



SPORTS, LEISURE

AND COMMUNITY
LIFE

FALL 2018
WINTER 2019





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

Community, public and
parapublic services: 211

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

Urban Security Patrol
514 855-5700

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

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

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

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

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

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

- 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


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

- 1 **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*



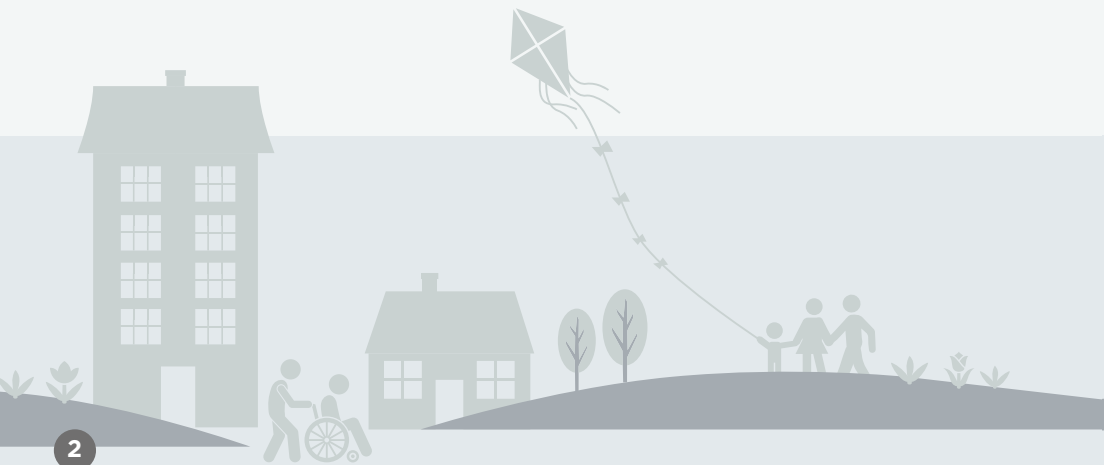
Michèle D. Biron

*Borough Councillor,
Norman-McLaren
District*



Jacques Cohen

*Borough Councillor,
Côte-de-Liesse
District*



MESSAGE FROM THE MAYOR OF SAINT-LAURENT

Dear fellow citizens,

While Saint-Laurent beamed under the sun, our teams were busy preparing our fall-winter sports and recreation program featuring arts, dance, Scrabble, gymnastics, judo, karate, as well as ice skating, hockey and other winter activities, which provided a cool respite as we contended with one of the worst heatwaves in recent years.

I would like to thank our employees at the Direction des travaux publics and the Direction de la culture, des sports, des loisirs et du développement social, who pooled their efforts to quickly offer extended hours at our aquatic facilities. Kudos also to our young monitors and lifeguards, who were able to manage record attendance while ensuring the safety of swimmers.

The recent heatwave attests to the relevance of the numerous initiatives Saint-Laurent's administration has implemented in recent years to fight the urban heat island phenomenon. Clearly present in areas such as ours, with its significant industrial vocation, the problem requires joint action from the entire community. For its part, Saint-Laurent has adopted six local plans, three of which directly focus on the phenomenon by addressing transit, greenhouse gas emissions and sustainable development.

For example, Saint-Laurent's administration is making an intense effort to increase forest coverage by planting as many trees as possible on public land and protecting ash trees from the emerald ash borer. It is also striving to use green or white roofs and light-coloured mineral paved surfaces. To these initiatives we add the adoption of bylaws encouraging citizen and businesses to do likewise.

Are you planning to renovate your driveway, roof or home cladding? Don't hesitate to reach out to our Direction de l'aménagement urbain et des services aux entreprises to find out how you can help to effectively eradicate urban heat islands. We are all equal partners in this challenge.

In closing, I invite you to mark August 18 on your calendar. We will be celebrating the second edition of our **Fête de la rentrée sportive** at the Sports Complex. I'll be there with my Council colleagues, and I look forward to having the pleasure of mingling with you!



Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent



MESSAGE FROM THE DIRECTOR

Ladies and gentlemen,

The Agenda publication has been revamped and renamed the **Sports, Leisure and Community Life** Program! It strives to coordinate with our Culture and Libraries Program with a view to harmonizing our publications and helping you recognize them more easily.

It is always a pleasure to present the results of our wonderful collaboration with the Saint-Laurent community milieu. Thanks to the support of some 20 agencies consisting primarily of volunteers, we are able to offer you a complete assortment of activities to satisfy all tastes, season after season.



An excellent example of this collaboration is the new fitness training program offered by the Club Saint-Laurent Sélect inc. in the fitness room at the Sports Complex. Mandated to manage the venue, the club's objective is to enable local athletes to reach new heights and also offer affordable activities for our citizens who are intent on getting fit. It's a done deal! There's even a special program for teens!

Always attentive to your feedback, we have noted a resounding interest among parents for family activities. In response, we have included a new Family Sports activity offered by our preschool centre and held at the Sports Complex. I would also like to draw your attention to the return of the Karibou parent-child gymnastics activity for children aged 1 to 5. These are just a few examples of opportunities even for toddlers to be introduced to sports!

And because it's also important for them to discover the joys of reading, a renovation project is in the works for the Bibliothèque du Vieux-Saint-Laurent, scheduled to begin in early 2019. The facility will close for a few months during the project, and will re-open with improved infrastructures to ensure satisfaction and comfort for visitors! Stay tuned, because temporary services will be offered to users in the district during the project.

A stylized, handwritten signature in black 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 by Visa or MasterCard 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:
514 855-6110, 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 September 3, October 8, from December 24 to January 2, April 19 and 20, and May 20)

Reception desk hours at the Sports Complex:

Monday to Friday, from 8:30 a.m. to 8:30 p.m.
Saturday and Sunday, from 8:30 a.m. to 4 p.m.

(Closed September 3, October 8, December 24, December 25, December 26 until 1 p.m., December 31, January 1, January 2 until 1 p.m., April 19, April 22 and May 20)

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 (such as a recent 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 along with the documents indicated above. A new photo will be taken.

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.

Participants must know their course level before registration and are responsible for monitoring the number of times they register. See the refund policy on page 5.

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.



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.



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



ACTIVITIES FOR SMALL BUDGETS

CULTURAL ACTIVITIES

See the publication Culture and Libraries 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 dance.



Exhibitions

Exhibitions that offer insight into the different artistic techniques used to create original artworks. See page 29.



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.



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.

Craft and weaving

The Cercle des fermières de Saint-Laurent offers workshops devoted to the interests of women and families as well as to the passing on of family heritage (annual membership: \$32). See page 21.

L'Unité 12-17 *

Free sports and cultural activities for teens aged 12 to 17. Video games, music, movies, table football, table tennis and more. See page 34.

Program for persons with disabilities

Socio-recreational activities and individual support for persons with disabilities offered by the Handicapés de Saint-Laurent association (membership card: \$7). See page 33.

Samedis ensoleillés

Sports, artistic and recreational activities facilitated and hosted at École Henri-Beaulieu starting in mid-October at a cost of \$2 every Saturday, from 1 to 5 p.m.

Scrabble

Pleasant and friendly environment for lovers of Duplicate Scrabble (seance: \$4). See page 35.

Sundays in Parc Painter *

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

LEISURE ACTIVITIES



Ados de St-Lo at Parc Painter

Soccer, basketball and other sports activities, billiards, video and board games, table tennis. That's what awaits 12- to 17-year-olds at Parc Painter. See page 34.



Ados de St-Lo at the Sports Complex

Sports and cultural activities for teens aged 12 to 17 at the Sports Complex. See page 34.

Carrefour des aînés

Pool and table tennis, bingo, bridge, board games, shuffleboard and petanque are among the activities organized by the Carrefour des aînés (membership card: \$10). See page 33.

SPORTS ACTIVITIES

Baseball

Youth aged 8 to 18 are invited to perfect their baseball skills by taking classes at the Sports Complex and Cégep de Saint-Laurent. See page 42.

Football *

Speed workshop for ages 6 and +. See page 44.

Open sports

Reservation online at the reception counters at the Sports Complex or at the Centre des loisirs for mini-tennis and several open activities including badminton, basketball, soccer, and volleyball. Schedules may change without notice. Refer to the Sports section on page 38.

Open hockey

Ice time reserved for open hockey at Aréna Raymond-Bourque. Admission: \$5. See page 46.

Open skating




Ice time reserved for free skating at Aréna Raymond-Bourque. Admission: \$2 to \$4. Free for Carte biblio-loisirs holders on Wednesdays between 7 and 8 p.m. for all and between 8 to 9 p.m. for adults. See page 51.

Open swim

Periods reserved for lap swimming and recreational swimming at the Saint-Laurent Sports Complex and YMCA. See page 38.

Table tennis

Reservation of courts online or at the reception desk of the Sports Complex or the Recreation Center. \$5. See page 53.

	= FREE
	= FREE WITH LAISSEZ-PASSER
	= FREE WITH CARTE BIBLIO-LOISIRS

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



211 Community, public and parapublic services
311 General information



ville.montreal.qc.ca/saint-laurent



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



ArrSaintLaurent



MTLsaintlaurent



Mobile app of Saint-Laurent



REGISTER TODAY

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

CYBERBULLETIN



COMMUNITY LIFE



"Au gré des vents", Parc Painter chalet, intercultural participative mural, nayan.ca

SOCIAL DEVELOPMENT IN SAINT-LAURENT

The social development relates to the continuous improvement of the life setting and individual and community life quality for the population. It also strives to put in place conditions that promote the active participation of citizens in community social life while taking into consideration the progression and specific nature of their needs.

Social development is an inclusive and transversal practice that adds cohesiveness to all municipal actions by ensuring that the services and infrastructures that are offered are fair, good quality, accessible and safe. It incorporates the municipal dimensions that impact citizens' quality of life (urban development, infrastructures, housing, culture, sports, leisure, economic development, environment and safety) from the perspective of sustainable development.

The Borough is involved as a leader in the recognized areas of municipal competence. In the case of shared responsibilities, it works in accordance with partners including Ville de Montréal and public, private or community networks, according to an integrated approach to urban, cultural, economic, social and community development. It also acts as a facilitator by supporting community agency initiatives.

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)
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
BENOÎT**
514 744-0897
infos@centrebongourage.org



**CENTRE D'ACTION BÉNÉVOLE
ET COMMUNAUTAIRE
SAINT-LAURENT INC.**
514 744-5511
cabac@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 FERMÎÈRES 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 SANCTIONNED LEISURE ORGANIZATIONS AND 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.



AIR CADETS

ESCADRON 621 SAINT-LAURENT

Abdelaziz Mansouri, president
621aviation@cadets.qc.ca



588 ERIC SIMMS SQUADRON

Gary Derbedrossian, president
588aviation@cadets.qc.ca



ART

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

Marcel Daoust, president
contact@artsaintlaurent.ca
www.artsaintlaurent.ca



BASEBALL

CLUB DE BASEBALL SAINT-LAURENT

Guy Bolduc, president
info@baseballstlaurent.com
www.baseballstlaurent.com



BASKETBALL

COMITÉ DE BASKETBALL SAINT-LAURENT

Julia King, president
bbstlaurent@icloud.com



BRIDGE

CLUB DE BRIDGE LOISIRS SAINT-LAURENT

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



CHOIR

L'ENSEMBLE VOCAL DE SAINT-LAURENT

Randa Zamrini, president
514 856-3096
Marc Lapasset, treasurer
514 592-8329



CHŒUR WALTER

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



COMPETITIVE SWIMMING

CLUB DE NATATION SAINT-LAURENT INC.

Maryse Petitpas, president
coord@clubcnsl.com
514 855-6000, ext. 4778



DANCE

STUDIO DE DANSE IMPULSE

Marie-Denise Bettez
438 887-7037
studiodanseimpulse@hotmail.com



CLUB DE DANSE SOCIALE LES LAURENTIENS

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



FIGURE SKATING

CLUB DE PATINAGE ARTISTIQUE SAINT-LAURENT

Jenny Lee, president
www.cpastl.ca



FOOTBALL

ASSOCIATION DE FOOTBALL AMATEUR DE SAINT-LAURENT

Shawn Daniels, president
www.saintlaurentfootball.com



GYMNASTICS

CLUB GYMSLIC SAINT-LAURENT INC.

Marie-Ève Parent, general manager
514 748-7707
contact@gymslic.com
www.gymslic.com



HOCKEY

COMITÉ DE HOCKEY SAINT-LAURENT

Cory Duhamel, president
info@hockeystl.com
www.hockeystl.com



JUDO

CLUB DE JUDO BUDOKAN SAINT-LAURENT

Abbas Benlalam, president
judobudokanstl@gmail.com
www.judobudokanstl.com



KARATE

CLUB DE KARATÉ KIO SAINT-LAURENT

Noël Ngandui, president
info@kiosaintlaurent.com
www.kiosaintlaurent.com



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

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



PHOTOGRAPHY
ASSOCIATION DES
PHOTOGRAPHES
DE SAINT-LAURENT
 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.
 Hélène Pothier, vice-president
 info@ringuettessaintlaurent.com
 www.ringuettessaintlaurent.com

SCRABBLE
CLUB DE SCRABBLE
LAURENTIEN
 Mary Stamboulieh, president
 514 748-9652

SCRABBLE SAINT-LAURENT
 Clotilde Esseili, director
 514-334-1639



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



SYNCHRONIZED SWIMMING
CLUB DE NAGE SYNCHRONI-
SÉE 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

UNIVERSAL ACCESSIBILITY

Universal accessibility is a major concern for Saint-Laurent, and major efforts have been under way in Saint-Laurent in this area since 2006. For example, the concept was taken into consideration during the major renovations at Aréna Raymond-Bourque, at the Centre des loisirs and at Borough Hall. Also, in 2013, Saint-Laurent's administration officially opened the Bibliothèque du Boisé, followed in April 2017, by the Saint-Laurent Sports Complex, which are two exemplary buildings with respect to universal accessibility.

Efforts continued in 2018 with the opening of three new community gardens with universal accessibility features in the Bourbonnière, Robert-Mitchell and Roman-Zytynsky parks.



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



ALTERGO

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



AQEPA

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



ASSOCIATION DE MONTRÉAL POUR LA DÉFICIENCE INTELLECTUELLE

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



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

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



ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL

514 524-4715
www.asam.ca
Sports activities



ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS MONTRÉAL-LAVAL

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



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



CENTRE ACTION

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



CENTRE DIDACHE

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



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



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



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



JUNI-SPORT

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

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

514 433-8813

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 ACCOMPANIMENT CARD

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

514 280-8211

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



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



Crédit : 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 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

bibliomontreal.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 4 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 6:30 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
- Free parking
- Nursing room

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

CENTRE DES LOISIRS

GENERAL INFORMATION



CENTRE DES LOISIRS

1375, rue Grenet

H4L 5K3

📞 514 855-6110, ext. 3

🚶🏻‍♂️ Métro Côte-Vertu

SCHEDULE

Client service (counter)

Mon and Tue 8:30 a.m. to 4:30 p.m.

Wed 8:30 a.m. to 8 p.m.

Thur and Fri 8:30 a.m. to 4:30 p.m.

Activities and exhibitions

Sun 8 a.m. to 10 p.m.

Mon to Thu 8 a.m. to 10:30 p.m.

Fri and Sat 8 a.m. to 11 p.m.

SERVICES

- Café
- Free parking
- Nursing room
- Wi-Fi Internet access

LEISURE



General information:

☎ 514 855-6110, ext. 3

BRIDGE

Location: Centre des loisirs

Organized by the Club de bridge Loisirs Saint-Laurent.

Fall session: Registration in person at the Centre des loisirs on Monday, August 27, from 6 to 8 p.m.

Winter session: Registration in person on Tuesday, November 20, from 6 to 8 p.m.

