



# SPORTS, LEISURE


AND COMMUNITY  
LIFE

FALL 2019  
WINTER 2020






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

 Community, public and  
parapublic services: 211

**Borough Hall**  
 777, boulevard Marcel-Laurin  
H4M 2M7  
[ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

**Urban Security Patrol**  
514 855-5700

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

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

**7** **Point of service –  
Bibliothèque du  
Vieux-Saint-Laurent**  
775, avenue Sainte-Croix  
H4L 3Y2  
514 855-6130

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

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

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

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

**École secondaire  
Saint-Laurent**  
**Édifice Émile-Legault**  
2395, boulevard Thimens  
H4R 1T4  
514 332-3190


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

**Fire Department**  
Bureau de prévention  
514 280-8873

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

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

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

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


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

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

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

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

**Skatepark**  
Parc Marcel-Laurin

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

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

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# COUNCIL OF SAINT-LAURENT



**Alan DeSousa, FCPA, FCA**

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*Mayor of Saint-Laurent*



**Aref Salem**

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*City Councillor,  
Norman-McLaren  
District*



**Francesco Miele**

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*City Councillor,  
Côte-de-Liesse  
District*



**Michèle D. Biron**

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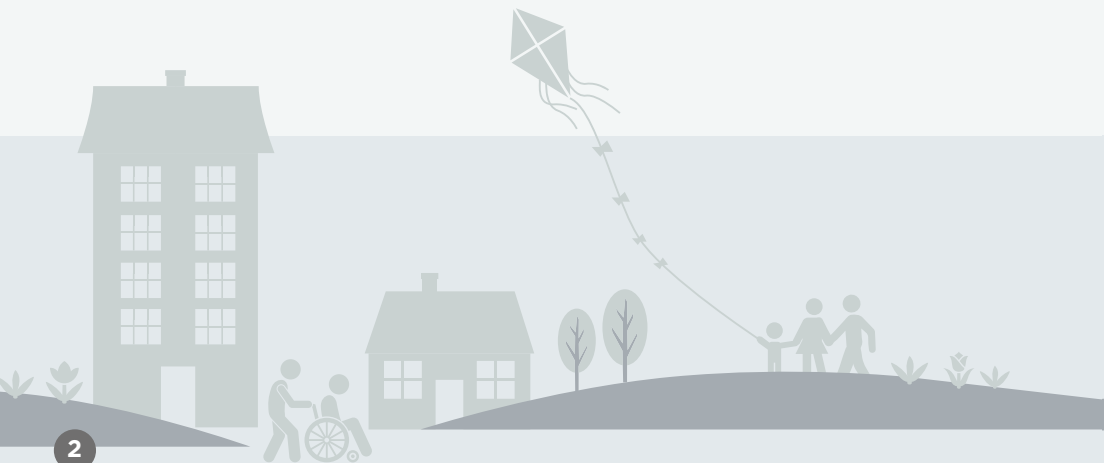
*Borough Councillor,  
Norman-McLaren  
District*



**Jacques Cohen**

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*Borough Councillor,  
Côte-de-Liesse  
District*



# MESSAGE FROM THE MAYOR OF SAINT-LAURENT

Dear fellow citizens,

Our sports and leisure program improves year after year thanks to the support of the many Saint-Laurent volunteer committees with which we have the privilege of collaborating.

These partnerships ensure that we benefit from a broad range of comprehensive options that are sure to please every member of the family. Arts and crafts, badminton, basketball, singing, dancing, gymnastics, judo, karate, swimming, yoga and other activities can be enjoyed just steps from home – all to suit your whim!



To uphold the dynamism that is prevalent among our committees, we ensure that our facilities are kept in excellent condition. That's why our Bibliothèque du Vieux-Saint-Laurent is presently undergoing a highly anticipated restoration. The work is progressing well and we can't wait to accommodate you at the renovated facility when it reopens. Meanwhile, the service point at Salle Saint-Joseph is satisfying the needs of local users with an excellent selection of documents for all ages.

Along the same lines, our Aréna Raymond-Bourque will soon begin a major overhaul so that our skaters and hockey players can reach new heights. This project represents a merited investment at a venue which, since its opening in 1968, has been the site of many inspiring experiences.

Contracts have been signed with other arenas in the region to accommodate the programs usually offered by our committees over the winter. The details are provided in the Sports section. Furthermore, with a view to facilitating activity searches, the descriptions in your Sports, Leisure and Community Life program have been reviewed to streamline the details they contain.

While waiting for your favourite fall and winter activities to begin, don't hesitate to enjoy the Summer Celebrations, which are in full swing! Until the end of August, some fifty events, all free of charge, will unfold in Saint-Laurent's parks and public spaces. This summer, there are more opportunities than ever to get out and have fun in our wonderful community!

I'd also like to mention the Sports season launch celebration, which will take place on Saturday, August 24 at the Sports Complex. Circus numbers and representatives from the different sports clubs will make the day even more fabulous! I'm looking forward to seeing you there!

A handwritten signature in black ink that reads "Alan DeSousa". The signature is fluid and cursive, with a distinct loop at the end.

**Alan DeSousa**, FCPA, FCA  
Mayor of Saint-Laurent



# INFORMATION

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

**Centre des loisirs**  
1375, rue Grenet  
Saint-Laurent (Québec)  
H4L 5K3

☎ 514 855-6110

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 (point of service)
- Centre des loisirs
- Sports Complex



### 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 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

- Go to the Loisirs Montréal website at [loisirs.montreal.ca](http://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.
- Create an account on [loisirs.montreal.ca](http://loisirs.montreal.ca).
- 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 Sports Complex.

### Refunds and cancellation

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

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

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

Refunds will be granted only if the reason provided for withdrawing is deemed to be important. A medical certificate will be required if a refund is requested because of illness.

In the event of a withdrawal, a \$20 administrative fee applies as well as a prorated fee reflecting the number of classes completed prior to the request date. The final decision will be made by Borough authorities.

A different refund policy applies for each recreational organization.

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

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

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

**Aréna Raymond-Bourque**  
*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

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

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

For more information, consult the *Encadrement administratif pour la réservation et l'utilisation des installations* available on the Borough's website at [ville.montreal.qc.ca/saint-laurent](http://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](http://ville.montreal.qc.ca/saint-laurent)

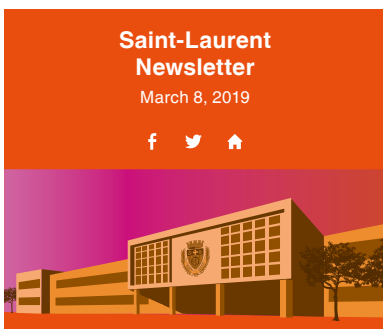


ArrSaintLaurent



MTLsaintlaurent

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



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Check out the mobile app to choose among many events!



Mobil app of Saint-Laurent





# COMMUNITY LIFE

## LIST OF SAINT-LAURENT SANCTIONNED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS



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



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



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



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



**CARREFOUR JEUNESSE-EMPLOI**  
514 855-1616, 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  
cabc@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 FERMÈRES DE  
SAINT-LAURENT**  
514 583-7345  
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



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



**L'OASIS SAINT-LAURENT**  
514 747-7621



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



**MOISSON MONTRÉAL**  
514 344-4494  
info@moissonmontreal.org



**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 SANCTIONNED LEISURE ORGANIZATIONS AND VOLUNTEER COMMITTEES

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

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



**AIR CADETS  
ESCADRON 621  
SAINT-LAURENT**  
Abdelaziz Mansouri, president  
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



**BASEBALL  
CLUB DE BASEBALL  
SAINT-LAURENT**  
Guy Bolduc, 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, présidente  
514 891-4674  
Marc Lapasset, treasurer  
514 592-8329



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



**COMPETITIVE SWIMMING  
CLUB DE NATATION  
SAINT-LAURENT INC.**  
Maryse Petitpas, president  
514 855-6000, ext. 4778  
coord@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**

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



**KARATE**  
**CLUB DE KARATÉ KIO**  
**SAINT-LAURENT**

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



**MASTERS SWIMMING**  
**CLUB DES MAÎTRES-NAGEURS**  
**SAINT-LAURENT**

Lajos Kovacs, president  
mnstlaurent@gmail.com



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

Mario Tremblay, director  
514 273-1055



**PHOTOGRAPHY**  
**ASSOCIATION DES**  
**PHOTOGRAPHES**  
**DE SAINT-LAURENT**

Diane Hamelin-Bourrassa,  
president  
admin@apsl.ca  
www.apsl.ca



**PICKLEBALL**  
**CLUB DE PICKLEBALL**  
**DE SAINT-LAURENT**

Jean-Claude Lavoie, president  
514 462-8087  
www.clubpickleballstl.ca



**RINGUETTE**  
**RINGUETTE SAINT-LAURENT**  
**INC.**

Hélène Pothier, vice-president  
info@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.**

Paul Roy, president  
514 909-8268  
@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 labor market



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



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



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



**AQEPA**  
(Association québécoise pour enfants avec problèmes auditifs)  
Montréal section  
514 842-8706  
www.aqepa.org



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



**ASSOCIATION DE MONTRÉAL POUR LA DÉFICIENCE INTELLECTUELLE**  
514 381-2300  
www.amdi.info  
Accompaniment through different stages of life so as to foster social integration



**CLUB DES PERSONNES HANDICAPÉES DU LAC SAINT-LOUIS**  
514 634-0447  
www.cphlsl.com  
Provides respite for families, socialization and recreational activities, integration and autonomy



**ASSOCIATION 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



**FONDATION DES AVEUGLES DU QUÉBEC**  
514 259-9470  
www.fondationdesaveugles.org  
Sports and recreational activities



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



**ASSOCIATION DES SPORTS POUR AVEUGLES DE MONTRÉAL**  
514 524-4715  
www.asam.ca  
Sports activities



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



**ASSOCIATION QUÉBÉCOISE DES TRAUMATISÉS CRÂNIENS MONTRÉAL-LAVAL**  
514 274-7447  
www.aqtc.ca  
Defence of the interests and recreational activities

**LOISIRS LE GRILLON**  
514 253-2227  
lesloisirslegrillon.e-monsite.com  
Social integration through 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



**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 ACCOMPANI-  
MENT CARD**

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

514 280-8211  
www.stm.info/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



**MIRA DOGS WELCOME**

At its parks, the Borough of Saint-Laurent is pleased to welcome Mira service dogs and Mira guide dogs accompanying blind and visually-impaired people.



