

SPORTS, LEISURE AND COMMUNITY LIFE



SPRING - SUMMER 2020





1



6



7



2



3



4



5

- 1 Bureau du citoyen**
General information: 311



Community, public and parapublic services: 211

- Mairie de Saint-Laurent**
777, boulevard Marcel-Laurin
H4M 2M7
ville.montreal.qc.ca/saint-laurent



Patrouille de sécurité urbaine
514 855-5700

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



- Ateliers municipaux**
13001, boulevard Cavendish
H4R 2G5
311



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



- 5 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



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



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



- 3 Complexe sportif**
2385, boulevard Thimens
H4R 1T4
514 855-6110, ext. 5



Cour municipale



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

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

LaurenHill Academy Junior Campus

2355, rue Decelles
H4M 1C2
514 331-8019

LaurenHill Academy Senior Campus

2505, boulevard de la Côte-Vertu
H4R 1P3
514 331-8781

6 Musée des maîtres et artisans du Québec



615, avenue Sainte-Croix
H4L 3X6
514 747-7367

Parc-nature du Bois-de-Liesse

Accueil des Champs
3555, rue Douglas-B.-Floreani
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

Service de sécurité incendie

Bureau de prévention
514 280-8873

Skatepark

Parc Marcel-Laurin

YMCA Saint-Laurent

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 for
Norman-McLaren
District



Francesco Miele
City Councillor for
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,

With our services covering all the four seasons that set the life stage in our corner of the world, it's always exciting for us to plan summer activities while winter is in full swing!

Here we need only think of the summer camps, whose programs we prepare early in the year. In June, they are taken by storm by several hundreds of Saint-Laurent youngsters excited about the adventures that await. Your young athletes, artists, scientists and explorers will all be thrilled. Teens will also have a blast with outings and expeditions planned just for them. Maybe they'll also be tempted to register for the camp monitor certification course in preparation for their first seasonal job! Several of our long-standing employees began their careers in Saint-Laurent this way. It is a permanent certificate recognized by the Association des camps du Québec, which, in 2019, awarded Saint-Laurent the Camps de jour municipal conforme (Compliant municipal day-camp) certification attesting to the quality of our program.

In addition to the summer camps, Saint-Laurent will offer a wealth of activities to make the most of the beautiful months ahead of us. With eight free outdoor swimming pools in our parks and even more splash pads and wading pools, Saint-Laurent's families will have nothing to fear during heat waves! This is all in addition to recreational and sports facilities of all types including playing fields, basketball, tennis and volleyball courts, and much more! And for those of you who love to relax in the sun, what better than a picnic with family or friends in one of our gorgeous green spaces?

And let's not forget our 2020 Summer Celebrations Program that our Direction de la culture, des sports, des loisirs et du développement social is fine-tuning right at this moment! Budding and well-established artists, cultural and sports activities, discoveries and workshops: the opportunities are endless for the people of Saint-Laurent to get outside and mingle in a fun and friendly setting!

A handwritten signature in black ink that reads "Alan DeSousa". The signature is fluid and cursive, with the first name "Alan" and last name "DeSousa" clearly distinguishable.

Alan DeSousa, FCPA, FCA
Mayor of Saint-Laurent

**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

Administrative office hours:

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



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 required for children aged four and over.

Cost: Offered free of charge

Where to obtain the Carte biblio-loisirs?

- Bibliothèque du Boisé
- Bibliothèque du Vieux-Saint-Laurent
- Centre des loisirs
- Complexe sportif



RESIDENT CARTE BIBLIO-LOISIRS

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) 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 or 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 previous card.

NON-RESIDENT CARTE BIBLIO-LOISIRS

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 33.33% higher (to a maximum of \$50) than those charged to residents.

Non-resident card holders are not eligible to reserve certain sports facilities or obtain library memberships.

REGISTRATION AND PAYMENT TERMS

ONLINE REGISTRATION

The Loisirs Montréal 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.

REGISTRATION REQUIREMENTS

- Create an account on loisirs.montreal.ca.
- Make sure you and your children, regardless of their age, have a Carte biblio-loisirs valid on both the registration date and the starting date of the activity.
- Make sure your file is up to date, especially with regard to your contact details.
- Make sure you have a valid credit card on hand. Only Visa and MasterCard credit or prepaid cards are accepted. Aside from certain exceptions, taxes are included in the costs.

For on-site registrations, payment may be made in cash, by Interac or by Mastercard or Visa credit card.

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 Complexe sportif.

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.

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 administrative fee per camp or daycare week.

RESERVATION OF RECREATIONAL FACILITIES

Aréna Raymond-Bourque

Temporary closure

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

Complexe sportif

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

Rental of pool:
514 855-6110, ext. 4878

Parks

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:
514 855-6110, ext. 4702

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".

FOR FURTHER INFORMATION ON THE ACTIVITIES OF THE BOROUGH



211 Community, public and parapublic services
311 General information



ville.montreal.qc.ca/saint-laurent

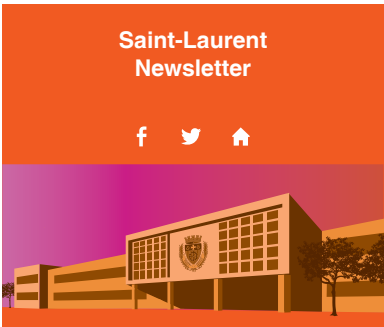


ArrSaintLaurent



MTLsaintlaurent

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



Subscribe now!

Check out the mobile app to choose among many events!



Mobile app of Saint-Laurent



LIST OF SAINT-LAURENT SANCTIONED 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, ext. 222
administration@cjestlaurent.org



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



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



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



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



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



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



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



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



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



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



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



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



L'OASIS SAINT-LAURENT
514 747-7621



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



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



MOISSON MONTRÉAL
514 344-4494
info@moissonmontreal.org



PARENTS-SECOURS
parentssecours.stlaurent@gmail.com



RAP JEUNESSE
514 388-7336
info@rapjeunesse.org



**RESSOURCES JEUNESSE
DE SAINT-LAURENT**
514 748-0202
info@rjstl1410.com



VERTCITÉ
Éco-quartier de Saint-Laurent
514 744-8333
info@vertcite.ca



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

LIST OF SAINT-LAURENT LEISURE ORGANIZATIONS AND INDEPENDENT VOLUNTEER COMMITTEES

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

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



AIR CADETS

ESCADRON 621 SAINT-LAURENT

Abdelaziz Mansouri, president
esc621message@gmail.com



588 ERIC SIMMS SQUADRON

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



ART

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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



ARTISTIC SWIMMING

CLUB DE NAGE SYNCHRONISÉE SAINT-LAURENT INC.

Laila Bouali, president
www.synchrosaintlaurent.com
synchro.saintlaurent@gmail.com



BASEBALL

CLUB DE BASEBALL SAINT-LAURENT

Fernando Longueira, president
info@baseballstlaurent.com
www.baseballstlaurent.com



BASKETBALL

COMITÉ DE BASKETBALL SAINT-LAURENT

Julia King, president
info@basketballstlaurent.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

Ariane-Hélène Fortin, president
514 891-4674
Marc Lapasset, treasurer
514 592-8329



CHOEUR WALTER

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



COMPETITIVE SWIMMING

CLUB DE NATATION SAINT-LAURENT INC.

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



DANCE

STUDIO DE DANSE IMPULSE

Marie-Denise Bettez
514 855-6110, ext. 4998
www.studiodedanseimpulse.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.stlaurentspartansfootball.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

John Chatzidakis, president
info@hockeystl.com
www.hockeystl.com



JUDO

CLUB DE JUDO BUDOKAN SAINT-LAURENT

Lyazid Ouhab, 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 DE 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

Henrik Amirian, president
438 504-8087
www.clubpickleballstl.ca



RINGUETTE

RINGUETTE SAINT-LAURENT INC.

Paul Dussault, president
info@ringuettesaintlaurent.com
www.ringuettesaintlaurent.com

SCRABBLE

CLUB DE SCRABBLE LAURENTIEN

Mary Stamboulieh, president
514 748-9652

SCRABBLE LAURENTIEN

Clotilde Esseili, director
514-334-1639



SOCCER

CLUB DE SOCCER DE SAINT-LAURENT INC.

Rui Sousa, president
www.soccerstl.ca



TAI-CHI

CLUB DE TAI-CHI SAINT-LAURENT INC.

Louis Cayer, president
@clubtaichisaintlaurent



TAEKWONDO

ACADÉ-KICKS

Gaël Texier
514 995-4257
info@acadekicks.com
www.acadekicks.com



TRACK AND FIELD

CLUB D'ATHLÉTISME SAINT-LAURENT SÉLECT INC.

