

LOISIRS ^{et} CULTURE

Automne-Hiver 2018/2019 Fall-Winter

RECREATION and CULTURE



VILLE DE
PINCOURT



VilledPincourt

Loisirs et Services communautaires
Recreation and Community Services

BESOIN D'INFORMATION ? LOISIRS ET SERVICES COMMUNAUTAIRES

Omni-Centre

375, boul. Cardinal-Léger, Pincourt J7W 9H6
Tél. : 514 453-8981, option 6 • Téléc. : 514 453-1839

loisirs@villepincourt.qc.ca
www.villepincourt.qc.ca

NEED INFORMATION? RECREATION AND COMMUNITY SERVICES

Omni-Centre

375 Cardinal-Léger Blvd., Pincourt J7W 9H6
Phone: 514 453-8981, option 6 • Fax: 514 453-1839

loisirs@villepincourt.qc.ca
www.villepincourt.qc.ca

**RESTEZ BRANCHÉ ET INFORMÉ SUR VOTRE VILLE.
STAY CONNECTED AND INFORMED ABOUT YOUR TOWN**



www.infop.ca



VilledPin court



VilledPin court

ORGANISMES COMMUNAUTAIRES ET D'ENTRAIDE

Bottin des ressources communautaires :
www.villepincourt.qc.ca

Loisirs et culture/Développement social/Bottin des
organismes communautaires

COMMUNITY ORGANIZATIONS AND HELP GROUPS

Directory of Community Organizations:
www.villepincourt.qc.ca

Recreation and Culture/Social Development/Directory of
Community Organizations

SERVICE 2-1-1

**Service d'information et de référence sur les ressources sociocommunautaires à proximité.
Information and referral service on nearby community-based resources.**



REGISTRATION



IN PERSON

**August 30 and 31, Faubourg de l'Île
6:30 p.m. to 8:30 p.m.**

For most activities, you can register at the Faubourg de l'Île on August 30 and 31. However, some activities may not be offered at the Faubourg de l'Île.

Places are limited, first come, first served.
Registration priority is given to Pincourt residents.

REGISTRATION FEES

Registration fees are payable in full unless a payment plan is specified. An additional \$10 fee will be charged for late registration.

For activities offered by the Town, a \$10 fee will be added to the regular price for non-residents.

REIMBURSEMENT POLICY

The original receipt is required for all reimbursements.

- a)** The Town cancels an activity, the refund is 100 %.
- b)** If the request is submitted prior to the activity, the refund is 100 % less 10 \$ administration fees.
- c)** Once activity has begun, requests for reimbursement will only be considered if accompanied by a relevant document (ex: medical certificate).

The Town will only reimburse the portion of unused service, less 10 \$ administration fees.

The portion of unused service is calculated as of the request date.

- d)** Reimbursement requests received after an activity has ended will not be approved.

For on-line registration payments made by credit card, reimbursement will be credited directly on the card used at time of registration or by cheque, at the Town's discretion. The Town of Pincourt will not be held responsible for interest charges incurred by the card owners.

N.B.: Each association has its own reimbursement policy which may vary from the Town of Pincourt's.

ONLINE

Regular session activities

Priority period for residents: August 16 to 24
Period opened to all: August 25 to 29

INSTRUCTIONS

FOR ONLINE REGISTRATION

If you do not have family file, you will need to create one, listing parents and all other family members.

Recommendation: You can create your family file at any time before the official registration period

1. Go to the Town's website at www.villepincourt.qc.ca.
2. Click on "Recreation and culture".
3. Click on "Courses and activities", then "Registration".
4. Click on "Login" to access your family file.
5. You can then proceed with your registration and payment, by credit card only (secured site).

IMPORTANT: Please note your user code and password to access your account, register for other activities and print your own receipts.

WAIVER OF LIABILITY

The Recreation and Community Services and the various organizations will not be liable for any accidents which occurred during an activity. Personal property lost or stolen in public lockers (schools, pool, etc.) is the sole responsibility of each participant. We recommend personal insurance coverage.

NOT TO BE MISSED

INTERCULTURAL FESTIVAL

Saturday, September 8, 11 a.m. to 4 p.m. | Olympique Park

Come and discover the different cultures within our region.
Great cultural discoveries guaranteed!

HALLOWEEN CRAFT WORKSHOP

Thursday, October 25, 6 to 7 p.m. | Omni-Centre

For children aged 3 to 5 years-old.
Reservation is mandatory: 514 425-1104, ext. 6244
Limited places.

HALLOWEEN - HAUNTED HOUSE

Wednesday, October 31, 5 to 9 p.m. | Omni-Centre

Come visit our haunted house. Horror and fun guaranteed!

PINCOURT CHRISTMAS MARKET

Organized by the Cercle des fermières de Pincourt

Saturday, November 24, 10 a.m. to 4:30 p.m. | Omni-Centre
Sunday, November 25, 10 a.m. to 4 p.m. | Omni-Centre

LIGHTING UP OF THE CHRISTMAS DECORATIONS

Friday, November 30, 6:30 p.m. | Desjardins Kiosk at the Olympique Park

Lighting up of the decorations, treats and show for toddlers.

CHRISTMAS CRAFT WORKSHOP

Thursday, December 13, 6 to 7 p.m. | Omni-Centre

For children aged 3 to 5 years-old.
Reservation is mandatory: 514 425-1104, ext. 6244
Limited places.

WINTERFEST

Saturday, January 26, 12:30 to 4:30 p.m. | Olympique Park

Enjoy winter fun. Inflatable structures, dog sleigh rides, slides and more!

EASTER CRAFT WORKSHOP

Thursday, April 18, 6 to 7 p.m. | Omni-Centre

For children aged 3 to 5 years-old.
Reservation is mandatory: 514 425-1104, ext. 6244
Limited places.

LEGAL CONFERENCES SERIES WITH MYRIAM LÉGER, NOTARY

Reservation is mandatory: 514 453-8981, ext. 229
Free workshops

WHY IS A WILL SO IMPORTANT?

