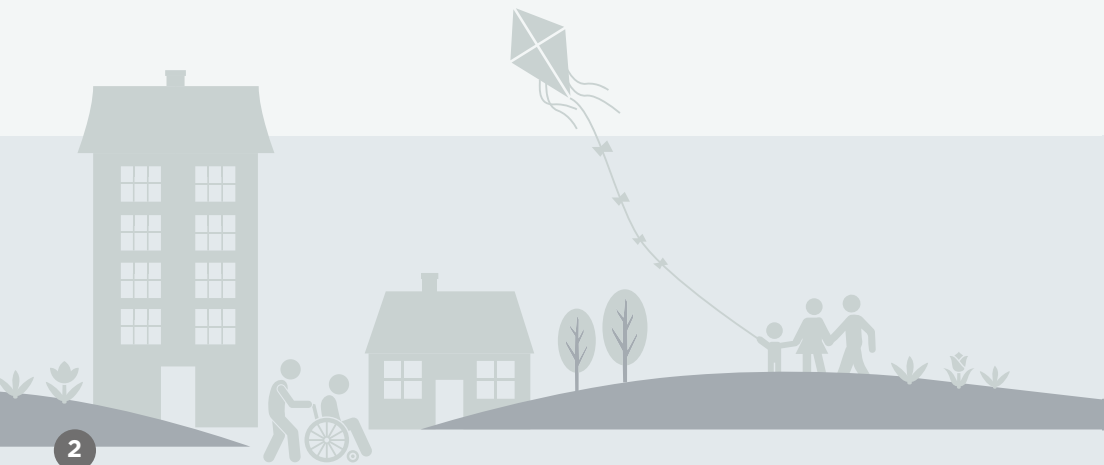
**Michèle D. Biron**

*Borough Councillor,  
Norman-McLaren  
District*



**Jacques Cohen**

*Borough Councillor,  
Côte-de-Liesse  
District*



# MESSAGE FROM THE MAYOR OF SAINT-LAURENT

Dear fellow citizens,

Winter's wrap-up brings the promise of beautiful days, nature's rebirth and the happy cheers of children playing in our many parks. On the flipside of these pleasant thoughts, major weather variations in recent years complete with freezing rain episodes and this winter's intense cold, remind us of the alarming condition of our planet. It is a well-known fact that this situation will not be easily resolved, and this is driving communities to take action. From this perspective, Saint-Laurent has formalized its leadership position by, on January 8, declaring itself a "sustainable municipal territory". Accordingly, we have embraced this new year with optimism and determination.



Sustainable development cannot be simply summarized as the protection of the environment. It encompasses all aspects of society. Thus, our commitment relies on four pillars: environment and economy, as well as social development and culture. Often considered to be of lesser importance, these last two aspects are imperative in a communal and collective vision of sustainable development as we understand it in Saint-Laurent. Consequently, we believe the service supply for sports, recreation and social development adheres to this vision, with respect to which the community plays an active role in making change. By forging ties between residents, cultivating mutual assistance and creativity, and providing spaces for socialization, we hope to strengthen our pride as a community and help our residents thrive.

The propensity to thrive is brought about by a healthy lifestyle that is in line with the principles of sustainable development. Being active, getting out, creating, socializing, investing in the community – these can be translated in many ways. For some, it means gardening in one of the borough's nine community gardens, and for others it means playing their favourite sports at the Sports Complex, or even dancing with their family in the park on a Tuesday evening. Regardless of preference, the options are endless in Saint-Laurent.

So until the last snowflakes melt and summer activities get under way, I invite you to venture out into the fresh air and take in the beauty of our winter surroundings.

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

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



# 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, ext. 3  
[ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

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

## REGISTRATION

- 1) No places are guaranteed.
- 2) The Carte biblio-loisirs must be valid on the activity start date.
- 3) Regardless of his or her age, every participant must have a valid Carte biblio-loisirs.
- 4) It is possible to register for more than one activity online via Loisirs Montréal (see page 6): [ville.montreal.qc.ca/saint-laurent/loisirsmontréal](http://ville.montreal.qc.ca/saint-laurent/loisirsmontréal)

### **Payment**

Unless otherwise stated, all registration fees must be paid in full at the time of registration. Visa and Mastercard prepaid and credit cards payments only are accepted for registrations made via [Loisirs.montreal.ca](http://Loisirs.montreal.ca). Subject to exceptions, taxes are included in the cost.

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

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

### **Low-income families**

Low-income families of Saint-Laurent who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by the Borough. The evaluation must be made at least 10 days before registration. No refund will be issued after registration. Information available at the Centre des loisirs and the Sports Complex.

### **Refunds and cancellation**

The Direction de la culture, des sports, des loisirs et du développement social reserves the right to cancel any activity.

In the event an activity is cancelled, the participants already registered will be refunded in full.

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

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

A different refund policy applies for each recreational organization.

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

### **Reservation of recreational facilities**

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

Information and reservations:  
514 956-2580, ext. 4702

### **Aréna Raymond-Bourque**

Reservation of a skating rink:  
514 855-6110, ext. 4700

### **Bibliothèque du Boisé**

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

### **Centre des loisirs**

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

### **Sports Complex**

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

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

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

### **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 BIBLIO-LOISIRS

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

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

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

**Cost:** Offered free of charge to individuals.

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

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

### Reception desk hours at the Centre des loisirs:

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

(Closed on April 19 and 22, May 20, and September 2)

### Reception desk hours at the Sports Complex:

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

Saturday and Sunday, from 8:30 a.m. to 4 p.m.

(Closed on April 19 and 22, May 20, and September 2)



## RESIDENT CARTE BIBLIO-LOISIRS

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

### Required documents

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

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

### Renewals

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

### Lost or damaged cards

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

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

### Changing address

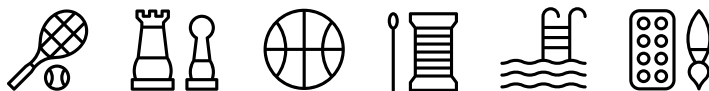
If the holder changes address, the Carte biblio-loisirs will be replaced at no charge upon presentation of a proof of address and the previous card.

## NON-RESIDENT CARTE BIBLIO-LOISIRS

Offered free of charge, the non-resident Carte biblio-loisirs is intended for non-residents of Montréal. It is valid for five years.

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

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



## LOISIRS MONTRÉAL

(FRENCH ONLY)

Formerly known as Loisirs en ligne, this 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 Montréal site also offers online registration for several activities.

Participants must know their course level before registration and are responsible for monitoring the number of times they register. See the refund policy on page 4.

### Information

For information on registration via this site, visit the Loisirs Montréal section of the Saint-Laurent site at:

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

For telephone assistance, please call 514 855-6110, ext. 3 (Centre des Loisirs) or ext. 5 (Sports Complex)

### Registration

To register directly via Loisirs Montréal, please visit the website at:

**[loisirs.montreal.ca](http://loisirs.montreal.ca)**



### Accepted payment methods

Visa and Mastercard prepaid and credit cards.



## What to do in Saint-Laurent?

App for residents, tourists and workers.

### Discover:

- The Calendar of activities—create your own list of activities and events not to be missed.
- Tours—walking or cycling, discover the attractions in our Borough.
- Social media—at a glance, keep track of the latest publications.



Parks and their description are listed in the app. Locate them easily to plan your outings.



Saint-Laurent's app is available for iPhone and Android.





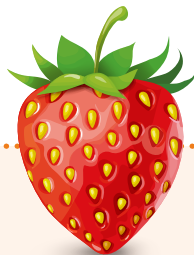
## COMMUNITY GARDENS

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

Vacant plots will be assigned by draw on **May 2, 2019** from among the registrations

received. To register, please fill out the coupon below, and return it to the Aréna Raymond-Bourque by **May 1, 2019**.

Only one plot is allowed per family. Gardeners must show their valid resident Carte biblio-loisirs in order to receive their lot.



### COMMUNITY GARDENS

from May 17 to October 7, 2019

LAST NAME:

FIRST NAME:

ADDRESS:

APT:

POSTAL CODE:

TELEPHONE:

CARTE BIBLIO-LOISIRS NUMBER:

☐ Rent

☐ Condominium

☐ Owner


☐ House

☐ Apartment

#### Choice of garden

(Check only one)

☐ Alexis-Nihon


☐ Bourbonnière 

☐ Cardinal

☐ Hartenstein

☐ Noël-Nord

☐ Robert-Mitchell 

☐ Roman-Zytynsky 

☐ Saint-Laurent

☐ Super Jardin

Send to:

COMMUNITY GARDENS

Aréna Raymond-Bourque

2345, boulevard Thimens

Saint-Laurent (Québec) H4R 1T4








## LOW-BUDGET ACTIVITIES




### CULTURAL ACTIVITIES

See the publication Culture et bibliothèques on [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

-  **Concerts**  
Concerts featuring a variety of musical genres, from classical to popular hits.
-  **Dance**  
Shows spotlighting a variety of choreographic styles, from contemporary to classical dance.
-  **Exhibitions**  
Exhibitions offering insight into the different artistic techniques used to create original artwork. See page 28.
-  **Films**  
Screenings of all genres of films from documentaries to narratives, supported by the NFB, FIFA, RIDM and the Rendez-vous du cinéma québécois.
-  **Music shows**  
Events that spotlight emerging artists and world music.
-  **Saint-Laurent Summer Celebrations**  
Events, shows and special activities will be held all summer in Saint-Laurent's parks. See the Saint-Laurent Summer Celebrations program as of May at [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent).
-  **Workshops and talks**  
Do-it-yourself workshops, cooking and science workshops, storytelling and games, computer courses and talks — the libraries in Saint-Laurent offer a great variety of activities for children and adults.

### LEISURE ACTIVITIES

-  **ADOS DE ST-LO:**
  - **Activities at Parc Painter chalet**  
Sports and cultural activities for teens aged 12 to 17 at Parc Painter. See page 31.
  - **Teen sports at Sports Complex**  
Soccer, basketball and other sports activities for teens aged 12 to 17 at the Sports Complex until mid-May. See page 31.
  - **Activities in the park**  
Basketball, soccer, urban dancing and more all summer long in Saint-Laurent's parks for youths aged 12 to 25. See page 31.

#### Carrefour des aînés

Pool and table tennis, bingo, bridge, board games, shuffleboard or petanque are among the activities organized by the Carrefour des aînés. Membership card: \$10. 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: \$32). See page 23.

#### Family dance

Every Tuesday, 7 to 7:45 p.m., from July 2 to August 20. A facilitator will get families dancing at several parks throughout the borough (park schedule to be determined).

#### Line dancing

Every Thursday, 7 to 9 p.m., at Parc Gohier, from June 27 to August 29. Rain date: September 5.

#### L'Unité 12-17 at the Centre des loisirs

Free sports and cultural activities for teens aged 12 to 17 at the Centre des loisirs. See page 32.

#### 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 31.

#### Samedis ensoleillés

Sports, artistic and recreational activities facilitated and hosted at École Henri-Beaulieu and École Cardinal-Léger, from mid-October to May at a cost of \$2 every Saturday, from 1 to 4 p.m.

#### Scrabble

Pleasant and friendly environment for lovers of Duplicate Scrabble. Seance: \$4. See page 32.

#### Playgrounds

Organized activities for youths aged 6 to 12 in Saint-Laurent's parks from June 24 to August 15. See page 21.

#### Sundays in Parc Painter

Every Sunday, from September to May, at the chalet in Parc Painter. Board games, artistic and athletic equipment lending service so users can have fun with their families and friends.

## SPORTS ACTIVITIES

### Course Saint-Laurent

Races varying in distance from 1 km to 10 km for the entire family in the Bois-Franc sector on April 14. Fees vary between \$10 and \$40 per person depending on registration method and race categories. See page 51.

### Free activities in the parks

Several facilities are available in the borough's parks, such as petanque courts, running tracks, exercise equipment for adults, walking paths, soccer, football and baseball fields and basketball courts. See page 52.

### Free tennis

Open and free access to all tennis courts. Courts may be reserved online. Refer to page 49.

### Mini polo introduction

This activity is organized jointly with the Playgrounds program. See page 39.

### Open activities at the Sports Complex

Reservation online or at the reception counters at the Sports Complex or at the Centre des loisirs for several open activities including badminton, basketball, mini-tennis, soccer, table tennis and volleyball. Refer to the Sports section.

### Open indoor swim

Periods reserved for swimming and bathing at the YMCA Saint-Laurent and at the Sports Complex. See Sports section.

### Outdoor free swim

Reserved swim times in pools, wading pools and water-play areas in Saint-Laurent parks. See page 37.

### Tai-chi

Activity open to all in Parc Cousineau, every Sunday, from 9 to 10 a.m., June 24 to August 12. See page 48.

## FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



211 Community, public and parapublic services  
311 General information



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



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



ArrSaintLaurent



MTLsaintlaurent



Mobile app of Saint-Laurent



### Saint-Laurent Newsletter

March 8, 2019



### REGISTER FOR THE SAINT-LAURENT NEWSLETTER

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



# COMMUNITY LIFE



Coopérative de solidarité les serres du dos blanc, organic and hyperlocal greenhouse complex, serresdudosblanc.com

## SOCIAL DEVELOPMENT IN SAINT-LAURENT

Social development relates to the continuous improvement of the life setting and individual and community life quality for the population. It also strives to put in place conditions that promote the active participation of citizens in community social life while taking into consideration the progression and specific nature of their needs.

Social development is an inclusive and transversal practice that adds cohesiveness to all municipal actions by ensuring that the services and infrastructures that are offered are fair, good quality, accessible and safe. It incorporates the municipal dimensions that impact citizens' quality of life (urban development, infrastructures, housing, culture, sports, leisure, economic development, environment and safety) from the perspective of sustainable development.

The Borough is involved as a leader in the recognized areas of municipal competence. In the case of shared responsibilities, it works in accordance with partners including Ville de Montréal and public, private or community networks, according to an integrated approach to urban, cultural, economic, social and community development. It also acts as a facilitator by supporting community agency initiatives.



## LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



**CARI ST-LAURENT**  
(Centre d'accueil et de référence  
sociale et économique pour  
immigrants)  
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  
BENOÎT**  
514 744-0897  
infos@centrebongourage.org



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



**CENTRE D'ENCADREMENT POUR  
JEUNES FEMMES IMMIGRANTES**  
514 744-2252  
info@cejfi.org



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



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



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



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



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



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



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



**CORPORATION CULTURELLE  
LATINO-AMÉRICAINE DE L'AMITIÉ**  
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



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



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



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



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



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



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



## LIST OF SAINT-LAURENT SANCTIONNED LEISURE ORGANIZATIONS AND VOLUNTEER COMMITTEES

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

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



### AIR CADETS

#### ESCADRON 621 SAINT-LAURENT

Abdelaziz Mansouri, president  
esc621message@gmail.com



#### 588 ERIC SIMMS SQUADRON

Gary Derbedrossian, president  
588aviation@cadets.gc.ca



### ART

#### ASSOCIATION DES ARTISTES DE SAINT-LAURENT

Marcel Daoust, president  
contact@artsaintlaurent.ca  
www.artsaintlaurent.ca



### BASEBALL

#### CLUB DE BASEBALL SAINT-LAURENT

Guy Bolduc, president  
info@baseballstlaurent.com  
www.baseballstlaurent.com



### BASKETBALL

#### COMITÉ DE BASKETBALL SAINT-LAURENT

Julia King, president  
info@basketballstlaurent.com



### BRIDGE

#### CLUB DE BRIDGE LOISIRS SAINT-LAURENT

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



### CHOIR

#### L'ENSEMBLE VOCAL DE SAINT-LAURENT

Ariane-Hélène Fortin, présidente  
514 891-4674  
Marc Lapasset, treasurer  
514 592-8329



#### CHŒUR WALTER

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



### COMPETITIVE SWIMMING

#### CLUB DE NATATION SAINT-LAURENT INC.

Maryse Petitpas, president  
coord@clubcnsl.com  
514 855-6000, ext. 4778



### DANCE

#### STUDIO DE DANSE IMPULSE

Marie-Denise Bettez  
514 855-6110, ext. 4998  
www.studiodedanseimpulse.com



#### CLUB DE DANSE SOCIALE LES LAURENTIENS

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



### FIGURE SKATING

#### CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

Jenny Lee, president  
www.cpastl.ca



### FOOTBALL

#### ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT

Shawn Daniels, president  
www.stlaurentspartansfootball.com



### GYMNASTICS

#### CLUB GYMSLIC SAINT-LAURENT INC.

Marie-Ève Parent, general manager  
514 748-7707  
contact@gymslic.com  
www.gymslic.com



### HOCKEY

#### COMITÉ DE HOCKEY SAINT-LAURENT

info@hockeystl.com  
www.hockeystl.com



### JUDO

#### CLUB DE JUDO BUDOKAN SAINT-LAURENT

Abbas Benlalam, president  
judobudokanstl@gmail.com  
www.judobudokanstl.com



### KARATE

#### CLUB DE KARATÉ KIO SAINT-LAURENT

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



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

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



**PHOTOGRAPHY**  
**ASSOCIATION DES**  
**PHOTOGRAPHES**  
**DE SAINT-LAURENT**  
 Diane Hamelin-Bourrassa,  
 president  
 admin@apsl.ca  
 www.apsl.ca

**PHYSICAL FITNESS**  
**CLUB DE CONDITIONNEMENT**  
**PHYSIQUE SAINT-LAURENT**  
**INC.**  
 Mary Canaan, president  
 cdcphvsl@gmail.com



**PICKLEBALL**  
**CLUB DE PICKLEBALL**  
**DE SAINT-LAURENT**  
 Jean-Claude Lavoie, president  
 514 462-8087  
 www.clubpickleballstl.ca



**RINGUETTE**  
**RINGUETTE SAINT-LAURENT**  
**INC.**  
 Hélène Pothier, vice-president  
 info@ringuettessaintlaurent.com  
 www.ringuettessaintlaurent.com

**SCRABBLE**  
**CLUB DE SCRABBLE**  
**LAURENTIEN**  
 Mary Stamboulieh, president  
 514 748-9652



**SCRABBLE LAURENTIEN**  
 Clotilde Esseili, director  
 514-334-1639

**SOCCER**  
**CLUB DE SOCCER DE**  
**SAINT-LAURENT INC.**  
 Rui Sousa, president  
 www.soccerstl.ca



**SYNCHRONIZED SWIMMING**  
**CLUB DE NAGE SYNCHRONI-**  
**SÉE SAINT-LAURENT INC.**  
 Laila Bouali, president  
 www.synchrosaintlaurent.com



**TAI-CHI**  
**CLUB DE TAI-CHI**  
**SAINT-LAURENT INC.**  
 Paul Roy, president  
 514 909-8268  
 @clubtaichisaintlaurent



**TRACK AND FIELD**  
**CLUB D'ATHLÉTISME**  
**SAINT-LAURENT SÉLECT INC.**  
 Edvige Persechino, president  
 sls@slsathletisme.com  
 www.slsathletisme.com



**UNIVERSITÉ DU**  
**TROISIÈME ÂGE**  
 Gisèle Lamarche  
 514 379-3113  
 giselelamarche@yahoo.ca

**VOLLEYBALL**  
**CLUB DE VOLLEYBALL**  
**SAINT-LAURENT**  
 Nicole Joubert, president  
 volleystlaurent@gmail.com

**WATER-POLO**  
**CLUB DE WATER-POLO**  
**SAINT-LAURENT**  
 Marie-Claude Dionne, president  
 wpstlaurent@gmail.com

## UNIVERSAL ACCESSIBILITY

Universal accessibility is a major concern for Saint-Laurent, and major efforts have been under way in Saint-Laurent in this area since 2006. For example, the concept was taken into consideration during the major renovations at Aréna Raymond-Bourque, at the Centre des loisirs and at Borough Hall. Also, in 2013, Saint-Laurent's administration officially opened the Bibliothèque du Boisé, followed in April 2017, by the Saint-Laurent Sports Complex, which are two exemplary buildings with respect to universal accessibility.

Efforts continued in 2018 with the opening of three new community gardens with universal accessibility features in the Bourbonnière, Robert-Mitchell and Roman-Zytnynsky parks.



## RESOURCES FOR PERSONS WITH DISABILITIES



### AIM CROIT

(Centre de réadaptation, d'orientation et d'intégration au travail)  
514 744-2944  
[www.aimcroitqc.org](http://www.aimcroitqc.org)  
Reintegration into the labor market



### ALTERGO

514 933-2739  
[www.altergo.ca](http://www.altergo.ca)  
Regional association for leisure activities of individuals with disabilities on the Island of Montréal



### AQEPA

(Association québécoise pour enfants avec problèmes auditifs)  
Montréal section  
514 842-8706  
[www.aqepa.org](http://www.aqepa.org)



### ASSOCIATION DE MONTRÉAL POUR LA DÉFICIENCE INTELLECTUELLE

514 381-2300  
[www.amdi.info](http://www.amdi.info)  
Accompaniment through different stages of life so as to foster social integration



### ASSOCIATION DE L'ÎLE POUR LES HANDICAPÉS INTELLECTUELS

Volet intégration  
514 694-7090  
[www.wiaih.qc.ca](http://www.wiaih.qc.ca)  
Integration into recreational programs and community activities



### ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL

514 524-4715  
[www.asam.ca](http://www.asam.ca)  
Sports activities



### ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS MONTRÉAL-LAVAL

514 274-7447  
[www.aqtc.ca](http://www.aqtc.ca)  
Defence of the interests and recreational activities



### AUTISME ET TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT MONTRÉAL

514 524-6114  
[www.autisme-montreal.com](http://www.autisme-montreal.com)  
Defence of the rights and interests, support and assistance program, recreational services and activities



### CENTRE ACTION

514 366-6868  
[www.centreaction.org](http://www.centreaction.org)  
Education, animation, accompaniment, support and listening services



### CENTRE DIDACHE

514 274-9358  
[www.centredidache.com](http://www.centredidache.com)  
Social and community integration of autistic individuals



### CIVA

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



### CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

514 634-0447  
[www.cphlsl.com](http://www.cphlsl.com)  
Provides respite for families, socialization and recreational activities, integration and autonomy



### FONDATION DES AVEUGLES DU QUÉBEC

514 259-9470  
[www.fondationdesaveugles.org](http://www.fondationdesaveugles.org)  
Sports and recreational activities



### HANDICAPÉS DE SAINT-LAURENT INC.

514 855-6110, ext. 4937  
Friendly recreational activities



### JUNI-SPORT

514 498-4808  
[www.juni-sport.org](http://www.juni-sport.org)  
Sports activities for persons with a physical disability aged 18 or under

## LOISIRS LE GRILLON

514 253-2227

[lesloisirslegrillon.e-monsite.com](http://lesloisirslegrillon.e-monsite.com)

Social integration through recreational activities



## OLYMPIQUES SPÉCIAUX

QUÉBEC – Région nord de l'île

514 843-8778

[www.olympiquesspeciaux.qc.ca](http://www.olympiquesspeciaux.qc.ca)

Recreational activities on Saint-Laurent territory for individuals aged 10 or over



## PARRAINAGE CIVIQUE

MONTRÉAL

514 433-8813

[www.parrainagemontreal.org](http://www.parrainagemontreal.org)

Supports the social participation of persons with an intellectual disability by offering leisure activities through friend-based relationships



## PROLONGEMENT À LA FAMILLE DE MONTRÉAL

514 504-7989

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

Supports persons with an intellectual disability so they may develop their abilities, independence and capacity to flourish



## SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES

514 254-6067

[www.spph.net](http://www.spph.net)

Promotion and defence of interests, and overcoming isolation for families



## SOCIÉTÉ DE TRANSPORT DE MONTRÉAL ACCOMPANIMENT CARD

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

514 280-8211

[www.stm.info/fr/ta](http://www.stm.info/fr/ta)



## PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

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

Ville de Montréal technical traffic service: 311



## RECREATIONAL TOURISM ACCOMPANIMENT STICKER

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

514 933-2739

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



## MOBILE PARKING PERMIT ISSUED BY THE SAAQ

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

514 873-7620

[www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

## EMERGENCY EVACUATION ASSISTANCE PROGRAM

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

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

Registration: 514 872-3775

# LIBRARIES

## GENERAL INFORMATION



BIBLIOTHÈQUE  
DU BOISÉ



Credit : Yen Chao

### BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens

H4R 1T4

☎ 514 855-6130

🚇 Métro Côte-Vertu > 🚌 171

#### SCHEDULE

##### Regular

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

##### Summer

June 25 to Labour Day  
Mon to Fri 11 a.m. to 8 p.m.  
Sat, Sun 10 a.m. to 4 p.m.



### TEMPORARY CLOSURE

Starting **April 1, 2019**, the Bibliothèque du Vieux-Saint-Laurent will be closed for renovations. A point of service will be open as of **April 15, 2019**, in Salle Saint-Joseph of the Paroisse de Saint-Laurent, 775, avenue Sainte-Croix.

### POINT OF SERVICE – BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT SALLE SAINT-JOSEPH

775, avenue Sainte-Croix  
H4L 3Y2

☎ 514 855-6130

🚇 Métro Du Collège

- 2500 titles available onsite
- Pick-up of titles places on hold
- Wi-Fi access



#### SCHEDULE

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



## MEMBERSHIP

### RESIDENTS

Residents and property owners of Montréal

**Free**

### BUSINESS COMMUNITY

Owners, occupants of a business place of Montréal

**Free**

### STUDENTS

Students from an educational institution located in Montréal

**Free**

### NON-RESIDENTS OF MONTRÉAL

**Seniors (65 and +): \$56**

**Adults (14 and +): \$88**

**Youth (13 and -): \$44**



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

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



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



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

## FREE SERVICES

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



## ONLINE RESOURCES

### bibliomontreal.com

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

## ROOM RENTALS

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

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



## PROGRAM

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

# SPORTS COMPLEX

## GENERAL INFORMATION



## SPORTS COMPLEX



2385, boulevard Thimens

H4R 1T4

📞 514 855-6110, ext. 5

🚇 Métro Côte-Vertu > 🚌 171

## SCHEDULE

### Regular

Sept 3 to June 24

Mon to Sun 5:30 to 0:30 a.m.

### Summer

June 25 to Labour Day

Mon to Fri 6:30 to 0:30 a.m.

Sat and Sun 6:30 a.m. to 5:30 p.m.

### RECEPTION COUNTER

Mon to Fri 8:30 a.m. to 8:30 p.m.

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



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

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

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

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



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



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

## OPEN ACTIVITIES TRY THEM!



**REGISTRATION AND RESERVATION (\$):** Carte biblio-loisirs required

**At the counter:**

Complexe sportif, 2385, boul. Thimens  
Centre des loisirs, 1375, rue Grenet

**Online:**

[loisirs.montreal.ca](http://loisirs.montreal.ca)

**INFORMATION:**

514 855-6110, ext. 5  
[ville.montreal.qc.ca/saint-laurent/loisirmontreal](http://ville.montreal.qc.ca/saint-laurent/loisirmontreal)

## SERVICES

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

**Universal accessibility**

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



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

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

Soccer field, gymnasium, multipurpose room and children's parties:

☎ 514 855-6110, ext. 4609

Swimming pool rental:

☎ 514 855-6110, ext. 4878

# CENTRE DES LOISIRS

## GENERAL INFORMATION



### CENTRE DES LOISIRS



1375, rue Grenet

H4L 5K3

📞 514 855-6110, ext. 3

🚶 Métro Côte-Vertu > 🚌 64, 128

### SCHEDULE

#### Client service (counter)

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

#### Activities and exhibitions

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

## SERVICES

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

# SUMMER CAMPS



## GENERAL INFORMATION

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

The conditions for transfers and refunds are explained on page 4 in the "Refunds and cancellations" section.

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

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

**Registration period:**  
Now via Loisirs Montréal:  
[loisirs.montreal.ca](http://loisirs.montreal.ca)

**Information:** 514 855-6110

**Daycare service**  
Centre des loisirs or Sports Complex >  
Mon to Fri > 7:15 to 9 a.m. and 4 to 6 p.m. > June 24 to Aug 16

\$30 / child / week

## PLAYGROUNDS



Activities and entertainment all summer long for children ages 6 to 12 in Alexis-Nihon, Beaulac, Cousineau, Gohier, Noël-Nord, Painter, Poirier and Saint-Laurent parks > Free leisure activities and reasonably-priced outings > Program available in the parks

**Information:** 514 855-6110

### Animation

Free > June 24 to Aug 15 > Mon to Thu 1:15 to 8 p.m.



## SUMMER CAMPS

### ■ 5 and 6

#### **Camp explorateurs**

Centre des loisirs > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$120 / week

### ■ 5 to 12

#### **NEW – Extra week**

Centre des loisirs > Mon to Fri > 9 a.m. to 4 p.m. > August 19 to 23 > \$150 / week

### ■ 7 to 11

#### **Camp aventuriers**

Centre des loisirs > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$120 / week

#### **Artistic camp**

##### **NEW – 2-week packages**

Centre des loisirs Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$280 / 2 weeks

#### **Sciences camp**

Centre des loisirs > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$140 / week

#### **Sports camp**



Sports Complex > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$150 / week

### ■ 12 to 16

#### **Teen camp – Outings**

(6 weeks out of 8)



##### **NEW**

Sports Complex > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$145 / week

#### **Teen camp – Expeditions**

(2 weeks out of 8)



##### **NEW**

Sports Complex > Mon to Fri > 9 a.m. to 4 p.m. > June 24 to August 16 > \$155 / week



### ■ 14 to 16

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

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

Centre des loisirs > Length: 4 weeks mandatory > July 1 to 26 > \$500 / 4 weeks > 33 hours of theoretical training and a practical training course in animation of 35 hours

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

#### **Gymnastics camp**

See page 43.

#### **Soccer camp**

See page 47.

