

**List of Sports and Recreational Activities of the  
Borough of Pierrefonds–Roxboro  
Fall 2014**

**Activities for children and teens (18-year-olds and under)**

Activity	Organization	Schedule	Description	Cost	Information
Air cadets	803 Squadron	Tuesdays, 6:30 pm to 9:30 pm Riverdale high school	Aviation, citizenship, leadership and sports	Contact us for more information.	514 421-0803 <a href="mailto:co@803squadron.com">co@803squadron.com</a> <a href="http://803squadron.com">803squadron.com</a>
Air cadets	Cadets 830	Contact us for more information. St-Anthony School	Activities in French on aviation, citizenship, leadership, sports, wilderness survival, etc.	Contact us for more information.	514 626-1830 <a href="mailto:Cmdt.830aviation@cadets.gc.ca">Cmdt.830aviation@cadets.gc.ca</a>
Athletic Excellence Camp	West Island Track Club	Saturdays, from 10 am to 12 p.m.  November 1, 2014 to March 28, 2015  Gérald-Godin College	5 year-olds and up develop motor skills and introduction to track & field through fun activities.  Also for experienced athletes who wish to develop skill, endurance, speed and power.	\$240	Paul Charron 514 685-9501 <a href="mailto:paul_witc@sympatico.ca">paul_witc@sympatico.ca</a>  Alexander Rossi <a href="mailto:alexrossi6@hotmail.com">alexrossi6@hotmail.com</a>

Activity	Organization	Schedule	Description	Cost	Information
Badminton	Pierrefonds Badminton Club	Mondays, Wednesdays and Fridays, at 8 p.m.  Saturdays, from 12:40 p.m. to 3 p.m.  (Practices and beginners courses)	Junior Elite  Junior Recreational	\$400  \$100	George Paschali 514 865-5487 <a href="mailto:g_paschali@hotmail.com">g_paschali@hotmail.com</a> <a href="http://badminton-pierrefonds.com">badminton-pierrefonds.com</a>
Badminton  Open badminton	Pierrefonds-Roxboro Borough	Mondays to Fridays, from 7 p.m. to 10 p.m.  Consult the website for the full calendar.	Open badminton  6 courts available in 30 minutes blocks.  First come first serve.  No organized groups authorized.	\$2 per person	514 624-1100  <a href="http://ville.montreal.qc.ca/pierrefonds-roxboro">ville.montreal.qc.ca/pierrefonds-roxboro</a>
Badminton	West Island Badminton Club	Visit our website. Training at St- Anthony School.	Badminton training for children. From beginners to elite.	Visit our website.	514 626-1334  <a href="http://badmintonwibc.com">badmintonwibc.com</a>
Baseball Fall Clinics	Pierrefonds Baseball Club	Tuesdays or Thursdays, from 6 p.m. to 7:30 p.m.  From October to December	Fall Clinics directed by Pierre Arsenault.	\$200	514-620-BALL  <a href="mailto:zkechayan@gmail.com">zkechayan@gmail.com</a> <a href="http://pierrefondsbaseball.com">pierrefondsbaseball.com</a>

Activity	Organization	Schedule	Description	Cost	Information
Basketball	Brookwood Basketball	September 2014 to May 2015 Registration session on September 6, 2014 from 9 a.m. to 1 p.m. Riverdale High School	Recreational and competitive basketball leagues for boys and girls aged 6 to 18 years old.	Visit our website for more information.	514 684-5885 <a href="mailto:brookwood@videotron.ca">brookwood@videotron.ca</a> <a href="http://brookwoodbasketball.org">brookwoodbasketball.org</a>
Cheerleading	North Shore Extreme Cheerleading	From September to December 2014	Cheerleading workshops and courses for all levels. Develop your skills and learn choreographies. Recreational and competitive programs available.	Visit our website for more information.	Leyda Jimenez 514 683-6111 <a href="mailto:cheer-nsc@hotmail.com">cheer-nsc@hotmail.com</a> <a href="http://nscheer.com">nscheer.com</a>
Chess lessons	Chess'n Math	Sundays, from 1:30 p.m. to 3 p.m. October 19 to December 7	The emphasis will be focused on logical thinking. Children 6 to 16 years old will learn chess strategies and then put them into practice. They will also learn how to resolve a problem logically.  A fun way to improve your thinking skills!  Our program provides a challenge to players of all skill levels.	\$95 for 8 weeks or \$15 per individual lessons Registration form available at our website under the lessons tab	Virginie Roux 514 845-8352 <a href="mailto:admin@echecs.org">admin@echecs.org</a> <a href="http://chess-math.org">chess-math.org</a>