Tuesday, September 25, 7:30 p.m. | St-Patrick Church

The pros and cons of the various forms of wills in Québec.

HOW TO SETTLE A SUCCESSION?

Tuesday, October 9, 7:30 p.m. | St-Patrick Church

Learn the general steps and most important aspects involved in settling a succession.

THE PURPOSE OF A POWER OF ATTORNEY AND/OR PROTECTION MANDATE

Tuesday, November 6, 7:30 p.m. | St-Patrick Church

In case of incapacity, are you well protected? What are the differences between these documents?

THE MAJOR STEPS IN BUYING OR SELLING A PROPERTY

Tuesday, November 27, 7:30 p.m. | St-Patrick Church

Learn the general steps and most important aspects involved in property transactions through a notary.

2018-2019 CULTURAL CALENDAR

PINCOURT LIBRARY

CONFERENCES AND VARIOUS WORKSHOPS AT PINCOURT LIBRARY

FREE, limited places
Reservation is mandatory:
514 425-1104, ext. 6244

SEPTEMBER

Conference: The History of the Turcot Interchange and Montreal's Dream of Cars

Wednesday, September 26, 7 p.m. | Library

With Alexandre Wolford, *Masters in History and Masters in Urbanism*, and organized by the Société d'histoire et de généalogie de l'Île-Perrot

The history of transportation in Québec including a special look at the Turcot interchange.

OCTOBER

Public Libraries Week in Québec Week of October 21 to 28



Literary Exchange

Tuesday, October 23, 2 to 4 p.m. | Library

Come have tea with the library staff and exchange about your favorite books.

Conference:

The Benefits of Childhood Reading (in French)

Wednesday, October 24, 7 p.m. | Library

With Dr. Nadia, author and speaker

Reading is an important tool in promoting the healthy development of children and teens.

NOVEMBER

Used Books Sale

Saturday, November 10, 10 a.m. to 2 p.m. |
Chêne-Bleu High School

All profits will be used for cultural activities.

Conference: Eating Disorders in Children (in French)

Wednesday, November 21, 7 p.m. | Library

With Dr. Jean Wilkins, author and speaker. Well known pediatrician from the CHU Ste-Justine specialized in intervention among children with eating disorders and anorexia.

DECEMBER

Christmas Craft Workshop (adults)

Wednesday, December 5, 7 p.m. | Library

With Mélanie Leclerc, artist

JANUARY

Conference: Journals of a Tireless Traveller (in French)

Wednesday, January 23, 7 p.m. | Library

With Gilles Proulx, colorful radio and television host, and globe-trotter. This media personality is also a nature and history enthusiast, as well as an eternal traveller.

FEBRUARY

Conference:

Reducing your Heating, Renovation and Ecological Construction Costs (in French)

Wednesday, February 20, 7 p.m. | Library

With André Fauteux, chief editor of the magazine "La maison du 21^e siècle."

Best practices and available subsidies.

MARCH

Literary Discussion with Serge Bouchard (in French)

Wednesday, March 27, 7 p.m. | Library

Author and anthropologist, Mr. Bouchard will share his thoughts on his book "Sur les traces du mammouth laineux."

APRIL

World Book Day

Tuesday, April 23 | Library

MAY

Conference: Simple and Effective Vegetable Gardening in the Suburbs (in French)

Wednesday, May 29, 7 p.m. | Library

With Mélanie Blais, BSc. Ag. et Env.

Mrs. Blais will explore simple methods of growing your own comestibles in an urban or suburban setting.

STORY TIME AND CRAFTS

On 2nd Thursdays of the month, at 10 a.m. | Library
For children aged 3-6 years

Dates: September 13, October 11, November 8, December 13, January 10, February 14, March 14, April 11, May 9, and June 13

PHYSICAL ACTIVITIES

ABS, CORE AND LEGS

An intense and effective training. The course ends with a deep stretch.

Registration: Online August 16 to August 29 (\$5 discount). Thursday, August 30 and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: 514 453-8981, ext. 242

Category	Mixed, 16 years +
Schedule	Monday and Wednesday: 8:20 p.m. to 9:20 p.m.
Duration	Starts September 10 / 12 weeks
Cost	\$120
Location	Omni-Centre

BADMINTON

Three courts available at the Omni-Centre. Priority to Pincourt residents. Reservations mandatory.

Registration: 514 453-8981, ext. 229 (Monday to Friday). Clean running shoes. Bring your own equipment.

Category	All
Schedule	Sunday: 1 p.m. to 5 p.m. Monday and Wednesday: 8:30 p.m. to 10:30 p.m.
Duration	Sept. 9 to May 19
Cost	\$6 / court / hour (payable on site)
Location	Omni-Centre

ARCHERY

Introduction to basic techniques of archery with an instructor offered by "Les Archers Perrotdamois". Classes and free practice.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Réal Cyr at **450-424-47215**

www.archersperrotdamois.com or

club@archersperrotdamois.com

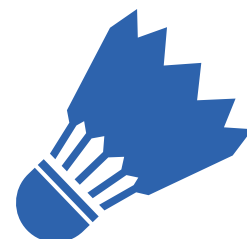
Category	Mixed, 12 years Classes	Mixed, 12 years Free practice
Schedule	Monday and Friday: 6 p.m. to 7 p.m.	Monday and Friday: 7 p.m. to 10 p.m.
Duration	November to May	All year
Cost	According to level	TBA
Location	Ste-Rose-de-Lima Church	

BADMINTON (COMPETITIVE)

Registration: Information: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île. BAD CLUB Vaudreuil-Dorion, Réal Labelle at **514 206-3458** or **ecolebadminton.rl@oricom.ca**.