Edvige Persechino, president
sls@slsathletisme.com
www.slsathletisme.com



UNIVERSITÉ DU TROISIÈME ÂGE

Gisèle Lamarche
514 379-3113
giselelamarche@yahoo.ca

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

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 labour
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)
Section Montréal
514 842-8706
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,
accompagnement, 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.cphsl.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, poste 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

514 843-8813

www.parrainagemontreal.org

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



PROLONGEMENT À LA FAMILLE DE MONTRÉAL

514 504-7989

www.upfm.ca

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



SOLIDARITÉ DE PARENTS DE PERSONNES HANDICAPÉES

514 254-6067

www.spph.net

Promotion and defence of interests, and overcoming isolation for families

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



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/fr/ta



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



GUIDE DOGS AND THERAPY DOGS ARE WELCOME!

The Borough of Saint-Laurent is pleased to welcome anyone accompanied by a guide dog or a therapy dog to its parks and facilities.

COMMUNITY GARDENS

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

Vacant plots will be assigned by draw on **May 4, 2020** from among the registrations received.

To register, please fill out the coupon below, and return it to the Complexe sportif by **May 1, 2020**.

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

COMMUNITY GARDENS

From May 15 to October 12, 2020



Last name: _____

First name: _____

Address: _____

Apt: _____

Postal code: _____

Email: _____

Telephone: _____

CARTE BIBLIO-LOISIRS:

No: _____

Expiry date: _____


☐ Rent

☐ Condominium

☐ Owner

☐ House

☐ Apartment

☐ I am a person with reduced mobility 

CHOICE OF GARDEN:

(Check only one)


☐ Alexis-Nihon


☐ Bourbonnière 

☐ Cardinal

☐ Hartenstein

☐ Noël-Nord

☐ Robert-Mitchell 

☐ Roman-Zytynsky 

☐ Saint-Laurent

☐ Super Jardin

SENT TO:

COMMUNITY GARDENS
Complexe sportif
2385, boulevard Thimens
Saint-Laurent (Québec)
H4R 1T4



GENERAL INFORMATION



CENTRE DES LOISIRS



1375, rue Grenet
H4L 5K3

📞 514 855-6110, ext. 3

🚇 Métro Côte-Vertu / 🚌 64, 128

SCHEDULE

RECEPTION COUNTER

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

Closed on Apr 10 and 13, May 18 and Sept 7.

SERVICES

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

GENERAL INFORMATION



BIBLIOTHÈQUE
DU BOISÉ



Photo: 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.



Your digital creative laboratory.



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.



Your self-serve art creation
space. Materials provided.

MEMBERSHIP

Residents

Saint-Laurent residents and property owners of Montréal
FREE

Business community

Owner, occupant 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



PROGRAM

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



bibliotheques.saint.laurent
ArrSaintLaurent

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, Musée McCord and Musée Stewart.
- 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, Nintendo Switch and Nintendo 3DS.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Five work spaces at the Bibliothèque du Boisé. Online reservation: reservations.saint-laurent.ca.
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4753
- Loan of wheelchair.



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 RENTAL

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

GENERAL INFORMATION



Photo: Olivier Blouin

COMPLEXE SPORTIF



2385, boulevard Thimens
H4R 1T4

☎ 514 855-6110, ext. 5

🚇 Métro Côte-Vertu / 🚌 171

SCHEDULE

Regular

From Sept 8 to June 24
Mon to Sun 5:30 to 0:30 a.m.

Summer

June 25 to Labour Day
Mon to Fri 6:30 to 0:30 a.m.
Sat and Sun 7:30 a.m. to 5:30 p.m.

RECEPTION COUNTER

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

Closed on Apr 10, 12 and 13, May 18 and Sept 7.



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/complexesportif



facebook.com/ArrSaintLaurent



twitter.com/ArrSaintLaurent

Photo: Olivier Blouin



SERVICES

- 25-metre swimming pool
- Classroom
- Free parking
- Gymnastics palestra
- Healthy restaurant
- Indoor soccer field
- Lockers with stalls and individual showers
- Multipurpose room
- Nursing room
- Recreational swimming pool
- Rest area
- Single gymnasium
- Training room
- Wi-Fi Internet access

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 rooms and children's parties:
☎ 514 855-6110, ext. 4609

Swimming pool rental:
☎ 514 855-6110, ext. 4878

SUMMER CAMPS



GENERAL INFORMATION

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

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

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

Schedule:

Mon to Fri
9 a.m. to 4 p.m.
June 22 to August 14

Family rates:

A \$10 discount upon registering a second child from the same family, and \$20 for the third.

REGISTRATION

Now via Loisirs Montréal
loisirs.montreal.ca

Information:

514 855-6110

DAYCARE SERVICE

Centre des loisirs or
Complexe sportif

Mon to Fri
7:15 to 9 a.m. and 4 to 6 p.m.
June 22 to Aug 21

\$30 / child / week



CAMP DE JOUR
MUNICIPAL
CONFORME

2020

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$50 for non-residents (NR).

LIST OF CAMPS

Ages 5 and 6

Camp explorateurs

Centre des loisirs
\$122 / week

Ages 7 to 11

Camp aventuriers

Centre des loisirs
\$122 / week

Artistic camp

Centre des loisirs
\$142 / week

Science camp

Centre des loisirs
\$142 / week

Sports camp

Complexe sportif
\$152 / week

Ages 12 to 16

**Teen camp - Outings
(6 weeks out of 8)**

Complexe sportif
\$152 / week

**Teen camp - Expeditions
(2 weeks out of 8)**

Complexe sportif
\$162 / week

Ages 14 to 16

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

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

Location: Centre des loisirs

Length: 4 weeks / mandatory presence / June 29 to July 24 / \$500: 4 weeks / 33 hours of theoretical training and a practical training course in animation of 35 hours

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

Extra week

Centre des loisirs
Mon to Fri / 9 a.m. to 4 p.m. / Aug 17 to 21 / Ages 5 to 12 / \$152

Gymnastics camp

See page 37.

Soccer camp

See page 41.

PLAYGROUNDS



Activities and entertainment all summer long for children ages 6 to 12 in Alexis-Nihon, Beaulac, Cousineau, Gohier, Noël-Nord, Painter, Poirier and Saint-Laurent parks.

Free regular activities and reasonably-priced outings. Program available in the parks.

Animation

Free / June 22 to Aug 13 / Mon to Thu 1:15 to 8 p.m.

Information: 514 855-6110



General information:
514 855-6110, ext. 3

CERCLE DE FERMIERES DE SAINT-LAURENT

Ages 14 +

Location: Centre des loisirs

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

Annual membership: \$32

Information:
Annie-Roche Groult, 514 583-7345

Craft workshop

Wed 1 to 4 p.m. / March to June /
Free for members

Weaving workshop

Thu 1:30 to 3:30 p.m. / March to June /
Free for members (\$5 non-members)

Thu 7 to 9 p.m. / March to June /
Free for members (\$5 non-members)

CULTURAL WORKSHOPS

ADULTS

Ages 18 +

Location: Centre des loisirs, unless otherwise indicated

Participants will have to purchase materials for certain workshops.

SESSION

Spring: Apr 6 to June 1st unless otherwise indicated (break on Apr 12 and 13 and May 18)

REGISTRATION

Spring: Online at loisirs.montreal.ca starting on March 11.

Spring



3D cutting / Évelyne Singer
Sun 9 a.m. to 4 p.m. / Apr 19 and
May 24 / \$30

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$ 50 for non-residents (NR).

Cake decorating / *Martha Garzon*
Sat or Sun 1 to 3:30 p.m. / Apr 19,
May 17, 24 and 31, and June 6 and 13 /
\$80

Calligraphy / *Réal Colletterte*
Mon 1 to 3:30 p.m. / \$80

**Contemporary painting I and II
(acrylic)** / *Svetla Velikova*
Wed 9:30 a.m. to 12 p.m. / \$90
Wed 1 to 3:30 p.m. / \$90

**Contemporary painting II and III
(acrylic)** / *Svetla Velikova*
Fri 9:30 a.m. to 12 p.m. / \$90

**Contemporary painting I and II -
Mixed techniques** / *Svetla Velikova*
Sat 9:30 a.m. to 12 p.m. / \$90

**Contemporary painting III - Mixed
techniques** / *Svetla Velikova*
Thu 1 to 3:30 p.m. / \$90

Crochet - Knitting / *Lucie Carmel*
Tue 6:30 to 9 p.m. / \$75

Drawing - Observation I and II /
Svetla Velikova
Mon 9:30 a.m. to 12 p.m. / \$95

**Drawing and acrylic painting
I and II** / *Svetla Velikova*
Sun 10 a.m. to 12:30 p.m. / \$95

**Drawing and modeling II - Live
models** / *Svetla Velikova*
Mon 1 to 3:30 p.m. / \$95
Additional cost for live models

**Drawing and modeling -
Long poses with live models** /
Svetla Velikova
Mon 6:30 to 9 p.m. / \$95
Additional cost for live models

Icon - Egg tempera / *Svetla Velikova*
Thu 9:30 a.m. to 12 p.m. / \$90

**Icon - Traditional and modern egg
tempera** / *Svetla Velikova*
Wed 6:30 to 9 p.m. / \$90

Oil painting I and II / *Areg Elibekian*
Tue 7 to 9:30 p.m. / \$90
Wed 7 to 9:30 p.m. / \$90
Sat 9:30 to 12 p.m. / \$90