# LEISURE



## General information:

☎ 514 855-6110, ext. 3

## BRIDGE

**Location:** Centre des loisirs

Organized by the Club de bridge Loisirs Saint-Laurent.

### Information:

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

### Supervised bridge – French

18 and + ➤ Wed 1:15 to 3:30 p.m. ➤  
Apr 3 to June 5 ➤ \$80

### Bridge duplicate

18 and + ➤ Tue 1 to 4 p.m. ➤ March 26  
to June 18 ➤ \$5 / day (NR \$6)

18 and + ➤ Wed 7 to 9:45 p.m. ➤  
March 27 to June 19 ➤ \$5 / day (NR \$6)

## CERCLE DE FERMIERES DE SAINT-LAURENT

**Location:** Centre des loisirs

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

Membership: \$32.

### Information:

Réjeanne Houle, 514 331-9652

### Craft workshop

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

### Weaving workshop

14 and + ➤ Thu 1:30 to 3:30 p.m. ➤  
March to June ➤ Free for members

14 and + ➤ Thu 7 to 9 p.m. ➤ March  
to June ➤ Free for members

## CULTURAL WORKSHOPS

### ADULTS

**Location:** Centre des loisirs

Participants will have to purchase materials for certain workshops. Only basic colours are provided for the watercolours, oil and acrylic painting courses.

**Registration:** Starting Wednesday, March 13 at 8:30 a.m. via Loisirs Montréal (see page 6).

### Information:

514 855-6110, ext. 3

To easily search for cultural workshops in Loisirs Montréal, select the Borough of Saint-Laurent, "2019 Spring" and the **keyword (KW)** corresponding to the activity.

**Baladi I (Bilingual) / Lala Hakim**  
18 and + > Tue 6 to 7 p.m. > Apr 16 to  
May 28 > \$75 > KW Baladi

**Baladi II (Bilingual) / Lala Hakim**  
18 and + > Tue 7 to 8 p.m. > Apr 16 to  
May 28 > \$75 > KW Baladi

**Calligraphy / Réal Collette**  
18 and + > Mon 1 to 3:30 p.m. > Apr 8  
to June 3 > Cancelled on Apr 22 and  
May 20 > \$80 > KW Calligraphie

18 and + > Mon 6 to 8:30 p.m. > Apr 8  
to June 3 > Cancelled on Apr 22 and  
May 20 > \$80 > KW Calligraphie

**Contemporary painting I and II  
(acrylic) / Svetla Velikova**  
18 and + > Wed 9:30 a.m. to 12 p.m. >  
Apr 10 to May 22 > \$90 > KW Peinture

18 and + > Wed 1 to 3:30 p.m. > Apr 10  
to May 22 > \$90 > KW Peinture

**After work**  
18 and + > Wed 5:30 to 7:30 p.m. >  
Apr 10 to May 22 > \$90 > KW Peinture

**Contemporary painting II and III  
(acrylic) / Svetla Velikova**  
18 and + > Fri 9:30 a.m. to 12 p.m. >  
Apr 12 to May 24 > \$90 > KW Peinture

**Contemporary painting I and II  
(mixed techniques) / Svetla Velikova**  
18 and + > Sat 9:30 to 12 p.m. > Apr 13  
to May 25 > \$90 > KW Peinture

**Contemporary painting III (mixed  
techniques) / Svetla Velikova**  
18 and + > Thu 1 to 3:30 p.m. > Apr 11  
to May 23 > \$90 > KW Peinture

**Crochet – Knitting / Lucie Carmel**  
18 and + > Tue 6:30 to 9 p.m. > Apr 9  
to May 21 > \$75 > KW Tricot

**Drawing – Observation I and II /  
Svetla Velikova**  
18 and + > Mon 9:30 a.m. to 12 p.m. >  
Apr 8 to June 3 (cancelled on Apr 22 and  
May 20) > \$95 > KW Dessin

**Drawing and acrylic painting I  
and II / Svetla Velikova**  
18 and + > Sun 10 a.m. to 12:30 p.m. >  
Apr 14 to June 2 (cancelled on Apr 21) >  
\$95 > KW Dessin

**Drawing and modeling –  
Long poses with live models /  
Svetla Velikova**

**After work**  
18 and + > Mon 5:30 to 7:30 p.m. >  
Apr 8 to June 3 (cancelled on Apr 22 and  
May 20) > \$90 > Additional cost for live  
models > KW Dessin

**Drawing and modeling II – Live  
models / Svetla Velikova**  
18 and + > Mon 1 to 3:30 p.m. > Apr 8 to  
June 3 (cancelled on Apr 22 and May 20) >  
\$95 > Additional cost for live models >  
KW Dessin



**Icon (egg tempera) / Svetla Velikova**  
18 and + > Thu 9:30 a.m. to 12 p.m. >  
Apr 11 to May 23 > \$90 > KW Icones

**Oil painting I / Areg Elibekian**  
18 and + > Sat 1 to 3:30 p.m. > Apr 13  
to May 25 > \$90 > KW Peinture

**Oil painting I and II / Areg Elibekian**  
18 and + > Tue 7 to 9:30 p.m. > Apr 9 to  
May 21 > \$90 > KW Peinture

18 and + > Wed 7 to 9:30 p.m. > Apr 10  
to May 22 > \$90 > KW Peinture

18 and + > Sat 9:30 a.m. to 12 p.m. >  
Apr 13 to May 25 > \$90 > KW Peinture

**Oil painting II and III / Areg Elibekian**  
18 and + > Thu 1:30 to 4 p.m. > Apr 11 to  
May 23 > \$90 > KW Peinture

**Oil painting III / Areg Elibekian**  
18 and + > Tue 1:30 to 4 p.m. > Apr 9 to  
May 21 > \$90 > KW Peinture

18 and + > Wed 9:30 a.m. to 12 p.m. >  
Apr 10 to May 22 > \$90 > KW Peinture

**Pottery, modelling, turning,  
ceramics / Francine Gauthier**  
18 and + > Mon 1:30 to 4 p.m. > Apr 8 to  
June 3 (cancelled on Apr 22 and May 20) >  
\$100 > KW Poterie

18 and + > Mon 7 to 9:30 p.m. > Apr 8 to  
June 3 (cancelled on Apr 22 and May 20) >  
\$100 > KW Poterie

18 and + > Tue 7 to 9:30 p.m. > Apr 9 to  
May 21 (cancelled on May 20) > \$100 >  
KW Poterie

**NEW**  
18 and + > Wed 7 to 9:30 p.m. > Apr 10  
to May 22 > \$100 > KW Poterie

**Pottery, modelling, turning,  
ceramics (advanced) / Francine  
Gauthier**  
18 and + > Sat 9:30 a.m. to 12 p.m. >  
Apr 13 to May 25 > \$100 > KW Poterie

## NEW

**Quilt / Céline Arcand**

18 and + > Sat 1 to 3:30 p.m. > Apr 13 to May 25 > \$80 > KW Courtois

**Sewing / Gaétane Nicol or Latifa Boukendakdji\***

18 and + > Tue 9:30 a.m. to 12 p.m. > Apr 16 to May 28 > \$80 > KW Couture

## NEW

18 and + > Wed 1 to 3:30 p.m.\* > Apr 10 to May 22 > \$80 > KW Couture

18 and + > Wed 7 to 9:30 p.m.\* > Apr 10 to May 22 > \$80 > KW Couture

18 and + > Sat 9:30 a.m. to 12 p.m.\* > Apr 13 to May 25 > \$80 > KW Couture

**Silk painting / Valérie Guia**

18 and + > Sun 9 a.m. to 4 p.m. > Apr 14 > \$30 > Materials not included > KW Peinture

18 and + > Sun 9 a.m. to 4 p.m. > May 5 > \$30 > Materials not included > KW Peinture

**Stained glass / Stéphanie Aghbachian**

18 and + > Tue 1:30 to 4 p.m. > Apr 9 to May 21 > \$80 > KW Vitrail

18 and + > Tue 7 to 9:30 p.m. > Apr 9 to May 21 > \$80 > KW Vitrail

18 and + > Wed 1:30 to 4 p.m. > Apr 10 to May 22 > \$80 > KW Vitrail

18 and + > Thu 9:15 to 11:45 a.m. > Apr 11 to May 23 > \$80 > KW Vitrail

18 and + > Thu 7 to 9:30 p.m. > Apr 11 to May 23 > \$80 > KW Vitrail

**Stained glass – fusion / Stéphanie Aghbachian**

18 and + > Wed 7 to 9:30 p.m. > Apr 10 to May 22 > \$80 > KW Vitrail

**Stone sculpture / Vasil Nikov**

18 and + > Wed 1:30 to 4 p.m. > Apr 10 to May 22 > \$80 > KW Sculpture

18 and + > Wed 5:30 to 8 p.m. > Apr 10 to May 22 > \$80 > KW Sculpture

**Water colour I and II / Valérie Guia**

18 and + > Tue 9:30 a.m. to 12 p.m. > Apr 9 to May 21 > \$90 > KW Aquarelle

18 and + > Thu 7 to 9:30 p.m. > Apr 11 to May 23 > \$90 > KW Aquarelle

**Water colour II and III / Valérie Guia**

18 and + > Tue 1 to 3:30 p.m. > Apr 9 to May 21 > \$90 > KW Aquarelle

18 and + > Wed 7 to 9:30 p.m. > Apr 10 to May 22 > \$90 > KW Aquarelle

**Water colour III – Creative expression / Valérie Guia**

18 and + > Thu 1 to 3:30 p.m. > Apr 11 to May 23 > \$90 > KW Aquarelle

**Water colour – Contemporary / Valérie Guia**

18 and + > Wed 1 to 3:30 p.m. > Apr 10 to May 22 > \$90 > KW Aquarelle

**Wood carving / Rémi Richard**

18 and + > Tue 1:30 to 4 p.m. > Apr 9 to May 21 > \$80 > KW Sculpture

18 and + > Tue 7 to 9:30 p.m. > Apr 9 to May 21 > \$80 > KW Sculpture

**Yoga (bilingual) / Ghislaine Bayade**

Participants must bring their yoga mat.

Once a week > \$75

Twice a week > \$120

18 and + > Mon 6:15 to 7:40 p.m. > Apr 8 to June 3 (cancelled on Apr 22 and May 20) > KW Yoga

18 and + > Mon 7:50 to 9:15 p.m. > Apr 8 to June 3 (cancelled on Apr 22 and May 20) > KW Yoga

18 and + > Wed 6:15 to 7:40 p.m. > Apr 10 to May 22 > KW Yoga

18 and + > Wed 7:50 to 9:15 p.m. > Apr 10 to May 22 > KW Yoga

**Yoga lunch break / Florence Say or Xavier Tesserot\*\***

Participants must bring their yoga mat.

Once a week > \$45

Twice a week > \$70

18 and + > Mon 12:05 to 12:55 p.m.\*\* > Apr 8 to June 3 (cancelled on Apr 22 and May 20) > KW Yoga

18 and + > Fri 12:05 to 12:55 p.m. > Apr 12 to May 24 > KW Yoga





## YOUTH AND FAMILY

**Location:** Centre des loisirs

**Registration:** Starting Wednesday, March 13 at 8:30 a.m. via Loisirs Montréal (see page 6).

**Information:** 514 855-6110, ext. 3

To easily search for cultural workshops in Loisirs Montréal, select the Borough of Saint-Laurent, "Spring 2019" session and the **keyword (KW)** corresponding to the activity.

### ■ Section for ages 6 to 8

**Cartoon drawing / Pierre Bourgoin**  
6 to 8 > Sat 10 a.m. to 12 p.m. > Apr 13 to May 25 > \$40 > KW Bande dessinée

**Drawing and painting / Carole Dubuc\* or Areg Elibekian**  
6 to 8 > Sun 10 a.m. to 12 p.m.\* > Apr 14 to June 2 (cancelled on Apr 21) > \$50 > KW Peinture

6 to 8 > Sun 1 to 3 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$50 > KW Peinture\*

6 to 8 > Sun 1 to 3 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$50 > KW Peinture

#### NEW

**Theatre / Évelyne Laniel**  
6 to 8 > Sun 10:30 a.m. to 12 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$40 > KW Théâtre

### ■ Section for ages 6 to 12

**Chess level I / Raphael Nunez**  
6 to 12 > Sat 1 to 2 p.m. > Apr 13 to May 25 > \$30 > KW Echecs

**Chess level II / Raphael Nunez**  
6 to 12 > Sat 2 to 3 p.m. > Apr 13 to May 25 > \$30 > KW Echecs

#### NEW

**Chess (advanced) / Raphael Nunez**  
6 to 12 > Sat 3 to 5 p.m. > Apr 13 to May 25 > \$50 > KW Echecs

**Drawing, pottery, modelling / Francine Gauthier**

6 to 12 > Sat 1 to 3 p.m. > Apr 13 to May 25 > \$50 > KW Poterie

6 to 12 > Sun 10 a.m. to 12 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$50 > KW Poterie

6 to 12 > Sun 1 to 3 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$50 > KW Poterie

**Yoga / Ghislaine Bayade**

New schedule and location:  
Multipurpose room at Sports Complex

6 to 12 > Thu 5 to 6 p.m. > Apr 11 to May 23 > \$40 > Participants must bring their yoga mat > KW Yoga

### ■ Section for ages 7 to 12

**Petits marmitons / Mariette Cadieux**  
7 to 12 > Sat 10 a.m. to 12 p.m. > Apr 13 to May 25 > \$50 > Participants must bring four containers > KW Marmitons

7 to 12 > Sat 1 to 3 p.m. > Apr 13 to May 25 > \$50 > Participants must bring four containers > KW Marmitons

### ■ Section for ages 9 to 11

#### NEW

**Theatre / Évelyne Laniel**  
9 to 11 > Sun 1 to 2:30 p.m. > Apr 14 to June 2 (cancelled on Apr 21) > \$40 > KW Théâtre

### ■ Section for ages 9 to 14

**Acrylic painting / Carole Dubuc**  
9 to 14 > Fri 7 to 9 p.m. > Apr 12 to May 24 > \$50 > KW Peinture

9 to 14 > Sat 10 a.m. to 12 p.m. > Apr 13 to May 25 > \$50 > KW Peinture

**Caricatures and characters / Pierre Bourgoin**  
9 to 14 > Fri 7 to 9 p.m. > Apr 12 to May 24 > \$40 > MC Caricatures

**Cartoon drawing – Manga / Pierre Bourgoin**  
9 to 14 > Sat 1 to 3 p.m. > Apr 13 to May 25 > \$40 > KW Bande dessinée

**Water painting / Carole Dubuc**  
9 to 14 > Sat 1 to 3 p.m. > Apr 13 to May 25 > \$50 > KW Peinture

### ■ Section for ages 10 to 17

**Oil painting / Areg Elibekian**  
10 to 17 > Thu 7 to 9 p.m. > Apr 11 to May 23 > \$50 > KW Peinture

10 to 17 > Fri 7 to 9 p.m. > Apr 12 to May 24 > \$50 > KW Peinture

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

10 to 17 > Fri 7 to 9 p.m. > Apr 12 to May 24 > \$50 > KW Poterie



## ■ Section for ages 13 to 17

### **Creative cooking / Mariette Cadieux**

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 12 to June 7 (cancelled on Apr 26 and May 17) ➤ \$50 ➤ Participants must bring four containers ➤ KW Cuisine

## ■ Section for families

### **Sewing / Latifa Boukendakdji**

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 12 to May 24 ➤ \$40 ➤ Material not included ➤ Parents are welcomed. Registration for a parent: \$40 ➤ KW Couture

### **Stained glass / Stéphanie Aghbachian**

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 12 to May 24 ➤ \$50 ➤ Parents are welcomed. Registration for a parent: \$50 ➤ KW Vitrail

## 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 September.

### **Information:**

Marcel Daoust, 514 962-3884  
contact@artsaintlaurent.ca  
artsaintlaurent.ca

## DANCE

### **IMPULSE DANSE STUDIO**

**Location:** Centre des loisirs

Spring session ➤ Apr 27 to May 31

### **Registration:**

On Loisirs Montréal (see page 6):  
From March 25, at 8:30 a.m., to April 9, at 4 p.m.