**Equipment and tournaments are extra.*

Category	Junior (beg. recreative) 7-11 years	Junior (development/competitive) 11 years +	Elite (competitive) 7-18 years
Schedule	Monday: 6 p.m. to 7:30 p.m. and/or Friday: 6 p.m. to 8 p.m.	Monday: 6 p.m. to 7:30 p.m. Friday: 6 p.m. to 8 p.m. Sunday: 12:30 p.m. to 2:30 p.m. (open training)	Monday: 6 p.m. to 7:30 p.m. Wednesday: 8:30 p.m. to 10:30 p.m. Friday: 6 p.m. to 8 p.m. Sunday: 12:30 p.m. to 2:30 p.m.
Duration	Sept. 3 - May 31	Sept. 2 - May 31	Sept. 3 - May 31
Cost	1 night/week: \$250 2 nights/week: \$350 Taxes included	Monthly fee: \$90 Plus taxes	According to caliber and program
Location	Chêne-Bleu High School		



PHYSICAL ACTIVITIES

BALLET CLASSICAL / JAZZ BALLET

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Ramela Nahorniak at 514 624-8666

Category	Pre-ballet 4-5 years	Ballet 1 6-8 years	Ballet 2 9 years +
Schedule	Thursday: 5 p.m. to 5:45 p.m.	Thursday: 6 p.m. to 7 p.m.	Thursday: 7 p.m. to 8 p.m.
Duration	September to May		
Cost	\$35/month		
Location	Omni-Centre		

BASKETBALL CLUB

Recreational and competitive basketball for children offered by the "Assosication de basketball de L'Île Perrot."

Registration: Thursday, August 30 and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: abipcavaliers@gmail.com

Facebook: Cavaliers Ile-Perrot

Website: www.basketileperrot.ca

Category	Girls Born 2003 to 2010	Boys Born 1998 to 2010
Schedule Duration	Please visit the website for specific details per category.	
Cost	Cost according to group. Family discount available.	
Location	Schools on Île Perrot and Vaudreuil-Dorion	

BIATHLON

Get back in shape for the upcoming ski season with the "Club de biathlon de Vaudreuil-Soulanges", offering classes for beginners and sports enthusiasts who wish to practice this sport.

Registration: Thursday, August 30 and Friday, August 31, from 6:30 p. .to 8:30 p.m., at the Faubourg de l'Île.

Information: Christian Valet at 514 830-3718.

E-mail: info@cbvs.org

Website: www.cbvs.org

Category	Children 10-15 years	Adults 15 years +
Schedule Duration	Starting September 15 8 weeks	
Cost	\$110 + Annual fees of \$55	
Location	Parc nature les Forestiers-de-Saint-Lazare	

BOWLING

Provides friendly and relaxing 10-pin games for seniors in an organized league.

Registration and information: Donald Clune at 450 455-0789

Category	Mixed, 50 years +
Schedule	Tuesday: 1 p.m. to 3:30 p.m.
Duration	August 28 until May 7
Cost	\$12/week
Location	Salon de quilles Pincourt



PHYSICAL ACTIVITIES

CARDIO-INTERVAL

The course alternates cardio and strength training sequences. While toning your muscles, these exercises provide effective active recovery.

Registration: Online from August 16 to August 29 (\$5 discount). Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: 514 453-8981, ext. 242

Category	Mixed, 16 years +
Schedule	Monday and Wednesday: 7:15 p.m. to 8:15 p.m. and/or Friday: 7:15 p.m. to 8:15 p.m.
Duration	Starts September 10 / 12 weeks
Cost	\$120 (Monday and Wednesday) \$60 (Friday)
Location	Omni-Centre



CHEERLEADING G-FORCE

Recreational and competitive classes offered by G-Force Cheerleading. The places are limited.

**Several competitive teams also available.*

Registration: Online at www.clubgymini.org.

Fall session: August 6, 2018. Winter session: October 22, 2018.

Information : 450 455-3141 or by e-mail at info@clubgymini.org

Category	Phantom Mixed, 5-6 years	Falcon Mixed, 7-8 years	Millennium Mixes, 9-12 years
Schedule	September 14 / 11 class		
Duration	January 4 / 11 class		
Cost	Regular price: starting at \$185 + equipment + affiliation Pincourt residents: \$20 discount		
Location	Centre Multisports		

CROSS COUNTRY SKIING

Join hundreds of cross-country skiing enthusiasts who take advantage of more than 30 km of trails maintained and signposted on the island! Access from Pincourt or by Notre-Dame-de-Fatima Chalet, at 2464, Perrot Blvd., in Notre-Dame-de-l'Île-Perrot. The latter also offers cross-country skiing courses and equipment rental.

Registration : Faubourg de l'Île, Thursday, November 29, and Friday, November 30, from 6 p.m. to 9 p.m. Saturday, December 1, from 10 a.m. to 5 p.m., and Sunday, December 2, from noon to 4 p.m. Additional fees for non-residents.

Information: Pierre Levac at 514 453-8592, skieursdelile@hotmail.com, www.lesskieursdelile.blogspot.com or Facebook/Les skieurs de l'île.

Category	Family	Individual	Seniors, 50 years+
Schedule	Season		
Cost	\$10 \$15 after December 2	\$8 \$10 after December 2	\$6 \$8 after December 2
Location	On Île Perrot		

PHYSICAL ACTIVITIES

DIVING

Recreational, pre-competitive, competitive, and adult programs for 5 years of age and up. An evaluation is necessary for the pre-competitive and competitive groups.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Open to all (residents and non-residents). In Vaudreuil-Dorion, at Valois Park House, on Sunday, August 19, from 11 a.m. to 3 p.m.

Information: Isabelle D'Amour at 514 787-9330, or idadamour@gmail.com, or www.cpvd.ca.

Facebook/Club de Plongeon Vaudreuil-Dorion

Category	Mixed, 5 years + Must know how to swim 2.5 m alone in deep water
Schedule	Check out the website at www.cpvd.ca
Duration	10 weeks (3 sessions per year fall, winter, spring)
Cost	According to level
Location	Vaudreuil-Dorion Pool

FIGURE SKATING

The CPARV offers skating programs by Skate Canada, for different levels and more specialized programs.

