



SPRING - SUMMER 2018

L'AGENDA

CULTURE, SPORTS, RECREATION AND SOCIAL DEVELOPMENT



1



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

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

Urban Security Patrol
514 855-5700

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

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

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

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

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

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

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

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

École secondaire Saint-Laurent

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

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

Fire Department
Bureau de prévention
514 280-8873

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

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

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

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


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

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

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

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

Skatepark
Parc Marcel-Laurin

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

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

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COUNCIL OF SAINT-LAURENT



Alan DeSousa, FCPA, FCA

Mayor of Saint-Laurent



Aref Salem

*City Councillor,
Norman-McLaren
District*



Francesco Miele

*City Councillor,
Côte-de-Liesse
District*



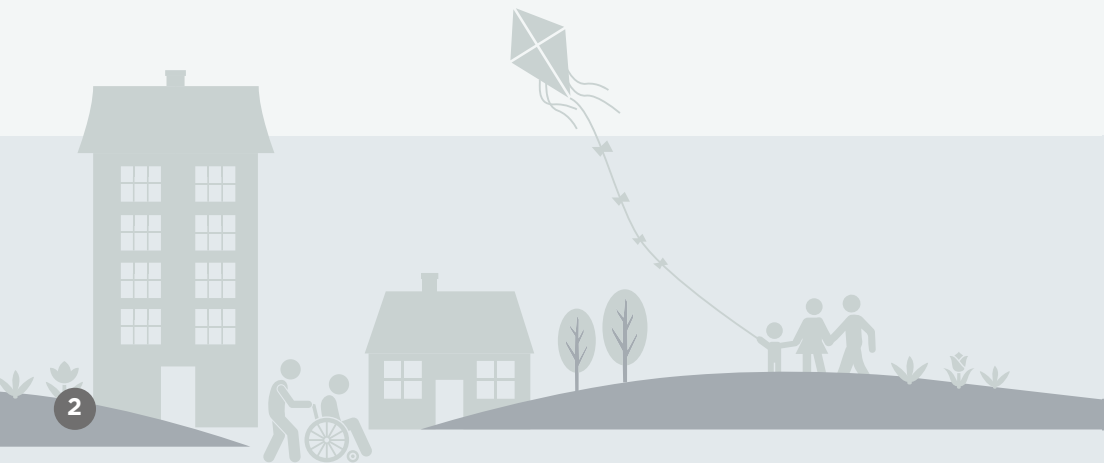
Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Jacques Cohen

*Borough Councillor,
Côte-de-Liesse
District*



MESSAGE FROM THE MAYOR OF SAINT-LAURENT

Dear fellow citizens,

On February 27, 1893, a full 125 years ago, Ville de Saint-Laurent was incorporated. Since then, it has undergone many transformations and has adapted to each era, consistently emerging at the forefront. It successfully became a tightly knit community, a land of welcome, and an economic hub whose innovation and dynamism now attract admiration from beyond our borders.

This very special anniversary leaves me both speechless and awestruck. Although it is at a venerable age, the Saint-Laurent community has never looked so young and full of life! Home to more than 104,000 residents, according to the last census data, the population has increased by 5% since 2011, with one-third under age 25. Everywhere in our parks and green spaces, libraries and, of course, our Sports Complex, we come across young families and witness this vitality.

While the history of our borough gives us some good reasons to be proud to be citizens of Saint-Laurent, our vibrant community offers us even more today! Now more than ever, the solid values we have held dear since the very beginnings of Saint-Laurent are reflected in our administration's major projects and orientations. We believe the spirit of community, equality, accessibility, respect for the environment and innovation are all avenues for facilitating a better life together.

Our socio-community milieu clearly demonstrates these values. Season after season, it is thanks to its infallible support that we can offer you an impressively complete sports and leisure program. For a long time now, we have maintained excellent collaboration with numerous clubs and committees made up of volunteers who do it for nothing than fun and the satisfaction of helping their fellow citizens. I would like to take this opportunity to extend my congratulations and thank them for their valuable cooperation.

With this, I wish everyone a wonderful 125th Anniversary, and I invite you all to take part in the year-long celebrations!



Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent



MESSAGE FROM THE DIRECTOR

Ladies and gentlemen,

We made the most of the cold, snowy winter, which turned out to be a resounding success for Saint-Laurent's parks and infrastructure. Nonetheless, many of us are impatiently waiting for the imminent arrival of the warm, sunny weather promised for spring and summer 2018.

The upcoming period is quite remarkable, since we will be completing a full year of programs at the Sports Complex. The Complex has proved its effectiveness and is now fully functional, thereby rounding out the activity supply in a manner worthy of the 125th Anniversary celebrations we recently launched.



We are in fact augmenting the number of options available this summer and offering an unprecedented selection of indoor and outdoor leisure and sports activities. It's always a good idea to read through the Agenda publication to remain abreast of all the options available to you, and to learn about innovations you will be witnessing in the coming months.

These new features will include the debut of activities such as cheerleading and Karibou, a program designed to improve motor skills for children aged 1 to 5. Parents will also be pleased to learn that registration for the summer camps has been moved up, and is already open. With respect to infrastructure, three new community gardens equipped with universal accessibility features will be created.

Saint-Laurent prides itself in being an exceptional borough that offers creative, dynamic and unifying projects, and this is thanks to the tremendous efforts of the organizations and volunteer committees whose dedication makes our community shine. Their successful transition to the Sports Complex is an example of the enduring close and harmonious collaboration that makes it possible to provide increasingly better services for the population, day after day.

I am proud of my entire team, and we're all looking forward to an amazing summer. We hope you share our enthusiasm!

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

Patrick Igual

Director, Culture, Sports, Loisirs et Développement social



INFORMATION

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

Centre des loisirs

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

514 855-6110, ext. 3
ville.montreal.qc.ca/saint-laurent

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

REGISTRATION

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

Payment

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

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

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

Low-income families

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

Refunds and cancellation

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

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

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

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

A different refund policy applies for each recreational organization. The information is available from the various organizations.

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

Reservation of recreational facilities

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

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

Aréna Raymond-Bourque

Reservation of a skating rink:
514 956-2580, ext. 4700

Bibliothèque du Boisé

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

Centre des loisirs

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

Sports Complex

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

Rental of pool:

514 855-6110, ext. 4878

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

Adult workshops

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

Information: 311

CARTE BIBLIO-LOISIRS

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

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

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

Cost: Offered free of charge to individuals.

Where to obtain the Carte biblio-loisirs?

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

Reception desk hours at the Centre des loisirs:

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

(Closed on March 30, April 2, May 21, and September 3)



RESIDENT CARTE BIBLIO-LOISIRS

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

Required documents

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

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

Renewals

To renew a Carte biblio-loisirs, residents must provide their expired card.

Lost or damaged cards

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

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

Changing address

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

NON-RESIDENT CARTE BIBLIO-LOISIRS

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

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

Non-resident card holders are not eligible for library memberships.



LOISIRS EN LIGNE (FRENCH ONLY)

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

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

Information

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

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

For telephone assistance, please call
514 855-6110, ext. 5

Registration

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

ville.montreal.qc.ca/loisirsenligne

Accepted payment methods

Visa and Mastercard prepaid and credit cards.



UNIVERSAL ACCESS IN SAINT-LAURENT

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

- Since 2008, more than 560 children with special needs have participated in day camps under the recreation support program (Programme d'accompagnement en loisirs).
- Integration of universal accessibility into all park and chalet restoration programs, as well as major renovations facilitating universal access at the Aréna Raymond-Bourque, Centre des loisirs, and Borough Hall.
- In 2010 and 2012, Saint-Laurent received the Prix Panam for its deployment of outstanding and sustained efforts in the matter of universally accessible recreational activities.
- In December 2015, Saint-Laurent garnered an award from the Altergo organization, underscoring the accessibility of the Bibliothèque du Boisé.
- Opening, in 2013, of the Bibliothèque du Boisé, and in 2017, of the Sports Complex, two exemplary buildings with respect to universal accessibility.
- Opening, in 2018, of three new community gardens equipped with universally accessible amenities in the Bourbonnière, Robert-Mitchell and Roman-Zytynsky parks.



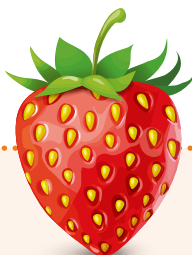
COMMUNITY GARDENS

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

Vacant plots will be assigned by draw on **May 2, 2018** from among the registrations

received. To register, please fill out the coupon below, and return it to the Aréna Raymond-Bourque by **May 1, 2018**.

Only one plot is allowed per family. Gardeners must show their valid resident Carte biblio-loisirs.



COMMUNITY GARDENS

from May 18 to October 8, 2018

LAST NAME:

FIRST NAME:

ADDRESS:

APT:

POSTAL CODE:

TELEPHONE:

CARTE BIBLIO-LOISIRS NUMBER:

☐ Rent

☐ Condominium

☐ Owner


☐ House

☐ Apartment

Choice of garden

(Check only one)

☐ Alexis-Nihon


☐ Bourbonnière 

☐ Cardinal

☐ Hartenstein

☐ Noël-Nord

☐ Robert-Mitchell 

☐ Roman-Zytynsky 

☐ Saint-Laurent

☐ Super Jardin

Send to:

COMMUNITY GARDENS

Aréna Raymond-Bourque

2345, boulevard Thimens

Saint-Laurent (Québec) H4R 1T4



ACTIVITIES FOR SMALL BUDGETS



= FREE

CULTURAL ACTIVITIES

See the publication Culture et bibliothèques on ville.montreal.qc.ca/saint-laurent



Concerts

Concerts featuring a variety of musical styles, from light classics to popular hits.



Dance

Shows spotlighting a variety of choreographic styles, from contemporary to classical dance.



Exhibitions

Exhibitions that offer insight into the different artistic techniques used to create original artworks. See page 26.



Films

Screenings of all genres of films from documentaries to narratives, supported by the NFB, FIFA, RIDM and the Rendez-vous du cinéma québécois.



Music shows

Events that spotlight emerging artists and world music.



Saint-Laurent Summer Celebrations

Events, shows and special activities will be held all summer in Saint-Laurent's parks. See the Saint-Laurent Summer Celebrations program as of May at ville.montreal.qc.ca/saint-laurent.



Workshops and talks

Do-it-yourself workshops, cooking and science workshops, storytelling and games, computer courses and talks — the libraries in Saint-Laurent offer a great variety of activities for children and adults.

LEISURE ACTIVITIES



Ados de St-Lo

Basketball, soccer, urban dancing and more all summer long in Saint-Laurent's parks for youths aged 12 to 25. Recreational, cultural and sports activities at the Parc Painter chalet for youths aged 12 to 17. See page 29.

Carrefour des aînés

Pool and table tennis, bingo, bridge, board games, shuffleboard and petanque are among the activities organized by the Carrefour des aînés. See page 28.

Crafts

The Cercle de fermières de Saint-Laurent offers workshops focusing on the interests of women and families, and on passing down family heritage. See page 22.

Family dance

Every Tuesday from 6:30 to 7:15 p.m., from July 3 to August 21. A facilitator and percussionist bring families to their feet at several parks throughout the borough (park schedule to be determined).

L'Unité 12-17

Table tennis, board games, video games, musical creation and sports activities in the parks for youths aged 12 to 17. See page 30.

Line dancing

Every Thursday, from 7 to 9 p.m., in Parc Gohier, from June 14 to August 9.

Playgrounds

Organized activities for youths aged 6 to 12 in Saint-Laurent's parks from June 25 to August 16. See page 20.

Scrabble

A fun and friendly environment for Duplicate Scrabble enthusiasts. See page 30.

SPORTS ACTIVITIES

Course Saint-Laurent

Races varying in distance from 1 km to 10 km for the entire family in the Bois-Franc sector on April 15. Fees calculated according to the registration method used and race category. See page 47.

Free activities in the parks

Several facilities are available in the borough's parks, such as petanque courts, running tracks, exercise equipment for adults, walking paths, soccer, football and baseball fields, and basketball courts. See page 48.

Free tennis

Open and free access to all tennis courts. Courts can be reserved online. See page 45.

Mini polo introduction

This activity is organized jointly with the Playgrounds program. See page 35.

Open activities at the Sports Complex

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

Open swim

Periods reserved for swimming and bathing at the YMCA Saint-Laurent and at the Sports Complex, as well as at the swimming pools and wading pools in the Saint-Laurent parks. See Sports section.

Outdoor free swim

Reserved swim times in pools, wading pools and water-play areas in Saint-Laurent parks. See page 31.

Specialized aquatic activities

Free swim and low-cost swimming lessons. See page 32.

