

FALL-WINTER
2018-2019



LEISURE GUIDE

RECREATIONAL
SCHEDULE

Dear Residents,

You are holding the latest edition of the Leisure Guide recreation schedule, an excellent source of information on all the activities and events taking place in your neighborhood.

As you'll see, Lachine offers a wonderful variety of sports, education, recreation, and entertainment programming. As always, the guide also contains a whole lot of useful information, including a map of the Borough and a list of outdoor recreational facilities.

Community Corner, for example, is an essential reference tool that gives you condensed information about Borough services, such as collection schedules for organic waste and community alleys.

You'll also find a program of Éco-quartier Lachine activities and a list of the many partner organizations making a difference in your neighbourhood each day. Since Community Corner is designed to be pulled out and kept handy, you'll now have a long list of useful phone numbers and addresses to help you make the most of the many services Lachine has to offer.

You'll find copies of the Leisure Guide at municipal buildings in Lachine and on our website, in both French and English.

The short version is still delivered to Lachine homes and contains the schedule of activities for children and adults.

I encourage you to take full advantage of the many activities and events available to you this fall and winter.

Sincerely,



Maja Vodanovic, Borough Mayor



Maja Vodanovic
Borough Mayor
514-634-3471, ext. 501

Follow us!

Twitter 

Facebook 

Information:
lachine.ca

The Lachine Borough
Council invites you
to make the most
of all the activities
on offer in Lachine.



Michèle Flannery
Borough Councillor
Fort-Rolland District
514-634-3471, ext. 205



Younes Boukala
Borough Councillor
J.-Émery-Provost District
514-634-3471, ext. 280



Julie-Pascale Provost
Borough Councillor
Canal District
514-634-3471, ext. 824



Micheline Rouleau
City Councillor
514-634-3471, ext. 823

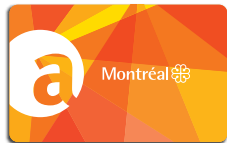
The information contained in this guide is, to the best of our knowledge, accurate and up-to-date as of July 15, 2018. However, Lachine Borough is not responsible for any errors in the list of activities, their classification, contact information, schedules, or rates by recognized organizations.

CLICKING
ON THE TITLE
OF THE PAGE OF
INTEREST TO YOU WILL
GET YOU
DIRECTLY THERE.

LEISURE GUIDE

RECREATIONAL SCHEDULE

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Accès Montréal Card

Get 10% off tickets for shows and movies at L'Entrepôt. Available at Bureau du citoyen for \$8 (photo and proof of residence required). Good for one year. Photo for card: \$2.50



Accès Lachine Card

You'll need an Accès Lachine card to sign up for swimming classes or borrow books. It is free and good for two years. You can get it at one of the Borough's two libraries (photo ID and proof of residence required).

**L'INFO
CITOYENS**
DIRECTORY OF RESOURCES,
ORGANISMS AND PARTNERS
AND OTHER USEFUL
INFORMATION



Partial view of the To Get a Drink, You Have to Sell exhibition.
Photo credit: Richard-Max Tremblay

L'Entrepôt
2901 boulevard Saint-Joseph
514 634-3471, ext. 302 or 828

Hours
Fridays and show nights:
6 p.m. to 9 p.m.
Saturdays and Sundays: noon to 5 p.m.
Free admission



[lentrepotdelachine](https://www.facebook.com/lentrepotdelachine)

For **full schedule**
details:
www.lachine.ca



Permanente Exhibition

To Get a Drink, You Have to Sell Advertising and Black Horse Beer in the 20th Century. See Lachine Museum's permanent exhibition and discover the strategies used by Dawes Brewery to froth up sales of their famous *Black Horse Beer*.
Information: 514 634-3478 blackhorse.museedelachine.com

Temporary Exhibitions/2018–2019 Schedule

L'Entrepôt is both a concert hall and a terrific space dedicated to multidisciplinary exhibitions.

Aqua

September 7 to October 14

Sophie Thibault

"Water... so mysterious, so invasive, so reassuring. My element. For my L'Entrepôt exhibition, I'm immersing you in pictures of my beautiful canalside village. Shorelines, ice, at dawn and dusk—water in all its forms. Let the beauty wash over you as you drink it all in! See you there!"



Sophie Thibault

Rencontres inattendues

October 19 to November 18

R. Guy Pilon (posthumous exhibition)

Artist R. Guy Pilon passed away in 2012. He worked for over twenty years as an illustrator and painter/decorator for Ville de Montreal. After he retired, he devoted himself entirely to painting, creating over 2,200 works, some of which have been exhibited around the world and won awards. The Rencontres inattendues exhibition is an opportunity to discover a selection of the artist's paintings and their vibrant, contrasting colours.



Intrigues à Orléans, R. Guy Pilon

Symphonies de couleurs

November 23 to December 16

Les belles lumières

Ten artists present their outdoor scenes, bursting with colour inspired by the changing seasons—the delicate buds that emerge in spring, the rich splendour of nature's full bloom in summer, the stunning hues of autumn, and the pink cheeks and snowy landscapes of winter.

Imaginaire

January 11 to February 17

Richard Péroquin

Richard Péroquin's paintings and drawings explore the imagination through light, juxtaposed images, and exaggeration. An illustrator by trade, he has returned to drawing and painting to explore visual landscapes inspired by sketches and watercolours he made during his travels.



Lachine plein air, Michael Solovyev

Lachine plein air

February 22 to March 31

Michael Solovyev

A Russian artist who now calls Lachine home, Michael Solovyev has represented Canada at international watercolour festivals in Hong Kong, Slovenia, India, Italy, and Portugal. He has participated in over 50 exhibitions around the world and received various awards for his work. This is the first time his paintings will be exhibited in Lachine.

Shows at L'Entrepôt

A Stellar Season

2018–2019 at L'Entrepôt is a season of big names and bright lights in music, theatre, and comedy. Get your show tickets today at lachine.tuxedobillet.com

Ciné-club de L'Entrepôt

Monday, 7:30 p.m.

L'Entrepôt's movie club offers diverse, accessible movie programming for your cultural enjoyment. Ticket office: 514-634-3471, ext. 302 or 828, or tuxedobillet.com

Venue Rentals

Looking for a warm and intimate setting for your next concert? L'Entrepôt's magnificent 310-seat concert hall has great acoustics and stage equipment and is available for rent. More information: lachine.ca, Quick links section



Du fil de l'excellence
2018 gala

Au fil de l'excellence is a gala that celebrates artistic and sports achievements, the courage and dedication of Lachine residents and associations, and their contribution to the Borough's economic development. A total of 16 awards will be handed out to Lachine residents, groups, and associations that make our community a better place.

If you'd like to nominate a group or individual candidate, please write to us by September 21. Application forms are available at Maison du brasseur (2901 boul. Saint-Joseph) or by request at loisirslachine@ville.montreal.qc.ca.

The *Au fil de l'excellence* Gala will be held on November 18. By invitation only.



Musée de Lachine

1, chemin du Musée • 514 634-3478
museedelachine@ville.montreal.qc.ca
museedelachine.com



Free admission/Pay parking

Photo : Richard-Max

Hours for 2018

Through September 2, Tuesday to Sunday
 September 5 to November 25:
 Wednesday to Sunday, Noon to 5 p.m.
 Reopening in April 2019

Exhibitions

Ber-le Moyne House, a site, a dream...

A magnificent example of 17th century French architecture, Ber-Le Moyne House is a designated historical site. Inside, you'll find over 400 historical and archaeological artefacts illustrating the life of its occupants throughout the centuries.

Into the Art Studio

Learning to Draw, Then and Now

Drawing was a school subject in Québec as early as 1878. Does it hold the same place today? This exhibition draws connections between then and now by looking at life drawing, studies in pattern, perspective, and colour, and the reproduction of masterpieces as a learning tool. Curator: Andrée Matte

Lachine's Outdoor Museum

Open daily from sunrise to sunset, Musée de Lachine site, René-Lévesque Park, and river parks

With its collection of 50 works, Lachine's open-air museum is one of Canada's largest contemporary sculpture gardens. Guided tours with reservation from Wednesday to Friday, between 9 a.m. to noon.



Activities



Introduction to drawing at the Museum's new workshop
 Work by Pierre Leblanc, Pont d'Arles en transfert, 1985

Architectural Tour Saturday and Sunday, September 8 to November 25, 2 p.m.

Explore Maison Le Ber-Le Moyne with an experienced guide to learn how the building's architecture has evolved over the years. The stone walls reveal all kinds of secrets to the careful observer!

Story Mill Saturday and Sunday, September 29 and 30, 1 p.m. and 3 p.m.



Grab your quill and take part in a participatory workshop on wordplay and 17th century calligraphy as part of Journées de la culture. Facilitator: Mona Andrée Rainville, journalist and author

Meet and greet with the Incursion dans le studio d'art exhibition curator Saturday, October 13, 2 p.m.

Œuvre de Pierre Leblanc, Pont d'Arles en transfert, 1985

For the full schedule, go to:

lachine.ville.montreal.qc.ca/bibliotheques



bibliothequesdelachine



Saul-Bellow Library
 Photo credit: Pierre Bourgault

BIBLIOTHÈQUES
DE LACHINE
 ON GRANDIT AVEC VOUS!

Free access and registration for all Montréal residents.

Saint-Pierre: 514-634-3471, ext. 826
 Saul-Bellow: 514-872-3802/514-872-5008
 Youth activities: 514-872-2811

Here are just some of the activities at the library.

ALL ACTIVITIES AND WORKSHOPS ARE IN FRENCH UNLESS OTHERWISE INDICATED. All activities are free. Registration required at the loans counter or over the phone except for activities marked "free admission."

Pamphlets listing the activities (for adults and kids) are available at Lachine's libraries and online.

Saul-Bellow Library 3100 rue Saint-Antoine



Hours
 Monday to Thursday,
 10 a.m. to 9 p.m.
 Friday, Saturday, Sunday,
 10 a.m. to 5 p.m.

Saint-Pierre Library 183 rue des Érables



Hours
 Monday to Wednesday, 1 p.m. to 9 p.m.
 Thursday through Saturday, 9 a.m. to 5 p.m.
 Sunday, 12 p.m. to 5 p.m.



Libraries: Live, love, learn.

- Take out books, comic books, CDs, DVDs, video games, magazines, and more
- Read newspapers at the library
- Rent an iPad or laptop computer for in library use
- Computing and Internet terminals available

Activities for all



Public swim schedule (free): September 8, 2018, to May 10, 2019

ACTIVITY	LOCATION	SCHEDULE ¹
Families*	Sainte-Anne College	Friday, 7 p.m. to 8:30 p.m. Saturday, 2:30 p.m. to 4:15 p.m. Sunday, 1 p.m. to 3:45 p.m.
Adults (lap swimmers)	Sainte-Anne College	Tuesday and Thursday, 8 p.m. to 9:45 p.m. Wednesday and Friday, 8:30 p.m. to 9:45 p.m. Sunday, 6 p.m. to 8:45 p.m.

