

RECREATION AND CULTURE

ACCÈS-LOISIRS VAUDREUIL-SOULANGES

Several towns, including Pincourt, are offering a **limited number of free registrations** for sport, cultural and outdoor activities, for low income citizens. Proof of income required. Inform yourself!

Registration:

Saturday, January 13, 2018, from 9 am to 1 pm
Centre Communautaire Paul-Émile Lépine (150 Perrot Blvd., L'Île-Perrot)

Informations: 514 453-8981, ext. 242

WINTERFEST!

Saturday, January 27, 2018

12:30 pm to 4:30 pm, Olympique Park

Games, skating, sliding, dog sliding, animations and fun for the whole family!

Hot beverages and food truck (\$)



2018 SPRING BREAKS ACTIVITIES

Look for the flyer that will be distributed in the schools during the week of January 15, 2018.

Online registration from January 22 to February 2, 2018.

5/30 HEALTH & WELLNESS CHALLENGE

Change your habits in 30 days!

When: from April 1 to April 30, 2018

Eat 5 fruits and vegetables, and engage in 30 minutes of physical activity per day. Consult our medias for the complete special activity guide!

CROSS-COUNTRY SKI TRAILS

As per By-Law 714 regarding the parks, we ask all citizens to respect the trails maintained by the **Skieurs de l'Île**. These trails are maintained by volunteers members of the club. Thank you for your collaboration.

OPEN BADMINTON

- **At the Omni-Centre**
- 3 courts available
- For children and adults
- \$6/court/hour, payable on site
- Bring your equipment
- **Reservations are not required during the Holidays**

Holidays schedule

- Saturdays, December 23 and 30, 2017: 1 pm to 5 pm
- Sundays, December 24 and 31, 2017: 12:30 pm to 4:30 pm
- Tuesday, December 26, 2017: 7 pm to 10 pm

Regular schedule

- Sunday, 1 pm to 5 pm
- Reservation required: 514 453-8981, ext. 229

SKATING RINKS SCHEDULE*

Parks: Taillon, Olympique and Shamrock (*Weather permitting)

Week days: 6 pm to 10 pm

Weekends, school breaks and holidays: noon to 10 pm

SNOW SLIDES

This winter, enjoy the snow slides at **Olympique and Taillon Parks**.



VAUDREUIL-DORION INDOOR POOL

**Online registration: January 11,
12:30 pm to January 15, 8:30 am**

www.ville.vaudreuil-dorion.qc.ca
(page Services to Residents)

JOHN ABBOTT INDOOR POOL

Online registration:

November 30, 7 pm, to January 1, 2018

johnabbott-sport.omnivox.ca

Info (pool): 514 457-6610, ext. 5325

Casgrain Sport Centre: 514 457-2737

PINCOURT LIBRARY

225, Pincourt Blvd. (inside Chêne-Bleu High School) | Tel.: 514 425-1104, ext. 6244

Winter Schedule

Monday to Thursday: 10 am - 8:30 pm | Friday: 10 am - 5 pm | Saturday: 10 am - 4 pm
(Closed from December 24 to January 2, inclusively)

Exhibition

Exhibition banners about Île-Perrot families, by SHGIP (Société d'histoire et de généalogie de l'île Perrot):

- **From January 15 to March 17, 2018**

REGULAR RECREATION ACTIVITIES

REGISTRATION

(Places are limited. Minimum and maximum number of participants required per activity.)