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



311



ville.montreal.qc.ca/saint-laurent



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



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent



instagram.com/ArrSaintLaurent



youtube.com/MTLsaintlaurent



Mobile app of Saint-Laurent



REGISTER TODAY

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

CYBERBULLETIN



LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



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



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



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



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



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



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



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



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



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



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



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



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



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



**CORPORATION CULTURELLE
LATINO-AMÉRICAINE DE L'AMITIÉ**
514 748-0796
cocla.mtl@gmail.com



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



**LES AÎNÉS DU VILLAGE
MONTPELLIER**
514 855-6123



L'OASIS SAINT-LAURENT
514 747-7621



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



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



RAP JEUNESSE
514 388-7336
info@rapjeunesse.org



**RESSOURCES JEUNESSE DE
SAINT-LAURENT**
514 748-0202
info@rjsl1410.com



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



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

For more information, please consult the services and organizations in the
"Activities and recreation" section at: ville.montreal.qc.ca/saint-laurent

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

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

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

ARTISTS
ASSOCIATION DES ARTISTES DE SAINT-LAURENT
 Marcel Daoust, president
 contact@artsaintlaurent.ca
 www.artsaintlaurent.ca



FIGURE SKATING
CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT
 Jenny Lee, president
 514 334-2619
 www.cpastl.ca



BASEBALL
CLUB DE BASEBALL SAINT-LAURENT
 Guy Bolduc, president
 info@baseballstlaurent.com
 www.baseballstlaurent.com



FOOTBALL
ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT
 Shawn Daniels, president
 www.saintlaurentfootball.com



BASKETBALL
COMITÉ DE BASKETBALL SAINT-LAURENT
 Julia King, president
 bbstlaurent@icloud.com



GYMNASTICS
CLUB GYMSLIC SAINT-LAURENT INC.
 Marie-Ève Parent, general manager
 514 748-7707
 contact@gymslic.com
 www.gymslic.com



BRIDGE
CLUB DE BRIDGE LOISIRS SAINT-LAURENT
 Claudette Belliveau, 514 332-2770
 Hélène Tassé, 514 747-4300



HOCKEY
COMITÉ DE HOCKEY SAINT-LAURENT
 Saverio Pileggi, president
 info@hockeystl.com
 www.hockeystl.com



CHOIR
L'ENSEMBLE VOCAL DE SAINT-LAURENT
 Randa Zamrini, president
 514 856-3096
 Marc Lapasset, treasurer
 514 592-8329



JUDO
CLUB DE JUDO BUDOKAN SAINT-LAURENT
 Abbas Benlalam, president
 judobudokanstl@gmail.com
 www.judobudokanstl.com



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



KARATE
CLUB DE KARATÉ KIO SAINT-LAURENT
 Noël Ngandui, president
 info@kiosaintlaurent.com
 www.kiosaintlaurent.com



COMPETITIVE SWIMMING
CLUB DE NATATION SAINT-LAURENT INC.
 Maryse Petitpas, president
 www.clubcnsi.com
 514 855-6000, ext. 4778



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

DANCE
STUDIO DE DANSE IMPULSE
 Marie-Denise Bettez
 438 887-7037
 studiiodancedanseimpulse@hotmail.com



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



CLUB DE DANSE SOCIALE LES LAURENTIENS
 Gisèle Kasbo, president
 514 855-6110, ext. 4646





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

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



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



RINGUETTE
RINGUETTE SAINT-LAURENT INC.
 Tony Karachekhlilian, president
 info@ringuettessaintlaurent.com
 www.ringuettessaintlaurent.com

SCRABBLE
CLUB DE SCRABBLE SAINT-LAURENT
 Mary Stamboulieh, president
 514 748-9652



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



SYNCHRONIZED SWIMMING
CLUB DE NAGE SYNCHRONISÉE SAINT-LAURENT INC.
 Carolyne Beso, president
 www.synchrosaintlaurent.com



TAI-CHI
CLUB DE TAI-CHI SAINT-LAURENT INC.
 Philippe Bélec, president
 514 855-6110, ext. 5



TRACK AND FIELD
CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.
 Edvige Persechino, president
 514 855-6110, ext. 5
 sls@slsathletisme.com
 www.slsathletisme.com



UNIVERSITÉ DU TROISIÈME ÂGE
 Claudette Belliveau
 514 332-2770

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

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

What to do in Saint-Laurent?

App for residents, tourists and workers.

Discover:

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



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



Available at
App Store

Available on
Google play

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



RESOURCES FOR PERSONS WITH DISABILITIES



AIM CROIT

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



CENTRE ACTION

514 366-6868
www.centreaction.org
Education, animation, accompaniment, support and listening services



ALTERGO

514 933-2739
www.altergo.ca
Regional association for leisure activities of individuals with disabilities on the Island of Montréal



CENTRE DIDACHE

514 274-9358
www.centredidache.com
Social and community integration of autistic individuals



AQEPA

(Association québécoise pour enfants avec problèmes auditifs)
Montréal section
514 842-3926
www.aqepa.org



CENTRE VIOMAX

514 527-4527
www.viomax.ca
Physical activities for persons with disabilities



ASSOCIATION DE MONTRÉAL POUR LA DÉFICIENCE INTELLECTUELLE

514 381-2300
www.amdi.info
Accompaniment through different stages of life so as to foster social integration



CIVA

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



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

Volet intégration
514 694-7090
www.wiaih.qc.ca
Integration into recreational programs and community activities



CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS

514 634-0447
www.cphlsl.com
Provides respite for families, socialization and recreational activities, integration and autonomy



ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL

514 524-4715
www.asam.ca
Sports activities



FONDATION DES AVEUGLES DU QUÉBEC

514 259-9470
www.fondationdesaveugles.org
Sports and recreational activities



HANDICAPÉS DE SAINT-LAURENT INC.

514 855-6110, ext. 4937
Friendly recreational activities



ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS MONTRÉAL-LAVAL

514 274-7447
www.aqtc.ca
Defence of the interests and recreational activities



JUNI-SPORT

514 498-4808
www.juni-sport.org
Sports activities for persons with a physical disability aged 18 or under



AUTISME ET TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT MONTRÉAL

514 524-6114
www.autisme-montreal.com
Defence of the rights and interests, support and assistance program, recreational services and activities

LOISIRS LE GRILLON

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



OLYMPIQUES SPÉCIAUX QUÉBEC – Région nord de l'île

514 843-8778

www.olympiquesspeciaux.qc.ca
Recreational activities on Saint-Laurent territory for individuals aged 10 or over



PARRAINAGE CIVIQUE MONTRÉAL

514 843-8813

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



PROLONGEMENT À LA FAMILLE DE MONTRÉAL

514 504-7989

www.upfm.ca

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



SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES

514 254-6067

www.spph.net

Promotion and defence of interests, and overcoming isolation for families

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL ACCOMPANI- MENT CARD

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

514 280-8211

www.stm.info/t-adapte/index.htm



PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

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

Ville de Montréal technical traffic service: 311



RECREATIONAL TOURISM ACCOMPANIMENT STICKER

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

514 933-2739

www.altergo.ca



MOBILE PARKING PERMIT ISSUED BY THE SAAQ

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

514 873-7620

www.saaq.gouv.qc.ca

EMERGENCY EVACUATION ASSISTANCE PROGRAM

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

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

Registration: 514 872-3775

LIBRARIES

GENERAL INFORMATION



BIBLIOTHÈQUE
DU BOISÉ



Credit : Yien Chao

BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens

H4R 1T4

📞 514 855-6130

🚇 Métro Côte-Vertu > 🚌 171

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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



BIBLIOTHÈQUE
DU VIEUX
SAINT-LAURENT



BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT

1380, rue de l'Église

H4L 2H2

📞 514 855-6130

🚇 Métro Du Collège

SCHEDULE

Regular

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

Summer

(June 25 to Labour Day)

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

FabricARThèque

NEW

A self-serve art creation space.
Materials provided.

MEMBERSHIP

RESIDENTS

Residents and property owners of Montréal

Free

BUSINESS COMMUNITY

Owners, occupants of a business place of Montréal

Free

STUDENTS

Students from an educational institution located in Montréal

Free

NON-RESIDENTS OF MONTRÉAL

Seniors (65 and +): \$56

Adults (14 and +): \$88

Youth (13 and -): \$44



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

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



twitter.com/ArrSaintLaurent



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

FREE SERVICES

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



ONLINE RESOURCES

biplomontreal.com

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

ROOM RENTALS

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

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



PROGRAM

Consult the Culture et Bibliothèques publication available at all municipal buildings and online at ville.montreal.qc.ca/saint-laurent

SPORTS COMPLEX

GENERAL INFORMATION



SPORTS COMPLEX

2385, boulevard Thimens

H4R 1T4

☎ 514 855-6110, ext. 5

🚇 Métro Côte-Vertu > 🚌 171

SCHEDULE

Regular

Sept 5 to June 23

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

Summer

June 25 to Labour Day

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

Sat and Sun 7:30 a.m. to 5:30 p.m.

RECEPTION COUNTER

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

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



ville.montreal.qc.ca/saint-laurent

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

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

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



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent

OPEN ACTIVITIES TRY THEM!



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

At the counter

Sports Complex, 2385, boul. Thimens
Centre des loisirs, 1375, rue Grenet

Online

ville.montreal.qc.ca/loisirsenligne

Information: 514 855-6110, ext. 5

SERVICES

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

Universal accessibility

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



Rental of sports venues, and children's parties

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

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

☎ 514 855-6110, ext. 4609

Swimming pool rental:

☎ 514 855-6110, ext. 4878

SUMMER CAMPS



GENERAL INFORMATION

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

The conditions for transfers and refunds are explained on page 5 in the "Refunds and cancellations" section.

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

NEW

Early registration period:

Now via Loisirs en ligne:
ville.montreal.qc.ca/loisirsenligne

Information: 514 855-6110, ext. 3

Camps

Centre des loisirs or Sports Complex ›
Mon to Fri › 9 a.m. to 4 p.m. › June 25 to Aug 17 › With the exception of camps for 12 to 16 year-olds when expeditions are planned

Daycare service

Centre des loisirs or Sports Complex ›
Mon to Fri › 7:15 to 9 a.m. and 4 to 6 p.m. › June 25 to Aug 17

\$30 / child / week

PLAYGROUNDS



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

Information: 514 855-6110, ext. 3

Animation

Free › June 25 to Aug 16 › Mon to Thu › 1:15 to 8 p.m.

SUMMER CAMPS

5 and 6

Camp explorateurs

Centre des loisirs

1st child	\$120 / week
2nd child	\$110 / week
3rd child	\$100 / week

7 to 11

Camp aventuriers

Centre des loisirs

1st child	\$120 / week
2nd child	\$110 / week
3rd child	\$100 / week

Artistic camp

Centre des loisirs

1st child	\$140 / week
2nd child	\$130 / week
3rd child	\$120 / week

Sciences camp

Centre des loisirs

1st child	\$140 / week
2nd child	\$130 / week
3rd child	\$120 / week

Sports camp

Sports Complex



1st child	\$150 / week
2nd child	\$140 / week
3rd child	\$130 / week

12 to 16

Teen camp - Outings (6 weeks out of 8)

Centre des loisirs

1st child	\$145 / week
2nd child	\$135 / week
3rd child	\$125 / week

Teen camp - Expeditions (2 weeks out of 8)

Centre des loisirs

1st child	\$155 / week
2nd child	\$145 / week
3rd child	\$135 / week



14 to 16

Diplôme d'aptitude aux fonctions d'animateur (DAFA) (including internship and expedition)

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

Centre des loisirs › Length: 4 weeks mandatory › June 25 to July 20 › 33 hours of theoretical training and a practical training course in animation of 35 hours

1st child	\$500 / 4 weeks
2nd child	\$460 / 4 weeks
3rd child	\$420 / 4 weeks

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

Gymnastics camp

See page 39.

Soccer camp

See page 44.

LEISURE



General information:

☎ 514 855-6110, ext. 3

BRIDGE

Location: Centre des loisirs

Organized by the Club de bridge Loisirs Saint-Laurent.

Information:

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

Supervised bridge – French

18 and + ➤ Wed 1:15 to 3:30 p.m. ➤
Apr 4 to June 6 ➤ \$80

Bridge duplicata

18 and + ➤ Tue 1 to 4 p.m. ➤ March 27
to June 19 ➤ \$5 / day (NR \$6)

18 and + ➤ Wed 7 to 9:45 p.m. ➤
March 28 to June 20 ➤ \$5 / day (NR \$6)

CERCLE DE FERMÎÈRES DE SAINT-LAURENT

Location: Centre des loisirs

Association dedicated to the interests of women and families, and to spreading cultural and artistic heritage. No workshops from June to September, but members may attend to work on projects already in progress. Membership: \$27.

