

A photograph of an ice hockey game in progress. Several players in purple and white jerseys are on the ice, with one player in a white jersey with orange accents in the foreground. A goal is visible in the background.

**REVISED
VERSION**

FALL 2015 - WINTER 2016

L'AGENDA

CULTURE, SPORTS, RECREATION
AND SOCIAL DEVELOPMENT





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- 4 **Citizens' Office** 
General information: 311

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

Urban Security Patrol
514 855-5700

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

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

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

Boulodrome
800, rue Saint-Germain
H4L 3R8

Indoor petanque:
514 956-2580, ext. 4710

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

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

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

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

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

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

École secondaire Saint-Laurent

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

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

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

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

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

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

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

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

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

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

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

Skatepark
Parc Marcel-Laurin

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

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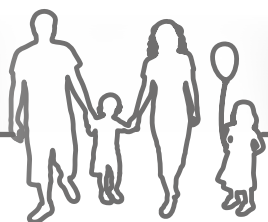
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Council of SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Francesco Miele

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



Aref Salem

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



Maurice Cohen

*Borough Councillor,
Côte-de-Liesse
District*



Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Message from the Mayor of Saint-Laurent



Dear fellow citizens,

After an action-packed summer, the time has now come to plan the activities that will keep the entire household busy as the back-to-school season looms ahead. Although the weather may be cooler, there's no reason to stop moving, having fun, and enjoying the great outdoors!

On the following pages you will find the full fall-winter program that our Direction de la culture, des sports, des loisirs et du développement social has put together internally and in partnership with local volunteer organizations and committees. This valuable collaboration with the Saint-Laurent socio-community milieu makes it possible for us to continuously offer you more workshops, outings, and courses.

On the sports side alone, we work with 19 local associations. One recently joined our ranks, namely the Club de pickleball de Saint-Laurent, and others have been part of the family for several decades. One of these is the Club d'athlétisme Saint-Laurent Sélect inc., which celebrated its 30th anniversary in 2015! With this club's support, a significant number of Saint-Laurent's athletes have stood out at national and international competitions and even at the Olympic and Paralympic games.

Saint-Laurent's administration is thrilled to see that the sports milieu shares its desire to integrate the principles of universal accessibility into its practices. Far from being a constraint, the integration of persons living with disabilities is a legitimate goal that is reflected in our orientations. Here we need think only of the major renovations carried out at our municipal facilities and buildings in recent years to ensure that they are accessible to everyone.

Our dedication is also reflected in our programs. In 2014, we hosted 23 children with functional limitations at the summer day camp daycare, and made it possible for another 62 to participate in leisure activities by offering a total of over 5100 hours of services to families. Also noteworthy was the organization of the Chameran celebration in the summer in collaboration with the Altergo agency, a partnership that made it a universally accessible event.

In addition to providing adapted services, Saint-Laurent strives to increase general public awareness by offering a number of varied cultural activities illustrating the realities of persons with disabilities or spotlighting artists or protagonists with functional limitations.

To summarize, my colleagues on Council and I are intent on enabling every Saint-Laurent resident to thrive and to actively participate in the vitality of our wonderful community!

A handwritten signature in black ink, appearing to read 'Alan DeSousa'. The signature is fluid and stylized, with a large initial 'A'.

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

Message from the Director



Ladies,
Gentlemen,

Over the course of this summer that is now drawing to a close, Saint-Laurent families have largely benefitted from the 52 parks and squares on the territory. Green spaces, sports facilities, supervised children's activities during the summer break, free access to tennis courts... No matter what the season, Saint-Laurent is a great place to live!

As the Bibliothèque du Boisé celebrated its 2nd anniversary, its Vieux-Saint-Laurent counterpart proudly turned 50 this summer. It is hardly surprising that since the arrival of its "little sister" on Boulevard Thimens, our senior library remains as popular as ever. A special program is now published for the activities of these two temples of reading. Refer to Page 17 to learn more.

At the heart of the Centre des loisirs, the Centre préscolaire offers little tykes varied, high-quality services that are complementary to their global development. It has been one year since its program was completely overhauled, and the venue now offers evening and weekend workshops while also broadening its clientele to accommodate future and new mothers. Its activities appear to be greatly appreciated, attracting approximately 400 children and 100 parents in 2014.

Our administration expends a great deal of effort with respect to its Plan d'action local intégré en développement social (Local Integrated Social Development Action Plan). This plan aims to achieve the continuous improvement of the individual and community life enjoyed by the people of Saint-Laurent, of all ages and from all backgrounds. I warmly thank the community agencies that serve as the front-line partners behind this initiative.

On behalf of my entire team, I wish you all the best for the upcoming fall season!

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

Patrick Igual

Director, Culture, Sports, Loisirs et Développement social

Information

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

Centre des loisirs

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

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

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

REGISTRATION

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

REGISTRATION PRIORITY

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

PAYMENT

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

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

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

LOW-INCOME FAMILIES

Low-income families of Saint-Laurent who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by the Borough (and not by the recreational organizations). No refunds will be issued after registration. Information available at the Centre des loisirs.

REFUNDS AND CANCELLATION

The Direction de la culture, des sports, des loisirs et du développement social reserves the right to cancel any activity. In the event an activity is cancelled, fees will be refunded in full. The Borough reserves the right to cancel a maximum of one course without issuing a refund in the event of a situation that is beyond its control.

Refunds will be granted only if the reason provided for withdrawing is deemed to be important. A medical certificate will be required if a refund is requested as a result of illness. In the event of a withdrawal, a \$20 administrative fee applies as well as a pro-rated 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 the day camps and for each recreational organization. Information available from the different organizations.

RESERVATION OF RECREATIONAL FACILITIES

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

Information and reservations:

514 956-2580, extension 4702

Aréna Raymond-Bourque also sets aside time slots for citizens to reserve the arena.

Information and reservations:

514 956-2580, extension 4700

RESERVATIONS AT THE CENTRE DES LOISIRS

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

Information and reservations:

514 855-6110, extension 4926 or 4707

ADULT WORKSHOPS

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

Information: 311

CARTE-LOISIRS

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

**FREE
for
residents**

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

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

Where to obtain the carte-loisirs?

Centre des loisirs

Until August 28, 2015

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

August 31, 2015 to May 27, 2016

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

(Closed September 7, October 12, from December 24 to January 1, and March 25 and 28)

Business hours may be extended during the registration period.

RESIDENT CARTE-LOISIRS

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

Required documents

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

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

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

Lost or damaged cards

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

Changing address

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

Renewals

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

NON-RESIDENT CARTE-LOISIRS

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

Annual membership that grants right to rent facilities

Rental fees not included.

- **Organization card**

Montréal organizations
Per year: \$31

- **Business card**

Montréal businesses
Per year: \$61

DEBIT CARDS

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

Cost: \$10 plus taxes

Where to obtain the debit card?

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

LOISIRS EN LIGNE



(FRENCH ONLY)

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

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

Information

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

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

For telephone assistance, please call 514 855-6110.

Registration

To register directly via Loisirs en ligne, please visit the department website at:

ville.montreal.qc.ca/loisirsenligne

Accepted payment methods

Visa and MasterCard credit cards



UNIVERSAL ACCESS IN SAINT-LAURENT

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

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

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

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

Since 2008, more than 470 children with disabilities have participated in day camps under the recreation support program (Programme d'accompagnement en loisirs).

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

Construction of the new Bibliothèque du Boisé and sports complex in compliance with the principles of universal accessibility.

ACTIVITIES FOR SMALL BUDGETS

CULTURAL ACTIVITIES

Ciné-découvertes

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



Dance

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



Emerging singers

A unique program that features emerging stars of Québec's music scene. A pure delight! See Cultural Season on ville.montreal.qc.ca/saint-laurent.



Exhibitions

Exhibitions that shed light on different artistic techniques leading to the creation of original artworks. See page 26.



Family shows

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



Friday Rendez-vous

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



Sunday concerts

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



Workshops and talks

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



= FREE



= FREE WITH
LAISSER-PASSER



= FREE WITH
CARTE-LOISIRS

LEISURE ACTIVITIES

Carrefour des aînés

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

Craft and weaving

The Cercle des fermières de Saint-Laurent offers workshops devoted to the interests of women and families as well as to the passing on of family heritage. (annual membership: \$27). See page 19.

Centre des ados

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

Sundays in Parc Painter

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



Program for persons with disabilities

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

Scrabble

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

SPORTS ACTIVITIES

Baseball

Youth aged 8 to 22 are invited to perfect their baseball skills by taking classes at the Cégep de Saint-Laurent. See page 37.

Free swim

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



Open hockey

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

Open skating

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



LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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

LES AÎNÉS DU VILLAGE MONTPELLIER
514 855-6123

L'OASIS SAINT-LAURENT
514 747-7621



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



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



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



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



RELAIS LAURENTIEN, ÉPICERIE SOLIDAIRE
direction@relaislaurentien.org



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



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



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

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

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

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

ARTISTS



ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

BASEBALL



CLUB DE BASEBALL SAINT-LAURENT INC.

Guy Bolduc, president
www.baseballstlaurent.com

BASKETBALL



COMITÉ DE BASKETBALL SAINT-LAURENT

Michael Roy, president
514 855-6110, ext. 4915
http://slbasket.kaypic.com/

BRIDGE



CLUB DE BRIDGE LOISIRS SAINT-LAURENT

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

CHOIR



L'ENSEMBLE VOCAL DE SAINT-LAURENT

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



CHŒUR WALTER

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



COMPETITIVE SWIMMING

CLUB DE NATATION SAINT-LAURENT INC.

Éric Beaudette, president
www.clubcnsl.com

DANCE



LES AMIS DE LA DANSE

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



CLUB DE DANSE SOCIALE LES LAURENTIENS

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

FIGURE SKATING



CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

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

FOOTBALL



ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT

Kelly Dimitropoulos, president
www.saintlaurentfootball.com

GYMNASTICS



CLUB GYMSLIC SAINT-LAURENT INC.

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

HOCKEY



COMITÉ DE HOCKEY SAINT-LAURENT

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

JUDO



CLUB DE JUDO BUDOKAN SAINT-LAURENT

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



KARATÉ

CLUB DE KARATÉ KIO SAINT-LAURENT

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



MASTERS SWIMMING

CLUB DES MAÎTRES-NAGEURS DE SAINT-LAURENT INC.

Lajos Kovacs, president
mnstlaurent@gmail.com



MUSIC

CENTRE D'ÉTUDES MUSICALES PANTONAL

Mario Tremblay, director
514 273-1055



PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

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

PHYSICAL FITNESS

CLUB DE CONDITIONNEMENT PHYSIQUE SAINT-LAURENT INC.

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



PICKLEBALL

CLUB DE PICKLEBALL DE SAINT-LAURENT

Jean-Claude Lavoie, president
514 462-8087
www.pickleballquebec.com



RINGUETTE

RINGUETTE SAINT-LAURENT INC.

Tony Karachekhlilian, president
www.ringuettesaintlaurent.com

SCRABBLE

CLUB DE SCRABBLE SAINT-LAURENT

Mary Stamboulieh
514 748-9652



SOCCER

CLUB DE SOCCER DE SAINT-LAURENT INC.

Govin Veerasami, president
514 747-0952
www.soccerstl.ca



SYNCHRONIZED SWIMMING

CLUB DE NAGE SYNCHRONISÉE SAINT-LAURENT INC.

Margaret Boyer, president
www.synchro-saintlaurent.com



TAI-CHI

CLUB DE TAI-CHI SAINT-LAURENT INC.

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



TRACK AND FIELD

CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.

