



LIST OF SPORTS AND RECREATIONAL ACTIVITIES OF THE BOROUGH OF PIERREFONDS-ROXBORO

2015 SUMMER PROGRAMMING

2015 SUMMER CAMPS

Activity	Association	Schedule	Description	Cost	Information - Contact
Baseball Camp Brook Park	Pierrefonds Baseball	July 6 to 31 Monday to Friday 7:00 am to 5:00 pm	Jump on the opportunity to join a summer camp that will help you develop your baseball skills.	Visit our website for more information.	514-620-BALL zkechayan@gmail.com www.pierrefondsbaseball.com
Brookwood - "Fun"Damental & Skillz Basketball Camp	Brookwood Basketball Association Riverdale School	July 6 to 10 July 13 to 17 July 20 to 24 July 27 to 31 9:00 am to 3:00 pm	For girls and boys born between 1999 and 2009	Visit our website for more information.	brookwood@videotron.ca preferred www.brookwoodbasketball.org/ 514-684-5885 (leave a message)
Cheerleading camp Level 1	North Shore Extreme Cheerleading	June to August 2015	Learn stunts & pyramids, various dance styles and jumps. We offer level 1 tumbling/gymnastics. Crafts, movies, pizza Friday, performances, theater games. Games and activities with the intensive groups to promote friendships. Numerous summer activities. *The groups will be divided by age: 6 to 10 years old and 11 to 15 years. old	Visit our website for more information.	514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/


<p>Cheerleading camp (intensive) Level 2 and more</p>	<p>North Shore Extreme Cheerleading</p>	<p>June to August 2015</p>	<p>Improve your stunts & pyramids, various dance styles and jumps. We offer Level 2 and + tumbling/gymnastics as well as Skills classes specific to cheerleading (Top Shape & Back 2 Basic). Games and activities with the beginner groups to promote friendships. Numerous summer activities. *The groups will be divided by age: 6 to 10 years old and 11 to 15 years. old</p>	<p>Visit our website for more information.</p>	<p>514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/</p>
<p>Cheerleading day camp - Black</p> <p>6 +</p> 	<p>Flyers All-Starz Cheerleading</p>	<p>August 6 to August 21 9:00 am to 4:00 pm</p> <p>Day care is included from 7:00 am to 9:00 pm and 4:00 pm to 6:00 pm</p>	<p>Here is the chance for youngster with or without experience to learn cheerleading in a safe environment and with skilled staff. Each week your child will discover different aspects of cheerleading, like stunts, gymnastics, dance, jumps, etc. Furthermore, your child will participate at the several interesting indoor-outdoor activities and games, like trampoline, art craft, water games, etc.) as well as the special Wednesday activity.</p>	<p>Visit our website for more information.</p>	<p>www.flyerscheerleading.net/ info@flyerscheerleading.net 514-332-3777</p>



<p>Cheerleading day camp - Pink</p> <p>6 +</p> 	<p>Flyers All-Starz Cheerleading</p>	<p>August 6 to August 21 9:00 am to 4:00 pm</p> <p>Le service de garde est inclus de 7:00 am to 9:00 pm and 4:00 pm to 6:00 pm</p>	<p>Offering the opportunity to your children to develop and surpass themselves in a safe and professional environment. Youngsters are invited to explore several aspects of cheerleading and take part in the organized activities every week. This is an intensive cheerleading training offering moments of leisure among athletes. Every week has a special theme and concentration, in addition to practice and work on the theme, the athletes will have to work on the trampoline, the tumble track, jumps, fitness, dance, pyramid, etc. The Pink camp will have a special activity on Wednesdays as well.</p>	<p>Visit our website for more information.</p>	<p>www.flyerscheerleading.net/ info@flyerscheerleading.net 514-332-3777</p>
<p>Pierrefonds Day Camps</p>	<p>Pierrefonds Day Camps Inc.</p>	<p>June 29 to August 28 Monday to Friday 7:00 am to 6:30 pm</p>	<p>Summer day camps for kids 5 to 15 years old. Five different locations are offered. Regular, specialized, artistic camps and many more.</p>	<p>\$ 145 or more per week</p>	<p>Lisa Mancini or Catherine Pazzi 514-624-1430 campjour@pierrefonds-roxboro.qc.ca www.campspierrefonds.com</p>
<p>Scout summer camps</p>	<p>122e groupe scout Marie-Reine-De-La-Paix</p>	<p>7-8 years old : 7:15 pm to 8:45 pm Boys 9-11 : 7:00 pm to 9:00 pm girls 9-11 : 7:15 pm to 9:15 pm boys 12-14 : 7:15 pm to 9:15 pm girls 12-14 : 7:30 pm to 9:30 pm 15-17 years old : 7:30 pm to 9:30 pm</p>	<p>Summer camp. Meeting every Friday night. Going out during some week-ends.</p>	<p>\$ 350/ year Promotion for 3 members and more of the same family.</p>	<p>Johanne Gagnon chef du 122e groupe scout 514-884-6199 122groupescoutmrdlp.com/</p>