Information:

Réjeanne Houle, 514 331-9652

Craft workshop

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

Weaving workshop

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

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

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs

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

Registration: Starting March 14 at 8:30 a.m. via Loisirs en ligne (see page 7).

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Printemps 2018" and the **keyword (KW)** corresponding to the activity.

Baladi I / Lala Hakim

18 and + > Tue 6:30 to 7:30 p.m. > Apr 10
to May 22 > \$75 > KW Baladi

Baladi II / Lala Hakim

18 and + > Tue 7:30 to 8:30 p.m. > Apr 10
to May 22 > \$75 > KW Baladi

Calligraphy / Réal Colletette

18 and + > Mon 1 to 3:30 p.m. > Apr 9
to May 28 (cancelled on May 21) > \$80 >
KW Calligraphie

Contemporary painting I and II (acrylic) / Svetla Velikova

18 and + > Wed 9:30 a.m. to 12 p.m. >
Apr 11 to May 23 > \$90 > KW Peinture

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

After work

18 and + > Wed 5:30 to 7:30 p.m. >
Apr 11 to May 23 > \$70 > KW Peinture

Contemporary painting II and III (acrylic) / Svetla Velikova

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

Contemporary painting I and II (mixed techniques) / Svetla Velikova

18 and + > Sat 9:30 to 12 p.m. > Apr 14
to May 26 > \$90 > KW Peinture

Contemporary painting III (mixed techniques) / Svetla Velikova

18 and + > Thu 1 to 3:30 p.m. > Apr 12
to May 24 > \$90 > KW Peinture

Crochet – Knitting / Lucie Carmel

18 and + > Tue 7 to 9:30 p.m. > Apr 10
to May 22 > \$75 > KW Tricot

18 and + > Thu 2 to 4:30 p.m. > Apr 12
to May 24 > \$75 > KW Tricot

Drawing - Observation I and II / Svetla Velikova

18 and + > Mon 9:30 a.m. to 12 p.m. >
Apr 9 to May 28 (cancelled on May 21) >
\$95 > KW Dessin

Drawing and acrylic painting I and II / Svetla Velikova

18 and + > Sun 10 a.m. to 12:30 p.m. >
Apr 15 to May 27 > \$95 > KW Dessin

Drawing and modeling – Long poses with live models

After work / Svetla Velikova
18 and + > Mon 5:30 to 7:30 p.m. >
Apr 9 to May 28 (cancelled on May 21) >
\$70 > Additional cost for live models >
KW Dessin

Drawing and modeling II – Live models / Svetla Velikova

18 and + > Mon 1 to 3:30 p.m. > Apr 9
to May 28 (cancelled on May 21) > \$95 >
Additional cost for live models > KW Dessin

Icon (egg tempera) / Svetla Velikova

18 and + > Thu 9:30 a.m. to 12 p.m. >
Apr 12 to May 24 > \$90 > KW Icones

Oil painting I / Areg Elibekian

18 and + > Sat 1 to 3:30 p.m. > Apr 14
to May 26 > \$90 > KW Peinture

Oil painting I and II / Areg Elibekian

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

Oil painting II / Areg Elibekian

18 and + > Mon 1:30 to 4 p.m. > Apr 9
to May 28 (cancelled on May 21) > \$90 >
KW Peinture

18 and + > Mon 7 to 9:30 p.m. > Apr 9
to May 28 (cancelled on May 21) > \$90 >
KW Peinture

Oil painting III / Areg Elibekian

18 and + > Tue 1:30 to 4 p.m. > Apr 10
to May 22 > \$90 > KW Peinture

18 and + > Wed 9:30 a.m. to 12 p.m. >
Apr 11 to May 23 > \$90 > KW Peinture

18 and + > Sat 9:30 a.m. to 12 p.m. >
Apr 14 to May 26 > \$90 > KW Peinture

Porcelain painting / Louise Savard

18 and + > Wed 9:30 a.m. to 12 p.m. >
Apr 11 to May 23 > \$75 > Material not
included > Starter kit available for \$60 >
KW Peinture

Pottery, modelling, turning, ceramics / Francine Gauthier

18 and + > Mon 1:30 to 4 p.m. > Apr 9 to
May 28 (cancelled on May 21) > \$100 >
KW Poterie

18 and + > Mon 7 to 9:30 p.m. > Apr 9 to
May 28 (cancelled on May 21) > \$100 >
KW Poterie

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

18 and + > Sat 9:30 a.m. to 12 p.m. >
Apr 14 to May 26 > \$100 > KW Poterie

Sewing / Latifa Boukendakdji* and Gaétane Nicol

18 and + > Tue 9:30 a.m. to 12 p.m. >
Apr 10 to May 22 > \$80 > KW Couture

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

18 and + > Sat 9:30 a.m. to 12 p.m.* >
Apr 14 to May 26 > \$80 > KW Couture

NEW**Silk painting / Valéria Gruia**

18 and + > Sun 9 a.m. to 4 p.m. > Apr 8
and 15 > \$60 > Starter kit available for
\$20 > KW Peinture

Stained glass / Stéphanie Aghbachian

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

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

18 and + > Thu 9:15 to 11:45 a.m. >
Apr 12 to May 24 > \$80 > KW Vitrail

18 and + > Thu 7 to 9:30 p.m. > Apr 12
to May 24 > \$80 > KW Vitrail

Stone sculpture / Vasil Nikov

18 and + > Wed 1:30 to 4 p.m. > Apr 11
to May 23 > \$80 > KW Sculpture

After work

18 and + > Wed 5:30 to 8 p.m. > Apr 11
to May 23 > \$80 > KW Sculpture

Water colour I and II / Valérie Gruia

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

Water colour II and III / Valérie Gruia

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

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

Water colour III – Creative expression / Valérie Gruia

18 and + > Thu 1 to 3:30 p.m. > Apr 12
to May 24 > \$90 > KW Aquarelle

Water colour – Contemporary / Valérie Gruia

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

Wood carving / Rémi Richard

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

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

Yoga (bilingual) / Ghislaine Bayade or Fadila Tadili-Fariss*

Participants must bring their yoga mat.

1 / week > \$75
2 / week > \$120

18 and + > Mon 6:15 to 7:40 p.m.* >
Apr 9 to May 28 (cancelled on May 21) >
KW Yoga

18 and + > Mon 7:50 to 9:15 p.m.* >
Apr 9 to May 28 (cancelled on May 21) >
KW Yoga

18 and + > Wed 6:15 to 7:40 p.m. >
Apr 11 to May 23 > KW Yoga

18 and + > Wed 7:50 to 9:15 p.m. >
Apr 11 to May 23 > KW Yoga

Yoga lunch break (bilingual) / Ghislaine Bayade or Xavier Tesserot**

Participants must bring their yoga mat.

1 / week > \$45
2 / week > \$70

18 and + > Mon 12:05 to 12:55 p.m.** >
Apr 9 to May 28 (cancelled on May 21) >
KW Yoga

18 and + > Fri 12:05 to 12:55 p.m. >
Apr 13 to May 25 > KW Yoga



YOUTH AND FAMILY

Location: Centre des loisirs

Registration: Starting March 14 at
8:30 a.m. via Loisirs en ligne (see page 7).

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Printemps 2018" session and the **keyword (KW)** corresponding to the activity.

■ Section for ages 6 to 8

Cartoon drawing / Pierre Bourgouin

6 to 8 > Sat 10 a.m. to 12 p.m. > Apr 14 to
May 26 > \$35 > KW Bande dessinée

Drawing and painting / Carole Dubuc and Areg Elibekian*

6 to 8 > Sun 10 a.m. to 12 p.m.* > Apr 15
to May 27 > \$50 > KW Peinture

6 to 8 > Sun 1 to 3 p.m. > Apr 15 to
May 27 > \$50 > KW Peinture

■ Section for ages 6 to 12

Chess level I / Raphael Nunez Painchaud

6 to 12 > Sat 1 to 2 p.m. > Apr 14 to
May 26 > \$30 > KW Échecs

Chess level II / Raphael Nunez Painchaud

6 to 12 > Sat 2 to 3 p.m. > Apr 14 to
May 26 > \$30 > KW Échecs

Chess level III / Raphael Nunez Painchaud

6 to 12 > Sat 3 to 4 p.m. > Apr 14 to
May 26 > \$30 > KW Échecs

Drawing, pottery, modelling / Francine Gauthier

6 to 12 > Sat 1 to 3 p.m. > Apr 14 to
May 26 > \$50 > KW Poterie

6 to 12 > Sun 10 a.m. to 12 p.m. >
Apr 15 to May 27 > \$50 > KW Poterie

Pottery, modelling, turning / Francine Gauthier

6 to 12 > Sun 1 to 3 p.m. > Apr 15 to
May 27 > \$50 > KW Poterie

Yoga / Ghislaine Bayade

6 to 12 ➤ Thu 6 to 7 p.m. ➤ Apr 12 to May 24 ➤ \$40 ➤ Participants must bring their yoga mat ➤ KW Yoga

■ Section for ages 7 to 12**Petits marmitons / Mariette Cadieux**

7 to 12 ➤ Sat 10 a.m. to 12 p.m. ➤ Apr 14 to May 26 ➤ \$50 ➤ Participants must bring four containers ➤ KW Marmitons

7 to 12 ➤ Sat 1 to 3 p.m. ➤ Apr 14 to May 26 ➤ \$50 ➤ Participants must bring four containers ➤ KW Marmitons

■ Section for ages 9 to 14**Acrylic painting / Carolle Dubuc**

9 to 14 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$50 ➤ KW Peinture

9 to 14 ➤ Sat 10 a.m. to 12 p.m. ➤ Apr 14 to May 26 ➤ \$50 ➤ KW Peinture

Caricatures and characters / Pierre Bourgoin

9 to 14 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$35 ➤ KW Caricatures

Cartoon drawing – Manga / Pierre Bourgoin

9 to 14 ➤ Sat 1 to 3 p.m. ➤ Apr 14 to May 26 ➤ \$35 ➤ KW Bande dessinée

Water painting / Carolle Dubuc

9 to 14 ➤ Sat 1 to 3 p.m. ➤ Apr 14 to May 26 ➤ \$50 ➤ KW Peinture

■ Section for ages 10 to 17**Oil painting / Areg Elibekian**

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

10 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$50 ➤ KW Peinture

Pottery, modelling, turning / Francine Gauthier

10 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$50 ➤ KW Poterie

■ Section for ages 13 to 17**Cooking / Mariette Cadieux**

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$50 ➤ Participants must bring four containers ➤ KW Cuisine

Sewing / Latifa Boukendakdji

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$35 ➤ Material not included ➤ KW Couture

Stained glass – Family / Stéphanie Aghbachian

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Apr 13 to May 25 ➤ \$50 ➤ Parents are welcomed. Registration for a parent: \$50 ➤ KW Vitrail

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

Information:

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

**DANCE****SOCIAL DANCING CLUB LES LAURENTIENS (Couples only)**

Location: Centre des loisirs. Courses and evenings organized during the year. Dances taught: Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot, paso doble, rock'n'roll and tango. Payable to the Club de danse sociale Les Laurentiens (cheque or cash).

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

Information:

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



EXHIBITIONS

CENTRE DES LOISIRS

1375, rue Grenet



FREE

Participants in multidisciplinary workshops – Adults

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ March 10 to 25 ➤ Varied works

Association des photographes de Saint-Laurent (APSL)

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ March 31 to Apr 15 ➤ Photography

Participants in the pottery and watercolour workshops

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Apr 28 to May 13 ➤ Water painting and pottery

Citizen's exhibition – Hung Nguyen

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ May 19 to June 3 ➤ Painting

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

Information:

514 747-7367

www.mmaq.qc.ca

Regular schedule:

Wed to Sun, 12 to 5 p.m.

Summer 2018 (June 20 to September 3):

Tue to Thu, 12 to 5 p.m.

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

Groups by reservation:

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

Rates:

18 and +: \$8

Senior: \$6

Children/students: \$5

Family: \$16



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

Masterworks

Permanent exhibit ➤ Overview of Québec culture ➤ Masterpieces by major artists and outstanding works in wood, metal, ceramic and textiles by artists and artisans.



Saint-Laurent en 7 temps

Permanent exhibit ➤ 360° screening of seven short stories inspired by the history of Saint-Laurent, performed by children.

Divers Cité

March 21 to April 22, 2018

Exhibition of sculptures and engravings by Atelier 213 and the Xylon-Québec group under the theme of diversity and interculturalism, launched during Action Week Against Racism.