Online only: www.cparv.org

Information: info@cparv.org

Category	Pre-Skate Plus, 3 to 5 years	Skate Plus, 5 years +	Intensive Skate Plus, 6 years with experience	Adult Synchro Women, 35 to 55 years	Semi-private	Private
Schedule	According to level					
Duration	September 2018 to the end of March 2019					
Cost	According to level Membership fees mandatory for all skaters.					
Location	Local arenas					

FIT & TONES

Workout classes adapted for seniors.

Registration: Online from August 16 to August 29 (\$5 discount). Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: 514 453-8981, ext. 242

Category	Mixed, 50 years +
Schedule	Monday, Wednesday and Friday: 1 p.m. to 2 p.m. or from 2 p.m. to 3 p.m.
Duration	Starts September 10 12 weeks
Cost	\$90
Location	Omni-Centre

PHYSICAL ACTIVITIES

GYMNASTICS AND RECREATIONAL ACROBATIC SPORTS

The various programs of the Gymini Gymnastics Club cater to the enthusiasts as well as the children in search of pleasure, action and development. *Course of tumbling, circus and parkour also available.

Registration online: Fall session starting August 6. Winter session starting October 22, at www.clubgymini.org.

Information: 450 455-3141 and www.clubgymini.org

Category	Mixed, 12 months to adult
Schedule	See complete program at www.clubgymini.org
Duration	From September 14: 11 classes From January 4: 11 classes
Cost	See complete rates at www.clubgymini.org Discount of \$20 for Pincourt residents
Location	Centre Multisports

GYMNASTICS ACROSPORT

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Eva Rucka at 514 425-0803, or Danielle Tremblay at 514 824-0548, or gymnastesdelile@gmail.com, or [Facebook.com/LesGymnastesDeLlle](https://www.facebook.com/LesGymnastesDeLlle)

Category	Mixed, 4 to 6 years	Mixed, 7 years + (beg.+ interm.)	Advanced (After evaluation)	Tumbling advanced (After evaluation)
Schedule	Wed.: 6:15 p.m. to 7:15 p.m. or Sat.: 9 a.m. to 10 a.m.	Wed.: 6:15 p.m. to 7:45 p.m. or Sat.: 10 a.m. to 11:30 a.m.	Mon, Tue, Thu: 6 p.m. to 8 p.m. Sat: 9 a.m. to 1 p.m. Sun: Noon to 2:00 p.m.	Fri: 6 p.m. to 8 p.m. or Sun: Noon to 2 p.m.
Duration	September 15: 14 weeks			
Cost*	\$175 (1h)	\$230 (1h30)	\$370 (4h) \$490 (6h) \$550 (8h)	Starting at \$280 (2h)

*Membership fees with "Fédération de gymnastique" are extra.

Location | Chêne Bleu High School, La Perdiolle or La Samare

HOCKEY COSOM

Friendly games in a gymnasium for children with a supervisor to help them improve their skills.

Registration: Online from August 16 to August 29 (\$5 discount).

Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: 514 453-8981, ext. 242

Category	Mixed, 7-14 years
Schedule	Sundays depending on level
Duration	September 9 / 12 weeks
Cost	\$50
Location	Chêne-Bleu High School

HOCKEY INDOOR

Floor hockey offered by "La Ligue de hockey intérieur de Pincourt."

Registration and information: Jean-François Julien at 450 763-1536. E-mail: lhip2009@gmail.com

Category	Men, adults
Schedule	Sunday: 8:45 a.m. to 12:45 p.m.
Duration	Fall and winter
Cost	\$120 + \$40 deposit for the shirt
Location	Omni-Centre Gymnasium

PHYSICAL ACTIVITIES

HOCKEY MINOR

Practice and development of hockey among children.

Registration: Initiation and Pre-novice on Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Visit the Association's website at www.hmip.org or contact the registrar at registrar@hmip.org.

Category	Pre-novice/Intro Born 2012-2015	Junior/Novice Born 1997-2011
Schedule	Pre-determined	Varies
Duration	Varies	
Cost	View prices on website	
Location	Local arenas	

JUDO

Self-defence techniques taught by the club "Judo Dojo Perrot Shima." Basic skills: coordination, rapidity, and balance.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Richard Proulx at 514 781-4294. Session to be paid in advance. Membership with the Federation and kimono cost extra. Accredited by Judo Québec.

Category	Children, 5-17 years	Adults, 18 years +
Schedule	Tue. and Sat. According to level	Tue. and Thu. According to level
Duration	September to May	
Cost	\$30/month \$20/month for 2 nd child \$15/month for 3 rd child	\$35/month
Location	Ste-Rosa-de-Lima Church	

KARATE

Various day and evening classes with no limit of participation.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Jean-Pierre Trahan at 514 814-5452 or jeanpierretarahan@sankukan.ca. *No classes on October 8 and October 31. Club kimono, equipment and belt tests extra. Website: www.sankukan.ca

Category	Initiation: 4-6 years	Children: 7-12 years	Teens and adults: 13 years +
Schedule	Saturday morning	Depending on level	
Duration	Starts September 10 - 12 weeks	Starts September 10 - 14 weeks	
Cost	\$100	\$175	\$215
Location	Omni-Centre or Chêne-Bleu High School		

PICKLEBALL

A fun and creative mix of tennis, badminton and ping-pong. Come and try it!

Registration: September 10, at 7 p.m. We supply the balls, but you must bring your own racket. Places are limited.

Information: Pierre Besner at 514 453-8944

Category	Mixed, 18 years +, intermediate-advance
Schedule	Monday: 7:30 p.m. to 9:30 p.m.
Duration	September 10 to end of May
Cost	\$80/year
Location	Chêne-Bleu High School

RINGUETTE

Developed originally for girls, ringuette is a fast-paced team sport on ice. Ringuette promotes a no-contact policy when it comes to the physical aspect of the game. **Complete protective equipment mandatory.**

Registration: Online only. Mail payment to 3093, de la Gare Blvd., local b-230, Vaudreuil-Dorion, QC, J7V 9R2. Registration fee payable in 1 or 3 equal installments with postdated cheques.