Track & Field Camp George Springate Parc	West Island Track Club	June 29 to July 31 9 :00 am to 12:00 pm	For athletes 6 years old and over, of all levels. Come and develop your motor skills through fun activities that introduce Track & Field. Excellent for experienced athletes who would like to develop their endurance, speed, and power. Open to athletes in all sports.	\$ 155 per week! (Includes lunch) Promotion for more than one kid or for more than one week registered.	Paul Charron 514-685-9501 paul_witc@sympatico.ca westislandtrack.com/ https://www.facebook.com/pages/West-Island-Track-Club/980885261941240?ref=hl Alexander Rossi 514-219-9762 alexrossi6@hotmail.com
--	------------------------	--	---	---	--

ACTIVITÉS – ENFANTS ET ADOLESCENTS (0 À 18 ANS)

Activity	Association	Schedule	Description	Cost	Information - Contact
Baseball	Pierrefonds Baseball	Week nights and weekends during summer Training and games during summer	Jump on the opportunity to join a team. Our programs are adapted for all levels.	Visit our website for more information.	514-620-BALL zkechayan@gmail.com www.pierrefondsbaseball.com
Cheer 101 (4 years +) Tumbling/floor gymnastics (6 years +)	North Shore Extreme Cheerleading	June to August 2015 1 hr per week	Non-competitive cheerleading classes. Athletes learn to develop basic cheerleading skills comprised of all the elements found in choreography (stunts, pyramids, floor gymnastics-tumbling and dance) and perform it at the end of session show.	Visit our website for more information.	514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/
Cheer 201 (6 years +)	North Shore Extreme Cheerleading	June to August 2015 1 hr per week	Non-competitive cheerleading classes. Athletes learn a level 2 choreography and will perform it at the end of session show. This class is not for beginners. Experience is strongly recommended. Participants must have followed at least 2 sessions of Cheer101 or completed at least 2 weeks of summer camp with NSX. Athletes showing a lower skill development will be transferred to Cheer101.	Visit our website for more information.	514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/

<p>Football</p> 	North Shore Football League	May to November. Three practices and one game per week	Recreational football program for all levels. Come develop your skills in a fun and enriching environment.	\$250 to \$400 (Includes equipment costs)	514-500-0376 email: northshorefootball@hotmail.com web: www.northshorefootball.org
<p>Kindercheer</p> <p>18 months to 4 years</p> <p>*Parent's participation is mandatory for 18 months to 3 years</p>	North Shore Extreme Cheerleading	June to August 2015	Fun class for little ones to develop motor skills and coordination. The children will learn the fundamentals of gymnastics and cheerleading while also developing social and individual skills. Classes are 1 hour long.	Visit our website for more information.	514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/
<p>Let's explore together!</p> <p>Parent & Tot</p> <p>6 months to 12 months</p>	North Shore Extreme Cheerleading	June to August 2015	Spend time with your child discovering, developing and nourishing their skills through various gym equipment and activities in a fun, friendly and stimulating environment. Furthermore, meet and interact with other parents and their babies. Classes are 45 minutes long.	Visit our website for more information.	514-683-6111 cheer-nsc@hotmail.com www.nscheer.com/