### **In person:**

At the Centre des loisirs, on April 11, from 6 to 9 p.m., or at the Impulse Danse Studio local.

**Children's courses:** Ballet, creative dance, introduction to jazz, hip-hop, contemporary.

**Adult courses:** Tap dance, hip-hop, Brazilian samba, house, krump, contemporary, fitness ballet, contemporary ballet.

### **Detailed program:**

www.studiodedanseimpulse.com

### **Information:**

514 855-6110, ext. 4998  
studiodedanseimpulse@hotmail.com  
Facebook.com/studiodedanseimpulse  
www.studiodedanseimpulse.com

## SOCIAL DANCING CLUB LES LAURENTIENS

**(Couples only)**

**Location:** Centre des loisirs

Courses and evenings organized during the year.

**Dances taught:** Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot, paso doble, rock'n'roll and tango.

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

**NEW:** Individual courses of salsa, Zorba and circle dance.

### **Information:**

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





## EXHIBITIONS

## CENTRE DES LOISIRS

1375, rue Grenet

**Participants in multidisciplinary workshops – Children**

For all > Mon to Sun 8:30 a.m. to 9 p.m. >  
 March 9 to 24 > Varied works

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

For all > Mon to Sun 8:30 a.m. to 9 p.m. >  
 March 30 to Apr 14 > Photography

**Participants in the contemporary acrylic painting and stone sculpture workshops**

For all > Mon to Sun 8:30 a.m. to 9 p.m. >  
 Apr 27 to May 12 > Acrylic painting and stone sculpture

**Citizen's exhibition – Sragar family**

For all > Mon to Sun 8:30 a.m. to 9 p.m. >  
 May 18 to June 2 > Free admission >  
 Paintings

## MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

**Information:**

514 747-7367  
 www.mmaq.qc.ca

**REGULAR SCHEDULE:****General public:**

Wed to Sun, 12 to 5 p.m.

**Summer 2019 (June 18 to September 1):**

Tue to Thu, 12 noon to 5 p.m.

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

**Groups by reservation:**

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

**Rates:**

18 and +: \$8

Senior: \$6

Children/students: \$5

Family rate \$16

**Free:** For children (6 and under) and  
 for museum members

**Toucher la fibre sensible**

March 20 to April 28, 2019

The theatrical world of Noémie Bélanger's puppets, including the steps in their production and the techniques and tools used.

**Francesc Peich : la joaillerie du temps**

March 20 to April 28, 2019

From classic clockmaking to contemporary jewellery, an exhibition featuring the creations of Francesc Peich, a renowned self-taught jeweller-artist from a family of clockmakers.

**Exil, peuples d'ici et d'ailleurs**

May 4 to 28

Part of the Festival Accès Asie, this exhibition features a group of multidisciplinary artists presenting varied works including installations, photographs and poems.

**À propeau**

Centre des métiers du cuir de Montréal  
 May 29 to June 16

The annual exhibition of graduates and students at the Centre des métiers du cuir de Montréal.

**Tisser vos rêves**

June 20 to July 21

Annual exhibition by the Le Levant association, a group of artists originally from the Middle East and Maghreb, which forges artistic ties between their native land and new home.

**L'amitié spirituelle**

July 27 to August 25, 2019

Third part in a trilogy featuring orthodox icons, presented in collaboration with the Regroupement Iconographes-Iconophiles du Québec.

## PHOTOGRAPHY

### ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

**Location:** Centre des loisirs

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

**Information:**

clubphotosl@gmail.com  
www.apsl.ca

18 and + ➤ Weekly meetings every Wednesday ➤ 7 to 9:30 p.m. ➤ Until May 22 ➤ \$65 ➤ Evenings with a guest speaker: \$10 for non-members ➤ Photography lessons not provided. Basic knowledge of camera and photography (focus, aperture, ISO, depth of field, etc.) is required.



## PRESCHOOL CENTRE

**Location:** Centre des loisirs

Children must have reached the minimum age required at the beginning of the activity. Proof of age is required at registration. Children with diapers are admitted only to workshops where parents are present.

**Registration:** On Loisirs Montréal (see page 6) or in person as of Tuesday, March 12 until Thursday, March 28, at 12 p.m.

\*The presence of an adult is mandatory.

\*\*Courses on Monday, May 20 will be resumed on Tuesday, May 21.

### Future moms

Pre-natal yoga ➤ Mon 7 to 8 p.m. ➤ Apr 1 to May 21\*\* (cancelled on Apr 22) ➤ \$45

### 0 to 12 months\*

Pilates with baby ➤ Fri 1 to 2 p.m. ➤ Apr 5 to May 24 (cancelled on Apr 19) ➤ \$45

Sensory awareness with baby ➤ Wed 10 a.m. to 12 p.m. ➤ Apr 3 to May 15 ➤ \$60

Sensory awareness with baby ➤ Thu 10 a.m. to 12 p.m. ➤ Apr 4 to May 16 ➤ \$60

Yoga with baby ➤ Mon 1:30 to 2:30 p.m. ➤ Apr 1 to May 21\*\* (cancelled on Apr 22) ➤ \$45

Yoga with baby ➤ Fri 2 to 3 p.m. ➤ Apr 5 to May 24 (cancelled on Apr 19) ➤ \$45

Zumba with baby ➤ Mon 12:30 to 1:30 p.m. ➤ Apr 1 to May 21\*\* (cancelled on Apr 22) ➤ \$45

### 12 to 36 months\*

Sounds and rhythms ➤ Fri 9 to 11 a.m. ➤ Apr 5 to May 24 (cancelled on Apr 19) ➤ \$60

Marionettes ➤ Tue 9 to 11 a.m. ➤ Apr 2 to May 14 ➤ \$60

### 1 to 3 years old\*

Musical game ➤ Sat 10 to 10:45 a.m. ➤ Apr 6 to May 25 (cancelled on Apr 20) ➤ \$45

Musical game ➤ Sat 11 to 11:45 a.m. ➤ Apr 6 to May 25 (cancelled on Apr 20) ➤ \$45

Mini-circus ➤ Sun 9 to 9:45 a.m. ➤ March 31 to May 19 (cancelled on Apr 21) ➤ \$45

Mini-circus ➤ Sun 10 to 10:45 a.m. ➤ March 31 to May 19 (cancelled on Apr 21) ➤ \$45

### 18 to 36 months\*

Acrobats ➤ Mon 9 to 11 a.m. ➤ Apr 1 to May 21\*\* (cancelled on Apr 22) ➤ \$60

### 3 to 5 years old

Family sports ➤ Wed 10 a.m. to 12 p.m. ➤ Apr 3 to May 15\*\* ➤ \$35 ➤ Sports Complex gymnasium ➤ Also available on a \$6 daily basis at the Sports complex.

### 4 and 5 years old

Arts and crafts ➤ Sat 10 a.m. to 12 p.m. ➤ March 30 to May 18 (cancelled on Apr 20) ➤ \$60

Arts and crafts ➤ Sat 1 to 3 p.m. ➤ March 30 to May 18 (cancelled on Apr 20) ➤ \$60

Musical game ➤ Sat 9 to 9:45 a.m. ➤ March 30 to May 18 (cancelled on Apr 20) ➤ \$45

Mini-circus ➤ Sun 11 to 11:45 a.m. ➤ March 31 to May 19 (cancelled on Apr 21) ➤ \$45



## PROGRAM FOR ADULTS — 50 AND +

### CARREFOUR DES AÎNÉS

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

Membership card (\$10 for residents and \$15 for non-residents) is mandatory to participate to the activities offered by the Carrefour des aînés.

#### Regular office hours:

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

Thu 8:30 to 11:15 a.m.

#### Information:

514 748-0943

carrefouraines@hotmail.com

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

#### Bingo

50 and + ➤ Tue 1 to 4 p.m. ➤ March 19  
to May 7 ➤ 1\$ / card

#### Bridge

50 and + ➤ Thu 1 to 5 p.m. ➤ Until  
Aug 31 ➤ Free

#### Board games

50 and + ➤ Mon to Sun 9 a.m. to  
9:30 p.m. ➤ Until Aug 31 (cancelled on  
Apr 21, 22 and May 20) ➤ Free

#### Line dance

50 and + ➤ Mon 1 to 2:30 p.m. (advanced) ➤ Mon 2:45 to 4:15 p.m. (beginners) ➤  
March 18 to May 6 ➤ Wed 1 to 2:30 p.m.  
(practice for beginners) ➤ Wed 2:45 to  
4:15 p.m. (practice for advanced) ➤  
March 18 to May 8 (cancelled on Apr 22) ➤  
Session: \$25 (NR \$30)

#### Petanque

50 and + ➤ Wed 7 to 9 p.m. ➤ At the Bou-  
lodrome year-round except in the summer  
(Parc Gohier) from May to Aug ➤ Free

#### Physical activities

50 and + ➤ Mon and Thu 9 to 10 a.m. or  
10:15 to 11:15 a.m. ➤ March 18 to May 9  
(cancelled on Apr 22) ➤ Session: \$25  
(NR \$30)

#### Pool and table tennis

50 and + ➤ Mon 8 a.m. to 9:30 p.m. ➤  
Tue to Fri 8 a.m. to 6 p.m. ➤ Sat and Sun  
8 a.m. to 9:30 p.m. ➤ Until Aug 31 (cancel-  
led on Apr 21, 22 and May 20, and some  
Sat from 8 a.m. to 1 p.m.) ➤ Free ➤ Sche-  
dule posted at the room 157 entrance

#### Shuffleboard

50 and + ➤ Thu 1 to 4 p.m. ➤ March 21  
to May 9 ➤ Free

#### Stretching

50 and + ➤ Wed 9 to 10 a.m. or 10:15 to  
11:15 a.m. ➤ March 20 to May 8 (cancelled  
on March 6) ➤ Session: \$25 (NR \$30)

#### Table tennis

50 and + ➤ Schedule posted at the room  
157 entrance ➤ Free





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

### Location:

Centre des loisirs



FREE

Offered by the CLSC Bordeaux-Cartierville

Intensive 12-week course to improve balance and leg strength.

### Information:

514 331-2572, ext. 4479

65 and + ➤ Mon 3 to 4:30 p.m. ➤ Wed 3:30 to 4:30 p.m. ➤ Apr 1 to June 19



## 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:

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

### Regular activities

For all ➤ Wed 9 a.m. to 4 p.m. ➤ Sept 5 to June 5 ➤ \$7 / membership card

### Recreational outings

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

## YOUTH PROGRAM



FREE

## L'UNITÉ 12-17

**Locations:** Centre des loisirs and activities in the parks

Open recreational sports and cultural activities for youths aged 12 to 17. Video games, music studio, movies, table football, table tennis and various sports activities in the parks during the summer season.

### Schedule:

Jan 8 to June 15 ➤ Tue to Sat 3:30 to 9:30 p.m. ➤ Centre des loisirs

July 2 to Aug 17 ➤ Tue to Sat 3 to 9:30 p.m. ➤ Centre des loisirs and parks

### Registration:

In person at L'Unité 12-17 (Centre des loisirs, room 151). Piece of identification required. Free membership.

### Information:

514 744-1239

## ADOS DE ST-LO PROGRAM

### ■ Activities in the parks

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

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

### Basketball and urban activities

Cousineau, Noël-Nord and Painter parks

### Soccer and urban activities

Hartenstein, Noël-Nord and Painter parks

### Schedule:

June 13 to 22 ➤ Thu and Fri 7 to 9 p.m. ➤ Sat 3 to 6 p.m.

June 25 to Aug 15 ➤ Tue to Sat 4:30 to 10 p.m.

### Information:

514 855-6110





### ■ Activities at Parc Painter chalet

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

#### Registration:

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

Fri 6 to 9 p.m. ➤ Sat 4 to 9 p.m. ➤ Sun 5 to 9 p.m. ➤ Jan 18 to May 19 ➤ Table tennis, baby foot, board games, video games, and movie nights.

#### Information:

514 855-6110

### ■ Teen sports at Sports Complex

Sports and cultural activities for youths aged 12 to 17.

Spring session: Until May 19



#### Basketball

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

#### Boxing

Fri 3 to 5 p.m. ➤ Multipurpose room

#### Dance

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

#### Soccer

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

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

#### Information:

514 855-6110

## SCRABBLE

**Location:** Centre des loisirs

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

#### Information:

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

Clotilde Esseili, 514 334-1639  
(Thursday games)

#### Scrabble

12 and + ➤ Mon 7:30 to 9:30 p.m. ➤  
Thu and Sat 1:30 to 4:30 p.m. ➤ All year  
round ➤ Member: \$4 (non-member: \$5)





# SPORTS



## AQUATIC ACTIVITIES

### SPRING INDOOR POOLS

Schedules may change without notice.

Swim diapers are permitted only at the recreational pool at the Sports Complex and at the YMCA Saint-Laurent.

Staff may ask to see a piece of ID at any time. An ID card is needed to borrow a swim flotation belt or personal flotation device (PFD).

Participants must follow the rules in effect at each facility. Rules are available on site.

The swimming pools at the Sports Complex are accessible by persons with reduced mobility.

For more information about the different aquatic facilities in Saint-Laurent, visit [ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique).

### FREE SWIM

Children aged under 8 may not enter the swimming pool alone. Furthermore, accompanying ratios are determined according to age, ability and the use of flotation equipment.

## SPORTS COMPLEX



### Resident memberships:

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

### Single entry fee:

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

**Spring session:** March 24 to June 24

### Break from regular activities:

Recreational and 25-meter pools:  
Mon Apr 22, May 20, and June 24 ➤ Thu  
Apr 4 ➤ Fri Apr 5 and 19 ➤ Sat Apr 6 and  
20 ➤ Sun March 31, Apr 21 and June 9

25-meter pools only:

Fri May 10 and Tue June 11 and 18

### Recreational pool – Free swim

#### Ages 6 months +

Mon, Wed ➤ 12 to 6 p.m.