Reception works and masterpieces

May 3 to June 3, 2018

Presentation of "reception masterpieces" by graduates of the Compagnons du Devoir des arts et des métiers de France.

Refraction reflection

May 3 to June 3, 2018

Annual exhibition by the Le Levant group comprising artists originally from the Middle East and Maghreb, spotlighting the artistic bridges between their native countries and chosen homeland.

À PRO PEAU

May 30 to June 17, 2018

Exhibition by students at the Centre des métiers du cuir de Montréal (CMCM).

EAU-IN-COLORE

June 7 to July 8, 2018

Photographer Eugène Gumira casts trash injected into and rejected by the ocean in an acerbic light. Shot along Canal 4, which crosses Dakar, Senegal, his work depicts his horror and indignation.

Espace d'expression et de création (EEC)

June 21 to July 22, 2018

Diversity artists underscore Canada's role in their journey through painting, drawing, illustration, sculpture, music and poetry.

France Goneau, ceramics artist

July 19 to September 2, 2018

Returning from a 6-month creation residency in New York, the artist presents an exploration of body adornments.

PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Location: Centre des loisirs

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

Information:

admin@apsl.ca or www.apsl.ca

18 and + ➤ Weekly meetings every Wednesday ➤ 7 to 9:30 p.m. ➤ Until May 23 ➤ \$65 ➤ Evenings with a guest speaker: \$10 for non-members ➤ Photography lessons not provided. Basic knowledge of camera and photography (focus, aperture, ISO, depth of field, etc.) is required.



PRESCHOOL CENTRE

Location: Centre des loisirs

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

Registration: On Loisirs en ligne (see page 7) or in person as of Tuesday, March 13 until Thursday, March 29, 2018, at 12 p.m.

*The presence of an adult is mandatory.

**Courses on Monday, May 21 will be resumed on Tuesday, May 22.

Future moms

Pre-natal yoga ➤ Mon 7 to 8 p.m. ➤ Apr 9 to May 22** ➤ \$45

0 to 12 months*

Pilates with baby ➤ Tue 9 to 10 a.m. ➤ Apr 3 to May 15 ➤ \$45

Sensory awareness ➤ Thu 10 a.m. to 12 p.m. ➤ Apr 5 to May 17 ➤ \$55

Yoga with baby ➤ Mon 1:45 to 2:45 p.m. ➤ Apr 9 to May 22** ➤ \$45

Yoga with baby ➤ Tue 10:15 to 11:15 a.m. ➤ Apr 3 to May 15 ➤ \$45

Zumba with baby ➤ Mon 12:30 to 1:30 p.m. ➤ Apr 9 to May 22** ➤ \$45

12 to 36 months*

Rhythmic games ➤ Fri 9 to 11 a.m. ➤ Apr 13 to May 25 ➤ \$55

Marionettes ➤ Tue 9 to 11 a.m. ➤ Apr 3 to May 15 ➤ \$55

1 to 3 years old*

Musical game ➤ Sat 10 to 10:45 a.m. ➤ Apr 7 to May 19 ➤ \$45

Musical game ➤ Sat 11 to 11:45 a.m. ➤ Apr 7 to May 19 ➤ \$45

Mini-circus ➤ Sun 9 to 9:45 a.m. ➤ Apr 8 to May 20 ➤ \$45

Mini-circus ➤ Sun 10 to 10:45 a.m. ➤ Apr 8 to May 20 ➤ \$45

18 to 36 months*

Music awareness ➤ Wed 9 to 11 a.m. ➤ Apr 4 to May 16 ➤ \$55

Mini acrobats ➤ Mon 9 to 11 a.m. ➤ Apr 9 to May 22** ➤ \$55

4 and 5 years old

Arts and crafts ➤ Sat 10 a.m. to 12 p.m. ➤ Apr 7 to May 19 ➤ \$55

Arts and crafts ➤ Sat 1 to 3 p.m. ➤ Apr 7 to May 19 ➤ \$55

Musical game ➤ Sat 9 to 9:45 a.m. ➤ Apr 7 to May 19 ➤ \$45

Mini-circus ➤ Sun 11 to 11:45 a.m. ➤ Apr 8 to May 20 ➤ \$45

PROGRAM FOR ADULTS — 50 AND +

CARREFOUR DES ÂÎNÉS

Location: Centre des loisirs (with the exception of pétanque). Membership card (\$10 for residents and \$15 for non-residents) is mandatory to participate to the activities offered by the Carrefour des aînés.

Registration: February 26 and 28, from 8:30 a.m. to 4 p.m.

Office hours:

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

Information:

514 748-0943
carrefouraines@hotmail.com

Bingo

50 and + ➤ Tue 1 to 4 p.m. ➤ March 20 to May 8 ➤ Free

Bridge

50 and + ➤ Thu 1 to 5 p.m. ➤ All year round ➤ Free

Board games

50 and + ➤ Mon to Sun 9 a.m. to 9:30 p.m. ➤ All year round (cancelled on Apr 1 and 2, d June 24) ➤ Free

Line dance

50 and + ➤ Mon 1 to 2:30 p.m. (advanced) ➤ Mon 2:45 to 4:15 p.m. (beginners) ➤ Wed 1 to 2:30 p.m. (beginners) ➤ Wed 2:45 to 4:15 p.m. (advanced) ➤ March 19 to May 9 (cancelled on Apr 2) ➤ \$25 / session (NR \$30)

Pétanque

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



Physical activities

50 and + ➤ Mon, Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. ➤ March 19 to May 10 (cancelled on Apr 2) ➤ \$25 / session (NR \$30)

Pool and table tennis

50 and + ➤ Mon to Fri 8 a.m. to 6 p.m. ➤ Sat 8 a.m. to 12 p.m. ➤ Sun 8 a.m. to 9:30 p.m. ➤ All year round (cancelled on Apr 1 and 2, and June 24) ➤ Free

Shuffleboard

50 and + ➤ Thu 1 to 4 p.m. ➤ March 22 to May 10 ➤ Free

Stretching

50 and + ➤ Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. ➤ March 21 to May 9 ➤ \$25 / session (NR \$30)



PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs

The association Handicapés de Saint-Laurent inc. organizes socio-recreational activities and provides individual support when needed. Recreational outings are organized during the summer.

Information:

Thérèse Deschâtelets, 514 339-2203
or 514 855-6110, ext. 4937

Regular activities

For all ➤ Wed 9 a.m. to 3 p.m. ➤ Until June 13 ➤ Membership card / \$7

Recreational outings

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



YOUTH PROGRAM

 **FREE**

ADOS DE ST-LO

Activities in the parks

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

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

Basketball and urban activities ➤ Cousineau, Painter, Poirier and Noël-Nord parks

Soccer and urban activities ➤ Hartenstein, Painter and Noël-Nord parks

Schedule:

June 14 to 23 ➤ Thu and Fri 7 to 9 p.m. ➤ Sat 3 to 6 p.m.

June 26 to Aug 18 ➤ Tue to Sat 4:30 to 10 p.m.

Information:

514 855-6110, ext. 3



Activities at Parc Painter chalet

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

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

Fri 6 to 9 p.m. ➤ Sat 4 to 9 p.m. ➤ Sun 5 to 9 p.m. ➤ Until May 20 ➤ Table tennis, babyfoot, board games, video games, and movie nights.

Information:

514 855-6110, ext. 3

Teen sports at Sports Complex

NEW

Sports and cultural activities for youths aged 12 to 17.

Spring session: Until May 20

Basketball

Tue 3 to 5 p.m. ➤ Wed 4 to 6 p.m. ➤ Thu 3:30 to 6:30 p.m. ➤ Sat 3:30 to 4:30 p.m. ➤ Sun 2 to 4 p.m. ➤ Gym

Soccer

Fri 4 to 6 p.m. ➤ Sat 4:30 to 6 p.m. ➤ Soccer field

Dance

Fri 3 to 5 p.m. ➤ Multipurpose room

Fitness

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

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

Information:

514 855-6110, ext. 5



L'UNITÉ 12-17

Locations: Centre des loisirs and Cousineau and Hartenstein parks

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

Schedule:

Jan 9 to June 16 ➤ Tue to Sat 3:30 to 9:30 p.m. ➤ Centre des loisirs

July 3 to Aug 18 ➤ Tue to Sat 3 to 5:30 p.m. ➤ Cousineau and Hartenstein parks

July 3 to Aug 18 ➤ Tue to Sat 6 to 9:30 p.m. ➤ Centre des loisirs

Registration: In person at L'Unité 12-17 (Centre des loisirs) during hours of operation. Piece of identification required. Free membership.

Information:
514 744-1239

SCRABBLE

Location: Centre des loisirs

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

Information:

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

Clotilde Esseili, 514 334-1639
(Thursday games)

Scrabble

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



SPORTS



AQUATIC ACTIVITIES

SPRING INDOOR POOLS

Schedules may change without notice. Staff may ask to see a piece of ID at any time. An ID card is needed to borrow a swim flotation belt or personal flotation device (PFD).

“Swimmer” diapers are permitted only in the recreational pool at the Sports Complex and at the YMCA Saint-Laurent.

The swimming pools at the Sports Complex are accessible for people with reduced mobility.

For more information about the different aquatic facilities in Saint-Laurent, visit ville.montreal.qc.ca/saint-laurent/aquatique.

FREE SWIM

Children aged under 8 may not enter the swimming pool alone. Furthermore, accompanying ratios are determined according to age, ability and the use of flotation equipment. Refer to the bylaws at ville.montreal.qc.ca/saint-laurent/aquatique.

SPORTS COMPLEX



Spring session: Apr 9 to June 23 (cancelled on March 30, Apr 1, 2, 4 to 8, Apr 12 from 3:30 to 10 p.m., May 21, June 10, June 16 from 12:30 to 2 p.m., and June 24)

Memberships:

- 3 and –: Free
- 17 and –: 6 months \$12 ➤
12 months \$24 (NR \$32)
- 18 to 54: 6 months \$24 ➤
12 months \$36 (NR \$48)
- 55 and +: 6 months \$12 ➤
12 months \$24 (NR \$32)

Regular admission:

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

Recreational pool – Free swim Ages 6 months +

Mon, Wed ➤ 12 to 6 p.m.

Tue ➤ 12 to 9:30 p.m.

Thu ➤ 12 to 5:30 p.m.

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

Sat and Sun ➤ 1:30 to 9 p.m.

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

In cohabitation

Mon to Thu ➤ 3 to 5 p.m.

Fri ➤ 3 to 5 p.m. and 8:15 to 10 p.m.

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

Sun ➤ 1:30 to 7 p.m.

25-meter pool – Swimming lanes

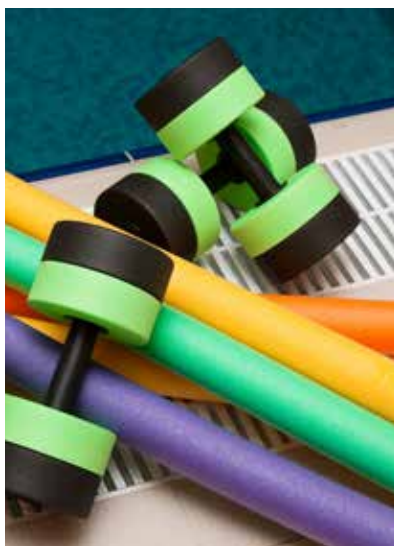
Lap swimming only

Tue and Thu ➤ 5 to 9 p.m. (20 m lanes)

Mon, Wed and Fri ➤ 6 to 8:30 a.m. and
12 to 1:30 p.m.

Tue and Thu ➤ 7:30 to 8:30 a.m. and
12 to 1:30 p.m.

Sun ➤ 8 am to 1:15 p.m.



YMCA SAINT-LAURENT

An ID card is required for free swim:
Carte biblio-loisirs de Saint-Laurent, carte
Accès Montréal or YMCA du Québec member card.

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

SWIMMING LESSONS

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

Registration via Loisirs en ligne (see page 7) starting on March 17 for children and March 13 for adults, at 8:30 a.m. until March 21. For assistance, please call 514 855-6110, ext. 5.