Oil painting II and III / *Areg Elibekian*
Thu 1:30 to 4 p.m. / \$90

Oil painting III / *Areg Elibekian*
Tue 1:30 to 4 p.m. / \$90
Wed 9:30 to 12 p.m. / \$90

Patchwork / *Céline Arcand*
Sat 1 to 3:30 a.m. / \$80

Patchwork: decorative article /
Céline Arcand
Fri 9:30 a.m. to 12 p.m. / \$80

**Pottery, modeling, turning,
ceramics** / *Francine Gauthier*
Mon 2 to 4:30 p.m. / \$100
Mon 6:30 to 9 p.m. / \$100
Tue 10 a.m. to 12:30 p.m. / \$100
Tue 2 to 4:30 p.m. / \$100 - New
Tue 6:30 to 9 p.m. / \$100

**Pottery, modeling, turning,
ceramics (advanced)** /
Francine Gauthier
Sat 9:30 a.m. to 12 p.m. / \$100

Scrapbooking / *Corine Cariminot*
Tue 1 to 3:30 p.m. / \$80

Sewing / *Corine Caraminot*
Tue 9:30 a.m. to 12 p.m. / \$80
Wed 1 to 3:30 p.m. / \$80
Wed 7 to 9:30 p.m. / \$80
Sat 9:30 a.m. to 12 p.m. / \$80

Silk painting / *Valérie Gruia*
Sun 9 a.m. to 4 p.m. / Apr 19 and
May 3 / \$30

Stained glass / *Stéphanie Aghbachian*
Tue 1:30 to 4 p.m. / \$80
Tue 7 to 9:30 p.m. / \$80
Wed 1:30 to 4 p.m. / \$80
Thu 9:15 to 11:45 a.m. / \$80
Thu 7 to 9:30 p.m. / \$80

Stained glass - fusion /
Stéphanie Aghbachian
Wed 7 to 9:30 p.m. / \$80
Fri 1:30 to 4 p.m. / \$80

Stone carving / *Vasil Nikov*
Wed 1:30 to 4 p.m. / \$80
Wed 5:30 to 8 p.m. / \$80

Yoga (bilingual) / *Ghislaine Bayade*
Participants must bring their yoga mat.
1 / week: \$75
2 / week: \$120

Mon 6:15 to 7:40 p.m.
Wed 6:15 to 7:40 p.m.

Yoga lunch break / *Florence Say or
Xavier Tesserot**
Participants must bring their yoga mat.
1 / week: \$50
2 / week: \$75
3 / week: \$120

Mon 12:05 to 12:55 p.m.*
Wed 12:05 to 12:55 p.m. (relaxation)
Fri 12:05 to 12:55 p.m.

Watercolour contemporary /
Valérie Gruia
Wed 1 to 3:30 p.m. / \$90

**Watercolour and preparatory
drawing** / *Valérie Gruia*
Thu 9:30 a.m. to 12 p.m. / \$90
Fri 1 to 3:30 p.m. / \$90

Watercolour I and II / *Valérie Gruia*
Tue 9:30 a.m. to 12 p.m. / \$90
Thu 7 to 9:30 p.m. / \$90

Watercolour II and III / Valérie Gruia

Tue 1 to 3:30 p.m. / \$90

Wed 7 to 9:30 p.m. / \$90

Watercolour III - Creativity and expression / Valérie Gruia

Thu 1 to 3:30 p.m. / \$90

Wood carving / Rémi Richard

Tue 1:30 to 4 p.m. / \$80

Tue 7 to 9:30 p.m. / \$80

Summer



NEW -

Outdoor watercolour / Valérie Gruia Parc Caron

June 9, 16 and 30 /

Tue 10 a.m. to 4 p.m.

Bring your lunch / \$30 per day /

Equipment not provided.

YOUTH

Ages 6 to 17

Location: Centre des loisirs, unless otherwise indicated

SESSION

Spring: Apr 6 to June 1st unless otherwise indicated (break on Apr 12 and 13 and May 18)

REGISTRATION

Spring: Online at loisirs.montreal.ca starting on March 11.

Ages 6 to 8

Cartoon drawing / Pierre Bourgoin

Sat 10 a.m. to 12 p.m. / \$40

Drawing and painting / Carolle

Dubuc or Areg Elibekian*

Sun 10 a.m. to 12 p.m. / \$50

Sun 1 to 3 p.m. / \$50*

Sun 1 to 3 p.m. / \$50

Theatre / Évelyn Laniel

Sun 10 to 11:30 a.m. / \$40

Ages 6 to 12

Chess level I / Raphael Nunez

Sat 1 to 2 p.m. / \$30

Chess level II / Raphael Nunez

Sat 2 to 3 p.m. / \$30

Chess (advanced) / Raphael Nunez

*or Seymour Gelet**

Sat 3 to 5 p.m. / \$50

Sat 3 to 5 p.m. / \$50*

Drawing, pottery, modeling /

Francine Gauthier

Sat 1 to 3 p.m. / \$50

Sun 10 a.m. to 12 p.m. / \$50

Sun 1 to 3 p.m. / \$50

Yoga / Ghislaine Bayade

NEW LOCATION:

Centre communautaire Painter

Thu 5 to 6 p.m. / \$40

Participants must bring their yoga mat.

Ages 7 to 12

Petits marmitons / Mariette Cadieux

Participants must bring four containers.

Sat 10 a.m. to 12 p.m. / \$50

Sat 1 to 3 p.m. / \$50

Ages 9 to 12

Theatre / Évelyn Laniel

Sun 1 to 3 p.m. / \$40



Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$ 50 for non-residents (NR).

Ages 9 to 14**Acrylic painting /** *Carolle Dubuc*

Fri 7 to 9 p.m. / \$50

Cartoon drawing - Manga /*Pierre Bourgouin*

Sat 1 to 3 p.m. / \$40

Sat 3:30 to 5:30 p.m. / \$40

Water painting / *Carolle Dubuc*

Sam 1 to 3 p.m. / \$50

Ages 10 to 17**Oil painting /** *Areg Elibekian*

Thu 7 to 9 p.m. / \$50

Fri 7 to 9 p.m. / \$50

Sam 1 to 3 p.m. / \$50

Pottery, modeling, turning /*Francine Gauthier*

Fri 6:30 to 8:30 p.m. / \$50

Ages 13 to 17**Creative cooking /** *Mariette Cadieux*

Participants must bring four containers.

Fri 7 to 9 p.m. / \$50

Sewing - Family / *Corine Caraminot*

Fri 7 to 9 p.m. / \$40

Parents are welcomed.

Registration: \$40

Stained glass - Family /*Stéphanie Aghbachian*

Fri 7 to 9 p.m. / \$50

Parents are welcomed.

Registration: \$50

Theatre / *Évelyne Laniel*

Sun 3:30 to 5:30 p.m. / \$40

Watercolour - Introduction and exploration / *Valérie Gruia*

Fri 6:30 to 8:30 p.m. / \$50

**DANCE****SOCIAL DANCING CLUB
LES LAURENTIENS****Ages 18 +**

(Couples only)

Location: Centre des loisirs

Courses and evenings organized during the year.

Dances taught

Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot, paso doble, rock'n'roll, salsa, tango and Zorba.

Information:

514 855-6110, ext. 4646

www.cdsleslaurentiens.comcdsleslaurentiens@hotmail.com**IMPULSE DANCE STUDIO****All ages****Location:** Centre des loisirs**SESSION****Spring:** May 2 to June 5

(cancelled from March 2 to 6)

REGISTRATIONOnline on loisirs.montreal.ca

from Apr 5 to 20.

In person at the Centre des loisirs,

on Apr 22, at 6 p.m.

Courses

Contemporary, modern jazz, ballet, tap dance, hip-hop, baladi, creative dance, parent-child and Brazilian samba.

Detailed programming:www.studiodedanseimpulse.com**Information:**

514 855-6110, ext. 4998

studiodedanseimpulse@hotmail.comfacebook.com/studiodedanseimpulsewww.studiodedanseimpulse.com**ASSOCIATION DES
ARTISTES DE SAINT-
LAURENT (PAINTING)**

The Association des artistes de Saint-Laurent is an organization comprising some fifty artists-painters. New members are selected by the beginning of April.

Information:

Marcel Daooust

contact@artsaintlaurent.caartsaintlaurent.ca

EXHIBITIONS

CENTRE DES LOISIRS

1375, rue Grenet



CITIZEN EXHIBITION

To submit an exhibition project to the Centre des loisirs in 2020-2021, refer to the procedure at the following address: ville.montreal.qc.ca/saint-laurent/expocitoyenne

For all

Participants in multidisciplinary workshops - Adults

Mon to Sun 8:30 a.m. to 9 p.m. /
Feb 29 to March 15 / Varied works

Association des photographes de Saint-Laurent (APSL)

Mon to Sun 8:30 a.m. to 9 p.m. /
March 21 to Apr 5 / Photography

Participants in the oil painting workshops

Mon to Sun 8:30 a.m. to 9 p.m. /
Apr 11 to 26 / Painting

Exhibition - École Enfant-Soleil

Mon to Sun 8:30 a.m. to 9 p.m. /
May 23 to June 7 / Varied works



Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$ 50 for non-residents (NR).

MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

The Museum will be temporarily closed for renovations in March, April and May.

615, avenue Sainte-Croix

Saint-Laurent, H4L 3X6

514 747-7367

www.mmaq.qc.ca

SCHEDULE

General public:

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

Groups by reservation:

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

Rates:

Adults \$8

Senior \$6

Students \$5

Family rate \$16 (maximum 2 adults)

Free:

For children under 6 years of age, at any time.

For everyone at exhibition openings and on the first Sunday of each month.

EVENT

Saturday, June 20, 2020

Official opening of the new permanent exhibition with a special day of activities for the general public from 10 a.m. to 5 p.m. and an evening event from 7 to 11 p.m. featuring musical and artistic presentations.

Free admission

EXHIBITIONS

New permanent exhibition:

Objets témoins, la grande histoire des métiers d'art au Québec

As of June 20

Trois siècles de céramique au Québec

July 10 to Sept 2

Carole Frève, Histoires de récits

A retrospective: 24 years of creation

July 31 to Oct 4

Vibrations sur fibres

Paulette-Marie Sauvé, textile arts,

1972-2020 retrospective

Sept 12 to Oct 25

Voix communes - un dialogue créatif

Presented by CARL and LatinArte

Oct 10 to 25



PRESCHOOL CENTRE

Ages 0 to 5

Location: Centre des loisirs

Children must have reached the minimum age required at the beginning of the activity. Proof of age is required at registration.

Children with diapers are admitted only to workshops where parents are present.

SESSION

Spring: March 28 to May 22

REGISTRATION

Online at loisirs.montreal.ca, starting on March 10.

*The presence of an adult is mandatory.

**Courses on Monday, May 18 will be resumed on Tuesday, May 19.

Future moms

Pre-natal yoga

Mon** 7 to 8 p.m. / \$45

0 to 12 months*

Danse with baby

Mon** 12:30 to 1:30 p.m. / \$45

Bring your baby carrier

Fitness with baby

Fri 1 to 2 p.m. / \$45

Sensory awareness with baby

Wed 10 a.m. to 12 p.m. / \$60

Thu 10 a.m. to 12 p.m. / \$60

Yoga with baby

Mon** 1:30 to 2:30 p.m. / \$45

Wed 1 to 2 p.m. / \$45

12 to 36 months*

Sounds and rhythms

Fri 9 to 11 a.m. / \$60

Marionettes

Tue 9 to 11 a.m. / \$60

1 to 3 years old*

Musical game

Sat 9 to 9:45 a.m. / \$45

Sat 10 to 10:45 a.m. / \$45

Sat 11 to 11:45 a.m. / \$45

Mini-circus

Sun 9 to 9:45 a.m. / \$45

Sun 10 to 10:45 a.m. / \$45

Sun 11 to 11:45 a.m. / \$45

1 to 5 years old*

Crazy Sunday / April 26 /

Green thumb

Sun 10:30 a.m. to 12 p.m. / \$12

18 to 36 months*

Acrobats

Mon** 9 to 11 a.m. / \$60

4 and 5 years old

Arts and crafts

Sat 10 a.m. to 12 p.m. / \$60

Sat 1 to 3 p.m. / \$60

Mini-circus

Sun 1 to 3 p.m. / \$60

PROGRAM FOR ADULTS

Ages 50 +

CARREFOUR DES ÂÎNÉS

Location: Centre des loisirs
(with the exception of petanque)

Mandatory membership card:
\$10 (NR \$15)

SESSION

March 16 to May 7 (break on Apr 13)

REGISTRATION

In person at the Centre des loisirs on
Feb 24 and 26, from 8:30 a.m. to 4 p.m.

Office hours until May 14:

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

Information:

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

Bingo

Tue 1 to 4 p.m. / 1\$ / card

Bridge

Thu 1 to 5 p.m. / Free

Board games

Mon to Sun 9 a.m. to 9:30 p.m. / Free

Line dance

\$25: session (NR \$30)

Beginners:

Courses: Mon 2:45 to 4:15 p.m.
Rehearsal: Wed 1 to 2:30 p.m.

Advanced:

Courses: Mon 1 to 2:30 p.m.
Rehearsal: Wed 2:45 to 4:15 p.m.

Petanque

Tue 1:30 to 4 p.m. / At the Boulodrome
year-round except in the summer
(Parc Gohier) from May to Aug / Free

Physical activities

Mon and Thu 9 to 10 a.m. or 10:15 to
11:15 a.m. / \$25: session (NR \$30)

Pool and table tennis

Mon 8 a.m. to 9:30 p.m. / Tue to Fri
8 a.m. to 6 p.m. / Sat 8 a.m. to 3 p.m. /
Sun 8 a.m. to 9:30 p.m. / Free

Shuffleboard

Thu 1 to 4 p.m. / Free

Stretching

Wed 9 to 10 a.m. or 10:15 to
11:15 a.m. / \$25: session (NR \$30)



Unless indicated otherwise, fees are increased by 33.33%
up to a maximum of \$ 50 for non-residents (NR).



PROGRAM FOR FALL PREVENTION P.I.E.D. Ages 65 +



Location: Centre des loisirs

Offered by the CIUSSS du Nord-de-l'Île-de-Montréal

SESSION

March 30 to June 10
(break on Apr 13 and May 18)

Mon 2:30 to 4 p.m. and
Wed 3:15 to 4:15 p.m.

Intensive course to improve balance and leg strength.

Information:

514 331-2572, ext. 4479

PROGRAM FOR PERSONS WITH DISABILITIES Ages 30 +

Location: Centre des loisirs

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

Regular activities

Wed 9 a.m. to 3 p.m. / March 9 to June 5 / \$7 / membership card

Recreational outings

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

Information:

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

PROGRAM FOR YOUTH



ADOS DE ST-LO

• Activities in the parks

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

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

SESSION

June 11 to Aug 13

Basketball and urban activities

Cousineau, Painter and Noël-Nord parks

Soccer and urban activities

Hartenstein, Painter and Noël-Nord parks

SCHEDULE

June 11 to 19 / Thu and Fri 6 to 9 p.m.
June 22 to Aug 13 / Tue to Sat 4:30 to 10 p.m.

Information: 514 855-6110

• Activities at Centre communautaire Painter

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

SESSION

Jan 17 to May 17

REGISTRATION

In person at the Centre communautaire Painter during hours of operation. Piece of identification required. Free annual membership.

Fri 6:30 to 9 p.m. / Sat 4 to 9 p.m. /
Sun 5 to 9 p.m. / Table tennis, baby foot, board games, video games, and movie nights

Information: 514 855-6110

• Teen sports at Complexe sportif

Sports and cultural activities for youths aged 12 to 17.

SESSION

Spring: Jan 13 to May 17

Basketball

Wed 4 to 6 p.m. / Thu 3:30 to 6:30 p.m. / Sat 3:30 to 4:30 p.m. /
Sun 2 to 4 p.m. / Gym

Boxing

Fri 3 to 5 p.m. / Multipurpose room

Dance

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

Soccer

Fri 4 to 6 p.m. / Sat 4:30 to 6 p.m. /
Soccerplexe

Training session

Sun 12 to 2 p.m. / Training room /
Limited places

REGISTRATION

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

Information: 514 855-6110

L'UNITÉ 12 -17

Location: Centre des loisirs

SESSIONS

Spring: Jan 7 to June 13

Summer: June 30 to Aug 15

Open recreational sports and cultural activities for high-school students aged 12 to 17.

Video games, music studio, movies, table football, table tennis and more.

REGISTRATION

In person during opening hours. Identification required.

SCHEDULE

Spring:

Tue to Thu 3:30 to 9 p.m. /
Fri and Sat 3:30 to 9:30 p.m.

Summer: Tue to Sat 4:30 to 9:30 p.m.

Information: 514 744-1239



ROYAL CANADIAN AIR CADET Ages 12 to 18

Location: Centre des loisirs

Band

Musical group performing on different instruments.

External activities

Parades, gliding, first-aid training, forest survival, team sports, public speaking and leadership, social activities and free summer camps to choose from.

588 ERIC SIMMS ROYAL CANADIAN AIR CADET SQUADRON

SESSION

Sept to May

REGISTRATION

Tuesdays from 6:30 to 9 p.m.,
1415, rue Filion, Saint-Laurent, H4L 4E7

Information:

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

ESCADRON 621 ST-LAURENT DES CADETS DE L'AVIATION ROYALE DU CANADA

SESSION

Sept to May and summer camps
by selection

REGISTRATION

Mondays from 6:30 to 8:30 p.m.,
1415, rue Filion, Saint-Laurent, H4L 4E7.