Tue ➤ 12 to 9:30 p.m.

Wed ➤ 1 to 6 p.m.

Thu ➤ 12 to 5:30 p.m.

Fri ➤ 8:30 am to 5 p.m. and 7:15 to 10 p.m.

Sat and Sun ➤ 1:30 to 9 p.m.

### 25-meter pool – Free swim and swimming lanes – Ages 2 +

In cohabitation

Mon to Thu ➤ 3 to 5 p.m.

Fri ➤ 3 to 5 p.m. and 7:15 to 10 p.m.

Sat ➤ 1:30 to 5 p.m. and 7:15 to 9 p.m.

Sun ➤ 1:30 to 7 p.m.



**25-meter pool – Swimming lanes**

Lap swimming only  
 Tue and Thu ➤ 5 to 9 p.m. (20 m lanes)  
 Mon, Wed and Fri ➤ 6 to 8:30 a.m. and  
 12 to 1:30 p.m.  
 Tue and Thu ➤ 7:30 to 8:30 a.m. and  
 12 to 1:30 p.m.  
 Sun ➤ 8 a.m. to 1:15 p.m.

**■ YMCA SAINT-LAURENT****An ID card is required for free swim:**

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

**Schedule:**

ville.montreal.qc.ca/saint-laurent/aquatique  
 or 514 747-5353

**SWIMMING LESSONS**

A minimum of 8 weeks of courses is offered during the session. Schedules may change without notice. Swimming lessons are offered under the Canadian Red Cross program, and include several levels based on age and skill, specifically 8 levels for ages 5 and under, 10 levels for ages 6 and over, and 2 to 3 levels for teens and adults. Participants must know their course level before registration and are responsible for monitoring the number of times they register. See the refund policy on page 4.

**Registration:**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6).  
 For assistance, please call 514 855-6110, ext. 5.

**Spring registration:**

Swimming lessons for adults:  
 Sunday, March 10, at 8:30 a.m. to Friday,  
 April 5

Swimming lessons for children:  
 Sunday, March 17, at 8:30 a.m., to Friday,  
 April 5

**Information and schedule:**

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

The detailed course schedule will be available on the day before the first registration date for each session

**Children**

Bring the registration receipt and progress booklet (if applicable) to the first class.  
 Children at the Étoile de mer, Canard, Tortue de mer and Loutre de mer levels must be accompanied in the water by an adult wearing bathing attire.

**Location:** Sports Complex (6 months to 17 years old)

March 24 to June 8 (cancelled on Apr 4, 5, 6, 19, 20, 21 and 22 and May 20) ➤ 30 to 60 min / week (depending on the level) ➤ \$60

**Locations:** Cégep de Saint-Laurent (2 to 17 years old) and YMCA (6 months to 17 years old)

March 24 to June 7 (cancelled on Apr 5, 19, 20, 21 and 22 and May 20) ➤ 30 to 60 min / week (depending on the level) ➤ \$60

**Adults 15 and +**

**Location:** Sports Complex

March 24 to June 8 (cancelled on Apr 5, 6, 19, 20, 21 and 22 and May 20) ➤ 60 min / week ➤ \$70

**Location:** Cégep de Saint-Laurent

March 24 to June 7 (cancelled on Apr 5, 19, 20, 21 and 22 and May 20) ➤ 60 min / week ➤ \$70

**AQUAFITNESS**

**Location:** Sports Complex



A minimum of 9 weeks of courses is offered during the session. Schedules may change without notice.

**Registration:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). For assistance, please call 514 855-6110, ext. 5.

**Spring registration:** Starting on March 10 at 8:30 a.m.. Registration continue throughout the semester according to available places at the same cost.

**SPECIALIZED COURSES**

\*Participants must know how to swim.

**Aqua cardio\***

Mixed 18 and + ➤ 55 min / week ➤  
 25-metre pool ➤ Thu 8 to 9 p.m. ➤  
 March 28 to June 6 (cancelled on Apr 4) ➤  
 \$78

**Aqua jogging\***

Mixed 18 and + ➤ 55 min / week ➤  
 25-metre pool ➤ Tue 8 to 9 p.m. ➤  
 March 26 to May 28 ➤ \$78



### Aqua spinning

Mixed 18 and + > 55 min / week > \$78 > 25-metre pool > Water shoes are recommended

#### Group 1

Wed 9 to 10 a.m. > March 27 to May 29 > \$78

#### Groups 2 and 3

Tue 6 to 7 p.m. > Tue 7 to 8 p.m. > March 26 to May 28 > \$78

#### Groups 4 and 5

Thu 6 to 7 p.m. > Thu 7 to 8 p.m. > March 28 to June 6 (cancelled on Apr 4) > \$78

#### Group 6

Sat 6:10 to 7:10 p.m. > March 28 to June 15 (cancelled on Apr 6 and 20) > \$78

### Aqua fit on water mattress\*

Mixed 18 and + > 55 min / week > 25-metre pool > Tue 9:30 to 10:30 p.m. > March 26 to May 28 > \$78

### Aqua stroller

Mixed 18 and + > 55 min / week > 25-metre pool > Mon 9 to 10 a.m. > March 25 to June 10 (cancelled on Apr 22 and May 20) > \$78

## REGULAR COURSES

### Aquafitness – Group 1

Mixed 18 and + > 55 min / twice a week > Recreational pool > Mon and Wed 6 to 7 p.m. > Mon, March 25 to Wed, May 29 (cancelled on Apr 22 and May 20) > \$78

### Aquafitness – Group 2

Mixed 18 and + > 55 min / twice a week > Recreational pool > Mon and Wed 8 to 9 p.m. > Mon, March 25 to Wed, May 29 (cancelled on Apr 22 and May 20) > \$78

### Aquafitness – Group 3

Mixed 18 and + > 30 min / week > Recreational pool > Wed 12:15 to 12:45 p.m. > March 27 to May 29 > \$30.50

### Aquafitness – Group 4

Mixed 18 and + > 55 min / three times a week > 25-metre pool > Mon, Wed and Fri 10 to 11 a.m. > Mon, March 25 to Fri, June 14 (cancelled on Apr 19 and 22 and May 10 and 20) > \$94

### Aquafitness – Group 5

Mixed 18 and + > 55 min / twice a week > 25-metre pool > Mon and Wed 8 to 9 a.m. > Mon, March 25 to Wed, May 29 (cancelled on Apr 22 and May 20) > \$78

### Advanced Aquafitness 1

Mixed 18 and + > 55 min / twice a week > 25-metre pool > Tue and Thu 5 to 6 p.m. > Tue, March 26 to Thu, June 6 (cancelled on Apr 4) > \$78

### Advanced Aquafitness 2

Mixed 18 and + > 55 min / three times a week > 25-metre pool > Mon, Wed, Fri 11 a.m. to 12 p.m. > Mon, March 25 to Fri, June 14 (cancelled on Apr 19 and 22, May 10 and 20) > \$94

### Advanced Aquafitness 3

Mixed 18 and + > 55 min / three times a week > 25-metre pool > Sat 5:05 to 6:05 p.m. > Sat, March 30 to June 15 (cancelled on Apr 6 and 20) > \$61

### Aquafitness – Membership

Mixed 18 and + > Free access to all regular aquafitness courses > Sports Complex pools > Mon, March 25 to Sat, June 15 (cancelled on Apr 4, 6, 19 and 20, and May 10 and 20) > \$156

### Prenatal group 1

Pregnant women > 55 min / twice a week > Recreational pool > Tue and Thu 7 to 8 p.m. > Mon, March 25 to Wed, June 5 (cancelled on Apr 22 and May 20) > \$78



## LIFEGUARD TRAINING AND WATER SAFETY TRAINING

**Location:** Sports Complex

Training prepares candidates to teach Canadian Red Cross swimming courses.

### Registration:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6).  
For assistance, please call 514 855-6110, ext. 5.

Registration will continue until March 22 while places are available.

**Includes:** Documentation and certification.

15 and + > \$205 > Sports Complex > Life Saving Society program

**Prerequisites:** Must be 15 years old by the final day of the MAS component, must be able to demonstrate swim strokes and be at the Red Cross Swimming Junior 10 level, in addition to having earned the Bronze Cross certificate

### Schedule:

The courses include 4 components:  
A) Evaluation of techniques, B) Online,  
C) Instructor internship, D) Classroom and swimming pool

Sun, March 24 > 1 to 5 p.m. > Classroom and swimming pool

Online component to be completed by April 7.

Sun, Apr 7 > 1 to 5 p.m. > Classroom and swimming pool

Instructor internship (4 weeks)

Sun, May 5, 12, 19 and 26 > 12 to 6 p.m. > Classroom and swimming pool

## SUMMER INDOOR AND OUTDOOR POOLS

**For all aquatic activities:** Schedules may change without notice.

Swim diapers are permitted only at the recreational pool at the Sports Complex. They are prohibited at the outdoor swimming pools.

Staff may ask to see a piece of ID at any time. An ID card is needed to borrow a swim flotation belt or flotation jacket (PFD).

Participants must follow the rules in effect at each facility. Rules are available onsite.

The indoor swimming pools at the Sports Complex and the outdoor swimming pool at Parc Boubonnière are accessible by persons with reduced mobility.

## FREE SWIM – INDOOR POOLS

Children under 8 may not enter the swimming pool alone. Furthermore, chaperone ratios are determined according to age, ability and the use of flotation equipment.

## SPORTS COMPLEX

**Summer session:** June 25 to Sept 1

SC

### Resident memberships:

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

### Single entry fee:

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



### Recreational pool – Free swim – Ages 6 months +

Mon to Fri ➤ 9 to 11 a.m.  
 Mon to Fri ➤ 11 a.m. to 3 p.m. (priority access for day camps)  
 Mon, Wed and Fri ➤ 3 to 8 p.m.  
 Tue and Thu ➤ 3 to 5 p.m. and 7:15 to 9 p.m.  
 Sat and Sun ➤ 9 a.m. to 5 p.m.

### 25-meter pool – Free swim and swimming lanes – Ages 2 and +

In cohabitation  
 Mon to Fri ➤ 3 to 5 p.m.  
 Mon, Wed and Fri ➤ 5 to 8 p.m. (cancelled on Aug 28)  
 Tue and Thu ➤ 5 to 9 p.m. (cancelled on Aug 29)  
 Sat and Sun ➤ 9 a.m. to 5 p.m.

### 25-meter pool – Lane swim

Mon to Fri ➤ 7 to 10 a.m.  
 Mon to Fri ➤ 11 a.m. to 1 p.m.  
 Sat and Sun ➤ 7 to 9 a.m.



### SWIMMING POOLS, WADING POOLS AND OUTDOOR WATER GAMES AREAS



FREE

### FREE SWIM – OUTDOOR POOLS

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

The pool in Parc Bourbonnière is accessible by persons with reduced mobility.

#### June 15 to August 25\*

#### Pool schedule:

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

\*Aug 25: Regular schedule modified on this date

Bourbonnière: Extension until Sept 2

#### 2 and +

Mon to Sun 1 to 7:15 p.m. ➤ All outdoor pools ➤ Some exceptions

#### 18 and +

Mon to Sun 7:15 to 8:15 p.m. ➤ All outdoor pools ➤ Some exceptions

Mon to Sun 12 to 1 p.m. ➤ Decelles, Noël-Nord and Painter parks ➤ Some exceptions

### WADING POOLS AND WATER GAMES

#### June 15 to 23 and Aug 19 to 25\*

Schedule for each pool at  
 ville.montreal.qc.ca/saint-laurent/aquatique

\*Aug 25: Regular schedule modified on this date

Bourbonnière: Extension until Sept 2

#### June 24 to Aug 18

#### 10 and -

Mon to Fri ➤ 10 a.m. to 7:15 p.m. ➤ All outdoor pools

Sat and Sun ➤ 12:30 to 7:15 p.m. ➤ Bourbonnière, Decelles, Hartenstein, Painter and Saint-Laurent parks

Sat and Sun ➤ 10 a.m. to 7:15 p.m. ➤ Chamberland, Marlborough and Noël-Nord parks

### WATER GAMES (without supervision)

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

#### June 15 to Sept 2

Mon to Sun ➤ 8:30 a.m. to 9 p.m.

### AQUAFITNESS

**Registration:** Starting on Thursday, June 13 at 6:30 p.m. via [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). For telephone assistance, call 514 855-6110, ext. 5.

9 weeks (to be confirmed):

A minimum of 8 weeks of courses is offered within the session.

Schedules may change without notice.

#### Mixed – 18 and +

55 min / twice a week ➤ Parc Decelles ➤ Tue and Thu 11 a.m. to 12 p.m. ➤ June 25 to Aug 22 ➤ \$65

55 min / twice a week ➤ Parc Marlborough ➤ Mon and Wed 6:15 to 7:15 p.m. ➤ June 24 to Aug 21 ➤ \$65

55 min / week ➤ Parc Marlborough ➤ Sat 6:15 to 7:15 p.m. ➤ June 26 to Aug 24 ➤ \$32.50

#### Membership

18 and + ➤ Gives access to the three groups ➤ Tue and Thu 11 a.m. to 12 p.m. ➤ Mon, Wed and Sat 6:15 to 7:15 p.m. ➤ June 24 to Aug 24 ➤ \$68





## SWIMMING LESSONS CHILDREN (2 to 17)

A minimum of 8 weeks of courses is offered during the session. Schedules may change without notice. Swimming lessons are offered under the Canadian Red Cross program, and include several levels based on age and skill, specifically 8 levels for ages 5 and under, 10 levels for ages 6 and over, and 2 to 3 levels for teens and adults. Participants must know their course level before registration and are responsible for monitoring the number of times they register. See the refund policy on page 4.

**Cost:** \$40

### Schedule and locations

The detailed schedule and course locations will be available the day before the first registration day for each session, at ville.montreal.qc.ca/saint-laurent/aquatique.

**Schedule:** Mon to Fri, mornings

**Locations:** Outdoor swimming pools in their respective parks

Dates	Registration via loisirs.montreal.ca
Mon June 24 to Fri July 5	Sun June 16, at 8:30 a.m., to Tue June 25
Mon July 15 to Fri 26	Sun July 7, at 8:30 a.m., to Tue July 16
Mon Aug 5 to Fri 16	Sun July 28, at 8:30 a.m., to Tue Aug 6

**Schedule:** Tue and Thu, evenings

**Locations:** Sports Complex



Dates	Registration via loisirs.montreal.ca
Tue June 25 to Thu July 18	Sun June 16, at 8:30 a.m., to Wed June 26
Tue July 23 to Thu Aug 15	Fri July 19, at 6:30 p.m., to Wed July 24

**Schedule:** Sat and Sun, mornings

**Locations:** Outdoor swimming pools in their respective parks

Dates	Registration via loisirs.montreal.ca
Sat June 22 to Sun July 14	Sun June 16, at 8:30 a.m., to Sun June 23
Sat July 20 to Sun Aug 11	Mon July 15, 6:30 p.m., to Sun July 21

## SWIMMING LESSONS ADULTS (15 and +)

The detailed schedule and course locations will be available the day before the first registration day for each session, at ville.montreal.qc.ca/saint-laurent/aquatique.