ONLINE		FAUBOURG DE L'ÎLE		
Residents: December 14, 2017, to January 3, 2018 Non-residents*: December 22, 2017, to January 3, 2018 <i>*Extra fees of \$10 for non-residents.</i> Website: www.villepincourt.qc.ca		Thursday and Friday January 4 and 5, 2018 6:30 pm to 8:30 pm		
ACTIVITY	SCHEDULE	COST	LOCATION	REGISTRATION AND INFORMATION
ABS, CORE & LEGS Category: Mix, 16 years +	Starts January 8 (10 weeks) Monday and Wednesday: 8:20 pm	Online: \$95 In person: \$100	Omni-Centre	Registration online or at Faubourg de l'Île For information: 514 453-8981, option 6
CLASSICAL BALLET AND JAZZ Category: Mix, 4-5 years, 6 years +	Starting in January	\$35/month	Omni-Centre	Registration by phone Ramela Nahorniak: 514 624-8666
BIATHLON Category: Mix, 10-15 yrs, 15 yrs +	Starts January 6 (8 weeks) Saturday: 1 pm to 3 pm (10-15 yrs) Sunday: 1 pm to 3 pm (15 yrs +) <i>No class on February 3</i>	10-15 years: \$115 15 years +: \$125 + \$45 (Annual fees: Biathlon Canada + FQB)	Parc Nature les Forestiers-de-Saint-Lazare	Registration at Faubourg de l'Île Christian Valet: info@cbvs.org or 514 830-3718 Website: www.cbvs.org
CARDIO-INTERVAL Category: Mix, 16 years +	Starts January 8 (10 weeks) Monday and Wednesday: 7:15 pm	Online: \$95 In person: \$100	Omni-Centre	Registration online or at Faubourg de l'Île For information: 514 453-8981, option 6
CROSS-COUNTRY SKIING Category: All	According to weather	\$15/family	<i>Skieurs de l'Île</i> trails	Registration at Faubourg de l'Île Pierre Levac: 514 453-8592
FIT & TONE Category: Mix, 50 yrs +	Starts January 8 (10 weeks) Mon., Wed. and Fri: 1 pm or 2 pm	Online: \$70 In person: \$75	Omni-Centre	Registration online or at Faubourg de l'Île For information: 514 453-8981, option 6
GYMNASTICS Category: Mix	Starts January 5 (11 weeks)	See website	Club de Gymnastique Gymini (Centre Multisports)	Registration by phone or online For information: www.clubgymini.org or 450 455-3141
GYMNASTICS ACROSPORT Category: Mix, 4 yrs +	Starting in January (12 weeks)	According to level	Chêne-Bleu High School	Registration at Faubourg de l'Île Eva Rucka: 514 425-0803 Danielle Tremblay: 514 824-0548
HOCKEY COSOM Category: Mix, 7-14 yrs	Starts January 14 (15 weeks) Sunday morning (according to level)	Online: \$55 In person: \$60	Chêne-Bleu High School	Registration online or at Faubourg de l'Île For information: 514 453-8981, option 6

REGULAR RECREATION continued

ACTIVITY	SCHEDULE	COST	LOCATION	REGISTRATION AND INFORMATION
KARATE AND SELF-DEFENSE (women) Category: 5 yrs +	Starts January 15 (9 or 11 weeks) <i>No class March 30-31 and April 1</i>	\$90 and +	Omni-Centre	Registration at Faubourg de l'Île Jean-Pierre Trahan: 514 814-5452
LINE DANCING Category: Mix, Adults	January 19, February 16 Fridays: 7:30 pm	\$5/evening	Omni-Centre	Registration by phone Murielle Groulx: 450 424-4170
OIL PAINTING (workshop) Category: Mix, 14 yrs +	Starts January 8 (10 weeks) Monday: 1:30 pm or 6:30 pm Wednesday: 1:30 pm	Online: \$135 In person: \$140 (Extra for material)	Omni-Centre	Registration online or at Faubourg de l'Île Manon Labelle: 450 451-1001
SOCCER FC TROIS-LACS Category: Mix, born 2003-2013	Starts January 6 (8 weeks) Available at www.fctroislacs.com	\$85	Gyms in Île Perrot and Vaudreuil-Dorion	Registration by phone or online Website: www.fctroislacs.com Information: 450 218-9008 or info@fctroislacs.com
SPANISH I Category: Mix, Adults	Starts January 9 (11 weeks) Tuesday: 7 pm <i>No class March 6</i>	\$175 + material (\$72)	Omni-Centre	Registration at Faubourg de l'Île Ricardo Dedios: 514 424-6123
SPORTBALL Category: Mix, 2 yrs +	Starts January 13 (10 weeks) Saturday mornings	\$179 + taxes	Notre-Dame-de-Lorette School	Registration by phone, online or at Faubourg de l'Île Website: www.sportball.ca Matthew Pearce: 514 331-3221
TENNIS PROSET (adapted) Category: Kids with special needs (autism, Trisomie 21)	Starts January 14 (10 weeks) Sunday: 12:30 pm to 1:30 pm or 1:30 pm to 2:30 pm	\$200	Edgewater School	Registration by phone Philip Manning: 438 321-1564
YOGA/DAY (begin.-int.) Category: Mix, Adults	Starts January 8 (10 weeks) Mon. and Wed.: 10:30 am	Online: \$120 In person: \$125	Omni-Centre	Registration online or at Faubourg de l'Île Information: 514 453-8981, option 6
YOGA/EVENING (beginner) Category: Mix, Adults	Starts January 9 (10 weeks) Tuesday and/or Thursday: 6 pm	Online 1x/week: \$65 2x/week: \$120 In person 1x/week: \$70 2x/week: \$130	Chêne-Bleu High School	Registration online or at Faubourg de l'Île Information: 514 453-8981, option 6
YOGA/EVENING (int.-advanced) Category: Mix, Adults	Starts January 9 (10 weeks) Tuesday and/or Thursday: 7:30 pm	Online 1x/week: \$75 2x/week: \$140 In person 1x/week: \$80 2x/week: \$150	Chêne-Bleu High School	Registration online or at Faubourg de l'Île Information: 514 453-8981, option 6