Activity	Organization	Schedule	Description	Cost	Information
Dance and Gymnastics	Dynamics Gymi-Dance	Saturdays, from 10 a.m. to 12 p.m. and from 11 a.m. to 1 p.m.	A fun and recreational environment where kids aged 4 to 12 year olds learn the basics of dance and gymnastics.	\$265 fee plus \$18 federation fee	Office: 514 624-1430 Catherine Pazzi: 514 942-1551 <a href="mailto:campjour@pierrefonds-roxboro.qc.ca">campjour@pierrefonds-roxboro.qc.ca</a>
Figure Skating	Deux-Rives Skating Club	Contact us for more information.	Recreational, competitive and elite figure skating lessons	Contact us for more information.	514 626-6350 <a href="mailto:cpdeuxrives@hotmail.com">cpdeuxrives@hotmail.com</a> <a href="http://cpdeuxrives.com">cpdeuxrives.com</a>
Girl Guides of Canada	Girl Guides of Canada Riverdale District	Mondays, from 6:30 p.m. to 8 p.m.  From September 8 until May 25	Activities, friendships, and fun for all girls from 5 to 13 years old.  Sparks, Brownies, and Guides.	Visit our website for more information.	514 500-8802 514 244-3864 <a href="mailto:jacquidavies@videotron.ca">jacquidavies@videotron.ca</a> <a href="mailto:labelle.lisa@gmail.com">labelle.lisa@gmail.com</a> <a href="http://girlguides.ca">girlguides.ca</a>
Girl Guides of Canada	Girl Guides of Canada Northshore District	September 2014 to June 2015	For girls aged 5 to 17 years old. Girl Guides of Canada enables girls to be confident, resourceful and courageous, and to make a difference in the world.	\$125	514 684-3849 514 817-7211 <a href="mailto:ggc.northshoredistrict@gmail.com">ggc.northshoredistrict@gmail.com</a> <a href="http://girlguides.ca">girlguides.ca</a>
Hockey	Pierrefonds Minor Hockey Association	September 1 to April 30	Hockey on ice Girls and boys from 4 to 20 years old. Visit our website.	Various prices based on ages and levels. Visit our website for more information.	<a href="mailto:Administration@hockeypfd.com">Administration@hockeypfd.com</a> <a href="http://hockeypfd.com">hockeypfd.com</a>

Activity	Organization	Schedule	Description	Cost	Information
Judo	Académie de Judo Seidokwan	Contact us for more information.	Judo activities for 7-year-olds and up	Contact us for more information.	514 697-1350 514 694-0248
Karate	West Island Academy of Martial Arts	<p>Pierrefonds: Wednesdays and Fridays, from 6:30 p.m. to 7:30 p.m.</p> <p>Roxboro: Mondays, from 6:30 p.m. to 7:30 p.m. and Sundays from 11 a.m. to 12 p.m.</p>	4-year-olds and up	Contact us for more information.	514 717-1099 <a href="mailto:karateyogen@gmail.com">karateyogen@gmail.com</a>
Public skating Public skating for all	Pierrefonds-Roxboro Borough	<p>Saturdays, from 7 p.m. to 9 p.m.</p> <p>Sundays, from 1:30 p.m. to 4:30 p.m.</p> <p>Consult the website for the full calendar.</p>	<p>Public skating for all</p> <p>No organized groups authorized.</p> <p>Kids must wear helmets.</p>	<p>2\$ per adult</p> <p>1\$ per child (12-year-olds and under)</p>	514 624-1100 <a href="http://ville.montreal.qc.ca/pierrefonds-roxboro">ville.montreal.qc.ca/pierrefonds-roxboro</a>