# LIBRARIES

## GENERAL INFORMATION



BIBLIOTHÈQUE  
DU BOISÉ



Credit : Yen Chao

### BIBLIOTHÈQUE DU BOISÉ

2727, boulevard Thimens

H4R 1T4

☎ 514 855-6130

🚇 Métro Côte-Vertu > 🚗 171

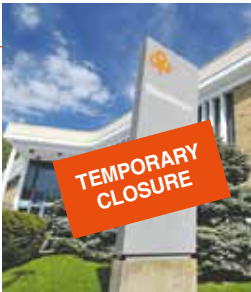
#### SCHEDULE

##### 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.



### TEMPORARY CLOSURE

Since April 1, 2019, the Bibliothèque du Vieux-Saint-Laurent has been closed for renovations. A point of service is open in Salle Saint-Joseph of the Paroisse de Saint-Laurent, 775, avenue Sainte-Croix.

### POINT OF SERVICE – BIBLIOTHÈQUE DU VIEUX-SAINT-LAURENT SALLE SAINT-JOSEPH

775, avenue Sainte-Croix

H4L 3Y2

☎ 514 855-6130

🚇 Métro Du Collège

- 2500 titles available onsite
- Pick-up of titles places on hold
- Wi-Fi access



#### SCHEDULE

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

## MEMBERSHIP

### RESIDENTS

Residents and property owners of Montréal

**Free**

### BUSINESS COMMUNITY

Owners, occupants of a business place of Montréal

**Free**

### STUDENTS

Students from an educational institution located in Montréal

**Free**

### NON-RESIDENTS OF MONTRÉAL

<b>Seniors (65 and +):</b>	<b>\$56</b>
<b>Adults (14 and +):</b>	<b>\$88</b>
<b>Youth (13 and -):</b>	<b>\$44</b>



facebook.com/  
bibliotheques.saint.laurent

facebook.com/  
ArrSaintLaurent



twitter.com/ArrSaintLaurent



ville.montreal.qc.ca/  
saint-laurent

## FREE SERVICES

- Wi-Fi Internet access.
- Une naissance, un livre: Register your infant (under age 1) at the library and get a free baby reading kit.
- Loan of passes to the Centre d'histoire de Montréal, 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, WiiU, Nintendo Switch and Nintendo 3DS games.
- Interlibrary loans within Réseau des bibliothèques publiques de Montréal.
- Five work spaces at the Bibliothèque du Boisé. Online reservation: <https://reservations.saint-laurent.ca>
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4753
- Loan of wheelchair (Bibliothèque du Boisé).



## ONLINE RESOURCES

### biplomontreal.com

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

## ROOM RENTALS

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

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

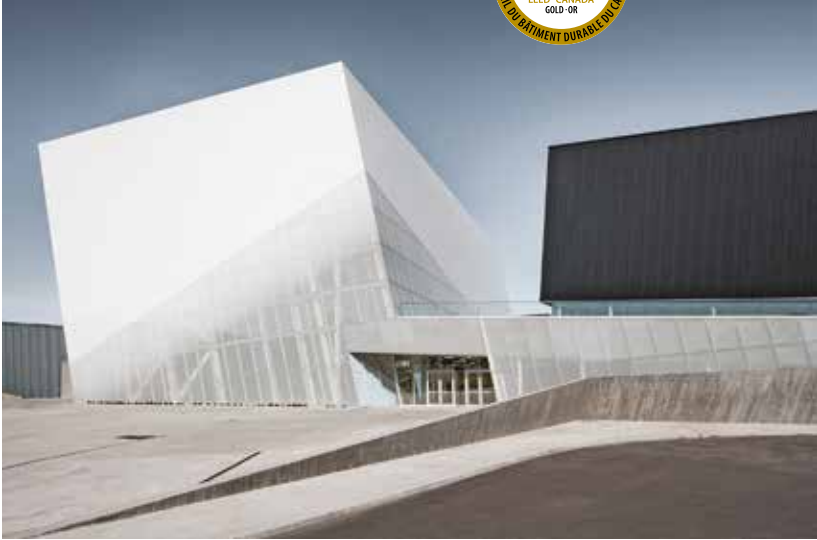


## PROGRAM

Consult the Culture et Bibliothèques publication available at all municipal buildings and online at [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)

# SPORTS COMPLEX

## GENERAL INFORMATION



## SPORTS COMPLEX



2385, boulevard Thimens

H4R 1T4

📞 514 855-6110, ext. 5

🚇 Métro Côte-Vertu > 🚏 171

### SCHEDULE

#### Regular

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

#### Summer

June 25 to Labour Day

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

Sat and Sun 6:30 a.m. to 5:30 p.m.

#### RECEPTION COUNTER

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

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

Closed September 2, October 14,  
December 24, 25, 26 until 1 p.m.,  
December 31, January 1 and 2 until  
1 p.m., April 10 and 13 and May 18.



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

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

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

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



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



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





## 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 with water play features and a slide
- Rest area
- Single gymnasium
- Training room
- Wi-Fi Internet access

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### Universal accessibility

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





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### Rental of sports venues, and children's parties

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

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

 514 855-6110, ext. 4609

Swimming pool rental:

 514 855-6110, ext. 4878

# CENTRE DES LOISIRS

## GENERAL INFORMATION



## CENTRE DES LOISIRS



1375, rue Grenet

H4L 5K3

📞 514 855-6110, ext. 3

🚇 Métro Côte-Vertu > 🚌 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 September 2, October 14,  
from December 24 to January 2,  
April 10 and 13, and May 18.

## SERVICES

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

# LEISURE



**General information:**

☎ 514 855-6110, ext. 3

**BRIDGE****ADULTS AGES 18 +****Location:** Centre des loisirs

Organized by the Club de bridge Loisirs Saint-Laurent.

**SESSIONS****Fall:** Sept 3 to Dec 17**Winter:** Jan 7 to June 19**REGISTRATIONS****Fall:** In person on Aug 26, from 6 to 8 p.m.**Winter:** In person on Nov 19, from 6 to 8 p.m.**Information:**

Claudette Belliveau, 514 332-2770

Hélène Tassé, 514 747-4300

**FALL 2019****Lesson – Beginner (French)**

Mon 7 to 9:15 p.m. ➤ \$90

Wed 1:15 to 3:30 p.m. ➤ \$90

**Game – Bridge duplicata**

Tue 1 to 4:15 p.m. ➤ \$5 / day

Wed 7 to 10 p.m. ➤ \$5 / day

**WINTER 2020****Lesson – Intermediate (French)**

Mon 7:15 to 9:15 p.m. ➤ \$90

Wed 1:15 to 3:30 p.m. ➤ \$90

**Game – Bridge duplicata**

Tue 1 to 4:15 p.m. ➤ \$5 / day

Wed 7 to 10 p.m. ➤ \$5 / day

**Coached bridge**

Wed 1:15 to 3:30 p.m. ➤ Apr 8 to

June 10 ➤ \$80

**CERCLE DE FERMÈRES 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. Membership card contribution to the Association included: \$32.

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

**Information:**

Annie Grout, 514 583-7345

**Craft workshop**

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

**Weaving workshop**

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

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



## CULTURAL WORKSHOPS

## ADULTS AGES 18 +

**Location:** Centre des loisirs

## SESSIONS

**Fall:** Sept 9 to Nov 26

**Winter:** Jan 13 to Apr 1<sup>st</sup>

## REGISTRATION

**Fall:**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca),  
as of Aug 20, at 8:30 a.m.

**Winter:**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca),  
as of Nov 19, at 8:30 a.m.

**Acrylic painting and drawing /  
Svetla Velikova**

Sun 10 a.m. to 12:30 p.m. > \$150

**Cake decorating / Martha Garzon**

Shortened session: Jan 26 to March 8  
Sun 1 to 3:30 p.m. > \$80

**Calligraphy / Réal Colletterte**

Mon 1 to 3:30 p.m. > \$130

**Contemporary painting I and II  
(acrylic) / Svetla Velikova**

Wed 9:30 a.m. to 12 p.m. > \$140  
Wed 1 to 3:30 p.m. > \$140

**Contemporary painting II and III  
(acrylic) / Svetla Velikova**

Fri 9:30 a.m. to 12 p.m. > \$140

**Contemporary painting I and II –  
Mixed techniques / Svetla Velikova**

Sat 9:30 a.m. to 12 p.m. > \$140

**Contemporary painting III –  
Mixed techniques / Svetla Velikova**

Thu 1 to 3:30 p.m. > \$140

**Crochet – Knitting / Lucie Carmel**

Tue 6:30 to 9 p.m. > \$120

**Decoration of holiday cupcakes /  
Martha Garzon**

Sun 9 a.m. to 4 p.m. > Nov 17 > \$30



**Drawing – Observation I and II /  
Svetla Velikova**

Mon 9:30 a.m. to 12 p.m. > \$150

**Drawing and modeling II –  
Live models / Svetla Velikova**

Mon 1 to 3:30 p.m. > \$150 > Additional  
cost for live models

**Drawing and modeling –  
Long poses with live models /  
Svetla Velikova**

Mon 6:30 to 9 p.m. > \$150 > Additional  
cost for live models

**Icon – Egg tempera / Svetla Velikova**

Thu 9:30 a.m. to 12 p.m. > \$140

**Icon – Traditional and modern egg  
tempera / Svetla Velikova**

Wed 6:30 to 9 p.m. > \$140

**Illumination / Réal Colletterte**

Sun 9 a.m. to 4 p.m. > Oct 27 and Nov 3 >  
Feb 9 and 23 > \$60

**Oil painting I and II / Areg Elibekian**

Tue 7 to 9:30 p.m. > \$140  
Wed 7 to 9:30 p.m. > \$140  
Sat 9:30 to 12 p.m. > \$140

**Oil painting II and III / Areg Elibekian**

Thu 1:30 to 4 p.m. > \$140

**Oil painting III / Areg Elibekian**

Tue 1:30 to 4 p.m. > \$140  
Wed 9:30 to 12 p.m. > \$140

**Patchwork / Celine Arcand**

Sat 1 to 3:30 a.m. > \$130

**Pottery, modelling, turning,  
ceramics / Francine Gauthier**

Mon 2 to 4:30 p.m. > \$160  
Mon 6:30 to 9 p.m. > \$160  
Tue 2 to 4:30 p.m. > \$160  
Tue 6:30 to 9 p.m. > \$160