***Girls who will be 18 years old as of September 30, 2018 will have to pay \$670.**

New players: send a copy of medicare card and a picture by e-mail at regist4cites@gmail.com.

Information: www.ringuette4cites.com.

Category	Mosquito Born 2012 to 2015	Pre-Novice Born 2011	Novice to Cadets* Born 2010 and under
Schedule	Various		
Duration	September to April		
Cost	\$172.50	\$287.50 + contribution for team funds (tournaments)	\$335 + contribution for team funds (tournaments)
Location	Regional arenas		

PHYSICAL ACTIVITIES

SELF-DEFENSE (WOMEN)

Offered by the Sankukan Karaté School.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m. at the Faubourg de l'Île.

Information: Jean-Pierre Trahan at 514 814-5452 or jeanpierretarahan@sankukan.ca or www.sankukan.ca

Category	Women, 14 years +
Schedule	TBD according to participants
Duration	2.5 hour workshop
Cost	\$30
Location	TBD



SPEED SKATING

The Trois-Lacs speed skating club welcomes young skaters of all ages as well as adults from the Vaudreuil-Soulanges area and the town of Valleyfield.

Registration: August 21 and 22, from 6 p.m. to 8:30 p.m., at the Vaudreuil-Dorion Arena. Free skate try-outs on August 18, from 11 a.m. to noon.

Information: Josée Daoust at 514 425-5349, www.cpv3lacs.org, info@cpv3lacs.org or www.facebook.com/CPV.3Lacs

Category	Initiation	Perfection	Competition 1**	Competition 2*
Schedule	Sun.: 8:50 a.m. to 9:30 a.m.	Sun.: 9:30 a.m. to 10:15 a.m. or Mon.: 4:45 p.m. to 5:30 p.m.	Sun.: 6:30 a.m. to 7:40 a.m. Mon.: 6:35 p.m. to 7:45 p.m. Wed.: 4:45 p.m. to 5:45 p.m. Wed.: 5:35 p.m. to 6:45 p.m.	Sun.: 7:50 a.m. to 8:50 a.m. Mon.: 5:30 p.m. to 6:30 p.m. Thu.: 4:40 p.m. to 5:30 p.m.

*Speed skates are mandatory. **A minimum of 2 times per week is required.

Duration From September 2018 until March 2019

Cost Visit the Club's website for 2018-2019 rates.

Location Vaudreuil-Dorion Arena

SPORTBALL

Helps children develop social and physical skills. Specifically designed for children 2 to 6 years. Courses center on abilities, dynamism and fun. Kids will enjoy eight popular sports with assorted balls.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: SportBall Québec at 514 331-3221

Category	Children with adults 2 - 3 ^{1/2} years	Children with adults 2 - 3 ^{1/2} years	Children Multisport 3 ^{1/2} - 6 years
Schedule	Saturday: 9 to 9:45 a.m.	Saturday: 10 to 10:45 a.m.	Saturday: 11 am to noon
Duration	From September 22 / 10 weeks *No class October 6		
Cost	\$179		
Location	Notre-Dame-de-Lorette School		

SWIM CLUB

Civil, school and Masters Club for swimmers, beginner to competitive levels from 5 years old and up offered by "Club Les Citadins de Vaudreuil-Dorion."

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information:

Guylaine Lacasse at lescitadinsnatation@hotmail.com

Category	Mixed, 5 years +
Schedule	Hours and more at www.lescitadinsnatation.com
Duration	Mid-September to mid-June
Cost	Cost at www.lescitadinsnatation.com
Location	Vaudreuil-Dorion Pool

PHYSICAL ACTIVITIES

TENNIS PROSET

Program adapted for children with autism, A.D.D. or Trisomie 21.

Registration and information: Philip Manning at 438 321-1564

Category	Children 6-12 years
Schedule	Sunday: 12:30 p.m. to 1:30 p.m. or 1:30 p.m. to 2:30 p.m.
Duration	September 9 - 10 weeks
Cost	\$200 + \$10 additional fee for non-residents
Location	Edgewater School



VOLLEYBALL CO-ED

Friendly volleyball games offered by "La Ligue de volley-ball amicale de Pincourt" for fun and sportsmanship.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Raynald Cardinal at 514 453-2631.

Possibilities of advanced volleyball.

Category	Mixed, 18 years +, all levels
Schedule	Friday: 8:30 p.m. to 10:30 p.m.
Duration	September 7 - 30 weeks
Cost	\$60
Location	Chêne-Bleu High School

VOLLEYBALL - WOMEN

Recreational volleyball for intermediate players.

Registration and information:

Caroline Bédard at 450 455-0416

Category	Women, 16 years +
Schedule	Tuesday: 8 p.m.
Duration	September 4 - 30 weeks
Cost	\$65
Location	Omni-Centre

YOGA

Breathing techniques and postures to promote good health, good balance and flexibility (Hatha Yoga).

Registration: Online from August 16 to August 29 (\$5 discount). Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île. **Information:** 514 453-8981, ext. 242. **Bring your own yoga mat.*

Category	Mixed, adults, multi level	Mixed, adults, beginners	Mixed, adults, intermediate-advanced
Schedule	Mon., Wed.: 10:30 a.m. to noon	Thursday: 6 p.m. to 7:15 p.m.	Thursday: 7:30 p.m. to 9 p.m.
Duration	September 10 / 12 weeks*	September 13 / 12 weeks	September 13 / 12 weeks
Cost	\$150	\$80	\$90
Location	Omni-Centre	Chêne-Bleu High School	

ZUMBA INTEGRATIVE

In partnership with the Town of Pincourt and the "Parrainage Civique de Vaudreuil-Soulanges." Come and move with our clientele living with an intellectual disability and a very dynamic teacher!