Children

Locations: Cégep de Saint-Laurent (2 to 17) and YMCA (6 months to 17)
2 to 17 > March 24 to June 1 > \$60 > 30 to 60 min (depending on the level) / week > Cancelled on March 30 and 31, and Apr 1 and 2

Location: Sports Complex
6 months to 17 years > Apr 9 to June 17 > \$60 > 30 to 60 min (depending on the level) / week > Cancelled on Apr 12, from 3:30 to 10 p.m., May 21 and June 10

Adults

Location: Cégep de Saint-Laurent
15 and + > March 24 to June 1 > \$70 > 60 min (depending on the level) / week > Cancelled on March 30 and 31, and Apr 1 and 2

Location: Sports Complex
15 and + > Apr 9 to June 14 > \$70 > 60 min (depending on the level) / week > Cancelled on Apr 12, from 3:30 to 10 p.m., May 21 and June 10

AQUAFITNESS

Location: Sports Complex



A minimum of 8 weeks of courses is offered within the session. Schedules may change without warning.

Registration: Online at ville.montreal.qc.ca/loisirs en ligne starting on March 13, from 8:30 a.m. until the session starts, subject to availability. For assistance, please call 514 855-6110, ext. 5.

SPECIALIZED COURSES

*Participants must know how to swim.

Aqua gentle

Mixed 18 and + > 55 min / 3 times a week > \$85 > 25-metre pool > Mon, Wed, Fri 10 to 11 a.m. > Apr 9 to Jun 11 > Cancelled on May 21

Aqua cardio*

Mixed 18 and + > 55 min / week > \$70 > 25-metre pool > Thu 8 to 9 p.m. > Apr 19 to June 14 > Cancelled on Apr 12

Aqua jogging*

Mixed 18 and + > 55 min / week > \$70 > 25-metre pool > Tue 8 to 9 p.m. > Apr 10 to June 5 > Fri 9 to 10 a.m. > Apr 13 to June 8

Aqua spinning*

Mixed 18 and + > 55 min / week > \$70 > 25-metre pool > Water shoes are recommended > Cancelled on Apr 12
Wed 9 to 10 a.m. > Apr 11 to June 6
Tue 6 to 7 p.m. > Apr 10 to June 5
Tue 7 to 8 p.m. > Apr 10 to June 5
Thu 6 to 7 p.m. > Apr 19 to June 14
Thu 7 to 8 p.m. > Apr 19 to June 14

Aqua yoga on water mattress*

Mixed 18 and + > 55 min / week > \$70 > 25-metre pool > Tue 9:30 to 10:30 p.m. > Apr 10 to June 5

Aqua fit on water mattress*

Mixed 18 and + > 55 min / week > \$70 > 25-metre pool > Sat 5:30 to 6:30 p.m. > Apr 14 to June 9

Aqua with aquatic stroller – NEW

6 months and + > 55 min / week > \$70 > Recreational pool > Mon 9 to 10 a.m. > Apr 9 to June 11 > Cancelled on May 21

REGULAR COURSES

Aquafitness 1

Mixed 18 and + > 55 min / twice a week > \$70 > Recreational pool > Mon and Wed 6 to 7 p.m. > Apr 9 to June 11 > Cancelled on May 21

Aquafitness 2

Mixed 18 and + > 55 min / twice a week > \$70 > Recreational pool > Mon and Wed 8 to 9 p.m. > Apr 9 to June 11 > Cancelled on May 21

Advanced Aquafitness 1

Mixed 18 and + > 55 min / twice a week > \$70 > 25-metre pool > Tue and Thu 5 to 6 p.m. > Apr 11 to June 14 > Cancelled on Apr 12 > Participants must be comfortable in the water

Advanced Aquafitness 2

Mixed 18 and + > 55 min / three times a week > \$85 > 25-metre pool > Mon, Wed, Fri 11 a.m. to 12 p.m. > Apr 9 to June 11 > Cancelled on May 21 > Participants must be comfortable in the water

Aquafitness – Membership

Mixed 18 and + > Free access to all regular aquafitness courses > \$140 > Sports Complex pools > Cancelled on Apr 12 and May 21

Prenatal group

Pregnant women > 55 min / twice a week > \$70 > Recreational pool > Tue and Thu 7 to 8 p.m. > Apr 10 to June 14 > Cancelled on Apr 12

LIFEGUARD TRAINING AND WATER SAFETY TRAINING

Registration: Starting on Saturday, March 17 at 9 a.m. via Loisirs en ligne (see page 7).

Includes: Documentation and certification.

Information and schedules at ville.montreal.qc.ca/saint-laurent/aquatique from mid-March.

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

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

SUMMER INDOOR AND OUTDOOR POOLS

For all aquatic activities: Schedules may change without warning.

“Swimmer” diapers are permitted only in the recreational pool at the Sports Complex. They are prohibited in the outdoor swimming pools.

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

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

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

FREE SWIM

Children aged under 8 may not enter the swimming pool alone. Furthermore, accompanying ratios are determined according to age, ability and the use of flotation equipment. Refer to the bylaws at ville.montreal.qc.ca/saint-laurent/aquatique.

SPORTS COMPLEX

Summer session: June 25 Sept 2 > Cancelled on July 1 and Sept 3

SC

Memberships:

- 3 and –: Free
- 17 and –: 6 months \$12 > 12 months \$24 (NR \$32)
- 18 to 54: 6 months \$24 > 12 months \$36 (NR \$48)
- 55 and +: 6 months \$12 > 12 months \$24 (NR \$32)

Regular admission:

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

Recreational pool – Free swim – Ages 6 months +

Mon to Fri > 9 to 11 a.m.
Mon to Fri > 11 a.m. to 3 p.m. (priority access for day camps)
Mon to Fri > 3 to 8 p.m.
Sat and Sun > 9 a.m. to 5 p.m.

25-meter pool – Free swim and swimming lanes – Ages 2 and +
Sat and Sun > 9 a.m. to 1 p.m. > In cohabitation

25-meter pool – Swimming lanes

Lap swimming only
Mon to Fri > 7 to 10 a.m.
Mon to Fri > 11 a.m. to 1 p.m.
Mon to Fri > 4 to 8 p.m.
Sat and Sun > 7 to 9 a.m.



SWIMMING POOLS, WADING POOLS AND OUTDOOR WATER GAMES AREAS

Pool schedules:

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



FREE

OUTDOOR POOLS – FREE SWIM

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

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

June 16 to August 26

Bourbonnière: Extension until Sept 3 (Refer to the schedule for each swimming pool at ville.montreal.qc.ca/saint-laurent/aquatique).

2 and + > Mon to Sun 1 to 7:15 p.m. > All outdoor pools > Some exceptions

18 and + > Mon to Sun 7:15 to 8:15 p.m. > All outdoor pools > Some exceptions

18 and + > Mon to Sun 12 to 1 p.m. > Decelles and Painter parks

WADING POOLS AND WATER GAMES

June 16 to 22 and Aug 20 to 26

Schedule for each pool:

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

June 24 to Aug 20

10 and -

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

Sat and Sun 12:30 to 7:15 p.m. > All outdoor pools (except Chamberland, Marlborough and Noël-Nord, 10 a.m. to 7:15 p.m.)



AQUAFITNESS

Registration: Starting on June 13 at 6 p.m. via Loisirs en ligne (see page 7).

For telephone assistance, call 182 855-6110, ext. 5.

Mixed

18 and + > 55 min / twice a week > \$65 > Parc Decelles > Mon, Wed 11 a.m. to 12 p.m. > June 25 to Aug 15

18 and + > 55 min / twice a week > \$65 > Parc Marlborough > Tue, Thu 6:15 to 7:15 p.m. > June 26 to Aug 16

Membership

18 and + > Gives access to both groups > \$68 > Mon, Wed 11 a.m. to 12 p.m. > Tue, Thu 6:15 to 7:15 p.m. > June 25 to Aug 16

SWIMMING LESSONS

CHILDREN – (2 to 17)

A minimum of 8 weeks of courses is offered within the session. Schedules may change without warning. Swimming lessons are offered under the Canadian Red Cross program, and include several levels based on age and skill. Participants must know their course level before registration and are responsible for monitoring the number of times they register. See page 5 for the refund policy.

Pool schedules:

ville.montreal.qc.ca/aquatique

Cost: \$40

Schedule: Mon to Fri, mornings

Locations: Outdoor swimming pools in their respective parks

Dates:	Registration via Loisirs en ligne:
June 25 to July 6	June 16, 8:30 a.m.
July 16 to 27	July 7, 8:30 a.m.
Aug 6 to 17	July 28, 8:30 a.m.

Schedule: Mon to Fri, evenings

Locations: Outdoor pools and Sports Complex

Dates:	Registration via Loisirs en ligne:
June 25 to July 6	June 16, 8:30 a.m.
July 16 to 27	July 7, 8:30 a.m.
Aug 6 to 17	July 28, 8:30 a.m.

Schedule: Sat and Sun, mornings

Locations: Outdoor pools

Dates:	Registration via Loisirs en ligne:
June 24 to July 16	June 16, 8:30 a.m.
July 29 to Aug 20	July 16, 6 p.m.

SWIMMING LESSONS ADULTS (15 and +)

Pool schedules:

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

Cost: \$70

Schedule: Mon to Fri, mornings

Location: Sports Complex

Dates:	Registration via Loisirs en ligne:
June 25 to July 6	June 16, 8:30 a.m.
July 16 to 27	July 7, 8:30 a.m.
Aug 6 to 17	July 28, 8:30 a.m.

COMPETITIVE SWIMMING

Registration: Starting on June 4 at 8:30 a.m. via Loisirs en ligne (see page 7).

Session: June 25 to Aug 17

Cost: \$25 (a \$10 discount applies to registration for diving lessons or 2nd child in the same family)

Schedule and training location:
ville.montreal.qc.ca/saint-laurent/aquatique

DIVING LESSONS (6 to 12 years old)



Registration: Starting on June 4 at 8:30 a.m. via Loisirs en ligne (see page 7).

Session 1: June 25 to July 20

Session 2: June 23 to Aug 17

Cost: \$25 (a \$10 discount applies to registration for competitive swimming or 2nd child in the same family)

Schedule and training location:
ville.montreal.qc.ca/saint-laurent/aquatique

MINI POLO INITIATION

With the Playgrounds



FREE

Locations: Noël-Nord and Saint-Laurent parks

Information and registration:
Park chalet



MASTER'S SWIM CLUB (18 and +)

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

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

SPRING

Locations: Sports Complex and Cégep de Saint-Laurent

SC

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

At the Sports Complex
(until June 14)
Mon, Wed 7:30 to 8:45 p.m. (cancelled on Apr 2 and May 21)
Tue, Thu 6 to 7:15 a.m. (cancelled on Apr 8 and 12)
Sat 6:45 to 8 a.m.
Sun 7 to 8:15 p.m.

At the Cégep de Saint-Laurent
(until June 14)
Tue, Thu 8 to 9:30 p.m.

SUMMER

Locations: Bourbonnière, Chamberland and Hartenstein parks

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

June 16: 8 to 9:30 a.m. ➤ June 18 and 21:
8:15 to 9:30 p.m. ➤ Free ➤ Parc Bourbonnière

June 25 to Aug 23: 8:15 to 9:30 p.m. ➤
Free ➤ Parc Chamberland

June 20 to Aug 22: 7:15 to 8:15 p.m. ➤
Free ➤ Parc Hartenstein

June 23 to Aug 25: 8 to 9:30 a.m. ➤
Free ➤ Parc Hartenstein

Aug 27 and 30: 7:15 to 8:30 p.m. ➤
Free ➤ Parc Bourbonnière

CLUB DE NAGE SYNCHRONISÉE DE SAINT-LAURENT (5 to 18)

Make cheques payable to the Club de nage synchronisée de Saint-Laurent inc.

Registration forms, schedules, and fees are available at: synchrosaintlaurent.com.

Prerequisites:

Ages 5 to 7: Must know how to swim.

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

Information:

synchro.saintlaurent@gmail.com

SPRING

Location: Sports Complex 

Registration: Starting on March 17, from 9 a.m. to 1 p.m. at the Sports Complex.

Group schedules are posted on the website. 12-week sessions. Places are limited.

SUMMER

Location: Outdoor swimming pool at Parc Hartenstein

Registration: Starting on June 16 at the Sports Complex (see the website)

Schedule:

8 a.m. to 12 p.m. ➤ June 25 to Aug 17 ➤
3 times / week ➤ Mon, Wed and Fri

CLUB DE WATER-POLO DE SAINT-LAURENT (18 and +) (NEW)

Senior water-polo

Make cheques payable to the Club de water-polo Saint-Laurent.

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

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

Information:

wpstlaurent@gmail.com

SPRING

Location: Sports Complex 

Training schedule:

Mon and Wed 8:45 to 10:45 p.m. ➤
March to May

SUMMER

Location: Outdoor swimming pool at Parc Hartenstein

Training schedule:

Mon and Wed 8:15 to 10 p.m. ➤ June 18 to Aug 22

BADMINTON – OPEN

Locations: Lauren Hill Academy Junior Campus and Sports Complex

Reservation: Online at ville.montreal.qc.ca/loisirs/enligne or at the reception counters at the Sports Complex or the Centre des loisirs.