* Depending on attendance, one or two lanes may be kept open for lap swimming. Public swim is free! Pool staff may require a valid Accès Lachine card (see p. 17) as proof of identity and may deny pool access to those without a valid card.

CHILD SAFETY IN AQUATIC FACILITIES

To enter a pool without an adult, children must be at least 8 years old and meet the minimal height requirement or pass a swimming test. They must also be familiar with the pool layout and obey all pool rules. An accompanying monitor (16 yrs+) may supervise a single child who can't swim and isn't wearing a life vest. In all other cases, the ratio is 1:6, meaning one monitor for every 6 children who are 5 years and younger and one monitor for every 15 children who are 6 years and older. Users may be required to adhere to additional rules to make sure everyone is as safe as possible in the pool. Pool supervisors are authorized AT ALL TIMES to reduce the aforementioned ratio, tighten up rules, and require swimmers to wear life jackets.



Public skate schedule (free): September 10, 2018, to March 29, 2019

ACTIVITY	LOCATION	SCHEDULE ¹
Preschool Parent with child age 0-5	Martin-Lapointe Arena	Thursday, 1 p.m. to 2:30 p.m.
	Pierre "Pete" Morin Arena	Wednesday, 1 p.m. to 2:30 p.m. Friday, 11:30 a.m. to 1 p.m.
Families	Martin-Lapointe Arena	Saturday, 7 p.m. to 9 p.m. Sunday, 4 p.m. to 5 p.m.
	Pierre "Pete" Morin Arena	Friday, 8 p.m. to 10 p.m. Saturday, 7 p.m. to 9 p.m. Sunday, 2 p.m. to 4 p.m.
	Martin-Lapointe Arena	Monday and Wednesday, 11 a.m. to noon
Adults	Pierre "Pete" Morin Arena	Monday, Tuesday, Thursday, and Friday, 1 p.m. to 2:30 p.m.

FREE SKATE RENTAL: At Martin-Lapointe Arena, children and teens under 18 get free skate rentals with their Accès Lachine card courtesy of Club Optimiste Saint-Pierre. Ask one of our skate supervisors for more details.

SKATE RENTAL: Adults can rent skates at the equipment shop (both arenas) for a nominal fee.

¹ SPECIAL SCHEDULE DURING HOLIDAYS AND SCHOOL BREAKS



Cross-country skiing

Follow the river from Lachine to Verdun on the La Riveraine trail!

Route and other information: skigrandsudouest.com (seasonal)



February 16 in the afternoon

Games, activities, performances

Check out the program for December at lachine.ca

Graffiti Program

The Graffiti Program, launched in Lachine in 2003, takes a realistic view of the graffiti phenomenon. Known and respected graffiti artists lead workshops and events to build solid bridges with Lachine youth.

Multimedia Workshops

Free multimedia workshops designed for urban and graffiti artists looking to develop their skills. By appointment only.

More information: 514-634-3471, ext. 360
or [f \(Lachine Graffiti Program\)](https://www.facebook.com/LachineGraffitiProgram)



**Your partner
for health
and wellbeing**

Centre de loisirs de Lachine runs sports, cultural, and educational activities designed with you in mind.

Three different services are available:

- **The Recreation Centre** has a wealth of activities for people of all ages and interests of all kinds, with three different sessions each year.
- **Club Déclîc** has low-cost drop-in activities for families.
- **Phoenix Day Camp:** sports, games, and outings for children age 5 to 12 during day camps.

Informations: info@centre-de-loisirs-lachine.com/centre-de-loisirs-lachine.com



Free activities for people with low incomes
Registration will be confidential: Wednesday
September 12, 2018, from 3 p.m. to 8 p.m.

Albert-Gariépy community centre
800 rue Sherbrooke

Info : 438 504-2635 • info@centre-de-loisirs-lachine.com

Registration and Universal Accessibility



REGISTRATION

Unless otherwise noted, the registration period for all activities that start in September and October (except swimming lessons—see blue section) will be held:

- Wednesday, September 5, from 6:30 p.m. to 8 p.m. at Maison du brasseur



Swimming Lessons Online Registration

- If the server is unavailable when you try to register, please try again later. If we cannot fix the problem quickly, we will suspend registration until the following day to give everyone a chance to register.
- The parent and child must have a valid Accès Lachine card
- A \$12,65 fee (tax included) will be deducted from your refund should you withdraw.
- No refunds will be offered once an activity has started unless you have a doctor's note or a class is cancelled by the Borough.

You can also register in person at Bureau Accès Montréal (see page 30)



Universal Accessibility

In 2011 the City of Montreal adopted a Municipal Universal Accessibility Policy in an ongoing effort to make Montreal a universally accessible city.

Your partner for health and wellbeing

Here are some examples in Lachine:

- A number of our community buildings are accessible (see Borough map)
- An FM assistive listening system has been installed at L'Entrepôt so that hearing-impaired guests can hear shows presented at the venue.
- A universal access circuit has been installed in the Borough Meeting Room at City Hall so that all residents can attend

Borough Council meetings. This includes signage, an assistive seating system, access ramps, and accessible washrooms.



The City has tasked Altergo with coordinating Montreal's recreation support program.

ALTERGC

Info: bit.ly/accesuniversel / altergo.ca

ACTIVITIES FOR DAY CAMPS

ACTIVITY	AGE	SCHEDULE	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
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Spring Break day camps, March 4–8, 2019

Le Phoenix de Lachine day camp (with before and after care)	5–12*	Monday to Friday, 7:30 a.m. to 6 p.m.	LaSalle Park	\$130	 Centre de loisirs de Lachine 438-504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6 :30 p.m. to 8 p.m. at centre Fernand-Laplane By phone or online
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*5-year-olds must be in school

Special Spring Break day camps, March 4–8, 2019

Badminton	6–16	Monday to Friday, 8 a.m. to 5 p.m.	Collège Sainte-Anne	\$130	Badminton Lachine 514 634-3471 ext 888 badmintonlachine.com	Online starting July 30 or Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Swim camp (without before and after care)	5–12	Monday to Friday, 9 a.m. to 4 p.m.		\$90 (includes two outings)	Lachine Swim Club 514 307-3470 clubnatationlachine.com	Online starting Sept. 1 or by phone starting at 6 a.m. Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur January 7-March 1, 5 p.m.- 6 :30 p.m. onsite
Swim camp (with before and after care)		Monday to Friday, 7:30 a.m. to 6 p.m.		\$120 (includes two outings)		
Gymnitours		Monday to Friday, 7:30 a.m. to 5:30 p.m.		\$185		

ACTIVITÉS JEUNESSE

ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
English	5-6 7-10 11-15	Saturday : 9 a.m. to 10:30 a.m. 10:45 a.m. to 12:15 p.m. 12:45 p.m. to 2:15 p.m.	Fall starting Sept. 15 Winter/Spring starting Jan. 12	Centre communautaire Albert Gariépy	Fall : \$135 Winter: \$175	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Jukitae Martial Arts	6+	See website	Fall starting Sept. 17 Winter starting Jan. 7		See website	Art martial moderne 514 634-3471 ext. 355 artmartialmoderne.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Centre communautaire Albert-Gariépy : Sept. 7, 6 p.m. to 8 p.m., Sept 8, 10 a.m. to 4 p.m. Sept. 9, noon to 4 p.m.
Track & Field	7+	6 p.m. to 7:30 p.m., 1 to 5 times/week depending on group	Sept. to March	Parc Dalbé-Viau / Gymnasium of Collège Sainte-Anne	Depends on level and residency	Club d'athlétisme de Lachine 514 710-6009 athletismelachine.ca	Online starting August 15
Badminton parents/ children	6-99	Sunday 1 p.m. to 3 p.m.	Sept. 9 to June 9	Collège Sainte-Anne	See website	Badminton Lachine 514 634-3471, ext. 888 badmintonlachine.com	Online starting July 30. Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Badminton (courses)	6-25	See website	Sept. 6 to June 9				
Badminton (open)	6-16	Saturday, noon to 2 p.m.	Sept. 8 to June 9				
Classical Ballet and Modern Dance	4 +	Monday to Thursday 4:45 p.m. to 9:30 p.m. Saturday 9 a.m. to 1:45 p.m.	Fall starting Sept 10 Winter starting Jan. 7 Spring starting March 11	Maison du brasseur	Depending on level + introductory class on Oct. 5	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Baseball	10-21	Weeknights	Oct. to Dec. Jan. to Apr.	Collège Saint-Louis	TBD	Ass. de baseball amateur de Lachine 514 634-3471 ext. 313 baseballlachine.com	Online
Basketball	7-17 ans	9 a.m. to 2 p.m.	Sept. 8	Collège Sainte-Anne	\$125	Janet Lawrence 514 601-2317	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Juniors	12-18	Thursday, 6:15 p.m. to 9:15 p.m.	Sept. 7 to June 14	Centre communautaire Albert-Gariépy	Free	Squadron 686 Dorval-Lachine 514 634-3888 escadron686@hotmail.com	Every Thursday evening onsite at Room 115
Chess club	6 +	Friday, 6 :30 p.m. to 9 :30 p.m.	Fall starting Sept. 14 Winter starting Jan. 11 Spring starting April 5		\$35 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6 :30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Curling	10- 90	Varies	Oct. 1 to April 19	4105, rue du Fort-Rolland	Varies	Club de curling Lachine 514 637-9521	By phone and Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Modern danse/Hip-Hop	6-8 9-12 13-15	Sunday 10 a.m. to 11 a.m. 11 a.m. to noon Noon to 1 p.m.	Fall starting Sept. 16 Winter starting Jan. 12 Spring starting March 23	Centre Fernand- Laplaïne	\$120 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 5, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Children's Dance	4-6	Saturday, 9 a.m. to 10:30 a.m.	September to May	70, 15 ^e Avenue	Varies: resident and non-resident rates	Ensemble folklorique Les Éclusiers 514 823-7360 eclusiers.com	Aug. 25, 10 a.m. to 3 p.m. at 70, 15 ^e Avenue Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Québec Dances and Jigs	7-11	Wednesday, 6 p.m. to 7:30 p.m.					
International Dances	7-11 12-17	Saturday, 10:30 a.m. to noon Thursday, 6 p.m. to 7:30 p.m.					
Drawing	7-12 13-16	Saturday 9 a.m. to 10:30 a.m. 10:45 a.m. to 12:15 p.m.	Fall starting Sept. 15 Winter starting Jan. 12 Spring starting April 6	Maison du brasseur	\$85 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online

ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
Swimming (training)	5-16	Depends on level: Monday 4:30 p.m. to 7:30 p.m. Wednesday 4:30 p.m. to 6:30 p.m. Friday 5 p.m. to 7 p.m. Sunday 7 a.m. to 9 a.m. 1 to 2 hour classes	Sept. 10 to May 24	Collège Sainte-Anne	Beginners: \$590 Intern.: \$640 Advanced: \$780 with competition \$115 less without competition. Assorted classes available	Club de natation Lachine 514 307-3470 clubnatationlachine.com	Starting Sept. 1 online or by phone from 6 a.m. Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Guides of Canada	5- 18	Varies	Sept. to June	Église Summerlea 225, 50 ^e Avenue	\$140	Mary-May Hubert 514 606-3604	Monday, Sept. 10, 8:30 a.m. to 8 p.m. onsite Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Artistic Gymnastics Trampoline	2-14	See website	September 16	50, 12 ^e Avenue or 800, rue Sherbrooke	See website	Club Gymnitours de Lachine gymnitours.ca	August 20 at noon online
Ice Hockey (Pre-novice to Midget)	4-17	Varies	August to April	Aréna Martin-Lapointe et Aréna Pierre «Pete» Morin	\$270 for one child (\$170 per additional child)	Ass.de hockey sur glace de Lachine 514 634-2471 hockeylachine.com	Online or at Aréna Pierre «Pete» Morin. August 18 and 25, 10 a.m. to 2 p.m.,
Karate and Self-defense	4- 6	Thursday 6 p.m. to 6:45 p.m. Saturday 9 a.m. to 9:45 a.m.	Sept. 1 to July 6	Centre communautaire Fernand-Laplaïne	Varies by category	Karaté-do Lachine 514 506-9948 karatedolachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
	7 +	Tuesday 6 p.m. to 7:30 p.m.(advance) Thursday 6:45 p.m. to 7:45 p.m. Saturday 9:45 a.m. to 11 a.m.					
	5-7	Tuesday 6 p.m. to 6:45 p.m. Saturday 9 a.m. to 9:45 a.m.					
	8-17	Tuesday 6:45 p.m. to 7:45 p.m. Thursday 6 p.m. to 7 p.m. Saturday 9:45 a.m. to 11:30 a.m.					
Karibou	12 months to 4 years	Sunday starting at 9 a.m.	Fall starting Sept. 16.		Free	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Multisports	7-10	Saturday, 2 p.m. to 4 p.m.	Fall starting Sept. 15 Winter starting Jan. 11 Spring starting April 6		\$60 + 1 free class		Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
	11-15	4 p.m. to 6 p.m.					
Swimming (Juniors)	5 -12	Saturday 9:15 a.m. to 2:30 p.m. Sunday 9:15 a.m. to 1 p.m.	Sept.8 to Dec. 8 Jan. 5 to March 30 Sept. 9 to Nov. 25 Jan. 6 to March 31		\$40,75/resident \$86,75/non-resident		
Swimming Basics and Strokes (Class)	12-17	Sunday 4 p.m. to 5 p.m.	Sept. 9 to Nov. 25 Jan. 6 to March 31	Collège Sainte-Anne	13-14 y.o.: \$35/resident 15-17 y.o.: \$40,24/resident \$93,13/non-resident	Arrondissement de Lachine 311 • lachine.ca Information about the level of your child: 514 634-3471 ext. 820	Online Loisirs en ligne starting August 28 (fall) and Dec. 11 (winter) see page 12
Swimming for Preschoolers	6 months to 5 y.o.	Saturday 9:15 a.m. to 2:30 p.m. Sunday 9:15 a.m. to 1 p.m.	Sept.8 to Dec. 8 Jan. 5 to March 30 Sept. 9 to Nov. 25 Jan. 6 to March 31		\$40,75/resident \$86,75/non-resident		
Pre-team Swimming (Intro)	3 -10	Monday and Wednesday from 4:30 p.m. to 8 p.m. Friday from 5 p.m. to 7 p.m. Sunday from 7:30 a.m. to 9 a.m. 45 min classes	Sept. 24 to Dec. 3 Jan. 7 to March 24 Mars 25 to June 9		\$60/1 class/week \$112/2 classes/week \$162/3 classes/week	Club de natation Lachine 514 307-3470 clubnatationlachine.com	Starting Sept. 1 online or by phone from 6 a.m. Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Swimming – Water Rescue and Lifeguard Training And renewals	13 +	Saturday 4 p.m. to 9 p.m.	Depends on the training (see website)		Depending on level, \$50 to \$300		
Outil-âge (Stimulation workshops for parents and babies)	0 - 6 months	Thursday 1:30 p.m. to 3:30 p.m.	Sept. 27 to Dec. 6	Centre communautaire Albert-Gariépy	Free (\$15 for membership card)	Centre multi-ressources de Lachine Caroline, 514 634-3658 ext. 204 cmrl.ca	Onsite, by phone or online
	12 - 30 months	9:30 a.m. to 11:30 a.m.					
Figure skating (beginner, intermediate, and competitive levels)	3+	Depending on level Monday, Wednesday, Thursday, Friday, Saturday and Sunday.	Sept. to March	Aréna Pierre «Pete» Morin	From \$250 + Skate Canada fees (family discount)	Club de patinage artistique de Lachine 514 634-0015 palachine.com	August 22, 23, 29 and 30 6:30 p.m. to 8 p.m. at Aréna Pierre «Pete» Morin Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur

ACTIVITÉ	ÂGE	HORAIRE	SESSION	ENDROIT	COÛT PAR SESSION	INFORMATION	INSCRIPTION
Indoor winter parks	0-6 and parents	1 st Sunday of the month 3 rd Sunday of the month	Nov. 4 to April 7 Nov. 18 to April 21	50, 34 ^e Avenue 1225, rue Saint-Louis	Free	Table de concert. petite enfance Dorval-Lachine Tpe-cl.com	n/o
Piano	5+	Tuesday or Wednesday from 3:30 p.m. to 9 p.m.	Fall starting Sept. 11 Winter starting Jan. 8 Spring starting April 2	Centre comunautaire Albert Gariépy	\$25/30 min \$36.50/45 min \$46.50/60 min	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6 :30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Pottery By Hand	7-12	Saturday from 9:30 a.m. to 11:30 a.m.	Sept. 15 to Nov. 24 Jan. 14 to March 16	Maison du brasseur	\$140	Guilde de poterie de Lachine 514 266-7315	
Pottery on the Wheel	15 +	Monday 7 p.m. to 10 p.m. Wednesday 7 p.m. to 10 p.m. Wednesday 11:30 a.m. to 2:30 p.m.	Sept. 24 to Dec. 3 Jan. 14 to March 20		\$220		
Scouts	11-14	Thursday, 7 p.m. to 9 p.m.	Sept. to June	Summerlea Church 225, 50 ^e Avenue	\$230 (scholarships available)	Summerlea Scouts Venturer and Rover, (Geoff Carrie) 514 245-9366 Beavers, Michelle Marsolais : 514 769-5565 Louveteaux, Nick Fatica : 514 231-2705	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur or by phone
Venturer Scouts	14-17	Thursday, 7 p.m. to 9 p.m.					
Beaver Scouts	5-7	Thursday, 7 p.m. to 9 p.m.					
Cub Scouts	8-10	Tuesday, 7 p.m. to 8:30 p.m.					
Rover Scouts	18 -26	Thursday, 7 p.m. to 9 p.m.					
Indoor Soccer	Boys age 5 and 6 (born in 2014-2013)	Friday, 6 p.m. to 7 p.m.	Nov. to April	Soccerplexe Catalogna, 775, 1 ^{er} Avenue	\$190	Lachine SC Soccer Club 514 639-3573 lachinesc.com	See online – onsite registration Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur or by phone
	Boys age 7 and 8 (born in 2012-2011)	Friday, 7 p.m. to 8 p.m.					
	Girls age 5 to 8 (born in 2014-2011)	Friday, 6 p.m. to 7 p.m.					
Theatre	11 and under	Saturday, 9 a.m. to 11 a.m.	Sept. 22 to March 30	735, rue Notre-Dame	\$330 for 22 weeks, costume included	Production Multisens 514 639-8019 prodmultisens.wix.com/multisens	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur or by email at Prodmultisens@ gmail.com
		Saturday, Noon to 2 p.m.					
		Tuesday 6 p.m. to 8 p.m.	Sept. 25 to May 19		\$390 for 26 weeks, costume included		
Violin	4+	Tuesday or Thursday from 3:30 p.m. to 9:30 p.m.	Fall starting Sept. 11 Winter starting Jan. 8 Spring starting April 26	Centre communautaire Albert Gariépy	\$25/30 min \$36.50/45 min \$46.50/60 min	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 5, 6:30 p.m. to 8 p.m. at centre Fernand-Laplaïne By phone or online
Zumba parents/children	4-7	Sunday from 9 a.m. to 10 a.m.	Fall starting Sept. 16 Winter starting Jan. 12 Spring starting March 23	Centre Fernand-Laplaïne	\$70 + 1 free class		



ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
Social Activities (Card and Board Games)	Adult	Monday, 1 p.m. to 3:45 p.m.	Sept. to May	Centre communautaire Albert-Gariépy	\$15/family	Groupe Loisirs plus Union des familles de Lachine 514 634-4842	Onsite
Social, Recreational, and Physical Activities for People Age 50+	50 +	Monday au Friday 8:30 a.m. to 4 p.m.	Anytime	Maison du brasseur	\$25/resident of Lachine/ year \$30/non residents	The Teapot 514 637-5627 theteapot.org	
Social Activities – Cards (Bridge and Pepper), Billiards	50+ men	Monday to Friday, 9 a.m. to 4 p.m.		50, 15 ^e Avenue	Member card	Le Réveil de Lachine 514 634-8975	Anytime
Social and Recreational Activities	50+	Varies	Sept. to May	Centre communautaire Saint-Pierre	Varies Membershipcard \$5/year	Club de l'âge d'or Saint-Pierre 514 634-3471 ext. 827	By phone
Afrobeat	16+	Tuesday, 6 p.m. to 7 p.m.	Fall starting Sept. 18 Winter starting Jan. 8 Spring starting March 26		\$80/1x/week + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
English dynamic conversation (beginners)	16+	Wednesday, 6 p.m. to 7:30 p.m.	Fall starting Sept. 12 Winter/ spring starting Jan. 9	Collège Sainte-Anne	Fall: \$179 Winter: \$239		
English dynamic conversation (inter.)		Wednesday, 7:45 p.m. to 9:15 p.m.					
AquaSwim	18+	Monday, 7:30 p.m. to 9:20 p.m. Tuesday et Thursday, 6 p.m. to 7:50 p.m. Wednesday, 6:30 p.m. to 8:20 p.m. Saturday, 8 a.m. to 8:50 a.m.	Sept. 24 to Dec. 3 Jan. 14 to Marc 23 March 25 to June 1		\$50/1x/week \$85/2x/week \$125/3x/week \$165/4x/week	Lachine Swim Club 514 307-3470 clubnatationlachine.com	Starting Sept. 1 online or by phone from 6 a.m. Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Martial Arts (jūjū-Itae)	17+	See Website	See Website	Centre communautaire Albert-Gariépy	\$85/1x/week \$150/2x/week (kimono purchase not included)	Ass. art martial moderne inc. 514 634-3471 ext. 355 artmartialmoderne.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Sept. 7, 8 p.m. to 8 p.m. Sept. 8, 10 a.m. to 4 p.m. Sept. 9, noon to 4 p.m. at centre communautaire Albert-Gariépy
Badminton parents/ children	6-99	Sunday, 1 p.m. to 3 p.m.	Sept. 9 to June 9				
Open and competitive Badminton	16-99	Open practice Tuesday, 8 p.m. to 10:30 p.m. Thursday, 6 p.m. to 10:30 p.m. Thursday and Friday, 8:15 p.m. to 10:30 p.m. Competitive Monday, 7:30 p.m. to 10:15 p.m. (practices and tournaments)	Sept. 6 to June 9	Collège Sainte-Anne	See website	Badminton Lachine inc. 514 634-3471, poste 888 badmintonlachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Online starting July 30
Classical Ballet and Modern Dance	Adult	Lun. au jeudi, 16 h 45 à 21 h 30 et sam., 9 h à 13 h 45	Fall starting Sept. 10 Winter starting Jan 7 Spring starting March 11		Depends on level + class discovery on Oct. 5		
Floor exercises	16+	Thursday, 2 p.m. to 3 p.m.	Fall starting Sept. 13 Winter starting Jan. 10 Spring starting March 28	Maison du brasseur	\$80 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Bingo	55+	Tuesday, 1 p.m. to 4 p.m.	Starting Sept. 4	LaSalle park hut	\$2, membership card required	Club d'âge d'or Le Soleil de Lachine Lucette Sullivan, 514 634-0219	Onsite
	Adult	Sunday, 1 p.m. to 3 p.m.	Sept. to May	Centre communautaire Saint-Pierre	Varies	Club d'âge d'or Saint-Pierre 514 634-3471, ext. 827	By phone
Bridge for age 50+	50+	Tuesday, 12:30 p.m. to 4 p.m.	Anytime	Centre communautaire Albert-Gariépy	\$15/family	Union des familles de Lachine Nicole Curotte, 514 634-4842	Onsite
Cardio DanceFit	16+	Tuesday, 7:15 p.m. to 8:15 p.m. Thursday 6 p.m. to 7 p.m. Saturday, 9:30 a.m. to 10:30 a.m.	Fall starting Sept. 13 Winter starting Jan. 8 Spring starting March 26	Tuesday and Thursday : collège St-Anne Saturday : centre Fernand-Laplace	\$80/1x/week \$144/2x/week + 1 free class	Centre de loisirs de Lachine 514 637-5627 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Charting a new course (before retirement) in English	50-75 ans	Monday, 6 p.m. to 8 p.m.	Sept. 24 to Nov. 26	Maison du brasseur	\$5	La Théière Isha Joseph 514 637-5627	Onsite
Choral Singing	Adult	Wednesday, 7:30 p.m. to 10 p.m.	Sept. 5 to end of May	Vieille brasserie	\$150	Chœur Ambiance 514 273-7306 choeurambiance.com	Wed. Sept. 5, 7 p.m. to 9 p.m. onsite

ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
Chess club	7-99 ans	Friday, 6:30 p.m. to 9:30 p.m.	Fall starting Sept. 14 Winter starting Jan. 11 Spring starting April 5		\$35 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Painting Club	Intergenerational	Monday, 1:15 p.m. to 4 p.m.	Sept. 17 to Dec. 10	Centre communautaire Albert-Gariépy	Free (\$15 for membership card)	Centre multi-ressources de Lachine Caroline, 514 634-3658, ext. 204 cmrj.ca	Onsite, online or by phone
Photo Club	Adult	Tuesday, 7:30 p.m. to 10 p.m.	Sept. 4 to Dec. 11 Jan. 8 to April 9		\$50	Club Vision Photo de Lachine visionphotolachine@outlook.com	Onsite during the activity
Cribbage	Adults	Every other Friday, 7 p.m. to 9:30 p.m.	Sept. 14 to May 12		\$15/family	Union des familles de Lachine Nicole Curotte, 514 634-4842	
Collective Kitchens and Other Social and Recreational Activities	50+	Monday to Friday, 8:30 a.m. to 4 p.m.	Anytime	Maison du brasseur	\$25/year/resident de Lachine \$30/year/non-residents	The Teapot 514 637-5627 theteapot.org	Onsite
Curling	10-90	Varies	Oct. 1 to April 19	4105, rue du Fort-Rolland	Varies	Club de curling Lachine 514 637-9521	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Or by phone
Latin dance for couples (salsa-bachata-cumbia)	Adult	Monday (beginners) and Wednesday (interm) 8:30 p.m. to 9:30 p.m.	Fall starting Sept. 17 Winter starting Jan. 7 Spring starting March 11	Collège Sainte-Anne	Price for couple \$20/1x/week \$30/2x/week + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Line Dancing (Dances)	25+	4 th Saturday of the month, 7 p.m. to 10 p.m.	Sept. 22 to April 27		\$7/evening	Club social or et argent Rita Beaucchesne, 514 637-7630	Sept. 12 at 9:30 a.m. onsite
	25+	Wednesday, 10 a.m. to 11:45 a.m.	Sept. 12 to May 8		\$5/class		
Line Dancing	Adult	Monday and Friday, 1:30 p.m. to 9 p.m. (depends on level)	Sept. to May	LaSalle Park Club House	\$4/dance (member) \$5/dance (non-member)	Club d'âge d'or Saints-Ange de Lachine 514 422-1075	Onsite
Line Dancing and Social Dancing (Dances)	Adult	1 st Saturday of the month, 6 p.m. to 11 p.m.	Oct. to May		\$8/dance (member) \$10/dance (non-member)		
International Dances	Adult	Thursday, 7:30 p.m. to 9 p.m.	September to May	70, 15 ^e Avenue	Varies: resident and non-resident rates	Ensemble folklorique Les Eclusiers 514 823-7360 - eclusiers.com	Onsite August 25, 10 a.m. to 4 p.m. at Wed. Sept. 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Darts (League)	50+	Tuesday, 7 p.m. to 9 p.m.	Sept to May	Centre communautaire Saint-Pierre	\$20	Club d'âge d'or Saint-Pierre Louise Martel, 514 538-4616	514 634-3471 ext. 827
Drawing	17+	Monday, 6:30 p.m. to 8 p.m.	Fall starting Sept. 17 Winter starting Jan. 14 Spring starting April 1	Maison du brasseur	\$90 + 1 free class		
Djamboola	16+	Tuesday, 7 p.m. to 8:30 p.m.	Fall starting Sept. 18 Winter starting Jan. 8 Spring starting March 26	Collège Sainte-Anne	\$85 + 1 free class		
Enamelling on Copper	Adult	Tuesday, 9 a.m. to 4 p.m.	Sept. 17 Spring starting March 26	Centre communautaire Albert-Gariépy	\$25/residents of Lachine \$35/non residents		
Spanish (beginners)	16 +	Monday, 7 p.m. to 9 p.m.	Fall starting Sept. 17 Winter starting Jan. 14 Spring starting April 1			Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Spanish (intermediate)	16 +	Wednesday, 7 p.m. to 9 p.m.	Fall starting Sept. 19 Winter starting Jan. 16 Spring starting April 3	Collège Sainte-Anne	\$160		
Spanish, (advanced conversational)	16+	Thursday, 7 p.m. to 9 p.m.	Fall starting Sept. 20 Winter starting Jan. 17 Spring starting April 4				
Bilingual discussion group	50+	Friday, 1:30 p.m. to 3:30 p.m.	Sept 24 to Nov. 26		Free	The Teapot Jackie Casey, 514 637-5627	Sept. 10 – 13, 9:30 a.m. to 3 p.m. onsite
History (talks)	Adult	Oct. 10, Nov. 14, Feb. 13, March 13, April 10 and May 8, 7:30 p.m.		Maison du brasseur	Free for members \$5/non members	Lachine Historical Society 514 634-0856	s/o
Introductory meditation and stress management	Adult	Monday, 1 p.m. to 2:30 p.m. Tuesday, 7 p.m. to 8:30 p.m.	Fall starting Sept. 17 Winter starting Jan. 7 Spring starting March 25	Centre communautaire Albert-Gariépy	\$50/1x/week \$90/2x/week	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online

ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
Karate and Self-defense	Adult	Tuesday, 7:45 p.m. to 9 p.m. Thursday, 7 p.m. to 8:30 p.m.	Sept. 1 to July 30	Curé-Piché Multipurpose Room	Varies	Karaté-d Lachine 514 884-4899 karatedelachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
		Saturday, 11 a.m. to 12:30 p.m.	Sept. 1 to July 6	Centre Fernand- Laplace			
Koombafit	16+	Monday, 6 p.m. to 7 p.m. and Thursday, 8:30 p.m. to 9:30 p.m.		Collège Sainte-Anne	\$80/1x/week \$144/2x/week + 1 free class		
Nordic Walking and Swiss Ball	Adult et seniors	Monday, Wednesday and Friday, 9 a.m. to 10 a.m.	Fall starting Sept. 17 Winter starting Jan. 7 Spring starting March 25	Monday: centre Fernand-Laplace Wednesday and Friday : Maison du brasseur	\$59/1x/week \$90/2x/week + 1 free class		Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Improv games	18+	Monday, 6:30 p.m. to 8:30 p.m.		Collège Sainte-Anne	\$90 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	
	55+	Friday, 1:30 p.m. to 3:30 p.m.	Fall starting Sept. 14 Winter starting Jan. 11 Spring starting March 29	Centre communautaire Albert Gariépy	\$85 + 1 free class		
Better balance	65+	Wednesday, 9 a.m. to 10 a.m.	Fall starting Sept. 12 Winter starting Jan.9 Spring starting March 27	Maison du brasseur	\$85 + 1 free class		
Woodworking	50+	Monday to Friday, 9 a.m. to 4 p.m.	Anytime	50, 15 ^e Avenue	Membership card - men	Le Réveil de Lachine 514 634-8975	Onsite or by phone
Life as a parent (parenting workshops)	Parents	Tuesday, 9:30 a.m. to 11:30 a.m.	Sept. 25 to Dec. 4	Centre communautaire Albert-Gariépy	Free (\$15 for membership card)	Centre multi-ressources de Lachine Alexandra, 514 634-3658 ext. 209 cmrj.ca	Onsite, by phone or online
Music (Harmony)	Adult	Tuesday 7:30 p.m. to 9:30 p.m. Saturday, 10 a.m. to noon	All year long		On request	Harmonie de Lachine 514 525-5406 info@harmoniedelachine.com	Onsite
Swimming (Basics and Strokes)	Adult	Sunday, 4 p.m. and 5 p.m.	Sept. 9 to Nov. 25 Jan. 6 to March 31	Collège Sainte-Anne	\$50.59/ resident \$111.53/non resident	Arrondissement de Lachine 311 • lachine.ca	Online Loisirs en ligne starting August 28 (fall) and Dec. 11 (winter) see page 12
Daddy Fun Zone	Father, grandfather or oncle with 3-11 y.o. kids	Thursday, 6 p.m. to 7:30 p.m.	Sept. 20, Oct. 4 and 18, Nov. 1, 15 and 29 and Dec. 13	LaSalle Park Club House	Free (\$15 for membership card)	Centre multi-ressources de Lachine Alexandra, 514 634-3658, ext. 209 cmrj.ca	Online, onsite or by phone
Party fitness	16+	Friday, 6:30 p.m. and 8 p.m.	Fall starting Sept. 14 Winter starting Jan. 11 Spring starting March 29	Collège Sainte-Anne	\$90 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Figure skating	Adult	TBD	Sept. to March	Aréna Pierre «Pete» Morin	From \$250 + Skate Canada fees, depending on level	Club de patinage artistique de Lachine 514 634-0015 cpalachine.com	August 22, 23, 29 and 30, 6:30 p.m. to 8 p.m. at Aréna Pierre « Pete » Morin Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Painting	17+	Thursday, 9 a.m. to noon or 1 p.m. to 4 p.m.	Fall starting Sept. 13 Winter starting Jan. 10 Spring starting April 11	Maison du brasseur	\$220	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Painting and Drawing		Wednesday, 7 p.m. to 9:30 p.m.	Sept. 19 to Nov. 29 Jan. 16 to April 24		\$125	Société d'arts visuels en direct 514 634-4459	Onsite Sept. 19 at 7 p.m.
Pepper (league)		Every other Friday, 7 p.m. to 10 p.m.	Sept. to May		\$15/family	Union des familles de Lachine Nicole Curotte, 514 634-4842	Onsite
Piano	Adult	Tuesday or Wednesday, 3:30 p.m. to 9 p.m.	Fall starting Sept. 11 Winter starting Jan.8 Spring starting April 2	Centre communautaire Albert-Gariépy	\$25/30 min \$36.50/45 min \$46.50/60 min		Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Pilates		Monday and Wednesday, 7:30 p.m. to 8:30 p.m.	Fall starting Sept. 18 Winter starting Jan.7 Spring starting March 25	Collège Sainte-Anne	\$80/1x/week. \$144/2x/week + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	

ACTIVITY	AGE	SCHEDULE	SESSION	LOCATION	COST PER SESSION	INFORMATION	REGISTRATION
Pottery on the Wheel	Adult	Lundi, 7 p.m. to 10 p.m. Wednesday, 11:30 a.m. to 2:30 p.m. or 7 p.m. to 10 p.m.	Sept. 24 to Dec. 3 Jan. 14 to March 20		\$220	Lachine Pottery Guild 514 266-7315	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Qi Gong	55+	Wednesday, 10 a.m. to 11 a.m.	Fall starting Sept. 12 Winter starting Jan. 9 Spring starting March 27		\$70 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Muscle strengthening		Friday, 9 a.m. to 10 a.m.	Fall starting Sept. 14 Winter starting Jan. 9 Spring starting March 29	Maison du brasseur	\$85 + 1 free class		
Art hive	50+	Friday, 9:30 a.m. to 11:30 a.m.	Sept. 21 to Dec. 7		Free	The Teapot Jackie Casey, 514 637-5627	Sept. 10-13, 9:30 a.m. to 3 p.m. by phone or onsite
Wood Sculpture (Open Workshop)	Adult	Monday, 6 p.m. to 10 p.m. Tuesday, 9 a.m. to 10 p.m. Saturday, 9 a.m. to noon	Sept. to April		\$100/year	Club de sculpture les Pics-Bois de Lachine Renée Giguère, 514 639-6978 giguere.renee@videotron.ca	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Free Soccer	16+	Saturday, 6 p.m. to 8 p.m. or 8 p.m. to 10 p.m.	Fall starting Sept. 15 Winter/spring starting Jan. 12	Collège Sainte-Anne	60 \$		
Tai-chi (beginners)	18+	Lundi, 7:30 p.m. to 8:30 p.m.	Fall starting Sept. 13 Winter starting Jan. 9 Spring starting March 28	Centre communautaire Saint-Pierre	\$80 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Intermediate tai chi		Thursday, 7:30 p.m. to 8:30 p.m.		Collège Sainte-Anne			
Tai-chi	55 +	Friday 10 a.m. to 11 a.m.	Fall starting Sept. 14 Winter starting Jan. 11 Spring starting March 29	Maison du brasseur	\$70 + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Tai-chi-Chi Kung	50+	Friday, 10 a.m.	Sept. to Dec.	Centre communautaire Albert-Gariépy	\$40 for 10 classes	Centre multi-ressources de Lachine Caroline, 514 634-3658 cmrj.ca	Onsite
Theatre	Adult	Thursday, 7 p.m. to 9 p.m.	Sept. 27 to May 12	735, rue Notre-Dame	\$390/26 weeks, costume included	Production Multisens 514 639-8019 productions.wix.com/multisens	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur
Weaving		Open workshop: Every day, 9 a.m. to 10 p.m. Classes on request	Anytime	Maison du brasseur	\$35/resident \$40/non- resident Per year	Guild des tisserandes de Lachine 514 639-4857 (Françoise)	Onsite
TonusMAX	16+	Wednesday, 7:15 p.m. to 8:15 p.m.	Fall starting Sept. 19 Winter starting Jan. 9 Spring starting March 27	Collège Sainte-Anne	\$80/1x/week + 1 free class	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or online
Knitting	Intergenerational	Tuesday, 1:30 p.m. to 3 p.m.	Sept. 18 to Dec. 11		Free (\$15 for membership card)	Centre multi-ressources de Lachine Caroline, 514 634-3658, ext. 204 cmrj.ca	Onsite, online or by phone
Active life	50+	Monday to Thursday 9:30 a.m. to 10:30 a.m. and 10:45 a.m. to 11:45 a.m.	Sept. to Dec.	Centre communautaire Albert-Gariépy	Free	Centre multi-ressources de Lachine Karine, 514 634-3658 cmrj.ca	Onsite
Violin	Adult	Tuesday or Wednesday, 3:30 p.m. to 9 p.m.	Fall starting Sept. 11 Winter starting Jan. 9 Spring starting April 2		\$25/30 min \$36.50/45 min \$46.50/60 min	Centre de loisirs de Lachine 438 504-2635 centre-de-loisirs-lachine.com	Wed. Sept 5, 6:30 p.m. to 8 p.m. at Maison du brasseur Thursday Sept 6, 6:30 p.m. to 8 p.m. at centre Fernand-Laplace By phone or

EVENT	DATE	SCHEDULE	LOCATION	INFORMATION
Lachine Soccerfest	August 18	8 a.m. to 8 p.m.	Parc-école Dalbé-Viau	514 639-3573
Lachine Bonneville Half-Marathon	August 19	8 a.m. to 1 p.m.	Boulevard Saint-Joseph and René-Lévesque Park	demimarathondelachine.com
Heritage Exhibition by Art Martial Moderne (Jukitae)	September 7, 8 and 9	Friday, 6 p.m. to 8 p.m. Saturday and Sunday, 10 a.m. to 4 p.m.	Centre communautaire Albert-Gariépy	514 634-3471, ext. 355
Open house at the Teapot	September 10 to 13	9:30 a.m. to 3 p.m.	Maison du brasseur	Kisha Joseph : 514 637-5627
Organ concerts	September to November and January to June, last Sunday of the month	3 p.m.	Église des Saints-Anges	514 571-0012 - concertslachine.ca
Fête de la paix de Saint-Pierre	September 22 (rain date September 23)	11 a.m. to 5 p.m.	Parc Kirkland	514 365-7000 Facebook Revitalisation Saint-Pierre
Journées de la culture	September 28 to 30		Various borough venues	311 - lachine.ca
New Resident Meet and Greet (Lachine's intercultural reflection and action group [TRAIL])	Septembre 28	6 p.m. to 8 p.m.	Bibliothèque Saul-Bellow	514 872-2787
Show & Sale by Cercle des fermières Ville Saint-Pierre	November 4	10 a.m. to 4 p.m.	69 avenue Saint-Pierre	514 634-3471 ext. 837
Show & Sale by Maison du brasseur	November 9 - 11	ven, 18 h à 22 h sam et dim, 10 h à 17 h	Maison du brasseur	311 - lachine.ca
Christmas Tree Sale	November 23 to December 24		Public Market	Maison des jeunes l'Escalier de Lachine, 514 637-0934
La Guignolée de Lachine	December 2	Afternoon	Borough-wide	514 634-3471, poste 348
Fête des neiges	February 16	Afternoon	TBD	311 - lachine.ca
Annual Exhibition by Cercle des fermières Ville Saint-Pierre	April 25 and 26	11 a.m. to 8 p.m.	Aréna Martin-Lapointe	514 634-3471 ext. 837

Borough's map and municipal addresses



USEFUL ADDRESSES

A Bureau Accès Montréal
1800 boulevard Saint-Joseph
Lachine (Québec) H8S 2N4
Hours
Monday to Thursday, 8:30 a.m. to 5 p.m.
Friday, 8:30 a.m. to noon
Phone: 311
Fax: 514 634-8164
lachine@ville.montreal.qc.ca

- Partially wheelchair accessible
- Fully wheelchair accessible
- Great for families

B Complexe Guy-Descary
2901 boul. Saint-Joseph H8S 4B7
Phone: 514 634-3471, ext. 302 and 828
Fax: 514 634-8177
Hours
Monday to Friday, 8:30 a.m. to 10 p.m.
Saturday and Sunday, 8:30 a.m. to 5 p.m.
(closed on Sundays during the summer)

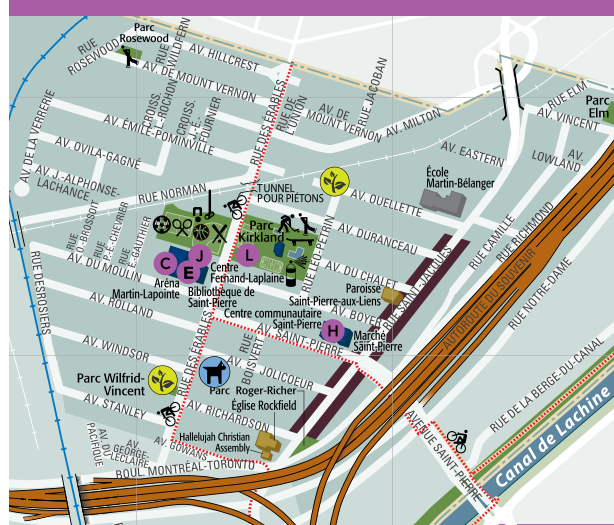
- **Maison du brasseur and Bureaux de la Direction de la culture, des sports, des loisirs et du développement social**
- **Entrepôt**
[concert and exhibition hall]
- **Vieille brasserie**
2801 boul. Saint-Joseph