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

Sat 9:30 a.m. to 12 p.m. > \$160

**Scrapbooking / Corine Cariminot**

Shortened session: Feb 2 to March 29 >  
Sun 10 a.m. to 12:30 p.m. > \$80

**Scrapbooking – Holiday table  
decorations / Corine Cariminot**

Sun 9 a.m. to 4 p.m. > Nov 10 > \$30

**Scrapbooking – Making greeting  
cards / Corine Cariminot**

Sun 9 a.m. to 4 p.m. > Sep 29 > \$30



### Scrapbooking – Mini album with box / Corine Cariminot

Sun 9 a.m. to 4 p.m. > Oct 20 > \$30

### Scrapbooking - Year-end greeting cards / Corine Cariminot

Sun 9 a.m. to 4 p.m. > Nov 24 > \$30

### Sewing / Latifa Boukendakdji

Wed 7 to 9:30 p.m. > \$130

### Sewing / Gaétane Nicol (Fall) or C. Cariminot (winter)

Tue 9:30 a.m. to 12 p.m. > \$130

Wed 1 to 3:30 p.m. > \$130

Sat 9:30 a.m. to 12 p.m. > \$130

### Silk painting / Valérie Gruia

Dim 9 a.m. to 4 p.m. > Sept 22, Oct 27, Nov 17, Jan 26, Feb 23 and March 22 > \$30

### Stained glass / Stéphanie Aghbachian

Tue 1:30 to 4 p.m. > \$130

Tue 7 to 9:30 p.m. > \$130

Wed 1:30 to 4 p.m. > \$130

Thu 9:15 to 11:45 a.m. > \$130

Thu 7 to 9:30 p.m. > \$130

### Stained glass – fusion / Stéphanie Aghbachian

Wed 7 to 9:30 p.m. > \$130

Fri 1:30 to 4 p.m. > \$130

### Stone carving / Vasil Nikov

Wed 1:30 to 4 p.m. > Wed 5:30 to 8 p.m. > \$130

### Yoga / Ghislaine Bayade

Participants must bring their yoga mat.

1 / week > \$120

2 / week > \$190

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 > \$70

2 / week > \$110

3 / week > \$150

Mon 12:05 to 12:55 p.m.\*

Fri 12:05 to 12:55 p.m.

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



### Yoga – Parent-child (up to age 5) / Ghislaine Bayade

Center communautaire Painter > Sept 10

to Oct 22 > Tue 10 to 11 a.m. > \$45

Participants must bring their yoga mat.

### Watercolour contemporary / Valérie Gruia

Wed 1 to 3:30 p.m. > \$140

### Watercolour and preparatory drawing / Valérie Gruia

Wed 4 to 6:30 p.m. > \$140

Thu 9:30 a.m. to 12 p.m. > \$140

### Watercolour I and II / Valérie Gruia

Tue 9:30 a.m. to 12 p.m. > \$140

Thu 7 to 9:30 p.m. > \$140

### Watercolour II and III / Valérie Gruia

Tue 1 to 3:30 p.m. > \$140

Wed 7 to 9:30 p.m. > \$140

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

Thu 1 to 3:30 p.m. > \$140

### Wood carving / Rémi Richard

Tue 1:30 to 4 p.m. > \$130

Tue 7 to 9:30 p.m. > \$130

## YOUTH

**Location:** Centre des loisirs, otherwise indicated.

**SESSIONS**

**Fall:** Sept 9 to Dec 8

**Winter:** Jan 13 to March 29

**REGISTRATION****Fall:**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), as of Aug 20, at 8:30 a.m.

**Winter:**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), as of Nov 19, at 8:30 a.m.

■ **Ages 6-8****Cartoon drawing / Pierre Bourgoin**

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

**Drawing and painting / Areg Elibekian**

Sun 10 a.m. to 12 p.m. > \$80

Sun 1 to 3 p.m. > \$80

**Drawing and painting / Carolle Dubuc**

Sun 1 to 3 p.m. > \$80

**Theatre / Évelyne Laniel**

Sun 10 to 11:30 a.m. > \$80

■ **Ages 6-12****Chess level I / Raphael Nunez**

Sat 1 to 2 p.m. > \$40

**Chess level II / Raphael Nunez**

Sat 2 to 3 p.m. > \$40

**Chess advanced / S. Gelet**

Sat 3 to 5 p.m. > \$80

**Chess advanced / O. Nikulich**

Sat 3 to 5 p.m. > \$80

**Drawing, pottery-modelling / Francine Gauthier**

Sat 1 to 3 p.m. > \$80

Sun 10 a.m. to 12 p.m. > \$80

Sun 1 to 3 p.m. > \$80

**Yoga / Ghislaine Bayade**

Participants must bring their yoga mat.  
Thu 5 to 5:50 p.m. > \$60 > Sports complex

■ **Ages 7-12****Petits marmitons / Mariette Cadieux**

Sat 10 a.m. to 12 p.m. > \$80

Sat 1 to 3 p.m. > \$80

Participants must bring four containers

■ **Ages 9-12****Theatre / Évelyne Laniel**

Sun 1 to 3 p.m. > \$80

■ **Ages 9-14****Acrylic painting / Carolle Dubuc**

Fri 7 to 9 p.m. > \$80

Sat 10 to 12 p.m. > \$80

**Caricatures and characters / Pierre Bourgoin**

Fri 7 to 9 p.m. > \$60

**Cartoon drawing – Manga / Pierre Bourgoin**

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

**Water painting / Carolle Dubuc**

Sat 1 to 3 p.m. > \$80

■ **Ages 10-17****Oil painting / Areg Elibekian**

Thu 7 to 9 p.m. > Fri 7 to 9 p.m. >

Sat 1 to 3 p.m. > \$80

**Pottery, modelling-turning / Francine Gauthier**

Fri 6:30 to 8:30 p.m. > \$80

■ **Ages 13-17****Creative cooking / Mariette Cadieux**

Fri 6:30 to 8:30 p.m. > \$80

Participants must bring four containers.

**Sewing – Family / Latifa Boukendakdji**

Fri 7 to 9 p.m. > \$60

Material not included

Parents are welcome. Registration : \$60

**Stained glass – Family / Stéphanie Aghbanchian**

Fri 7 to 9 p.m. > \$80

Parents are welcome. Registration : \$80

**Theatre / Évelyne Laniel**

Sun 3:30 to 5:30 p.m. > \$80

## ASSOCIATION DES ARTISTES DE SAINT-LAURENT

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

### Information:

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



## DANCE

### IMPULSE DANCE STUDIO

**Location:** Centre des loisirs

#### SESSIONS

**Fall:** Sept 13 to Dec 15

**Winter:** Jan 12 to March 29

#### REGISTRATION

##### Fall:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), from Aug 12, at 8:30 a.m., to Aug 25, at 4 p.m.

In person on Aug 26 and 28, from 6 to 8 p.m.

##### Winter:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), from Nov 30, at 8:30 a.m., to Jan 9, at 4 p.m.

In person on Nov 19, from 6 to 9 p.m., and Jan 9, from 10 a.m. to 2 p.m.

No classes on March 2 to 8.

Approximate costume cost: \$40

The names of teachers are subject to change.

### Information:

514 855-6110, ext. 4998  
[studiodedanseimpulse@hotmail.com](mailto:studiodedanseimpulse@hotmail.com)  
[facebook.com/studiodedanseimpulse](https://www.facebook.com/studiodedanseimpulse)  
[www.studiodedanseimpulse.com](http://www.studiodedanseimpulse.com)

## CHILDREN

### Awakening to dance / Adrienne Bélanger

3 and 4 ▶ Sun 9 to 9:45 a.m. ▶ \$100



**Creative ballet IA / Marie-Pier Gilbert**  
3 and 4 ▶ Sun 9 to 9:45 a.m. ▶ \$100

**Creative ballet IB / Marie-Ève Tremblay**  
3 and 4 ▶ Sun 9 to 9:45 a.m. ▶ \$100

**Parent-child / Marie-Pier Gilbert**  
3 and 4 ▶ Sun 11:15 a.m. to 12 p.m. ▶ \$120

### Introduction to hip-hop / Marie-Denise Bettez

4 to 6 ▶ Wed 5 to 5:45 p.m. ▶ \$100

4 to 6 ▶ Wed 5:45 to 6:30 p.m. ▶ \$100

**Creative ballet 2A / Marie-Pier Gilbert**  
5 and 6 ▶ Sun 10 to 10:45 a.m. ▶ \$100

### Creative ballet 2B / Marie-Ève Tremblay

5 and 6 ▶ Sat 10 to 10:45 ▶ Sun 10 to 10:45 a.m. ▶ \$100

**Creative dance / Adrienne Bélanger**  
5 and 6 ▶ Sat 10 to 10:45 ▶ Winter: \$100

**Creative dance / Marie-Pier Gilbert**  
5 and 6 ▶ Thu 6 to 6:45 p.m. ▶ Winter: \$100

**Tap dance / Aaricia Laperrière-Roy**  
5 to 8 ▶ Tue 6 to 7 p.m. ▶ \$100

### Introduction to ballet / Marie-Ève Tremblay

6 to 8 ▶ Sun 11 to 11:45 a.m. ▶ \$100

### Introduction to jazz A / Adrienne Bélanger

6 to 8 ▶ Sat 11 to 11:45 a.m. ▶ \$100

### Hip-hop / Matthew Heli Brunel

7 to 9 ▶ Thu 5 to 6 p.m. ▶ \$100

### Ballet I / Marie-Pier Gilbert

7 to 10 ▶ Sun 1 to 2 p.m. ▶ \$100

**Modern jazz I / Adrienne Bélanger**  
7 to 10 ▶ Sat 1 to 2 p.m. ▶ \$100

**Tap dance / Aaricia Laperrière-Roy**  
9 to 17 ▶ Tue 7 to 8 p.m. ▶ \$100

### Introduction to jazz for teens / Emeline Descharles

10 to 17 ▶ Tue 7 to 8 p.m. ▶ \$100



## TEENAGERS

### Hip-hop / Rweg Dantiste

10 to 12 > Wed 6 to 7 p.m. > \$115

### Ballet 2 / Marie-Pier Gilbert

10 to 17 > Sun 2 to 3 p.m. > \$115

### Ballet 3 / Marie-Pier Gilbert

10 to 17 > Thu 5 to 6 p.m. > \$115

### Contemporary troupe / Marie-Pier Gilbert

10 to 17 > Wed 7 to 8 p.m. > \$115

### Hip-hop / Jigsaw

10 to 17 > Mon 5 to 6 p.m. > \$115

### Hip-hop troupe / Rweg Dantiste

10 to 17 > Thu 7 to 8 p.m. > \$115

### Modern jazz 2 / Adrienne Bélanger

10 to 17 > Sat 2 to 3 p.m. > \$115

### Hip-hop / Rweg Dantiste

13 and 14 > Wed 7 to 8 p.m. > \$115

### Hip-hop / Rweg Dantiste

15 to 17 > Wed 8 to 9 p.m. > \$115

## ADULTS AGES 18 +

### Brazilian samba / Marie-Denise Bettez

Wed 8:30 to 9:30 p.m. > \$115

### Contemporary ballet adult / Emeline Descharles

Thu 8 to 9 p.m. > \$115

### Dance fitness /

Marika Dumoulin-Lafond

Sat 10 to 10:45 a.m. > \$115

### Hip-hop / Jigsaw

Mon 6 to 7 p.m. > \$115

### Introduction to contemporary / Emeline Descharles

Wed 8:30 to 9:30 p.m. > \$115

### Tap dance / Aaricia Laperrière-Roy

Tue 8 to 9:30 p.m. > \$150

## INTERGENERATIONAL

### House / Mattew Heli Brunel

7 and + > Thu 6 to 7 p.m. > \$100

Technique and roots of this urban dance composed of much footwork.