Equipment not provided.

Cost: \$8 / hour per court

Information and schedule:

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

BASEBALL

Registration: Online as of mid-February on the website www.baseballstlaurent.com

Payable to the Club de baseball Saint-Laurent.

Indoor training until late March. Carnival (baseball activities and information session) at the Sports Complex on March 18 from 8 a.m.

Evaluations and training to be held as of the end of March: Free activities for registered participants with the Club de baseball Saint-Laurent only.

Information:

www.baseballstlaurent.com
info@baseballstlaurent.com

SAINT-LAURENT PROGRAM – MIXED

Pre-Rallye Cap

Born in 2012-2013 ➤ 2 times / week: Wed or Thu night (to be determined) and Sun ➤
June to Aug ➤ \$128 ➤ Parc Chamberland

Rallye Cap

Born in 2011 ➤ 2 times / week: Wed or Thu night (to be determined) and Sun ➤ June to Aug ➤ \$133 ➤ Parc Chamberland



INTERCITY LEAGUE – MIXED

Atome (Grand Chelem C, B and A)

Born in 2009-2010 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 90 min ➤ Mon to Fri (2 games) starting at 6:45 p.m. ➤ Sat or Sun (1 practice) ➤ May to Aug ➤ \$150 ➤ Additional fees of \$50 plus tournament fees (to be determined) for players selected in Team A ➤ Houde and Petit parks

Mosquito (B and A)

Born in 2007-2008 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 105 min ➤ Mon to Thu (2 games) starting at 6:45 p.m. ➤ Sat or Sun (1 practice) ➤ May to Aug ➤ \$155 ➤ Additional fees of \$50 plus tournament fees (to be determined) for players selected in Team A ➤ Houde and Petit parks

Pee-wee (B and A)

Born in 2005-2006 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 105 min ➤ Mon to Thu (2 games) starting at 6:45 p.m. ➤ Sat or Sun (1 practice) ➤ May to Aug ➤ \$162 ➤ Additional fees of \$50 plus tournament fees (to be determined) for players selected in Team A ➤ Decelles and Cousineau parks

Bantam (B and A)

Born in 2003-2004 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 2 hrs ➤ Mon to Thu (2 games) starting at 7 p.m. ➤ Sat or Sun (1 practice) ➤ May to Aug ➤ \$193 ➤ Additional fees of \$25 plus tournament fees (to be determined) for players selected in Team A ➤ Noël-Sud and Saint-Laurent parks

Midget (B and A)

Born between 2000-2002 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 2 hrs ➤ Mon to Thu (2 games) starting at 7 p.m. ➤ Sat or Sun (1 practice) ➤ May to Aug ➤ \$199 ➤ Additional fees of \$25 plus tournament fees (to be determined) for players selected in Team A ➤ Parc Saint-Laurent

Junior (A)

Born before 2000 ➤ Minimum of 3 games or practices / week ➤ Approximate length: 2 hrs ➤ Sun to Thu (2 games) starting at 7:30 p.m. ➤ Sat or Sun (1 practice) ➤ May to Sept ➤ \$264 ➤ Parc Saint-Laurent

LAC SAINT-LOUIS AA

(mixed teams unless otherwise indicated)

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

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

Information:

www.lstigers.com

info@baseballstlaurent.com



BASKETBALL



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

Reservation: Online at ville.montreal.qc.ca/loisirs/enligne or at the reception counters at the Sports Complex or the Centre des loisirs.

Rates:

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

Information and schedule:

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

COMITÉ DE BASKETBALL

Location: Parc Cousineau

Registration: In person at the Centre des loisirs on March 14, from 6:30 to 7:30 p.m. Payment to Comité de basketball Saint-Laurent.

Information: bbstlaurent@icloud.com

Spring session: May 26 to Aug 11

Rates:

1st child ➤ \$150
2nd child ➤ \$130
3rd and subsequent children ➤ \$110

Schedules:

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

L'EXPRESS CAMP

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

Registration: By phone or online at http://tournoiexpress.ca/basket_camp_accueil.html as of March 1st.

Information:

514 332-3190, ext. 6109

514 712-4799

camps.express@portail.csmb.qc.ca

Dates:

Week 1: June 25 to 29

Week 2: July 2 to 6

Week 3: July 9 to 13

Week 4: July 16 to 20

Schedules:

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

Cost:

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

Day care service available:

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

CHEERLEADING

NEW

Location: Sports Complex **SC**

Registration: Online at www.gymslic.com starting on May 2 at 10 a.m. Registration by mail is not permitted.

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

Cheques must be made payable to Club Gymslic Saint-Laurent inc. Annual mandatory affiliation dues of \$28 (ages 4 and up) covering from September 1 to August 1 are payable to the Fédération de gymnastique du Québec. Health insurance card mandatory. The cost for registrations received after the registration period will be an additional \$15. Places are limited and will be assigned on a first-come, first-served basis.

Schedules could change without notice. Program available at www.gymslic.com.

RECREATIONAL CHEERLEADING – GIRLS

6 to 12 > Thu 6 to 7:30 p.m. > June 25 to Aug 18 > \$169 > 1.5 hrs / week



FOOTBALL

Information:

www.saintlaurentfootball.com

SPEED SKILLS CAMP **SC**

Speed and endurance improvement, cardio training.

Atom to Midget

Born between 2001 and 2013 > Sports Complex > Sat 3 to 4:30 p.m. > Jan 20 to March 10

PRE-SEASON CAMPS (March-May) **SC**

Sports Complex:

March 17 to May 26 > Sat 3 to 4:30 p.m.

March 15 to May 31 > Thu 6 to 8 p.m.

École Émile-Legault gymnasium:

March 14 to May 29 > Tue 6:30 to 8:15 p.m.

Open house:

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

REGULAR SEASON – MIXED (July to mid-November)

Location: Parc Saint-Laurent

Registration for the regular season starting in April. See details at www.saintlaurent-football.com. Registration fee and schedule to be determined. Cash or credit card only. Health insurance card required. Mandatory shoes, thigh pads and mouth guard not included.

Titan: Born between 2011 and 2013

Atom: Born between 2009 and 2011

Mosquito: Born in 2007-2008

Pee-wee: Born in 2005-2006

Bantam: Born in 2003-2004

Midget: Born in 2001-2002

GYMNASTICS

Location: Sports Complex



Schedules may change without warning.

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

REGISTRATION FOR CLASSES

No mail-in registration will be accepted.

Spring session: Registration online at www.gymslic.com as of March 12, at 10 a.m.

Summer session: Registration online at www.gymslic.com as of May 2, at 10 a.m.

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

REGISTRATION FOR DAY CAMP

Online at www.gymslic.com starting on Monday, April 2 at 10 a.m. Mail-in registration using the Gymslic day camp form (available at the Centre des loisirs, the Sports Complex and at www.gymslic.com).

Mail the registration form and payment to: Club Gymslic Saint-Laurent inc. 2385, boulevard Thimens Saint-Laurent, H4R 1T4

AUDITIONS

Recruitment of young girls for the pre-competitive level

Succession: Girls born between 2009 and 2013 ➤ Apr 15 from 10:30 a.m. to 12 p.m. ➤ \$10 per child

Information:
514 748-7707
contact@gymslic.com

COMPETITIVE AND PRECOMPETITIVE

Competitive (girls)

8 to 14 ➤ June 25 to Aug 17 ➤ Schedule and cost to be confirmed ➤ Between 14 to 20 hours of training / week

Precompetitive and CR 3

5 to 14 ➤ June 25 to Aug 17 ➤ Schedule and cost to be confirmed ➤ Between 5 and 14 hours of training / week

PARENT-CHILD COURSE NEW

Bouncing bunnies – Mixed

16 to 20 months ➤ Sun 9 to 9:45 a.m. ➤ Apr 8 to June 3 ➤ \$95 ➤ 45 min / week

16 to 20 months ➤ Tue 10 to 10:45 a.m. ➤ Sat 10 to 10:45 a.m. ➤ June 25 to Aug 18 ➤ \$95 ➤ 45 min / week

Rascally raccoons – Mixed

20 to 24 months ➤ Sun 10 to 10:45 a.m. ➤ Apr 8 to June 3 ➤ \$95 ➤ 45 min / week

20 to 24 months ➤ Tue 10 to 10:45 a.m. ➤ Tue 11 to 11:45 a.m. ➤ Sat 10 to 10:45 a.m. ➤ Sat 11 to 11:45 a.m. ➤ June 25 to Aug 18: \$95 ➤ 45 min / week

Buddy bears – Mixed

2 to 2 ½ ➤ Sun 10 to 10:45 a.m. ➤ Apr 8 to June 3 ➤ \$95 ➤ 45 min / week

2 to 2 ½ ➤ Tue 11 to 11:45 a.m. ➤ Sat 11 to 11:45 a.m. ➤ June 25 to Aug 18 ➤ \$95 ➤ 45 min / week

Fun gym – Mixed

2 1/2 to 3 ➤ Tue 5 to 5:45 p.m. ➤ Sat 9 to 9:45 a.m. ➤ June 25 to Aug 18 ➤ \$95 ➤ 45 min / week

PRESCHOOL CENTRE

Yellow sun – Level 1 (mixed)

4 and 5 ➤ Mon 5 to 5:55 p.m. ➤ Mon 6 to 6:55 p.m. ➤ Tue 6 to 6:55 p.m. ➤ Sat 10 to 10:55 a.m. ➤ June 25 to Aug 18 ➤ \$138 ➤ 1 hr / week

Orange sun – Level 2 (mixed)

4 and 5 ➤ Tue 6 to 7:30 p.m. ➤ Sat 10 to 11:30 a.m. ➤ June 25 to Aug 18 ➤ \$169 ➤ 1.5 hrs / week

RECREATIONAL – MIXED (boys up to 9)

6 to 8 ➤ Thu 5:30 to 7 p.m. ➤ June 25 to Aug 18 ➤ \$169 ➤ 1.5 hrs / week

RECREATIONAL – GIRLS

6 to 8 ➤ Wed 5:30 to 7 p.m. ➤ Sat 11:30 a.m. to 1 p.m. ➤ June 25 to Aug 18 ➤ \$169 ➤ 1.5 hrs / week

8 and + ➤ Tue 7 to 8:30 p.m. ➤ Thu 7 to 8:30 p.m. ➤ Sat 11:30 a.m. to 1 p.m. ➤ June 25 to Aug 18 ➤ \$169 ➤ 1.5 hrs / week

RECREATIONAL – GIRLS (2 x week)

7 and + ➤ Mon, Wed 7 to 8:30 p.m. ➤ June 25 to Aug 18 ➤ \$251 ➤ 3 hrs / week

CR1-2

8 and + ➤ June 25 to Aug 18 ➤ Schedule and cost to be confirmed ➤ 5 to 8 hours per week

DAY CAMPS

Complete programming and other information available at www.gymslic.com. Camp t-shirt must be purchased and worn on outing days: \$15.

Competitive, precompetitive and advanced CRS

6 to 13 ➤ June 25 to Aug 17 ➤ Weekly registration ➤ Variable schedules and costs depending on number of training hours ➤ Information: contact@gymslic.com as of April.

Recreational

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

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

Daycare

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

HOCKEY**FALL-WINTER 2018-2019 PREREGISTRATION**

Online at the end of April on www.hockeystl.com.

Registration in person for new players only at Aréna Raymond-Bourque on May 10 and 11, from 7 to 8:30 p.m. Two proofs of residence and a valid Carte biblio-loisirs are mandatory. According to Hockey Québec rules, the activity is open to Saint-Laurent residents only.

Information:

www.hockeystl.com
info@hockeystl.com

Pre-novice to Junior

5 to 20 ➤ Aréna Raymond-Bourque ➤ Cost to be determined.

SUMMER SCHOOL**Registration and information:**

www.hockeystl.com or info@hockeystl.com

JUDO

Location: Centre des loisirs

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

Not included: Judo uniform and belt. Mandatory affiliation fees ranging from \$35 to \$100 are payable to the Fédération québécoise de judo according to category, in addition to a passport fee of \$5 for new participants. Carte biblio-loisirs mandatory.

Spring session: Registration in person at the Centre des loisirs on March 14, from 6:30 to 7:30 p.m.

Summer session: Registration in person at the Centre des loisirs in the Judo room (AB 226) on May 25, from 6:30 to 7:30 p.m.