Information:

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

FALL 2018

Lesson – Beginner (French)

18 and + ➤ Mon 7 to 9:15 p.m. ➤ Sept 10 to Nov 12 ➤ \$90

18 and + ➤ Wed 1:15 to 3:30 p.m. ➤ Sept 12 to Nov 14 ➤ \$90

Game – Bridge duplicata

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

18 and + ➤ Wed 7 to 10 p.m. ➤ Sept 5 to Dec 12 ➤ \$5 / evening

WINTER 2019

Lesson – Intermediate (French)

18 and + ➤ Mon 7:15 to 9:15 p.m. ➤ Jan 7 to March 18 ➤ \$90

18 and + ➤ Wed 1:15 to 3:30 p.m. ➤ Jan 9 to March 20 ➤ \$90

Game – Bridge duplicata

18 and + ➤ Tue 1 to 4:15 p.m. ➤ Jan 8 to June 18 ➤ \$5 / day

18 and + ➤ Wed 7 to 10 p.m. ➤ Jan 9 to June 19 ➤ \$5 / evening

Coached bridge

18 and + ➤ Wed 1:15 to 3:30 p.m. ➤ Apr 10 to June 5 ➤ \$80

CERCLE DE FERMIERES DE SAINT-LAURENT

Location: Centre des loisirs

Association dedicated to the interests of women and families, and to spreading cultural and artistic heritage. Annual membership contribution to the Association included: \$32.

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

Information:

Réjeanne Houle, 514 331-9652

Craft workshop

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

Weaving workshop

14 and + ➤ Thu 1:30 to 3:30 p.m. ➤ Sept to June ➤ Free for members ➤ \$5 non-members / course

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

CULTURAL WORKSHOPS

ADULTS

Location: Centre des loisirs

Participants will have to purchase materials for certain workshops. Only basic colours are provided for the watercolours and painting course.

Fall session: Registration online as of Tuesday, August 21, at 8:30 a.m., on Loisirs en ligne (see page 7).

Winter session: Registration online as of Tuesday, November 20, at 8:30 a.m., on Loisirs en ligne (see page 7).

Information: 514 855-6110, ext. 3

To easily search for cultural workshops in Loisirs en ligne, select the Borough of Saint-Laurent, "Fall 2018" or "Winter 2019" and the **keyword (KW)** corresponding to the activity.

Baladi I (bilingual) / Lala Hakim

18 and + > Tue 6 to 7 p.m. > Sept 11 to Nov 20 > Jan 22 to Apr 2 > \$120 > KW Baladi

Baladi II (bilingual) / Lala Hakim

18 and + > Tue 7 to 8 p.m. > Sept 11 to Nov 20 > Jan 22 to Apr 2 > \$120 > KW Baladi

Calligraphy / Réal Colletterte

18 and + > Mon 1 to 3:30 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$130 > KW Calligraphie

18 and + > Mon 6 to 8:30 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$130 > KW Calligraphie

Contemporary painting I – II (acrylic) / Svetla Velikova

18 and + > Wed 9:30 a.m. to 12 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$140 > KW Peinture

18 and + > Wed 1 to 3:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$140 > KW Peinture

After work

18 ans + > Wed 5:30 to 7:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$110 > KW Peinture

Contemporary painting II – III (acrylic) / Svetla Velikova

18 and + > Fri 9:30 a.m. to 12 p.m. > Sept 14 to Nov 23 > Jan 18 to March 29 > \$140 > KW Peinture

Contemporary painting I – II – Mixed techniques / Svetla Velikova

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 15 to Nov 24 > Jan 19 to March 30 > \$140 > KW Peinture



Contemporary painting III – Mixed techniques / Svetla Velikova

18 and + > Thu 1 to 3:30 p.m. > Sept 13 to Nov 22 > Jan 17 to March 28 > \$140 > KW Peinture

Contemporary watercolour / Valérie Gruia

18 and + > Wed 1 to 3:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$140 > KW Aquarelle

Crochet – Knitting / Lucie Carmel

18 and + > Tue 7 to 9:30 p.m. > Sept 11 to Nov 20 > Jan 15 to March 26 > \$120 > KW Tricot

Drawing – Observation I – II / Svetla Velikova

18 and + > Mon 9:30 a.m. to 12 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$150 > KW Dessin

After work

Drawing and modeling – Long poses with live models

18 and + > Mon 5:30 to 7 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$110 > Additional cost for live models > KW Dessin

Drawing and acrylic painting I – II / Svetla Velikova

18 and + > Sun 10 a.m. to 12:30 p.m. > Sept 16 to Nov 25 > Jan 20 to March 31 > \$150 > KW Dessin

Drawing and modeling II – Live models / Svetla Velikova

18 and + > Mon 1 to 3:30 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$150 > Additional cost for live models > KW Dessin

Icon – Egg tempera / Svetla Velikova

18 and + > Thu 9:30 a.m. to 12 p.m. > Sept 13 to Nov 22 > Jan 17 to March 28 > \$140 > KW Icônes

Illumination / Réal Colletterte

18 and + > Sun 9 a.m. to 4 p.m. > Oct 14 and 21 > Feb 10 and 17 > \$60 > KW Enluminure

Oil painting I / Areg Elibekian

18 and + > Sat 1 to 3:30 p.m. > Sept 15 to Nov 24 > Jan 19 to March 30 > \$140 > KW Peinture

Oil painting I and II / Areg Elibekian

18 and + > Tue 7 to 9:30 p.m. > Sept 11 to Nov 20 > Jan 15 to March 26 > \$140 > KW Peinture

18 and + > Wed 7 to 9:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$140 > KW Peinture

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 15 to Nov 24 > Jan 19 to March 30 > \$140 > KW Peinture

Oil painting II and III / Areg Elibekian

18 and + > Thu 1:30 to 4 p.m. > Sept 13 to Nov 22 > Jan 17 to March 28 > \$140 > KW Peinture

Oil painting III / Areg Elibekian

18 and + > Tue 1:30 to 4 p.m. > Sept 11 to Nov 20 > Jan 15 to March 26 > \$140 > KW Peinture

18 and + > Wed 9:30 a.m. to 12 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$140 > KW Peinture

Porcelain painting (small project) / Louise Savard

18 and + > Wed 9:30 a.m. to 12 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$120 > 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. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$160 > KW Poterie

18 and + > Mon 7 to 9:30 p.m. > Sept 10 to Nov 26 (break on Oct 8) > Jan 14 to March 25 > \$160 > KW Poterie

18 and + > Tue 7 to 9:30 p.m. > Sept 11 to Nov 20 (break on Oct 8) > Jan 15 to March 26 > \$160 > KW Poterie

Pottery, modelling, turning, ceramics (advanced) / Francine Gauthier

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 15 to Nov 24 > Jan 19 to March 30 > \$160 > KW Poterie

Sewing / Gaétane Nicol or Latifa Boukendakdji*

18 and + > Tue 9:30 a.m. to 12 p.m. > Sept 11 to Nov 20 > \$130 > KW Couture

18 and + > Wed 7 to 9:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$130 > KW Couture*

18 and + > Sat 9:30 a.m. to 12 p.m. > Sept 15 to Nov 24 > \$130 > KW Couture

Silk painting / Valérie Gruia

18 and + > Dim 9 a.m. to 4 p.m. > Sept 23 > \$30 > Material not included > KW Peinture



18 and + > Dim 9 a.m. to 4 p.m. > Oct 28 > \$30 > Material not included > KW Peinture

18 and + > Dim 9 a.m. to 4 p.m. > Nov 18 > \$30 > Material not included > KW Peinture

18 and + > Dim 9 a.m. to 4 p.m. > Jan 27 > \$30 > Material not included > KW Peinture

18 and + > Dim 9 a.m. to 4 p.m. > Feb 24 > \$30 > Material not included > KW Peinture

18 and + > Dim 9 a.m. to 4 p.m. > March 24 > \$30 > Material not included > KW Peinture

Stained glass / Stéphanie Aghbachian

18 and + > Tue 1:30 to 4 p.m. > Sept 11 to Nov 20 > Jan 15 to March 26 > \$130 > KW Vitrail

18 and + > Tue 7 to 9:30 p.m. > Sept 11 to Nov 20 > Jan 15 to March 26 > \$130 > KW Vitrail

18 and + > Wed 1:30 to 4 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$130 > KW Vitrail

18 and + > Thu 9:15 to 11:45 a.m. > Sept 13 to Nov 22 > Jan 17 to March 28 > \$130 > KW Vitrail

18 and + > Thu 7 to 9:30 p.m. > Sept 13 to Nov 22 > Jan 17 to March 28 > \$130 > KW Vitrail

Stained glass – fusion – NEW / Stéphanie Aghbachian

18 and + > Wed 7 to 9:30 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$130 > KW Vitrail

Stone carving / Vasil Nikov

18 and + > Wed 1:30 to 4 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$130 > KW Sculpture

18 and + > Wed 5:30 to 8 p.m. > Sept 12 to Nov 21 > Jan 16 to March 27 > \$130 > KW Sculpture

Yoga (bilingual) / Ghislaine Bayade

Participants must bring their yoga mat.

1 / week ➤ \$120

2 / week ➤ \$190

18 and + ➤ Mon 6:15 to 7:40 p.m. ➤
Sept 10 to Dec 3 (break on Oct 1st
and 8) ➤ Jan 14 to March 25 ➤ **KW** Yoga

18 and + ➤ Wed 7:50 to 9:15 p.m. ➤
Sept 12 to Nov 21 ➤ Jan 16 to March 27 ➤
KW Yoga

18 and + ➤ Mon 7:50 to 9:15 p.m. ➤
Sept 10 to Dec 3 (break on Oct 1st
and 8) ➤ Jan 14 to March 25 ➤ **KW** Yoga

18 and + ➤ Wed 6:15 to 7:40 p.m. ➤
Sept 12 to Nov 21 ➤ Jan 16 to March 27 ➤
KW Yoga

**Yoga lunch break / Florence Say
or Xavier Tesserot***

Participants must bring their yoga mat.

1 / week ➤ \$70

2 / week ➤ \$110

18 and + ➤ Mon 12:05 to 12:55 p.m. ➤
Sept 10 to Dec 3 (break on Oct 1st
and 8) ➤ Jan 14 to March 25 ➤ **KW** Yoga*

18 and + ➤ Fri 12:05 to 12:55 p.m. ➤
Sept 14 to Nov 23 (break on Oct 8) ➤
Jan 18 to March 29 ➤ **KW** Yoga

Watercolour I – II / Valérie Gruia

18 and + ➤ Tue 9:30 a.m. to 12 p.m. ➤
Sept 11 to Nov 20 ➤ Jan 15 to March 26 ➤
\$140 ➤ **KW** Aquarelle

18 and + ➤ Thu 7 to 9:30 p.m. ➤ Sept 13
to Nov 22 ➤ Jan 17 to March 28 ➤ \$140 ➤
KW Aquarelle

Watercolour II – III / Valérie Gruia

18 and + ➤ Tue 1 to 3:30 p.m. ➤ Sept 11
to Nov 20 ➤ Jan 15 to March 26 ➤ \$140 ➤
KW Aquarelle

18 and + ➤ Wed 7 to 9:30 p.m. ➤ Sept 12
to Nov 21 ➤ Jan 16 to March 27 ➤ \$140 ➤
KW Aquarelle

**Watercolour III – Creativity and
expression / Valérie Gruia**

18 and + ➤ Thu 1 to 3:30 p.m. ➤ Sept 13
to Nov 22 ➤ Jan 17 to March 28 ➤ \$140 ➤
KW Aquarelle

Wood carving / Rémi Richard

18 and + ➤ Tue 1:30 to 4 p.m. ➤ Sept 18
to Nov 27 ➤ Jan 15 to March 26 ➤ \$130 ➤
KW Sculpture

18 and + ➤ Tue 7 to 9:30 p.m. ➤ Sept 11
to Nov 20 ➤ Jan 15 to March 26 ➤ \$130 ➤
KW Sculpture

YOUTH

Location: Centre des loisirs

Fall session: Registration as of Tuesday,
August 21 at 8:30 a.m. online at Loisirs en
ligne (see page 7).

Winter session: Registration as of Tuesday,
November 20 at 8:30 a.m. online at Loisirs
en ligne (see page 7).

Information: 514 855-6110, ext. 3

To easily search for cultural workshops
in Loisirs en ligne, select the Borough of
Saint-Laurent, "Fall 2018" or "Winter 2019"
session and the **keyword (KW)** correspon-
ding to the activity.

■ Section for ages 6 to 8**Cartoon drawing / Pierre Bourgouin**

6 to 8 ➤ Sat 10 a.m. to 12 p.m. ➤ Sept 15
to Nov 24 ➤ Jan 19 to March 30 ➤ \$60 ➤
KW Bande dessinée

**Drawing and painting / Carolle
Dubuc* and Areg Elibekian**

6 to 8 ➤ Sun 10 a.m. to 12 p.m. ➤ Sept 16
to Nov 25 ➤ Jan 20 to Apr 7 ➤ \$80 ➤
KW Peinture

6 to 8 ➤ Sun 1 to 3 p.m. ➤ Sept 16 to
Nov 25 ➤ Jan 20 to Apr 7 ➤ \$80 ➤
KW Peinture*

6 to 8 ➤ Sun 1 to 3 p.m. ➤ Sept 16 to
Nov 25 ➤ Jan 20 to Apr 7 ➤ \$80 ➤
KW Peinture*

■ Section for ages 6 to 12**Chess level I / Raphael Nunez**

6 to 12 ➤ Sat 1 to 2 p.m. ➤ Sept 15 to
Nov 24 ➤ Jan 19 to March 30 ➤ \$40 ➤
KW Echecs

Chess level II / Raphael Nunez

6 to 12 ➤ Sat 2 to 3 p.m. ➤ Sept 15 to
Nov 24 ➤ Jan 19 to March 30 ➤ \$40 ➤
KW Echecs



Chess level III / Raphael Nunez

6 to 12 ➤ Sat 3 to 4 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$40 ➤ KW Echecs

Drawing, pottery-modelling / Francine Gauthier

6 to 12 ➤ Sat 1 to 3 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$80 ➤ KW Poterie

6 to 12 ➤ Sun 10 a.m. to 12 p.m. ➤ Sept 16 to Nov 25 ➤ Jan 20 to Apr 7 ➤ \$80 ➤ KW Poterie

6 to 12 ➤ Sun 1 to 3 p.m. ➤ Sept 16 to Nov 25 ➤ Jan 20 to Apr 7 ➤ \$80 ➤ KW Poterie

Yoga / Ghislaine Bayade

6 to 12 ➤ Thu 6 to 7 p.m. ➤ Sept 13 to Nov 22 ➤ Jan 17 to March 28 ➤ \$60 ➤ Participants must bring their yoga mat ➤ KW Yoga

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

7 to 12 ➤ Sat 10 a.m. to 12 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$80 ➤ Participants must bring four containers ➤ KW Marmitons

7 to 12 ➤ Sat 1 to 3 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$80 ➤ Participants must bring four containers ➤ KW Marmitons

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

9 to 14 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$80 ➤ KW Peinture

9 to 14 ➤ Sat 10 a.m. to 12 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$80 ➤ KW Peinture

Caricatures and characters / Pierre Bourgoin

9 to 14 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$60 ➤ KW Caricatures

Cartoon drawing – Manga / Pierre Bourgoin

9 to 14 ➤ Sat 1 to 3 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$60 ➤ KW Bande dessinée

Water painting / Carolle Dubuc

9 to 14 ➤ Sat 1 to 3 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$80 ➤ KW Peinture

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

10 to 17 ➤ Thu 7 to 9 p.m. ➤ Sept 13 to Nov 22 ➤ Jan 17 to March 28 ➤ \$80 ➤ KW Peinture



10 to 17 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$80 ➤ KW Peinture

Pottery, modelling-turning / Francine Gauthier

10 to 17 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$80 ➤ KW Poterie

■ Section for ages 13 to 17**Chess – Family / Raphael Nunez**

13 to 17 ➤ Sat 4 to 5 p.m. ➤ Sept 15 to Nov 24 ➤ Jan 19 to March 30 ➤ \$40 ➤ Parents are welcome. Registration: \$40 ➤ KW Echecs

Cooking / Mariette Cadieux

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$80 ➤ Participants must bring four containers ➤ KW Cuisine

Sewing – Family / Latifa Boukendakdji

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$60 ➤ Parents are welcome. Registration: \$60 ➤ Material not included ➤ KW Couture

Stained glass – Family / Stéphanie Aghbachian

13 to 17 ➤ Fri 7 to 9 p.m. ➤ Sept 14 to Nov 23 ➤ Jan 18 to March 29 ➤ \$80 ➤ Parents are welcome. Registration: \$80 ➤ KW Vitrail

**ASSOCIATION
DES ARTISTES DE
SAINT-LAURENT**

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

Information:

Marcel Daoust
contact@artsaintlaurent.ca
www.artsaintlaurent.ca

DANCE

IMPULSE DANCE STUDIO

Location: Centre des loisirs

Fall session: Registration in person at the Centre des loisirs on August 27, from 6 to 9 p.m. Online registration on Loisirs en ligne from August 13, at 8:30 a.m., to August 26, at 4 p.m.