- C Martin-Lapointe Arena**
183 rue des Érables H8R 1B1
- D Pierre «Pete» Morin Arena**
1925 rue Saint-Antoine H8S 1V5
- E Saint-Pierre Library**
183 rue des Érables H8R 1B1
514 634-3471, ext. 826
- F Saul-Bellow Library**
3100 rue Saint-Antoine H8S 4B8
514 872-5080
- G Albert-Gariépy Community Centre**
800 rue Sherbrooke H8S 1H2
514 634-3471, ext. 350
- H Saint-Pierre Community Centre**
69 avenue Saint-Pierre H8R 1P1
- I Lachine Tennis Centre**
1500 rue Remembrance H8S 1W3
514 634-3471, ext. 325

- J Fernand-Laplace Centre**
183 rue des Érables H8R 1B1
514 634-3471, ext. 839
- K Michel-Ménard Pool Hut**
1830 croissant Roy H8S 4E2
514 634-3471, ext. 331
- L Kirkland Park Pool Hut**
150 rue des Érables H8R 1B4
514 634-3471, ext. 832
- M LaSalle Park Pool Hut**
475 10^e Avenue H8S 3R9
514 634-3471, ext. 327
- N Carignan Park Hut**
4100 rue Provost H8T 3J6
514 634-3471, ext. 321
- O Dixie Park Hut**
257 54^e Avenue H8T 3A1
514 634-3471, ext. 322

- P LaSalle Park Hut**
801 rue Saint-Antoine H8S 1T5
514 634-3471, ext. 320
- Q LaSalle Park Wading Pool Hut**
1450 rue Remembrance
514 634-3471, ext. 319
- R Lachine Museum**
1 chemin du Musée H8S 4L9
514 634-3478
- S Lachine Marina**
1800 chemin des Iroquois H8S 4J5
514 634-0646, ext. 414
- T Curé-Piché Multipurpose Hall**
170 15^e Avenue H8S 3L9
514 634-0646, ext. 414

Quartier Saint-Pierre



Outdoor Recreational Facilities

Parks	Baseball	Basketball	Bocce, croquet et pétanque	Football	Tobogganing	Ice rink (hockey)	Ice rink (free skate)	Pickleball	Ping-pong	Running track	Skatepark or ramp	Soccer	Tennis	Volleyball
Bishop-Whelan												*		
Carignan	*					**	**					*		
Catherine-Soumillard												*		
Dalbé-Viau	*			*								*		
Dixie						**	**					*		
du Fort-Rolland														
Grovehill	*											*		
Kirkland						**	**					*		
Lakeside Academy												*		
LaSalle	*					**	**						*	
Marina d'escale							**							
Meadowbrook												*		
Michel-Ménard														
Paterson														
Rosewood														
Saint-Louis														

* Reservation required, other rooms are available to rent in various municipal buildings. Information: 514-634-3471, ext. 828 or 302

** At Carignan, Dixie, Kirkland, LaSalle, and Marina d'escale Parks, city employees are onsite to provide access to the washrooms and skaters chalets during the season depending on the weather at the following times: Monday to Friday, 5 p.m. to 10:30 p.m.; Saturday and Sunday, 10:30 a.m. to 10:30 p.m. (special hours during holiday season). More information: lachine.ca

Health Challenge

on your own or with your family.

The Health Challenge is Québec's biggest campaign to promote healthy lifestyles. It starts in April and runs for six weeks. During that time, participants throughout Quebec aim to reach the three campaign goals:

5 Goal
Eat at least 5 servings of fruits and vegetables per day

30 Goal
Get at least 30 minutes of physical activity per day

Wellness Goal
Get a good night's sleep for a more balanced lifestyle

The Lachine Borough has made a list of free drop-in activities to help you reach these goals on your own or with your family.

In 2019 the Borough will participate in the Health Challenge for the sixth year in a row.

Thanks to the 403 Borough residents who signed up in 2018. **Now let's all get moving and sign up for 2019!** Information and registration dates will be posted on our website in February 2019.



lachine.ca

L'INFO CITOYENS

Directory of resources,
organisms and partners
and other useful information



Emergency Numbers

Police, firefighters, ambulance: 911
Info-santé (health line): 811
Neighbourhood police: 514-280-0108
Poison control: 1-800-463-5060
S.O.S. violence conjugale (domestic violence helpline):
514-873-9010 • 1 800-363-9010
Suicide Action Montréal: 514-723-4000

Notices and Alerts

Be notified in case of unexpected or emergency situations.
Sign up at www.lachine.ca

L'INFO CITOYENS FALL-WINTER

2018
2019

Tear out and keep

COLLECTION SCHEDULE



Recycling

- Sector 1: Mondays
- Sector 2: Thursdays



Household Garbage

- Sector 1: Fridays
- Sector 2: Tuesdays



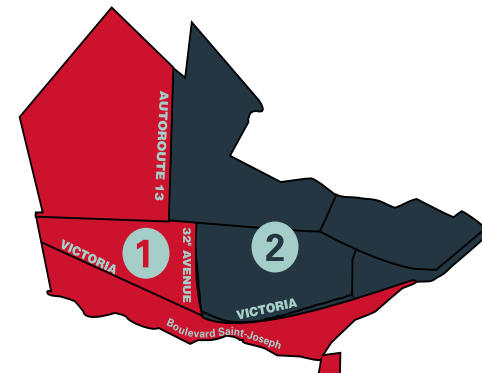
Oversized Items

• Oversized items are picked up on the first household garbage collection day of each month. Please don't put electronic items (TVs, computers, phones, etc.) on the curb—they won't be picked up. **Two special collection days for electronics will be held at the Borough technological centre, Centre technique de l'arrondissement, at 2200 rue Saint-Antoine on September 8 and 9.**



Organic waste (yard trimmings and food waste)

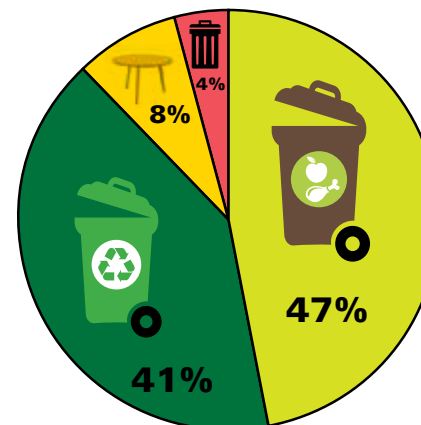
- All sectors: Wednesday
- For buildings of 9 units or more that haven't received their brown bins, yard trimmings will be collected on Wednesdays until December 5.



WARNING!

- Plastic bags cannot be used for yard trimmings, even if they're biodegradable or compostable. Place your trimmings directly in the brown bin and use paper bags (bought or recycled) or newspaper bundles. Compostable plastics do not break down in the same way as organic matter and last through to the end of the composting cycle. Please use paper bags, cardboard boxes, or garbage cans for your extra yard trimmings once the brown bin is full.
- In an effort to contain the spread of the emerald ash borer, branches must be picked up separately. To learn how to dispose of branches, please call 311.

SORTING PAYS!



Did you know that most of the garbage produced by the residential sector still has value?

When you sort garbage, you:

- Help produce compost
- Supply materials for new products
- Reduce the amount of waste sent to landfills

Landfills release biogas and contribute to climate change. If we don't act, who will?



Use Écocentre LaSalle to dispose of residual waste, bulky items, hazardous household waste, electronics, construction waste, plastic #6 (not permitted in green bins), and other materials.

This service is free for residents of the Urban agglomeration of Montréal (proof of residence and photo ID required). Restrictions may apply on some materials.

Écocentre LaSalle

7272 rue Saint-Patrick
 (Between Senkus and Léger. Take Avenue Saint-Pierre heading toward LaSalle.)
 More info: 514-872-0384 or 311
 Website: www.ville.montreal.qc.ca/ecocentres or www.lachine.ca

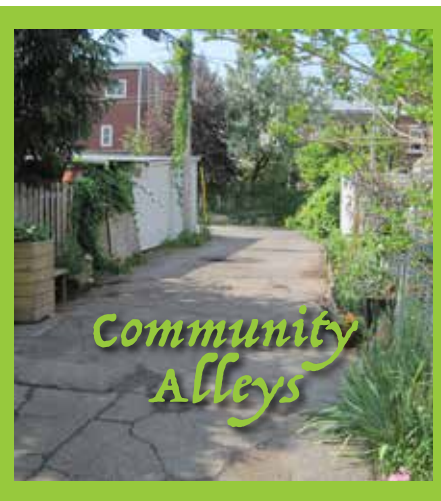
PERMITS AND AUTHORIZATIONS

For information on permits and authorizations, contact the Borough's permits and inspections division at 514-634-3471, ext. 296, or 311, or visit lachine.ca.

Permits and authorizations are mandatory on all construction and renovation projects.

Permits and authorizations are as follows:

- o Tree felling
- o Balconies, porches, verandas
- o Outbuildings, garages, sheds
- o Certificate of special authorization
- o Demolition
- o Signs, billboards
- o Driveways
- o Commercial establishments
- o Fireplaces and stoves
- o New construction
- o Temporary occupancy of a public space
- o Pools



An alley can become a place for neighbours to meet and socialize, for kids to play—a space where people come together and forge a community identity. It can be about having fun; expressing or sharing your culture, history, or heritage; spending time with people of different generations; playing games or sports; and more.

If you'd like to liven up your neighbourhood, Lachine Borough has a program that provides guidance and financial support for locals looking to create a community alley. Certain criteria need to be met and local residents need to be on board. To submit a project, go to lachine.ca for information and next steps.



Ecofriendly Fitness Circuits

Come and try the new fitness circuits in Stoney Point Park! The exercises along each circuit can be scaled up or down according to your level of fitness, so everyone can exercise for free outside using the park's natural and built features (tree trunks, roots, benches, etc.). While you're at it, why not try plogging, the new fitness craze that combines picking up garbage and jogging? It's good for you and good for the planet!



Cloth Diapers

The Lachine Borough, in partnership with Éco-quartier Lachine, will subsidize the cost of using cloth diapers. To see the eligibility criteria and apply for a subsidy, visit www.grame.org/coucheslavables.html

Éco-quartier is also there to answer your questions and offer advice about urban farming, household water management, recycling, and repurposing programs for specific products.

If you have questions about any of the above, contact Éco quartier Lachine!