Activity	Organization	Schedule	Description	Cost	Information
Public skating for pre-schoolers	Pierrefonds-Roxboro Borough	Mondays and Wednesdays, from 10 a.m. to 11 a.m.  Consult the website for the full calendar.	Public skating reserved for 5-year-olds and under.  No organized groups authorized.  Kids must wear helmets.	Free	514 624-1100 <a href="http://ville.montreal.qc.ca/pierrefonds-roxboro">ville.montreal.qc.ca/pierrefonds-roxboro</a>
Ringette	Club de ringette de Pierrefonds-Ile-Bizard-DDO	Contact us for more information.	Ice skating sports for young girls. You do not need to know how to skate, we'll teach you. Recreational and competitive leagues.	Contact us for more information.	514 262-5496 <a href="http://ringettepierrefonds.com">ringettepierrefonds.com</a>
Scouts	122 <sup>e</sup> Marie-Reine-de-la-Paix Scouting Group	Contact us for more information.	Scouting groups for 7-to 17-year-olds	Contact us for more information.	514 694-8975 <a href="http://122groupescoutmrdlp.com">122groupescoutmrdlp.com</a>
Scouts	Roxboro Scouting Group	Contact us for more information.	Scouting groups for 6-to 16-year-olds	Contact us for more information.	514 684-5322

Activity	Organization	Schedule	Description	Cost	Information
Skating Skating lessons	Deux-Rives Skating Club	Contact us for more information.	Initiation to skating	Contact us for more information.	514 626-6350 <a href="mailto:cpdeuxrives@hotmail.com">cpdeuxrives@hotmail.com</a> <a href="http://cpdeuxrives.com">cpdeuxrives.com</a>
Soccer Fall/Winter Recreational Indoor Soccer Program	Pierrefonds Soccer Association	End September to April (3 sessions)	One hour per week consisting of 30 minutes of technical training and 30 minutes of play.	Visit our website for more information.	Pierrefonds Soccer Association 4600, rue des Cageux Pierrefonds (Quebec) H9J 3R4 514 696-2505 <a href="mailto:Info@soccerpierrefonds.ca">Info@soccerpierrefonds.ca</a> <a href="http://soccerpierrefonds.ca">soccerpierrefonds.ca</a>
Track & Field	West Island Track Club	Week nights and week ends  Outdoors: September to November  Indoors: November to April	5-to 20-year-olds and up  Preparation for Indoor Track & Field (all disciplines), and fall cross-country.  Cross-country, sprints and hurdles, Middle distance, Jumps and throws	Various prices based on ages and levels.	Paul Charron 514 685-9051 <a href="mailto:paul_witc@sympatico.ca">paul_witc@sympatico.ca</a> <a href="http://westislandtrack.com">westislandtrack.com</a>
Wrestling	Riverdale Wrestling Club	Mondays and Wednesdays , at 7:30 p.m.  Saturdays, at 10 a.m.	Practice for competition or recreation. Full workouts and technical sessions. No experience required. Beginners are welcomed.  We compete provincially and nationally at all ages.	\$100 per season	Jay Bradbury 514 683-2438 514 241-5207 <a href="mailto:info@sportolympia.com">info@sportolympia.com</a>

## Activities for adults (18-year-olds and up)

Activity	Organization	Schedule	Description	Cost	Information – Contact
Badminton	Pierrefonds Badminton Club	Mondays, Wednesdays and Fridays, at 8 p.m.	Adults program	\$120	George Paschali 514 865-5487 <a href="mailto:g_paschali@hotmail.com">g_paschali@hotmail.com</a> <a href="http://badminton-pierrefonds.com">badminton-pierrefonds.com</a>
Badminton	West Island Badminton Club	Visit our website. Training at St-Anthony School.	Badminton training for adults. From beginners to elite.	Visit our website.	514 626-1334 <a href="http://badmintonwibc.com">badmintonwibc.com</a>
Cheerleading	North Shore Extreme Cheerleading	From September to December 2014	Cheerleading workshops and courses for all levels. Develop your skills and learn choreographies. Recreational and competitive programs available.	Visit our website for more information.	Leyda Jimenez 514 683-6111 <a href="mailto:cheer-nsc@hotmail.com">cheer-nsc@hotmail.com</a> <a href="http://nscheer.com">nscheer.com</a>
Hockey  Men's Adult Hockey	Association de hockey adulte de Pierrefonds	Mondays evening from September 1 to March 30	League of 12 teams divided in 2 divisions. No contact, no slapshot. 35-year-olds and up	\$400 per season	<a href="http://pierrefondsoldtimers.com">pierrefondsoldtimers.com</a>