Winter session: Registration in person at the Centre des loisirs on January 12, from 10 a.m. to 2 p.m. Online registration on Loisirs en ligne from December 1, at 8:30 a.m., to January 10, at 4 p.m.

No classes during the following weeks:
Oct 6 to 12, March 4 to 10.

Approximate costume cost: \$40

The names of teachers are subject to change.

Information:

438 887-7037

studiodedanseimpulse@hotmail.com

facebook.com/studiodedanseimpulse

www.studiodedanseimpulse.com

■ Children

Awakening to dance / Marika

Dumoulin-Lafond

3 and 4 > Sat 9 to 9:45 a.m. > Sept 22 to Dec 1 or Jan 19 to March 30 > Fall: \$100 > Winter: \$100

Creative ballet IA / Marie-Pier Gilbert

3 and 4 > Sun 9 to 9:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Creative ballet IB / Marie-Ève Tremblay

3 and 4 > Sun 9 to 9:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Parent-child / Marie-Pier Gilbert

3 and 4 > Thu 5 to 5:45 p.m. > Sept 27 to Dec 6 or Jan 24 to Apr 4 > Fall: \$120 > Winter: \$120

Creative ballet IC / Marie-Ève Tremblay

4 to 6 > Sun 11 to 11:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Introduction to hip-hop /

Marie-Denise Bettez

4 to 6 > Wed 5 to 5:45 p.m. > Sept 26 to Dec 5 or Jan 23 to Apr 3 > Fall: \$100 > Winter: \$100

Creative ballet 2A / Marie-Pier Gilbert

5 and 6 > Sun 10 to 10:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Creative ballet 2B / Marie-Ève

Tremblay

5 and 6 > Sun 10 to 10:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Creative dance / Adrienne Bélanger

5 and 6 > Sat 10 to 10:45 a.m. > Sept 22 to Dec 1 or Jan 19 to March 30 > Fall: \$100 > Winter: \$100

Creative dance / Marie-Pier Gilbert

5 and 6 > Thu 6 to 6:45 p.m. > Sept 27 to Dec 6 or Jan 24 to Apr 4 > Fall: \$100 > Winter: \$100

Tap dance / Aaricia Laperrière-Roy

5 to 8 > Tue 6 to 7 p.m. > Sept 25 to Dec 4 or Jan 22 to Apr 2 > Fall: \$100 > Winter: \$100

Introduction to ballet / Marie-Pier

Gilbert

6 to 8 > Sun 11 to 11:45 a.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Introduction to jazz A / Marika

Dumoulin-Lafond

6 to 8 > Sat 11 to 11:45 a.m. > Sept 22 to Dec 1 or Jan 19 to March 30 > Fall: \$100 > Winter: \$100

Introduction to jazz B /

Marie-Denise Bettez

6 to 8 > Wed 5:45 to 6:30 p.m. > Sept 26 to Dec 5 or Jan 23 to Apr 3 > Fall: \$100 > Winter: \$100

Introduction to jazz C / Marie-Pier

Gilbert

6 to 8 > Thu 7 to 7:45 p.m. > Sept 27 to Dec 6 or Jan 24 to Apr 4 > Fall: \$100 > Winter: \$100

Hip-hop / Matthew Heli Brunel

7 to 9 > Thu 5 to 6 p.m. > Sept 27 to Dec 6 or Jan 24 to Apr 4 > Fall: \$100 > Winter: \$100

Ballet I / Marie-Pier Gilbert

7 to 10 > Sun 1 to 2 p.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$100 > Winter: \$100

Modern jazz I / Marika Dumoulin-Lafond

7 to 10 > Sat 1 to 2 p.m. > Sept 22 to Dec 1 or Jan 19 to March 30 > Fall: \$100 > Winter: \$100

Tap dance / Aaricia Laperrière-Roy

9 to 17 > Tue 7 to 8 p.m. > Sept 25 to Dec 4 or Jan 22 to Apr 2 > Fall: \$100 > Winter: \$100

■ Teenagers

Hip-hop / Rweg Dantiste

10 to 12 > Wed 6 to 7 p.m. > Sept 26 to Dec 5 or Jan 23 to Apr 3 > Fall: \$115 > Winter: \$115

Ballet 2 / Marie-Pier Gilbert

10 to 17 > Sun 2 to 3 p.m. > Sept 23 to Dec 2 or Jan 20 to March 31 > Fall: \$115 > Winter: \$115

Contemporary troupe /

Marie-Denise Bettez

10 to 17 > Wed 7:30 to 8:30 p.m. > Sept 26 to Dec 5 or Jan 23 to Apr 3 > Fall: \$115 > Winter: \$115



Hip-hop / Jigsaw

10 to 17 ➤ Mon 5 to 6 p.m. ➤ Sept 24 to Dec 3 or Jan 21 to Apr 1 ➤ Fall: \$115 ➤ Winter: \$115

Hip-hop troupe / Matthew Heli Brunel

10 to 17 ➤ Thu 7 to 8 p.m. ➤ Sept 27 to Dec 6 or Jan 24 to Apr 4 ➤ Fall: \$115 ➤ Winter: \$115

Modern jazz 2 / Marika Dumoulin-Lafond

10 to 17 ➤ Sat 2 to 3 p.m. ➤ Sept 22 to Dec 1 or Jan 19 to March 30 ➤ Fall: \$115 ➤ Winter: \$115

Hip-hop / Rweg Dantiste

13 and 14 ➤ Wed 7 to 8 p.m. ➤ Sept 26 to Dec 5 or Jan 23 to Apr 3 ➤ Fall: \$115 ➤ Winter: \$115

Hip-hop / Rweg Dantiste

15 to 17 ➤ Wed 8 to 9 p.m. ➤ Sept 26 to Dec 5 or Jan 23 to Apr 3 ➤ Fall: \$115 ➤ Winter: \$115

■ Adults

Brazilian samba / Marie-Denise Bettez

18 and + ➤ Wed 8:30 to 9:30 p.m. ➤ Sept 26 to Dec 5 or Jan 23 to Apr 3 ➤ Fall: \$115 ➤ Winter: \$115

Dance fitness / Marika Dumoulin-Lafond

18 and + ➤ Sat 10 to 10:45 a.m. ➤ Sept 22 to Dec 1 or Jan 19 to March 30 ➤ Fall: \$115 ➤ Winter: \$115
Yoga class featuring flowing dance movements.

Hip-hop / Jigsaw

18 and + ➤ Mon 6 to 7 p.m. ➤ Sept 24 to Dec 3 or Jan 21 to Apr 1 ➤ Fall: \$115 ➤ Winter: \$115

Tap dance / Aaricia Laperrière-Roy

18 and + ➤ Tue 8 to 9:30 p.m. ➤ Sept 25 to Dec 4 or Jan 22 to Apr 2 ➤ Fall: \$150 ➤ Winter: \$150

■ Intergenerational

Contemporary (technical class) / Marie-Denise Bettez

10 and + ➤ Wed 6:30 to 7:30 p.m. ➤ Sept 26 to Dec 5 or Jan 23 to Apr 3 ➤ Fall: \$115 ➤ Winter: \$115

Class featuring exercises that facilitate learning this dance style.

House / Matthew Heli Brunel

7 and + ➤ Thu 6 to 7 p.m. ➤ Sept 27 to Dec 6 or Jan 24 to Apr 4 ➤ Fall: \$100 ➤ Winter: \$100
Urban dance techniques and roots, focusing on footwork.

Krump beginner / Jigsaw

8 and + ➤ Fri 6:30 to 7:45 p.m. ➤ Sept 28 to Dec 7 or Jan 25 to Apr 5 ➤ Fall: \$125 ➤ Winter: \$125
Technique and roots of urban dance composed of dynamic and powerful movements.

Waacking / Fanny Ourse

8 and + ➤ Fri 7:45 to 9 p.m. ➤ Sept 28 to Dec 7 or Jan 25 to Apr 5 ➤ Fall: \$125 ➤ Winter: \$125
Dance featuring arm movements and the dancers' personalities.



SOCIAL DANCING CLUB – LES LAURENTIENS

(Couples only)

Location: Centre des loisirs

Dances taught: Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot and tango. Dance evenings organized throughout the year. Free practice for students every Tuesday from 7 to 8:30 p.m.

Fall session: Registration in person at the Centre des loisirs, from 6 to 8 p.m., on August 27.

Winter session: Registration in person at the Centre des loisirs, from 6 to 8 p.m., on November 20.

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

Information:

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

FALL 2018

Individual dance (salsa)

18 and + ➤ Fri 7 to 8:15 p.m. ➤ Sept 14 to Nov 30 ➤ \$125

Beginner I

18 and + ➤ Sun 3:15 to 4:30 p.m. ➤ Sept 16 to Dec 2 ➤ \$125

Beginner 2

18 and + > Sun 12:45 to 2 p.m. > Sept 16 to Dec 2 > \$125

Beginner 3

18 and + > Sun 12:45 to 2 p.m. > Sept 16 to Dec 2 > \$125

Bronze

18 and + > Fri 8:15 to 9:30 p.m. > Sept 14 to Nov 30 > \$125

Bronze (preliminary)

18 and + > Sun 2 to 3:15 p.m. > Sept 16 to Dec 2 > \$125

Circle dance and Zorba dance

18 and + > Thu 7 to 8 p.m. > Sept 13 to Nov 29 > \$110

Silver (advanced)

18 and + > Wed 7:30 to 9 p.m. > Sept 12 to Nov 28 > \$125

WINTER 2019**Individual dance (salsa)**

18 and + > Fri 7 to 8:15 p.m. > Jan 11 to Apr 5 > \$125

Bronze (preliminary)

18 and + > Sun 2 to 3:15 p.m. > Jan 13 to March 31 > \$125

Bronze

18 and + > Fri 8:15 to 9:30 p.m. > Jan 11 to Apr 5 > \$125

Beginner (preliminary)

18 and + > Sun 3:15 to 4:30 p.m. > Jan 13 to March 31 > \$125

Beginner 2

18 and + > Sun 12:45 to 2 p.m. > Jan 13 to March 31 > \$125

Beginner 3

18 and + > Sun 12:45 to 2 p.m. > Jan 13 to March 31 > \$125

Silver (advanced)

18 and + > Wed 7:30 to 9 p.m. > March 13 to May 29 > \$125

Circle dance and Zorba dance

18 and + > Thu 7 to 8:10 p.m. > Jan 10 to Apr 4 > \$125

Beginner (Sunday)

18 and + > Sun 2 to 3:15 p.m. > Jan 13 to March 31 > \$125

Beginner (Wednesday)

18 and + > Wed 6:15 to 7:30 p.m. > March 13 to May 29 > \$125

Summer class 1

18 and + > Sun 2 to 3:15 p.m. > Apr 28 to June 2 > \$80

Summer class 2

18 and + > Sun 3:15 to 4:30 p.m. > Apr 28 to June 2 > \$80

**DAY CAMP –
SPRING BREAK 2019**

Location: Centre des loisirs

Registration: Online on Loisirs en ligne (see page 7) as of Tuesday, November 13.

Day camp

5 to 12 > Mon to Fri > 9 a.m. to 4 p.m. > March 4 to 8 > Outdoor outings, thematic workshops, group games and more

1st child > \$140

2nd child > \$130

3rd child > \$120

Daycare service

5 to 12 > Mon to Fri > 7:15 to 9 a.m. and 4 to 6 p.m. > March 4 to 8 > \$30

**DAY CAMPS –
SUMMER 2019**

NEW: Registration as of February

Locations: Centre des loisirs and Sports Complex



Registration: Starting on Tuesday, February 5 at 9 a.m. on Loisirs en ligne: ville.montreal.qc.ca/loisirsenligne

Information:

514 855-6110, ext. 3

Starting in late January at the following address: ville.montreal.qc.ca/saint-laurent/camps.

Camp schedule:

Mon to Fri > 9 a.m. to 4 p.m. > June 24 to Aug 16 > With the exception of camps with expeditions for ages 12 to 16



Daycare

Mon to Fri ➤ 7:15 to 9 a.m. and 4 to 6 p.m. ➤ June 24 to Aug 16

LIST OF CAMPS**Centre des loisirs**

Explorer Camp (ages 5 and 6)

Adventurer Camp (ages 7 and 8, and 9 to 11)

Artistic Camp (ages 7 and 8, and 9 to 11)

Sciences Camp (ages 7 and 8, and 9 to 11)

Teen Camp – Outings (ages 12 to 16)
(6 weeks out of 8)

Teen Camp - Expeditions (ages 12 to 16)
(2 weeks out of 8)

Camp Counsellor Training Program (DAFA)
(ages 14 to 16). Duration: 4 weeks - mandatory

Sports Complex

Sports Camp (ages 7 and 8, and 9 to 11)

EXHIBITIONS**CENTRE DES LOISIRS**

1375, rue Grenet



Citizen exhibition: To submit an exhibition project to the Centre des loisirs in 2019-2020, refer to the procedure at the following address: ville.montreal.qc.ca/saint-laurent/expocitoyenne.

Citizen's exhibition – E-Art

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Sept 8 to 23 ➤ Free ➤ Painting

Association des artistes de Saint-Laurent

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Oct 13 to 28 ➤ Free ➤ Painting

Participants in multidisciplinary workshops – Adults

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Nov 3 to 18 ➤ Free ➤ Multidisciplinary arts

Citizen's exhibition – Louise Bérubé

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Nov 24 to Dec 9 ➤ Free ➤ Painting

Citizen's exhibition – Groupe de Selma Valbon

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Dec 15 to Jan 13 ➤ Free ➤ Painting

Participants in pottery and watercolour workshops

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Jan 26 to Feb 10 ➤ Free ➤ Water painting and pottery

Participants in oil painting workshops

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Feb 16 to March 3 ➤ Free ➤ Painting

Participants in multidisciplinary workshops – Children

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ March 9 to 24 ➤ Free ➤ Multidisciplinary arts

Association des photographes de Saint-Laurent

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ March 30 to Apr 14 ➤ Free ➤ Photograph

Participants in stone carving, contemporary and acrylic painting workshops

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ Apr 27 to May 12 ➤ Free ➤ Painting and sculpture

Citizen's exhibition – Sragar family

For all ➤ Mon to Sun 8:30 a.m. to 9 p.m. ➤ May 18 to June 2 ➤ Free ➤ Painting

**MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC**

615, avenue Sainte-Croix

Information:

514 747-7367
www.mmaq.qc.ca

SCHEDULE:**General public:**

Wed to Sun, 12 to 5 p.m.