### Krump beginner / Jigsaw

8 and + > Fri 6:30 to 7:45 p.m. > \$125

Dance involving arm movements and the dancers' personalities.

### Contemporary (technical class) / Marie-Denise Bettez

10 and + > Wed 6:30 to 7:30 p.m. > \$115

Class consists of exercises enabling participants to learn this style of dance.



## SOCIAL DANCING CLUB – LES LAURENTIENS (Couples only)

### ADULTS AGES 18 +

**Location:** Centre des loisirs

### SESSIONS

**Fall:** Sept 13 to Dec 5

**Winter:** Jan 12 to March 29

### REGISTRATION

**Fall:** In person on Aug 26, from 6 to 8 p.m.

**Winter:** In person on Nov 19, from 6 to 8 p.m.

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

### Detailed program :

[www.cdsleslaurentiens.com](http://www.cdsleslaurentiens.com)

### Information:

514 855-6110, ext. 4646

[cdsleslaurentiens@gmail.com](mailto:cdsleslaurentiens@gmail.com)

[www.cdsleslaurentiens.com](http://www.cdsleslaurentiens.com)

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

### Preliminary

Sun 12:45 to 2 p.m. > \$140

### Beginner 1

Sun 3:15 to 4:30 p.m. > \$140

### Beginner 2

Sun 3:15 to 4:30 p.m. > \$125

### Intermediary

Sun 2 to 3:15 p.m. > \$140

### Intermediary dance

Fri 7 to 8:15 p.m. > \$140

### Intermediary salsa

Wed 7 to 8:15 p.m. > \$125

### Bronze (preliminary)

Sun 12:45 to 2 p.m. > \$140

### Bronze (intermediary)

Sun 2 to 3:15 p.m. > \$140

### Bronze (advanced)

Fri 8:15 to 21:30 p.m. > \$140

### Silver (advanced)

Wed 7 to 9:30 p.m. > \$125

### Circle dance and Zorba dance

Thu 7 to 8 p.m. > \$110

### Salsa intermediate

Fri 7 to 9:15 p.m. > \$125



## DAY CAMP – SPRING BREAK 2020

### AGES 5-12

**Location:** Centre des loisirs

#### DATE

March 2 to 6

#### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) as of Nov 13.

#### Day camp

Mon to Fri ➤ 9 a.m. to 4 p.m. ➤ Outdoor outings, thematic workshops, group games and more ➤ \$142

#### Daycare service

Mon to Fri ➤ 7:15 to 9 a.m. and 4 to 6 p.m. ➤ \$30

## DAY CAMPS – SUMMER 2020

### YOUTH

**Locations:** Centre des loisirs and Sports Complex

#### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca), starting on Feb 4 at 8:30 a.m

#### Information:

514 855-6110, ext. 3

Starting in late January at the following address: [ville.montreal.qc.ca/saint-laurent/camps](http://ville.montreal.qc.ca/saint-laurent/camps).

#### Camp schedule:

Mon to Fri ➤ 9 a.m. to 4 p.m. ➤ June 22 to Aug 21 ➤ With the exception of camps with expeditions for ages 12 to 16

#### Daycare:

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

### LIST OF CAMPS

#### Centre des loisirs

Camp explorateurs (ages 5 and 6)

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

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

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

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

#### Sports Complex

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

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

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



## EXHIBITIONS

### CENTRE DES LOISIRS

1375, rue Grenet



FREE

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

#### Citizen's exhibition – Jane Young

Aug 31 to Sept 15 › Painting and photography

#### Exhibition of specialists of cultural workshops

Sept 21 to Oct 6 › Multidisciplinary arts

#### Association des artistes de Saint-Laurent

Oct 12 to 27 › Painting

#### Participants in multidisciplinary workshops – Children

Nov 2 to 17

#### Participants in acrylic and contemporary painting and stone carving workshops

Nov 23 to Dec 8

#### Citizen's exhibition – Frantz Louis

Dec 14 to Jan 12

#### Citizen's exhibition – Angelina Romanelli

Jan 18 to Feb 2 › Painting

#### Participants in watercolour and pottery workshops

Feb 8 to 23

#### Participants in multidisciplinary workshops – Adults

Feb 29 to March 15

#### Association des photographes de Saint-Laurent

March 21 to Apr 5

#### Participants in oil painting workshops

Apr 11 to 26

#### Citizen's exhibition – Joseph André

May 2 to 17 › Painting

#### Citizen's exhibition – Schools

May 23 to June 7 › Painting



### MUSÉE DES MAÎTRES ET ARTISANS DU QUÉBEC

615, avenue Sainte-Croix

#### Information:

514 747-7367

[www.mmaq.qc.ca](http://www.mmaq.qc.ca)

#### SCHEDULE

##### General public:

Sept 2, 2019 to June 16, 2020

Wed to Sun, 12 to 5 p.m.

##### Groups by reservation:

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

##### FREE:

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

For the exhibition openings and on the first Sunday of the month.

##### Rates:

18 and + \$8

Senior \$6

Students \$5

Family rate \$16 (maximum 2 adults)

#### EVENT

As part of the Journées de la culture:

Workshops and mediation activities around the theme of the event.

September 27-29, 2019

##### FREE ADMISSION

Friday: 1 p.m. - 4 p.m.

Saturday & Sunday: 12 - 4:30 p.m.

#### EXHIBITIONS

##### Emballe-Toi !

History of a relational and environmental art project in Saint-Laurent

Aug 29 to Sept 29

##### Permanence et transfiguration – Festival LatinArte

Sept 3 to Oct 27

##### Escales de murmures

Oct 5 to 27

##### Trois siècles de céramique au Québec

Nov 21 to Dec 15

##### Quand Boucar Diouf s'intègre au bois

Dec 9 to Feb 16



## INSTRUMENTAL MUSIC

FOR ALL

### CENTRE D'ÉTUDES MUSICALES PANTONAL

**Location:** Centre des loisirs

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

#### SESSIONS

**Fall:** Sept 15 to Dec 7 (12 weeks)

**Winter:** Jan 12 to May 23 (18 weeks)

#### REGISTRATION

##### Fall:

In person at the Centre des loisirs on Aug 26, from 6 to 8 p.m.

##### Winter:

In person at the Centre des loisirs on Nov 19, from 6 to 8 p.m.

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

#### Course duration:

Group: 1 hr / week

Private: 0.5 hr / week

Schedules will be confirmed at the time of registration.

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

#### Information:

514 273-1055

pantonal@pantonal.ca

#### Musical awareness

4 and 5 > Sat 9 to 10 a.m.

**Fall:** \$105

**Winter:** \$145

#### Keyboard

6 and + > Mon, Tue, Wed and Fri

4 to 9 p.m. > Sat 10 a.m. to 5 p.m.

**Fall:** Group \$170 / Private \$230

**Winter:** Group \$245 / Private \$330

#### Violin

6 and + > Mon and Fri 4 to 9 p.m.

**Fall:** Group \$170 / Private \$230

**Winter:** Group \$245 / Private \$330

#### Guitar

8 and + > Thu 4 to 9 p.m. > Sun 9 a.m.

to 5 p.m.

**Fall:** Group \$170 / Private \$230

**Winter:** Group \$245 / Private \$330

## PHOTOGRAPHY

AGES 18 +

### ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

**Location:** Centre des loisirs

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

#### REGISTRATION

**Fall:** In person at the Centre des loisirs on Mon Aug 26, from 6 to 8 p.m.

#### Information:

www.apsl.ca

admin@apsl.ca

#### Weekly meetings

Wed 7 to 9:30 p.m. > Sept 11 to May 20 >

\$70 > A participation fee of \$10 to \$15 will be charged for non-members of the Association who wish to attend evening conferences.

## PRESCHOOL CENTRE

**Location:** Centre des loisirs and Sports Complex

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

### SESSIONS

**Fall:** Sept 9 to Nov 25

**Winter:** Janv 6 to March 27

**Winter-Spring:** Jan 6 to May 22 (courses during the week: only for 3 to 5 years old)

### REGISTRATION

On line at [loisirs.montreal.ca](http://loisirs.montreal.ca)

Fall: As of Aug 13

Winter: As of Nov 12

Weekday courses for 3-5-year-olds: registration begins in mid-May every year.

**Open house:** Sept 6 from 9 a.m. to 3 p.m.

\*The presence of an adult is mandatory.

