

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

2014 SUMMER PROGRAMMING

2014 SUMMER CAMPS

Activity	Organization	Schedule	Description	Cost	Information - Contact
Baseball Camp Brook Park	Pierrefonds Baseball	June 30 to August 1 Monday to Friday 7 a.m. to 5 p.m.	Jump on the opportunity to join a summer camp that will help you develop your baseball skills.	Visit our website for more information.	514 620-BALL zkechayan@gmail.com www.pierrefondsbaseball.com
Brookwood - "Fun"Damental & Skillz Basketball Camp	Brookwood Basketball Association Riverdale School	June 30 to July 4 July 7 to 11 July 14 to 18 July 21 to 25 9 a.m. to 3 p.m.	For girls and boys born between 1998 and 2008	Visit our website for more information.	brookwood@videotron.ca preferred www.brookwoodbasketball.org/ 514 684-5885 (leave a message)
Cheerleading Camp	North Shore Extreme Cheerleading	June to August 2014	Summer camp for children 4 to 14 years old. Learn how to do flips, pyramids and cheerleading choreography.	Visit our website for more information.	Leyda Jimenez 514 683-6111 cheer-nsc@hotmail.com www.nscheer.com
Pierrefonds Day Camps	Pierrefonds Day Camps Inc.	June 25 to August 22 Monday to Friday 7 a.m. to 6:30 p.m.	Summer day camps for kids 5 to 15 years old. Five different locations are offered. Regular, specialized, artistic camps and many more.	\$135 or more per week	Lisa Mancini or Catherine Pazzi 514 624-1430 campjour@pierrefonds-roxboro.qc.ca www.campspierrefonds.com
Track and Field Camp	West Island Track Club George Springate Sports Centre	June 25 to August 1 Monday to Friday 9 a.m. to noon	For athletes 6 years old and over of all levels. Come develop your motor skills through fun activities that introduce track and field. Also for experience athletes who would like to develop their endurance, speed and power.	\$135 per week (Lunch included) Promotions for more than one kid or more than one week registered.	Paul Charron 514 685-9501 paul_witc@sympatico.ca http://westislandtrack.com/

ACTIVITIES FOR CHILDREN AND TEENS (18 YEARS OLD AND UNDER)

Activity	Organization	Schedule	Description	Cost	Information - Contact
Baseball	Pierrefonds Baseball	Weeknights and weekends during the summer months	Join a baseball team for the summer. Teams of different ages and levels are available. Practices and games.	Visit our website for more information.	514 620-BALL zkechayan@gmail.com www.pierrefondsbaseball.com
Cheerleading	North Shore Extreme Cheerleading	June to August 2014	Cheerleading workshops and courses for all levels. Develop your skills and learn choreographies.	Visit our website for more information.	Leyda Jimenez 514 683-6111 cheer-nsc@hotmail.com www.nscheer.com
Football	North Shore Football League	May to November. Three practices and one game per week	Recreational football program for all levels. Come develop your skills in a fun and enriching environment.	\$250 to \$400 (Includes equipment costs)	514 500-0376 northshorefootball@hotmail.com northshorefootball.org
Open Tennis	Pierrefonds-Roxboro Borough	All summer 8 a.m. to 11 p.m.	Take advantage of tennis courts available across the borough: Alexander, Aragon, Brook, À-Ma- Baie, Duval, Greendale, Grier, Hillcrest, Munro, Parkinson and Roxboro Parks.	Free	514 624-1100 www.ville.montreal.qc.ca
Outdoor Basketball	West Island Outdoor Basketball League	Weeknights and weekends. Early May to mid-August	Recreational basketball league for children and teens. Many different levels are available (Novice, Junior, Midget, Senior) Join a team of your age and calibre. 90 minute friendly games.	Approximately \$130 per child. Promotions are available.	wiobl_steve@hotmail.com
Semi Private Outdoor Training Program (12 and up) Grier Park	Cardio Plein Air	June 23 to August 31 Monday and Wednesday 7 p.m. to 8:15 p.m.	The majority of the session is dedicated to circuit training exercises of all muscular groups and is completed by a brief stretching and relaxation period. With this program, participants aim for a better muscular endurance while toning the entire body.	\$7 per session per person	Julie Guimond 514 634-1015 www.cardiopleinair.ca

Outdoor Fitness Training (12 and up) Bois-de- Liesse Park	Cardio Plein Air	10 weeks during the summer Mornings and nights	Cardio-Jogging, BootCamp, Cardio-Circuit, Cardio-Musculation, Plein Air Tonus, Cardio-Vitality – Courses for 12 to 92 years old! Different programs for training, cardiovascular and muscular	\$172,48 for 10 weeks Visit our website for more information	Lynn Vining 514 604-7773 www.cardiopleinair.ca
Soccer	Pierrefonds Soccer Association	May to September Weeknights and weekends	Come practice this sport in a fun and enriching environment. Our programs are adapted for all ages and levels.	\$150	514 696-2505 info@soccerpierrefonds.ca www.soccerpierrefonds.ca
Tennis Roxboro Park	Academy Farhad Zangana / Tennis Roxboro	Spring session (9 weeks) April 21 to June 22	Group lessons (6 pers. max.) on clay courts. 1½ hour per week after school or weekend.	\$175	514 830-3011 farhadzangana@hotmail.com www.atfztenniscamp.com
Tennis Grier Park	Royal Pierrefonds Tennis Academy	May to October	Junior instructional program designed to build strong tennis skills and performance. Fun and competitive events included.	Visit our website for more information	David Pealow rpta@ap2000sports.com www.tennisrpta.com
Tennis George Springate Sports Centre	Tennis Montréal	June 23 to August 15	Tennis lessons for children of all ages and all levels	Visit our website for more information	514 270-2724 www.tennismontreal.qc.ca
Track and Field	West Island Track Club	Weeknights and weekends	Come practice all the different disciplines of track and field, whether it is sprinting, distance running, hurdles, jumps or throws.	Various prices based on ages and levels	Paul Charron 514 685-9501 paul_witc@sympatico.ca http://westislandtrack.com/

