

Activities - Day Camp - Pool

Recreation and Culture

2016 Spring-Summer

Inside | Calendar

Health Challenge



Recreation and Community Services
www.villepin court.qc.ca



A WORD FROM YOUR TOWN COUNCIL

Pincourt is a town which supports healthy habits!

To start spring off right, subscribe to the *5/30 Health and Wellness Challenge* to be held this year from March 31 to May 11, 2016. The objectives are to eat better, exercise more and keep the balance for 6 weeks ... but you can keep up the good work thereafter! You can register directly online at www.defisante.ca. You will find in this brochure a calendar of activities offered in Pincourt throughout the *Health Challenge*.

Alone or in group, spring is also a good time to practice activities outside. Stroll along the marked route of 1-3-5 km, located around the Olympique Park, for either walking or running. Please refer to the map of the routes near the Desjardins Kiosk, next to the Omni-Centre.

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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

E-mail: loisirs@villepincourt.qc.ca

Website: www.villepincourt.qc.ca



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De gauche à droite : Chantal Moniqui, Serge Goudreau, Jocelyne Poirier, Josée Larocque, Geneviève Samson et Érika Mersseman.

476, ave. Saint-Charles, bureau 102

Vaudreuil-Dorion, QC J7V 2N6

Téléphone : 450 455-7202

Télécopieur : 450 455-9780

30, ave. Du Centenaire, bureau 125

Salaberry-de-Valleyfield, QC J6S 5X4

Téléphone : 450 373-7202

Télécopieur : 450 373-7277

2572, boul. Daniel-Johnson

2e étage, Laval, QC H7T 2R3

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Télécopieur : 450 902-2501

www.goudreaupoirier.com

Registration Details



REGISTRATION

IN PERSON

March 17 and 18

Faubourg de l'Île
6:30 pm to 9:00 pm

Make sure to check under each activity as registration details may differ. Some activities may not be available at the Faubourg de l'Île.

For some activities, registration priority is given to Pincourt residents. Places are limited. First come, first served.

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.

ONLINE

Regular session activities

Priority period for residents: March 3 to 10
Period opened to all : March 11 to 16

Summer animation programs (residents only)

Day Camp and Monitor-in-training: As of March 3

INSTRUCTIONS FOR ONLINE REGISTRATION

1. Go to www.villepincourt.qc.ca.
2. Click on the "Recreation and Culture" tab
3. Click on the "Courses and Activities" sub-tab, than on "Registration".
4. Click on "Login" to access your family file*.

***If you do not have one, you need to create your own family file, including all parents and members of your family.**

Recommendation : Creating your family profile can be done at any time before the official registration period.

5. You can then proceed with your registration and payment, by credit card only (secured site).

IMPORTANT : Please keep a reminder of your user code and password in order to be able to access your account, register to other activities and print your own receipts.

REIMBURSEMENT POLICY

The original receipt is required for all reimbursements.

- a) Should the Town cancel 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 online 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.

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.

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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AEROBICS | Work out to the beat of pop music.

Mixed	16 years +	Monday to Wednesday: 7:15 to 8:15 pm	As of March 30 10 weeks No class May 23	Omni-Centre	\$75*
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Online from March 3 to 16 (\$5 discount).
Phone: 514 453-8981, option 6

ARCHERY | Free practice, tournaments and various activities offered by "Les Archers Perrot-damois". Membership card required for outdoor practice grounds.

Mixed	All	Every day	Unspecified	1717 Don-Quichotte Blvd., NDIP	According to level
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île.
Paul Mongeau: 514 320-6235 or pmongeau01@gmail.com or www.archersperrot-damois.com

BADMINTON | Three courts available at the Omni-Centre. Priority to Pincourt residents.

Mix	Mix	Sunday: 1:00 to 5:00 pm	Until May 1	Omni-Centre	\$6/court/hour*
Mix	Mix	Monday and Wednesday: 8:30 to 10:00 pm	May 2 to August 10		

Registration and information: Reservation mandatory: 514 453-8981, ext. 229, from Monday to Friday. Clean running shoes mandatory. *Fee payable on site. Bring your own equipment.

BASEBALL (AXION BASEBALL DAYCAMP) | Intensive training on basic & fundamental baseball techniques.

Mixed	10 to 14 years	Monday to Friday: 9:00 am to 3:30 pm	As of July 11	Shamrock Park and/or inside the Faubourg de l'Île*	Residents: \$175/week or \$925/6 weeks Non-residents: \$200/week or \$1000/6 weeks
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Participants must bring their own equipment.
Sambu: 514 880-0956 or rsambu.sn@gmail.com

Centre de Vision Pincourt Lyne Lalonde



Lyne Lalonde, O.O.D. PROP.