Information:

621.president@cadetsair.ca
esc621message@gmail.com
514 418-6170

SCRABBLE Ages 14 +

Location: Centre des loisirs

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

Mon 7:30 to 9:30 p.m.

Thu and Sat 1:30 to 4:30 p.m

All year round / Member: \$4
(Non-member: \$5)

Information:

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

Clotilde Esseili, 514 334-1639
(Thursday games)





AQUATIC ACTIVITIES

- Aquafitness classes
- Artistic swimming
- Introduction to competitive swimming (summer)
- Introduction to diving (summer)
- Introduction to water polo (summer)
- Open swim
- Masters swimming
- Swimming lessons for children and adults
- Water-polo

LOCATIONS

Spring:

Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent

Summer:

Pools, wading pools and splash pads located at Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

Splash pads located at Beaulac, Gohier, Goulet, Harris, Houde, Poirier and Philippe-Laheurte parks

Schedules may change without notice.

Unless indicated otherwise, fees are increased by 33.33% up to a maximum of \$ 50 for non-residents (NR).

Open swim 6 months +

Children under age 8 may not enter the swimming pool alone. Chaperone ratios are determined according to age, ability and the use of flotation equipment. Staff may ask to see a piece of ID at any time. An ID card is needed to borrow a swim flotation belt or personal flotation device (PFD).

Swim diapers are permitted only at the recreational pool at the Complexe sportif and at the YMCA Saint-Laurent pool. They are prohibited at outdoor swimming pools and in the 25 m swimming pool inside the Complexe sportif.

The indoor pool at the Complexe sportif and the outdoor pool at Parc Bourbonnière are accessible to people with reduced mobility.

COMPLEXE SPORTIF

AGES

Recreational pool: 6 months +
25-metre swimming pool: 2 years +

SESSIONS

Spring: March 28 to June 21
(break on March 26, Apr 10, 12 and 13, May 2, 3, 18, June 2, 4, 9 and 11 in the evening, and June 13 and 14)

Summer: Pools closed for maintenance.

RATES

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)

Schedule:

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

Information: 514 855-6110

YMCA SAINT-LAURENT



AGES:

6 months + (swimming pool)

Rates:

Free for Saint-Laurent Carte biblio-loisirs holders.

Schedules:

www.ymcaquebec.org/fr/Trouver-un-Y/
YMCA-Saint-Laurent/A-l-horaire

An ID card is required for free swim:

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

Information:

YMCA du Québec
514 747-5353

PARKS



Pools, wading pools and splash pads:

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

AGES

Wading pools: 10 years –
Swimming pools: 2 years +
Splash pads (only): For all

SESSIONS

Summer:

June 13 to Aug 22
(break on Aug 16 at Parc Bourbonnière)

Extension:

Aug 23 to 31
Pool and wading pool located at
Parc Bourbonnière

Schedules:

Posted in the respective parks and
at loisirs.montreal.ca.

Information: 514 855-6110

Splash pads without supervision:

Beaulac, Gohier, Goulet, Harris, Houde,
Poirier and Philippe-Laheurte parks

AGES

For all

SESSION

June 13 to Sept 7

Schedule: 8:30 a.m. to 9 p.m.

Information: 514 855-6110

Swimming lessons Ages 6 months +

LOCATIONS

Spring: Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent

Summer: Pools located at Bourbonnière, Chamberland, Decelles, Hartenstein, Marlborough, Noël-Nord, Painter and Saint-Laurent parks

ACTIVITIES

Swimming instruction program based on the Canadian Red Cross learn-to-swim program consisting of several levels according to age and ability offering continuous acquisition of skills and knowledge:

- Preschool program for children 5 years old and under, made up of 4 different parented levels and 4 different unparented levels.
- Kids program for children 6 to 12 years old, made up of 10 different levels.
- Teen and adult program for participants 12 years old and older, made up of 2 to 3 different levels.

AGES

Children:

Complexe sportif and YMCA Saint-Laurent: 6 months +
Cégep de Saint-Laurent and outdoor swimming pools: 2 years +.

Teenagers and adults:

12 years +

SESSIONS

Spring: Complexe sportif, Cégep de Saint-Laurent and YMCA Saint-Laurent
As of March 28 (break on Apr 10, 11 [except Complexe], Apr 12 and 13, May 2 [except Cégep], May 3 [except Cégep and YMCA], May 9 [except Complexe and Cégep] and May 18)

Summer: Pools in Bourbonnière, Decelles, Hartenstein, Painter and Saint-Laurent parks

Mon to Fri, mornings

Session 1: June 22 to July 3

Session 2: July 13 to 24

Session 3: Aug 3 to 14

Pools in Chamberland, Marlborough and Noël-Nord parks

Sat and Sun, mornings

Session 1: June 20 to July 12

Session 2: July 25 to July 16

Pool in Parc Saint-Laurent

Mon and Wed, evenings

Session 1: June 23 to July 16

Session 2: July 28 to Aug 20

REGISTRATION

For all online at loisirs.montreal.ca on the following dates:

Spring:

March 22, starting at 2:30 p.m., to March 25

Summer:

Mon to Fri, mornings:

Bourbonnière, Decelles, Hartenstein, Painter and Saint-Laurent parks

- Session 1: June 14, starting at 8:30 a.m., to June 17
- Session 2: July 5, starting at 8:30 a.m., to July 8
- Session 3: July 26, starting at 8:30 a.m., to July 29

Sat and Sun, mornings:

Chamberland, Marlborough and Noël-Nord parks

- Session 1: June 14, starting at 8:30 a.m., to June 17
- Session 2: July 20, starting at 6:30 p.m., to July 24

Mon and Wed, nights:

Parc Saint-Laurent

- Session 1: June 14, starting at 8:30 a.m., to June 17
- Session 2: July 20, starting at 6:30 p.m., to July 24

Participants must know which level to register for prior to registration and are responsible for monitoring the number of times they register.

RATES

Spring:

Children: \$60 / 30 to 60 min / once a week (depending on level)

Adults and teenagers: \$70 / 60 min / once a week

Summer:

Children: \$40 / session

Adults and teenagers: \$70 / session

Schedules:

Online at loisirs.montreal.ca the day before the first registration date of each session.

Bring the registration receipt and progress booklet (if applicable) to the first class.

Information: 514 855-6110



Aquafitness Ages 18 +

LOCATIONS

Spring: Complexe sportif - Recreational and 25-meter pools

Summer: Parcs Decelles and Marlborough pools

ACTIVITIES

Spring

Specialized courses: Aqua cardio, aqua spinning, aqua jogging, aqua combo and aqua stroller

Regular courses: Aquafitness, advanced aquafitness, membership, prenatal

Summer

Regular courses: Aquafitness

SESSIONS

Spring: Complexe sportif
To be confirmed

(break on Apr 10, 12 and 13, May 2 [except Cégep], May 3 [except Cégep and YMCA] and May 18)

Summer:

June 22 to Aug 20

REGISTRATION

Online at loisirs.montreal.ca on the following dates:

Spring:

Starting on March 22, at 8:30 a.m., and throughout the semester according to available places at the same rate.

Summer:

Starting June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

Schedules:

Online at loisirs.montreal.ca the day before the first registration date of each session.

Introduction to competitive swimming Ages 6 to 14

Locations: Pools located at Bourbonnière, Noël-Nord and Saint-Laurent parks

SESSION

June 22 to Aug 20

REGISTRATION

Online at loisirs.montreal.ca starting on June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

Prerequisites:

Must be able to perform the swimming styles and skills described in the Red Cross Swim Kids or equivalent, level 4 and higher program.

Rates:

\$25 (\$10 discount if registering the same child for Introduction to diving, or for the other children in the same family).

Schedules:

Online at loisirs.montreal.ca the day before the first registration date.

Information: 514 855-6110

Introduction to diving Ages 6 +

Locations: Bourbonnière and Noël-Nord parks

SESSIONS

Session 1: 22 June to 17 July

Session 2: 20 July to Aug 14

REGISTRATION

Online at loisirs.montreal.ca starting on June 7, at 8:30 a.m., and throughout the semester according to available places at the same rate.

Prerequisites:

Must be able to perform the swimming styles and skills described in the Red Cross Swim Kids or equivalent, level 2 and higher program.

Rates: \$25 (\$10 discount if registering the same child for Introduction to diving, or for the other children in the same family).

Schedule:

Online at loisirs.montreal.ca the day before the first registration date.

Information: 514 855-6110

Introduction to mini polo Ages 6 to 12

Locations: To be confirmed

SESSION

To be confirmed

REGISTRATION

To be confirmed

Rates: To be confirmed

Schedule: To be confirmed

Information: 514 855-6110



Aquatika Outdoor aquatic summer festival for all

Location: Parc Bourbonnière

Date: Aug 16

Schedule: 1:30 to 6:30 p.m.

The regular pool and wading pool schedule will be modified on this date.

Information: 514 855-6110

Master's swim club Ages 18 +

Offered by the Club des maîtres-nageurs de Saint-Laurent, in partnership with the Borough of Saint-Laurent.