ACTIVITIES FOR ADULTS (18 +)

Activity	Organization	Schedule	Description	Cost	Information - Contact
Aquafit and Swimming Courses	Valleycrest Aquatics Association	Weeknights	Adult Aquafit Senior Aquafit Adult Swimming Lessons Six 60 min. classes twice a week per session. For those who are looking to combine fun and a total body workout.	\$60 residents \$75 non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com
Men's Adult Soccer	Association de Soccer adulte de Pierrefonds	Every Sunday 9:30 a.m. to noon	Pick-up soccer for adults. Friendly games are held every Sunday.	50\$ for the season	514 808-4625 info@asap-soccer.org www.asap-soccer.org
Open Tennis	Pierrefonds-Roxboro Borough	All summer 8 a.m. to 11 p.m.	Take advantage of tennis courts available across the borough: Alexander, Aragon, Brook, À-Ma- Baie, Duval, Greendale, Grier, Hillcrest, Munro, Parkinson and Roxboro Parks	Free	514 624-1100 www.ville.montreal.qc.ca
Outdoor Basketball	West Island Outdoor Basketball League	Monday and Tuesday nights Early May to mid-August	Recreational basketball league for men, women and mixed teams. Join a team of your caliber. Friendly games of 90 minutes.	From \$120 to \$140	wiobl_steve@hotmail.com
Outdoor Fitness Training (12 and et +) Bois-de- Liesse Park	Cardio Plein Air	10 weeks during the summer Mornings and nights	Cardio-Jogging, BootCamp, Cardio-Circuit, Cardio-Musculation, Plein Air Tonus, Cardio-Vitality Courses for 12 to 92 year olds! Different programs for a complete training, cardiovascular as well as muscular	172,48\$ for 10 weeks Visit our website for more information	Julie Guimond 514 634-1015 Lynn Vining 514 604-7773 www.cardiopleinair.ca
Outdoor Fitness Training Cardio-Bambin and Cardio-Stroller (12 and up) Bois-de- Liesse Park	Cardio Plein Air	Saturday mornings Monday to Friday AM	3 to 5 year-olds - Cardio-Bambin for parents and their children: Training for parents, games and animation for children. Parents and their strollers: train while pushing your child in his stroller.	\$7 per session per person (7\$ for adult, 7\$ for baby)	Julie Guimond 514 634-1015 Lynn Vining 514 604-7773 www.cardiopleinair.ca

Semi Private Outdoor Training Program (12 and up) Grier Park	Cardio Plein Air	June 23 to August 31 Monday and Wednesday 7 p.m. to 8:15 p.m.	The majority of the session is dedicated to circuit training exercises of all muscular groups and is completed by a brief stretching and relaxation period. With this program, we aim for a better muscular endurance while toning the entire body.	7\$ per session per person	Julie Guimond 514 634-1015 www.cardiopleinair.ca
Track and Field	West Island Track Club	Weeknights and weekends	Come practice all the different disciplines of track and field, whether it is sprinting, distance running, hurdles, jumps or throws.	Various prices based on ages and levels	Paul Charron 514 685-9501 paul_witc@sympatico.ca http://westislandtrack.com/
Tennis Roxboro Park	Tennis Roxboro (clay courts)	May 26 to August 26 Tuesday or Wednesday 7 p.m. to 9 p.m.	Adult tennis league. More details on our website. Note: Tuesday evening is a strong league.	\$70 for membership + \$20 for the league	www.tennisroxboro.ca
Tennis Grier Park	Royal Pierrefonds Tennis Academy	May to October	Recreational and competitive tennis leagues. Round robin or ladder. Tennis lessons for adults also available.	Visit our website for more information	David Pealow rpta@ap2000sports.com www.tennisrpta.com
Women's Adult Soccer	Pierrefonds Women's Soccer League	June 6 to September 12 Friday nights and Sunday mornings.	Recreational soccer for women of all ages.	\$135 for the season	Valérie Gibson 514 816-5812 info@pwsl.ca www.pwsl.ca

AQUATIC ACTIVITIES (from late June to early September)

Activity	Organization	Schedule	Description	Cost	Information - Contact
Swimming lessons for kids	Valleycrest Aquatic Association Public Pool	Weekdays: 4 classes/week for 2 weeks Weekends: in the morning	Swimming lessons based on the Olympic Way method. Lessons are divided in many levels. 8 courses, 30 or 45 minutes depending on level.	\$55 - \$70 per session for residents \$70 - \$85 per session for non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com 4590 rue des Cageux, Pierrefonds
Lifesaving Courses Bronze Medallion (13 +) Lifesaving Courses Bronze Cross (pre-requisite: Bronze Medallion)	Valleycrest Aquatic Association Public Pool	Weekdays: Two 2 hour-classes/ week (Tuesday and Friday or Monday and Thursday)	Bronze Medallion teaches basic lifesaving principles. Candidates learn rescue procedures for both conscious and unconscious victims. Bronze Cross continues the lifesaving procedures taught in Bronze Medallion. Bronze Cross candidates are better prepared to access dangerous areas and prevent dangerous behaviors in order to keep aquatic facilities safe and prevent accidents.	\$110 residents \$130 non-residents \$90\$ residents \$115 non-residents	Laura Derry vycpool@vycpool.com www.vycpool.com 4590 rue des Cageux, Pierrefonds

AQUATIC ACTIVITIES (from late June to early September) (cont.)

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