Groups by reservation:

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

FREE: First Sunday of every month
(Sept 2, Oct 7, Nov 4 and Dec 2)

Rates:

18 and +	\$8
Senior	\$6
Students	\$5
Family rate	\$16 (maximum 2 adults)

EVENT

During the Journées de la culture and Saint-Laurent's 125th Anniversary:

Saint-Laurent en 7 temps

September 29 and 30, 2018

FREE ADMISSION

A virtual reality experience featuring seven short stories inspired by Saint-Laurent and presented by children.

EXHIBITIONS**Palestinian Heritage... Something to celebrate!**

September 14 to October 21, 2018

Najat El-Khairi, who has Palestinian roots, has spent many years collecting items, costumes, and jewellery created by Palestinian craftspeople. Proud of her heritage, her objective is to demonstrate that Palestinian culture is part of the human fabric, and worthy of being preserved.

The art of advertising serigraphy in Québec

September 13 to October 21, 2018

From his personal collections and from the Centre de design at UQAM, in this touring exhibition, Marc H. Chako presents 40 of the best advertising posters from the past 60 years.

Imaging Québec interiors

November 8, 2018 to January 6, 2019

Using furniture and items from our collections, Gloria Lesser studies the development and outreach of exterior and interior design in Québec from the late 19th Century until the 1980's.

Les Jumeaux du CARI, no 21

November 15, 2018 to January 6, 2019

Joint exhibition by a local artist and a new immigrant, in collaboration with the CARI St-Laurent.

Laurent Craste retrospective

January 17 to March 10, 2019

A retrospective of the most striking, sometimes violent, yet unfailingly mesmerizing works of Laurent Craste, a world-famous ceramicist who has been active since the 90's.

**INSTRUMENTAL MUSIC****CENTRE D'ÉTUDES MUSICALES PANTONAL**

Location: Centre des loisirs

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

Fall session: Registration in person at the Centre des loisirs from 6 to 8 p.m. on August 27.

Winter session: Registration in person at the Centre des loisirs from 6 to 8 p.m. on November 20.

Fall session must be paid upon registration (cheques payable to Pantonal, or cash) and winter session must be paid at the end of the fall session.

Refunds will not be granted to participants who drop out of group during the session. A minimum of three participants is required for a group lesson. Groups will be formed according to age and based on the level and the number of registrations. For keyboard, guitar and violin, the course schedule is indicated in the table below according to availability and level.

Course duration:

Group: 1 hr / week

Private: 0.5 hr / week

Schedules will be confirmed at the time of registration.

Fall session: Sept 16 to Dec 9 (12 weeks)

Winter session: Jan 13 to May 25 (18 weeks)

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

Information:

514 273-1055

pantonal@pantonal.ca

Musical awareness

4 and 5 ➤ Sat 9 a.m. ➤ Fall session: \$105 ➤ Winter session: \$145

Keyboard

6 and + ➤ Mon, Tue, Wed, Fri between 4 and 9 p.m. ➤ Sat between 10 a.m. and 5 p.m. ➤ Fall session: \$170 ➤ Winter session: \$245

Violin

6 and + ➤ Mon and Fri between 4 and 9 p.m. ➤ Fall session: \$170 ➤ Winter session: \$245

Guitar

8 and + ➤ Thu between 4 and 9 p.m. ➤ Sun between 9 a.m. and 5 p.m. ➤ Fall session: \$170 ➤ Winter session: \$245



PHOTOGRAPHY

Location: Centre des loisirs

The Association des photographes de Saint-Laurent offers its members workshops, conferences, occasional picture-taking outings to enable photographers to hone their skills and develop their creativity. In addition, members have the opportunity to enter various photo contests as well as in an annual photo exhibit at the Centre des loisirs. No photography courses are given. Participants will make the most of these sessions if they have an understanding of their cameras and basic photographic knowledge.

Fall session: Registration in person at the Centre des loisirs from 6 to 8 p.m. on August 27.

Information:

www.apsl.ca
admin@apsl.ca

Weekly meetings

18 and + ➤ Wed 7 to 9:30 p.m. ➤ Sept 5 to May 22 ➤ \$70 ➤ A participation fee of \$10 to \$15 will be charged for non-members of the Association who wish to attend evening conferences.

PRESCHOOL CENTRE

Location: Centre des loisirs and Sports Complex

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

FALL

Registration: On Loisirs en ligne (see page 7) or in person as of Tuesday, August 14 until Friday, September 7. Weekday sessions for children aged 3 to 5: annual registration in late May.

*The presence of an adult is mandatory.

Open house: September 7, 2018, from 9 a.m. to 3 p.m.

Future moms

Pre-natal yoga ➤ Mon 7 to 8 p.m. ➤ Sept 10 to Nov 26 (break on Oct 8) ➤ \$60

0 to 12 months*

Sensory awareness with baby ➤ Wed 10 a.m. to 12 p.m. ➤ Sept 12 to Nov 21 ➤ \$80

Sensory awareness with baby ➤ Wed 1 to 3 p.m. ➤ Sept 12 to Nov 21 ➤ \$80

Pilates with baby ➤ Fri 1 to 2 p.m. ➤ Sept 14 to Nov 23 ➤ \$60

Yoga with baby ➤ Mon 1:30 to 2:30 p.m. ➤ Sept 10 to Nov 26 (break on Oct 8) ➤ \$60

Yoga with baby ➤ Fri 2 to 3 p.m. ➤ Sept 14 to Nov 23 ➤ \$60

Zumba with baby ➤ Mon 12:30 to 1:30 p.m. ➤ Sept 10 to Nov 26 (break on Oct 8) ➤ \$60

12 to 36 months*

Sounds and rhythms ➤ Fri 9 to 11 a.m. ➤ Sept 14 to Nov 23 ➤ \$80

Marionettes ➤ Tue 9 to 11 a.m. ➤ Sept 11 to Nov 20 ➤ \$80

18 to 36 months*

Acrobats ➤ Mon 9 to 11 a.m. ➤ Sept 10 to Nov 26 (break on Oct 8) ➤ \$80

1 to 3 years old*

Musical game ➤ Sat 10 to 10:45 a.m. ➤ Sept 15 to Nov 24 ➤ \$60

Musical game ➤ Sat 11 to 11:45 a.m. ➤ Sept 15 to Nov 24 ➤ \$60

Mini-circus ➤ Sun 9 to 9:45 a.m. ➤ Sept 16 to Nov 25 ➤ \$60

Mini-circus ➤ Sun 10 to 10:45 a.m. ➤ Sept 16 to Nov 25 ➤ \$60

3 to 5 years old

Little athletes ➤ Thu 9 a.m. to 3:30 p.m. ➤ Sept 13 to Nov 22 ➤ \$175

Little athletes (half-day) ➤ Thu 9 a.m. to 12 p.m. ➤ Sept 13 to Nov 22 ➤ \$100



Little actors > Tue 9 a.m. to 3:30 p.m. > Sept 11 to Nov 20 > \$175

Little actors (half-day) > Tue 9 a.m. to 12 p.m. > Sept 11 to Nov 20 > \$100

Little explorers (half-day) > Fri 9 a.m. to 12 p.m. > Sept 14 to Nov 23 > \$100

Little school kids > Mon 9 a.m. to 3:30 p.m. > Sept 10 to Nov 26 (break on Oct 8) > \$175

Little school kids (half-day) > Mon 9 a.m. to 12 p.m. > Sept 10 to Nov 26 (break on Oct 8) > \$100

Little geniuses > Wed 9 a.m. to 3:30 p.m. > Sept 12 to Nov 21 > \$175

Little geniuses (half-day) > Wed 9 a.m. to 12 p.m. > Sept 12 to Nov 21 > \$100

NEW – Family sports > Wed 10 a.m. to 12 p.m. > Sept 12 to Nov 21 > \$50 > Sports Complex gymnasium > Also available on a \$6 daily basis at the Sports Complex counter

4 and 5 years old

Arts and crafts > Sat 10 a.m. to 12 p.m. > Sept 15 to Nov 24 > \$80

Arts and crafts > Sat 1 to 3 p.m. > Sept 15 to Nov 24 > \$80

Musical game > Sat 9 to 9:45 a.m. > Sept 15 to Nov 24 > \$60

Mini-circus > Sun 11 to 11:45 a.m. > Sept 16 to Nov 25 > \$60

WINTER

Registration: On Loisirs en ligne (see page 7) or in person as of Tuesday, November 13.

*The presence of an adult is mandatory.

Future moms

Pre-natal yoga > Mon 7 to 8 p.m. > Jan 7 to March 25 (break on March 4) > \$60

0 to 12 months*

Pilates with baby > Fri 1 to 2 p.m. > Jan 11 to March 29 (break on March 8) > \$60

Sensory awareness with baby > Wed 10 a.m. to 12 p.m. > Jan 9 to March 27 (break on March 6) > \$80

Sensory awareness with baby > Wed 1 to 3 p.m. > Jan 9 to March 27 (break on March 6) > \$80

Yoga with baby > Mon 1:30 to 2:30 p.m. > Jan 7 to March 25 (break on March 4) > \$60

Yoga with baby > Fri 2 to 3 p.m. > Jan 11 to March 29 (break on March 8) > \$60

Zumba with baby > Mon 12:30 to 1:30 p.m. > Jan 7 to March 25 (break on March 4) > \$60

12 to 36 months*

Marionettes > Tue 9 to 11 a.m. > Jan 8 to March 26 (break on March 5) > \$80

Sounds and rhythms > Fri 9 to 11 a.m. > Jan 11 to March 29 (break on March 8) > \$80

18 to 36 months*

Acrobats > Mon 9 to 11 a.m. > Jan 7 to March 25 (break on March 4) > \$80

1 to 3 years old*

Mini-circus > Sun 9 to 9:45 a.m. > Jan 13 to March 24 > \$60

Mini-circus > Sun 10 to 10:45 a.m. > Jan 13 to March 24 > \$60

Musical game > Sat 10 to 10:45 a.m. > Jan 12 to March 23 > \$60

Musical game > Sat 11 to 11:45 a.m. > Jan 12 to March 23 > \$60

3 to 5 years old (fall/winter)

Little actors > Tue 9 a.m. to 3:30 p.m. > Jan 8 to May 14 (break on March 5) > \$260

Little actors (half-day) > Tue 9 a.m. to 12 p.m. > Jan 8 to May 14 (break on March 5) > \$160

Little athletes > Thu 9 a.m. to 3:30 p.m. > Jan 10 to May 16 (break on March 7) > \$260

Little athletes (half-day) > Thu 9 a.m. to 12 p.m. > Jan 10 to May 16 (break on March 7) > \$160

Little explorers (half-day) > Fri 9 a.m. to 12 p.m. > Jan 11 to May 24 (break on March 8 and Apr 19) > \$160

Little geniuses > Wed 9 a.m. to 3:30 p.m. > Jan 9 to May 15 (break on March 6) > \$260

Little geniuses (half-day) > Wed 9 a.m. to 12 p.m. > Jan 9 to May 15 (break on March 6) > \$160

Little school kids > Mon 9 a.m. to 3:30 p.m. > Jan 7 to May 21 (break on March 4, Apr 22 and May 20) > \$260

Little school kids (half-day) > Mon 9 a.m. to 12 p.m. > Jan 7 to May 21 (break on March 4, Apr 22 and May 20) > \$160

NEW – Family sports > Wed 10 a.m. to 12 p.m. > Jan 9 to March 27 > \$50 > Sports Complex gymnasium > Also available on a \$6 daily basis at the Sports Complex counter

4 and 5 years old

Arts and crafts > Sat 10 a.m. to 12 p.m. > Jan 12 to March 23 > \$80

Arts and crafts > Sat 1 to 3 p.m. > Jan 12 to March 23 > \$80

Mini-circus > Sun 11 to 11:45 a.m. > Jan 13 to March 24 > \$60

Musical game > Sat 9 to 9:45 a.m. > Jan 12 to March 23 > \$60



PROGRAM FOR ADULTS — 50 AND +

CARREFOUR DES AÎNÉS

Location: Centre des loisirs (at the exception of petanque).

Membership card is mandatory to participate to the activities offered by the Carrefour des aînés and will be asked before the activity (\$10 for residents and \$15 for non-residents).

Fall session: Registration in person at the Centre des loisirs on August 29, from 8:30 a.m. to 4 p.m. and on September 5, from 8:30 a.m. to 4 p.m.

Winter session: Registration in person at the Centre des loisirs on November 19 and November 21, from 8:30 a.m. to 4 p.m.

Business hours as of September 10:

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

Information:

514 748-0943
carrefouraines@hotmail.com
<http://carrefour-aines.jimdo.com>

Bingo

50 and + ▶ Tue 1 to 4 p.m. ▶ Sept 11 to Dec 4 ▶ Jan 8 to March 12 ▶ Break on March 5 ▶ Free

Board games

50 and + ▶ Mon to Sun 9 a.m. to 9:30 p.m. ▶ Sept 1 to Aug 31 ▶ Free ▶ Break on Oct 1st and 8 and between Dec 22 and Jan 2

Bridge

50 and + ▶ Thu 1 to 5 p.m. ▶ Sept 1 to Aug 31 ▶ Break between Dec 22 and Jan 2 ▶ Free

Line dance

50 and + ▶ Mon 1 to 2:30 p.m. (advanced rehearsal) ▶ Mon 2:45 to 4:15 p.m. (beginners rehearsal) ▶ Sept 10 to Dec 3 ▶ Jan 7 to March 11 ▶ Wed 1 to 2:30 p.m. (beginners practice) ▶ Wed 2:45 to 4:15 p.m. (advanced practice) ▶ Sept 12 to Dec 5 ▶ Jan 9 to March 13 ▶ \$25 / session (\$30 / non-members) ▶ Break on Oct 1st and 8, and March 4 and 6

Petanque

50 and + ▶ Wed 7 to 9 p.m. ▶ Sept 1 to Aug 31 ▶ Petanque activities are held at the Boulodrome (with the exception of Parc Gohier from May to August) ▶ Free

Physical activities

50 and + ▶ Mon and Thu 9 to 10 a.m. or 10:15 to 11:15 a.m. ▶ Sept 10 to Dec 6 ▶ Jan 7 to March 14 ▶ Break on Oct 1st and 8, and March 4 and 7 ▶ \$25 / session (\$30 / non-members)

Pool and table tennis

50 and + ▶ Mon 8 a.m. to 9:30 p.m. ▶ Tue to Fri 8 a.m. to 6 p.m. ▶ Sat and Sun 8 a.m. to 9:30 p.m. ▶ Sept 1 to Aug 31 ▶ Free ▶ Break on Oct 1st and 8, and between Dec 22 and Jan 2

Shuffleboard

50 and + ▶ Thu 1 to 4 p.m. ▶ Sept 13 to Dec 6 ▶ Jan 10 to March 14 ▶ Break on March 7 ▶ Free

Stretching

50 and + ▶ Wed 9 to 10 a.m. or 10:15 to 11:15 a.m. ▶ Sept 12 to Dec 5 ▶ Jan 9 to March 13 ▶ Break on March 6 ▶ \$25 / session (\$30 / non-members)

Table tennis

50 and + ▶ Schedule posted in front of Room 157 ▶ Sept 1 to Aug 31 ▶ Free ▶ Break on Oct 1st and 8, and between Dec 22 and Jan 2



PROGRAM FOR PERSONS WITH DISABILITIES

Location: Centre des loisirs

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

Information:

Thérèse Deschatelets
514 337-2007, ext. 4303
514 855-6110, ext. 4937

Regular activities

For all ▶ Wed 9 a.m. to 3 p.m. ▶ Sept 5 to June 5 ▶ \$7 / membership card

Recreational outings

For all ▶ Wed 9 a.m. to 4 p.m. ▶ July and August ▶ Cost varies according to outings

PROGRAM FOR YOUTH

* FREE

L'UNITÉ 12-17

Location: Centre des loisirs**Fall session:** Sept 11 to Dec 15**Winter session:** Jan 8 to June 15

Open recreational sports and cultural activities for youths aged 12 to 17 (high school level).