Éco-quartier Lachine

735, rue Notre-Dame • 514 634-7205 • grame.org or facebook.com/GRAME
 Hours: Monday, Tuesday, Thursday, and Friday, 10 a.m. to 4 p.m. / Wednesday, 10 a.m. to 8:00 p.m.

Living in Lachine with Your Pet

To keep Lachine safe and enjoyable for residents and dogs:

- Keep your dog on a leash (max. 1.85 m) when you're in public; dogs weighing 20 kg or more must also wear a harness or head harness
- Make sure your dog wears its City of Montreal tags
- Always clean up after your dog

Failure to comply with Lachine's animal regulations can result in a minimum fine of \$300.

Dog Parks

- **Rue Victoria and 28^e Avenue:** 7 a.m. to 10 p.m. daily. This dog park is for members of Lachine's Canine Family only. Canine Family has been tasked by the city of Lachine with managing the park.

To sign up: 514-634-3471, ext. 517 or chiens.lachine.dogs@gmail.com

- **Parc Roger-Richer,** at Saint-Jacques and Richmond (Saint-Pierre neighbourhood): 7 a.m. to 10 p.m. daily. Free.

Rules About Dogs in Parks

As a general rule, dogs are not allowed in Lachine Borough parks and playgrounds. However there are exceptions for some parks. Check park signage.

Parks where dogs are allowed on a leash:

- o The riverside area that runs along the footpath, from the 34^e Avenue dock to the western boundary of Lachine
- o Promenade du Rail between 6^e Avenue and 29^e, from 6 a.m. to 11 p.m.
- o Parc de La 55^e Avenue, corner of Highway 20, from 6 a.m. to 11 p.m.
- o The park on Rue Victoria at the corner of 40^e Avenue, from 6 a.m. to 11 p.m.

Sector where dogs are allowed only from October 15 to April 15

Dogs are allowed from October 15 to April 15 in the riverside area along the footpath between 6e and 34e Avenue. They are not allowed in the sector from April 16 to October 14.

Questions: 311 or ville.montreal.qc.ca/animals



**THANK YOU
FOR YOUR COOPERATION!**



DID YOU KNOW?

The borough is actively involved in promoting urban safety...

Through the Lachine Borough's urban safety action committee (CASUAL), the borough and other committee members are seeking to take action to improve residents' feeling of safety and security.

Promoting preventive action and keeping the community informed are among the goals. Information: c.a.s.u.a.l@hotmail.com or 514-634-3471, ext. 825

... and supporting Lachine parents

CASUAL, in collaboration with various partners, has set up a new program known as Triple P to support positive parental practices. The program provides two free services:

- Group discussions on topics like managing emotions and self-esteem in children
- Individual meetings with a Triple P practitioner to work on child behaviour issues

Information: 514 634-3471, ext 821 or triplep.lachine@gmail.com



Directory of Resources, Organizations, and Partners

FOOD AND CLOTHING BANKS

Carrefour d'entraide Lachine

1176 rue Provost

www.carrefourdentraide.org

514 634-3686, ext. 222 and 228

A sympathetic ear, referrals, second-hand clothing store, community and emergency cooking, food bank, recreational activities, popular education.

Meals on Wheels

Central Lachine: 514 634-1075

Western Lachine: 514 637-6805

Provides hot meals for the sick, disabled, and elderly.

Le Relais populaire de Lachine

740 rue Esther-Blondin

514 855-4232, ext. 9

Prepares meals for the young disadvantaged, in cooperation with the school network.

SENIORS



Associations offering services, programs, and assistance:

The Tea Pot

2901 boulevard Saint-Joseph

www.theteapot.org

514 637-5627

Educational, social, recreational, cultural, and community activities, community cooking, hot lunches, accompaniment, transportation, and home support.

Centre multi-ressources Lachine

800 rue Sherbrooke, Suite 206

www.cmrl.ca

514 634-3658

Transportation and accompaniment, friendly calls and visits, safety check-ins, community activities, breakfast talks.

Recreational Associations (Seniors Clubs):

Club d'âge d'or/Annunziata 514 634-8553

**Club d'âge d'or
Le soleil de Lachine inc.** 514 634-0219

**Club d'âge d'or
Saints-Anges** 514 422-1075

Club d'âge d'or Saint-Pierre 514 639-5227

Club social Or et Argent 514 769-1883

Le Réveil de Lachine 514 634-8975

Union des familles de Lachine 514 634-4842

800, rue Sherbrooke

Cultural, sports, and social outings and activities.

VOLUNTEERING

Volunteer West Island

1 rue de l'Église, Sainte-Anne-de-Bellevue

www.volunteerwestisland.org

514 457-5445, ext. 222

Centre multi-ressources Lachine

800 rue Sherbrooke, Suite 204

www.cmrl.ca

514 634-3658

Social Accompaniment and Mentorship

In Lachine:

750 rue Dawson, Suite 111, Dorval

www.volunteerwica.com

514 631-9151

CHARITY

La Guignolée de Lachine

2901 boulevard Saint-Joseph

514 634-3471, ext. 348

Annual food and coin drive for the less fortunate during the holiday season.

L'Oeuvre soupe maison (Lachine)

1170 rue Notre-Dame

514 469-9954

Provides three hot meals a week (Tuesdays, Wednesdays, and Thursdays) to the less fortunate. May to September. Registration required.

Resurrection of Our Lord/Society of Saint Vincent de Paul

34 34^e Avenue

514 637-2379

Food bank.

Society of Saint Vincent de Paul

514 634-3471, ext. 334

Food bank for residents of Saint-Pierre.

SERVICES CLUBS

Knights of Columbus of Lachine

514 639-1776

Knights of Columbus of Saint-Pierre

514 364-3567

Lions Club of Lachine

514 639-6563

Club Optimiste Lachine Inc.

514 634-9253

Royal Canadian Legion Lachine

Branch 85/90

514 637-8002

CULTURAL ASSOCIATIONS

Centre Social d'aide aux immigrants

Mme Lida Aghasi, Executive Director
Head Office

6201 rue Laurendeau

Montréal (Québec) H4E 3X8

514 932-2953

New arrivals, referrals, social and linguistic integration, French classes, job search and workplace integration support, parent-child activities and outings.

Airsom Prisme Multiethnic Community Centre

414 rue Lafleur, Suite 1-10

LaSalle

www.airsomprisme.org

514 364-0939

New arrivals, referrals, social and linguistic integration, French classes, job search and workplace integration support, parent-child activities and outings.

DIALOGUE

Concert'Action Lachine

735 rue Notre-Dame

info@concertactionlachine.com

www.concertactionlachine.com (in French)

514 300-2045

Enhances cooperation between social-development actors; supports and coordinates the community in order to improve the lives of residents with a view to social and sustainable development. With:

- Lachine Borough's urban safety action committee (CASUAL)
514-634-3471, ext. 825
- Lachine's intercultural reflection and action group (TRAIL)
- Housing committee
- Education committee
- Lachine food security working group (GTSAL)
- Dorval-Lachine 50 years-old + roundtable
- Lachine youth roundtable
- Dorval-Lachine early childhood roundtable

CULTURE

Performing Arts

Choeur Ambiance Choir

514 273-7306

Concerts Lachine

514 571-0012

Éclusiers de Lachine folk group

514 634-7526

Festival de théâtre de rue de Lachine street theatre festival

514 639-6403

Harmonie de Lachine wind band

514 636-2111

Les productions Multisens inc.

514 639-8019

Visual Arts

Les Pics-Bois sculpture workshop

514 634-3471, ext. 310

Vision Photo Club

514 697-4730

Lachine Pottery Guild

514 266-7315

Lachine Weavers' Guild

514 453-0752

Visual Arts Association

(Société d'Arts Visuels en Direct)

514 634-4459

History and Heritage

Lachine Historical Society

514 634-9508

The Fur Trade at Lachine National Historic Site

514 637-7433

Lachine Canal National Historic Site

514 283-6054

ÉCO-QUARTIER LACHINE

735 rue Notre-Dame

www.grame.org

514 634-7205

GRAME is an organization that promotes environmental awareness among Lachine residents.

EDUCATION

Childcare Centres (CPEs)

CPE de Lachine
514 637-4323

Familigarde de LaSalle CPE
514 595-9955

Le Jardin des Frimousses
514 637-7733

La Petite Caserne
514 634-4787

Les Petits Pierrots
514 364-3993

Primary Schools

Catherine-Soumillard
514 855-4231

Des Berges de Lachine
514 748-4662

Jardins-des-Saints-Anges
514 855-4200

Martin-Bélanger
514 595-2057

Maple Grove
514 637-5868

Paul-Jarry
514 855-4201

Philippe-Morin
514 855-4233

Très-Saint-Sacrement
514 855-4234

Victor-Thérien
514 855-4202

Secondary Schools

**Collège Sainte-Anne (private)
(also a primary school and CEGEP)**
514 637-3571

Collège Saint-Louis
514 855-4198

École Dalbé-Viau
514 855-4232

Lakeside Academy
514 637-2505

Vocational Training

**LaSalle Centre d'éducation aux adultes,
Boileau Building**
514 855-4197

**Lachine Centre de formation
professionnelle**

Dalbé-Viau Building
514 855-4185

La Rive Building
514 855-4189

POPULAR EDUCATION, ADVOCACY

ACEFSOM (Association d'économie familiale du Sud-Ouest de Montréal)
6734 boulevard Monk, Montréal
www.consommateur.qc.ca/acef-som
514 362-1771

Defending individual and collective rights for a better assessment of consumer choices.

Lachine-LaSalle housing committee
426 rue Saint-Jacques
logement.lachine-lasalle@videotron.ca
514 544-4294

Information and public awareness for renters in need, self-directed popular education, collective defence of rights, one-on-one support.

EMPLOYMENT SERVICES

**Marquette CJÉ
(Carrefour Jeunesse emploi)**
735 rue Notre-Dame
www.cjemarquette.qc.ca
514 634-0450

Employment programs and services for teens and young adults age 13 to 35.

Lachine CLE (Centre local d'emploi)
2740 rue Remembrance, Suite 70A
514 634-2425

Economic and Community Development Corporation (CDEC) for LaSalle/Lachine
735 rue Notre-Dame
www.cdec-lasallelachine.ca
514 469-0288

Employment and recruitment assistance, economic development, immigration, and local initiatives budget.

Association centre-ville de Lachine
1024 rue Notre-Dame
514 469-0288, ext. 236

The West Island of Montreal Chamber of Commerce
71870 boul. des Sources, Suite 106
Pointe-Claire
info@ccoim.ca
514 697-4228

Montreal South-West Chamber of Commerce and Industry
410 avenue Lafleur, Suite 32, LaSalle
www.ccisom.ca
514 365-4575

South-West Montreal Job-Finding Club (CRE Sud-Ouest de Montréal inc.)
7625 boul. Newman, LaSalle
www.cresom.com
514 366-0660

PME MTL West Island
7300 autoroute Transcanadienne
Pointe-Claire
514 426-2888

Regroupement affaires Lachine inc. (R.A.L.I.)
735 rue Notre-Dame
514 639-4881

FAMILIES

Centre jeunesse de Montréal (DPJ - child protection agency)
4675 rue Bélanger, Montréal
www.centrejeunessedemontreal.qc.ca
514 593-3979

Batshaw Youth and Family Centre
191 place Frontenac, Pointe-Claire
www.batshaw.qc.ca
514 935-6196 / 514 989-1885

Protection, support, and rehabilitation for child victims of abuse or negligence and for children with behavioural disorders.