**Cost:** \$70

**Schedule:** Tue and Thu, evenings

**Location:** Sports Complex

Dates	Registration via loisirs.montreal.ca
Tue June 25 to Thu July 18	Sun June 16, at 8:30 a.m., to Mon June 19
Tue July 22 to Thu Aug 15	Fri July 19, at 6:30 p.m., to Sun July 21

## INITIATION TO COMPETITIVE SWIMMING (6 to 17)

**Registration:** Online as of Sunday, June 16, at 8:30 a.m., via loisirs.montreal.ca (see page 6). Registration will continue throughout the session while places are available; the same fee will apply.

**Session:** June 24 to Aug 16

**Cost:** \$25 \$ (a \$10 discount applies to registration for initiation to diving or second child in the same family)

**Schedule and training location:**

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



## DIVING LESSONS (6 to 12)

**Registration:** Online as of Sunday, June 16, at 8:30 a.m., via [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). Registration will continue throughout the session while places are available; the same fee will apply.

**Session 1:** June 24 to July 19

**Session 2:** Jul 22 to Aug 16

**Cost:** \$25 (a \$10 discount applies to registration for initiation to competitive swimming or second child in the same family)

**Schedule and training location:**  
[ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique)

## MINI POLO INITIATION

With the Playgrounds



**Locations:** Noël-Nord and Saint-Laurent parks

**Information and registration:**  
Park chalet

## AQUATIKA

Aquatic  
Summer  
celebration  
for the family



**Location:**  
Bourbonnière parks

Sun Aug 11 1:30 to 6:30 p.m

Regular schedule modified on this date.

## MASTER'S SWIM CLUB (18 and +)

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

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

## SPRING

**Locations:** Sports Complex and Cégep de Saint-Laurent



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

**At the Sports Complex** (until June 13)  
Mon and Wed 7:30 to 8:45 p.m. (cancelled on Apr 22 and May 20)  
Tue and Thu 6 to 7:15 a.m.  
Sat 6:45 to 8 a.m. (Apr 6: training at Cégep de Saint-Laurent, 7:30 to 8:45 a.m.)  
Sun 7 to 8:15 p.m. (cancelled on Apr 21) (Sun, March 31: training at Cégep de Saint-Laurent)  
June 11 and 13 ➤ 7:30 to 9 p.m.

**At the Cégep de Saint-Laurent**  
(until June 6)  
Tue and Thu 7:30 to 9 p.m.

## SUMMER

**Locations:** Bourbonnière, Decelles (to be confirmed) and Hartenstein parks

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



### Parc Bourbonnière

Sat, June 15 ➤ 8 a.m. to 9:30 a.m.  
Mon, June 17 and Thu, June 20 ➤ 8:15 to 9:30 p.m.  
Mon, Aug 26 and Thu, Aug 29 ➤ 7:15 to 8:30 p.m.

### Parc Decelles

(to be confirmed)  
Mon, June 24 to Thu, Aug 22 ➤ 8:15 to 9:30 p.m.

### Parc Hartenstein

Wed, June 19 to Wed, Aug 21 ➤ 7:15 to 8:15 p.m.  
Sat, June 22 to Sat, Aug 24 ➤ 8 to 9:30 a.m.

## CLUB DE NAGE SYNCHRONISÉE DE SAINT-LAURENT (Girls and boys aged 5 to 18)

Payable to the Club de nage synchronisée de Saint-Laurent inc.

Registration forms, schedules, and fees are available at: [synchrosaintlaurent.com](http://synchrosaintlaurent.com).

### Prerequisites:

**Ages 5 to 7:** Must know how to swim.

**Age 8 and over:** Must have successfully completed level Junior 5 in the Canadian Red Cross swim program or the equivalent.

### Information:

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





**SPRING****Location:** Sports Complex**Registration:** On Saturday, March 30, from 10 a.m. to 2 p.m., at the Sports Complex.**Courses start:** Friday, April 12**Session:** Sessions of 11 lessons each including a year-end show on June 15.**Schedule:**Group schedules available on the website at [www.synchrosaintlaurent.com](http://www.synchrosaintlaurent.com). Places are limited.**SUMMER****Location:** Swimming pool at Parc Hartenstein**Prerequisite:** These courses are reserved for athletes who can swim 25 metres without stopping.**Registration:** On Saturday, June 15, from 11:30 a.m. to 1:30 p.m. at the Sports Complex**Schedule** (to be confirmed):Mon, Wed and Fri 9 a.m. to 12:30 p.m.  
[www.synchrosaintlaurent.com](http://www.synchrosaintlaurent.com)**Dates**

4 2-week sessions:

Session 1 ➤ June 24 to July 5

Session 2 ➤ Jul 8 to Jul 19

Session 3 ➤ Jul 22 to Aug 2

Session 4 ➤ Aug 5 to Aug 16

Limited spaces.

**CLUB DE WATER-POLO DE SAINT-LAURENT (18 and +)****Senior water-polo**

Payable to the Club de water-polo de Saint-Laurent.

**Registration:** In person at the swimming pool according to the training schedule.**Prerequisite:** Must be able to swim 4 lengths of the pool without stopping in a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes.**Information:**[wpstlaurent@gmail.com](mailto:wpstlaurent@gmail.com)**SPRING****Location:** Sports Complex**Training schedule:**Mon and Wed 8:45 to 10:45 p.m. ➤  
March to May**SUMMER****Location:** Outdoor swimming pool at Parc Hartenstein**Training schedule:**Mon and Wed 8:15 to 10 p.m. ➤  
June to August**BADMINTON – OPEN****Locations:** LaurenHill Academy Junior Campus and Sports Complex**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) or at the reception counters at the Sports Complex or the Centre des loisirs. One reservation per person, per day.**Cost:** \$8 / hour per court**Information and schedule:**[ville.montreal.qc.ca/saint-laurent/sports](http://ville.montreal.qc.ca/saint-laurent/sports)**BASEBALL****Registration:** Online as of Monday, February 25 on the website [www.baseballstlaurent.com](http://www.baseballstlaurent.com).

Payable to the Club de baseball Saint-Laurent

Indoor training until mid-March. Carnival (baseball activities and information session) at the Sports Complex on March 17 from 9:30 a.m.

**Evaluations and training to be held as of the end of March:** Free activities, registered participants with the Club de baseball Saint-Laurent only.**Information and schedule:**[www.baseballstlaurent.com](http://www.baseballstlaurent.com)  
[info@baseballstlaurent.com](mailto:info@baseballstlaurent.com)**SAINT-LAURENT PROGRAM – MIXED****Pre-Rallye Cap**Boys and girls born in 2013-2014 ➤  
2 times / week: Wed or Thu night (to be determined) and Sun ➤ June to Aug ➤  
\$135 ➤ Parc Chamberland**Rallye Cap**

Boys and girls born in 2012 ➤ 2 times / week: Wed or Thu night (to be determined) and Sun ➤ June to Aug ➤ \$140 ➤ Parc Chamberland



## INTERCITY LEAGUE – MIXED

### Atome (Grand Chelem C, B and A)

Boys and girls born in 2010-2011 ›  
Minimum of 3 games or practices / week ›  
Approximate length: 90 min › Mon to Fri  
(2 games) starting at 6:45 p.m. › Sat or Sun  
(1 practice) › May to Aug › \$160 › Additional  
fees of \$50 plus tournament fees (to be  
determined) for players selected in Team A ›  
Houde and Petit parks

### Mosquito (B and A)

Boys and girls born in 2008-2009 ›  
Minimum of 3 games or practices / week ›  
Approximate length: 105 min › Mon to Thu  
(2 games) starting at 6:45 p.m. › Sat or Sun  
(1 practice) › May to Aug › \$165 › Additional  
fees of \$50 plus tournament fees (to be  
determined) for players selected in Team A ›  
Houde and Petit parks

### Pee-wee (B and A)

Boys and girls born in 2006-2007 ›  
Minimum of 3 games or practices / week ›  
Approximate length: 105 min › Mon to Thu  
(2 games) starting at 6:45 p.m. › Sat or Sun  
(1 practice) › May to Aug › \$170 › Additional  
fees of \$50 plus tournament fees (to be  
determined) for players selected in Team A ›  
Decelles and Cousineau parks

### Bantam (B and A)

Boys born in 2004-2005 and girls born  
between 2003 and 2005 › Minimum of  
3 games or practices / week › Approximate  
length: 2 hrs › Mon to Thu (2 games)  
starting at 7 p.m. › Sat or Sun (1 practice) ›  
May to Aug › \$200 › Additional fees of \$25  
plus tournament fees (to be determined) for  
players selected in Team A › Noël-Sud and  
Saint-Laurent parks

### Midget (B and A)

Boys born between 2001-2003 and girls born  
between 2003 and 2005 › Minimum of  
3 games or practices / week › Approximate  
length: 2 hrs › Mon to Thu (2 games) starting  
at 7 p.m. › Sat or Sun (1 practice) ›  
May to Aug › \$210 › Additional fees of \$25  
plus tournament fees (to be determined) for  
players selected in Team A › Parc Saint-  
Laurent

### Junior (A)

Boys born before 2001 and girls born before  
1998 › Minimum of 3 games or practices /  
week › Approximate length: 2 hrs › Sun to  
Thu (2 games) starting at 7:30 p.m. › Sat or  
Sun (1 practice) › May to Sept › \$275 ›  
Parc Saint-Laurent

## LAC SAINT-LOUIS AA

(mixed teams unless otherwise indicated)

### Moustique, Pee-wee, Bantam, Midget (mixed and women's) and Junior

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

#### Information:

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



## BASKETBALL

### INDOOR ACTIVITY – OPEN

**Locations:** École secondaire Saint-Laurent,  
Édifice Émile-Legault and Sports Complex



**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca)  
or at the reception counters at the Sports  
Complex or the Centre des loisirs.

#### Rates:

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

#### Information and schedule:

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

## COMITÉ DE BASKETBALL

**Location:** Parc Cousineau

**Registration:** In person at the Centre des  
loisirs on Wednesday, March 13, from 6:30  
to 7:30 p.m. Payable to Comité de basketball  
Saint-Laurent.

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

**Spring session:** May 25 to August 10

#### Rates:

1<sup>st</sup> child › \$150  
2<sup>nd</sup> child › \$130  
3<sup>rd</sup> and subsequent children › \$110

#### Schedules:

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

## L'EXPRESS CAMP

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

**Registration:** By phone or online at  
<http://tournoiexpress.ca/inscription-en-ligne/>  
as of March 1<sup>st</sup>.

#### Information:

514 332-3190, ext. 6109  
514 712-4799  
[camps.express@portail.csmb.qc.ca](mailto:camps.express@portail.csmb.qc.ca)

**Dates:**

Week 1 ➤ June 25 to 28

Week 2 ➤ July 2 to 5

Week 3 ➤ July 8 to 12

Week 4 ➤ July 15 to 19

**Schedules:**

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

**Cost:**

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

**Day care service available:**

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

## CHEERLEADING — RECREATIONAL — GIRLS

**Location:** Sports Complex

Recreational cheerleading program for girls aged 6 to 12. Schedules could change without notice. Program available at [www.gymslic.com](http://www.gymslic.com).

Cheques must be made payable to Club Gymslic Saint-Laurent inc. Annual mandatory affiliation dues of \$28 (ages 4 and up), are payable to the Fédération de gymnastique du Québec. Health insurance card mandatory. The cost for registrations received after the registration period will be an additional \$15. Places are limited and will be assigned on a first-come, first-served basis.

**Registration:**

Online at [www.gymslic.com](http://www.gymslic.com) stating on Wednesday, May 1 at 10 a.m. Registration by mail is not permitted.

A 15% discount is granted for the 2nd child, and a discount of 25% is granted for each subsequent child in the same family. Participants must purchase the club suit (\$30), black tights (\$20), and hair tie (\$10), and must wear white running shoes.

**6 to 12**

Thu 6 to 7:30 p.m. ➤ June 25 to Aug 17 ➤  
\$169 ➤ 1.5 hrs / week



## FOOTBALL

**Information:**

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

## SPEED SKILLS CAMP

Speed and endurance improvement, cardio training.

**Atom to Midget**

Born between 2002 and 2014 ➤ Sports Complex ➤ Sat 3 to 4:30 p.m. ➤ Feb 9 to March 9

## PRE-SEASON CAMPS (January to May)

**Sports Complex:**

March 16 to May 25 ➤ Sat 3 to 4:30 p.m.

March 14 to May 30 ➤ Thu 6 to 8 p.m.

### École Saint-Laurent – Édifice Émile-Legault gymnasium:

March 11 to May 27 ➤ Mon 8:15 to 10 p.m.

**Open house:**

Invitation to the open house for the winter-spring session, and introduction to basic techniques. Schedule posted on the website. On-site registration. Cash or credit card only.

## REGULAR SEASON – MIXED (July to mid-November)

**Location:** Parc Saint-Laurent

**Registration** for the regular season starting in April. See details at [www.stlaurentspartansfootball.com](http://www.stlaurentspartansfootball.com).

Registration fee and schedule to be determined. Cash or credit card only. Health insurance card required. Mandatory shoes, thigh pads and mouth guard not included.

**Titan**

Born between 2012 and 2014 ➤ \$100

**Atom**

Born between 2010 and 2012 ➤ \$250

**Mosquito**

Born in 2008-2009 ➤ \$250

**Pee-wee**

Born in 2006-2007 ➤ \$250

**Bantam**

Born in 2004-2005 ➤ \$295

**Midget**

Born in 2002-2003 ➤ \$350

## GYMNASTICS

**Location:** Sports Complex



Schedules may change without notice.

Payable to Club Gymslic Saint-Laurent inc. Mandatory membership fees of \$11 (3 years and under) and \$28 (4 years and over) to the Fédération de gymnastique du Québec, payable once a year and valid from September 1 to August 31. Health insurance card is mandatory. A \$15 surcharge will apply to registration received after the registration dates. Places are limited and assigned on a first-come, first-served basis.

### Registration for classes:

No mail-in registration will be accepted.

**Summer session:** Registration online at [www.gymslic.com](http://www.gymslic.com) as of May 1, at 10 a.m.

The second child from the same family will receive a 15% discount and each subsequent child will receive a 25% discount. Mandatory: Purchase and wear the club's gymnastic outfit (\$30) and a white t-shirt and black short for boys. See complete program at [www.gymslic.com](http://www.gymslic.com).

### Registration for day camp:

Online at [www.gymslic.com](http://www.gymslic.com) starting on Monday, April 1 at 10 a.m. Mail-in registration using the Gymslic day camp form available at the Centre des loisirs, the Sports Complex and at [www.gymslic.com](http://www.gymslic.com).