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**101, Cardinal-Léger blvd,
Pincourt (Faubourg de l'Île)
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514 453-2438

Francis Bernard, Lyne Lalonde o.o.d., Lynda Néron, Serge Du Sablon o.o.d., Lucie Watier, Maryse Brisebois o.o.d. absent in picture Suzanne Lafrance o.d. et Joan Teboul o.d.

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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BASEBALL (MINOR) | Offered by the "Baseball La Presqu'Île" Association

Rally cap	Born 2010-2011	Various	Starts end of May	Parks on Île Perrot and in Vaudreuil-Dorion	\$100
Novice	Born 2009				
Atome	Born 2007-2008		Starts end of April		\$145
Mosquito	Born 2005-2006				\$180
Pee-Wee	Born 2003-2004				\$190
Bantam	Born 2001-2002				\$210
Midget	Born 1998-2000				\$230

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Copy of the Medicare card and proof of residence are mandatory at registration. Late fees applied after March 31 (if availability). Extra fee for non-residents. Luc Desjardins: 450 455-7897 or www.baseballpresquile.org

CYCLING | The "Club de cyclisme Le Suroît" regroups enthusiasts who enjoy peleton cycling.

Mixed	Adult	Outings on week days and on the weekend (to be confirmed)	April to October	Vaudreuil-Soulanges	\$35/person or \$60/couple
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Registration and information: Information session on April 8, at 7:30 pm, at the L'Île-Perrot Community Centre. Benoit Elie: 514 394-3439 or ccsuroitca@googlegroups.com or www.clubcyclismelesuroit.com

FOOTBALL | The Western Patriots emphasize learning and development for both young boys and girls.

Titan (initiation)	Born 2009-2010	Various	July to October	Local parks	TBA* *Equipment and photos are included
Atome (contact)	Born 2007-2008		May to October		
Moustique (contact)	Born 2005-2006				
Pee Wee (contact)	Born 2003-2004				
Bantam (contact)	Born 2001-2002				

Registration and information: Thursday and Friday, March 17 et 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *\$50 discount per additional child (except Titan). Jim Beauchamp: 514 691-2721 or Dan Wilson: 514 503-1496 or president@westempatriotesfootball.com

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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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FIT AND TONE (SENIORS) | Workout classes adapted for seniors.

Mixed	50 years +	Monday, Wednesday and Friday: 1:15 to 2:15 pm	As of March 30 10 weeks No class May 23	Omni-Centre	\$75*
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Online from March 3 to 16 (\$5 discount). Phone: 514 453-8981, option 6

GYMNASTICS | Club Gymini.

Mixed	12 months to adult	Various	As of April 1 / 11 weeks and as of June 27 / 8 weeks	Centre Multisports in Vaudreuil	According to level
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GYMINI DAY CAMP

Mixed	5 years +	Monday to Friday 9:00 am to 4:00 pm	As of June 27 8 weeks	Centre Multisports in Vaudreuil	180\$/week
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Registration and information: Club Gymini : Online ONLY as of February 22 (2016 Spring session) and May 16 (2016 Summer session).
Gymini Day Camp : Online ONLY at www.clubgymini.org or Voicemail: 450 455-3141.

GYMNASTICS (ACROBATIC) | Floor work and acrobatics; pyramids, tumbling, dance, trampoline & acrosport offered by "Les Gymnastes de l'Île". Competition and recreation programs available.

Mixed	4-6 years	Wednesday: 6:00 to 7:00 pm or Saturday: 9:00 to 10:00 am	10 weeks	Île Perrot schools	\$145
Mixed (Beginner/intermediate)	7 years +	Wednesday: 6:00 to 7:30 pm or Saturday: 10:00 to 11:30 am			\$195
Tumbling	Upon evaluation	Sunday: 10:00 to 11:30 am			\$320
Double mini-trampoline		Sunday: 2:00 to 3:30 pm			\$355
Advanced		Saturday: 11:00 am to 1:00 pm			
Advanced		Tuesday: 7:00 to 8:00 pm			

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Eva Rucka (trainer): 514 425-0803 or Danielle Tremblay: 514 824-0548 or gymnastesdelile@gmail.com

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www.fondationsbb.com

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NEW BALCONY SLAB PAVEMENT

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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KARATE I Various day and evening classes with no limit of participation.

Initiation	5-6 years	Saturday morning	As of April 4 9 weeks	Omni-Centre	\$85*
Yellow belt and under	7-12 years	Various	As of April 4 11 weeks	Pincourt and Vaudreuil-Dorion	\$140*
Orange belt and up					\$150*
Yellow belt and up	13 years +				\$170*
Orange belt and up					\$180*

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Kimono, test and equipment are extra.
Jean-Pierre Trahan: 514 814-5452 or jeanpierretrehan@sanskukan.ca

OBSTACLES TRAINING I Bootcamp style training with obstacle running. Minimal physical condition required.