Registration: In person at L'Unité 12-17 during hours of operation. Identification required. Free membership.

Tue to Thu 3:30 to 9 p.m. ➤ Fri and Sat 3:30 to 9:30 p.m. ➤ Video games, music, movies, baby-foot, table tennis, and more.

Information:
514 744-1239

CENTRE DES ADOS

Location: Parc Painter chalet**Fall session:** Sept 28 to Dec 9**Winter session:** Jan 18 to May 19

Get-togethers for youths aged 12 to 17 (high school level). Various leisure, cultural, and sports activities.

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

Fri 6 to 9 p.m. ➤ Sat 4 to 9 p.m. ➤ Sun 5 to 9 p.m. ➤ Table tennis, table football, board games, video games, movie nights

Information:
514 855-6110, ext. 3



ADOS DE ST-LO SPORTS

Location: Sports Complex**Fall session:** Sept 24 to Dec 9**Winter session:** Jan 14 to May 19

Sports and cultural activities for youths aged 12 to 17 (high school level).

Registration: With the monitors during activities. Identification required. Free membership.

Basketball

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

Boxing training

Wed 4 to 6 p.m. ➤ Gymnasium ➤ Free

Dance and cultural activities

Mon 3:30 to 5:30 p.m. ➤ Fri 3 to 5 p.m. ➤
Multi Room ➤ Free

Soccer

Fri 4 to 6 p.m. ➤ Sat 4:30 to 6 p.m. ➤
Soccerplex ➤ Free

Information:
514 855-6110



ROYAL CANADIAN AIR CADETS

Location: Centre des loisirs



Band: Musical group performing on different instruments for ages 12-18.

Escadron 621 St-Laurent des cadets de l'aviation royale du Canada

Registration: Mondays from 6:30 to 8:30 p.m., at 1415, rue Filion

Session: September to May, and summer camps by selection

Information:
621aviation@cadets.gc.ca
621.president@cadetsair.ca

588 Eric Simms Royal Canadian Air Cadet Squadron

Registration: Tuesdays, from 6:30 to 9 p.m. at 1415, rue Filion.

Session: September to May

Information:
438 934-5882
588aviation@cadets.gc.ca

SCRABBLE

Location: Centre des loisirs

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

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

Clotilde Esseili, 514 334-1639
(Thursday games)

Scrabble

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



SINGING — CHOIR

ENSEMBLE VOCAL DE SAINT-LAURENT

Location: Centre des loisirs

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

Registration: At the Centre des loisirs on August 27, from 6 to 8 p.m., and at the Open House on September 6, at 7:15 p.m.

18 and + > Centre des loisirs > Thu 7:15 to 9:15 p.m. > Sept 6 to Dec 13 > Jan 10 to May 30 > \$145 per session with Carte biblio-loisirs. Payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 10).

In addition to weekly rehearsals, allow two to three intensive rehearsals during the year. A public concert is scheduled for the end of the session. Conditions of admission: Good singing voice, ability to read music preferred, meeting with the musical director for voice classification at the start of the session.

Information:
514 856-3096
info@choeurevsl.com

Introduction to choral singing

18 and + > Centre des loisirs > Thu 2 to 4 p.m. > Fall session: Sept 20 to Dec 6 (12 weeks) > Cost: \$125 with Carte biblio-loisirs (material not included) > Registration and payment on site at the start of the session > Winter-Spring session: Jan 17 to March 28 > Cost: \$125 with Carte biblio-loisirs (material not included) > The session will be cancelled if warranted due to insufficient registrations.

Information:
450 670-5362
chef@yvansabourin.com

CHŒUR WALTER

Location: Centre des loisirs

Mixed voice choir for members aged 8 and up. Its objective is to encourage personal development through choral singing. In general, the choir presents two concerts per year in addition to participating in the Christmas Concert at Complexe Desjardins.

Registration: In person at the Centre des loisirs, from 6 to 8 p.m. on August 27 for fall and winter sessions.

\$150 annual fees are payable in full in the fall or in two equal instalments (first payment due upon registration, second payment due January 28). In addition to weekly rehearsals, allow six to eight days of intensive rehearsals every session which will be held on Sundays from 1 to 3 p.m. Conditions of admission: Audition (costs of \$20). Places are limited.



Information and registration:

514 863-7580

marjoriawalter@choeurwalter.org

www.choeurwalter.org

8 and + > Mon 6 to 7:45 p.m. and Sun 1 to 3 p.m. > Sept 24 to Dec 17 > Jan 28 to June 17 > \$150

SPECIAL FAMILY EVENTS



FREE

Parc Painter

Spotlight on Chameran

Saturday, November 17, 2018, at 5 p.m.

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

Aréna Raymond-Bourque

Christmas on Ice event: 42nd Edition

Sunday, December 16, 2018, 2 to 5 p.m.

Free activities, open skating, music and door prizes.

Parc Gohier

Féerie d'hiver

Sunday, February 10, 2019, from 11 a.m. to 3 p.m.

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



UNIVERSITÉ DU TROISIÈME ÂGE

Location: Centre des loisirs
(unless indicated otherwise)

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

Fall session: Registration in person at the Centre des loisirs, from 6 to 8 p.m., on August 7.

Winter session: Registration in person at the Centre des loisirs, from 6 to 8 p.m., on November 20.

Registration online: usherbrooke.ca/uta/slt

CONTACTS:

Architecture

Claudette Belliveau, 514 332-2770

Conference series

Francine Deschamps, 514 747-8985

English

Lise Poitras, 514 747-7496

History

Denis Groulx, 514 335-9928

Philosophy

Jo-Ann Droghini, 514 745-8751

Spanish (advanced and conversation)

Monique Tremblay, 514 745-7059

Spanish (beginner and intermediate)

Bitar Nawall, 514 333-2838

Treasury and Chair

André et Claudette Belliveau

514 332-2770

a.c.belliveau@sympatico.ca

FALL 2018

English beginner 1

50 and + > Tue 1:15 to 3:15 p.m. >
Sept 18 to Dec 4 > \$130

English intermediate I

50 and + > Tue 3:30 to 5:30 p.m. >
Sept 18 to Dec 4 > \$130

English advanced I

50 and + > Wed 2 to 4 p.m. > Sept 19
to Dec 5 > \$130

Spanish beginner I

50 and + > Tue 10 a.m. to 12 p.m. >
Sept 18 to Dec 4 > \$130

Spanish intermediate I

50 and + > Tue 3 to 5 p.m. > Sept 18
to Dec 4 > \$130



Spanish advanced I and conversation

50 and + > Tu 12:45 to 2:45 p.m. >
Sept 18 to Dec 4 > \$130

Spanish advanced III and conversation

50 and + > Wed 1 to 3 p.m. > Sept 19
to Dec 5 > \$130

Spanish advanced V and conversation

50 and + > Thu 1 to 3 p.m. > Sept 20
to Dec 6 > \$130

Spanish plus and conversation

50 and + > Tue 10 a.m. to 12 p.m. >
Sept 20 to Dec 6 > \$130

Histoire des états germaniques III : Du troisième Reich à l'Union européenne

50 and + > Wed 9:30 a.m. to 12 p.m. >
Sept 19 to Nov 7 > \$90

Philosophie : Discussions philosophiques II

50 and + > Wed 9:30 a.m. to 12 p.m. >
Sept 19 to Nov 7 > \$90

Conference series

50 and + > Fri 9:30 a.m. to 12 p.m. >
Sept 21 to Nov 9 > \$90

WINTER 2019

Collation-talk: L'opéra au Québec!

50 and + > Friday, March 29 > Collation at 1:45 p.m. and conference at 2 p.m. > UTA's students: Free > Other: \$8 > Speaker: Pierre Vachon, musicologist

English beginner II

50 and + > Tue 1:15 to 3:15 p.m. > Jan 15
to Apr 9 > \$130

English intermediate II

50 and + > Tue 3:30 to 5:30 p.m. > Jan 15
to Apr 9 > \$130

English advanced II

50 and + > Wed 2 to 4 p.m. > Jan 16
to Apr 10 > \$130

Spanish intermediate II and conversation

50 and + > Tue 3 to 5 p.m. > Jan 15
to Apr 30 > \$160

Spanish advanced II and conversation

50 and + > Tue 12:45 to 2:45 p.m. >
Jan 15 to Apr 30 > \$160

Spanish advanced IV and conversation

50 and + > Wed 1 to 3 p.m. > Jan 16
to May 1 > \$160

Spanish beginner II and conversation

50 and + > Tue 10 a.m. to 12 p.m. >
Jan 15 to Apr 30 > \$160

Spanish advanced IV written and oral

50 and + > Thu 1 to 3 p.m. > Jan 17
to May 2 > \$160

Spanish plus and conversation

50 and + > Thu 10 a.m. to 12 p.m. >
Jan 17 to May 2 > \$160

Histoire : Le Japon moderne

50 and + > Wed 9:30 a.m. to 12 p.m. >
Jan 16 to March 13 > \$90

Art : Quelques enjeux de l'art en Amérique – De la naissance du rêve au constat moderne

50 and + > Fri 9:30 a.m. to 12 p.m. >
Jan 18 to Febr 22 > \$90

Philosophie : Pratique de la philosophie et philosophie pratique

50 and + > Mon 1:30 to 3:30 p.m. >
Jan 14 to March 25 > \$90



AQUATIC ACTIVITIES

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

Swim diapers are accepted at the recreational swimming pool in the Sports Complex and at the YMCA Saint-Laurent only.

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.

OPEN SWIM

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

■ SPORTS COMPLEX



Fall session: Sept 4 Dec 23 (break on Oct 8 and 13, Nov 9, 10 and 11, and Dec 1 and 2)

Winter session: Jan 7 to March 22

Resident memberships:

- 3 and –: Free
- 17 and –: 6 months \$18
12 months \$28
- 18 to 54: 6 months \$26
12 months \$40
- 55 and +: 6 months \$18
12 months \$28

Single entry fee:

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

Recreational pool – Open swim Ages 6 months +

- Mon ➤ 12 to 6 p.m.
- Tue ➤ 12 to 9:30 p.m.
- Wed ➤ 1 to 6 p.m.
- Thu ➤ 12 to 5:30 p.m.
- Fri ➤ 8:30 a.m. to 5 p.m. and 7:15 to 10 p.m.
- Sat and Sun ➤ 1:30 to 9 p.m.

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

- In cohabitation
- Mon to Thu ➤ 3 to 5 p.m.
 - Fri ➤ 3 to 5 p.m. and 7:15 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 – For all

- 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 a.m. to 1:15 p.m.

■ YMCA SAINT-LAURENT

An ID card is required for open swim:

Carte biblio-loisirs de Saint-Laurent, Accès Montréal card or YMCA du Québec member card.

Schedule:

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

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, specifically 8 levels for ages 5 and under, 10 levels for ages 6 and over, and 2 to 3 levels for teens and adults. Participants must know their course level before registration and are responsible for monitoring the number of times they register. See the refund policy on page 5.

Registration:

Online at ville.montreal.qc.ca/loisirsenligne (see page 7). For assistance, please call 514 855-6110, extension 5.

Fall registration:

Swimming lessons for children:

Sunday, August 26 at 8:30 a.m. to Monday, September 3

Swimming lessons for adults:

Sunday, August 19 at 8:30 a.m. to Monday, September 3

Winter registration:

Swimming lessons for children:

Sunday, December 2 at 8:30 a.m. to Tuesday, January 2

Swimming lessons for adults:

Sunday, November 25 at 8:30 a.m. to Tuesday, January 1

Information and schedule:

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

The detailed course schedule will be available on the day before the first registration date for each session.

Children

Bring the registration receipt and progress booklet (if applicable) to the first class. Children at the Étoile de mer, Canard, Tortue de mer and Loutre de mer levels must be accompanied in the water by an adult.

Location: Sports Complex

(6 months to 17 years old)

Fall ➤ Sept 15 to Nov 24 (break on Oct 8 and 13, Nov 9, 10 and 11, and Dec 1 and 2) ➤ Winter ➤ Jan 7 to March 10 ➤ 30 to 60 min / week (depending on the level) ➤ \$60

Location: Cégep de Saint-Laurent

(2 to 17 years old)

Fall ➤ Sept 15 to Nov 19 (break on Oct 8) ➤ Winter ➤ Jan 7 to March 10 ➤ 30 to 60 min / week (depending on the level) ➤ \$60

Adults

Location: Complexe sportif (15 and +)

Fall ➤ Sept 18 to Nov 15 (break on Oct 8 and 13, Nov 9, 10 and 11, and Dec 1 and 2) ➤ Winter ➤ Jan 7 to March 10 ➤ 1 hr / week ➤ \$70

Locations: Cégep de Saint-Laurent

(2 to 17 years old) and YMCA (6 months to 17 years old)

Fall ➤ Sept 15 to Nov 19 (break on Oct 8) ➤ Winter ➤ Jan 7 to March 10 ➤ 1 hr / week ➤ \$70

AQUAFITNESS



Location: Sports Complex

Fall session – Period 1: 10 weeks (a minimum of 9 weeks is offered per session)

Fall session – Period 2: 3 weeks (a minimum of 2 weeks is offered per session)

Winter session: 10 weeks (a minimum of 9 weeks is offered per session)

Registration: Online at ville.montreal.qc.ca/loisirsenligne (see page 7). For assistance, call 514 855-6110, ext. 5.

Fall session: As of Monday, August 20 at 8:30 a.m. **Winter session:** As of Sunday, November 25.

Registration will continue throughout the session for the same rate as long as there are spots available.

SPECIALIZED COURSES

*Participants must know how to swim.

Aqua gentle

Mixed 18 and + ➤ 55 min / 3 times a week ➤ 25-metre pool ➤ Mon, Wed, Fri 10 to 11 a.m.

Fall – period 1 ➤ Sept 17 to Nov 30 (break on Oct 8 and Nov 9) ➤ \$94

Fall – period 2 ➤ Dec 3 to 21 ➤ \$28

Winter ➤ Jan 7 to March 15 ➤ \$94

Aqua cardio*

Mixed 18 and + ➤ 55 min / week ➤

25-metre pool ➤ Thu 8 to 9 p.m.

Fall – period 1 ➤ Sept 20 to Nov 22 ➤ \$78

Fall – period 2 ➤ Dec 6 to 20 ➤ \$23

Winter ➤ Jan 10 to March 14 ➤ \$78

Aqua jogging*

Mixed 18 and + ➤ 55 min / week ➤ \$70 ➤

25-metre pool ➤ Tue 8 to 9 p.m.

Fall – period 1 ➤ Sept 18 to Nov 20 ➤ \$78

Fall – period 2 ➤ Dec 4 to 18 ➤ \$23

Winter ➤ Jan 8 to March 5 ➤ \$78



Aquaspinning

Mixed 18 and + > 55 min / week >
25-metre pool > Water shoes are recommended

Aquaspinning 1

Wed 9 to 10 a.m.

Fall – period 1 > Sept 19 to Nov 21 > \$78

Fall – period 2 > Dec 5 to 19 > \$23

Winter > Jan 9 to March 13 > \$78

Aquaspinning 2 and 3

Tue 6 to 7 p.m. or Wed 7 to 8 p.m.

Fall – period 1 > Sept 18 to Nov 20 > \$78

Fall – period 2 > Dec 4 to 18 > \$23

Winter > Jan 8 to March 12 > \$78

Aquaspinning 4 and 5

Thu 6 to 7 p.m. or Thu 7 to 8 p.m.