Edvige Persechino, president
514 855-6110, ext. 4980
sls@slsathletisme.com
www.slsathletisme.com



UNIVERSITÉ DU TROISIÈME ÂGE

Claudette Belliveau
514 332-2770

VOLLEYBALL

CLUB DE VOLLEYBALL SAINT-LAURENT

Nicole Joubert, president
514 855-6110, ext. 4915

RESOURCES FOR PERSONS WITH DISABILITIES



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



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



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



**ASSOCIATION DE MONTRÉAL
POUR LA DÉFICIENCE
INTELLECTUELLE**
514 381-2300
www.amdi.info
Accompaniment through different
stages of life so as to foster social
integration



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



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



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



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

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



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

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



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



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



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



JUNI-SPORT
www.juni-sport.com
Sports activities for persons with
a physical disability aged 18 or
under



LE CENTRE VIOMAX
514 527-4527, ext. 2329
www.viomax.ca
Physical activities

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



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



PARRAINAGE CIVIQUE
MONTREAL
514 843-8778
info@parrainagemontreal.org
www.parrainagemontreal.org
Supports the social participation of persons with an intellectual disability by offering leisure activities through friend-based relationships



PROLONGEMENT À LA
FAMILLE DE MONTREAL
514 504-7989
info@upfm.ca
www.upfm.ca
Supports persons with an intellectual disability so they may develop their abilities, independence and capacity to flourish



SOLIDARITÉ DE PARENTS DE
PERSONNES HANDICAPÉES
514 254-6067
info@spph.net
www.spph.net
Promotion and defence of interests, and overcoming isolation for families

MONTREAL FIRE DEPARTMENT CENSUS OF PEOPLE WITH DISABILITIES

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

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

Registration: 514 872-3775



SOCIÉTÉ DE TRANSPORT DE MONTREAL ACCOMPANIMENT CARD

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

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



RECREATIONAL TOURISM ACCOMPANIMENT STICKER

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

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



PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

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

Ville de Montréal
technical traffic service: 311



MOBILE PARKING PERMIT ISSUED BY THE SAAQ

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

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

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



3-1-1



ville.montreal.qc.ca/saint-laurent



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



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent



youtube.com/MTLsaintlaurent



**Mobile app of
Saint-Laurent**

Available at
App Store

Available on
Google play

REGISTER TODAY

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

CYBERBULLETIN



Libraries



Crédit : Yen Chao



BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens
H4R 1T4

☎ 514 855-6130

🚇 Métro Côte-Vertu > 🚌 171



BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église
H4L 2H2

☎ 514 855-6130

🚇 Métro Du Collège

Libraries

GENERAL INFORMATION

LIBRARIES



BIBLIOTHÈQUE
DU BOISÉ

Bibliothèque du Boisé

2727, boulevard Thimens
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT

Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église
514 855-6130

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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



MEMBERSHIP

RESIDENTS

Residents and property owners
of Montréal
Free

BUSINESS COMMUNITY

Owner, occupant of a business
place of Montréal
Free

STUDENTS

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
Families:	\$100

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[facebook.com/
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twitter.com/ArrSaintLaurent



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



FREE SERVICES

- Wi-Fi Internet access.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of tablet computers (for use inside the library only).
- Loan of CDs, DVDs, Blu-Rays and video games for Xbox One, Xbox 360, PS4, PS3, Wii and Wii U games.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Work spaces (five rooms at the Bibliothèque du Boisé, one room at the Bibliothèque du Vieux-Saint-Laurent).
- Training room and meeting room (Bibliothèque du Boisé). Reservation: 514 855-6130, ext. 4460
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4754



PROGRAM:

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

ONLINE RESOURCES

bibliomontreal.com/numerique:

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

bibliomontreal.com/bibliojeunes:

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

bibliomontreal.com:

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

unenaissanceunlivre.ca:

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



Leisure section

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

General information:
514 855-6110

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

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



BRIDGE

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

Fall session: Registration in person at the Centre des loisirs on Wednesday, August 26, from 6 to 8 p.m.

Winter session: Registration in person at the Centre des loisirs on Tuesday, November 24, from 6 to 8 p.m.

Information: Claudette Belliveau
514 332-2770

FALL

Lesson – Beginner (French)

18 and + › Mon 7:15 to 9:30 p.m. › Sept 14 to Nov 23 › \$85

18 and + › Wed 1:15 p.m. to 3:30 p.m. › Sept 16 to 18 Nov › \$85

Game – Bridge duplicata

18 and + › Tue 1 to 4 p.m. › Sept 1 to Dec 15 › \$5 / day

18 and + › Wed 6:45 to 9:45 p.m. › Sept 2 to Dec 16 › \$5 / evening

WINTER

Lesson – Intermediate (French)

18 and + › Mon 7:15 to 9:30 p.m. › Jan 11 to March 15 › \$85



18 and + › Wed 1:15 to 3:30 p.m. › Jan 13 to March 16 › \$85

Game – Bridge duplicata

18 and + › Tue 1 to 4 p.m. › Jan 5 to June 21 › \$5 / day

18 and + › Wed 6:45 to 9:45 p.m. › Jan 6 to June 22 › \$5 / evening

Coached bridge

18 and + › Wed 1:15 to 3:30 p.m. › Apr 13 to June 1 › \$60

CABINET MAKING

CENTRE DE FORMATION PROFESSIONNELLE LÉONARD-DE VINCI

(French only)

For participants aged 16 or over.

15% discount for participants aged 60 or over.

Information and registration:

As of August 15 at the Centre de formation professionnelle Léonard-De Vinci, 2405, boulevard Thimens, 514 332-7934

Introduction to cabinet making (18 hrs)

Mandatory for all

16 and + › Tue 7 to 10 p.m. › Sept 15 to Oct 20 › Wed 7 to 10 p.m. › Sept 16 to Oct 21 › \$150 › Project: Shelf › Materials included › Course on the use of equipment (tools and machinery) for safe and efficient woodworking.

Making my first piece of furniture (24 hrs)

16 and + › Wed 7 to 10 p.m. › Oct 28 to Dec 16 › \$280 › Project: Chest (mandatory for all) › Materials included › Prerequisite: Introduction to cabinet making › Reading plans, safety, and production of simple furniture.

Intermediate furniture (45 hrs)

16 and + › Thu 7 to 10 p.m. › Jan 20 to Apr 27 › \$485 › Project: Small wardrobe or console (mandatory for all) › Materials included › Prerequisite: Introduction to cabinet making

CERCLE DE FERMIÈRES DE SAINT-LAURENT

Location: Centre des loisirs

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

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

Information:
Réjeanne Houle, 514 331-9652

Craft workshop

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

Weaving workshop

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

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

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs

Participants will have to purchase materials for certain workshops.

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

Fall session: Registration online as of Thursday, August 20 at 8:30 a.m. on Loisirs en ligne (see page 7).

Winter session: Registration online as of Monday, November 23 at 8:30 a.m. on Loisirs en ligne (see page 7).

Information: 514 855-6110

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Fall 2015" or "Winter 2016" and the **keyword (KW)** corresponding to the activity.

Baladi I – II (bilingual) – Beginner /

Lala Hakim
18 and + › Tue 6 to 7 p.m. › Sept 15 to Nov 24 › Jan 12 to March 22 › \$120 › **KW** Baladi

Baladi III (bilingual) /

Lala Hakim
18 and + › Tue 7 to 8 p.m. › Sept 15 to Nov 24 › Jan 12 to March 22 › \$120 › **KW** Baladi

Calligraphy /

Réal Colletterie
18 and + › Mon 1 to 3:30 p.m. › Sept 14 to Nov 30 › Jan 11 to March 21 › \$124 › **KW** Calligraphie

18 and + › Mon 7 to 9:30 p.m. › Sept 14 to Nov 30 › Jan 11 to March 21 › \$124 › **KW** Calligraphie



Contemporary painting I – II (acrylic) /

Svetla Velikova
18 and + › Wed 9:30 a.m. to 12 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$134 › **KW** Peinture

18 and + › Wed 1 to 3:30 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$134 › **KW** Peinture

AFTER WORK

18 ans + › Wed 5:30 to 7:30 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$96 › **KW** Peinture

Contemporary painting II – III (acrylic) /

Svetla Velikova
18 and + › Fri 9:30 a.m. to 12 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$134 › **KW** Peinture

Contemporary painting I – II – Mixed techniques /

Svetla Velikova
18 and + › Sat 9:30 a.m. to 12 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$134 › **KW** Peinture

Contemporary painting III – Mixed techniques /

Svetla Velikova
18 and + › Thu 1 to 3:30 p.m. › Sept 17 to Nov 26 › Jan 14 to March 24 › \$134 › **KW** Peinture

Crochet – Knitting / Lucie Carmel
18 and + › Tue 7 to 9:30 p.m. › Sept 15 to
Nov 24 › Jan 12 to March 22 › \$120 ›
KW Tricot

18 and + › Thu 2 to 4:30 p.m. › Sept 17 to
Nov 26 › Jan 14 to March 24 › \$120 ›
KW Tricot

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

Hybrid and reflex cameras
18 and + › Thu 7 to 9:30 p.m. › Sept 17 to
Nov 26 › \$94 › Bring a digital camera and a
laptop › One outing a Saturday morning ›
KW Photographie

Drawing – Observation I – II /
Svetla Velikova
18 and + › Mon 9:30 a.m. to 12 p.m. › Sept
14 to Nov 30 › Jan 11 to March 21 › \$143 ›
KW Dessin

AFTER WORK
18 and + › Mon 5:30 to 7 p.m. › Sept 14 to
Nov 30 › Jan 11 to March 21 › \$102 ›
KW Dessin

Drawing and acrylic painting I – II /
Svetla Velikova
18 and + › Sun 10 a.m. to 12:30 p.m. ›
Sept 20 to Nov 29 › Jan 17 to Apr 3 ›
\$134 › **KW** Dessin

**Drawing and modeling II – Live
models** / Svetla Velikova
18 and + › Mon 1 to 3:30 p.m. › Sept 14 to
Nov 30 › Jan 11 to March 21 › \$143 › Addi-
tional cost for live models › **KW** Dessin



Icon – Egg tempera / Svetla Velikova
18 and + › Thu 9:30 a.m. to 12 p.m. ›
Sept 17 to Nov 26 › Jan 14 to March 24 ›
\$130 › **KW** Icônes

Illumination / Réal Collerette
18 and + › Sun 9 a.m. to 4 p.m. ›
Oct 18 and 25 › Feb 7 to 14 › \$60 ›
KW Enluminure

Oil painting I / Areg Elibekian
18 and + › Sat 1 to 3:30 p.m. › Sept 19 to
Nov 28 › Jan 16 to March 26 › \$134 ›
KW Peinture

Oil painting I and II / Areg Elibekian
18 and + › Tue 7 to 9:30 › Sept 15 to
Nov 24 › Jan 12 to March 22 › \$134 ›
KW Peinture

Oil painting II / Areg Elibekian
18 and + › Mon 1:30 to 4 p.m. › Sept 14 to
Nov 30 › Jan 11 to March 21 › \$134 ›
KW Peinture

18 and + › Mon 7 to 9:30 p.m. › Sept 14 to
Nov 30 › Jan 11 to March 21 › \$134 ›
KW Peinture

Oil painting III / Areg Elibekian
18 and + › Tue 1:30 to 4 p.m. › Sept 15 to
Nov 24 › Jan 12 to March 22 › \$134 ›
KW Peinture

18 and + › Wed 9:30 to 12 p.m. › Sept 16
to Nov 25 › Jan 13 to March 23 › \$134 ›
KW Peinture

18 and + › Sat 9:30 to 12 p.m. › Sept 19 to
Nov 28 › Jan 16 to March 26 › \$134 ›
KW Peinture

**Pottery, modelling, turning,
ceramics** / Francine Gauthier
18 and + › Mon 1:30 to 4 p.m. › Sept 14 to
Nov 30 › Jan 11 to March 21 › \$155 ›
KW Poterie

18 and + › Mon 7 to 9:30 p.m. › Sept 14
to Nov 30 › Jan 11 to March 21 › \$155 ›
KW Poterie

18 and + › Tue 7 to 9:30 p.m. › Sept 15
to Nov 24 › Jan 12 to March 22 › \$155 ›
KW Poterie

18 and + › Sat 9:30 a.m. to 12 p.m. ›
Sept 19 to Nov 28 › Jan 16 to March 26 ›
\$155 › **KW** Poterie

Sewing / Gaetane Nicol or Latifa
Boukendakdji*
18 and + › Tue 9:30 a.m. to 12 p.m. ›
Sept 15 to Nov 24 › Jan 12 to March 22 ›
\$124 › **KW** Couture

18 and + › Wed 7 to 9:30 p.m. › Sept 16 to
Nov 25 › Jan 13 to March 23 › \$124 ›
KW Couture*

18 and + › Sat 9:30 a.m. to 12 p.m. ›
Sept 19 to Nov 28 › Jan 16 to March 26 ›
\$124 › **KW** Couture

Stained glass / Stéphanie Aghbachian
18 and + › Tue 1:30 to 4 p.m. › Sept 15 to
Nov 24 › Jan 12 to March 22 › \$130 ›
KW Vitrail

18 and + › Tue 7 to 9:30 p.m. › Sept 15 to
Nov 24 › Jan 12 to March 22 › C \$130 ›
KW Vitrail

18 and + › Thu 9:15 to 11:45 a.m. › Sept 17
to Nov 26 › Jan 14 to March 24 › \$130 ›
KW Vitrail

18 and + › Thu 7 to 9:30 p.m. › Sept 17 to
Nov 26 › Jan 14 to March 24 › C \$130 ›
KW Vitrail

Stone carving / Vasil Nikov

18 and + › Wed 1:30 to 4 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$124 › **KW** Sculpture

Yoga (bilingual) / Pamela Gooria and to be determined*

Participants must bring their yoga mat.