### Mail the registration form and payment to:

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

## AUDITIONS

Recruitment of young girls for the pre-competitive level

### Succession:

Girls born between 2010 and 2014 ➤ May 4 from 9:30 to 11 a.m. ➤ \$10 per child

### Information:

514 748-7707  
[contact@gymslic.com](mailto:contact@gymslic.com)

## PARENT-CHILD COURSE – KARIBOU

### Bouncing bunnies – Mixed

16 to 20 months ➤ Tue 10 to 10:45 a.m. ➤ Sat 10 to 10:45 a.m. ➤ June 25 to Aug 17 ➤ \$95 ➤ 45 min / week

### Rascally raccoons – Mixed

20 to 24 months ➤ Tue 10 to 10:45 a.m. ➤ Tue 11 to 11:45 a.m. ➤ Sat 10 to 10:45 a.m. ➤ Sat 11 to 11:45 a.m. ➤ June 25 to Aug 17 ➤ \$95 ➤ 45 min / week

### Buddy bears – Mixed

2 to 2 ½ ➤ Tue 11 to 11:45 a.m. ➤ Sat 11 to 11:45 a.m. ➤ June 25 to Aug 17 ➤ \$95 ➤ 45 min / week



### Fun gym – Mixed

2 1/2 to 3 ➤ Tue 5 to 5:45 p.m. ➤ Sat 9 to 9:45 a.m. ➤ June 25 to Aug 17 ➤ \$95 ➤ 45 min / week

## PRESCHOOL CENTRE

### Yellow sun – Level 1 (mixed)

4 and 5 ➤ Mon 5 to 5:55 p.m. ➤ Mon 6 to 6:55 p.m. ➤ Tue 6 to 6:55 p.m. ➤ Sat 10 to 10:55 a.m. ➤ June 25 to Aug 17 ➤ \$138 ➤ 1 hr / week

### Orange sun – Level 2 (mixed)

4 and 5 ➤ Tue 6 to 7:30 p.m. ➤ Sat 10 to 11:30 a.m. ➤ June 25 to Aug 17 ➤ \$169 ➤ 1.5 hrs / week

## RECREATIONAL – MIXED (boys up to 9)

6 to 8 ➤ Thu 5:30 to 7 p.m. ➤ June 25 to Aug 17 ➤ \$169 ➤ 1.5 hrs / week

## RECREATIONAL – GIRLS

6 to 8 ➤ Wed 5:30 to 7 p.m. ➤ Sat 11:30 a.m. to 1 p.m. ➤ June 25 to Aug 17 ➤ \$169 ➤ 1.5 hrs / week

8 and + ➤ Tue 7 to 8:30 p.m. ➤ Thu 7 to 8:30 p.m. ➤ Sat 11:30 a.m. to 1 p.m. ➤ June 25 to Aug 17 ➤ \$169 ➤ 1.5 hrs / week

## RECREATIONAL – GIRLS (2 times / week)

7 and + ➤ Mon and Wed 7 to 8:30 p.m. ➤ June 25 to Aug 17 ➤ \$251 ➤ 3 hrs / week

## DAY CAMPS

Complete programming and other information available at [www.gymslic.com](http://www.gymslic.com). Camp t-shirt must be purchased and worn on outing days (included in the day-camp fees).

### Recreational

6 to 9 (boys) ➤ Mon to Fri 9 a.m. to 4 p.m. ➤ June 25 to Aug 17 ➤ \$170 ➤ Weekly registration

6 to 12 (girls) ➤ Mon to Fri 9 a.m. to 4 p.m. ➤ June 25 to Aug 17 ➤ \$170 ➤ Weekly registration

### Daycare

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

## HOCKEY

FALL-WINTER 2019-2020  
PRE-REGISTRATION

Pre-registration online from late April at  
[www.hockeystl.com](http://www.hockeystl.com).

**Information:**

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

**Pre-novice to Junior**

5 to 21 ➤ Cost to be determined.

Practise and game location to be determined according to the renovations at Aréna Raymond-Bourque.

## SUMMER SCHOOL

**Registration and information:**

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

## JUDO

**Location:** Centre des loisirs

Payable in cash or by check payable to Club de judo Budokan Saint-Laurent inc.

**Not included:** Judo uniform and belt.  
 Mandatory affiliation fees ranging from \$35 to \$100 are payable to the Fédération québécoise de judo according to category. Carte biblio-loisirs mandatory.

**Spring session:** Registration in person at the Centre des loisirs on Wednesday, March 13, from 6:30 to 7:30 p.m.

**Summer session:** Registration in person at the Centre des loisirs in the Judo room (Room AB 226) on Monday, May 27, from 6 to 8:30 p.m.

**Rates:**

A, B and C groups

Spring ➤ \$55

Summer ➤ \$50

D group

Spring ➤ \$65

Summer ➤ \$60

**Information:**

[www.judobudokanstl.com](http://www.judobudokanstl.com)  
[judobudokanstl@gmail.com](mailto:judobudokanstl@gmail.com)

## SPRING

**March 18 to June 8**

**Group A, recreational  
White / yellow**

5 and 6 ➤ Tue and Thu 6 to 7 p.m.

**Group B, recreational  
White / yellow and +**

7 and 8 ➤ Mon and Wed 6 to 7 p.m.

**Group C, recreational**

9 to 12 ➤ Tue and Thu 7:15 to 8:30 p.m.

**Group D, recreational and  
competitive**

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

## SUMMER

**June 10 to August 3**

5 to 8 ➤ Mon, Wed 6 to 7 p.m.

9 to 12 ➤ Tue, Thu 6 to 7:30 p.m.

13 and + ➤ Mon, Wed 7:15 to 8:45 p.m.

The summer schedule can be changed according to the number of registrations.

## KARATE

**Locations:** LaurenHill Academy Senior Campus until mid-May and École secondaire Saint-Laurent – Édifice Émile-Legault from mid-May to August 31.

The exact dates will be sent by email. Members are asked to subscribe to the mailing list at [www.kiosaintlaurent.com](http://www.kiosaintlaurent.com) before the sessions starts to stay informed and be alerted to any change of venue or schedule.

**Spring-Summer session:**

Registration in person at the Centre des loisirs on Wednesday, March 13, from 6:30 to 7:30 p.m.

Payable by cash or check to Club de karaté Kio Saint-Laurent inc. Carte biblio-loisirs, health insurance card and annual passport are mandatory. A \$15 surcharge will apply to registration received after the registration period. Not included: Karate-gi uniform and belt (\$45), crest for beginners (\$10) and examination fees payable for each examination. Friday and Saturday classes will end at the end of June.



**Rates:**

9 to 17 ➤ \$175

18 and + ➤ \$185

**SPRING****April 22 to the end of June****6 to 8**

White ➤ Sat 9 to 9:45 a.m.

Yellow / orange ➤ Sat 9 to 9:45 a.m.

**9 to 13**

White ➤ Tue and Thu 6 to 7:30 p.m. ➤

Sat 11:15 a.m. to 12:30 p.m.

Yellow / orange ➤ Tue and Thu 6 to

7:30 p.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

Green / blue ➤ Mon, Wed and Fri 6 to

7:15 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤

Sat 11:15 a.m. to 12:30 p.m.

Brown / black ➤ Mon, Wed and Fri 7:15 to

8:45 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤

Sat 11:15 a.m. to 12:30 p.m.

**14 and +**

White to green ➤ Mon, Wed and Fri 6 to

7:15 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤

Sat 11:15 a.m. to 12:30 p.m.

Blue / brown / black ➤ Mon, Wed and

Fri 7:15 to 8:45 p.m. ➤ Sat 9:45 to

11:15 a.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

**SUMMER****End of June to August 31****6 to 8**

End of classes

**9 to 13**

White ➤ Tue and Thu 6 to 7:30 p.m.

Yellow / orange ➤ Tue and Thu 6 to

7:30 p.m.

Green / blue ➤ Mon and Wed 6 to 7:15 p.m.

Brown / black ➤ Mon and Wed 7:15 to

8:45 p.m.

**14 and +**

White to green ➤ Mon and Wed 6 to

7:15 p.m.

Blue / brown / black ➤ Mon and Wed

7:15 to 8:45 p.m.

**MINI TENNIS****Location:** Sports Complex**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) or at the reception counters at the Sports Complex or the Centre des loisirs. One reservation per person, per day.**Fees:** \$8 / hour per court**Information and schedule:**[ville.montreal.qc.ca/saint-laurent/sports](http://ville.montreal.qc.ca/saint-laurent/sports)**PICKLEBALL****Location:** Parc Cousineau

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

Welcome to new players. Introduction by request: 514 462-8087.

**Rates:**

Saint-Laurent residents and members of the Fédération québécoise de pickleball: Session: \$1 (NR \$2)

**Racket rental:** \$ 5

The balls are provided by the Club de pickleball de Saint-Laurent.

**Information and registration for new members:**

514 462-8087

[www.clubpickleballstl.ca](http://www.clubpickleballstl.ca)**16 and +**

Mon 6:30 to 9 p.m. ➤ May 27 to Aug 26

Tue 9:30 a.m. to 12 p.m. ➤ May 28 to

Aug 27

Wed 9:30 a.m. to 12 p.m. ➤ May 29 to

Aug 28

Thu 6:30 to 9 p.m. ➤ May 30 to Aug 29

Fri 9:30 a.m. to 12 p.m. ➤ May 31 to Aug 30

**PHYSICAL FITNESS –****16 AND +****Locations:** Centre des loisirs, Sports Complex and Parc Marcel-Laurin

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

**Registration:****Spring session:** In person at the Centre des loisirs on Wednesday, March 13, 6:30 to 7:30 p.m. After the registration period: By mail (1375, rue Grenet) or in person, by cheque, at the Centre des loisirs or Sports Complex.**Summer session:** In person at the Centre des loisirs on March 13, 6:30 to 7:30 p.m. After the registration period: By mail (1375, rue Grenet) or in person, by cheque, at the Centre des loisirs.





Spring session ➤ Apr 1 to June 15 ➤ \$115

Summer session ➤ June 17 to Aug 24 ➤ \$95

## SPRING

### Aerobic

Mon and Wed 6 to 7:15 p.m. ➤ Centre des loisirs

### Cardio baby

Tue and Thu 9:30 to 10:30 a.m. ➤ Centre des loisirs

### Cardio baladi and zumba

Wed 10:15 to 11:15 a.m. ➤ Centre des loisirs

### Cardio blast

Wed 11:15 a.m. to 12 p.m. ➤ Centre des loisirs

### Cardio mania

Mon, Wed 6 to 7 p.m. ➤ Sports Complex

### Circuit

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

### Mixed cardio

Thu 6 to 7 p.m. ➤ Sports Complex

### Mixed cardio and balls

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

### Mixed styles – Yoga, Pilates and stretching

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

### Pilates

Mon and Wed 9:15 to 10:15 a.m. ➤ Tue and Thu 6 to 7 p.m. ➤ Centre des loisirs

### Step

Tue 6 to 7 p.m. ➤ Sports Complex

### Super workout

Sat 9:15 to 10:15 a.m. ➤ Sports Complex

### Tonus

Mon and Wed 7 to 8 p.m. ➤ Sports Complex

### Zumba

Tue and Thu 7 to 8 p.m. ➤ Sat 10:15 to 11:15 a.m. ➤ Sports Complex

## SUMMER

### Cardio carriage (mother and child)

Tue and Thu 9:30 to 10:30 a.m. ➤ Parc Marcel-Laurin

### Cardio mania

Mon and Wed 6 to 7 p.m. ➤ Centre des loisirs

### Cardio park (adults)

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

### Mixed styles – Yoga

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

### Pilates

Tue and Thu 6 to 7 p.m. ➤ Centre des loisirs

### Super workout

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

### Tonus

Mon and Wed 7 to 8 p.m. ➤ Centre des loisirs

### Zumba

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

## SOCCER

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

**Registration online:** As of now at [www.soccerstl.ca](http://www.soccerstl.ca) for former players in 2017 or 2018 who did not play for another club in 2017. Payment by Visa or MasterCard only.

**Registration in person:** At the Sports Complex on Saturday, March 23, from 10 a.m. to 2 p.m., Room S-025, with a copy of the health insurance card and the Carte bibliolaisirs. Intercity players must be present for a photo shoot if the Fédération du soccer du Québec card has expired. Payment in cash, debit or credit card or check payable to the Club de soccer de Saint-Laurent. No postdated checks accepted.

NSF cheques will result in a \$15 fine and suspension of registration. A \$100 processing fee will be charged for all cancellation requests before April 30, 2019. No refunds after this date.

Schedules may be changed without notice depending on field availability.

**Office opening hours:** Tuesday and Wednesday from 6 to 9 p.m., and Saturday, from 9 a.m. to 1 p.m. for registration in person.

## RECREATIONAL LEAGUE (HOUSE)

Last week of May until the beginning of August. Sweater, shorts, socks, bag and ball included.

**U4, U5, U6, U7, U8**

Born between 2011 and 2015  
\$195 (before April 1)  
\$245 (after March 31)

**U9, U10**

Born in 2009-2010  
\$210 (before April 1)  
\$260 (after March 31)

**U11, U12, U13, U14**

Born between 2005 and 2008  
\$280 (before April 1)  
\$330 (after March 31)

**Schedule:**

Girls U4, U5, U6, U7 and U8 / U9 ▶ Mon and Wed

Girls U8, U9 / U10 and U11 / U12 and U13 / U14 ▶ Tue and Thu (subject to change for U11 to U14)

Boys U4, U6, U8 ▶ Tue and Thu

Boys U5, U7, U9, U10 ▶ Mon and Wed

Boys U11, U12, U13, U14 ▶ Wed and Fri (subject to change)

**COMPETITIVE INTER-CITY LEAGUES A, AA, AAA**

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

**U7 Development**

Born in 2012  
\$195 (before April 1)  
\$245 (after March 31)

**U8 Development, U9, U10**

Born between 2009 and 2011  
\$320 (before April 1)  
\$370 (after March 31)

**U11, U12**

Born in 2007-2008  
\$370 (before April 1)  
\$420 (after March 31)

**U13, U14, U15, U16, U17, U18**

Born between 2001 and 2006  
\$385 (before April 1)  
\$435 (after March 31)

**U21 and Senior**

Born in 2000 or earlier  
\$250 (before April 1)  
\$300 (after March 31)

**BOYS U15 AAA, U16AAA, U17AAA, U18AAA**

Information at the club.

**GIRLS U15 AAA**

Information at the club.

**2019 SUMMER CAMP**

Under the direction of Rocco Placentino (former Impact player).

Boys and girls ▶ 4 to 13 ▶ Mon to Fri  
7:30 a.m. to 5 p.m.

**9 weeks available:**

June 24 to 28	July 29 to August 2
July 1 to 5	August 5 to 9
July 8 to 12	August 12 to 16
July 15 to 19	August 19 to 23
July 22 to 26	

**Registration in person:** At the Sports Complex on Wednesday, March 23, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

**Rates:**

\$160 per week per child for registrations received before April 1, 2019.

\$180 per week per child for registrations received before May 1, 2019.

\$200 per week per child for registrations received after April 30, 2019.