<p>Outdoor Basketball</p> 	<p>West Island Outdoor Basketball League</p>	<p>Week days, week nights or week ends</p> <p>Early May to August</p>	<p>Welcome to another great summer season of outdoor basketball with the WIOBL! Because of the enthusiasm expressed by the youth and parents of this community, we will be offering 7 levels of 5 on 5 co-ed basketball this summer: Novice (7-8-9), Junior (10-11-12), Midget (13-14) and Senior (15-16-17). Ages as of May 1, 2015,</p> <p><u>New this year</u> Two Girls levels is exclusively for girls only. Tell your friends!!! Girls (7, 8, 9, 10 and 11) and Girls (12, 13, 14 and 15)</p>	<p>Visit our website for more information.</p>	<p>wiobl_steve@hotmail.com www.wiobl.com/</p>
<p>Soccer</p>	<p>Pierrefonds Soccer Association</p>	<p>May to September Weeknights and weekends</p>	<p>Come practice this sport in a fun and enriching environment.</p> <p>Our programs are adapted for all ages and levels.</p>	<p>Visit our website for more information.</p>	<p>514-696-2505 info@soccerpierrefonds.ca www.soccerpierrefonds.ca</p>
<p>Tennis</p> <p>Grier Park</p>	<p>Royal Pierrefonds Tennis Academy</p>	<p>May to October</p>	<p>Junior instructional program designed to build strong tennis skills and performance. Fun and competitive events included.</p>	<p>Visit our website for more information</p>	<p>David Pealow rpta@ap2000sports.com www.tennistrpta.com</p>
<p>Tennis</p> <p>George Springate Sports Centre</p>	<p>Tennis Montréal</p> 	<p>June 29 to August 21 Monday and Wednesday between 9:00 am and 4:00 pm Friday</p>	<p>Tennis lessons level 1 to 3 for children 7 to 17 years old.</p> <p>Directed activities or intramural league</p>	<p>Resident only \$70 per 4 weeks session \$90 per 4 weeks of 2 sessions</p>	<p>514-270-2724 #0 www.tennismontreal.qc.ca</p>

<p>Tennis</p> <p>Roxboro Park</p> <p>Lessons and interclub league</p>	<p>Tennis Roxboro (5 courts on clay courts Har-tru)</p>	<p>Courts open April 24</p> <p>See schedule according to activities on website</p>	<p>Group lessons for young players, level beginner or advance with qualified coach.</p> <p>Friendship league during : Night : Monday, Tuesday and Wednesday Morning : Saturday and Sunday</p> <p>Interclub women league - Division 2 and 4</p>	<p>Visit our website for more information</p>	<p>www.tennisroxboro.ca</p>
<p>Track & Field</p> <p>George Springate Parc</p>	<p>West Island Track Club</p>	<p>Evenings : 6:15 pm to 8:00 pm Weekends 10:30 am to 12:30 pm</p>	<p>Open to 5 years old children. Develop your athletic abilities. Athletes are trained in sprints and hurdles, middle distance, jumps and throws. Competition schedule available.</p>	<p>Cost per year varies with age category. Starts at \$400</p>	<p>Paul Charron 514-685-9501 paul_witc@sympatico.ca westislandtrack.com/ https://www.facebook.com/pages/West-Island-Track-Club/980885261941240?ref=hl</p>

ACTIVITIES FOR ADULTS (18 +)

Activity	Association	Schedule	Description	Cost	Information - Contact
Swimming and aqua fit courses	Valleycrest Aquatics Association	Weeknights	Adult aqua fit Senior Aqua fit Adult Swimming Lessons Six periods of 60 min. classes twice a week per session.	Adult \$60 residents \$75 non- residents Senior \$50 residents and \$65 non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com
Baseball	Pierrefonds Baseball	Weeks night and weekends during summer Training and games during summer	Jump on the baseball team. Our programs are adapted for all levels.	Visit our website for more information.	514-620-BALL zkechayan@gmail.com www.pierrefondsbaseball.com
Men's Adult Soccer	Association de Soccer adulte de Pierrefonds	Every Sunday 9:30 am to noon	Pick-up soccer for adults. Friendly games are held every Sunday.	\$50 for the season	514-808-4625 info@asap-soccer.org www.asap-soccer.org
Outdoor Basketball 	West Island Outdoor Basketball League	Weeks, week nights and/or weekends Early May to August	Adult league for 18 and older Women league 16 and up Ages as of May 1, 2015	Visit our website for more information.	wiobl_steve@hotmail.com www.wiobl.com/

Plant auction	Société d'horticulture de Pierrefonds	Wednesday, June 3 7:00 pm Pierrefonds cultural center 13850, Gouin Ouest Boulevard	Great opportunity to get plants at the best possible price.		Information: 514-624-1671
Soccer	Pierrefonds Soccer Association	May to September Weeknights and weekends	Come practice this sport in a fun and enriching environment. Our programs are adapted for all ages (senior) and levels.	Visit our website for more information.	514-696-2505 info@soccerpierrefonds.ca www.soccerpierrefonds.ca
Tennis Roxboro Park Lessons and interclub league	Tennis Roxboro (5 courts on clay courts Har-tru)	Courts open April 24 See schedule depending activities on website	Group lessons for adult, level beginner or advanced with qualified coach. Friendship league during : Night : Monday, Tuesday and Wednesday Morning : Saturday and Sunday Interclub women league - Division 2 and 4	Visit our website for more information.	www.tennisroxboro.ca
Track & Field George Springate Parc	West Island Track Club	George Springate Parc – PCHS High School Track Evenings : 6:15 pm to 8:30 pm Weekends: 10:30 am to 12:30 pm	Athletes 18 + are fully engaged In athletic disciplines; sprints, throws, jumps, middle distances. You are never too old we accept all levels.	In the \$500 dollar range.	Paul Charron 514-685-9501 paul_witc@sympatico.ca westislandtrack.com/ https://www.facebook.com/pages/West-Island-Track-Club/980885261941240?ref=hl