1 / week: \$120

2 / week: \$192

18 and + › Level I › Mon 6:15 to 7:40 p.m. › Sept 14 to Nov 30 › Jan 11 to March 21 › **KW** Yoga

18 and + › Level I › Wed 7:50 to 9:15 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › **KW** Yoga*

18 and + › Level II › Mon 7:50 to 9:15 p.m. › Sept 14 to Nov 30 › Jan 11 to March 21 › **KW** Yoga

18 and + › Level II › Wed 6:15 to 7:40 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › **KW** Yoga*

Yoga lunch break / Pamela Gooria

Participants must bring their yoga mat.

1 / week C \$66

2 / week: C \$106

18 and + › Mon 12:05 to 12:55 p.m. › Sept 14 to Dec 14 (cancelled on Oct 19 and 26) › Jan 11 to March 21 › **KW** Yoga

18 and + › Fri 12:05 to 12:55 p.m. › Sept 18 to Dec 11 (cancelled on Oct 16 and 23) › Jan 15 to March 25 › **KW** Yoga

**Yoga on chair** / Pamela Gooria

Participants must bring their yoga mat.

18 and + › Fri 1:05 to 2:30 p.m. › Sept 18 to Dec 11 (cancelled on Oct 16 and 23) › Jan 15 to March 25 › \$120 **KW** Yoga

Watercolour I / Valeria Gruia

18 and + › Wed 1 to 3:30 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$134 › **KW** Aquarelle

Watercolour II - III / Valeria Gruia

18 and + › Tue 1 to 3:30 p.m. › Sept 15 to Nov 24 › Jan 12 to March 22 › \$134 › **KW** Aquarelle



18 and + › Tue 7 to 9:30 p.m. › Sept 15 to Nov 24 › Jan 12 to March 22 › \$134 › **KW** Aquarelle

18 and + › Wed 7 to 9:30 p.m. › Sept 16 to Nov 25 › Jan 13 to March 23 › \$134 › **KW** Aquarelle

Watercolour III - Creativity and expression / Valeria Gruia

18 and + › Thu 1 to 3:30 p.m. › Sept 17 to Nov 26 › Jan 14 to March 24 › \$134 › **KW** Aquarelle

Wood carving / Rémi Richard

18 and + › Tue 1:30 to 4 p.m. › Sept 22 to Dec 1 › Jan 12 to March 22 › \$124 › **KW** Sculpture

18 and + › Tue 7 to 9:30 p.m. › Sept 22 to Dec 1 › Jan 12 to March 22 › \$124 › **KW** Sculpture

YOUTH

Location: Centre des loisirs

Fall session: Registration as of Thursday, August 20 at 8:30 a.m. online at Loisirs en ligne (see page 7).

Winter session: Registration as of Monday, November 23 at 8:30 a.m. online at Loisirs en ligne (see page 7).

Information: 514 855-6110

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Fall 2015" or "Winter 2016" and the **keyword (KW)** corresponding to the activity.

Section for ages 6 to 8

Cartoon drawing / Pierre Bourgouin
6 to 8 › Sat 10 a.m. to 12 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$57 › **KW** Bande dessinée

KW Bande dessinée

Drawing and painting /

Carolle Dubuc

6 to 8 › Sun 10 a.m. to 12 p.m. › Sept 20 to Nov 29 › Jan 17 to Apr 3 › \$77 › **KW** Peinture

6 to 8 › Sun 1 to 3 p.m. › Sept 20 to Nov 29 › Jan 17 to Apr 3 › \$77 › **KW** Peinture

■ Section for ages 6 to 12



Chess level I / Diego Perez
6 to 12 › Sat 1 to 2 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$32 › **KW** Échecs

Chess level I / Diego Perez
6 to 12 › Sat 2 to 3 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$32 › **KW** Échecs

Chess levels II-III / Diego Perez
6 to 12 › Sat 3 to 4 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$32 › **KW** Échecs

Drawing, pottery-modelling / Francine Gauthier
6 to 12 › Sat 1 to 3 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$67 › **KW** Poterie

6 to 12 › Sun 10 a.m. to 12 p.m. › Sept 20 to Nov 29 › Jan 17 to Apr 3 › \$67 › **KW** Poterie

Pottery, modelling-turning / Francine Gauthier
6 to 12 › Sun 1 to 3 p.m. › Sept 20 to Nov 29 › Jan 17 to Apr 3 › \$78 › **KW** Poterie

Yoga / To be determined
6 to 12 › Thu 5 to 6 p.m. › Sept 17 to Nov 26 › \$57 › Participants must bring their yoga mat › **KW** Yoga

6 to 12 › Thu 6:05 to 7:05 p.m. › Sept 17 to Nov 26 › Jan 14 to March 24 › \$57 › 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. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$78 › Participants must bring four containers › **KW** Marmitons

7 to 12 › Sat 1 to 3 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$78 › Participants must bring four containers › **KW** Marmitons

■ Section for ages 9 to 14

Acrylic painting / Carolle Dubuc
9 to 14 › Fri 7 to 9 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$76 › **KW** Peinture

9 to 14 › Sat 10 to 12 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$76 › **KW** Peinture

Calligraphy / Réal Collerette
9 to 14 › Sun 10 a.m. to 12 p.m. › Sept 20 to Dec 13 (cancelled on Oct 18 and 25) › Jan 17 to Apr 10 (cancelled on Feb 7 and 14) › \$57 › Starter kit not included (\$20) › **KW** Calligraphie

Caricatures and characters / Pierre Bourgouin
9 to 14 › Fri 7 to 9 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$57 › **KW** Caricatures

Cartoon drawing – Manga / Pierre Bourgouin
9 to 14 › Sat 1 to 3 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$57 › **KW** Bande dessinée

Water painting / Carolle Dubuc
9 to 14 › Sat 1 to 3 p.m. › Sept 19 to Nov 28 › Jan 16 to March 26 › \$76 › **KW** Peinture

■ Section for ages 10 to 17

Oil painting / Areg Elibekian
10 to 17 › Thu 7 to 9 p.m. › Sept 17 to Nov 26 › Jan 14 to March 24 › \$77 › **KW** Peinture

10 to 17 › Fri 7 to 9 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$77 › **KW** Peinture



Pottery, modelling-turning / Francine Gauthier
10 to 17 › Fri 7 to 9 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$78 › **KW** Poterie

■ Section for ages 13 to 17

Sewing / Latifa Boukendakdji
13 to 17 › Fri 7 to 9 p.m. › Sept 18 to Nov 27 › Jan 15 to March 25 › \$57 › Material not included › **KW** Couture

Cooking / Mariette Cadieux
13 to 17 ▶ Fri 7 to 9 p.m. ▶ Sept 18 to
Nov 27 ▶ Jan 15 to March 25 ▶ \$78 ▶
Participants must bring four containers ▶
KW Cuisine



Stained glass – Family / Stéphanie
Aghbachian
13 to 17 ▶ Fri 7 to 9 p.m. ▶ Sept 18 to
Nov 27 ▶ Jan 15 to March 25 ▶ \$71 ▶
Parents are welcome. Registration for
parents \$71 ▶ **KW** Vitrail

DANCE

LES AMIS DE LA DANSE

Location: Centre des loisirs

Fall session: New participants:
Registration in person at the Centre des
loisirs, from 7 to 8 p.m. on Wednesday,
August 26, for ages 3 and 5, and on
Thursday, August 27, for ages 6 and up.

Participants in the winter 2015 session:
Registration in person at the Centre des
loisirs, from 5 to 8 p.m. on Wednesday,
August 12, for ages 3 to 5, and on Thursday,
August 13, for ages 6 and up.

Winter session: Registration on Tuesday,
November 24, from 6 to 8 p.m.

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

Information: 514 334-0400 or 514 744-6563
lesamisdeladanse@yahoo.ca or
donnastewart@videotron.ca

Ballet junior

4 and 5 ▶ Sat 9:45 to 10:30 a.m. and 10:30
to 11:15 a.m. ▶ Sept 26 to Jan 16 or Jan 23
to May 7 ▶ \$80

Ballet

6 to 7 ▶ Sat 9 to 9:45 a.m. ▶ Sept 26 to
Jan 16 or Jan 23 to May 7 ▶ \$80

6 to 8 ▶ Tue 6:15 to 7:15 p.m. ▶ Sept 21 to
Jan 18 or Jan 25 to Apr 9 ▶ \$90



7 to 9 ▶ Thu 6:15 to 7:15 p.m. ▶ Sept 17 to
Jan 14 or Jan 21 to Apr 5 ▶ \$90

8 to 10 ▶ Sat 10 to 11 a.m. ▶ Sept 26 to
Jan 16 or Jan 23 to May 7 ▶ \$90

9 to 12 ▶ Sat 11 a.m. to 12 p.m. ▶ Sept 26 to
Jan 16 or Jan 23 to May 7 ▶ \$90

Junior teens ▶ Level 3 ▶ Sat 9 to 10 a.m. ▶
Sept 26 to Jan 16 or Jan 23 to May 7 ▶ \$90

3 and 4 ▶ Sat 10:30 to 11:15 a.m. or
11:15 a.m. to 12 p.m. ▶ Sept 26 to Jan 16
or Jan 23 to May 7 ▶ \$80

Dance workshop - Hip hop and jazz

25 and + ▶ Mon 8 to 9 p.m. ▶ Sept 21 to
Dec 14 or Jan 11 to March 21 ▶ \$75

25 and + ▶ Mon 8 to 9 p.m. ▶ Apr 4 to
June 6 ▶ \$60

Dance duo – Ballet and jazz

3 and 4 ▶ Sat 10:30 to 11:15 a.m. or
11:15 a.m. to 12 p.m. ▶ Sept 26 to Jan 16
or Jan 23 to May 7 ▶ \$80

4 to 6 ▶ Mon 5:30 to 6:15 p.m. ▶ Sept 21 to
Jan 18 or Jan 25 to May 2 ▶ \$80

5 and 6 ▶ Sat 11:15 a.m. to 12 p.m. ▶
Sept 26 to Jan 16 or Jan 23 to May 7 ▶ \$80

5 and 6 ▶ Thu 5:30 to 6:15 p.m. ▶ Sept 17 to
Jan 14 or Jan 21 to Apr 5 ▶ \$80

Dance duo – Ballet and hip-hop

3 and 4 ▶ Sat 9 to 9:45 a.m. and 9:45 to
10:30 a.m. ▶ Sept 26 to Jan 16 or Jan 23 to
May 7 ▶ \$80

3 and 4 ▶ Thu 5:30 to 6:15 p.m. ▶ Sept 24
to Jan 14 or Jan 21 to May 5 ▶ \$80

5 and 6 ▶ Sat 9 to 10 a.m. ▶ Sept 26 to
Jan 16 or Jan 23 to May 7 ▶ \$90

Dance duo – Ballet and tap

6 and 7 ▶ Sat 9 to 9:45 a.m. and 9:45 to
10:15 a.m. ▶ Sept 26 to Jan 16 or Jan 23 to
May 7 ▶ \$130



Dance duo – Hip-hop and tap

4 to 6 › Mon 5:30 to 6:15 p.m. › Sept 21 to Jan 18 or Jan 25 to May 2 › \$80

6 to 8 › Wed 5:15 to 6:15 p.m. › Sept 23 to Jan 13 or Jan 20 to May 4 › \$90

Dance duo – Hip-hop and jazz

5 and 6 › Sat 9 to 9:45 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$80

7 to 9 › Sat 9 to 10 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$90

Junior teens › Sat 10 to 11 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$90

Adults › Advanced › Wed 8 to 9 p.m. › Sept 23 to Jan 13 or Jan 20 to May 4 › \$90

Dance trio – Hip-hop, jazz and tap

5 and 6 › Sat 9 to 10:15 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$130

5 and 6 › Sat 10:45 a.m. to 12 p.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$130

7 to 9 › Sat 9 to 10 a.m. or 10:15 to 10:45 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$135

Junior teens › Wed 5:15 to 6:15 › Sept 23 to Jan 13 or Jan 20 to May 4 › \$90

Junior teens › Level 3 › Sat 10 a.m. to 12 p.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$175

Dance trio – Hip-hop, jazz and ballet

7 to 9 › Sat 9 to 11 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$175

Hip-hop

4 to 6 › Sat 9 to 9:45 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$80

4 to 6 › Mon 5:30 to 6:15 p.m. › Sept 21 to Jan 18 or Jan 25 to May 2 › \$80

7 to 9 › Sat 10:30 to 11:15 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$80

7 to 10 (boys) › Sat 11:15 a.m. to 12 p.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$80

6 to 9 › Fri 6 to 7 p.m. › Sept 25 to Jan 15 or Jan 22 to May 6 › \$90

Junior teens › Fri 7 to 8 p.m. › Sept 25 to Jan 15 or Jan 22 to May 6 › \$90

Junior teens › Sat 10 to 11 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$90

Teenagers › Sat 11 a.m. to 12 p.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$75

Teenagers › Thu 7:15 to 8:15 p.m. › Sept 24 to Jan 14 or Jan 21 to May 5 › \$90

Teenagers › Fri 8 to 9 p.m. › Sept 25 to Jan 15 or Jan 22 to May 6 › \$90

Teenagers advanced › Sat 11 a.m. to 12 p.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$90

Jazz

Teenagers › Levels 1 and 2 › Mon 7:30 to 8:15 p.m. › Sept 21 to Jan 18 or Jan 25 to May 2 › \$90

Teenagers › Advanced › Sat 9 to 10 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$90

Jazz – Contemporary

Teenagers and adults › Tue 7:15 to 8:15 p.m. › Sept 22 to Jan 12 or Jan 19 to May 3 › \$90

Jazz – Contemporary and pointe

Teenagers › Tue 7:15 to 8:45 p.m. › Sept 22 to Jan 12 or Jan 19 to May 3 › \$135

Tap dance

5 to 7 › Sat 9:45 to 10:15 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$55

6 to 9 › Level 1 › Sat 10:45 to 11:15 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$55

7 to 9 › Level 2 › Sat 10:15 to 10:45 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$55

Junior teens and teenagers › Levels 1 and 2 › Sat 10 to 10:30 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$55

Junior teens › Level 3 › Sat 10 to 10:30 a.m. › Sept 26 to Jan 16 or Jan 23 to May 7 › \$80

Adults › Levels 2 and 3 › Mon 7:15 to 8:15 p.m. › Sept 21 to Jan 18 or Jan 25 to May 2 › \$90

Adults › Advanced › Wed 7 to 8 p.m. › Sept 23 to Jan 13 or Jan 20 to May 4 › \$90

SOCIAL DANCING CLUB – LES LAURENTIENS

(Couples only)

Location: Centre des loisirs

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

Fall session: **Registration** in person at the Centre des loisirs, from 6 to 8 p.m. on Wednesday, August 26.