Mixed	14 years +	Tuesday and Thursday: 6:30 pm (75 min.)	April to November	Chêne-Bleu High School (field behind)	Residents: \$12/class* Non-residents: \$15/class* *Payable on site
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Registration and information: Guy Pilon: guy@obstacles.ca

PILATES I Exercising techniques to improve muscle performance and posture.

Mixed	16 years +	Monday and Wednesday: 8:20 to 9:20 pm	As of March 30 10 weeks No class May 23	Omni-Centre	\$75*
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île.
*Online from March 3 to 16 (\$5 discount). Phone: 514 453-8981, option 6

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108 Boulevard Cardinal Léger
Pincourt, QC J7V 3Y4

514 453-3000

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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SOCCER 35 + | Recreational soccer. Small field, 7 against 7. No contact, no team, no level; just plain fun!

Mixed	35 years +	Wednesday: 9:00 pm or Sunday: 8:30 am	End of May to September	Île Perrot parks	\$40/1 day or \$80/2 days
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île.
Patrick Brunet: 514 425-0960 or Laurent Pignat: 514 266-0330

SOCCER SENIOR (RECREATIONAL) | Recreational soccer for men offered by the "Association de Soccer Senior Récréatif de Pincourt". New teams will be created this year. No group registration.

Men	21 years +	Tuesday: 9:00 pm or Friday: 7:00 pm and 9:00 pm	End of May to September	Local parks	*Residents on the Island, Terrasse-Vaudreuil and Vaudreuil-Dorion: \$120 Non-residents: \$150
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Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Extra \$20 fee after May 13.
Thomas Legrand: 514 917-1976 or Philippe Abi-Saleh: 514 928-0308

SOCCER (MINOR) | Recreational and competitive soccer offered by FC Trois Lacs Soccer Club. "Fédération de soccer du Québec" categories.

U3 to senior	Born in 2013 or before	Various	Various	Local parks	Rates available on Internet for residents and non-residents
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Registration and information: Online at www.fctroislacs.com, as of February 2, only for existing members who do not require a picture taken.
The link is available on their website under the "Registration" tab, then "Summer". Visa and MasterCard payments only. Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Rates and registration renewal online via the Registration page at www.fctroislacs.com.



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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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SPORTBALL | Helps children develop social and physical skills. Specifically designed for 2 to 7 years old. Courses center on abilities, dynamism and fun.

Children with adults	2-3 ^{1/2} years old	Saturday: 9:00 to 9:45 am	As of April 9 8 weeks	Notre-Dame-de-Lorette School	\$135
		Saturday: 10:00 to 10:45 am			
Children Multisport 1	3 ^{1/2} -6 years old	Saturday: 11:00 am to 12:00 pm			

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. SportBall Québec: 514 331-3221

SOFTBALL WOMEN (ADULT) | League for intermediate players (4 teams).

Women	18 years +	Monday: 7:00 pm or 9:00 pm	May to September	Olympique Park	\$125
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Registration and information: Thursday and Friday, March 17 and 18, 6:30 to 9:00 pm, at the Faubourg de l'Île. Josée Montigny: 514 234-7269

SOFTBALL (GIRLS) | Fastball games offered by "Les Filles de l'Île". Girls 5 years and over. Spring practice at Chêne-Bleu High School gym.

Learn to play	Born 2008-2011	Various	May to August	Local parks	\$70
U8	Born 2008-2009		April to September		
U10 to U18	Born 1998-2007		May to September		\$140 \$ to \$250 (2 children and more within the same family)
Intermediate	Born in 1997 or before				

Registration and information: Thursday and Friday, March 17 et 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Medicare card mandatory. Stéphane Beaulieu: 514 805-7577 or www.fdisoftball.ca

SOFTBALL (MEN) | Organized by St-Patrick Softball League (4 teams).

Men	25 years +	Friday: 7:00 to 11:00 pm	May to August	Olympique Park	Under revision
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Registration and information: Claudio Rocchi: 514 927-3545 or crocchi7@hotmail.com

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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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SOFTBALL (MEN) | Recreational, organized by "Ligue Apollo" (4 teams).

Men	25 years +	Wednesday and Thursday: 7:00 to 9:00 pm	May to September	Olympique Park	\$160 \$ + \$15 deposit for the shirt (black pants provided by the player)
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Registration and information: Wednesday, March 23, 2016, Omni-Centre, 7:00 to 9:00 pm. Jacques Gagnon: 514 884-2545 or Sylvain Savard: 514 453-1719. Website: www.ligueapollo.com

TENNIS (LESSONS) | Progressive tennis by EB Tennis, a development centre recognized by "Tennis Québec" and "Tennis Canada".