Fall – period 1 > Sept 20 to Nov 22 > \$78

Fall – period 2 > Dec 6 to 20 > \$23

Winter > Jan 10 to March 14 > \$78

Aquaspinning 6

Sat 6:10 to 7:10 p.m.

Fall – period 1 > Sept 15 to Nov 24 (break on Nov 10) > \$78

Fall – period 2 > Dec 8 to 22 > \$23

Winter > Jan 10 to March 14 > \$78

Aqua yoga on water mattress*

Mixed 18 and + > 55 min / week > \$70 >
25-metre pool (deep end) > Tue 9:30 to 10:30 p.m.

Fall – period 1 > Sept 18 to Nov 20 > \$78

Fall – period 2 > Dec 4 to 18 > \$23

Winter > Jan 8 to March 12 > \$78

Aqua stroller with child

Child: 6 months to 2 years old > 55 min / week > 25-metre pool > Mon 9 to 10 a.m.

Fall – period 1 > Sept 17 to Nov 26 (break on Oct 8) > \$94

Fall – period 2 > Dec 3 to 17 > \$28

Winter > Jan 7 to March 11 > \$94

REGULAR COURSES**Aquafitness 1**

Mixed 18 and + > 55 min / twice a week >
Recreational pool > Mon and Wed 6 to 7 p.m.

Fall – period 1 > Sept 17 to Nov 26 (break on Oct 8) > \$78

Fall – period 2 > Dec 3 to 19 > \$23

Winter – period 1 > Jan 7 to March 13 > \$78

Aquafitness 2

Mixed 18 and + > 55 min / twice a week >
Recreational pool > Mon and Wed 8 to 9 p.m.

Fall – period 1 > Sept 17 to Nov 26 (break on Oct 8) > \$78

Fall – period 2 > Dec 3 to 19 > \$23

Winter – period 1 > Jan 7 to March 13 > \$78

Aquafitness 3

Mixed 18 and + > 55 min / week > Recreational pool > Wed 12:15 to 12:45 p.m.

Fall – period 1 > Sept 19 to Nov 21 > \$30.50

Fall – period 2 > Dec 5 to Dec 19 > \$9

Winter – period 1 > Jan 9 to March 13 > \$30.50

Advanced Aquafitness 1

Mixed 18 and + > 55 min / twice a week >
25-metre pool > Tue and Thu 5 to 6 p.m.

Fall – period 1 > Sept 18 to Nov 22 > \$78

Fall – period 2 > Dec 4 to 20 > \$23

Winter > Jan 8 to March 14 > \$78

Advanced Aquafitness 2

Mixed 18 and + > 55 min / three times a week > 25-metre pool > Mon, Wed, Fri 11 a.m. to 12 p.m.

Fall – period 1 > Sept 17 to Nov 30 (break on Oct 8 and Nov 9) > \$94

Fall – period 2 > Dec 3 to 21 > \$28

Winter > Jan 7 to March 15 > \$94

Advanced Aquafitness 3

Mixed 18 and + > 55 min / week >
25-metre pool > Sat 5:05 to 6:05 p.m.

Fall – period 1 > Sept 15 to Nov 24 (break on Nov 10) > \$61

Fall – period 2 > Dec 8 to 23 > \$18

Winter > Jan 12 to March 15 > \$61

Aquafitness - Membership

Mixed 18 and + > Free access to all regular aquafitness courses > Sports Complex pools

Fall – period 1 > Sept 17 to Nov 30 (break on Oct 8 and 9 and Nov 9 and 10) > \$156

Fall – period 2 > Dec 3 to 22 > \$47

Winter > Jan 7 to March 15 > \$156

Prenatal group 1

Pregnant women > 55 min / twice a week > Recreational pool > Mon and Wed 7 to 8 p.m.

Fall – period 1 > Sept 17 to Nov 26 (break on Oct 8) > \$78

Fall – period 2 > Dec 3 to 19 > \$23

Winter > Jan 7 to March 13 > \$78



LIFEGUARD TRAINING

SC

Location: Sports Complex

These four Société de sauvetage courses are included in lifeguard certification training – swimming pool option.

Registration: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) as of Sunday, September 9, at 8:30 a.m.

Included: Documentation and certification

Dates and schedules: Available on the day before the first registration date online at ville.montreal.qc.ca/saint-laurent/aquatique

Bronze Medallion

13 and + ➤ Prerequisite: Must be 13 years old on the examination date or have the Bronze Star certificate and mastered the styles and the techniques of Red Cross Swim Kids level 10 ➤ \$110

Bronze Cross

13 and + ➤ Prerequisite: Bronze Medallion ➤ \$105

General First Aid / DEA

For all ➤ Duration: 16 hours ➤ \$60

National Lifeguard

16 and + ➤ Prerequisite: Must be 16 years old and have the Bronze Cross certificate and the General First aid certificate ➤ \$205

WATER SAFETY TRAINING

SC

Location: Sports Complex

Training prepares candidates to teach Canadian Red Cross swimming courses.

Registration: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) as of Sunday, September 9, at 8:30 a.m.

Includes: Documentation and certification.

Dates and schedules: Available on the day before the first registration date online at ville.montreal.qc.ca/saint-laurent/aquatique

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.

CLUB DE NATATION DE SAINT-LAURENT

Locations: Sports Complex and Cégep de Saint-Laurent

The Club de natation de Saint-Laurent is competitive, and its members must participate in swim meets during the season.

Registration:

New members: Registration is conditional to the evaluation. 15-minute evaluation mandatory for all swimmers on August 27 and 28, from 5:30 to 8 p.m.

7 and +

Schedule will be given at the registration.

Training sessions: Variable schedules according to group, weekday evenings, Tuesday and Thursday mornings, and Saturday mornings from September 8 to December 21 and from January 7 to mid-July.

CLUB DE WATER-POLO DE SAINT-LAURENT

SC

Locations: Sports Complex (September to May) and Hartenstein pool (June to August)

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

Payable to the Club de water-polo Saint-Laurent.

Senior water-polo

Prerequisite: Must be able to swim 4 lengths of the swimming pool without stopping for a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes. Must be able to do the “eggbeater” while keeping hands outside the water for 2 minutes. Must be able to catch a ball with one hand and able to throw.

18 and +

Practise schedule:

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

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

Information:

wpstlaurent@gmail.com

MASTERS SWIM CLUB

SC

Locations: Sports Complex and Cégep de Saint-Laurent

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.

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

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

Fall session: Sept 4 to Dec 10

Winter session: Jan 3 to June 12

Sports Complex:

18 and + ➤ Mon, Wed 7:30 to 8:45 p.m. ➤ Tue, Thu 6 to 7:15 a.m. ➤ Sat 6:45 to 8 a.m. ➤ Sun 7 to 8:15 p.m.

Cégep de Saint-Laurent:

18 and + ➤ Tue, Thu 7:30 to 9 p.m.

Information:

Club des maîtres-nageurs de Saint-Laurent
Lajos Kovacs, president
mnstlaurent@gmail.com

SYNCHRONIZED SWIM CLUB

Location: Sports Complex



Registration:

Fall: In person on August 26 at the Sports Complex from 10 a.m. to 12 p.m.

Winter: Consult the website.

Registration forms, schedules and fees available online at synchrosaintlaurent.com.

Payable to Club de nage synchronisée de Saint-Laurent inc.

Prerequisites:

Age 5 to 7: Must be able to swim

Ages 8 and over: Must have passed the Canadian Red Cross Junior 5 level or the equivalent.

Schedule: On the synchrosaintlaurent.com website. 12-week session. Places are limited.

Informations:

synchrosaintlaurent.com



BADMINTON — OPEN

Locations: LaurenHill Academy Junior Campus and Sports Complex



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

Rates: \$8 / hour per court

Sports Complex

For all ➤ Mon 6 a.m. to 1 p.m. ➤ Tue 8 p.m. to midnight ➤ Wed 6 to 9 a.m. and 8 p.m. to midnight ➤ Thu 6 a.m. to 3 p.m. and 7 p.m. to midnight ➤ Fri 6 a.m. to 1 p.m. ➤ Sat 5 p.m. to midnight ➤ Sun 7 p.m. to midnight ➤ Sept 10 to Dec 21 ➤ Jan 2 to May 17

Académie LaurenHill Junior Campus

For all ➤ Mon 8:15 to 10:15 p.m. ➤ Fri 8:15 to 10:15 p.m. ➤ Sun 12:15 to 6:15 p.m. ➤ Sept 9 to Dec 14 ➤ Jan 7 to May 17

Information:

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

BASEBALL

Locations: Sports Complex and Cégep de Saint-Laurent



Improvement course

Born between 2000 and 2013 ➤ Mixed ➤ Schedule to be determined by group

Fall session

Sat 9 a.m. to 12 p.m. ➤ Sept 8 to Dec 8 ➤ Cégep de Saint-Laurent ➤ Cost to be determined

Winter session

Sat 9 a.m. to 1 p.m. ➤ Jan 12 to March 16 ➤ Cégep de Saint-Laurent ➤ Cost to be determined

Sun 8 to 11 a.m. ➤ Jan 13 to March 17 ➤ Cégep de Saint-Laurent and Sports Complex ➤ Cost to be determined

Carnival baseball

Sunday, March 17 ➤ Boys and girls of the Ralley Cap and Batam divisions ➤ Animation, workshops, prizes and snacks ➤ Sports Complex

Evaluation sessions

Sat 9 a.m. to 1 p.m. ➤ March 23 to May 4 ➤ Cégep de Saint-Laurent

Sun 8 a.m. to 12:30 p.m. ➤ March 24 to May 5 ➤ Sports Complex

Evaluations are free and offered to participants registered with the Club de baseball Saint-Laurent (CBSL) only.

Fall league

Teams will be formed to play in the Ligue de baseball d'automne métropolitaine in the Moustique to Midget categories from late August to mid-October.

Information:

www.baseballstlaurent.com
info@baseballstlaurent.com

BASKETBALL

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



Fall session:

Registration for the season. Online on Loisirs en ligne between August 7, at 8:30 a.m., and September 2, at 12 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Winter session:

Mid-session registration. Online on Loisirs en ligne between November 13, at 8:30 a.m., to November 21, at 6:30 p.m. (see page 7). If places available, registration in person at the Centre des loisirs on November 21, from 6:30 to 7:30 p.m.

For registration in person, fees are payable to Comité de basketball Saint-Laurent inc. A \$25 surcharge will apply to registration forms received after the registration dates. Maximum of 60 participants per category for the House league.

Registration fees include a t-shirt. The second child and subsequent children from the same family (with proof of residence) will receive a 25% discount applicable to the fee.

Information: bbstlaurent@icould.com

HOUSE LEAGUE – MIXED

Location: LaurenHill Academy Junior Campus

Session: Sept 8 to May 4 ➤ \$175 (NR \$200)

Half-session: Jan 12 to May 4 ➤ \$125 (NR \$150)

Pre-novice

Born between 01/10/10 and 31/12/12 ➤
Sat 11:15 a.m. to 12:45 p.m.

Novice

Born between 01/10/08 and 31/12/10 ➤
Sat 11:15 a.m. to 12:45 p.m.

Mini

Born between 01/10/06 and 31/12/08 ➤
Sat 12:45 to 2:15 p.m.

Atome / Benjamin

Born between 01/10/04 and 31/12/06 ➤
Sat 2:15 to 4:15 p.m.

Cadet

Born between 01/10/03 and 31/12/04 ➤
Sat 4:15 to 6:15 p.m.

Juvenile

Born between 01/10/00 and 31/12/03 ➤
Sat 4:15 to 6:15 p.m.

INTERCITY LEAGUE

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

Session: Sept 4 to March 25 ➤ \$225 (NR \$250)

Mini (boy)

Born between 01/10/06 and 31/12/08

Benjamin (boy)

Born between 01/10/04 and 31/12/06

Cadet (boy)

Born between 01/10/03 and 31/12/04

Juvenile (boy)

Born between 01/10/00 and 31/12/03

Mini (girl)

Born between 01/10/06 and 31/12/08

Benjamin (girl)

Born between 01/10/04 and 31/12/06

PROGRAM FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS (ASD)

Location: Sports Complex

SC

Payment to the Comité de basketball Saint-Laurent.

Registration: In person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

8 to 17 ➤ Sun 11:30 a.m. to 1:30 p.m. ➤
Sept 9 to Apr 28 ➤ \$175 (NR \$200)

BASKETBALL – OPEN

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

SC

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 6-8 and 9-12 ➤ \$2 (NR \$5)
13 and + ➤ \$3 (NR \$6)
16 years + ➤ \$5 (NR \$10)

For all

Fri 4 to 5:30 p.m. ➤ Sept 14 to Dec 14 ➤
Jan 7 to May 17 ➤ Sports Complex

6 to 12

Sat 2 to 3:30 p.m. ➤ Sept 9 to Dec 15 ➤
Jan 5 to May 11 ➤ A parent must be present ➤ Sports Complex

16 and +

Fri 7:30 to 9 p.m. ➤ Sept 14 to Dec 14 ➤
Jan 4 to May 17 ➤ Sports Complex

Information:

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



FOOTBALL

Location: Sports Complex



SPEED SKILLS WORKSHOP

Speed and endurance improvement, cardio training.

Schedule: Jan 19 to March 9

6 and + ➤ Sat 3 to 4:30 p.m. ➤ Free

Information:

<http://saintlaurentfootball.blogspot.ca>
info@saintlaurentfootball.com

REMINDER: Registration for the Summer 2018 season is in effect until September 30.

GYMNASTICS

Location: Sports Complex



Schedules may change without notice.

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

Mandatory: Purchase and wear the club's gymnastic outfit for girls (\$30) and a white t-shirt and black short for boys. Affiliation fees of \$11 (3 and -) et \$28 (4 and +) for the Fédération de gymnastique du Québec payable once a year and valid from September 1 to August 31.

Information and registration:

Club Gymslic Saint-Laurent inc
514 748-7707 or www.gymslic.com

Fall session:

Registration online from August 15, at 10 a.m., to August 19, at 9 p.m., and reopening on August 27. Registration in person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Winter and spring sessions:

Registration online from November 14, at 10 a.m., to November 18, at 9 p.m., and reopening on November 26. Registration in person at the Centre des loisirs on November 21, from 6:30 to 7:30 p.m.

AUDITIONS

Recruitment of young girls for the pre-competitive level.

Succession: Girls born between 2011 and 2014 ➤ Oct 7 from 12 to 1:30 p.m. ➤ \$10 per child

Information:

514 748-7707
contact@gymslic.com

HOLIDAY ACTIVITIES (MIXED)

Open gymnastics, special activities, games, and more.

Date: Sunday, December 9

Children aged 16 months to 3 accompanied by a parent and children aged 4 and 5: 9:30 to 10:25 a.m. ➤ Children aged 6 to 12: 10:30 a.m. to 12 p.m. ➤ \$10 per child

RECREATIONAL CAMP – SPRING BREAK WEEK

6 to 12 mixed ➤ 8 to 10 hrs ➤ Outing and assorted activities ➤ March 4 to 8 ➤ 9 a.m. to 4 p.m. ➤ \$170

Daycare service ➤ 7:30 to 9 a.m. and 4 to 6 p.m. ➤ \$5 per day



RECREATIONAL – GIRLS

Level Bordeaux (1) and Red (2)

6 to 8 ➤ Thu 5:30 to 6:55 p.m. ➤ Thu 6:30 to 8 p.m. ➤ Sat 3 to 4:25 p.m. ➤ Sat 4:30 to 5:55 p.m. ➤ Sun 1 to 2:25 p.m. ➤ Sun 2:30 to 3:55 p.m. ➤ Sun 4 to 5:25 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

Level Bordeaux (1) and Red (2)

8 and + ➤ Tue 7 to 8:30 p.m. ➤ Thu 6:30 to 8 p.m. ➤ Thu 7 to 8:30 p.m. ➤ Sat 4:30 to 6 p.m. ➤ Sun 2:30 to 3:55 p.m. ➤ Sun 4 to 5:30 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

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

6 to 8 ➤ Sat 3 to 4:25 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

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

7 and + ➤ Thu 7 to 8:30 p.m. ➤ Sat 4:30 to 6 p.m. ➤ Sun 2:30 to 3:55 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

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

8 and + ➤ Thu 7 to 8:30 p.m. and Sat 3 to 4:25 p.m. ➤ Sept 10 to Nov 25: \$251 ➤ Jan 14 to May 26: \$411 ➤ 3 hrs / week

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

8 and + ➤ Sat 4:30 to 6 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

RECREATIONAL – BOYS

Beginner / Intermediary

6 to 9 ➤ Sat 3 to 4:25 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week

PRESCHOOL

Children must not be accompanied by a parent.