Winter session: **Registration** in person at the Centre des loisirs, from 6 to 8 p.m. on Tuesday, November 24.

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

Information:
Club de danse sociale Les Laurentiens
514 855-6110, ext. 4646
cdsleslaurentiens.com
cdsleslaurentiens@hotmail.com
facebook.com/CDSLesLaurentiens

FALL

Beginner

16 and + › Fri 7 to 8:15 p.m. › Sept 11 to Nov 27 › \$115

2nd session

16 and + › Wed 8:15 to 9:30 p.m. › Sept 11 to Nov 27 › \$115

Bronze beginning

16 and + › Sun 7 to 8:15 p.m. › Sept 13 to Nov 29 › \$115

Silver

16 and + › Wed 7 to 8:15 p.m. › Sept 9 to Nov 25 › \$115

Bronze

16 and + › Wed 8:15 to 9:30 p.m. › Sept 9 to Nov 25 › \$115



WINTER

Beginner

16 and + › Fri 7 to 8:15 p.m. › Jan 15 to Apr 8 › \$115

2nd session

16 and + › Wed 8:15 to 9:30 p.m. › Jan 15 to Apr 8 › \$115

3rd session

16 and + › Sun 8:15 to 9:30 p.m. › Jan 10 to Apr 17 › \$115

Bronze beginning

16 and + › Sun 7 to 8:15 p.m. › Jan 16 to Apr 17 › \$115

Silver

16 and + › Wed 7 to 8:15 p.m. › Jan 20 to Apr 6 › \$115

Bronze

16 and + › Wed 8:15 to 9:15 p.m. › Jan 20 to Apr 6 › \$115

EXHIBITIONS

CENTRE DES LOISIRS

L'espace d'expressions et de création

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Sept 12 to 27 › Free › Painting

Association des artistes de Saint-Laurent

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Oct 17 to Nov 1 › Free › Painting

Participants in multidisciplinary workshops - Children

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

Citizen's exhibition – Vivianne Lewis

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Nov 28 to Dec 13 › Free › Painting

Citizen's exhibition – Taki Kerimian

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Dec 19 to Jan 17 › Free › Painting

Participants in pottery and watercolour workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Jan 23 to Feb 7 › Free › Water painting and pottery

Participants in oil painting workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Feb 13 to 28 › Free › Oil painting

Participants in multidisciplinary workshops - Adults

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
March 3 to 20 › Free › Multidisciplinary arts

Association des photographes de Saint-Laurent

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Apr 2 to 17 › Free › Photography

Participants in stone carving, contemporary and acrylic painting workshops

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
Apr 30 to May 15 › Free › Visual arts and sculptures

Citizen's exhibition – Denise Roy

For all › Mon to Sun 8:30 a.m. to 9 p.m. ›
May 21 to June 5 › Free › Painting

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

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

Business hours

Wed to Sun 12 to 5 p.m.


Group by reservation

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



Admission

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

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

Masterworks

Permanent exhibit › Overview of Québec culture.

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

Québecostalgie : cent ans plus tard

Until August 30, 2015

Using material and intangible cultural heritage, Élise R.-Guilbault revisits the everyday lives of Quebecers in the 1900's and spotlights the differences between the 20th and 21st centuries.

Non à la violence

Until August 30, 2015

Annual exhibition featuring Le Levant, a group of artists who hail from the Near East and Maghreb.

Les jumeaux du CARI : Ming You Xu et Magdalena Bohorquez Miranda

September 2 to October 4, 2015

Annual exhibition of the "Jumeaux du CARI" series organized in collaboration with CARI St-Laurent.

Keiko Sagehashi

September 2 to October 2015

An artist with Japanese roots who specializes in the cloisonné technique for working with textiles and copper enamel.

Cornélia Assmann

September 2 to October 4, 2015

Exhibition of small sculptures carved from ivory and antlers, along with various engravings on natural materials.

Métiers d'art MDC/MMAQ

October 14, 2015 to January 10, 2016

In collaboration with the Museum of Civilization, a two-component exhibition – one in Montréal, the other in Québec City – on Québécois artisanal and artistic production using regional trades, from 1930 up until now.

Exhibition by Cégep de Saint-Laurent visual arts students

October 14 to November 14, 2015
Presentation of works by visual arts students.

Prix François-Houdé 2015 and Artéfacts imaginés

2015 finalists and Caroline Ouellette (2014 winner)
November 2015

In collaboration with the Conseil des métiers d'art du Québec, the Prix François-Houdé is awarded to professional Montréal artists under age 35 who create contemporary works of art.

Joailliers africains

From January 20 to March 22, 2016
Montréal jeweller, Matthieu Cheminée, presents an extensive collection of tools and jewellery items created by Africa's best artisans.

20 ans de pratique

April 7 to May 29, 2016
A celebration of the 20-year Canadian career of Avy Loftus, an artist with Indonesian roots who specializes in batik on silk.

INSTRUMENTAL MUSIC

CENTRE D'ÉTUDES MUSICALES PANTONAL

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

Location: Centre des loisirs

Fall session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on Wednesday, August 26

Winter session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on Tuesday, November 24.

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

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

Course duration: 1 hr / week
Schedules will be confirmed at the time of registration.

Fall session: Sept 13 to Dec 5 (12 weeks)

Winter session: Jan 10 to May 21 (18 weeks)

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

Information: 514 273-1055

Éveil musical

4 and 5 ▶ Sat 9 a.m. ▶ Fall session ▶ \$105

4 and 5 ▶ Sat 9 a.m. ▶ Winter session ▶ \$145

Guitar

8 and + ▶ Thu 4 to 9 p.m. ▶ Sun 9 a.m. to 5 p.m. ▶ Fall session ▶ \$170

8 and + ▶ Thu 4 to 9 p.m. ▶ Sun 9 a.m. to 5 p.m. ▶ Winter session ▶ \$245

Keyboard

6 and + ▶ Tue, Wed 4 to 9 p.m. ▶ Sat 10 a.m. to 5 p.m. ▶ Fall session ▶ \$170

6 and + ▶ Tue, Wed 4 to 9 p.m. ▶ Sat 10 a.m. to 5 p.m. ▶ Winter session ▶ \$245

Violin

6 and + ▶ Mon, Tue, Fri 4 to 9 p.m. ▶ Fall session ▶ \$170

6 and + ▶ Mon, Tue, Fri 4 to 9 p.m. ▶ Winter session ▶ \$245

PHOTOGRAPHY

Location: Centre des loisirs

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

Fall session: **Registration** in person at the Centre des loisirs from 6 to 8 p.m. on Wednesday, August 26.

Winter session: **Registration** in person at the Centre des loisirs from 7 to 9 p.m. on Wednesday, January 6.

Information: apsl.ca or admin@apsl.ca

Weekly meetings

18 and + ▶ Wed 7 to 9:30 p.m. ▶ Sept 2 to May 25 ▶ \$65 ▶ A participation fee of \$10 will be charged for non-members of the Association who wish to attend evening conferences. No digital photography courses are given.



PRESCHOOL CENTRE

Location: Centre des loisirs

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

* The presence of an adult is mandatory.

FALL

Registration: On Loisirs en ligne (see page 7) or in person as of Monday, August 17 until Friday, September 11

Open house: September 11, 2015

Passe-présc: NEW!

Passe-présc granting free access to the premises › Sun › 10 a.m. to 12 p.m. and 1 to 3 p.m. › Sept 20 to Nov 29 › \$50

Children aged 5 and under must be accompanied by their parents.

Future moms

Pre-natal yoga › Mon 7 to 8 p.m. › Sept 14 to Nov 30 (cancelled on Oct 12) › \$60

0 to 12 months*

Dance with baby › Thu 9:15 to 10:15 a.m. › Sept 17 to Nov 26 › \$60

Dance with baby › Thu 10:30 to 11:30 a.m. › Sept 17 to Nov 26 › \$60

Yoga with baby › Wed 9:15 to 10:15 a.m. › Sept 16 to Nov 25 › \$60

Yoga with baby › Wed 10:30 to 11:30 a.m. › Sept 16 to Nov 25 › \$60

Zumba with baby › Mon 1 to 2 p.m. › Sept 14 to Nov 30 (cancelled on Oct 12) › \$60

Sensory awareness › Thu 9 to 11 a.m. › Sept 17 to Nov 26 › \$75

Keeping fit with baby › Fri 1:30 to 2:30 p.m. › Sept 18 to Nov 27 › \$60



12 to 36 months*

Minis acrobats › Mon 9 to 11 a.m. › Sept 14 to Nov 30 (cancelled on Oct 12) › \$75

Rhythmic games › Fri 9 to 11 a.m. › Sept 18 to Nov 27 › \$75

Musical game › Sat 10 to 10:45 a.m. › Sept 19 to Nov 28 › \$60

Musical game › Sat 11 to 11:45 a.m. › Sept 19 to Nov 28 › \$60

Mini-circus › Sun 9 to 9:45 a.m. › Sept 20 to Nov 29 › \$60

Mini-circus › Sun 10 to 10:45 a.m. › Sept 20 to Nov 29 › \$60

18 to 36 months*

Marionettes › Tue 9 to 11 a.m. › Sept 15 to Nov 24 › \$75

Music awareness › Wed 9 to 11 a.m. › Sept 16 to Nov 25 › \$75

3 to 5 years old

Little school kids › Mon 9 a.m. to 3:30 p.m. › Sept 14 to Nov 30 (cancelled on Oct 12) › \$165

Little school kids (half-day) › Mon 9 to 12 p.m. › Sept 14 to Nov 30 (cancelled on Oct 12) › \$95

Little actors › Tue 9 a.m. to 3:30 p.m. › Sept 15 to Nov 24 › \$165

Little actors (half-day) › Tue 9 to 12 p.m. › Sept 15 to Nov 24 › \$95

Little geniuses › Wed 9 a.m. to 3:30 p.m. › Sept 16 to Nov 25 › \$165

Little geniuses (half-day) › Wed 9 to 12 p.m. › Sept 16 to Nov 25 › \$95

Little athletes › Thu 9 a.m. to 3:30 p.m. › Sept 17 to Nov 26 › \$165

Little athletes (half-day) › Thu 9 to 12 p.m. › Sept 17 to Nov 26 › \$95

Friday fun › Fri 9 a.m. to 12 p.m. › Sept 18 to Nov 27 › \$95

4 and 5 years old

Musical game › Sat 9 to 9:45 a.m. › Sept 19 to Nov 28 › \$60

Arts and crafts › Sat 10 a.m. to 12 p.m. › Sept 19 to Nov 28 › \$75

Arts and crafts › Sat 1 to 3 p.m. › Sept 19 to Nov 28 › \$75

Mini-circus › Sun 11 to 11:45 a.m. › Sept 20 to Nov 29 › \$60

WINTER

Registration: On Loisirs en ligne (see page 7) or in person as of Monday, November 23.

Passe-présc0: NEW!