Registration: From August 15 to September 7, directly with the "Parrainage Civique de Vaudreuil-Soulanges" (36 St-Charles Av., Vaudreuil-Dorion) or by phone at 450 455-8986, ext. 0. **Information:** 450 455-8986, ext. 0.

Category	Mixed, adults (limited places, priority to resident)
Schedule	Friday: 9:30 a.m. to 10:30 a.m.
Duration	September 14 - 10 weeks
Cost	Free (offered by the Pincourt Social Development Policy)
Location	Omni-Centre, René-Fournier room

SOCIOCULTURAL ACTIVITIES

AIR CADETS

Bilingual public interest organization involving young people in a spirit of fun and camaraderie. Our motto: Learn, Serve and Grow!

Registration: Friday, September 7, between 6:30 p.m. and 9 p.m., at Cité-des-Jeunes High School, in Lionel-Giroux Pavilion.

Information: 450 424-5252, cmdt.867aviation@cadets.qc.ca or www.escadron867.ca.

Category	Mixed, 12-18 years
Schedule	Friday: 6:30 p.m. to 9:15 p.m.
Duration	September to June
Cost	Free
Location	Cité-des-Jeunes High School Lionel-Groulx Pavilion

BOOK CLUB

You enjoy reading and discovering new authors? Join our book club and share your impressions with us.

Information and registration: Carole Chamberland at 514 425-1104, ext. 6244, or bibliopincourt@cstois-lacs.qc.ca

Category	Mixed, adults
Schedule	French: 3 rd Tuesday of each month 7 p.m. to 8:30 p.m.
Duration	September to June
Cost	Free
Location	Pincourt Library

GIRL GUIDES (ENGLISH)

Our program puts emphasis on personal development, leadership, health, service to the community and more.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Heidi Whipple at 514 425-1309 or heidi@whipple.ca

Category	Sparks 5-6 years	Sparks 5-6 years	Brownies 7-8 years	Guides 9-11 years	Pathfinders 12-14 years	Rangers 15-17 years
Schedule	Monday: 5 p.m. to 6 p.m.	Monday: 6:30 p.m. to 7:30 p.m.	Monday: 6:30 p.m. to 8 p.m.	Monday: 7 p.m. to 8:30 p.m.	Tuesday: 7 p.m. to 8:45 p.m.	Tues. : 7 p.m. to 8:45 p.m.
Duration	September to May					
Cost	\$140					
Location	St. Patrick Church	Edgewater School	Notre-Dame-de- Lorette School	St-Patrick School	Notre-Dame-de- Lorette School	TBC

CERCLE DES FERMIERES

Workshops and more. Women's group concerned with living conditions for women and families along with the transmission of our cultural heritage and craftsmanship.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Chantal Hébert at 514 425-0184, cercledepincourt@hotmail.ca or www.facebook.com/cercledepincourt

Category	Women, 14 years +
Schedule	Monday and/or Thursday: 7 p.m.
Duration	September to June
Cost	\$30/year
Location	Notre-Dame-de-Lorette Church

CRAFT WORKSHOP

You are between 9 and 13 years, come craft with us! Painting, scrapbooking, embroidery, cooking, stamping, finger weaving, modeling, jewelry making and more! Places are limited to 10 registrations.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Chantal Hébert at 514 425-0184, cercledepincourt@hotmail.ca or www.facebook.com/cercledepincourt

Category	Children, 9-13 years
Schedule	Saturday: 9:30 a.m. to 11 a.m.
Duration	October 13 - 10 weeks
Cost	\$75
Location	Notre-Dame-de-Lorette Church basement

SOCIOCULTURAL ACTIVITIES

HISTORY & GENEALOGY

The "Société d'histoire et de généalogie de l'Île-Perrot" invites all citizens interested in learning about the history of our island and our ancestors.

Information: Marie-Uguay Library, in N.D.I.P., at 514 453-0013 or Lise Chartier at 514 453-5284 or www.histoireperrot.org

Category	Mixed, all
Schedule	TBC
Duration	All year
Cost	\$12/year
Location	Marie-Uguay Library

HORTICULTURE

Outings, workshops and conferences offered by the "Société d'Horticulture Environnementale des villes de l'Île-Perrot" (S.H.E.Î.P.).

Information and registration:

Suzanne Denis at 514 453-7083 or Sylvie Trépanier at 514 703-7991, sheip@sympatico.ca, www.sheileperrot.com or Facebook/SHE Ile-Perrot

Category	Mixed, all
Schedule	Conferences: last Wednesday of the month 7 p.m. to 9:30 p.m. Courses and workshops: Visit our website at www.sheileperrot.com , Facebook/SHElle Perrot or contact us at sheip@sympatico.ca Private and public garden visits: contact us at sheip@sympatico.ca
Duration	September to April No conference in December and January
Cost	\$30/year (alone), \$35/year (couple)
Location	Town Hall of L'Île-Perrot (110 Perrot Blvd.)

IPAD INITIATION (in French)

IPad initiative classes. IPad provided during classes.

Registration in person: At the Omni-Centre, as of August 16.

Required documents: Birth certificate and health insurance card. **Certificate:** Civil status in large format or Baptistry (if issued before January 1994).

Information: 514 453-8981, ext. 242.

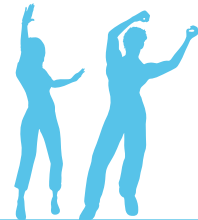
Category	55 years +
Schedule	Beginner class : Tuesday: 9:30 a.m. to noon
Duration	Starting September 25 - 10 weeks
Cost	Free \$5 for the class material (optional)
Location	Pincourt Library

LINE DANCING

Enjoy an evening of line dancing.