Centre multi-ressources Lachine
800 rue Sherbrooke, Suite 206
www.cmrl.ca
514 634-3658

Parent workshop on early childhood stimulation (0 to 2 years). Parent relief (6 months to 5 years). Growth and development activities (3 to 5 years). Social activities for adults.

Collective Community Services
451 de l'Église, Verdun
514 937-5351

Activities and support aimed at community development for Greater Montreal's anglophone population, with a focus on mutual assistance, sharing, and solidarity.

Fondation de la Visite
www.delavisite.org
514 329-2800

Support and home visits for pregnant women and parents of newborns.

JAME (J'apprends avec mon enfant)
1201 rue Argyle, Suite 203
www.japprendsavecmonenfant.org
514 765-7686, ext. 7017

Promoting a love of reading at home and in schools.

Big Brothers Big Sisters of West Island
www.bbbsowfi.org
514 538-6100

WOMEN

Cercle de fermières de Lachine
514 639-3788

Cercle de fermières de Saint-Pierre
514 634-3471, ext. 837

Le Parados inc.
514 637-3529

Support for women and families who are victims of domestic violence.

YOUTH

Lachine Club Zone
5050 rue Sherbrooke
clubzonedelachine@gmail.com
Computer lab, music, games, and sports for west borough youth ages 12 to 17.

Cumulus
www.projetcumulus.ca
514 634-5774

Alcoholism and drug addiction (youth and school-aged children).

Squadron 686 Lachine-Dorval
www.escadron686.com
514 634-3888

Girl Guides of Canada
www.guidesquebec.ca
514 933-5839

Summerlea Scouts
514 639-0407/514 369-7624

La Maison des Jeunes l'Escalier de Lachine inc.
560 5^e Avenue
www.mdjescalier.com
514 637-0934

In Saint-Pierre:

La Caserne des Jeunes
59 avenue Saint-Pierre
lacaserne@hotmail.com
514 634-3471, ext. 822

School programs and interventions, extracurricular activities for children ages 8 to 12. Homework help (by request), activities, sports, outings, cooking workshops, social work

TRAC - Street Work/Community Action
75 carré Sir Georges-Étienne-Cartier, Suite 212
514 939-2122

T.R.A.C delivers general street-level services for people age 12-35. The organization provides ongoing support in natural settings such as streets, parks, and schools to help people who are alienated from their social setting, and connects them with appropriate resources.

PEOPLE WITH DISABILITIES

West Island Association for the Intellectually Handicapped

111 avenue Donegani, Pointe-Claire
www.wiaih.qc.ca
514 694-7090

Social and cultural activities.

AVA-TIL inc.

387 40^e Avenue
www.avatil.org
514 634-8944

Integrated services for individuals with mild or borderline intellectual disabilities.

Club des personnes handicapées du Lac-Saint-Louis

3195 rue Remembrance
514 634-0447

Accompaniment, adapted transportation, health clinics, tax preparation clinics, snow removal, wheelchair loans, meals, computers, board games, handicrafts.

Corporation L'Espoir

55 avenue Dupras
LaSalle

www.corporationespoir.org
514 367-3757

Adapted services for those with intellectual handicaps.



MENTAL HEALTH

Groupe d'entraide Lachine

1310 rue Notre-Dame
514 639-4941

Group meals; community cooking; supervised housing; social, recreational, and sports activities.

Oméga

www.omegacenter.org
514 631-2760

Day centre, open six days a week. Activities, outings, and special events.

Parents et amis du bien-être mental du Sud-Ouest

www.pabemsom.org
514 368-4824

Services for the friends and loved ones of those suffering from mental illness.

Projet suivi communautaire

www.projetsuivicommunautaire.com
514 366-0891

Medium- and long-term one-on-one support for adults suffering from mental illness.

PSYCHOLOGICAL SUPPORT

Groupe des Aidants du Sud-Ouest

Dorval, Lachine, LaSalle et Verdun
206-8564 boulevard Newman
LaSalle

www.aidantssudouest.org
514 564-3061

groupeidesaidantssudouest@videotron.ca

A sympathetic ear, information and referrals, psychosocial support, talks, and workshops among caregivers.

Nova West Island

www.novawi.org
514 695-8335

Palliative home care support and support groups for grieving children and adults. A number of volunteer opportunities

These associations provide referrals to local resources:

Agoraphobics Anonymous

514 368-0338

Al-Anon/Al-Ateen

www.al-anon-montreal.org
514 866-9803

Alcoholics Anonymous

www.aa-quebec.org
514 376-9230

Allô prof (in French)

www.alloprof.qc.ca
514 527-3726

ANEB Quebec (anorexia and bulimia)

55 rue Dupras, LaSalle
www.anebquebec.com
514 630-0907

Montreal Sexual Assault Centre

www.agressionsexuelle.com
514 934-4504

Cocaine Anonymous

514 527-9999

Co-dependents Anonymous (DAA)

www.daa-quebec.org
514 990-4744

Depressed Anonymous

514 278-2130

Drugs: Help and Referrals

www.drogue-aidereference.qc.ca
514 527-2626

Emotions Anonymous

www.emotifs-anonymes.org
514 990-5886

Gai Écoute - bilingual sexual orientation and gender identity helpline

www.gai-ecoute.qc.ca
514 866-0103

Gamblers Anonymous

www.gamblersanonymous.org
514 484-6666

Kids Help Phone

1 800 668-6868

jeunessejecoute.ca

Parents Anonymous

1 800 361-5085

Narcotics Anonymous

www.naquebec.org
514 249-0555

Phobies-Zéro

www.phobies-zero.qc.ca
514 276-3105

S.O.S. violence conjugale - domestic violence helpline

sosviolenceconjugale.ca
514 873-9010

Suicide Action Montreal

www.suicideactionmontreal.org
514 723-4000

Montreal Island Seniors Roundtable

www.tcaim.org
514 286-8226

Tel-Aide

www.telaide.org
514 935-1101

Tel-Aînés

514 353-2463

Tel-Écoute

www.tel_ecoute.org
514 493-4484

Tel-Jeunes

www.teljeunes.com
1 800 263-2266

SPORTS AND RECREATION

Association "Art martial moderne" inc. (martial arts club)

www.artmartialmoderne.com
514 634-3471, ext. 355

Association de baseball amateur de Lachine inc. (amateur baseball association)

www.baseballlachine.com
514 634-3471, ext. 313

Association de basketball de Lachine (basketball association)

514 601-2317

Dixie Pool Association Inc.

(in season only)
www.piscinedixiepool.com
514 637-6149

Association du hockey sur glace de Lachine inc. (ice hockey association)

www.hockeylachine.com
514 634-2471

Lachine Rowing

www.avironlachine.ca
514 639-0006

Badminton Lachine inc.

www.badmintonlachine.com
514 634-3471, ext. 888

Centre de loisirs de Lachine (recreational centre)

www.centre-de-loisirs-lachine.com
438 504-2635

- Recreational activities for all
- Club Déclit Lachine
- Le Phoenix de Lachine day camps

Western Lachine Recreation Centre Inc. (in season only)

www.crlo-wlrc.ca
514 637-0703

Lachine Track & Field Club

athletismelachine@videotron.ca
514 710-6009

Club de canoë de course de Lachine inc. (sprint canoe club)

www.canoelachine.com
514 634-4402

Club de croquet (croquet club)

514 634-0455

Club de curling de Lachine inc. (curling club)

www.lachinecurling.com
514 637-9521

Club de natation de Lachine (2007) (swim club)

www.clubnatationlachine.com
514 307-3470

Club de patinage artistique de Lachine (figure skating club)

www.cpalachine.com
514 634-0015

Le Marquette de Lachine inc. (raquetball club)

450 632-8905

Lachine SC Soccer Club

www.lachinesoccer.com
514 639-3573

HEALTH

Dorval-Lachine CLSC

1900 rue Notre-Dame
514 639-0660

Hôpital de Lachine

650 16^e Avenue
514 637-2351

Lachine Gymnitours Club

www.gymnitours.ca

514 639-6510

Karaté-Do Lachine

calistru@videotron.ca

514 884-4899

L'École de voile de Lachine inc. (sailing school)

www.voilelachine.com

514 634-4326

Les pêcheurs et chasseurs sportifs du Lac-Saint-Louis inc.

(sports fishing and hunting club)

514 634-3908

NEIGHBOURHOODS

Saint-Pierre integrated urban revitalization committee

183 rue des Érables

www.revitalisationsaintpierre.blogspot.com

514 365-7000

Engages citizens, social and cultural stakeholders, and corporations. Supports activities and projects with the potential to improve resident quality of life and revitalize the neighbourhood.

Duff Court Neighbourhood Committee (COVIQ)

1830 rue Duff Court

514 634-5055

Homework help, handicrafts, family workshops, community cooking, youth activities, intercultural interventions, parent relief, outings, tax preparation clinics, second-hand clothing store (intermittent).

Canine Family of Lachine

chiens.lachine.dogs@gmail.com

514 634-3471, ext. 517

Manages the dog park on rue Victoria
(near 28^e Avenue)

La P'tite maison du quartier Saint-Pierre

41 avenue Ouellette

514 544-1319

«Bonne boîte, bonne bouffe» fruit-and-veggie boxes, coffee 'n' conversation, second-hand clothing store, drop-in daycare, popular education workshops, and monthly community cooking sessions.

OBNL Regroupement de Lachine

735 rue Notre-Dame

Seven community organizations under the same roof.

PRIVATE BUSINESSES OFFERING RECREATION SERVICES IN LACHINE*

Cardio Plein Air

514 707-2050

www.cardiopleinair.ca

Centre musical de Lachine

L'Oreille Musclée

514 418-1511

www.loreillemusclee.com

Cubaritmo

514 639-6780

www.cubaritmo.ca

Studio Avenue Dance School

514 300-5018

www.studioavenue.ca

facebook.com/studioavenue.lachine

Empire Fitness Lachine

514 886-3164

Empirefitnesslachine@gmail.com

Spinning Rossi

514 910-4240

Studio Panache

514 538-6599

www.studiopanache.ca

Swet Performance Entraînement

514 634-7938

www.swet.ca

Viveka Yoga

514 634-2200

www.viveka-yoga.com

* If you'd like to be on this list, call us at 514-634-3471, ext. 302