Passe-présc0 granting free access to the premises › Sun › 10 a.m. to 12 p.m. and 1 to 3 p.m. › Jan 10 to March 20 › \$50

Children aged 5 and under must be accompanied by their parents.

Future moms

Pre-natal yoga › Mon 7 to 8 p.m. › Jan 11 to March 21 (cancelled on Feb 29) › \$60

Pre-natal dancing › Wed 7 to 8 p.m. › Jan 13 to March 23 (cancelled on March 2) › \$60

0 to 12 months*

Dance with baby › Thu 9:15 to 10:15 a.m. › Jan 14 to March 24 (cancelled on March 3) › \$60

Dance with baby › Thu 10:30 to 11:30 a.m. › Jan 14 to March 24 (cancelled on March 3) › \$60

Yoga with baby › Wed 9:15 to 10:15 a.m. › Jan 13 to March 23 (cancelled on March 2) › \$60

Yoga with baby › Wed 10:30 to 11:30 a.m. › Jan 13 to March 23 (cancelled on March 2) › \$60

Zumba with baby › Mon 1 to 2 p.m. › Jan 11 to March 21 (cancelled on Feb 29) › \$60

Sensory awareness with baby › Thu 9 to 10 a.m. or 10 to 11 a.m. › Jan 7 to March 24 (cancelled on March 3) › \$60

12 to 36 months*

Mini-acrobats › Mon 9 to 11 a.m. › Jan 4 to March 21 (cancelled on Feb 29) › \$75

Rhythmic games › Fri 9 to 11 a.m. › Jan 8 to Apr 1 (cancelled on March 4 and 25) › \$75



Musical game › Sat 10 to 10:45 a.m. › Jan 9 to March 19 › \$60

Musical game › Sat 11 to 11:45 a.m. › Jan 9 to March 19 › \$60

Mini-circus › Sun 9 to 9:45 a.m. › Jan 10 to March 20 › \$60

Mini-circus › Sun 10 to 10:45 a.m. › Jan 10 to March 20 › \$60

18 to 36 months*

Marionettes › Tue 9 to 11 a.m. › Jan 5 to March 22 (cancelled on March 1) › \$75

Music awareness › Wed 9 to 11 a.m. › Jan 6 to March 23 (cancelled on March 2) › \$75

3 to 5 years old

Little school kids › Mon 9 a.m. to 3:30 p.m. › Jan 4 to May 16 (cancelled on Feb 29 and March 28) › \$250

Little school kids (half-day) › Mon 9 to 12 p.m. › Jan 4 to May 16 (cancelled on Feb 29 and March 28) › \$150

Little actors › Tue 9 a.m. to 3:30 p.m. › Jan 5 to May 10 (cancelled on March 1) › \$250

Little actors (half-day) › Tue 9 to 12 p.m. › Jan 5 to May 10 (cancelled on March 1) › \$150

Little geniuses › Wed 9 a.m. to 3:30 p.m. › Jan 6 to May 11 (cancelled on March 2) › \$250

Little geniuses (half-day) › Wed 9 to 12 p.m. › Jan 6 to May 11 (cancelled on March 2) › \$150

Little athletes › Thu 9 a.m. to 3:30 p.m. › Jan 7 to May 12 (cancelled on March 3) › \$250

Little athletes (half-day) › Thu 9 to 12 p.m. › Jan 7 to May 12 (cancelled on March 3) › \$150

Friday fun › Fri 9 a.m. to 12 p.m. › Jan 8 to May 20 (cancelled on March 4 and 25) › \$150

4 and 5 years old

Musical game › Sat 9 to 9:45 a.m. › Jan 9 to March 19 › \$60

Arts and crafts › Sat 10 a.m. to 12 p.m. › Jan 9 to March 19 › \$75

Arts and crafts › Sat 1 to 3 p.m. › Jan 9 to March 19 › \$75

Mini-circus › Sun 11 to 11:45 a.m. › Jan 10 to March 20 › \$60

PROGRAM FOR ADULTS – AGES 50 AND OVER

CARREFOUR DES AÎNÉS

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

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

Fall session: Registration in person at the Centre des loisirs on Wednesday, August 26, from 9 a.m. to 8 p.m. and on Wednesday, September 2, from 9 a.m. to 6 p.m.

Winter session: Registration in person at the Centre des loisirs on Monday, November 2 and Tuesday, November 3, from 8 a.m. to 4 p.m., and on Thursday, November 5 from 8 a.m. to 12 p.m.

Business hours as of September 9:

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

Information: 514 748-0943
carrefouraines@hotmail.com

Bingo

50 and + › Tue 1 to 4 p.m. › Sept 8 to Dec 1 › Jan 5 to March 8 › Free › Release: March 1

Board games

50 and + › Mon to Sun 9 a.m. to 9:30 p.m. › Sept 8 to Aug 28 › Free

Bridge

50 and + › Thu 1 to 5 p.m. › Sept 10 to Aug 25 › Free

Line dance

50 and + › Mon 1 to 2:15 p.m. (advanced rehearsal) › Mon 2:30 to 3:45 p.m. (beginners rehearsal) › Sept 14 to Nov 30 › Jan 11 to March 7 › Wed 1 to 2:30 p.m. (beginners) › Wed 2:45 to 4:15 p.m. (advanced) › Sept 9 to Dec 2 › Jan 6 to March 9 › \$25 / session (\$30 / non-members) › Release: Oct 12, Feb 29, and March 2

Pétanque

50 and + › Mon, Wed and Fri 7 to 9 p.m. › Sept 9 to Aug 26 › Free › Pétanque activities are held at the Boulodrome (in Parc Gohier from May to August) › Information: 514 748-0943

Physical activities

50 and + › Mon and Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. › Sept 10 to Dec 3 › Jan 7 to March 10 › \$25 / session › \$30 / session › Release: Oct 12, Feb 29, and March 3

Pool and table tennis

50 and + › Mon to Fri 9 a.m. to 6 p.m. › Sun 6:30 to 9:30 p.m. › Sept 8 to Aug 28, 2016 › Free

Shuffleboard

50 and + › Thu 1 to 4 p.m. › Sept 10 to Dec 3 › Jan 7 to March 10 › Free › Release: March 3 and May 5

Stretching

50 and + › Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. › Sept 9 to Dec 2 › Jan 6 to March 9 › \$25 / session (\$30 / non-members) › Release: March 2



PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs

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

Information: 514 855-6110, ext. 4937

Regular activities

For all › Wed 9 a.m. to 3 p.m. › Sept 9 to June 8 › \$7 / membership card

Recreational outings

For all › Wed 9 a.m. to 4 p.m. › July and August 2016 › Various costs



PROGRAM FOR YOUTH

CENTRE DES ADOS

Location: Centre des loisirs

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

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

Information: 514 855-6110, ext. 4787

Fall session: Sept 24 to Dec 12

Bal en blanc: Dec 19

Winter session: Jan 14 to May 21

Regular activities

Thu 6 to 9 p.m. › Fri 6 to 10:30 p.m. › Sat 2 to 10:30 p.m. › Centre des loisirs

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

Sports activities

Sun 2 to 4 p.m. › Soccer and baseball › École Saint-Laurent, Édifice Émile-Legault

Parc Painter chalet

Thu to Sat 6 to 9 p.m. › Sun 5 to 8 p.m.

Activities: Board games, movie nights, video games, ping pong, table football, and collective sports



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

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

Registration at the Centre des ados.

Session: Sept to March

Fashion show: March 4, 2016



SCRABBLE

Location: Centre des loisirs

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

Information:

Mary Stamboulieh 514 748-9652 (Monday and Saturday games)

Clotilde Esseili 514 334-1639 (Thursday games)

Scrabble

14 and + › Mon 7:30 to 9:30 p.m. › Thu, Sat 1:30 to 4:30 p.m. › All year long › Members: \$4 › Non-members: \$5

SINGING – CHOIR

ENSEMBLE VOCAL DE SAINT-LAURENT

A mixed choir that works to develop it's musical skills. The choir meets once a week in a friendly and relaxed atmosphere, under conductor, Yvan Sabourin.

Open house and registration in person: September 10, at the Centre des loisirs, at 7:30 p.m.



18 and + › Centre des loisirs › Thu 7:30 to 21:30 p.m. › Sept 10 to Dec 17 › Jan 14 to May 26 › \$145 per session with carte-loisirs, including instructional materials, payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 14, 2016) › In addition to weekly rehearsals, allow two to three intensive rehearsals during the year. Conditions of admission: Good singing voice, ability to read music preferred, meeting with the musical director for voice classification at the start of the session.

Information:
450 670-5362 or 514 733-2572
info@choeurevsl.com

Introduction to choral singing

18 and + › Centre des loisirs › Thu 5:45 to 7:15 p.m. › Session: \$120 with carte-loisirs (material not included) › Registration and payment on site at the start of the session (cancelled if fewer than 8 participants) › Sept 10 to Dec 3 › Jan 21 to Apr 14

CHŒUR WALTER

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

Location: Centre des loisirs.

Registration in person at the Centre des loisirs, from 6 to 8 p.m. on Tuesday, August 26 for fall and winter sessions.

\$150 annual fees are payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 25). In addition to weekly rehearsals, allow six to eight days of intensive rehearsals every session which will be held on Sundays from 1 to 3 p.m. Conditions of admission: Audition costs \$20. Places are limited.

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

8 and + › Mon 6 to 7:45 p.m. and Sun 1 to 3 p.m. › Sept 21 to Dec 21 › Jan 25 to June 24 › \$150



SPECIAL FAMILY EVENTS

Parc Painter

Spotlight on Chameran

Saturday, November 21, 2015 at 5 p.m.

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

Centre des loisirs

Arts Career Fair

Saturday, November 14, 2015 from 12 to 8 p.m.

Sunday, November 15, 2015 from 12 to 7 p.m.

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

Parc Cousineau

Féerie d'hiver

Sunday, February 7, 2016 from 1 to 5 p.m.

Winter fun for the young and young-at-heart in the centre of the borough. Planned activities include hot chocolate and horse-drawn carriage rides.



UNIVERSITÉ DU TROISIÈME ÂGE

Location: Centre des loisirs (unless indicated otherwise)

In French only

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

Fall session: Registration in person at the Centre des loisirs on Wednesday, August 26, from 6 to 8 p.m.

Winter session: Registration in person at the Centre des loisirs on Tuesday, November 24, from 6 to 8 p.m.

Contacts:

Conference series
Diane Desbiens, 514 737-2551

English
Lise Poitras, 514 747-7496

History
Diane Bélanger, 514 362-9183

Music and conferences
Monique Tremblay, 514 745-7059

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

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

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

FALL

English beginner 1

50 and + › Tue 1:15 to 3:15 p.m. › Sept 22 to Dec 8 › \$120

English intermediate I

50 and + › Tue 3:30 to 5:30 p.m. › Sept 22 to Dec 8 › \$120

English advanced I

50 and + › Wed 3:15 to 5:15 p.m. › Sept 23 to Dec 9 › \$120

Spanish beginner I

50 and + › Wed 1 to 3 p.m. › Sept 23 to Dec 9 › \$120

Spanish intermediate I

50 and + › Thu 1 to 3 p.m. › Sept 24 to Dec 10 › \$120

Spanish advanced I

50 and + › Tue 10 a.m. to 12 p.m. › Sept 24 to Dec 10 › \$120

Spanish advanced III and conversation

50 and + › Tue 1 to 3 p.m. › Sept 22 to Dec 8 › \$120

Spanish advanced IV and conversation

50 and + › Tue 10 a.m. to 12 p.m. › Sept 22 to Dec 8 › \$120

Histoire – Québec et Canada

50 and + › Wed 10 a.m. to 12 p.m. › Sept 23 to Nov 25 › \$85

Philosophie : Histoire de la pensée philosophique et politique de l'Occident

50 and + › Mon 1:30 to 3:30 p.m. › Sept 21 to Nov 30 › \$85

Conference series

50 and + › Fri 9:30 a.m. to 12 p.m. › Sept 25 to Nov 13 › \$85 › Location: Verrières du Golf, 2400, rue des Nations

WINTER**Collation-talk**

Radio-Canada, la plus grande université populaire de notre histoire : Pour combien de temps encore?