Women's Adult Soccer (19+)	Pierrefonds Women's Soccer League 	June 5 to September 18 Every Friday night 7:00 pm or 9:00 pm and Sunday morning 9:00 am or 10:30 am	A recreation soccer league for women of all ages (19+) and all abilities. No experience necessary. Due to this level of play, physical fitness and friendship are the primary goals!	\$135 for the season	info@pwsf.ca www.pwsf.ca
----------------------------	--	--	--	----------------------	--

AQUATIC ACTIVITIES (from June to early September)

Activity	Association	Schedule	Description	Cost	Information - Contact
Swimming lessons for kids	Valleycrest Aquatic Association Public Pool	Weekdays: 4 classes/week for 2 weeks Weekends: in the morning	Swimming lessons based on the Olympic Way method. Lessons are divided in many levels. 8 courses, 30 or 45 minutes depending on level.	\$60 - \$75 per session for residents \$75 - \$90 per session for non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com 4590, rue des Cageux, Pierrefonds
Lifesaving Courses Bronze Medallion (13 +)	Valleycrest Aquatic Association Public Pool	Two weekdays 2 hour-classes/ week	Bronze Medallion teaches basic lifesaving principles. Candidates learn rescue procedures for both conscious and unconscious victims.	\$130 residents \$150 non-residents VYC pool member \$80 residents non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com 4590, rue des Cageux, Pierrefonds
Lifesaving Courses Bronze Cross (pre-requisite: Bronze Medallion)	Valleycrest Aquatic Association Public Pool	Two weekdays 2 hour-classes/ week	Bronze Cross continues the lifesaving procedures taught in Bronze Medallion. Bronze Cross candidates are better prepared to access dangerous areas and prevent dangerous behaviors in order to keep aquatic facilities safe and prevent accidents.	\$130 residents \$150 non-residents VYC pool member \$60 residents non-residents Cost supplement for material	Laura Derry vycpool@vycpool.com www.vycpool.com 4590, rue des Cageux, Pierrefonds

Activity	Organization	Schedule	Description	Cost	Information - Contact
Aqua- Fitness for Adults (16 years and up)	Briarwood, Pierrefonds Park and Thorndale	Consult your community pool's or Aquatic Association's schedule	Adult Aqua fit for those who are looking to have fun and a total body workout.	Consult your community pool's or Aquatic Association's schedule	<p>Briarwood 12421, rue Pavillon Chelsea Cleary 514-502-7827 www.piscinebriarwoodpool.com</p> <p>Pierrefonds Park 355, chemin de la Rive-Boisée Penny Michael 514-696-1139 www.ppkpool.com ppkpool@gmail.com</p> <p>Thorndale 14921, rue Oakwood 514-500-9743 thorndale.wix.com/pool thorndalepool@gmail.com</p> <p>Valleycrest 4590, rue des Cageux Laura Derry vycpool@vycpool.com</p> <p>Versailles 3209, rue Desjardins Dirk Bohns 514-626-6542</p> <p>Roxboro 53, rue Georges-Vanier Sergio Arione 514-684-9584</p>
Diving lessons and competitive teams	Briarwood, Pierrefonds Park, Thorndale, Valleycrest and Versailles		Come learn and develop diving techniques. Many competitions are planned during the summer.		
Lifesaving Courses (12 years and up)	Briarwood, Pierrefonds Park and Thorndale		<ul style="list-style-type: none"> • Bronze star • Bronze medallion 		
Swimming Lessons and Competitive Swim team	Briarwood, Pierrefonds Park, Thorndale, Valleycrest and Versailles		Join your pool's swim team for the summer. Many practices, lessons and events are scheduled. Competitions are available too.		
Synchronized Swimming lessons and competitive teams	Briarwood, Pierrefonds Park, Thorndale, Valleycrest and Versailles		Come learn the art of synchronized swimming. You will discover a fascinating sport that develops many swimming and artistic skills.		
Water-polo lessons and competitive teams	Briarwood, Pierrefonds Park, Thorndale, Valleycrest and Versailles		Join your pool's Water polo team for the summer. Many practices and matches are scheduled.		
Open swim only	Roxboro				