Yellow sun – Mixed

4 and 5 ➤ Tue 5 to 5:55 p.m. ➤ Tue 6 to 6:55 p.m. ➤ Thu 5 to 5:55 p.m. ➤ Thu 6 to 6:55 p.m. ➤ Sun 10 to 10:55 a.m. ➤ Sun 11 to 11:55 a.m. ➤ Sept 10 to Nov 25: \$138 ➤ Jan 14 to May 26: \$225 ➤ 1 hr / week

Red and Orange sun – Mixed

4 and 5 ➤ Sun 11 a.m. to 12:30 p.m. ➤ Sept 10 to Nov 25: \$169 ➤ Jan 14 to May 26: \$278 ➤ 1.5 hrs / week ➤ Pre-requisite: Yellow sun



PARENT-CHILD CLASSES KARIBOU

Children must be accompanied by a parent.

Bouncing bunnies – Mixed

16 to 20 months ➤ Sun 10 to 10:45 a.m. ➤ Tue 10 to 10:45 a.m. ➤ Sept 10 to Nov 18: \$105 ➤ Jan 13 to March 10: \$95 ➤ 45 min / week

Rascally raccoons - Mixed

20 to 24 months ➤ Sun 10 to 10:45 a.m. ➤ Tue 10 to 10:45 a.m. ➤ Sept 10 to Nov 18: \$105 ➤ Jan 13 to March 10: \$95 ➤ 45 min / week

Buddy bears – Mixed

2 to 2.5 years ➤ Sun 11 to 11:45 a.m. ➤ Tue 11 to 11:45 a.m. ➤ Sept 10 to Nov 18: \$105 ➤ Jan 13 to March 10: \$95 ➤ 45 min / week

Gym fun – Mixed

2.5 to 3 ➤ Sun 9 to 9:45 a.m. ➤ Sept 10 to Nov 25: \$113 ➤ Jan 14 to May 26: \$186 ➤ 45 min / week



HOCKEY

OPEN HOCKEY

Location: Aréna Raymond-Bourque

Helmet with a complete facemask, a neck protector, and hockey gloves are mandatory. Contact is prohibited. Maximum of 25 participants. Participants must register at the administration office before going on the ice. Neither registration nor admission will be permitted past 12:10 p.m.

Information:

514 855-6110, ext. 6

For all

Mon to Fri 11 a.m. to 1 p.m. ➤ Sept 4 to March 29 ➤ \$5 (NR \$6)

ADULTS – REGULAR SEASON

Location: Aréna Raymond-Bourque

Participants selected at the end of the physical fitness session will be required to pay hockey league registration fees. They will have to sign a liability waiver. The number of places is limited. Replacement players will pay \$10 per match.

Registration: Online at Loisirs en ligne (see page 7).

Information:

514 855-6110, ext. 4884

Physical fitness – Gymnasium and on ice

Group A

25 and + ➤ Mon 9:15 to 10:30 p.m. ➤ Tue 9 to 10:30 p.m. ➤ Thu 10:30 to 11:30 p.m. ➤ Sept 4 to Oct 4 ➤ \$110

Group B

25 and + ➤ Mon 8 to 9:15 p.m. ➤ Tue 10 to 11:30 p.m. ➤ Thu 9:30 to 11:30 p.m. ➤ Sept 4 to Oct 4 ➤ \$110

League group A

25 and + ➤ Tue 9 to 10:30 p.m. ➤ Thu 10 to 11:30 p.m. ➤ Oct 9 to March 28 ➤ \$515

League group B

25 and + ➤ Tue 10 to 11:30 p.m. ➤ Thu 9:30 to 11 p.m. ➤ Oct 9 to March 28 ➤ \$515

CLUB DE HOCKEY SAINT-LAURENT – MINOR HOCKEY (MEN AND WOMEN)

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

Registration: For all, online at www.hockeystl.com or in person on August 28 and 29 at Aréna Raymond-Bourque (new members from 2012-2013 only).

Payment accepted by credit card only for online registration. Payment by cash or credit card for registration in person at the Bureau de hockey mineur at Aréna Raymond-Bourque. Along with payment, please provide a proof of residence and a valid Carte biblio-loisirs.

According to Hockey Québec regulations, this activity is offered exclusively to residents of the borough of Saint-Laurent.

Official colour: Black pants and helmet.

General information:

info@hockeystl.com
www.hockeystl.com

Information on hockey leagues:

www.ehl.club
www.hockeyelites.ca
www.hockeylsl.ca

Cost for each child ➤ \$300 (MAHG) ➤ \$475 (Novice, Atome, Peewee, Bantam and Midget) ➤ \$550 (after June 30), \$600 (after August 31). The game jersey purchase cost (MAHG to Junior) is already included.

Additional costs will be invoiced throughout the team formation periods to cover the team budgets (Novice to Junior). Additional fees will also be charged for double letter player (\$500). These must be paid during the competitive team formation process (double letters).

All levels (according to the category)

5 to 17 ➤ Mon to Fri 5:30 to 11 p.m. ➤ Sat, Sun 7 a.m. to 11 p.m. ➤ Sept 4 to March 31

WOMEN'S HOCKEY

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

Atom to Junior: 8 to 20 years old

Information:

www.hockeyelites.ca

JUDO

Location: Centre des loisirs

Payable to the Club de judo Budokan Saint-Laurent inc. by cheque or cash only.

Not included: Judo uniform and belts as well as mandatory affiliation fees of \$35 to \$100 according to the category in addition to the passport (\$5) for new participants. Carte biblio-loisirs card mandatory to qualify for the discount.

Fall – Winter session:

Registration in person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Group A, recreational white / yellow

5 and 6 ➤ Tue, Thu 6 to 7 p.m. ➤ Sept 11 to Nov 29 ➤ Jan 8 to March 14

Group B, recreational white / yellow and plus

7 and 8 ➤ Mon, Wed 6 to 7 p.m. ➤ Sept 10 to Nov 28 ➤ Jan 7 to March 13

Group C, recreational

9 to 12 ➤ Tue, Thu 7:15 to 8:30 p.m. ➤ Sept 11 to Nov 29 ➤ Jan 8 to March 14



Fees for groups A, B and C:

Fall – Winter (Sept to March) ➤ \$100

Spring ➤ \$55

Summer ➤ \$50

Group D, recreational-competitive

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

Fri 6:30 to 8 p.m. ➤ Sept 10 to Nov 30 ➤

Jan 7 to March 15

Fees for group D:

Fall – Winter (Sept to March) ➤ \$125

Spring ➤ \$65

Summer ➤ \$60

Parent-child classes

Sat 9:30 to 10:30 a.m. ➤ Cost to be determined

Fall control course for seniors

Sat 11 a.m. to 12 p.m. ➤ Cost to be determined

KARATE

Locations: Lauren Hill Academy Senior Campus and École secondaire Saint-Laurent – Édifice Émile-Legault

Information:

www.kiosaintlaurent.com

info@kiosaintlaurent.com

facebook.com/KioSaintLaurent/

Registration:

Fall session: Registration online on Loisirs en ligne (see page 7) between August 7, at 8:30 a.m., and August 22, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on November 21, from 6:30 to 7:30 p.m.

Payable to the Club de karaté Kio Saint-Laurent inc. Annual passport mandatory included. Not included: Karate-gi uniform (\$40-\$60), belt, crest for beginners (\$10) and cost of the exam for children 9 and + (\$40-\$45). A \$15 surcharge will apply to registration received after the registration dates. Medicare card and Carte biblio-loisirs mandatory.

RATES:

6 to 8

2 sessions ➤ \$180

9 to 17

1 session ➤ \$175

2 sessions ➤ \$215

3 sessions ➤ \$255

18 and +

1 session ➤ \$185

2 sessions ➤ \$255

3 sessions ➤ \$265

14 and +

For beginners registering for one year, the second year will cost only \$40.



Blue / brown / green ➤ Mon 7:15 to 8:45 a.m. ➤ Wed 7:15 to 8:45 p.m. ➤
Fri 7:15 to 8:45 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

MINI TENNIS – OPEN

Location: Sports Complex



Reservation: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) or at the reception counters at the Sports Complex and the Centre des loisirs.

Fees: \$8 / hour per court

For all ➤ Sun 9 to 11 a.m. ➤ Sept 9 to Dec 16 ➤ Jan 6 to May 12

Information and schedule:

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

Parents

Registration is \$40 for the year for parents with a child in one of the two groups training on Mondays, Wednesdays and Fridays.

SCHEDULES:

6 to 8

Sept 4 to Dec 15 ➤ Jan 7 to Apr 20 ➤
April 22 until the last Saturday for LHA

White ➤ Tue 6 to 6:45 p.m. ➤ Sat 9 to 9:45 a.m.

Yellow / orange ➤ Thu 6 to 6:45 p.m. ➤
Sat 9 to 9:45 a.m.

9 to 13

Sept 4 to Dec 15 ➤ Jan 7 to Apr 20 ➤
Apr 22 to Aug 29

White ➤ Tue 6:45 to 7:45 p.m. ➤ Thu 6:45 to 7:45 p.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

Yellow / orange ➤ Tue 6 to 7:30 p.m. ➤
Thu 6 to 7:30 p.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

Green / blue ➤ Mon 6 to 7:15 p.m. ➤ Wed 6 to 7:15 p.m. ➤ Fri 6 to 7:15 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

Brown / black ➤ Mon 7:15 to 8:45 p.m. ➤ Wed 7:15 to 8:45 p.m. ➤ Fri 7:15 to 8:45 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

14 and +

Sept 4 to Dec 15 ➤ Jan 7 to Apr 20 ➤
Apr 22 to Aug 29

White / yellow ➤ Mon 6 to 7:15 p.m. ➤ Wed 6 to 7:15 p.m. ➤ Fri 6 to 7:15 p.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

Orange / green ➤ Mon 6 to 7:15 p.m. ➤ Wed 6 to 7:15 p.m. ➤ Fri 6 to 7:15 p.m. ➤ Sat 9:45 to 11:15 a.m. ➤ Sat 11:15 a.m. to 12:30 p.m.

PHYSICAL FITNESS – 16 AND +

Locations: Sports Complex and Centre des loisirs



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

Registration: By mail (1375, rue Grenet, Saint-Laurent H4L 5K3) or in person, by cheque, at the Centre des loisirs or Sports Complex.

Fall session: August 22, from 6:30 to 7:30 p.m.

Winter session: November 21, from 6:30 to 7:30 p.m.



Rates:

- 1 session ➤ \$110
- 2 sessions ➤ \$212
- 3 sessions ➤ \$316
- 4 sessions ➤ \$360
- Summer ➤ \$95

Fall: Sept 10 to Dec 15

Winter: Jan 7 to March 31

Spring: Apr 1 to June 15

Summer: June 17 to Aug 24

Aerobic

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

Aerostep

Tue 6 to 7 p.m. ➤ Sports Complex

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 a.m. to 12 p.m. ➤ Centre des loisirs

Cardio dance – NEW

Thu 6 to 7 p.m. ➤ Sports Complex

Cardio mania

Mon, Wed 6 to 7 p.m. ➤ Sports Complex

Cardio mix and balls

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

Circuit

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

Mixed style – Yoga and stretching

Tue 7 to 8 p.m. ➤ Fri 6 to 7 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

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 10:15 to 11:15 a.m. ➤ Sports Complex

**PICKLEBALL**

Locations: LaurenHill Academy Junior Campus and Sports Complex



Paypal payment preferred on the club website at www.clubpickleballstl.ca or by cheque payable to the Club de pickleball de Saint-Laurent. An annual \$25 affiliation fee is payable in addition to the membership fee.

Registration: For residents of Saint-Laurent, by mail or in person at the reception counters at the Centre des loisirs and the Sports Complex from August 10 to 18. For new players, payment will not be accepted prior to the assessment.

Information:

Club de pickleball de Saint-Laurent
Jean-Claude Lavoie, 514 462-8087
www.pickleballquebec.com

Membership for one season:

- One day per week: \$55
- Two days per week: \$100
- Three days per week: \$135

Guest fees:

With reservation: \$6 (NR \$8)

LaurenHill Academy Junior Campus

16 and + ➤ Sun 10 a.m. to 12 p.m. ➤
Sept 9 to Dec 16 ➤ Jan 13 to Apr 28
(break on Apr 21)

Sports Complex

16 and + ➤ Mon, Wed or Fri 1:30 to 3:30 p.m. ➤ Sept 10 to Dec 14 ➤ Jan 14 to May 3

16 and + ➤ Mon 5 to 9 p.m. ➤ Sept 10 to Dec 10

16 and + ➤ Tue 10 a.m. to 12 p.m. ➤
Sept 11 to Dec 11

RECREATIONAL CHEERLEADING — GIRLS

Location: Sports Complex

SC

Schedules could change without notice.

Payable to the Club Gymslic Saint-Laurent inc. Mandatory affiliation fees of \$28 (ages 4 and over) with the Fédération de gymnastique du Québec, payable once a year and valid from September 1 to August 1, not included. An additional \$15 fee will apply to registrations received after the registration period. Places are limited and will be assigned on a first-come, first-served basis.

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

Fall session: Registration online from August 15, at 10 a.m., to August 20, 9 p.m., and reopening on August 27. Recreation in person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Winter-spring session: Registration online from November 14, at 10 a.m., to November 16, at 9 p.m., and reopening on November 26. Registration in person at the Centre des loisirs on November 21, from 6:30 p.m. to 7:30 p.m.

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. Program available at www.gymslic.com.

6 to 8 ➤ Sun 3 to 4:25 p.m. ➤ Sept 10 to Nov 25 ➤ \$169 ➤ 1.5 hrs / week

9 to 12 ➤ Sun 4:30 to 6 p.m. ➤ Sept 10 to Nov 25 ➤ \$169 ➤ 1.5 hrs / week

6 to 8 ➤ Sun 3 to 4:25 p.m. ➤ Jan 14 to May 26 ➤ \$278 ➤ 1.5 hrs / week

9 to 12 ➤ Sun 4:30 to 6 p.m. ➤ Jan 14 to May 26 ➤ \$278 ➤ 1.5 hrs / week



RINGUETTE

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

Registration:

Online at www.ringuettesaintlaurent.com

Payable to Ringuette Saint-Laurent inc. Discount of \$25 for second and subsequent members of the same family. No discounts are granted at the Moustique level.

Open House at Aréna Raymond-Bourque:
Saturday, September 8, from 3 to 5 p.m.
Sunday, September 9, from 3:30 to 4:30 p.m.
Bring your skates, gloves and helmet.
Dates will be confirmed on the Website.

Information:

info@ringuettesaintlaurent.com
514 855-6110, ext. 4884

Session: Sept 5 to March 29

Moustique

\$100 ➤ Girl born between 2011 and 2014
➤ Sat: One hour, between 1 and 5 p.m.
➤ Sun: One hour, between 1:30 and 4:30 p.m.