### ■ Future moms

Pre-natal yoga ▶ Mon 7 to 8 p.m. ▶ \$60

### ■ Ages 0-12 months\*

Dance with baby ▶ Mon 12:30 to 1:30 p.m. ▶ \$60 ▶ Bring your baby carrier

Fitness with baby ▶ Fri 1 to 2 p.m. ▶ \$60

Sensory awareness with baby ▶ Wed 10 a.m. to 12 p.m. ▶ \$80

Sensory awareness with baby ▶ Thu 10 a.m. to 12 p.m. ▶ \$80

Yoga with baby ▶ Mon 1:30 to 2:30 p.m. ▶ \$60

Yoga with baby ▶ Wed 1 to 2 p.m. ▶ \$60

### ■ Ages 12-36 months\*

Marionettes ▶ Tue 9 to 11 a.m. ▶ \$80

Sounds and rhythms ▶ Fri 9 to 11 a.m. ▶ \$80

### ■ Ages 18-36 months\*

Acrobats ▶ Mon 9 to 11 a.m. ▶ \$80

### ■ Ages 1-3 \*

Musical game ▶ Sat 9 to 9:45 a.m. ▶ \$60

Musical game ▶ Sat 10 to 10:45 a.m. ▶ \$60

Musical game ▶ Sat 11 to 11:45 a.m. ▶ \$60

Mini-circus ▶ Sun 9 to 9:45 a.m. ▶ \$60

Mini-circus ▶ Sun 10 to 10:45 a.m. ▶ \$60

Mini-circus ▶ Sun 11 to 11:45 a.m. ▶ \$60

### ■ Ages 1-5 \*

**NEW** – Crazy Sunday\*  
Sun 10:30 a.m. to 12 p.m. ▶ \$12

Sept 29 ▶ Amazing pastry chef

Oct 27 ▶ Relay race

Nov 24 ▶ Pirates

Jan 26 ▶ Wacky salad

Feb 23 ▶ Zoom zoom to space

March 29 ▶ I build my robot

April 26 ▶ Green thumb

### ■ Ages 3-5

Little athletes ▶ Thu 9 a.m. to 3:30 p.m. ▶ \$175

Little athletes (half-day) ▶ Thu 9 a.m. to 12 p.m. ▶ \$100

Little actor ▶ Tue 9 a.m. to 3:30 p.m. ▶ \$175

Little actors (half-day) ▶ Tue 9 a.m. to 12 p.m. ▶ \$100

Little school kids ▶ Mon 9 a.m. to 3:30 p.m. ▶ \$175

Little school kids (half-day) ▶ Mon 9 a.m. to 12 p.m. ▶ \$100

Little explorers (half-day) ▶ Fri 9 a.m. to 12 p.m. ▶ \$100

Little geniuses ▶ Wed 9 a.m. to 3:30 p.m. ▶ \$175

Little geniushses (half-day) ▶ Wed 9 a.m. to 12 p.m. ▶ \$100

### ■ Ages 4-5

Arts and crafts ▶ Sat 10 a.m. to 12 p.m. ▶ \$80

Arts and crafts ▶ Sat 1 to 3 p.m. ▶ \$80

Mini-circus ▶ Sun 1 to 3 p.m. ▶ \$60



## PROGRAM FOR ADULTS

AGES 50 +

## CARREFOUR DES AÎNÉS

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

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

**SESSION**

Sept 1 to March 12

**REGISTRATION****Fall:**

In person at the Centre des loisirs on Aug 28 and Sept 4, from 8:30 a.m. to 4 p.m. (closed Oct 14 and 21)

**Winter:**

In person at the Centre des loisirs on Mon Nov 18 and Wed Nov 20, from 8:30 a.m. to 4 p.m. (closed Dec 21 to Jan 2 and March 2 to 6)

**Business hours as of Sept 10:**

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

**Information:**

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

**Bingo**

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

**Board games**

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

**Bridge**

Thu 1 to 5 p.m. > Free

**Line dance****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.

\$25 / session (\$30 / non-members)  
(break on Oct 1 and 8, and March 4 and 6)

**Petanque**

Wed 7 to 9 p.m. > At the Boulodrome all year round (with the exception of 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 (\$30 / non-members)

**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 (\$30 / non-members)



## PROGRAM FOR FALL PREVENTION P.I.E.D.

**AGES 65 +**

**Location:** Centre des loisirs

Offered by the CLSC  
Bordeaux-Cartierville



### SESSION

Sept 16 to Nov 27

Intensive 12-week course to improve balance and leg strength.

### Schedule:

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

### Information:

514 331-2572, ext. 4478



## PROGRAM FOR PERSONS WITH DISABILITIES

**FOR ALL**

**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. ➤ Sept 5 to June 5 ➤ \$7 / membership card

### Information:

Thérèse Deschatelets  
514 337-2005, ext. 4303  
514 855-6110, ext. 4937

## PROGRAM FOR YOUTH

**AGES 12-17**



### L'UNITÉ 12-17

**Location:** Centre des loisirs

### SESSIONS

**Fall:** Sept 10 to Dec 13

**Winter:** Jan 7 to June 13

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

### REGISTRATION

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

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

### Information:

514 744-1239



## CENTRE DES ADOS

**Location:** Centre communautaire Painter

### SESSIONS

**Fall:** Sept 27 to Dec 8

**Winter:** Jan 17 to May 17

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

### REGISTRATION

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

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

### Information:

514 855-6110



## ADOS DE ST-LO SPORTS

**Location:** Sports Complex

### SESSIONS

**Fall:** Sept 23 to Dec 8

**Winter:** Jan 13 to May 17

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

### REGISTRATION

With the monitors during activities.  
Identification required.

### 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. >

Gymnasium

### Dance and cultural activities

Mon 3:30 to 5:30 p.m. > Fri 3 to 5 p.m. >

Multi Room

### Soccer

Fri 4 to 6 p.m. > Sat 4:30 to 6 p.m. >

Soccerplexe

### Information:

514 855-6110

## ROYAL CANADIAN AIR CADETS

**AGES 12-18**

**Location:** Centre des loisirs

 **FREE**

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

### 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.,  
at 1415, rue Filion

### Information:

621.president@cadetsair.ca  
esc62message@gmail.com

### 588 Eric Simms Royal Canadian Air Cadet Squadron

### SESSION

Sept to May

### REGISTRATION

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

### Information:

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





## SCRABBLE

AGES 14 +

**Location:** Centre des loisirs

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

**Information:**

Mary Stambouieh, 514 748-9652  
(Monday and Saturday games)

Clotilde Esseili, 514 334-1639  
(Thursday games)

**Scrabble**

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

## SINGING – CHOIR

### ENSEMBLE VOCAL DE SAINT-LAURENT

AGES 18 +

**Location:** Centre des loisirs

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

**REGISTRATION:**

At the Centre des loisirs on Aug 26, from 6 to 8 p.m., and at the Open House on Aug 29, at 7:30 p.m.

Thu 7:30 to 9:30 p.m. ➤ Aug 29 to Dec 5 or Jan 9 to June 14 ➤ \$150 per session with Carte biblio-loisirs

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

**Information:**

514 891-4674  
info@choeurevsl.com

## CHŒUR WALTER

AGES 8 +

**Location:** Centre des loisirs

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

**REGISTRATION**

In person at the Centre des loisirs, on Aug 26 from 6 to 8 p.m.

\$150 annual fees. Conditions of admission: Audition (costs of \$20). Places are limited.

Mon 6 to 7:45 p.m. and Sun 1 to 3 p.m. ➤  
Sept 30 to Dec 16 ➤ Jan 27 to June 15 ➤  
\$150

**Information:**

514 863-7580  
marjoriawalter@choeurwalter.org  
www.choeurwalter.org  
Facebook.com/Choeur.Walter





## SPECIAL FAMILY EVENTS

FOR ALL

 FREE

### Come and play with your family!

#### Parc Painter

Sept 21 to Oct 26 ▶ Sat 1 to 4 p.m.

Outdoor family activities and entertainment

#### Bois-Franc, Hartenstein and Saint-Laurent parks

Jan 11 to Feb 22 ▶ Sat 1 to 4 p.m.

Winter activities on sliding hills and sleds on loan.

### Sundays at Parc Painter

#### Centre communautaire Painter

Sept 22 to Dec 15 ▶ Sun 1 to 4 p.m.

Jan 12 to May 24 ▶ Sun 1 to 4 p.m.  
(break on March 2 and 3 and Apr 12)

Art materials, sports equipment and board games on loan to have lots of fun with family or friends.

### Féerie d'hiver

#### Parc Gohier

Feb 9 ▶ Sun 11 a.m. to 3 p.m.

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

## UNIVERSITÉ DU TROISIÈME ÂGE

AGES 50 +

**Location:** Centre des loisirs  
(unless indicated otherwise)

Ongoing training programs for seniors at Université du troisième âge are intended for retirees or those about to retire who are interested in pursuing their education.

There are no prerequisites for admission, mandatory assignments or final examinations. Participants must only be curious and interested in learning new things. UTA Student Status is offered upon registration.

UTA courses and lectures are given in French, with the exception of English and Spanish courses.

### SESSIONS

**Fall:** Sept 17 to Dec 3

**Winter:** Jan 14 to Apr 28

### REGISTRATIONS

#### Fall:

In person at the Centre des loisirs on Aug 26, from 6 to 8 p.m.

#### Winter:

In person at the Centre des loisirs on Nov 19, from 6 to 8 p.m.

#### Online:

[usherbrooke.ca/uta/slt](http://usherbrooke.ca/uta/slt)

### CONTACTS:

#### Art

Claudette Leduc-Belliveau,  
514 332-2770

#### Conference series

Francine Deschamps,  
514 747-8985  
Gisèle Lamarche, co-chair,  
514 550-8744

#### English

Lise Poitras, 514 747-7496

#### History

Denis Groulx, 514 335-9928

#### Philosophy

Jo-Ann Droghini, 514 745-8751

#### Spanish

Monique Tremblay, 514 745-7059

#### Registration on line

Diane Bélanger, co-chair  
514 362-9183

**FALL 2019****English beginner 1**

Tue 3:30 to 5:30 p.m. &gt; \$130

**English intermediate I**

Tue 1:15 to 3:15 p.m. &gt; \$130

**English advanced I**

Wed 2 to 4 p.m. &gt; \$130

**Spanish beginner I and conversation**

Tue 1 to 3 p.m. &gt; \$130

**Spanish intermediate I and conversation**

Tue 10 a.m. to 12 p.m. &gt; \$130

**Spanish advanced I and conversation**

Tue 3 to 5 p.m. &gt; \$130

**Spanish advanced III and conversation**

Thu 12:45 to 14:45 p.m. &gt; \$130

**Spanish advanced written and oral**

Tue 1 to 3 p.m. &gt; \$130

**Spanish plus and conversation**

Thu 10 a.m. to 12 p.m. &gt; \$130

**L'histoire américaine des origines à 1865**

Wed 9:30 a.m. to 12 p.m. &gt; \$90

**Philosophie – Un fondu enchaîné des philosophes du XX<sup>e</sup> siècle**

Mon 1 to 3:30 p.m. &gt; \$90

**Culture et société – Weekly conferences**

Fri 9:30 a.m. to 12 p.m. &gt; \$90

**WINTER 2020****Collation-talk: L'aventure du jazz : les orchestres, des années folles à l'ère du swing**

Friday, March 27 &gt; Collation at 1:45 p.m. and conference at 2 p.m. &gt; UTA's students: Free (Other: \$8) &gt; Speaker: Diane G. Hébert, B.A. in music