LOCATIONS

Spring: Complexe sportif and Cégep de Saint-Laurent

Summer: Pools located at Bourbonnière, Decelles and Hartenstein parks

SESSIONS

Spring: Complexe sportif: ongoing until June 11

Cégep de Saint-Laurent: ongoing until May 28
(break on Apr 12 and 13, May 18)

Summer: Parc Bourbonnière: June 13 to 18 and Aug 24 to 27

Parc Decelles: June 22 to Aug 20

Parc Hartenstein: June 17 to Aug 20

REGISTRATION

In person at the pool, according to the practice schedule. At the registration, swimmers must pay insurance premiums to the Federation.

Prerequisites:

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.

SCHEDULES**Spring:**

Complexe sportif:

Mon 7:15 to 8:30 p.m.

Tue and Thu 6 to 7:15 a.m.

Wed 7:30 to 8:45 p.m.

Sat 6:45 to 8 a.m. (Sat, May 2 only:

Cégep de Saint-Laurent 7 to 8:15 a.m)

Sun 7 to 8:15 p.m (Sun, May 3 only:

Cégep de Saint-Laurent)

Tue, June 2 and 9 / 7:30 to 9 p.m.

(20-metre lanes)

Thu, June 4 and 11 / 7:30 to 9 p.m.

(20-metre lanes)

Cégep de Saint-Laurent:

Tue and Thu 7:30 to 9 p.m.

Summer:

FREE

Parc Bourbonnière:

Sat, June 13 / 8 to 9:30 a.m.

Mon, June 15 and Thu, June 18 /

8:15 to 9:30 p.m.

Mon, Aug 24 and Thu, Aug 27 /

7:15 to 8:30 p.m.

Parc Decelles:

Mon 8:15 to 9:30 p.m.

Parc Hartenstein:

Wed 7:15 to 8:15 p.m.

Sat 8 to 9:30 a.m.

RATES

Spring: mnstlaurent@gmail.com

Summer: Free

Information:

Club des maîtres-nageurs

de Saint-Laurent

mnstlaurent@gmail.com

Artistic swimming

Ages 5 +

LOCATIONS

Spring: Complexe sportif

Summer: Pool located at

Parc Hartenstein

Offered by the Club de nage synchronisée Saint-Laurent, in partnership with the Borough of Saint-Laurent.

ACTIVITIES

- Recreational program
- Competitive program
- Adult artistic swimming lessons

SESSIONS

Spring: Apr 12 to June 20

Summer: June 22 to Aug 14

- **Session 1:** June 22 to 3 July

- **Session 2:** July 6 to July 17

- **Session 3:** July 20 to July 31

- **Session 4:** Aug 3 to Aug 14

REGISTRATION

Spring-summer: March 28, 1 to 5 p.m. at the Complexe sportif.

PREREQUISITES**Summer:**

- Age 5 to 7: Must be able to swim.
- Ages 8 and over: Must have passed the Canadian Red Cross Swim Kids Level 5 program or the equivalent.

Summer:

Must be able to swim 25 meters continuously.

Rates and schedules:

www.synchrosaintlaurent.com

Information:

Club de nage synchronisée

Saint-Laurent

synchro.saintlaurent@gmail.com

www.synchrosaintlaurent.com

Water-polo

Ages 6 to 12 and 18 +

Offered by the Club de water-polo Saint-Laurent, in partnership with the Borough of Saint-Laurent.

LOCATIONS

Spring: Complexe sportif (18 +) and

YMCA Saint-Laurent (6 to 12)

Summer: Outdoor pool located at

Parc Hartenstein (18+) and other

location to be confirmed (6 to 12)

SESSIONS

Spring: March to May

Summer: June to Aug

Registration, prerequisites, schedules, rates and information:

Club de water-polo Saint-Laurent

wpstlaurent@gmail.com

BADMINTON - OPEN

Locations: LaurenHill Academy Junior Campus and Complexe sportif

RESERVATION

Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif or the Centre des loisirs.

Cost:

\$8 / hour per court

Information:

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



BASEBALL

Locations: Complexe sportif, Cégep de Saint-Laurent, Chamberland, Houde, Petit, Decelles, Cousineau, Noël-Sud and Saint-Laurent parks

SESSIONS

Winter: Jan 12 to March 14

Spring-Summer: Mid-May to the end of Aug

REGISTRATION

Spring-summer:

Online starting on Feb 8 on the website www.baseballstlaurent.com.

Indoor training until mid-March.

Categories: Pre Rally Cap to Junior

Evaluations and training:

Offered free of charge starting at the end of March to children registered with the Club de baseball Saint-Laurent only.

Baseball Carnival:

Baseball activities and information session at the Complexe sportif:
Sun, March 15, from 9 a.m.

Information:

www.baseballstlaurent.com
info@baseballstlaurent.com



BASKETBALL

Indoor activity - open

Location: Complexe sportif

RESERVATION

Online at loisirs.montreal.ca, at the reception counters at the Complexe sportif or the Centre des loisirs.

Rates:

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

Information:

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

Comité de basketball Saint-Laurent

Location: Parc Cousineau

The first meeting on May 23 will be held at LaurenHill Junior Campus.

SESSION

May 23 to Aug 8

REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

Information:

info@basketballstlaurent.com

CHEERLEADING

Girls - Ages 6 to 12

Location: Complexe sportif

SESSION

June 29 to Aug 22

REGISTRATION

Online at www.gymslic.com stating on Apr 29 at 10 a.m. In person at the Complexe sportif on May 4, from 4 to 8 p.m.

Schedules:

Wed 5:30 to 7 p.m. / 1.5 hrs / week

Rates and information:

Club Gymslic Saint-Laurent inc.
www.gymslic.com

FOOTBALL

Pre-season camps (March-May)

Location: Complexe sportif

Categories: Titan to Midget

Rates, schedules and information:

Association de football amateur
de Saint-Laurent
www.saintlaurentspartansfootball.com

Regular season - mixed (July-November)

Location: Parc Saint-Laurent

Categories: Titan to Midget

REGISTRATION

For the regular season starting in April.

Rates, schedules and information:

Association de football amateur
de Saint-Laurent
www.saintlaurentspartansfootball.com



GYMNASTICS

Ages 1 to 14

Location: Complexe sportif

ACTIVITIES

- Day camp
- Karibou
- Parent-child
- Recreational and competitive

SESSION

June 29 to Aug 22

REGISTRATION

Online at www.gymslic.com starting on Apr 29, at 10 a.m.

In person at the Complexe sportif on May 4, from 4 to 8 p.m.

Auditions

Recruitment of young girls for the pre-competitive level

Succession: Girls born between 2011 and 2015 / March 14 from 9:30 to 11 a.m. / \$10 per child

Day camps

REGISTRATION

Online at www.gymslic.com starting on Apr 1st, at 10 a.m.

In person at the Centre des loisirs on May 4, from 4 to 8 p.m.

Mail-in registration using the Gymslic day camp form available at the Centre des loisirs, the Complexe sportif and at www.gymslic.com.

Mail the registration form and payment to:

Club Gymslic Saint-Laurent inc.
2385, boulevard Thimens
Saint-Laurent, H4R 1T4

Programming, rates and schedules:

www.gymslic.com

Information:

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

HOCKEY

Ages 5 +

Locations to be determined according to the renovations at Aréna Raymond-Bourque.

Pre-registration for fall-winter 2020-2021:

Online from late April at www.hockeystl.com.

Information:

Comité de hockey de Saint-Laurent
www.hockeystl.com
info@hockeystl.com

Pre-novice to Junior

5 to 21 / Cost to be determined

Summer school

Registration and information:

www.hockeystl.com
info@hockeystl.com

JUDO

Ages 5 +

Location: Centre des loisirs

SESSIONS

Spring: March 16 to June 6

Summer: June 8 to Aug 3

REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

Recreational

Rates:

Spring / \$75

Summer / \$65

Summer-spring / \$120

Schedules:

Samourai (ages 5 and 6):

Tue and Thu 6 to 7 p.m. or Wed 6 to 7 p.m. and Sat 9:30 to 10:30 a.m.

Ninjas (ages 7 and 8):

Mon and Fri 6 to 7 p.m.

Mini judo (ages 9 to 12):

Tue and Thu 7:15 to 8:30 p.m.

Competitive

Rates:

Spring / \$85

Summer / \$75

Summer-spring / \$140

Schedule:

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

Information:

Club de judo Budokan Saint-Laurent
judobudokanstl@gmail.com
judobudokanstl.com

Parents-children

Ages 5 +

Rates:

Spring / \$85

Summer / \$75

Summer-spring / \$140

Schedule:

Sat 11 a.m. to 12 p.m.

Fall control course for seniors

Ages 60 +

Rates:

Spring / \$120

Summer / \$100

Summer-spring / \$200

Schedule:

Sat 12:15 to 1:15 p.m.





KARATE

Ages 6 +

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

SESSIONS

Spring: Apr 20 to the end of June
Summer: Late June to Aug 29

REGISTRATION

Spring-summer: In person at the
Centre des loisirs on March 17,
from 6 to 7:30 p.m.