50 and + › Friday, March 18 › Collation at 1:45 p.m. and conference at 2 p.m. › UTA's students: Free › \$8 › Speaker: Pierre Maisonneuve

English beginner II

50 and + › Tue 1:15 to 3:15 p.m. › Jan 19 to Apr 12 › \$120

English intermediate II

50 and + › Tue 3:30 to 5:30 p.m. › Jan 19 to Apr 12 › \$120

English advanced II

50 and + › Wed 3:15 to 5:15 p.m. › Jan 20 to Apr 13 › \$120

Spanish beginner II

50 and + › Wed 1 to 3 p.m. › Jan 20 to May 4 › \$150

Spanish intermediate II

50 and + › Thu 1 to 3 p.m. › Jan 21 to May 5 › \$150

Spanish advanced II

50 and + › Thu 10 a.m. to 12 p.m. › Jan 21 to May 5 › \$150

Spanish advanced IV and conversation

50 and + › Tue 1 to 3 p.m. › Jan 19 to May 3 › \$150

Spanish plus and conversation

50 and + › Tue 10 a.m. to 12 p.m. › Jan 19 to May 3 › \$150

Histoire – La France contemporaine de 1870 à nos jours

50 and + › Wed 9:30 a.m. to 12 p.m. › Feb 17 to Apr 13 › \$85

Musique – L'Espagne du Moyen Âge à aujourd'hui

50 and + › Fri 9:30 a.m. to 12 p.m. › Jan 22 to March 18 › \$85 › Location: Verrières du Golf, 2400, rue des Nations › Claire Villeneuve, Master's degree in musicology

Philosophie : De la Grèce antique à la Renaissance

50 and + › Mon 1:30 to 3:30 p.m. › Jan 18 to Apr 4 › \$85

**WINTER DAY CAMP**

Locations: Centre des loisirs

Registration: Online as of Monday, August 17 for Montréal residents. Non-residents may register in person at the Centre des loisirs as of Monday, January 4, 2016.

Day camp

5 to 12 › Mon to Fri › 9 a.m. to 4 p.m. › Feb 29 to March 4 › Programs: Outdoor outings, thematic workshops, group games and more

1st child: \$130

2nd child: \$120

3rd child: \$110

Daycare

5 to 12 › Mon to Fri › 7:15 to 9 a.m. and 4 to 6 p.m. › Feb 29 to March 4 › \$30 / week

Sports section

AQUATIC ACTIVITIES

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

FREE SWIM

Children under the age of 8 and those who wear a life jacket must be accompanied and supervised by an adult at all times. One parent minimum per two children under 8. Staff may ask to see a piece of ID at any time. ID card needed to borrow a swim flotation belt or flotation jacket (PFD). Carte-loisirs is mandatory for free swim at the YMCA Saint-Laurent.

6 months and +

Mon, Wed, Thu 3 to 4:25 p.m. ▶ Tue 3:45 to 5:25 p.m. ▶ Fri 7:05 to 9:30 p.m. ▶ Sat, Sun 2 to 4 p.m. ▶ Sept 19 to Dec 20 ▶ Jan 9 to March 11 ▶ Free ▶ YMCA Saint-Laurent

2 and +

Sat, Sun 5:45 to 7 p.m. ▶ Sept 19 to Nov 22 ▶ Jan 9 to March 11 ▶ Free ▶ École secondaire Saint-Laurent – Édifice Émile-Legault

Mixed 18 and +

Wed, Fri 7:30 to 9:30 p.m. ▶ Sept 19 to Dec 18 ▶ Jan 9 to March 11 ▶ Free ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ Swimming (2 lanes) and free swim (2 lanes)

Mixed 18 and +

Mon, Wed, 6:30 to 9:30 a.m., 12 to 2 p.m. and 8:30 to 9:30 p.m. ▶ Tue 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 7:30 to 9:30 p.m. ▶ Thu 8 to 9:55 a.m., 11 a.m. to 1:55 p.m. and 6:30 to 7:55 p.m. ▶ Sat, Sun 8 to 8:55 a.m. and 4:05 to 5:30 p.m. ▶ Sept 19 to Dec 20 ▶ Jan 9 to March 11 ▶ Free ▶ YMCA Saint-Laurent ▶ Swimming (3 lanes) and free swim (2 lanes)

SWIMMING LESSONS, AQUATIC PHYSICAL FITNESS AND TRAININGS

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

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

Fall session: August 29, as of 9 a.m.

Winter session: December 5, as of 9 a.m.

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

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



SWIMMING LESSONS

Adults

18 and + ▶ Sept 19 to Nov 27 ▶ Jan 9 to March 11 ▶ \$70 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault / Cégep de Saint-Laurent / YMCA Saint-Laurent ▶ 55 minutes / week ▶ Carte-loisirs is mandatory at the YMCA Saint-Laurent.

Children

6 months to 17 years old ▶ Sept 19 to Nov 27 ▶ Jan 9 to March 11 ▶ \$55 ▶ YMCA Saint-Laurent ▶ 30 to 45 minutes / week (depending on level) ▶ Carte-loisirs is mandatory at the YMCA Saint-Laurent.

2 to 17 ▶ Sept 19 to Nov 27 ▶ Jan 9 to March 11 ▶ \$55 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault / Cégep de Saint-Laurent ▶ 30 to 55 minutes / week (depending on level)

AQUAFITNESS

Aquafitness 1

Mixed 18 and + ▶ Tue, Thu 6:15 to 7:15 p.m. ▶ Sept 19 to Nov 19 ▶ Jan 9 to March 11 ▶ \$60 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ 55 minutes / twice a week

Aquafitness 2

Mixed 18 and + ▶ Tue, Thu 8:15 to 9:15 p.m. ▶ Sept 19 to Nov 19 ▶ Jan 9 to March 11 ▶ \$60 ▶ École secondaire Saint-Laurent – Édifice Émile-Legault ▶ 55 minutes / twice a week

Aquafitness 3

Mixed 18 and + ▶ Mon, Wed 6:30 to 7:25 p.m. ▶ Sept 19 to Nov 18 ▶ Jan 9 to March 11 ▶ \$60 ▶ YMCA Saint-Laurent ▶ 55 minutes / twice a week

Aquafitness 4

Mixed 18 and + ▶ Mon, Wed, Fri 11 to 11:55 a.m. ▶ Sept 19 to Nov 20 ▶ Jan 9 to March 11 ▶ \$85 ▶ YMCA Saint-Laurent ▶ 55 minutes / three times a week



Aquafitness - Membership

Mixed 18 and + › Free swim during regular group swim times 1, 2, 3 and 4 › Sept 19 to Nov 27 › Jan 9 to March 11 › \$140 › YMCA Saint-Laurent and École secondaire Saint-Laurent – Édifice Émile-Legault › 55 minutes / course

Prenatal group

Pregnant women › Tue, Thu 7:15 to 8:15 a.m. › Sept 19 to Nov 19 › Jan 9 to March 11 › \$60 › École secondaire Saint-Laurent – Édifice Émile-Legault › 55 minutes / twice a week

LIFEGUARD TRAINING AND WATER SAFETY TRAINING

Included: Documentation and certification

Bronze Medallion

13 and + › Sun 10:30 a.m. to 3:30 p.m. › Sept 20 to Oct 25 › \$110 › Cégep de Saint-Laurent › Prerequisite: Must be 13 years old or have the Bronze Star certificate and mastered the styles and the techniques of Red Cross Swim Kids level 10

Bronze Cross

13 and + › Sun 10:30 a.m. to 4:30 p.m. › Nov 1 to Dec 6 › \$105 › Cégep de Saint-Laurent › Prerequisite: Bronze Medallion

Bronze Medallion and Bronze Cross (combined)

13 and + › Sun 10:30 a.m. to 4:30 p.m. › Jan 10 to Feb 21 › \$195 › Cégep de Saint-Laurent › Prerequisite: Must be 13 years old by the first day of the course.

The combined program is intended for a clientele that is experienced in life-saving, first aid or water sports. Novices are invited to call 514 855-6110 for information before registering.

General First Aid

For all › Sat 9 a.m. to 5 p.m. › Feb 20 and 27 › \$60 › Centre des loisirs › No prerequisite

National Lifeguard

16 and + › Apr 3 to May 15 › \$205 › Cégep de Saint-Laurent › Prerequisite: Must be 16 years old and have the Bronze Cross certificate and the General First aid certificate

Water Safety Instructor

15 and + › Jan 8 to March 20 › \$205 › Cégep de Saint-Laurent › Prerequisite: Have turned 15 years old before the final class. Varied schedules (as of Fall): ville.montreal.qc.ca/saint-laurent

COMPETITIVE SWIMMING

Location: Cégep de Saint-Laurent

New members: **Registration** is conditional to the evaluation. 15 minutes evaluation mandatory for all swimmers on August 27 or 28, from 5:30 to 7:30 p.m. at the swimming pool.

8 and +

Schedule will be given at the registration › Sept 8 to Dec 18 › Jan 4 to June 12 › Registration fees to be confirmed › Training sessions: Variable schedule depending on the group on weekday evenings and Saturday mornings.

MASTERS SWIM CLUB

Location: Cégep de Saint-Laurent

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

Registration: In person at the pool, according to the practice schedule.

18 and +

Mon 7:30 to 9 p.m. › Tue, Thu 7:30 to 8:30 p.m. or 8:30 to 9:45 p.m. › Wed 8 to 9:30 p.m. › Sat 7:15 to 8:45 a.m. › Sun 7 to 8:30 p.m. › Sept 8 to Dec 14 › Jan 4 to June 12 › Registration fees to be confirmed › Prerequisite: Must be able to swim 4 lengths of the pool without stopping in a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes, register for, and participate in the training program.

SYNCHRONIZED SWIM CLUB

Location: YMCA Saint-Laurent

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

Fall session: Complete the registration form on synchro-saint-laurent.com and dropped it off in person at the first class on Tuesday, September 8, between 6 and 6:15 p.m.

Winter session: Complete the registration form on synchro-saint-laurent.com and dropped it off in person at the first class on Tuesday, January 5, between 5 and 6:15 p.m.

8 to 20

Tue 6 to 7:30 p.m. › Fri 6:30 to 8 p.m. › Sept 8 to Dec 11 › Jan 5 to June 10 › Prerequisite: Have passed Junior 5 level of Red Cross swim

Fall session › \$40
Winter session › \$80

BADMINTON

Location: LaurenHill Academy Junior Campus

Use of the courts is reserved for resident carte-loisirs holders with badminton memberships. Guests must use a debit card (see page 6). The schedule and rules will be available at the Centre des loisirs as of August 24. To benefit from the family rate, each family member must have a valid resident carte-loisirs.

Registration: The membership can be purchased at the Centre des loisirs according to the carte-loisirs schedule. Priority is given to borough residents from Tuesday, August 25 to Sunday, September 13.

16 and +

Mon, Tue, Wed, Thu 8:15 to 10:15 p.m. ›
Sept 8 to Dec 10 › Jan 4 to May 19 › \$65 ›
Debit card guest: \$10 / adult

For all

Fri 8 to 10:15 p.m. › Sun 11 a.m. to 6 p.m. ›
Sept 13 to Dec 13 › Jan 8 to Apr 17 › \$30
(17 and -) › \$65 (18 and +) › \$130
(family) › Debit card guest: \$5 / child,
\$10 / adult



BASEBALL

Improvement course 8 to 22

Schedule to be determined by group.

Information:
info@baseballstlaurent.com
baseballstlaurent.com

Fall session:

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

Sat 9 a.m. to 12 p.m. › Sept 12 to Dec 12 ›
Cost to be determined.

Winter session:

Location: Cégep de Saint-Laurent

Sat 9 a.m. to 1 p.m. › Jan 9 to March 19 ›
Sun 1:30 to 4:30 › Jan 10 to March 20 ›
Cost to be determined.

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

Mon 8 to 10:30 p.m. › March 21 to May 2
Thu 8 to 10:30 p.m. › March 24 to May 5
Cost to be determined

Evaluation sessions for players registered in the club will take place from March 26 to May 6 inclusively.



BASKETBALL

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

Fall session: **Registration** online between Tuesday, August 11, at 8:30 a.m., and Sunday, September 20, at 12 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Winter session: **Mid-session registration** online between Tuesday, November 17, at 8:30 a.m., to Wednesday, November 25, at 6:30 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on Wednesday, November 25, from 6:30 to 7:30 p.m.

For registration in person, fees are payable to Comité de basketball Saint-Laurent inc. A \$25 surcharge will apply to registration forms received after the registration dates. Maximum of 60 participants per category for the House league. Registration fees include a t-shirt. The second child and subsequent children from the same family (with proof of residence) will receive a 25% discount applicable to the fee.

Information:
slbasket.kaypic.com

HOUSE LEAGUE

THE HOUSE LEAGUE IS BACK ON SATURDAYS!

Location: LaurenHill Academy Junior Campus

Session: Sept 12 to Apr 30 › \$125

Half-session: Jan 4 to Apr 30 › \$75

Pre-novice

Born between 01/10/07 and 31/12/09 › Sat 11 a.m. to 12:30 p.m.

Novice

Born between 01/10/05 and 31/12/07 › Sat 11 a.m. to 12:30 p.m.

Mini

Born between 01/10/03 and 31/12/05 › Sat 12:30 to 2 p.m.

Atome/Benjamin

Born between 01/10/01 and 31/12/03 › Sat 2 to 4 p.m.

Cadet

Born between 01/10/00 and 31/12/01 › Sat 4 to 6 p.m.