**English beginner II**

Tue 3:30 to 5:30 p.m. &gt; \$130

**English intermediate II**

Tue 1:15 to 3:15 p.m. &gt; \$130

**English advanced II**

Tue 3:30 to 5:30 p.m. &gt; \$130

**Spanish intermediate II and conversation**

Tue 10 a.m. to 12 p.m. &gt; \$160

**Spanish advanced II and conversation**

Tue 3 to 5 p.m. &gt; \$160

**Spanish advanced IV and conversation**

Tue 12:45 to 2:45 p.m. &gt; \$160

**Spanish beginner II and conversation**

Wed 1 to 3 p.m. &gt; \$160

**Spanish advanced written and oral**

Thu 1 to 3 p.m. &gt; \$160

**Spanish plus and conversation**

Thu 10 a.m. to 12 p.m. &gt; \$160

**Histoire – La Chine contemporaine : l'ère des révolutions**

Wed 9:30 a.m. to 12 p.m. &gt; \$90

**Art, histoire et culture ibérique**

Fri 9:30 a.m. to 12 p.m. &gt; \$90

**Philosophie – Réflexions sur l'art : histoire de la philosophie esthétique**

Mon 1:30 to 3:30 p.m. &gt; \$90

# SPORTS



## AQUATIC ACTIVITIES

**Locations:** Sports Complex, Cégep de Saint-Laurent and YMCA Saint-Laurent

### Activities:

- Open swim
- Swimming lessons for adults and children
- Aquafitness
- Water safety instructor training
- Lifeguard training
- Masters swimming
- Artistic swimming
- Competitive swimming
- Water-polo

Schedule may change without notice.

### ■ OPEN SWIM

Children under age 8 may not enter the swimming pool alone. Chaperone ratios are determined according to age, swimming ability and the use of flotation equipment.

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

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

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

**Location:** Sports Complex

### Ages:

Recreational pool: 6 months +  
25-meter pool: Ages 2 +

### SESSIONS

**Fall:** Sept 3 to Dec 22  
(break on Oct 12 and 14, Nov 29 and 30, Dec 1 and 15)

**Winter:** Jan 6 to March 29  
(break on Jan 31, Feb 1 and 2)

### Fees:

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

### Information:

514 855-6110

**Location:** YMCA Saint-Laurent

### Fees:

Free with the Carte biblio-loisirs de Saint-Laurent

### Schedule:

<https://www.ymcaquebec.org/en/Find-a-Y/Saint-Laurent-YMCA/Schedule>

### ID card is required for open swim:

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

### Information:

514 747-5353

## ■ SWIMMING LESSONS

### AGES 6 MONTH +

**Locations:** Sports Complex and Cégep de Saint-Laurent

### Activities:

Canadian Red Cross program including several levels based on age and skill:

- 4 levels where the child must be accompanied by an adult in the water and 4 levels where the child is without an adult in the water, for 5-year-olds and under
- 10 levels for 6-year-olds and over
- 2-3 levels for teens and adults

### Ages:

Adults and teens: Ages 12 and over  
Children:  
Sports Complex: Age 6 months +  
Cégep de Saint-Laurent: Age 2 years +

### SESSIONS

9 weeks, with a minimum of 8 weeks of courses per session

### Fall:

Sports Complex: Sept 16 to Nov 23  
(break on Oct 12 and 14)  
Cégep de Saint-Laurent: Sept 16 to Nov 17  
(break on Oct 14)

### Winter:

Sports Complex: Jan 11 to March 20  
(break on Jan 31, Feb 1 and 2)  
Cégep de Saint-Laurent: Jan 11 to March 13

**REGISTRATION**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca)

**Fall:**

Adults and teens:  
Sept 7, at 8:30 a.m., to Sept 12  
Children: Sept 8, at 8:30 a.m., to Sept 12

**Winter:**

Adults and teens:  
Dec 14, at 8:30 a.m., to Jan 3  
Children: Dec 15 at 8:30 a.m., to Jan 3

Participants must know their course level before registration and are responsible for monitoring the number of times they register.

**Fees:**

Adults and teens: \$70 ➤ 60 min / week  
Children: \$60 ➤ 30 to 60 min / week  
(depending on the level)

**Schedule:**

Available the day before the first registration date for each semester at [loisirs.montreal.ca](http://loisirs.montreal.ca) or [ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique).

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

**Information:**

514 855-6110

**■ AQUAFITNESS**

**AGES 18 +**

**Location:** Sports Complex  
Recreational and 25-meter pools

**Activities:****Specialized courses:**

- Aqua cardio
- Aqua combo
- Aqua jogging
- Aquaspinning
- Aqua-stroller

**Regular courses:**

- Advanced Aquafitness
- Aquafitness
- Membership
- Prenatal

**SESSIONS****Fall – Period 1:**

Sept 16 to Nov 25 / 10 weeks  
(break on Oct 14)  
(a minimum of 9 weeks is offered per semester)

**Fall – Period 2:**

Dec 2 to 21 / 3 weeks  
(a minimum of 2 weeks is offered per semester)

**Winter:**

Jan 11 to March 27 / 10 weeks  
(a minimum of 9 weeks is offered per semester)

**REGISTRATION**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca)

**Fall:**

As of Sept 7 at 8:30 a.m., and throughout the semester according to available places.

**Winter:**

As of Dec 14 at 8:30 a.m., and throughout the semester according to available places.

**Fees and schedule:**

Available the day before the first registration date for each semester at [loisirs.montreal.ca](http://loisirs.montreal.ca) or [ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique).

Participants must be able to swim for aquafit classes offered in the 25-meter pool.

**Information:**

514 855-6110

**■ LIFEGUARD TRAINING**

**Location:** Sports Complex

**Activities:**

These four Life saving Society courses are the typical process to become a lifeguard in a swimming pool environment.

- Bronze Medallion
- Bronze Cross
- General First Aid / DEA (16 hours)
- National Lifeguard – Swimming pool option

**Bronze Medallion**

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

**Bronze Cross**

13 and + ➤ Prerequisite: Bronze Medallion

**General First Aid / DEA**

For all ➤ 16 hours

**National Lifeguard – Swimming pool**

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

**REGISTRATION**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Sept 7 at 8:30 a.m. and ongoing while space is available for up to 7 days before the date of the first class in each session.

**Fees and schedules:**

Available the day before the first registration date for each semester at [loisirs.montreal.ca](http://loisirs.montreal.ca) or [ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique)

**Information:**

514 855-6110

## ■ WATER SAFETY INSTRUCTOR TRAINING

**Location:** Sports Complex

### Activities:

Training prepares candidates to instruct Canadian Red Cross swim programs

**Prerequisites:** Must be 15 years old by the final day of the WSI component, must be able to perform Red Cross Swim kids level 10 and hold Bronze Cross certification.

### REGISTRATION

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Sept 7 at 8:30 a.m. and ongoing while space is available for up to 7 days before the date of the first class in each session.

### Fees and schedules:

Available the day before the first registration date for each semester at [loisirs.montreal.ca](http://loisirs.montreal.ca) or [ville.montreal.qc.ca/saint-laurent/aquatique](http://ville.montreal.qc.ca/saint-laurent/aquatique)

### Information:

514 855-6110

## ■ ARTISTIC SWIMMING

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

**Location:** Sports Complex

### Activities:

- Recreational program
- Pre-competitive program
- Competitive program
- Day camp in artistic swimming
- Adult artistic swimming lessons

### SESSIONS

**Fall:** Sept to Dec / Session of 12 weeks

**Winter:** Jan to March / Session of 12 weeks

### Prerequisites:

Age 5 to 7: Must be able to swim

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

### REGISTRATION

**Fall:** In person on Aug 24, 10 a.m. to 1 p.m. and Aug 28, 4 to 8 p.m. at Sports Complex

**Winter:** In person / Date:

[www.synchrosaintlaurent.com](http://www.synchrosaintlaurent.com)

### Fees and schedule:

[www.synchrosaintlaurent.com](http://www.synchrosaintlaurent.com)

### Information:

Club de nage synchronisée Saint-Laurent  
[synchro.saintlaurent@gmail.com](mailto:synchro.saintlaurent@gmail.com)  
[www.synchrosaintlaurent.com](http://www.synchrosaintlaurent.com)

## ■ COMPETITIVE SWIMMING

**Locations:** Sports Complex, Cégep de Saint-Laurent and YMCA Saint-Laurent (to be confirmed)

### Activities:

Competitive swimming program: training and competitions (mandatory)

### SESSIONS

**Fall:** Sept 7 to Dec 21

**Winter:** Jan 6 to mid-July

### REGISTRATION

New members mandatory: 15-minute in pool evaluation for all swimmers Aug 28 and 29, from 5:30 to 8 p.m. at Sports complex.

Registration is conditional to successfully completing evaluation. Bring bathing suit for evaluation.

### Fees and schedule:

[www.clubcnsl.com](http://www.clubcnsl.com)

### Information:

Club de natation Saint-Laurent  
 514 855-6000, ext 4778  
[coord@clubcnsl.com](mailto:coord@clubcnsl.com)  
[clubcnsl.com](http://clubcnsl.com)

## ■ MASTERS SWIM CLUB

### AGES 18 +

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

**Locations:** Sports Complex and Cégep de Saint-Laurent

### Activities:

Non competitive and competitive swimming program for adults

### SESSIONS

**Fall:** Sept 3 to Dec 21

**Winter:** Jan 6 to June 11

### REGISTRATION

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

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

### Schedule:

Sports Complex:  
 Mon ➤ 7:15 to 8:30 p.m. (to be confirmed)  
 Tue and Thu ➤ 6 to 7:15 p.m.  
 Wed ➤ 7:30 to 8:45 p.m.  
 Sat ➤ 6:45 to 8 a.m.  
 Sun ➤ 7 to 8:15 p.m.

Cégep de Saint-Laurent:  
Tue and Thu ▶ 7:30 to 9 p.m.

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

**Information:**

Club des maîtres-nageurs Saint-Laurent  
mnstlaurent@gmail.com

## ■ WATER-POLO

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

**Location:** Sports Complex

**Activities:**

Non competitive and competitive program in water-polo

**SESSIONS**

**Fall:** Sept 9 to Dec 18

**Winter:** Jan 6 to mid-May

**REGISTRATION**

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

Payable to Club de water-polo Saint-Laurent.