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Horticulture	Société d'horticulture et d'écologie de Pierrefonds.	Every 2 <sup>nd</sup> Wednesday of each month From September to June, plus one Saturday at the end of September	Presentation of conferences of various subjects about horticulture, ecology and ornithology.	Members: 20\$ per person and 34\$ for couples per season Non-members: 5\$ per conference	514 624-1671 <a href="http://shep.fsheq.org">shep.fsheq.org</a>
Karate	West Island Academy of Martial Arts	Pierrefonds: Thursdays, at 7:30 p.m.	18-year-olds and up	Contact us for more information.	514 717-1099 <a href="mailto:karateyogen@gmail.com">karateyogen@gmail.com</a>
Volleyball	Pierrefonds Men's Volleyball Association	Tuesdays and Fridays, 8 p.m. to 10 p.m.	Recreational and competitive league for men and women of all levels and skills.	Contact us for more information.	514 305-1398 <a href="mailto:patrick@pmva.ca">patrick@pmva.ca</a> <a href="http://pmva.ca">pmva.ca</a>
Physical Fitness	West Island Physical Fitness Association	Mondays and Thursdays, from 8 p.m. to 10 p.m.  Mid-September to the end of April	Physical fitness training and volleyball at St-Charles School on Sainte-Anne street in Pierrefonds	\$100  Members are mostly aged 45 year olds and up	514 620-9259 <a href="mailto:hmttheobald@gmail.com">hmttheobald@gmail.com</a>

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Public skating for seniors	Pierrefonds-Roxboro Borough	Mondays and Wednesdays, from 11 a.m. to 12 p.m.  Consult the website for the full calendar.	Public skating reserved for adults aged 50 years old and up.  No organized groups authorized.	Free	514 624-1100  <a href="http://ville.montreal.qc.ca/pierrefonds-roxboro">ville.montreal.qc.ca/pierrefonds-roxboro</a>
Ringette	Club de ringette de Pierrefonds-Ile-Bizard-DDO	Contact us for more information.	Ice skating sports for girls aged 19 years old and up. You do not need to know how to skate, we'll teach you. Recreational and competitive leagues.	Contact us for more information.	514 262-5496  <a href="http://ringettepierrefonds.com">ringettepierrefonds.com</a>
Soccer  Women's adult soccer 19+	PWSL (Pierrefonds Women's Soccer League)	Saturday mornings From October 2014 to May 2015	Recreational soccer for women of all skill levels	\$100	<a href="mailto:info@pwsl.ca">info@pwsl.ca</a>  <a href="http://pwsl.ca">pwsl.ca</a>
Soccer Men's soccer	Association de soccer adulte de Pierrefonds	Sundays, at 4:30 p.m. October 2014 to may 2015	Recreational soccer for men of all skill levels	Contact us for more information.	514 808-4625  <a href="mailto:info@asap-soccer.org">info@asap-soccer.org</a>  <a href="http://asap-soccer.org">asap-soccer.org</a>

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Volleyball  Women's volleyball	Pierrefonds Ladies Volleyball	Tuesdays, from 7:15 p.m. to 9:45 p.m. October 6 to May 25	Recreational, intermediate and competitive levels of 6 on 6 volleyball. Played in PCHS gymnasium. Players must attend tryouts to be classified and selected for a team.	\$145	Amanda Horton <a href="mailto:hortona@vaniercollege.qc.ca">hortona@vaniercollege.qc.ca</a> <a href="http://plvolleyball.com">plvolleyball.com</a>
Wrestling	Riverdale Wrestling Club	Mondays and Wednesdays, at 7:30 p.m.  Saturdays, at 10:30 a.m.	Practice for competition or recreation  Full workouts and technical sessions.  For those interested, we compete provincially and nationally.	\$100 per season	Jay Bradbury 514 683-2438 514 241-5207 <a href="mailto:info@sportolympia.com">info@sportolympia.com</a>