Juvenile

Born between 01/10/97 and 31/12/00 › Sat 4 to 6 p.m.

INTERCITY LEAGUE

Location: École secondaire Saint-Laurent – Édifice Émile-Legault, and LaurenHill Academy Junior Campus

Session: Sept 8 to March 27

Mini (boy)

Born between 01/10/03 and 31/12/05 › \$150

Benjamin (boy)

Born between 01/10/01 and 31/12/03 › \$175

Cadet (boy)

Born between 01/10/00 and 31/12/01 › \$175

Juvenile (boy)

Born between 01/10/97 and 31/12/00 › \$175

Mini (girl)

Born between 01/10/03 and 31/12/05 › \$150

Benjamin (girl)

Born between 01/10/01 and 31/12/03 › \$175

Senior (man)

18 and + › \$200

Senior (women)

18 and + › \$175

FOOTBALL

EVALUATION CAMP

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

Cost to be determined.

Information:

saintlaurentfootball.blogspot.ca
info@saintlaurentfootball.com

Atom, Mosquito, Peewee

7 to 13 › Schedules to be determined.

Bantam

14 and 15 › Schedules to be determined.

Midget

16 and 17 › Schedules to be determined.

GYMNASTIC

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

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

Mandatory: Purchase and wear the club's gymnastic outfit for girls (\$28) and a white t-shirt and navy short for boys. Affiliation fees of \$26 for the Fédération de gymnastique du Québec payable once a year and valid from September 1 to August 31.

Information and registration:

514 748-7707 or gymslic.com

Fall session: Registration online from Wednesday, August 12, at 10 a.m. to Friday, August 14 at 12 p.m. and reopening on Friday, August 21. Registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Winter and spring sessions: Registration online from Wednesday, November 18, at 10 a.m. to Friday, November 20 at 9 p.m. and reopening on Friday, November 27. Registration in person at the Centre des loisirs on Wednesday, November 25, from 6:30 to 7:30 p.m.

HOLIDAY ACTIVITIES (mixed)

Open gymnastics, special activities, games, and much more!

Sunday, December 13, 2015 › Children aged 3 to 5 accompanied by a parent: 9 to 9:55 a.m. › Ages 6 to 12: 10 to 11:30 a.m. › Cost: \$10 per child

RECREATIONAL WINTER CAMP: ages 6 to 12 (mixed)

Gymnastics in the gymnasium: 9 a.m. to 12 p.m.: \$20*/\$24 › Full day: 9 a.m. to 4 p.m. (gymnastics and assorted activities): \$40*/\$48 › Daycare service: 8 to 9 a.m. and 4 to 5:30 p.m.: \$5 per day

* Rates for affiliated members.

RECREATIONAL CAMP – SPRING BREAK WEEK: ages 6 to 12 (mixed)

Gymnastics (12 hours), outing and assorted activities. › Febr 29 to March 4, 2016 › Schedule: 9 a.m. to 4 p.m. › Daycare service: 7:30 to 9 a.m. and 4 to 6 p.m. › Fees: \$170 › Daycare service: \$5 per day

RECREATIONAL – GIRLS

Levels Bordeaux (1) and Red (2)
6 to 8 › Tue 5:30 to 6:55 p.m. › Sat 3 to 4:25 p.m. › Sat 4:30 to 5:55 p.m. › Sun 1 to 2:25 p.m. › Sun 2:30 to 3:55 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week

6 to 8 › Tue 5:30 to 6:55 p.m. › Sat 3 to 4:25 p.m. › Sat 4:30 to 5:55 p.m. › Sun 1 to 2:25 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week

Level Bordeaux (1) and Red (2)
8 and + › Thu 7 to 8:30 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sun 4 to 5:30 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week

8 and + › Thu 7 to 8:30 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sun 4 to 5:30 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week

Level Tan (3), Bronze (4) and Mauve (5)

7 and + › Thu 5:30 to 6:55 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week

7 and + › Thu 5:30 to 6:55 p.m. › Sat 4:30 to 6 p.m. › Sun 2:30 to 3:55 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week

Level Tan (3), Bronze (4), Mauve (5) and Blue (6) and +

8 and + › Thu 7 to 8:30 p.m. › Sat 3 to 4:25 p.m. › Sept 14 to Nov 29 › \$208 › 2 x 1.5 hours / week



8 and + › Thu 7 to 8:30 p.m. › Sat 3 to 5:55 p.m. › Jan 18 to May 29 › \$340 › 2 x 1.5 hours / week

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

8 and + › Sat 4:30 to 6 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week

8 and + › Sat 4:30 to 6 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week

RECREATIONAL – BOYS

Beginner / Intermediary

6 to 9 › Sat 3 to 4:25 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week

6 to 9 › Sat 3 to 4:25 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week

PRESCHOOL

Children must not be accompanied by a parent.

Yellow and orange sun – Mixed

4 and 5 › Tue 5 to 5:55 p.m. › Thu 5 to 5:55 p.m. › Thu 6 to 6:55 p.m. › Sun 10 to 10:55 a.m. › Sun 11 to 11:55 a.m. › Sept 14 to Nov 29 › \$114 › 1 hour / week

4 and 5 › Tue 5 to 5:55 p.m. › Thu 5 to 5:55 p.m. › Thu 6 to 6:55 p.m. › Sun 10 to 10:55 a.m. › Sun 11 to 11:55 a.m. › Jan 18 to May 29 › \$187 › 1 hour / week

Red sun – Mixed

4 and 5 › Sun 11 a.m. to 12:30 p.m. › Sept 14 to Nov 29 › \$140 › 1.5 hours / week › Prerequisite: Yellow sun

4 and 5 › Sun 11 a.m. to 12:30 p.m. › Jan 18 to May 29 › \$230 › 1.5 hours / week › Prerequisite: Yellow sun

PARENTS-TODDLERS

Mixed

2½ to 3 › Sun 9:10 to 9:55 a.m. › Tue 10 to 10:45 a.m. › Sept 14 to Nov 29 › \$94 › Children must be accompanied by a parent › 45 minutes / week

2½ to 3 › Sun 9:10 to 9:55 a.m. › Tue 10 to 10:45 a.m. › Jan 18 to May 29 › \$154 › Children must be accompanied by a parent › 45 minutes / week



HOCKEY

ADULTS

Location: Aréna Raymond-Bourque

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

Information: 514 855-6110, ext. 4884

Physical fitness – Gymnasium and on ice

Group A

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

Group B

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

League group A

25 and + › Tue 10 to 11:30 p.m. › Thu 9:30 to 11 p.m. › Oct 13 to March 24 › \$515

League group B

25 and + › Tue 9 to 10:30 p.m. › Thu 10 to 11:30 p.m. › Oct 13 to March 24 › \$515

OPEN HOCKEY

Location: Aréna Raymond-Bourque

Information: 514 956-2580, ext. 3

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

For all

Mon to Fri 11 a.m. to 1 p.m. › Sept 8 to March 25 › \$5 › \$6 NR

MINOR HOCKEY – DAY CAMP

(Spring break: Febr 29 to March 4, 2016)

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

Information and registration:

hockeynadeauleblanc.com or hockeystl.com

MINOR HOCKEY – REGULAR SEASON

Location: Aréna Raymond-Bourque

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

Registration: In person at the Aréna Raymond-Bourque on August 19 and 20, from 6:30 to 8:30 p.m. At registration, provide 2 proofs of residence and a valid carte-loisirs. Following May pre-registration, only few places remain available. According to Hockey Québec regulations, available for residents of the Borough of Saint-Laurent only.

Information: info@hockeystl.com or hockeystl.com

Cost for each child › \$355 (MAHG and Junior) › \$380 (Novice, Atome, Pee wee, Bantam and Midget) › \$405 (after September 1st)

Additional fees (\$50) for the purchase of match shirts (Novice to Junior). A \$125 deposit (cheque post-dated to April 1, 2016) will be required in order to obtain a shirt (Prenovice levels MAHG 1 and 2).

Additional cost for the team budget payable prior to the session (Novice to Junior) and purchase of a uniform (cheque for \$250 for Novice to Midget, or \$150 for Junior dated October 1, 2015). Additional fees will be charged for doubleletter players. These will be payable during the Versant-Ouest hockey registration process.

All levels (according to the category)

5 to 17 › Mon to Fri 5:30 to 11 p.m. › Sat, Sun 7 a.m. to 11 p.m. › Sept 8 to March 27

WOMEN'S HOCKEY

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

Atom to Junior: 8 to 20

Information: andrew.hockeymro@gmail.com

JUDO

Location: Centre des loisirs

Payable to Club de judo Budokan Saint-Laurent inc.

Not included: Judo uniform and belts as well as mandatory affiliation fees of \$19 to \$130 according to the category in addition to the passport (\$5) for new participants. Carte-loisirs is mandatory. \$10 discount for registrations received before the deadline.

Fall/winter session: Registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Fall/Winter (Sept to March) ▶ \$70
Spring* ▶ \$50
Summer* ▶ \$45

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



Group A, recreational white / yellow

6 and 7 ▶ Tue 6 to 7:15 p.m. and Sat 9:15 to 10:30 a.m. ▶ Sept 8 to Dec 5 ▶ Jan 5 to March 19

Group B, recreational white / yellow and plus

7 and 8 ▶ Mon, Fri 6 to 7:15 p.m. ▶ Sept 11 to Dec 4 ▶ Jan 4 to March 18

Group C, recreational

9 to 12 ▶ Thu 6:30 to 8 p.m. and Sat 10:30 a.m. to 12 p.m. ▶ Sept 10 to Dec 5 ▶ Jan 7 to March 19

Group D, recreational-competitive

13 and + ▶ Mon 7:15 to 8:45 p.m. ▶ Wed 6:30 to 8 p.m. ▶ Fri 7:15 to 8:45 p.m. ▶ Sept 9 to Dec 4 ▶ Jan 4 to March 18

KARATE

Locations: LaurenHill Academy Senior Campus from September 8 to May 14 and École secondaire Saint-Laurent – Édifice Émile-Legault from May 16 to August 4.

Fall session: Registration online on Loisirs en ligne (see page 7) between Tuesday, August 11, at 8:30 a.m., and Wednesday, August 19, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Winter session: Registration online on Loisirs en ligne (see page 7) between Tuesday, November 17, at 8:30 a.m., and Wednesday, November 25, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on Wednesday, November 25, from 6:30 to 7:30 p.m.

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

6 to 8

2 sessions ▶ \$115

9 to 17

1 session ▶ \$125
2 sessions ▶ \$145
3 sessions ▶ \$165

18 and +

1 session ▶ \$135
2 sessions ▶ \$155
3 sessions ▶ \$175

White

6 to 8 ▶ Sat 10 to 11 a.m. ▶ Sept 12 to Dec 12 ▶ Jan 9 to May 14

9 to 12 ▶ Mon, Wed and Fri 6 to 7 p.m. ▶ Sept 9 to Dec 11 ▶ Jan 4 to Apr 15 ▶ Apr 18 to Aug 4

13 + ▶ Mon, Wed and Fri 6 to 7 p.m. ▶ Sept 9 to Dec 11 ▶ Jan 4 to Apr 15 ▶ Apr 18 to Aug 4

Yellow / orange

6 to 8 ▶ Sat 11 a.m. to 12 p.m. ▶ Sept 12 to Dec 12 ▶ Jan 9 to Apr 16

9 to 12 ▶ Mon, Wed and Fri 7 to 8 p.m. ▶ Sept 9 to Dec 11 ▶ Jan 4 to Apr 15 ▶ Apr 18 to Aug 4

Yellow to blue

13 and + ▶ Tue, Thu 6 to 7:30 p.m. and Sat 11 a.m. to 12 p.m. ▶ Sept 8 to Dec 12 ▶ Jan 5 to Apr 16 ▶ Apr 19 to Aug 4



Green / brown

9 to 12 > Tue, Thu 6 to 7:30 p.m. and Sat 11 a.m. to 12 p.m. > Sept 8 to Dec 12 > Jan 5 to Apr 16 > Apr 19 to Aug 4

Brown / black

13 and + > Tue, Thu 7:30 to 9 p.m. and Sat 11 a.m. to 12 p.m. > Sept 8 to Dec 12 > Jan 5 to Apr 16 > Apr 19 to Aug 4

Competitive

9 and + > Sat 12 to 1:30 p.m. > Sept 12 to Dec 12 > Jan 9 to Apr 16 > Apr 23 to June 18

Kata

9 and + > Mon 8 to 9 p.m. > Sept 14 to Dec 7 > Jan 5 to Apr 11 > Apr 18 to Aug 1st

PHYSICAL FITNESS

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

Registration: By mail (1375, rue Grenet) or in person, by cheque, at the Centre des loisirs.

Fall session: August 19, from 6:30 to 7:30 p.m.