**Prerequisite:**

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

**Practice schedule:**

To be announced

**Information: :**

Club de water-polo Saint-Laurent  
wpstlaurent@gmail.com



## BADMINTON – OPEN

**Locations:** LaurenHill Academy Junior Campus and Sports Complex

**RESERVATION**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Sports Complex or the Centre des loisirs

**Fees:**

\$8 / hour per court

**Information:**

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

## BASEBALL

**Locations:** Sports Complex and Cégep de Saint-Laurent

**Improvement course**

Born between 2001 and 2014 ▶ Mixed ▶ Schedule to be determined for each group

**SESSIONS**

**Fall:**

Cégep de Saint-Laurent: Sat, Sept 7 to Dec 7

**Winter:**

Cégep de Saint-Laurent: Sat, Jan 11 to March 14

Sports Complex: Sun, Jan 12 to March 15

**Fees and schedule:**

[www.baseballstlaurent.com](http://www.baseballstlaurent.com)

**Carnival baseball**

Sports Complex: Sun, March 15

**Evaluation sessions**

Cégep de Saint-Laurent: Sat, March 21 to May 2

Sports Complex: Sun, March 22 to May 3

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

**Fall league**

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

**Information:**

Club de baseball Saint-Laurent

[www.baseballstlaurent.com](http://www.baseballstlaurent.com)

[info@baseballstlaurent.com](mailto:info@baseballstlaurent.com)





## BASKETBALL

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

### HOUSE LEAGUE – MIXED

AGES 7-17

#### SESSIONS

**Season :** Sept 7 to Dec 14 and Jan 11 to May 3

**Half-session:** Jan 11 to May 3

#### REGISTRATION

##### Season:

Online on [loisirs.montreal.ca](http://loisirs.montreal.ca) between Aug 6, at 8:30 a.m., and Sept 1, at 12 p.m. If places available, registration in person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

##### Mid-session:

Online on [loisirs.montreal.ca](http://loisirs.montreal.ca) between Nov 12, at 8:30 a.m., to Nov 20, at 6:30 p.m. If places available, registration in person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

##### Fees:

Season > \$200

Half-session > \$150 (plus \$25 without Carte biblio-loisirs)

##### Schedule:

Sat > Between 11:15 a.m. and 6:15 p.m., according to the categories

##### Information:

Comité de basketball Saint-Laurent  
[info@basketballstlaurent.com](mailto:info@basketballstlaurent.com)

### INTERCITY LEAGUE

AGES 7-17

##### Information:

Comité de basketball Saint-Laurent  
[info@basketballstlaurent.com](mailto:info@basketballstlaurent.com)

### PROGRAM FOR CHILDREN WITH AUTISME SPECTRUM DISORDERS (ASD)

AGES 10-17

#### SESSIONS

**Fall:** Sept 8 to Dec 15

**Winter-Spring:** Jan 12 to Apr 26

#### REGISTRATION

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

##### Fees:

Season > \$200 (plus \$25 without Carte biblio-loisirs)

##### Schedule:

Sun > 11:30 a.m. to 1 p.m.

##### Information:

Comité de basketball Saint-Laurent  
[info@basketballstlaurent.com](mailto:info@basketballstlaurent.com)

### BASKETBALL – OPEN

AGES 6 +

**Location:** Sports Complex

#### RESERVATIONS

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Sports Complex and the Centre des loisirs.

##### Fees:

Parent-child 6-8 and 9-12 > \$2 (NR \$5)

13 and + > \$3 (NR \$6)

16 and + > \$5 (NR \$10)

##### Information:

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

## FAMILY SPORTS

FOR ALL

**Location:** Sports Complex

#### RESERVATIONS

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca)

##### Schedule:

Wed 10 a.m. to 12 p.m.

Preschoolers accompanied by their parents > Opportunity to discover several family sports activities > Materials provided on-site.

## FOOTBALL – EVALUATION CAMP

AGES 6 +

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

### SESSION

**Winter-Spring:** Jan 18 to May 21

### Speed Skills Camp

Speed and endurance improvement, cardio training.

### Evaluation Camp

Indoor evaluation camp for youngsters in participating categories on the Atom, Mosquito, Pee-wee, Bantam and Midget teams.

### Fees:

[www.saintlaurentspartansfootball.com](http://www.saintlaurentspartansfootball.com)

### Information:

Association de football amateur de Saint-Laurent  
[www.saintlaurentspartansfootball.com](http://www.saintlaurentspartansfootball.com)  
[spartansfootballinfo@gmail.com](mailto:spartansfootballinfo@gmail.com)

### REMINDER:

Registration for the Summer 2019 season is in effect until Sept 30.

## GYMNASTICS

AGES 16 MONTHS TO 14 YEARS

**Location:** Sports Complex

### Activities:

- Parent-Child
- Recreational and competitive
- Karibou
- Holiday activities
- Spring break

### SESSIONS

**Fall:** Sept 16 to Nov 30

**Winter-Spring:** Jan 19 to May 31

### REGISTRATION

#### Fall:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Aug 14, at 10 a.m., to Aug 18, at 9 p.m., and reopening on Aug 28.

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.



### Winter-Spring:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Nov 13, at 10 a.m., to Nov 17, at 9 p.m., and reopening on Nov 27.

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

### Fees and schedule:

[www.gymslic.com](http://www.gymslic.com)

### Information:

Club Gymslic Saint-Laurent inc.  
514 748-7707  
[www.gymslic.com](http://www.gymslic.com)

## KARIBOU

AGES 16-30 MONTHS

### SESSIONS

**Fall:** Sept 15 to Nov 10

**Winter:** Jan 12 to March 8

**Spring:** March 22 to May 17

### REGISTRATION

#### Fall:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Aug 14, at 10 a.m., to Aug 18, at 9 p.m., and reopening on Aug 28.

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

### Winter-Spring:

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Nov 13, at 10 a.m., to Nov 17, at 9 p.m., and reopening on Nov 27.

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

### Fees and schedule:

[www.gymslic.com](http://www.gymslic.com)

### Information:

Club Gymslic Saint-Laurent inc.  
514 748-7707  
[www.gymslic.com](http://www.gymslic.com)

## HOCKEY

### ■ CLUB DE HOCKEY SAINT-LAURENT – MINOR HOCKEY (MEN AND WOMEN) – REGULAR SEASON

**Locations:** To be determined according to the categories.

#### SESSION

**Fall-Winter:** Sept 3 to Apr 9

#### REGISTRATION

[www.hockeystl.com](http://www.hockeystl.com)

Payment with by credit card only.

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

#### Official colour:

Black pants and helmet

#### Fees:

[www.hockeystl.com](http://www.hockeystl.com)

#### Information:

Comité de hockey Saint-Laurent  
[info@hockeystl.com](mailto:info@hockeystl.com)  
[www.hockeystl.com](http://www.hockeystl.com)

#### Information on hockey leagues:

[www.ehl.club](http://www.ehl.club)  
[www.hockeyelites.ca](http://www.hockeyelites.ca)  
[www.hockeylsl.ca](http://www.hockeylsl.ca)

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

## ■ WOMEN'S HOCKEY

### AGES 8-20 – ATOME TO JUNIOR

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

#### Information:

Comité de hockey Saint-Laurent  
[www.hockeyelites.ca](http://www.hockeyelites.ca)

## ■ ADULT'S HOCKEY

### AGES 18 +

#### Information:

Comité de hockey Saint-Laurent  
[info@hockeystl.com](mailto:info@hockeystl.com)  
[www.hockeystl.com](http://www.hockeystl.com)

## JUDO

### AGES 5 +

**Location:** Centre des loisirs

#### SESSIONS

**Fall:** Sept 9 to Dec 14

**Winter:** Jan 6 to March 15

#### REGISTRATION

##### Fall:

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

##### Winter:

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

## ■ RECREATIONAL

#### Fees:

Fall-winter > \$130

Spring > \$75

Summer > \$65

Full year > \$250

#### Schedule:

##### 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 9-12):

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

## ■ PARENTS-CHILDREN

### Ages 5 +

**Fees:** For a group of up to 3 people

Fall-winter > \$160

Spring > \$85

Summer > \$75

Full year > \$300

#### Schedule:

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



## ■ FALL CONTROL COURSE FOR SENIORS

**Ages 60 +**

**Fees:**

Fall-winter > \$150

Spring > \$120

Summer > \$100

Full year > \$350

**Schedule:**

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

## ■ COMPETITIVE

**Fees:**

Fall-winter > \$160

Spring > \$85

Summer > \$75

Full year > \$300

**Schedule:**

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

**Information:**

Club de judo Budokan Saint-Laurent

[judobudokanstl@gmail.com](mailto:judobudokanstl@gmail.com)

[judobudokanstl.com](http://judobudokanstl.com)

## KARATE

**AGES 6 +**

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

**SESSIONS**

**Fall:** Sept 9 to Dec 15

**Winter:** Jan 7 to Apr 20

**REGISTRATION**

**Fall:**

On line at [loisirs.montreal.ca](http://loisirs.montreal.ca) from Aug 7, at 8:30 a.m., to Aug 22, at 6:30 p.m.

If places available, registration in person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

**Winter:**

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

**Fees and schedule:**

[www.kiosaintlaurent.com](http://www.kiosaintlaurent.com)

**Information:**

Club de karaté Kio Saint-Laurent

[www.kiosaintlaurent.com](http://www.kiosaintlaurent.com)

[info@kiosaintlaurent.com](mailto:info@kiosaintlaurent.com)

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

## MINI TENNIS – OPEN

**FOR ALL**

**Location:** Sports Complex

**RESERVATION**

Online on [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Sports Complex and the Centre des loisirs.

**Fees:** \$8 / hour per court

**Information:**

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

## PHYSICAL FITNESS

**AGES 16 +**

**Locations:** Sports Complex and Centre des loisirs

**SESSIONS**

**Fall:** Sept 9 to Dec 14

**Winter:** Jan 6 to March 29

**Spring:** March 30 to June 13

**Summer:** June 15 to Aug 22

**REGISTRATION**

**Fall:**

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

**Winter:**

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

**Anytime:**

Payment by cheque either mailed to 1375, rue Grenet, Saint-Laurent H4L 5K3 or in person at the reception counters of the Centre des loisirs or Sports Complex.

**Fees:**

1 session > \$110

2 sessions > \$212

3 sessions > \$316

4 sessions > \$360

Summer > \$95

**Schedule:**

Consult the pamphlet available at the reception counters at the Centre des loisirs or Sports Complex.

**Informations:**

Club de conditionnement physique

Saint-Laurent inc.