Rates:

A, B and C groups

Spring ➤ \$55

Summer ➤ \$50

D group

Spring ➤ \$65

Summer ➤ \$60

Information:

www.judobudokanstl.com
judobudokanstl@gmail.com

SPRING**March 19 to June 9****Group A, recreational White / yellow**

5 and 6 ➤ Tue 6:15 to 7:30 p.m. and Sat 9:15 to 10:30 a.m.

Group B, recreational White / yellow and +

7 and 8 ➤ Mon, Fri 6 to 7:15 p.m.

Group C, recreational

9 to 12 ➤ Thu 6:30 to 8 p.m. and Sat 10:30 a.m. to 12 p.m.

Group D, recreational and competitive

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

SUMMER**June 11 to August 4**

6 to 8 ➤ Mon, Thu 6 to 7:30 p.m.

9 to 12 ➤ Tue, Fri 6 to 7:30 p.m.

13 and + ➤ Mon, Thu 7:30 to 9 p.m.

The first two groups will be combined if there are insufficient participants.



KARATE

Locations: LaurenHill Academy Senior Campus all year long until May 18 and École secondaire Saint-Laurent – Édifice Émile-Legault from May 22 to August 2.

Spring-Summer session: Registration in person at the Centre des loisirs on March 14, from 6:30 to 7:30 p.m.

Payable to Club de karaté Kio Saint-Laurent inc. Carte biblio-loisirs, health insurance card and annual passport are mandatory. A \$15 surcharge will apply to registration received after the registration period. Not included: Karate-gi uniform, belt, crest for beginners and the cost of the exam. Friday and Saturday classes end June 16.

Rates:

9 to 17 ➤ \$175
18 and + ➤ \$185

SPRING

April 23 to June 22

White

9 to 13 ➤ Tue, Thu 6 to 7:30 p.m. ➤
Sat 11 a.m. to 12:15 p.m.

Yellow / orange

9 to 13 ➤ Tue, Thu 6 to 7:30 p.m. ➤
Sat 11 a.m. to 12:15 p.m.

White / green

14 and + ➤ Mon, Wed, Fri 6 to 7:15 p.m. ➤
Sat 11 a.m. to 12:15 p.m.

Green / blue

9 to 13 ➤ Mon, Wed, Fri 6 to 7:15 p.m. ➤
Sat 11 a.m. to 12:15 p.m.

Blue

Tue, Thu 7:30 to 9 p.m. ➤ Sat 11 a.m. to 12:30 p.m.

Mon, Wed, Fri 7:15 to 8:45 p.m. ➤
Sat 11 a.m. to 12:15 p.m.

Competitive

9 and + ➤ Blue and + ➤ Sat 9:30 to 11 a.m.

SUMMER

June 21 to August 3

White

9 to 13 ➤ Tue, Thu 6 to 7:30 p.m.

Yellow / orange

9 to 13 ➤ Tue, Thu 6 to 7:30 p.m.

White / green

14 and + ➤ Mon, Wed 6 to 7:15 p.m.

Blue

14 and + ➤ Mon, Wed 7:15 to 20:45 p.m.

Green / blue

9 to 13 ➤ Mon, Wed 6 to 7:15 p.m.

Brown / black

Mon, Wed 7:15 to 8:45 p.m.

MINI TENNIS

Location: Sports Complex



Reservation: Online at ville.montreal.qc.ca/loisirsenligne or at the reception counters at the Sports Complex or the Centre des loisirs.

Equipment not provided.

Fees: \$8 / hour per court

Information and schedule:

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



PICKLEBALL

Location: Parc Noël-Nord

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

Welcome to new players. Qualified instructors on site.

Rates:

Saint-Laurent residents and members of the Fédération québécoise de pickleball: \$1 per session

Non-residents: \$2 per session

Racket rental: \$5

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

Information and registration:

514 462-8087
www.clubpickleballstl.ca

16 and +

May 28 to Aug 27 ➤ Mon 6:30 to 9 p.m.

May 30 to Aug 29 ➤ Wed 9:30 a.m. to 12 p.m.

June 1 to Aug 31 ➤ Fri 9:30 a.m. to 12 p.m.



PHYSICAL FITNESS –

16 +



Locations: Centre des loisirs, Sports Complex and Parc Marcel-Laurin

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

Registration:

Spring session: By mail (1375, rue Grenet) or in person, by cheque, at the Centre des loisirs or Sports Complex on March 14, from 6:30 to 7:30 p.m.

Summer session: By mail (1375, rue Grenet) or in person, by cheque, at the Centre des loisirs before Monday, June 4.

Spring session ➤ Apr 2 to June 16 ➤ \$110

Session summer ➤ June 18 to Aug 25 ➤ \$95

SPRING

Aerobic

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

Cardio baladi and zumba

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

Cardio baby

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

Cardio blast

Wed 11:15 to 11:45 a.m. ➤ Centre des loisirs

Cardio mania

Mon, Wed 6 to 7 p.m. ➤ Sports Complex

Mixed cardio and balls

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

Circuit

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

Djambola **NEW**

Thu 6 to 6:45 p.m. ➤ Sports Complex

Mixed styles – Yoga, Pilates and stretching

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

Pilates

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

Step

Tue 6 to 7 p.m. ➤ Sports Complex

Super workout

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

Tonus

Mon, Wed 7 to 8 p.m. ➤ Sports Complex

Zumba

Tue, Thu 7 to 8 p.m. ➤ Sat 10:20 to 11:20 a.m. ➤ Sports Complex

SUMMER

Cardio carriage (mother and child)

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

Cardio mania

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

Cardio park (adults)

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

Mixed styles – Yoga

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

Pilates

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

Super workout

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

Tonus

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

Zumba

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

SOCCER

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

Registration online: Starting on February 1 at www.soccerstl.ca for former club players in 2016 or 2017 and who did not play for another club in 2017. Payment by Visa or MasterCard only.

Registration in person: At the Sports Complex on March 24, from 10 a.m. to 2 p.m., Room S-025, with a copy of the health insurance card and Carte biblioloisirs. Intercity players must be present for a photo shoot if the Fédération du soccer du Québec card has expired. Payment in cash, debit or credit card or check payable to the Club de soccer de Saint-Laurent. No postdated checks accepted.

A \$50 fee will be charged for all non-sufficient fund (NSF) cheques. A \$100 processing fee will be charged for all cancellation requests and refunds before April 30. No cancellation after this date.

Schedules may be changed without warning depending on field availability.

Office opening hours: Tue, Wed, and Thu, from 6 to 9 p.m., and Sat from 9 a.m. to 1 p.m. for registration in person.

RECREATIONAL LEAGUE (HOUSE)

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

U4, U5, U6, U7, U8

Born between 2010 and 2014
\$190 (before April 1)
\$240 (after March 31)

U9, U10

Born in 2008-2009
\$205 (before April 1)
\$255 (after March 31)

U11, U12, U13, U14

Born between 2004 and 2007
\$275 (before April 1)
\$325 (after March 31)

Girls U4 / U5 and U6 / U7 ➤ Mon and Wed

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

Boys U4, U6, U9 ➤ Tue and Thu

Boys U5, U7, U8, U10 ➤ Mon and Wed

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

COMPETITIVE INTER-CITY LEAGUES A, AA, AAA

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

U7 Development

Born in 2011
\$190 (before April 1)
\$240 (after March 31)

U8, U9, U10

Born between 2008 and 2010
\$310 (before April 1)
\$360 (after March 31)

U11, U12

Born in 2006-2007
\$360 (before April 1)
\$410 (after March 31)

U13, U14, U15, U16, U17, U18

Born between 2000 and 2005
\$375 (before April 1)
\$425 (after March 31)

U21 and Senior

Born in 1999 or earlier
\$250 (before April 1)
\$300 (after March 31)

BOYS:

U15 AAA, U16AAA, U17AAA, U18AAA

Information at the club.



2018 SUMMER CAMP

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

Boys and girls ➤ 4 to 13 ➤ Mon to Fri
7:30 am to 5 p.m.

9 weeks available:

June 25 to 29	July 2 to 6
July 9 to 13	July 16 to 20
July 23 to 27	July 30 to August 3
August 6 to 10	August 13 to 17
August 20 to 24	

Registration in person: At the Sports Complex on March 24, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

Rates:

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

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

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

2018 SUMMER ACADEMY

June 3 to August 5

Registration: Online at www.soccerstl.ca or in person at the Sports Complex on March 24, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

Boys and girls

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

Cost: \$160 (10 sessions)

SOCCER — OPEN

Location: Sports Complex



Athletic wear and shoes mandatory. Balls not provided.

Reservation: Online at ville.montreal.qc.ca/loisirs/enligne or at the reception counters at the Sports Complex and the Centre des loisirs.

Rates:

Parent-child 6-12 ➤ Residents \$2 (NR \$5)
16 and + ➤ Residents \$5 (NR \$10)
12-16 ➤ Free time slots for Ados de St-Lo participants (see page 29).

Information and schedule:

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

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

Locations: Various

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

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

Registration and information:

514 843-8778
www.olympiquesspeciaux.qc.ca

SPRING

Bowling

10 and + ➤ Sat 9:30 a.m. to 12 p.m. ➤
March 17 to May 12 ➤ \$9 / week ➤
Laurentian Lanes Bowling (222, montée de Liesse)

Indoor soccer

10 and + ➤ Sun 11 a.m. to 1 p.m. ➤
March 18 to May 6 ➤ \$30 ➤ Lauren Hill Academy Senior Campus

Swimming

10 and + ➤ Sat 9 to 10 a.m. ➤ March 18 to May 6 ➤ \$30 ➤ Cégep de Saint-Laurent, bloc B

SUMMER

Outdoor soccer

10 and + ➤ Sun 11 a.m. to 1 p.m. ➤
May 27 to Sept 9 ➤ \$30 ➤ Parc Marcel-Laurin

TAI-CHI

SPRING

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

Registration: In person at the Centre des loisirs on March 14, from 6:30 to 7:30 p.m.

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

Rates:

Initiation and Intermediate: \$110
Advanced: \$80

Initiation

18 and + ➤ Tue, Thu 10:40 to 11:40 a.m. ➤
Apr 10 to June 21

18 and + ➤ Tue, Thu 7 to 8 p.m. ➤ Apr 10 to June 21

Intermediate

18 and + ➤ Tue, Thu 9:30 to 10:30 a.m. ➤
Apr 10 to June 21

18 and + ➤ Mon, Wed 8 to 9 p.m. ➤ Apr 9
to June 20

Advanced

18 and + ➤ Mon, Wed 7 to 8 p.m. ➤ Apr 9
to May 30

SUMMER**FREE**

Location: Parc Cousineau

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

TABLE TENNIS – OPEN

Location: Sports Complex



Reservation: Online at ville.montreal.qc.ca/loisirsenligne or at the reception counters at the Sports Complex and the Centre des loisirs.

Equipment not provided.

Fees: \$5 / hour per table

Information and schedule:

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

TENNIS**OPEN TENNIS**

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

Season: Apr 23 to Oct 21

**FREE**

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

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

TENNIS LESSONS – CHILDREN

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

Registration: Online at Loisirs en ligne (see page 7) starting on June 5, at 8:30 a.m.

Cost: \$45

**Mixed – Mini tennis**

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

Session 1: June 25 to July 13 ➤ Special activity on July 18

Session 2: July 23 to Aug 10 ➤ Special activity on August 15

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

5 to 7 ➤ Mon to Fri 11 a.m. to 12 p.m. ➤ Parc Painter

Mixed – Beginner – 1.0 / 2.0

Session 1: June 25 to July 13 ➤ One tournament day during the week of July 16

Session 2: July 23 to Aug 10 ➤ One tournament day during the week of Aug 13

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

8 to 10 ➤ Mon to Fri 11 a.m. to 12 p.m. ➤ Parc Saint-Laurent

8 to 10 ➤ Mon, Wed, Fri 6 to 7 p.m. ➤ Parc Marcel-Laurin

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

11 and 12 ➤ Mon to Fri 12 to 1 p.m. ➤ Saint-Laurent and Painter parks

11 and 12 ➤ Mon, Wed, Fri 7 to 8 p.m. ➤ Parc Marcel-Laurin

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

13 to 15 ➤ Mon, Wed, Fri 8 to 9 p.m. ➤ Parc Marcel-Laurin

TENNIS LESSONS – ADULTS

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

Registration: Starting on Apr 10, at 8:30 a.m., on Loisirs en ligne (see page 7). Sports attire and footwear mandatory. Participants must have their own racket.