Winter session: November 25, from 6:30 to 7:30 p.m.

1 session > \$99
2 sessions > \$193
3 sessions > \$287
4 sessions > \$325

Fall: September 8 to December 12

Winter: January 4 to March 19

Spring: March 21 to June 11

Summer June 13 to August 20

Activities for those 16 and over.

Aerobic

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

Cardio baladi and zumba

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

Cardio baby

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



Cardio mania

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

Cardio mix and balls

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

Circuit

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

Mixed style – Yoga and stretching

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

Pilates – Level I

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

Pilates – Level II

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

Step aerobic

Tue 6 to 7 p.m. > Centre des loisirs

Super workout

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

Tonus

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

Zumba

Tue, Thu 7:10 to 8:10 p.m. > Sat 10:20 to 11:20 a.m. > Centre des loisirs

Zumba and tonus

Thu 6 to 7 p.m. > Centre des loisirs

PICKLEBALL

Locations: Lauren Hill Academy Junior Campus

Registration by mail or in person at the Centre des loisirs. Priority will be given to residents from August 10 to 18. **Registration** in person for everyone at the Centre des loisirs on Wednesday, August 19 from 6:30 to 7:30 p.m. Payable by cheque to the Club de pickleball de Saint-Laurent.

Information:
514 462-8087 or pickleballquebec.com

16 and + › Sun › 9 to 11 a.m. › Sept 13 to Dec 13 › Jan 10 to May 1st › \$95 › Guest: \$6

RINGUETTE

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

Payable to Ringuette Saint-Laurent inc. Discount of \$25 for second and subsequent members of the same family.

Registration on Loisirs en ligne (see page 7) from Tuesday, August 4, at 8:30 a.m., to Wednesday, September 30, at 8 p.m., or in person at Aréna Raymond-Bourque at the Open House. Bring one passport sized photo, your Medicare card and your carte-loisirs.

Open House at Aréna Raymond-Bourque: Bring your skates and helmet. Saturday, Sept 12, from 1 to 3 p.m. Sunday, Sept 13, from 12 to 2 p.m.

Registration possible at this time. Dates will be confirmed on the Website: ringuette-saintlaurent.com

Information:
info@ringuettesaintlaurent.com

Moustique

Girl born between 2008 and 2011 › Sat 1 to 2 p.m. › Sun 12 to 1 p.m. › Sept 8 to March 27 › \$200

Novice

Girl born in 2006-2007 › Sat 1 to 2 p.m. › Sun 12 to 1 p.m. › Sept 8 to March 27 › \$250

Atom

Girl born in 2004-2005 › Sat 2 to 3 p.m. › Sun 1 to 2 p.m. › Sept 8 to March 27 › \$250



Benjamin

Girl born in 2002-2003 › Sat 2 to 3 p.m. › Sun 1 to 2 p.m. › Sept 8 to March 27 › \$275

Junior

Girl born in 2000-2001 › Mon 7:30 to 8:30 p.m. › Sun 2:30 to 3:30 p.m. › Sept 8 to March 27 › \$275

Cadette

Girl born between 1997 and 1999 › Mon 7:30 to 8:30 p.m. › Sun 2:30 to 3:30 p.m. › Sept 8 to March 27 › \$300

Juvenile

Girl born between 1992 and 1996 › Mon 9:30 to 10:30 p.m. › Sept 8 to March 27 › \$300

Intermediate A, B and C

21 and + › Mon 8:30 to 9:30 p.m. › Mon 9:30 to 10:30 p.m. › Wed 9 to 10 p.m. › Sept 8 to March 27 › \$300

Open A

19 and + › Mon 9:30 to 10:30 p.m. › Wed 9 to 10 p.m. › Sept 8 to March 27 › \$400

SKATING

FIGURE SKATING

Locations: Aréna Raymond-Bourque

Registration: On Loisirs en ligne (see page 7) from Wednesday, August 19, at 6 p.m., to Thursday, August 20, at 8 p.m. Additional fees of \$10 will apply to registrations received after the deadline.

Important: After you complete the transaction, you will receive an email with the subject line "Transaction client". Open and forward the email to cpastl.forme@gmail.com, accompanied by the completed registration form from CPA Saint Laurent available at site www.cpastl.ca under the tab "Documents Inscription". Your registration will be validated only upon receipt of these two documents. A \$5 administration fee will apply to registration forms not submitted in the three days following registration.



Mandatory equipment not provided: CSA-certified hockey skates and helmet. Club uniform mandatory (cost: \$55) available at Aréna Raymond-Bourque on August 19 and 20 from 6:30 to 8:30 p.m.

Skating Canada membership fees are payable annually and are valid from September 1 to August 31. A \$35 discount applies to registrations received before August 21. Refunds will not be given to participants who leave during the season.

Registration details and conditions:
www.cpastl.ca or 514 334-2619

Stage 1: Choice of introductory lessons – Skating plus

Skating plus – Saturday

5 to 17, mixed › Sept 12 to the end of Febr › \$225

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

Écusson 3, 4, 5 › Sat 1:15 to 2 p.m.

Skating plus – Sunday

5 to 17, mixed › Sept 13 to the end of Febr › \$225

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

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

Schedule will be confirmed upon registration validation.

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

Pre-junior group (Écusson 5 and +)

5 to 17, mixed › Wed 5:05 to 5:50 p.m. › Sept 16 to end of Febr › \$395

5 to 17, mixed › Sun 12:40 to 1:25 p.m. › Sept 13 to mid-Apr › \$395

Group adults

Fri 7:55 to 8:55 p.m. › Sept 11 to mid-Apr › \$225

Stage 2: Option 2 – Private lessons following Stage 1

(Écusson 5 and + / twice a week minimum)

Star / competitive (based on admissibility criteria) › Basic ice fees › \$234 › NR \$311

5 and + › Junior, intermediate I and 2, senior › Schedule to be determined based on the group › Additional sessions available › \$45 to \$30 › Course fees are payable to the coach.

OPEN SKATING

Location: Aréna Raymond-Bourque

514 956-2580, ext. 3

Regular activities

Sept 9 to March 27

For all › Wed 7 to 8 p.m. › Free › NR \$3 / child and \$4 / adult

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

18 and + › Wed 8 to 9 p.m. › Free › NR \$4 / adult

Beginner (with a trainer on site) › Sun 1:30 to 2:30 p.m. › \$2 / child and \$3 / adult › NR \$3 / child and \$4 / adult

50 and + › Wed 3 to 4 p.m. › \$3 › NR \$4

Holiday schedule

Dec 21 to Jan 3

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

Spring break

Feb 29 to March 4

For all › Mon to Fri 1 to 3 p.m. › \$2 / child and \$3 / adult › NR \$3 / child and \$4 / adult

PRESCHOOL SKATING

Location: Aréna Raymond-Bourque

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

Information: 514 855-6110, ext. 4884

Information brochure available on the Borough Website.

Group 1 – Mixed

3 to 5 › Tue 10 to 11 a.m. › Sept 29 to Dec 1 › Jan 5 to March 8 › 2 sessions: \$80

Group 2 – Mixed

3 to 5 › Sat 8:30 to 9:30 a.m. › Sept 26 to Dec 5 › Jan 9 to March 19 › 2 sessions: \$80

Group 3 – Mixed

3 to 5 › Sat 9:30 to 10:30 a.m. › Sept 26 to Dec 5 › Jan 9 to March 19 › 2 sessions: \$80

Group 4 – Mixed

3 to 5 › Sat 10:30 to 11:30 a.m. › Sept 26 to Dec 5 › Jan 9 to March 19 › 2 sessions: \$80



SOCCER

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

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

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

6 to 18 › Tue, Thu 6 to 8 p.m. › Fri 6:30 to 10:30 p.m. › Sat 9 a.m. to 6 p.m. › Sun 9 a.m. to 10 p.m.* › Oct 6 to Dec 13 › Jan 5 to May 1 › Cost to be determined › 1 to 1.5 hours per week › Advanced course presentation

*Variable schedule according to venue.

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

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

Registration: In person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m. No classes on Oct 10 and 11 and on April 2 and 3.

Information: 514 855-6110, ext. 4915



Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. › Sept 12 to Dec 12 › Jan 9 to May 7 › \$60 / year and \$8.25 / week › NR not available › Laurentian Lanes Bowling, 222, montée de Liesse

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. › Sept 13 to Dec 6 › Jan 10 to May 8 › \$60 / year › LaurenHill Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › Sept 20 to Nov 22 › Jan 10 to March 6 › \$60 / year › Édifice Émile-Legault



TAI-CHI

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

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

Fall session: Registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on Wednesday, November 25, from 6:30 to 7:30 p.m.

Rates

1 session › \$120

Initiation

18 and + › Tue, Thu 10:40 to 11:40 a.m. › Tue, Thu 7 to 8 p.m. › Sept 8 to Nov 26 › Jan 5 to March 24

Intermediate

18 and + › Tue, Thu 9:30 to 10:30 a.m. › Mon, Wed 8 to 9 p.m. › Sept 7 to Nov 26 › Jan 4 to March 24

Advanced

18 and + › Mon, Wed 7 to 8 p.m. › Sept 8 to Nov 25 › Jan 4 to March 23

TRACK AND FIELD

Locations: Édifice Émile-Legault, Parc Marcel-Laurin or LaurenHill Academy Junior Campus.

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

Fall session: Registration in person at the Centre des loisirs on Wednesday, August 19, from 6:30 to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on Wednesday, November 25, from 6:30 to 7:30 p.m.

Rates

1 session › \$60

2 sessions › \$120

Annual › \$235

Fall: Sept 7 to Dec 12

Winter: Jan 4 to Apr 16

Spring: Apr 25 to June 11

Summer: June 13 to July 29

Colibri group

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

Minime and Benjamine groups

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

Cadet and Juvenile groups

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

Juvenile and Junior groups

Born between 1996 and 1997 › Mon, Wed 6:15 to 8 p.m. › Sat 9 to 11 a.m.

Running club

Anyone interested in registering for running with the club in the Nouveau Saint-Laurent and Bois-Franc sectors on Saturday mornings is invited to email the club at sls@slsathletisme.com

Sat 9 to 10:45 a.m. › Sept 12 to Dec 12

13 sessions \$99 › 6 sessions \$50



SAINT-LAURENT CROSS COUNTRY

Location: Parc Marcel-Laurin

Online registration at:
circuitendurance.ca

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

1 km running

11 and - > Sat 11 a.m. > Mail-in registration: \$7 > Online registration until Oct 2: \$7 > Onsite registration: \$10

2 km running

12 to 19 > Sat 10:30 a.m. > Mail-in registration: \$10 > Online registration until Oct 2: \$10 > Onsite registration: \$15

20 and + > Sat 10:30 a.m. > Mail-in registration: \$20 > Online registration until Oct 2: \$18 > Onsite registration: \$25

6 km running

Sat 11:15 a.m. (women) > Sat 12 p.m. (man) > Mail-in registration: \$35 > Online registration until Oct 2: \$28 > Onsite registration: \$40

COURSE SAINT-LAURENT

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

Online registration at:
circuitendurance.ca

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

1 km running

11 and - > Sun 11:30 a.m. > Apr 10

2 km running

12 and + > Sun 9 a.m. > Apr 10

5 km running

12 and + > Sun 9:30 a.m. > Apr 10

10 km running

16 and + > Sun 10:15 a.m. > Apr 10



VOLLEYBALL

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

Payable to Club de volleyball de Saint-Laurent inc.

Registration in person on Wednesday, August 19, from 6:30 to 7:30 p.m. at the Centre des loisirs and on September 8, 9, and 11, from 7:30 to 8 p.m. at École Saint-Laurent – Édifice Émile-Legault.

Level 1 – Basic

18 and + > Tue 8 to 10:30 p.m. > Sept 8 to Dec 8 > Jan 5 to Apr 26 > \$35 / year

Level 2 – Intermediate

18 and + > Tue, Fri 8 to 10:30 p.m. > Sept 8 to Dec 11 > Jan 5 to Apr 29 > \$65 / year

Level 3 – Advanced

18 and + > Wed, Fri 8 to 10:30 p.m. > Sept 9 to Dec 11 > Jan 6 to Apr 29 > Wed: Mixed teams (6 to 10 players) > Priority given to registering teams > C/C+ calibre > \$600 / year per team comprising 6 or more residents > NR \$700 / year per team.

Parcs et installations Parks and facilities

Automne-hiver
2015-2016
Fall-Winter

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

SQUARES

- 44. Boréal
- 45. Gauguin
- 46. Jean-Rostand
- 47. Lamartine
- 48. Magellan
- 49. Petit-Prince (du)
- 50. Solstice (du)
- 51. Sterne-Arctique (de la)
- 52. Vivaldi

PARCS PARKS

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

INSTALLATIONS FACILITIES

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

CHALET DE PARC PARK CHALET

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