**2019 SUMMER ACADEMY****June 2 to August 4**

(cancelled on June 23 and 30)

**Registration:** Online at [www.soccerstl.ca](http://www.soccerstl.ca) or in person at the Sports Complex on Wednesday, March 23, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

**Boys and girls**

U4 to U6 ▶ 9 to 10 a.m.  
U7 and + ▶ 10 to 11 a.m.  
Micro fields in Parc Marcel Laurin

**Cost:** \$160 (10 sessions)

**SOCCER – OPEN**

**Location:** Sports Complex



Athletic wear and shoes mandatory. Balls not provided.

**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) or at the reception counters at the Sports Complex and the Centre des loisirs.

**Rates:**

Parent-child 6-12 ▶ \$2 (NR \$5)  
16 and + ▶ \$5 (NR \$10)  
12-17 ▶ Free time slots for Centre des ados participants (see page 32).

**Information and schedule:**

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

## SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

**Locations:** Various

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

Payable to Olympiques spéciaux Québec – Région nord de l'île.

**Registration and information:**

514 843-8778

[www.olympiquesspeciaux.qc.ca](http://www.olympiquesspeciaux.qc.ca)

### SPRING

#### Bowling

10 and + > Sat 9:30 a.m. to 12 p.m. >  
March 16 to May 11 > \$9 / week >  
Laurentian Lanes Bowling (222, montée de Liesse)

#### Indoor soccer

10 and + > Sun 11 a.m. to 1 p.m. >  
March 17 to May 5 > \$30 > Lauren Hill Academy Senior Campus

#### Swimming

10 and + > Sat 9 to 10 a.m. > March 24 to May 12 > \$30 > Cégep de Saint-Laurent, bloc B

### SUMMER

#### Outdoor soccer

10 and + > Sun 11 a.m. to 1 p.m. >  
May 26 to Sept 8 > \$30 > Parc Marcel-Laurin



## TAI-CHI

### SPRING

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

**Registration:** In person at the Centre des loisirs on Wednesday, March 13, from 6:30 to 7:30 p.m.

Payable to Club de tai-chi de Saint-Laurent. Minimum of 7 participants per class. A \$15 surcharge will apply to registration received after the registration period.

**Rates:**

Initiation and Intermediate > \$110

Advanced > \$80

#### Initiation

18 and + > Mon and Wed 7 to 8 p.m. >  
Apr 8 to June 19

18 and + > Tue and Thu 10:40 to 11:40 a.m. > Apr 9 to June 20

18 and + > Tue and Thu 7 to 8 p.m. >  
Apr 9 to June 20

#### Intermediate

18 and + > Mon and Wed 8 to 9 p.m. >  
Apr 8 to June 19

18 and + > Tue and Thu 9:30 to 10:30 a.m. > Apr 9 to June 20

18 and + > Tue and Thu 8 to 9 p.m. >  
Apr 9 to June 20

### SUMMER

 **FREE**

**Location:** Parc Cousineau

Free activity open to everyone every Sunday, 9 to 10 a.m., from June 24 to August 12. Cancelled in the event of rain. Extended to August 19 if cancellation due to rain during the session.

## TABLE TENNIS – OPEN

**Location:** Sports Complex



**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) or at the reception counters at the Sports Complex and the Centre des loisirs. One reservation per person, per day.

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

**Information and schedule:**

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



## TENNIS

### OPEN TENNIS

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

**Season:** April 22 to October 30



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

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

### TENNIS LESSONS – CHILDREN

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

**Registration:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) starting on Tuesday, June 4, at 8:30 a.m.

**Cost:** \$50

#### Mixed – Mini tennis

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

**Session 1:** June 24 to July 12 ▶ Special activity on July 17

**Session 2:** July 22 to Aug 9 ▶ Special activity on August 14

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

#### Mixed – Beginner – 1.0 / 2.0

**Session 1:** June 24 to July 12 ▶ One tournament day during the week of July 15

**Session 2:** July 22 to Aug 9 ▶ One tournament day during the week of Aug 12

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

8 to 10 ▶ Mon to Fri 11 a.m to 12 p.m. ▶ Parc Painter

8 to 10 ▶ Mon, Wed, Fri 6 to 7 p.m. ▶ Marcel-Laurin, Marlborough and Saint-Laurent parks

11 and 12 ▶ Mon to Fri 11 a.m. to 12 p.m. ▶ Gohier, Marcel-Laurin and Noël-Sud and Saint-Laurent parks

11 and 12 ▶ Mon to Fri 12 to 1 p.m. ▶ Parc Painter

11 and 12 ▶ Mon, Wed, Fri 7 to 8 p.m. ▶ Marcel-Laurin, Marlborough and Saint-Laurent parks

13 to 15 ▶ Mon to Fri 12 to 1 p.m. ▶ Gohier, Marcel-Laurin, Noël-Sud and Saint-Laurent parks

13 to 15 ▶ Mon, Wed, Fri 8 to 9 p.m. ▶ Marcel-Laurin, Marlborough and Saint-Laurent parks

### TENNIS LESSONS – ADULTS

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

**Registration:** Starting on Tuesday, April 9, at 8:30 a.m., at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). Sports attire and footwear mandatory. Participants must have their own racket.

**Cost:** \$70

#### 1<sup>st</sup> SESSION

##### Beginner 01 – 1.0 / 1.5

16 and + ▶ Tue and Thu 8:30 to 10 p.m. ▶ May 21 to June 13 ▶ Parc Marlborough

##### Beginner 02 – 1.0 / 1.5

16 and + ▶ Mon and Wed 7 to 8:30 p.m. ▶ May 20 to June 12 ▶ Parc Gohier

##### Intermediate 01 – 2.0 / 2.5

16 and + ▶ Tue and Thu 7 to 8:30 p.m. ▶ May 21 to June 13 ▶ Parc Marlborough

##### Advanced 01 – 3.0 / 3.5

16 and + ▶ Mon and Wed 8:30 to 10 p.m. ▶ May 20 to June 12 ▶ Parc Gohier

#### 2<sup>nd</sup> SESSION

##### Beginner 03 – 1.0 / 1.5

16 and + ▶ Mon and Wed 7 to 8:30 p.m. ▶ June 24 to July 17 ▶ Parc Gohier

##### Beginner 04 – 1.0 / 1.5

16 and + ▶ Tue and Thu 8:30 to 10 p.m. ▶ June 25 to July 18 ▶ Parc Marlborough

**Intermediate 02 – 2.0 / 2.5**

16 and + ➤ Mon and Wed 8:30 to 10 p.m. ➤  
June 24 to July 7 ➤ Parc Gohier

**Advanced 02 – 3.0 / 3.5**

16 and + ➤ Tue and Thu 7 to 8:30 p.m. ➤  
June 25 to July 18 ➤ Parc Marlborough

**3<sup>rd</sup> SESSION****Beginner 05 – 1.0 / 1.5**

16 and + ➤ Tue and Thu 7 to 8:30 p.m. ➤  
July 30 to Aug 22 ➤ Parc Marlborough

**Intermediate 03 – 2.0 / 2.5**

16 and + ➤ Mon and Wed 7 to 8:30 p.m. ➤  
July 29 to Aug 21 ➤ Parc Gohier

**Intermediate 04 – 2.0 / 2.5**

16 and + ➤ Tue and Thu 8:30 to 10 p.m. ➤  
July 30 to Aug 22 ➤ Parc Marlborough

**Advanced 03 – 3.0 / 3.5**

16 and + ➤ Mon and Wed 8:30 to 10 p.m. ➤  
July 29 to Aug 21 ➤ Parc Gohier

**RECREATIONAL LEAGUE**

**Cost:** \$35

**1<sup>st</sup> session:** May 18 to June 22

**Registration:** Starting on Tuesday, April 9 at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). Sports attire and footwear mandatory. Participants must have their own racket.

**2<sup>nd</sup> session:** July 6 to August 10

**Registration:** Starting on Tuesday, June 4 at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6). Sports attire and footwear mandatory. Participants must have their own racket.

**Singles intermediate / advanced (2.5 +)**

16 and + ➤ Sat 11 a.m. to 12:30 p.m. ➤  
Parc Marcel-Laurin

**Doubles intermediate / advanced (2.5 +)**

16 and + ➤ Sat 9 to 11 a.m. ➤ Parc Marcel-Laurin

**MUNICIPAL TOURNAMENTS**

To the benefit of Parkinson Society Canada.

**Location:** Parc Gohier

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

**Registration:** Details at [ville.montreal.qc.ca/saint-laurent/tennis](http://ville.montreal.qc.ca/saint-laurent/tennis) as of April 16 by email at [tournoiparkinsonvsl@gmail.com](mailto:tournoiparkinsonvsl@gmail.com).

**Single - Junior**

12 to 15 ➤ Free

**Single - Adults (women / men)**

16 and + ➤ \$20

**TRACK AND FIELD**

**Locations:** École secondaire Saint-Laurent – Édifice Émile-Legault and Lauren Hill Junior Campus or Parc Marcel-Laurin.

Payable to Club d'athlétisme Saint-Laurent Select inc. Competition fees and mandatory affiliation fees valid from September 1 to August 31 payable once annually to the Fédération québécoise d'athlétisme are not included. A \$10 surcharge will apply for registrations received after the registration period. Health insurance card is mandatory.

**Spring session:** Registration in person on March 13, from 6:30 to 7:30 p.m., at the Centre des loisirs.

**Summer session:** Registration in person at Parc Marcel-Laurin (red roof) on May 15, from 6:30 to 7:30 p.m.

**Running club**

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

**Start:** March 30 for 12 weeks

**SPRING  
April 22 to June 8**

**Rates for residents:**

**Colibri group**

Born between 2010 and 2012 ➤ Sat 9 to 11 a.m. ➤ Session: \$80 ➤ Affiliation fees extra: \$16

**Minime group**

Born in 2008-2009 ➤ Tue 6:30 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Session: \$80 ➤ Affiliation fees extra: \$16

**Benjamin group**

Born in 2006-2007 ➤ Tue 6:30 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$320 ➤ Affiliation fees extra: \$42

**Cadet group**

Born in 2004-2005 ➤ Tue and Thu 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$320 ➤ Affiliation fees extra: \$60

**Juvenile group**

Born in 2002-2003 ➤ Tue and Thu 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$240 ➤ Affiliation fees included

**Junior group**

Born in 2000-2001 ➤ Mon and Wed 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$240 ➤ Affiliation fees included

An additional fee of \$20 per session or \$80 per year will apply for non-residents.

**SUMMER  
June 10 to July 27****Colibri group**

Born between 2010 and 2012 ➤ Tue and Thu 5:30 to 7 p.m. ➤ Session: \$80 ➤ Affiliation fees extra: \$16



**Minime group**

Born in 2008-2009 ➤ Mon, Tue and Thu 7 to 8 p.m. ➤ Session: \$80 ➤ Affiliation fees extra: \$16

**Benjamin group**

Born in 2006-2007 ➤ Mon, Tue and Thu 7 to 8:30 p.m. ➤ Annual rate: \$320 ➤ Affiliation fees extra: \$42

**Cadet group**

Born in 2004-2005 ➤ Tue and Thu 6 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$320 ➤ Affiliation fees extra: \$60

**Juvenile group**

Born in 2002-2003 ➤ Tue and Thu 6 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$420 ➤ Affiliation fees included

**Junior group**

Born in 2000-2001 ➤ Tue and Thu 6 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$420 ➤ Affiliation fees included

An additional fee of \$20 per session or \$80 per year will apply for non-residents.

## COURSE SAINT-LAURENT 2019 (27<sup>th</sup> EDITION)

**Sunday, April 14, 2018**

### Road race (running) – Bois-Franc district

**Meeting point:** Municipal workshops (13001, boulevard Cavendish)

**Information and online registration:**  
[www.circuitendurance.ca](http://www.circuitendurance.ca)

**1 km running**

11 and - ➤ Regular ➤ Mixed ➤ Sun 11:20 a.m. ➤ Mail-in registration: \$10 ➤ Online registration until April 11: \$10 ➤ Onsite registration: \$15

**1 km running - Défi scolaire**

11 and - ➤ Girls ➤ Sun 11:30 a.m. ➤ Rates to be confirmed

11 and - ➤ Boys ➤ Sun 11:40 a.m. ➤ Rates to be confirmed

**2 km running**

12 to 19 ➤ Sun 9 a.m. ➤ Mail-in registration: \$10 ➤ Online registration until April 11: \$10 ➤ Onsite registration: \$15

20 and + ➤ Sun 9 a.m. ➤ Mail-in registration: \$20 ➤ Online registration until April 11: \$18 ➤ Onsite registration: \$25

**5 km running**

For all ➤ Sun 9:30 a.m. ➤ Mail-in registration: \$35 ➤ Online registration until April 11: \$35 ➤ Onsite registration: \$40

**10 km running**

For all ➤ Sun 10:15 a.m. ➤ Mail-in registration: \$35 ➤ Online registration until April 11: \$35 ➤ Onsite registration: \$40

## VOLLEYBALL

**IN THE GYM**

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

Payable in cash or by cheque to Club de volleyball Saint-Laurent inc.

**Registration:** Based on number of available places, in person on Monday, June 24 and Wednesday, June 26, from 7 to 7:30 p.m., or on Monday, July 1, Wednesday, July 3 and Monday, July 8, from 7:15 to 7:30 p.m.

**Information:**

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

**Mixed – Levels 1, 2 and 3**

18 and + ➤ Mon and Wed 7:30 to 10 p.m. ➤ June 26 to Aug 14 ➤ \$30 / \$40 ➤ Prerequisite: Mastery of basic volley-ball skills.



## BEACH Aged 18 +

Beach volleyball introduction and development ➤ A basic level in volleyball is required ➤ 4 nights: May 14, 16, 21 and 23, 6 to 8 p.m. ➤ Categories and costs to be determined ➤ Registration before April 13 or according to availability.

Activity session ➤ Mon, Tue and Thu 6 to 10 p.m. ➤ Parc Hartenstein, May 27 to Aug 29 ➤ Categories: Monday male 2x2, Tuesday female 2x2, Thursday mixed 2x2, caliber C + / B ➤ Rates to be confirmed

**Information:**

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

## VOLLEYBALL – OPEN Aged 16 +

**Location:** Sports Complex



**Reservation:** Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) (see page 6) or at the reception counters at the Sports Complex and the Centre des loisirs.

**Rates:** \$5 (NR \$10)

**Information and schedule:**

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

# PARCS ET INSTALLATIONS Parks and facilities

Printemps-été  
2019  
Spring-Summer

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

## PLACES PUBLIQUES

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

## SQUARES

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

## Chalets de parc PARK CHALETs

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

## 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 Bouldrome
- G Cégep Vanier College
- H Centre de formation professionnelle Léonard-De Vinci
- I Centre des loisirs
- J Complexe sportif
- K École Enfant-Soleil
- L École secondaire Saint-Laurent Édifice Émile-Legault
- M École secondaire Saint-Laurent Édifice Saint-Germain
- ★ Mairie d'arrondissement Borough Hall
- N Musée des maîtres et artisans du Québec Salle Émile-Legault – Cégep de Saint-Laurent
- O YMCA Saint-Laurent

## PARCS / PARKS

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