Rates and schedules:

www.kiosaintlaurent.com

Information:

Club de karaté Kio Saint-Laurent
www.kiosaintlaurent.com
info@kiosaintlaurent.com
facebook.com/KioSaintLaurent/

PICKLEBALL

Ages 16 +

Location: Parc Cousineau

SESSION

May 25 to Aug 28

Rates and schedules:

Residents and members of the
Fédération québécoise de pickleball:
\$1 per session
Racket rental: \$5
The balls are provided by the club.

Mon and Thu 6:30 to 9 p.m.

Tue, Wed and Fri 9:30 a.m. to 12 p.m.

Registration and information:

Club de pickleball de Saint-Laurent
Henrik Amirian, 438 504-8087
www.clubpickleballstl.ca

MINI TENNIS

For all

Location: Complexe sportif

RESERVATION

Online at loisirs.montreal.ca, at the
reception counters at the Complexe
sportif or the Centre des loisirs.

Rates:

\$8 / hour per court

Information:

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



PHYSICAL FITNESS

Ages 16 +

Locations: Centre des loisirs, Complexe sportif and Parc Marcel-Laurin

SESSIONS

Spring: Apr 6 to June 20

Summer: June 22 to Aug 29

REGISTRATION

In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m.

At any time, at the reception counters at Centre des loisirs or Complexe sportif or by mail.

Rates:

1 session / \$115

2 sessions / \$220

3 sessions / \$325

4 sessions / \$365

Summer only / \$99

Information:

Club de conditionnement physique
Saint-Laurent inc.
cdcphvsl@gmail.com

SESSION

Summer

REGISTRATION

Online starting on Feb 10 at www.soccerstl.ca for former players in 2018 or 2019. Payment by Visa or MasterCard only.

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the health insurance card and the Carte biblio-loisirs. Intercity players must be present for a photo shoot if the Fédération du soccer du Québec card has expired.

Office opening hours:

For registration in person:
Mon, Wed and Thu from 5 to 9 p.m.
Sat, from 9 a.m. to 2 p.m.
Sun, from 10 a.m. to 2 p.m.

Recreational league (house)

SESSION

Late May to early Aug

Shirt, shorts, socks, bag and ball included.

Categories U4 to U14

Rates and schedule at www.soccerstl.ca

SOCCER

Offered by the Club de soccer Saint-Laurent, in partnership with the Borough of Saint-Laurent

Club de soccer Saint-Laurent

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

SESSION

Mid-May to Sept

Admission to program is conditional upon participation in evaluation camp / Evaluation by the coach and technical director / Variable schedule according to the LARS Lac St-Louis calendar / Match jersey, shorts, socks included.





Categories U7 to Senior

Rates and schedules at www.soccerstl.ca

2020 Summer camps

Under the direction of Rocco Placentino, former Impact player.

Boys and girls / 4 to 13 / 9 weeks available / End of June to end of Aug

REGISTRATION

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

2020 Summer academy

SESSION

June 1 to Aug 21

REGISTRATION

In person at the Complexe sportif on March 21, from 10 a.m. to 2 p.m., Room S-025, with a copy of the child's health insurance card and Carte biblio-loisirs.

Rates, schedules and information:

Club de soccer de Saint-Laurent inc.
www.soccerstl.ca

SOCCER - OPEN

Location: Complexe sportif

RESERVATION

Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif and the Centre des loisirs.

Rates:

Parent-child 6 to 12 / \$2 (NR \$5)
16 and + / \$5 (NR \$10)

Information:

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

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

Ages 10 +

Locations: Lauren Hill Senior Campus Academy (indoor soccer), Cégep de Saint-Laurent (swimming), Laurentian Lanes (bowling) and Parc Marcel-Laurin (outdoor soccer)



SESSIONS

Swimming:

Spring: March 29 to May 24

Bowling:

Spring: Jan 11 to May 9

Indoor Soccer:

Spring: March 15 to May 3

Outdoor Soccer:

Summer: May 24 to Sept 6

Rates:

\$30 for swimming and soccer
\$9.50 / week for bowling

SCHEDULES

Swimming: Sun 9 to 10 a.m.

Bowling: Sat 9:30 a.m. to 12 p.m.

Indoor soccer: Sun 11 a.m. to 1 p.m.

Registration and information:

Olympiques spéciaux Québec
514 843-8778
www.olympiquesspeciaux.qc.ca

**TAEKWONDO -
ACADÉ-KICKS**
Ages 3 to 12

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

SESSION
April to June

Registration, rates and schedules:
<http://acadekicks.com/taekwondo-vsl>

Categories:
Petits dragons: Ages 3 to 5
Juniors: Ages 6 to 12

Information:
Acadé-kicks
514 995-4257
<https://acadekicks.com/>
info@acadekicks.com

TAI CHI
Ages 18 +

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

SESSION
March 30 to June 18

REGISTRATION
In person at the Centre des loisirs on March 17, from 6 to 7:30 p.m., or during the courses.

Rates:
1 session / \$120

SCHEDULES
Initiation:
Mon and Wed 7 to 8 p.m.
Tue and Thu 10:40 to 11:40 a.m. or 7 to 8 p.m.

Intermediate:
Mon and Wed 8 to 9 p.m.,
Tue and Thu 9:30 to 10:30 a.m. or 8 to 9 p.m.

Information:
Club de tai-chi Saint-Laurent inc.
<http://facebook.com/clubtaichisaintlaurent>

TABLE TENNIS (OPEN)
For all

Location: Complexe sportif

RESERVATION
Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif and the Centre des loisirs.

Rates: \$5 / hour per table

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





TENNIS

Open tennis

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

SESSION

Apr 20 to Oct 18



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

Reservation procedure and facility rules:

Posted in the parks and are also available at:
ville.montreal.qc.ca/saint-laurent/tennis

Tennis lessons Children

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

REGISTRATION

Online at loisirs.montreal.ca starting on June 2.

Cost: \$50

Mixed - Mini tennis

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

Session 1: June 22 to July 10
 Special activity on July 15

Session 2: July 22 to Aug 7
 Special activity on August 12

Ages 5 to 7

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

Mixed - Beginner - 1.0 / 2.0

Session 1: June 22 to July 10 /
 One tournament day during the week of July 13

Session 2: July 20 to Aug 7 /

One tournament day during the week of Aug 10

Ages 8 to 10

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

Mon to Fri 11 a.m to 12 p.m. /
 Parc Painter

Mon, Wed, Fri 6 to 7 p.m. /
 Marcel-Laurin, Marlborough* and Saint-Laurent* parks

Ages 11 and 12

Mon to Fri 11 a.m. to 12 p.m. /
 Gohier, Marcel-Laurin and Noël-Sud and Saint-laurent* parks

Mon to Fri 12 to 1 p.m. / Parc Painter

Mon, Wed, Fri 7 to 8 p.m. /
 Marcel-Laurin, Marlborough* and Saint-Laurent* parks

Ages 13 to 15

Mon to Fri 12 to 1 p.m. / Gohier, Marcel-Laurin, Noël-Sud and Saint-Laurent* parks

Mon, Wed, Fri 8 to 9 p.m. /
 Marcel-Laurin, Marlborough* and Saint-Laurent* parks

*Marlborough and Saint-laurent parks to be confirmed

Tennis lessons Adults - Ages 16 +

SESSIONS

Session 1: May 18 to June 11

Session 2: June 22 to July 16

Session 3: July 27 to Aug 20

REGISTRATION

Online at loisirs.montreal.ca starting on Apr 7.

Rates: \$70

Sports attire and footwear mandatory.
Participants must have their own racket.

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

SESSION 1

Beginner 01 - 1.0 / 1.5

Tue, Thu 8:30 to 10 p.m. /

Parc Marlborough

Beginner 02 - 1.0 / 1.5

Mon, Wed 7 to 8:30 p.m. / Parc Gohier

Intermediate 01 - 2.0 / 2.5

Tue, Thu 7 to 8:30 p.m. / Parc

Marlborough

Advanced 01 - 3.0 / 3.5

Mon, Wed 8:30 to 10 p.m. / Parc Gohier

SESSION 2

Beginner 03 - 1.0 / 1.5

Mon, Wed 7 to 8:30 p.m. / Parc Gohier

Beginner 04 - 1.0 / 1.5

Tue, Thu 8:30 to 10 p.m. /

Parc Marlborough

Intermediate 02 - 2.0 / 2.5

Mon, Wed 8:30 to 10 p.m. / Parc Gohier

Advanced 02 - 3.0 / 3.5

Tue, Thu 7 to 8:30 p.m. /

Parc Marlborough

SESSION 3

Beginner 05 - 1.0 / 1.5

Tue, Thu 7 to 8:30 p.m. /

Parc Marlborough

Intermediate 03 - 2.0 / 2.5

Mon, Wed 7 to 8:30 p.m. /

Parc Gohier

Intermediate 04 - 2.0 / 2.5

Tue, Thu 8:30 to 10 p.m. /

Parc Marlborough

Advanced 03 - 3.0 / 3.5

Mon, Wed 8:30 to 10 p.m. /

Parc Gohier

Recreational league Ages 16 +

Rates: \$35

SESSIONS

Session 1: May 16 to June 20

Session 2: July 4 to Aug 8

REGISTRATION

Session 1: Online at loisirs.montreal.ca starting on Apr 7.