Novice

\$250 ➤ Girl born in 2009-2010

Atom

\$250 ➤ Girl born in 2007-2008

Benjamin

\$275 ➤ Girl born in 2005-2006

Junior

\$275 ➤ Girl born in 2003-2004
➤ Sat: One hour, between 1 to 5 p.m.
➤ Sun: One hour between 1:30 to 4:30 p.m.
➤ Wed: 7 to 9 p.m.

Cadette

\$300 ➤ Girl born between 2000 and 2002
➤ Mon: One hour, between 7:30 to 10:30 p.m.
➤ Wed: One hour, between 6 and 10 p.m.

Intermediate A, B and C

\$300 ➤ 21 and +
➤ Mon: One hour, between 7:30 to 10:30 p.m.
➤ Wed 9 to 10 p.m.

Open A

\$400 ➤ 19 and +
➤ Mon: One hour, between 7:30 to 10:30 p.m.
➤ Wed 9 to 10 p.m.

SKATING

FIGURE SKATING

Location: Aréna Raymond-Bourque

Registration: Online only on the www.cpastl.ca secure website. An account must be created by August 10 while following the instructions on the site. Registration will then take place from August 22, at 7 p.m., until August 29, at 8 p.m.

Mandatory equipment not provided: CSA-certified hockey skates and helmet. Club uniform mandatory (\$55) available at the CPA Saint-Laurent club office at Aréna Raymond-Bourque on September 8 and 9, from 11:30 a.m. to 1:30 p.m.

Skating Canada membership fees are payable annually and are valid from September 1 to August 31. A \$35 discount applies to registrations received before August 30. Refunds will not be given to participants who leave during the season.

Registration details and conditions:
www.cpastl.ca

Information:
cpa.stlaurent@gmail.com

Stage 1: Choice of introductory lessons – Skating plus

Skating plus – Saturday

5 to 17 mixed ➤ Sept 15 to mid-February ➤ \$236 (NR \$286)

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

Écusson completed 3, 4, 5 ➤ Sat 1:15 to 2 p.m.

Skating plus – Sunday

5 to 17 mixed ➤ Sept 16 to mid-February ➤ \$236 (NR \$286)

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

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

Schedule will be confirmed upon registration validation.

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

Pre-junior group (Écusson 5 and +)

All registered skaters must wear figure skates.

5 to 17 mixed ➤ Wed 5:05 to 5:50 p.m. ➤ Sept 19 ➤ Sun 12:40 to 1:25 p.m. ➤ Sept 16 to mid-February ➤ \$401 (NR \$451)

Group adults

18 and + mixed ➤ Fri 7:55 to 8:55 p.m. ➤ Sept 15 to the end of March ➤ \$249 (NR \$299)

Stage 2: Option 2 – Private lessons following Stage 1 (Écusson 5 and + / twice a week minimum)

All registered skaters must wear figure skates.

Star / Competitive

Basic ice fees (based on admissibility criteria) ➤ \$249 (NR \$299)

5 and + ➤ Junior, intermediate I and 2, senior ➤ Schedule to be determined based on the group ➤ Additional sessions available ➤ \$30 to \$45 (NR \$40 to \$60) ➤ Course fees are payable to the coach.

OPEN SKATING

Location: Aréna Raymond-Bourque

Information:

514 855-6110, ext. 3 and 6

Regular activities

Sept 5 to March 24

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

For all ➤ Sat 7 to 9 p.m. and Sun 3:30 to 4:55 p.m. ➤ \$2 / child and \$3 / adult (NR \$3 / child and \$4 / adult)

18 and + ➤ Wed 8 to 9 p.m. ➤ Free (NR \$4)

Beginner (with a trainer on site) ➤ Sun 2:05 to 3:15 p.m. ➤ \$2 / child and \$3 / adult (NR \$3 / child and \$4 / adult)

50 and + ➤ Wed 3 to 4 p.m. ➤ Free (NR \$4)





Holiday schedule

Dec 22 to Jan 6

For all ➤ Mon to Fri 1 to 3 p.m. ➤ In addition to the schedules for regular activities ➤ \$2 / child and \$3 / adult (NR \$3 / child and \$4 / adult) ➤ Closed on Dec 24, 25, 31 and Jan 1

Christmas on Ice event: 42nd Edition

For all ➤ Sunday, December 16 ➤ 2 to 5 p.m. ➤ Free ➤ Aréna Raymond-Bourque

Spring break

March 4 to 8

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

PRESCHOOL SKATING

Location: Aréna Raymond-Bourque

Registration: On Loisirs en ligne (see page 7) as of August 22, at 8:30 a.m., for two sessions only, fall and winter.

Information sessions: Reserved for participants who have already registered.
Saturday, Sept 15 ➤ 9:30 to 10:30 a.m.
Thursday, Sept 20 ➤ 6:30 to 7:30 p.m.

Information:

514 855-6110, ext. 4884

Information brochure available on the Borough Website at ville.montreal.qc.ca/saint-laurent.

Group 1 – Mixed

3 to 5 ➤ Tue 10 to 11 a.m. ➤ Sept 25 to Nov 27 ➤ Jan 8 to March 12 ➤ 2 sessions: \$85

Group 2 – Mixed

3 to 5 ➤ Sat 8:30 to 9:30 a.m. ➤ Sept 22 to Dec 1 ➤ Jan 5 to March 16 ➤ Break on Nov 10, Jan 12 ➤ 2 sessions: \$85

Group 3 – Mixed

3 to 5 ➤ Sat 9:30 to 10:30 a.m. ➤ Sept 22 to Dec 1 ➤ Jan 5 to March 16 ➤ Break on Nov 10 and Jan 12 ➤ 2 sessions: \$85

Group 4 – Mixed

3 to 5 ➤ Sat 10:30 to 11:30 a.m. ➤ Sept 22 to Dec 1 ➤ Jan 5 to March 16 ➤ Break on Nov 10 and Jan 12 ➤ 2 sessions: \$85

SOCCER

SOCCER ACADEMY

Locations: Cégep de Saint-Laurent, École Saint-Laurent – Édifice Émile-Legault, and Sports Complex

SC

Age categories:

Born between 2012 and 2015 ➤ U4 to U7

Born between 2009 and 2016 ➤ U8 to U10

Born between 2006 and 2018 ➤ U11 to U13

Rates:

1-hour session / week for 10 weeks ➤ \$180

1-hour session / week for 20 weeks ➤ \$340

1-hour session / week for 30 weeks ➤ \$510

1-hour session / week for 40 weeks ➤ \$680

Dates: To be determined according to the number of sessions selected.

Start: September 22, 2018

Fall-winter soccer: The child must be selected to register for the program.

Information:

www.soccerstl.ca

SOCCER – OPEN

Location: Sports Complex

SC

Reservation: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) or at the reception counters at the Sports Complex and the Centre des loisirs.

Rates:

Parent-child 6-12 ➤ \$2 (NR \$5)

16 and + ➤ \$5 (NR \$10)

Schedule:

6 to 12 ➤ Sat 1 to 1:55 p.m.

16 and + ➤ Mon to Fri 11:45 a.m. to 1:15 p.m. ➤ Thu and Fri 4:55 to 5:55 p.m. ➤ Sat 2 to 2:55 p.m.

Information:

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



SPORTS ACTIVITIES FOR CHILDREN 0-5 YEARS OLD

Locations: Various

Family sports

Page 32

Gymnastics

Pages 44 and 45

Karibou

Page 45

Mini tennis

Page 48

Preschool skating

Page 52

Swimming (classes and open swim)

Pages 38 and 39

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

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

Registration: In person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Information:

514 843-8778

www.olympiquesspeciaux.qc.ca

Bowling

10 and + › Sat 9:30 a.m. to 12 p.m. › Sept 8 to Dec 8 › Jan 11 to May 11 › \$60 / year and \$9 / week (NR not available) › Laurentian Lanes Bowling, 222, montée de Liesse

Indoor soccer

10 and + › Sun 11 a.m. to 1 p.m. › Sept 16 to Dec 2 › Jan 13 to May 5 › \$60 / year › LaurenHill Academy Senior Campus

Swimming

10 and + › Sun 9 to 10 a.m. › Sept 16 to Nov 11 › Jan 13 to March 10 › \$60 / year › Cégep de Saint-Laurent

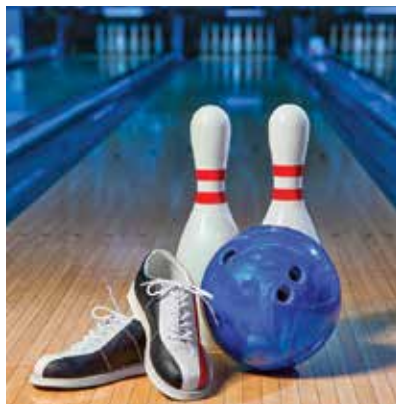


TABLE TENNIS – OPEN

Location: Sports Complex



Reservation: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) or at the reception counters at the Sports Complex and the Centre des loisirs.

Fees: \$5 / hour per table

For all › Mon 9 p.m. to midnight › Tue 6 to 9 a.m. › Wed 9 p.m. to midnight › Thu 6 a.m. to 3 p.m. › Sat 2 to 6 p.m. › Sept 8 to Dec 21 › Jan 2 to May 16

Information:

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

TAI-CHI

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

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

Registration:

Fall session: In person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m.

Winter session: In person at the Centre des loisirs on November 21, from 6:30 to 7:30 p.m.

Rates:

1 session › \$120

Initiation

18 and + › Tue, Thu 10:40 to 11:40 a.m. › Tue, Thu 7 to 8 p.m. › Sept 11 to Nov 29 › Jan 8 to March 28

Intermediate

18 and + › Tue, Thu 9:30 to 10:30 a.m. › Mon, Wed 8 to 9 p.m. › Sept 10 to Nov 29 › Jan 7 to March 28

Advanced

18 and + › Mon, Wed 7 to 8 p.m. › Sept 10 to Nov 28 › Jan 7 to March 27

TRACK AND FIELD



Locations: École secondaire Saint-Laurent – Édifice Émile-Legault, Parc Marcel-Laurin, LaurenHill Academy Junior Campus and Sports Complex

Payable to the Club Saint-Laurent Sélect inc. by Interac online transfer or by credit card. F.Q.A. affiliation and competition fees are not included. Medicare card is mandatory.

Information:

sls@slsathletisme.com
www.slsathletisme.com

Fall session: Registration in person at the Red Roof (behind the Sports Complex) on August 23, from 6:30 to 7:30 p.m.

Winter session: Registration in person at the Centre des loisirs on November 22, from 6:30 to 7:30 p.m.

Fall: Sept 10 to Dec 8

Winter: Jan 7 to Apr 13

Spring: Apr 22 to June 8

Summer: June 10 to July 27

Colibri group

Born in 2010 or after ➤ Sat 9 to 11 a.m. ➤ \$80 / session ➤ Affiliation fees extra: \$16

Minime group

Born in 2008 or 2009 ➤ Tue 6:30 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ \$80 / session ➤ Affiliation fees extra: \$16

Benjamine group

Born in 2006 or 2007 ➤ Tue 6:30 to 8 p.m. ➤ Sat 9 to 11 a.m. ➤ \$320 / year ➤ Affiliation fees extra: \$42

Cadet group

Born in 2004 or 2005 ➤ Tue, Thu 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ \$320 / year ➤ Affiliation fees extra: \$60

Juvenile group

Born in 2002 or 2003 ➤ Tue, Thu 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ \$420 / year ➤ Affiliation fees included

Junior groups

Born in 2000 or 2001 ➤ Mon, Wed 6:30 to 8:15 p.m. ➤ Sat 9 to 11 a.m. ➤ \$420 / year ➤ Affiliation fees included

Non-residents will be charged an extra \$20 per session or \$80 per year.

RUNNING CLUB

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

Sat 9 to 10:45 a.m. ➤ Sept 8 to Dec 8 ➤ 6 sessions: \$50 ➤ 12 sessions: \$99

SAINT-LAURENT CROSS COUNTRY

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

Date: Saturday, September 29, 2018

Distances offered: 1, 2, 5 and 10 km

Online registration and information:
www.circuitendurance.ca

PHYSICAL FITNESS

NEW

Location: Fitness Room at the Sports Complex



A variety of physical fitness programs aimed at improving health.

Payable to the Club Saint-Laurent Sélect inc. by Interac bank transfer or credit card.

Health insurance card mandatory.

Registration:

In person at the Centre des loisirs on August 23, from 6:30 to 7:30 p.m. for the fall session, and on November 22, from 6:30 to 7:30 p.m. for the winter session.

Schedule:

Fall I: Sept 10 to Oct 29

Fall II: Nov 5 to Dec 24

Winter I: Jan 7 to Feb 25

Winter II: March 4 to Apr 22

Fees:

\$250 per eight-week session (three sessions per week). Maximum 15 people per session.

Active mom

Pregnant women and new mothers ➤ Tue, Thu and Sat 8 to 8:50 a.m.

Mr. Fitness

Adult men ➤ Mon, Wed and Fri 8 to 8:50 a.m.

Ms. Fitness

Adult women ➤ Mon, Wed and Fri 9 to 9:50 a.m.

Exercise for retirees

Ages 65 + ➤ Mon, Wed and Fri 10 to 10:50 a.m. or 1 to 1:50 p.m.

Introduction for teens

Ages 14 to 17 mixed ➤ Thu 4 to 4:50 p.m. ➤ Sat and Sun 9 to 9:50 a.m.

Lunch workout

Mixed adults ➤ Mon, Wed and Fri 12 to 12:50 p.m.

General information or information on training for sports clubs:

jerome@slsathletisme.com



VOLLEYBALL

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

Payable to the Club de volleyball de Saint-Laurent inc.

Registration: In person at the Centre des loisirs on August 22, from 6:30 to 7:30 p.m., and at École Saint-Laurent – Édifice Émile-Legault at the start of the season on Sept 4, 5 and 7, from 7:30 to 8 p.m.

Level 1 – Basic

18 and + ➤ Tue 8:30 to 11 p.m. ➤ Sept 4 to Dec 4 ➤ Jan 8 to May 7 ➤ \$35 / year

Level 2 – Intermediate

18 and + ➤ Tue, Fri 8:30 to 11 p.m. ➤ Sept 4 to Dec 7 ➤ Jan 8 to May 10 ➤ \$65 / year

Level 3 – Advanced

18 and + ➤ Wed, Fri 8:30 to 11 p.m. ➤ Sept 5 to Dec 7 ➤ Jan 9 to May 10 ➤ Wed: Mixed teams (6 to 10 players) ➤ Team registration (maximum of 8 teams) ➤ C / C+ calibre ➤ \$600 / year per team comprising 6 or more residents (NR \$700 / year per team)

VOLLEYBALL – OPEN

Location: Sports Complex

SC

Reservation: Online at ville.montreal.qc.ca/loisirsenligne (see page 7) or at the reception counters at the Sports Complex and the Centre des loisirs.

Rates: \$5 (NR \$10)

16 and + ➤ Sun 4:30 to 6 p.m. ➤ Sept 9 to Dec 16 ➤ Jan 6 to May 12

Information:

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

PARCS ET INSTALLATIONS Parks and facilities

Automne-hiver
2018-2019
Fall-Winter

- Site d'animation Activities
- Baseball Baseball
- Basketball Basketball
- Bocce Bocce
- Exerciseur pour adultes Adult exerciser
- Football Football
- Glissade hivernale Winter slide
- Jardin communautaire Community garden
- Jeux d'eau Water game
- Jeux pour enfants Children's playground
- Parc canin Dog run
- Pataugeoire Wading pool
- Patin à roues alignées In-line skating
- Patinoire Hockey rink
- Pétanque 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 Bouldrome
- 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)