Information and registration: Murielle Groulx at 450 424-4170

Category	Mixed, adults
Schedule	Each month: 7 p.m. to 10:30 p.m. Sept. 7, Oct. 19, Nov. 16, Dec. 7
Duration	September to June
Cost	\$5 per evening, payable on site
Location	Omni-Centre



ORNITHOLOGY

The "Club d'Ornithologie de Vaudreuil-Soulanges" offers more than 20 outings per year and at least 3 conferences.

Registration:

www.sites.google.com/site/ornithovs/devenir-membre

Information: Michel Juteau at 450 455-1722 or ornithovs@gmail.com

Category	Mixed, all
Schedule	Varies
Duration	End of August until beginning of June
Cost	\$15/year (single person) \$20/year (family)
Location	Locally or out of region



Photo : Erin Wainwright

SOCIOCULTURAL ACTIVITIES

PAINTING/SCULPTING

"Le Mouvement d'Expression Artistique Libre (M.E.A.L.)", group of local artists established in 1986. Organization of various meetings, workshops and local exhibitions.

Registration and information: m.e.a.l.artistes@gmail.com, or www.mealartistes.com or www.facebook.com/mealartistes

Category	Mixed, adults
Schedule	Varies
Duration	All year
Cost	\$45/year
Location	Omni-Centre

PAINTING WORKSHOP

Painting for all levels and at your own pace.

Registration: Online from August 16 to August 29 (\$5 discount). Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Manon Labelle at 450 451-1001

Category	Mixed		
Schedule	Monday: 1:30 p.m. to 4:30 p.m.	Monday: 6:30 p.m. to 9:30 p.m.	Wednesday: 1:30 p.m. to 4:30 p.m.
Duration	September 10 10 weeks		Sept. 12 10 weeks
Cost	\$140		
Location	Omni-Centre		

PARENTS & TOTS (Bilingual group)

Informal weekly gathering for preschool aged children accompanied by their parents only. Songs, games and crafts.

Registration and information: Sarah Tanguay at 514 902-0399

Category	Parents and 0-5 years
Schedule	Wednesday: 10 a.m. to 12:30 p.m.
Duration	Starts September 12
Cost	Free
Location	Omni-Centre

PRESCHOOL (ENGLISH)

Developmental program for children aged 3 to 5 offered by the *Pincourt Cooperative Preschool Inc.*

Registration: Thursday, August 30, and Friday, August 31, from 6:30 pm to 8:30 p.m., at the Faubourg de l'Île.

Information: 514 453-8981, ext. 252

Facebook/pincourtcooperativepreschool

Category	Mixed, 3-5 years
Schedule	Monday, Wednesday and Friday: AM Schedule to be confirmed.
Duration	September to May
Cost	Cost to be confirmed
Location	Omni-Centre



SCOUTS CANADA (BILIN./ENGLISH GR.)

Île Perrot Scouts offers a world where you can discover the best in yourself and the best in others.

Registration: Online only at www.myscouts.ca (1st Ile Perrot Group)

Information:

Sean Montminy at gc@1stileperrot.ca or at 514 942-4160.

Children who cannot pay the fee will not be turned down.

Category	Beavers Mixed 5-7 years	Cubs Mixed 8-10 years	Scouts Mixed 11-14 years	Venturers Mixed 14-17 years
Schedule	Friday: 6 p.m. to 7:30 p.m.	Friday: 7:30 p.m. to 9 p.m.	Wed.: 7 p.m. to 9 p.m.	Wed.: 7:30 p.m. to 9 p.m.
Duration	September to May/June			
Cost	\$250			
Location	Notre-Dame-de-Lorette School (70 Lussier Street, Pincourt)			

SOCIOCULTURAL ACTIVITIES

SCOUTS (FRENCH GROUP)

The 16th Île-Perrot-Pincourt Scout troop offers our youth a unique educational experience aiming at developing every child is full potential.

Registration and information:

Franck Le Coadou at 514 320-6354, infos@scoutvip.org or www.scoutvip.org. We are always looking for adult animators. Training is provided.

Category	Castor, mixed 7-8 years	Louveteaux, Mixed, 9-11 years	Aventuriers, Mixed, 12-17 years
Schedule	Friday: 7 p.m. to 9 p.m.	Friday: 7 p.m. to 9 p.m.	Thursday: 7 p.m. to 9 p.m.
Duration	Mid-September to mid-June		
Cost	\$160 1 st child \$145 2 nd child \$130 3 rd child and +		
Location	Île Perrot Community Centre		

SENIORS CITIZENS (ENGLISH GROUP)

Social and cultural activities organized by the Second Mile Club.

Registration: Thursday, August 30, and Friday, August 31, from 10 a.m. to 4 p.m., at the Faubourg de l'Île.

Information: Karen Urquhart at 514 453-1284.

Category	Mixed, 50 years +
Schedule	Regular meetings every Thursday: 2 p.m. to 4 p.m. Supper once a month: 6:30 p.m. to 10 p.m.
Duration	September to August
Cost	\$15/year
Location	Omni-Centre

SENIORS CITIZENS (FRENCH GROUP)

Club offering weekly activities, three-day trips and one day field trips. Offered by the "Club de l'Age d'Or de Pincourt."

Registration: Thursday, August 30, and Friday, August 31, from 10 a.m. to 4 p.m., at the Faubourg de l'Île.

Information: Nicole Beauregard at 514 453-9721

Category	Mixed, 50 years +				
Schedule	Regular meetings Wednesday: 1 p.m. to 4 p.m.	Sandbag baseball Thursday: 6:30 p.m. to 8:30 p.m.	Bowling League Friday: 9:30 a.m. to 12:30 p.m.	Dance lessons Thursday: 10 a.m. to noon	Monthly Supper 4 th Tuesday of the month
Duration	September to May				
Cost	\$10 membership card		\$12/week	\$30/semester	\$12/week
Location	Omni-Centre		Salon de Quilles Pincourt	Omni-Centre	

SPANISH

Courses offered by the renowned *Academia Espagnol Mistral*. Other levels available.

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Ricardo Dedios or Lyne Servant at 450 424-6123, academia.mistral@bellenet.ca or www.mistralspanishcourses.com.