Session 2: Online at loisirs.montreal.ca starting on June 2.

Sports attire and footwear mandatory.
Participants must have their own racket.

Simple intermediate/advanced (2.5 +)

Sat 11 a.m. to 12:30 p.m. /

Parc Marcel-Laurin

Double intermediate/advanced (2.5 +)

Sat 9 a.m. to 11 a.m. /

Parc Marcel-Laurin

Municipal tournaments

To the benefit of Parkinson Society Canada.

Location: Parc Gohier

Dates: To be determined.

In case of heavy rain, tournaments are postponed to the following weekend.

REGISTRATION

Details at ville.montreal.qc.ca/saint-laurent/tennis starting on Apr 16 or by email at tournoparkinsonvsl@gmail.com.

Single - Junior

Ages 12 to 15 / Free

Single - Adults (women / men)

Ages 16 + / \$ 20





TRACK AND FIELD

Ages 7 +

Locations: École secondaire Saint-Laurent - Édifice Émile-Legault and LaurenHill Junior Campus or Parc Marcel-Laurin

SESSIONS

Spring: Apr 20 to June 6

Summer: June 8 to July 25

REGISTRATION

Spring-summer: In person on March 17, from 6 to 7:30 p.m., at the Centre des loisirs.

Rates and schedules:

www.slsathletisme.com

Information:

Club d'athlétisme Saint-Laurent Sélect
sls@slsathletisme.com
www.slsathletisme.com

Running club

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

SESSION

March 21 to June 6

Rates:

6 sessions / \$50

12 sessions / \$99

Course Saint-Laurent

Location: Road race - Bois-Franc district.

Meeting point: Ateliers municipaux, 13001, boulevard Cavendish)

Date: Sunday, April 19

Distances available:

1 km, 2 km, 5 km and 10 km

Information and registration:

www.circuitendurance.ca



**TRAINING -
CENTRE D'EXCELLENCE
SPORTIVE**
For all

Location: Fitness room at the
Complexe sportif

Sports groups and citizens who are
interested can join at any time for
private, semi-private or group training
sessions.

REGISTRATION

Ongoing by email with the club.
Please indicate availability and
needs: ces@slsathletisme.com.

Athletes and sports clubs

Services offered:

Planning and programming customized
training based on the sports discipline
and on the calendar of the season/
competition. All under the supervision
of a physical trainer and kinesiologist.
Coaching focused on improving
performance and preventing injuries.



Residents

Semi-private training groups offered to
specific clienteles: pregnant women,
new mothers, 65-year-olds and over,
introductory training for teenagers, etc.
Activities enabling allowing participants
to improve their physical fitness and to
adopt better habits.

Also available:

Customized training service to achieve
personal goals, under the supervision
of a kinesiologist.

Rates, schedules and information:

Club d'athlétisme Saint-Laurent inc.
ces@slsathletisme.com



Unless indicated otherwise, fees are increased by 33.33%
up to a maximum of \$ 50 for non-residents (NR).



VOLLEYBALL

Ages 18 +

In the gym

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

SESSION

June 22 to Aug 12

REGISTRATION

In person at École secondaire Saint-Laurent - Édifice Émile-Legault based on number of available places on June 22, from 7 to 7:30 p.m., and on July 8, from 7:15 to 7:30 p.m.

Mixed - Levels 1, 2 and 3

Prerequisite: Mastery of basic volleyball skills.

Rates and schedule:

Mon and Wed 7:30 to 10 p.m.
\$30 (NR \$40)

Information:

Club de volleyball Saint-Laurent
volleystlaurent@gmail.com

Beach

Caliber C+/B

Location: Parc Hartenstein

SESSION

May 26 to Sept 3

REGISTRATION

Registration open until April 24 or according to available spaces.
Write to: volleyballplage@gmail.com

Rates and schedule:

Tue and Thu 6 to 10 p.m.

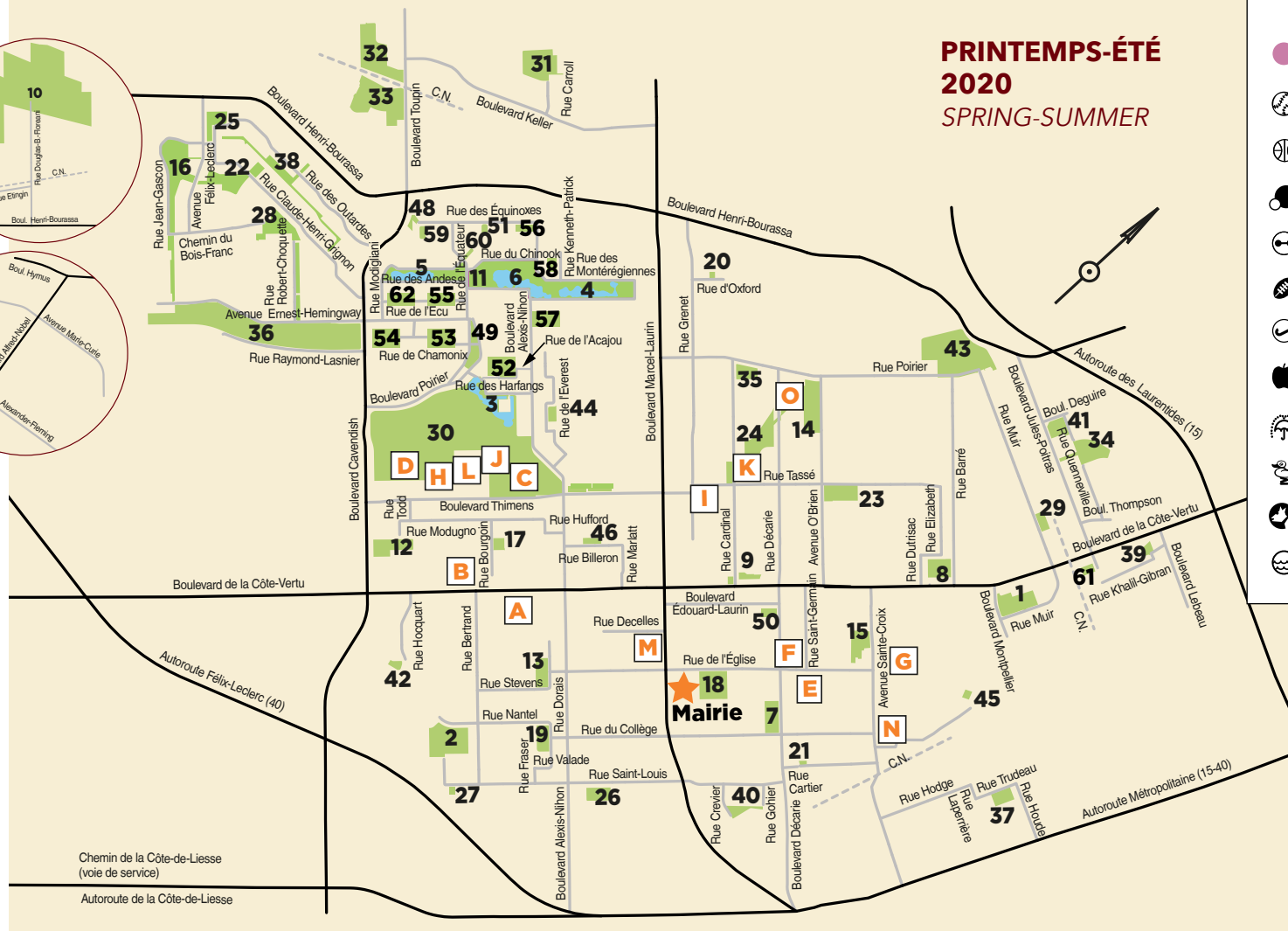
Beach volleyball introduction and development

May 12, 14, 19 and 21 / 6 to 8 p.m. /
A basic level in volleyball is required /
Categories and costs to be determined

Information:

volleyballplage@gmail.com

PRINTEMPS-ÉTÉ 2020 SPRING-SUMMER



- Site d'animation Activities
- Baseball
- Basketball
- Bocce
- Exerciseurs pour adultes Adult exerciser
- 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
- 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
- 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-Cadorette
- 62. Vivaldi

CHALETS DE PARC PARK CHALETs

Alexis-Nihon	514 855-6124
Beaulac	514 855-6114
Bois-de-Liesse	514 280-6678
Bois-Franc (du)	438 922-4532
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

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-Zytynsky
- 42. Ronald-Moreau
- 43. Saint-Laurent
- 44. Sir-Edmund-Hillary
- 45. Super jardin communautaire
- 46. Tassé
- 47. Urgel-Eugène-Archambault
- 48. Zéphir (du)

INSTALLATIONS FACILITIES

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