[cdcphvsl@gmail.com](mailto:cdcphvsl@gmail.com)





## PICKLEBALL

**AGES 16 +**

**Locations:** Académie Lauren Hill  
Junior Campus ans Sports Complex

### SESSIONS

**Fall:** Sept 9 to Dec 16

**Winter:** Jan 13 to May 10

### REGISTRATION

Contact the Saint-Laurent Pickleball Club for evaluation starting Aug 10.

### Fees and schedule:

[www.clubpickleballstl.ca](http://www.clubpickleballstl.ca)

### Information:

Club de pickleball de Saint-Laurent  
Jean-Claude Lavoie, 514 462-8087  
[www.clubpickleballstl.ca](http://www.clubpickleballstl.ca)

## RECREATIONAL CHEERLEADING – GIRLS

**AGES 6-12**

**Location:** Sports Complex

### SESSIONS

**Fall:** Sept 16 to Nov 30

**Winter-Spring:** Jan 20 to June 1

### REGISTRATION

#### Fall:

Online at [loisirs.montreal.qc.ca](http://loisirs.montreal.qc.ca) from Aug 14, at 10 a.m., to Aug 18 at, 9 p.m.  
Reopening on Aug 28.

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

#### Winter-Spring:

Online at [loisirs.montreal.qc.ca](http://loisirs.montreal.qc.ca) from Nov 13, at 10 a.m., to Nov 17, at 9 p.m.  
Reopening on Nov 27.

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

### Fees and schedule:

[www.gymslic.com](http://www.gymslic.com)

### Information:

Club Gymslic Saint-Laurent inc.  
514 748-7707  
[www.gymslic.com](http://www.gymslic.com)

## RINGUETTE

**AGES 7 +**

**Locations:** Arenas from Lac Saint-Louis region

### REGISTRATION

[www.ringuettesaintlaurent.com](http://www.ringuettesaintlaurent.com)

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

### Categories:

**Moustique:** Girl born between 2012 and 2015

**Novice:** Girl born in 2010-2011

**Atom:** Girl born in 2008-2009

**Benjamine:** Girl born in 2006-2007

**Junior:** Girl born in 2004-2005

**Cadette:** Girl born between 2001 and 2003

**Intermediate B and C:** 19 and +

**Open A:** 19 and +

### Fees and schedule:

[www.ringuettesaintlaurent.com](http://www.ringuettesaintlaurent.com)

### Information:

Ringuette Saint-Laurent inc.  
[info@ringuettesaintlaurent.com](mailto:info@ringuettesaintlaurent.com)  
[www.ringuettesaintlaurent.com](http://www.ringuettesaintlaurent.com)





## SKATING – FIGURE SKATING

### AGES 4 +

**Locations:** Aréna Bonaventure, Aréna Ronald-Caron (Cégep de Saint-Laurent), Aréna 4 Glaces (Pierrefonds-Roxboro)

#### REGISTRATION

[www.cpastl.ca](http://www.cpastl.ca)

#### Group lessons

Pre Skating plus / Skating plus / Adults:  
Learn to skate for all ice sports.

Pre-junior STAR: Badge 5 or higher.  
Transition before private lessons.

#### Private lessons

Star: Badge 5 in full or higher. Only for skaters registered with CPA Saint Laurent as members for the 2018-2019 season.

#### Equipment:

Mandatory equipment not provided:  
CSA-certified hockey skates and helmet<sup>1</sup>.

Club uniform mandatory<sup>2</sup> available at the CPA Saint-Laurent club office at Centre des loisirs for skaters from groups Skating plus, Adults and Pre-junior STAR.

#### Fees and schedule:

[www.cpastl.ca](http://www.cpastl.ca)

Skating Canada membership fees are payable annually and are valid from Sept 1 to Aug 31.

No refunds of lessons for drop-outs during the session.

<sup>1</sup> Skaters who did not earn Badge 5 in full.

<sup>2</sup> Not required for Pre-skating plus.

Due to the temporary closure of Aréna Raymond-Bourque, the detailed schedule and fees were not available at time of printing this Agenda. For details: [www.cpastl.ca](http://www.cpastl.ca).

#### NEW FOR THE 2019 SCHOOL YEAR:

More skating lessons available starting at age 4.

#### Information:

Club de patinage artistique de Saint-Laurent  
[cpa.stlaurent@gmail.com](mailto:cpa.stlaurent@gmail.com)  
[www.cpastl.ca](http://www.cpastl.ca)

## SOCCER

Saint-Laurent Soccer Club

### SOCCER ACADEMY

#### AGES 3 +

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

#### SESSIONS

Wed, Sat and Sun  
Sept 18 to Nov 27  
Dec 4 to Feb 19  
Feb 15 to Apr 29

#### Ages:

U4 to U7  
U8 to U10  
U11 to U13

#### Fees and schedule:

[www.soccerstl.ca](http://www.soccerstl.ca)



**Fall-winter soccer**

Competitive and Elite teams (AAA)

The child must be selected to register for the program.

**Information:**

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

**SOCCER LIBRE****AGES 6 +**

**Location:** Sports Complex

**RESERVATION**

Online on [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Sports Complex and the Centre des loisirs.

**Fees:**

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

**Information:**

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

**SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES****AGES 10 +**

**Locations:** LaurenHill Academy Senior Campus (soccer), Cégep de Saint-Laurent (indoor swimming) and Laurentian Lanes (bowling)

**SESSIONS****Bowling:**

Sept 7 to Dec 14 and Jan 11 to May 9

**Indoor soccer:**

Sept 15 to Dec 1 and Jan 12 to May 3

**Swimming:**

Sept 15 to Nov 10 and Jan 12 to March 8

**REGISTRATION**

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

**Fees:**

\$60 (possibility to pay \$9,50 a week for bowling)

**Schedule:**

Bowling: Sat 9:30 a.m. to 12 p.m.  
Indoor soccer: Sun 11 a.m. to 1 p.m.  
Swimming: Sun 9 to 10 a.m.

**Information:**

Olympiques spéciaux Québec  
514 843-8778  
[www.olympiquesspeciaux.qc.ca](http://www.olympiquesspeciaux.qc.ca)

**TABLE TENNIS — OPEN****FOR ALL**

**Location:** Sports Complex

**REGISTRATION**

Online at [loisirs.montreal.ca](http://loisirs.montreal.ca) or at the reception counters at the Sports Complex and the Centre des loisirs.

**Fees:**

\$5 / hour per table

**Information:**

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

**TAEKWONDO — ACADÉ-KICKS****AGES 3-12**

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

**Petits Dragons:** Ages 3-5

**Juniors:** Ages 6-12

**SESSIONS**

Fall: 10 weeks

Winter: 10 weeks

**For beginning schedule:**

[www.acadekicks.com](http://www.acadekicks.com)

**REGISTRATION**

Beginning on Aug 24:  
[www.acadekicks.com/parasco-vsl](http://www.acadekicks.com/parasco-vsl)

**Fees and schedule:**

[www.acadekicks.com/parasco-vsl](http://www.acadekicks.com/parasco-vsl)

**Information:**

Acadé-kicks  
[www.acadekicks.com/parasco-vsl](http://www.acadekicks.com/parasco-vsl)  
info@acadekicks.com  
514 995-4257



## TAI-CHI

AGES 18 +

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

### SESSIONS

**Fall:** Sept 9 to Nov 28

**Winter:** Jan 6 to March 26

### REGISTRATION

#### Fall:

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m., or during the courses.

#### Winter:

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m., or during the courses.

#### Fees:

1 session ➤ \$120

#### Schedule:

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

**Intermediate:** Tue and Thu 9:30 to  
10:30 a.m. or 8 to 9 p.m.

**Advanced:** Tue and Thu 7 to 8:30 p.m.

#### Information:

Club de tai-chi Saint-Laurent inc.  
514 909-8268  
<http://facebook.com/clubtaichisaintlaurent>

## TRACK AND FIELD

AGES 7 +

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

### SESSIONS

**Fall:** Sept 9 to Dec 7

**Winter:** Jan 6 to Apr 11

**Spring:** Apr 20 to Jun 6

**Summer:** Jun 8 to July 25

### REGISTRATION

#### Fall:

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

#### Winter:

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

#### Fees and schedule:

[www.slsathletisme.com](http://www.slsathletisme.com)

#### Information:

Club d'athlétisme Saint-Laurent Sélect inc.  
[sls@slsathletisme.com](mailto:sls@slsathletisme.com)  
[www.slsathletisme.com](http://www.slsathletisme.com)

## RUNNING CLUB

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

### SESSIONS

**Fall:** Sept 14 to Dec 14

#### Fees:

6 sessions ➤ \$50

12 sessions ➤ \$99

## COURSE SAINT-LAURENT

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

**Date:** Sun, Apr 19

**Distances offered:** 1, 2, 5 and 10 km

#### Registration and information:

[www.circuitendurance.ca](http://www.circuitendurance.ca)







## TRAINING — CENTRE D'EXCELLENCE SPORTIVE

### FOR ALL

**Location:** Fitness Room at the Sports Complex

#### SESSIONS

**Fall I:** Sept 9 to Oct 27

**Fall II:** Nov 4 to Dec 22

**Winter I:** Jan 6 to Feb 23

**Winter II:** March 4 to Apr 19

#### REGISTRATION

##### Fall:

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m.

##### Winter:

In person at the Centre des loisirs on Nov 18, from 6:30 to 7:30 p.m.

#### 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 clientele: 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.

#### Fees, schedules and information:

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

## VOLLEYBALL

### AGES 18 +

**Location:** École Saint-Laurent – Édifice Émile-Legault

#### SESSIONS

**Fall:** Sept 3 to Dec 11

**Winter-Spring:** Jan 7 to May 8

#### REGISTRATION

In person at the Centre des loisirs on Aug 27, from 6:30 to 7:30 p.m., and at École Saint-Laurent - Édifice Émile-Legault on Sept 3, 4 and 6, from 7:30 to 8 p.m., according to availability

#### Fees and schedule:

Level 1 ▶ \$40 (NR: \$50) / player  
Tue 8:30 to 11 p.m.

Level 2 ▶ \$70 (NR: \$90) / player  
Tue and Fri 8:30 to 11 p.m.

Level 3 ▶ \$700 (NR: \$900) per team  
(6 to 10 players)

Wed and Fri 8:30 to 11 p.m.

#### Information:

Club de volleyball Saint-Laurent  
volleystlaurent@gmail.com



# PARCS ET INSTALLATIONS PARKS AND FACILITIES

Automne-hiver  
2019-2020  
Fall-Winter

- 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
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-Zytnytsky
- 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