Category	Level 1, 16 years +
Schedule	Tuesday: 7 p.m. to 8:30 p.m.
Duration	Start September 18 - 11 weeks
Cost	\$175 + \$76 for class material + taxes
Location	Omni-Centre

STAMP AND COIN COLLECTING

Stamp & money trading, collecting, and exhibitions organized by "Le Club de philatélie et monnaie de Pincourt."

Registration: Thursday, August 30, and Friday, August 31, from 6:30 p.m. to 8:30 p.m., at the Faubourg de l'Île.

Information: Marthe Chénier at 514 425-0764

Category	Mixed, all
Schedule	Thursday - every 2 weeks 7 p.m. to 10 p.m.
Duration	September 6 to May
Cost	\$15/year
Location	Omni-Centre

SOCIOCULTURAL ACTIVITIES

STORY TIME

Story time and craft workshop.

Registration: 514 425-1104, ext. 624,4 or bibliopinacourt@cstois-lacs.qc.ca.

Category	Mixed, children of 2-5 years with an adult	
Schedule	English: 2 nd Thursday of each month: 10 a.m.	French: 3 rd Thursday of each month: 10 a.m.
Duration	September to June	
Cost	Free	
Location	Pincourt Library	

SHARED MEAL

Association bringing together people of 55 years and more, to socialize with a good meal and a dance period animated by Murielle Groulx. Draw and attendance prizes.

Registration to buy tickets: Jacques Leclair at 514 425-4958

Information: Nicole Richard at 514 453-3624

Category	55 years +
Schedule	Third Tuesday of the month from: 10 a.m. to 3 p.m.
Duration	Starting September 18 to May (break in January)
Cost	\$12/person
Location	Omni-Centre



INDOOR AQUATIC ACTIVITIES

JOHN ABBOTT COLLEGE POOL

Registration online only:

• August 23, at 7 p.m., to September 3

• <https://johnabbott-sport.omnivox.ca>



ACTIVITIES	COST (txs incl.)	SCHEDULE
PROGRAMS FOR CHILDREN AND TEENS: September 14 to November 25 (No classes from October 5 to 8)		
Red Cross swimming preschool (4 month to 6 years)	Costs and schedule on their website	
Red Cross Swimming junior 1 (5-13 years)		
Introduction to lifesaving	\$100	Saturday: 11 a.m. to noon
Introduction to competitive swimming		Sunday: 11 a.m. to noon
Leadership programs Bronze Cross, Bronze Medallion, First Aid, National Lifeguard	See Website	
PROGRAMS FOR ADULTS: September 18 to November 27		
Swimming lessons: beginners, inter. and advanced	\$110	Tuesday: 8 p.m. to 9 p.m.
Aquaform	\$55	See website

ADMISSION TO THE POOL		
Junior (6-12 years)	\$3,50 (single) \$35 (for 15)	Monday, Wednesday and Friday: 7 p.m. to 9 p.m.
Semester pass	\$65	
Adults (13 years +)	\$4,50 (simple) \$45 (for 15)	Tuesday and Thursday: 5:30 p.m. to 8 p.m.
Annual	\$125 (ind.) \$260 (family)	Saturday and Sunday: Noon to 3 p.m.

John Abbott College Sports Center also offers various sports activities such as squash, racquetball, weightlifting and workout facilities.

Information: 514 457-2737

Pool:

514 457-6610, ext. 5325, or piscine@johnabbott.qc.ca



INDOOR AQUATIC ACTIVITIES

VAUDREUIL-DORION POOL

Two essential steps:

1- Mandatory creation of a new account for all users. Allow for a minimum approval period of at least 48 hours between account creation and registration.

2- Online registration for all. Starting September 6, 2018, at 12:30 p.m. to September 11, 2018, at 8:30 a.m.

Website: www.ville.vaudreuil-dorion.qc.ca (section Service to Residents, Online services section, Registration for Activities)

Information : 450 455-3371, option 4
(Monday to Thursday: 8:30 a.m. to 6 p.m. and Friday: 8:30 a.m. to 4:30 p.m.)

To know the detailed program, visit www.ville.vaudreuil-dorion.qc.ca as of August 13.

ACTIVITIES	COST (txs incl.)	SCHEDULE
Red Cross Swim Starting September 22		
Red Cross swimming preschool (24 month to 5 years)	\$58	Sat. or Sun. Duration: 30 min. (10 weeks)
Red Cross Swimming junior 1 (6 years +) Level 1 to 10	Level 1: \$58 Level 2 à 10: \$72	Sat. or Sun. Duration: 30 to 40 min. (10 weeks)
Programs for adults Starting September 24 (11 weeks)		
Red Cross swimming/ Essential 1 and 2	16-54 years: \$88 55 years +: \$79	Weekdays evenings Duration: 45 min.
Red Cross swimming/ Swimming styles		
Aqua-health adapted		
Aquadeep with music		
Aquafitness with music		
Aquatic fitness		
Aquatic activity for future moms (pre-natal)		

RESCUE TRAINING AND EDUCATION	
ACTIVITIES	REGISTRATION
First Aid course	From August 13, at 12:30 p.m., to August 20, at 8:30 a.m.
Intense National Lifeguard course	

PRICES - FREE SWIM			
	Children	Adults	Seniors
70 min and less	\$1,25	\$2,50	\$1,75
85 min.	\$1,50	\$3,50	\$2,50
Year pass (*)	\$49	\$72	\$61

* Membership card for free swim: you must go to the Recreation and Culture Department located at 3093, boul. de la Gare, room B-230. A membership card will be issued on the spot. The season ends on June 6, 2019.

To know the detailed schedule of the free swim, visit www.ville.vaudreuil-dorion.qc.ca as of August 13.

IMPORTANT: Bathing cap mandatory. For safety reasons, children from 0 to 6 years old and children wearing floaters must be accompanied by a parent in the water.



PUBLICITÉ