Cost: \$65

1st SESSION**Beginner 01 – 1.0 / 1.5**

16 and + ➤ Mon, Wed 8:30 to 10 p.m. ➤ May 21 to June 13 ➤ Parc Marlborough

Beginner 02 – 1.0 / 1.5

16 and + ➤ Tue, Thu 7 to 8:30 p.m. ➤ May 22 to June 14 ➤ Parc Gohier

Intermediate 01 – 2.0 / 2.5

16 and + ➤ Mon, Wed 7 to 8:30 p.m. ➤ May 21 to June 13 ➤ Parc Marlborough

Advanced 01 – 3.0 / 3.5

16 and + ➤ Tue, Thu 8:30 to 10 p.m. ➤
May 22 to June 14 ➤ Parc Gohier

2nd SESSION**Beginner 03 – 1.0 / 1.5**

16 and + ➤ Tue, Thu 7 to 8:30 p.m. ➤
June 26 to July 19 ➤ Parc Gohier

Beginner 04 – 1.0 / 1.5

16 and + ➤ Mon, Wed 8:30 to 10 p.m. ➤
June 25 to July 18 ➤ Parc Marlborough

Intermediate 02 – 2.0 / 2.5

16 and + ➤ Tue, Thu 8:30 to 10 p.m. ➤
June 26 to July 19 ➤ Parc Gohier

Advanced 02 – 3.0 / 3.5

16 and + ➤ Mon, Wed 7 to 8:30 p.m. ➤
June 25 to July 18 ➤ Parc Marlborough

3rd SESSION**Beginner 05 – 1.0 / 1.5**

16 and + ➤ Tue, Thu 7 to 8:30 p.m. ➤
July 31 to Aug 23 ➤ Parc Gohier

Beginner 06 – 1.0 / 1.5

16 and + ➤ Mon, Wed 7 to 8:30 p.m. ➤
July 30 to Aug 22 ➤ Parc Marlborough

Intermediate 03 – 2.0 / 2.5

16 and + ➤ Mon, Wed 8:30 to 10 p.m. ➤
July 30 to Aug 22 ➤ Parc Marlborough

Advanced 03 – 3.0 / 3.5

16 and + ➤ Tue, Thu 8:30 to 10 p.m. ➤
July 31 to Aug 23 ➤ Parc Gohier

RECREATIONAL LEAGUE**Singles intermediate / advanced (2.5 +)**

16 and + ➤ Sat 11 a.m. to 12:30 p.m. ➤
May 19 to Aug 11 ➤ \$65 ➤ Parc Marcel-Laurin

Doubles intermediate / advanced (2.5 +)

16 and + ➤ Sat 9 to 11 a.m. ➤ May 19 to
Aug 11 ➤ \$65 ➤ Parc Marcel-Laurin

MUNICIPAL TOURNAMENTS

To the benefit of Parkinson Society Canada.

Location: Parc Gohier

Dates: July 13-15 and July 20-22. In case of heavy rain, tournament is postponed to the following weekend.

Registration: Details at ville.montreal.qc.ca/saint-laurent/tennis as of Apr 17.

Single - Junior

12 to 15 ➤ Free

Single - Adults (women / men)

16 and + ➤ \$20

**TRACK AND FIELD**

Locations: École secondaire Saint-Laurent – Édifice Émile-Legault and Lauren Hill Junior Campus or Parc Marcel-Laurin.

Payable to Club d'athlétisme Saint-Laurent Select inc. F.Q.A. affiliation and competition fees are not included. A \$10 surcharge will apply for registrations received after the registration period. Health insurance card is mandatory.

Spring session: Registration in person on March 14, from 6:30 to 7:30 p.m., at the Centre des loisirs.

Summer session: Registration in person at Parc Marcel-Laurin (red roof) on May 16, from 6:30 to 7:30 p.m.

Running club

Anyone interested in registering for running with a group in the Nouveau Saint-Laurent sector on Saturday mornings is invited to email the club at sls@slsathletisme.com.

Start: March 24 for 12 weeks

SPRING

April 23 to June 9

Colibri group

Born between 2009 and 2011 ➤ Sat 9 to 11 a.m. ➤ Session: \$60 (NR \$80)

Minime and Benjamin groups

Born between 2005 and 2008 ➤ Tue 6:15 to 7:45 p.m. ➤ Sat 9 to 11 a.m. ➤ Session: \$60 (NR \$80)

Cadet and Juvenile groups

Born between 2001 and 2004 ➤ Tue, Thu 6:30 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: Cadet \$240, Juvenile \$420

Junior and Senior groups

Born in 1999-2000 ➤ Mon, Wed 6:15 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ Annual rate: \$420

SUMMER**June 11 to July 28****Colibri group**Born between 2009 and 2011 ➤ Mon, Wed,
Fri 5 to 6:30 p.m. ➤ Session: \$60 (NR \$80)**Minime and Benjamin groups**Born between 2005 and 2008 ➤ Mon, Wed,
Fri 6 to 8 p.m. ➤ Session: \$60 (NR \$80)**Cadet and Juvenile groups**Born between 2001 and 2004 ➤ Tue, Thu,
Fri 6 to 8 p.m. ➤ Annual rate: Cadet \$240,
Juvenile \$420**Junior and Senior groups**Born in 1999-2000 ➤ Mon, Wed, Thu 6 to
8 p.m. ➤ Annual rate: \$420**COURSE SAINT-LAURENT 2018
(26th EDITION)****Sunday, April 15, 2018****Road race (running) – Bois-Franc
district****Meeting point:** Municipal workshops
(13001, boulevard Cavendish)**Information and online registration:**
www.circuitendurance.ca**1 km running**11 and – ➤ Regular ➤ Mixed ➤ Sun
11:20 a.m. ➤ Mail-in registration: \$10 ➤
Online registration until Apr 12: \$10 ➤
Onsite registration: \$15**1 km running - Défi scolaire**11 and – ➤ Girls ➤ 11:30 a.m. ➤ Rates to
be confirmed11 and – ➤ Boys ➤ 11:40 a.m. ➤ Rates to
be confirmed**2 km running**12 to 19 ➤ Sun 9 a.m. ➤ Mail-in registra-
tion: \$10 ➤ Online registration until Apr 12:
\$10 ➤ Onsite registration: \$1520 and + ➤ Sun 9 a.m. ➤ Mail-in registra-
tion: \$20 ➤ Online registration until Apr 12:
\$18 ➤ Onsite registration: \$25**5 km running**For all ➤ Sun 9:30 a.m. ➤ Mail-in registra-
tion: \$35 ➤ Online registration until Apr 12:
\$35 ➤ Onsite registration: \$40**10 km running**For all ➤ Sun 10:15 a.m. ➤ Mail-in registra-
tion: \$35 ➤ Online registration until Apr 12:
\$35 ➤ Onsite registration: \$40**VOLLEYBALL****IN THE GYM****Location:** École secondaire Saint-Laurent –
Édifice Émile-LegaultPayable in cash or by cheque to Club de
volleyball Saint-Laurent inc.**Registration:** Based on number of available
places, in person at the gym on June 25 and
27, from 7 to 7:30 p.m., or July 2 and 4, from
7:15 to 7:30 p.m.**Information:**
volleystlaurent@gmail.com**Mixed – Levels 1, 2 and 3**18 and + ➤ Mon, Wed 7:30 to 10 p.m. ➤
June 25 to Aug 15 ➤ \$25 / \$35 ➤ Prerequi-
site: Mastery of basic volleyball skills.**BEACH**18 and + ➤ Beach volleyball introduction
and development ➤ A basic level in vol-
leyball is required ➤ 4 nights: May 15, 17,
22 and 24, from 6 to 8 p.m. ➤ Categories
and costs to be determined ➤ Registration
before Apr 13 or according to availability18 and + ➤ Activity session ➤ Mon, Tue
and Thu 6 to 10 p.m. ➤ Parc Hartenstein,
May 28 to Aug 30 2018 ➤ Categories:
Monday male 2x2, Tuesday female 2x2,
Thursday mixed 2x2, caliber C + / B ➤
Costs to be determined**Information:**
volleyballplage@gmail.com**VOLLEYBALL – OPEN
Aged 16 +****Location:** Sports Complex**Reservation:** Online at ville.montreal.qc.ca/loisirs/enligne or at the reception counters
at the Sports Complex and the Centre des
loisirs.

Equipment not provided.

Rates: \$5 (NR \$10)**Information and schedule:**
ville.montreal.qc.ca/saint-laurent/sports

PARCS ET INSTALLATIONS Parks and facilities

Printemps-été
2018
Spring-Summer

- Site d'animation Activities
- Baseball Baseball
- Basketball Basketball
- Bocce Bocce
- Exerciseur pour adultes Adult exerciser
- Football Football
- Glissade hivernale Winter slide
- Jardin communautaire Community garden
- Jeux d'eau Water game
- Jeux pour enfants Children's playground
- Parc canin Dog run
- Pataugeoire Wading pool
- Patin à roues alignées In-line skating
- Patinoire Hockey rink
- Pétanque Petanque
- Piscine Swimming pool
- Piste d'athlétisme Track and field facilities
- Planche à roulettes Skateboarding
- Rond de glace Skating rink
- Sentier pédestre Hiking trail
- Ski de randonnée Cross-country skiing
- Soccer Soccer
- Tennis Tennis
- Volleyball de plage Beach volleyball

PLACES PUBLIQUES

- 49. Canadair (de)
- 50. Rodolphe-Rousseau

SQUARES

- 51. Boréal
- 52. Gauguin
- 53. Jean-Rostand
- 54. Lamartine
- 55. Magellan
- 56. Nordet (du)
- 57. Petit-Prince (du)
- 58. Rambler (du)
- 59. Solstice (du)
- 60. Sterne-Arctique (de la)
- 61. Thérèse-Cadorete
- 62. Vivaldi

Chalets de parc PARK CHALETs

Alexis-Nihon	514 855-6124
Beaulac	514 855-6114
Bois-de-Liesse	514 280-6678
Bourbonnière	514 956-2597
Caron	514 855-6123
Chamberland	514 825-4571
Cousineau	514 855-6118
Decelles	514 855-6107
Gohier	514 855-6119
Hartenstein	514 855-6117
Houde	514 855-6106
Marcel-Laurin	514 956-2596
Marlborough	514 956-2595
Noël-Nord	514 956-2593
Noël-Sud	514 956-2594
Painter	514 887-6042
Petit	514 855-6113
Poirier	514 855-6115
Saint-Laurent	514 855-6127

INSTALLATIONS FACILITIES

- A Académie LaurenHill Junior Campus
- B Académie LaurenHill Senior Campus
- C Aréna Raymond-Bourque
- D Bibliothèque du Boisé
- E Bibliothèque du Vieux-Saint-Laurent
- F Boulodrome
- G Cégep Vanier College
- H Centre de formation professionnelle Léonard-De Vinci
- I Centre des loisirs
- J Complexe sportif
- K École Enfant-Soleil
- L École secondaire Saint-Laurent Édifice Émile-Legault
- M École secondaire Saint-Laurent Édifice Saint-Germain
- ★ Mairie d'arrondissement Borough Hall
- N Musée des maîtres et artisans du Québec Salle Émile-Legault – Cégep de Saint-Laurent
- O YMCA Saint-Laurent

PARCS / PARKS

- 1. Aimé-Caron
- 2. Alexis-Nihon
- 3. Bassin de la Brunante
- 4. Bassin du Noroît
- 5. Bassin du Suet
- 6. Bassin du Suroît
- 7. Beaudet
- 8. Beaulac
- 9. Bélanger
- 10. Bois-de-Liesse (du)
- 11. Bois-Franc (du)
- 12. Bourbonnière
- 13. Chamberland
- 14. Cousineau
- 15. Decelles
- 16. Docteur-Bernard-Paquet
- 17. Gariépy
- 18. Gohier
- 19. Gold
- 20. Goulet
- 21. Grou
- 22. Guillaume-Bruneau
- 23. Harris
- 24. Hartenstein
- 25. Henri-Thomas-Scott
- 26. Houde
- 27. Isaac-Abrabanel
- 28. Jerry-Shears
- 29. L'Archevêque
- 30. Marcel-Laurin
- 31. Marlborough
- 32. Noël-Nord
- 33. Noël-Sud
- 34. Painter
- 35. Petit
- 36. Philippe-Laheurte
- 37. Poirier
- 38. Raymond-Lagacé
- 39. Raymond-Vidal
- 40. Robert-Mitchell
- 41. Roman-Zytnsky
- 42. Ronald-Moreau
- 43. Saint-Laurent
- 44. Sir-Edmund-Hillary
- 45. Super jardin communautaire
- 46. Tassé
- 47. Urgel-Eugène-Archambault
- 48. Zéphir (du)