Micro-tennis (parents and children)	3-4 years old	2 x 30 min./week	As of June 27 7 weeks	Bellevue Park	\$75
Mini-tennis (red ball)	7 years old and under	2 x 60 min. /week			\$135
Tennis ¾ court (orange ball)	17 years old and under	2 x 90 min./week			\$195
Tennis full court (yellow and green balls)	17 years old and under	2 x 90 min./week			
Teens + Adult	17 years old and +	2 x 90 min./week			

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Priority to Pincourt residents. Étienne Bergeron: 438 881-8931 or ebtennis@winning.com


TENNIS (MEMBERSHIP) | Access to 4 hard surface courts and activities through the "Club de tennis de Pincourt". Priority to Pincourt residents at all times. Court reservation online.

Mixed	For all	7 days/week 7:00 am to 11:00 pm	As of May	Bellevue Park	Family: \$70* Adults: \$40* Children: \$25*
	Adult, double league	Tuesday and Wednesday In the evening	End of May		\$25*
	Adult, simple league	By reservation			\$15*
	Children, junior league	To be determined	End of June		\$5*

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Extra cost for non-residents: \$20. Denise Bergeron: 514 453-6257 or www.tennispincourt.org



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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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WALKING CLUB | Indoor walking to keep fit and healthy at the Faubourg de l'Île. Air conditioned.

Mixed	Adult	Monday, Wednesday and Friday: 7:30 to 9:30 am	Year-round	Faubourg de l'Île	Free
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Registration and information: Jean Cully: 514 453-9344

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

Mixed	Adult	Monday, Wednesday and Friday: 10:20 am to 12:00 pm	As of March 30 10 weeks No class on May 23	Omni-Centre	\$140
	Adult - Beginner	Tuesday: 6:00 to 7:15 pm	As of March 29 10 weeks		\$65
	Adult Intermediate - advanced	Tuesday: 7:30 to 9:00 pm			\$75

Registration and information: Thursday and Friday, March 17 and 18, from 6:30 to 9:00 pm, at the Faubourg de l'Île.

*Online from March 3 to 16 (\$5 discount). Phone: 514 453-8981, option 6

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Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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COMMUNITY GARDEN | Garden lots of 10x10 feet offered to Pincourt residents. Lots are awarded through a draw.

Mixed	50 years + Pincourt residents	None	April to October	114 chemin Duhamel (HLM)	\$7
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Registration and information: Lise Charlebois: 514 453-5009 or Joanne Déry: 514 453-1368

ENGLISH PRESCHOOL | Developmental program for children aged 3 to 5 offered by the "Pincourt Cooperative Preschool Inc.".

Mixed	3 to 5 years	Monday, Wednesday and Friday: 9:15 to 11:30 am	September to May	Omni-Centre	\$135/month +\$75 registration fee non refundable
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Registration and information: Thursday and Friday, March 17-18, 2016, from 6:30 to 9:00 pm, at the Faubourg de l'Île.
Registration now for September 2016. We accept registrations on a continuous basis. Join us: 514 453-8981, ext. 252.

HORTICULTURE | Outings, workshops and conferences organized by the *Société d'Horticulture Environnementale des villes de l'Île Perrot*.

Mixed	All	Conferences: last Wednesday of the month	February to April	L'Île-Perrot Town Hall S.H.E.Î.P.	\$25 per year
		Members private garden visits: every Thursday	Mid-May to September		

Registration and information: Danielle Crête: 450 424-4434 or sheip@sympatico.ca

LINE DANCING | Enjoy an evening of line dancing.

Mixed	Adult	Last Friday of the month 7:00 to 8:30 pm	January 29, February 19, April 29, May 27, June 17	Omni-Centre	\$5/evening* *Pay on site
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Registration and information: Murielle Groulx: 450 424-4170

RENTAL OF FACILITIES

Recreation and Community Services, 514 453-8981, ext. 228

Outdoor ball fields: \$16 / hour (min. 2 hours)

Gym & meeting rooms: Omni-Centre & schools \$16 / hour

Extra fees for setup and changing rooms.

Special events halls:

Hall 1 or 2: \$125

Hall 3: \$175

2 of 3 halls: \$250

Halls 1 to 3: \$325

Conditions:

- A 50% non-refundable deposit is required for each reservation.
- A refundable safety deposit is required for access to the kitchen.
- The lessee is responsible for getting the proper liquor permit.
- Taxes are extra.
- Different rates are applicable for non-residents and groups from outside of Pincourt.

Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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PAINTING WORKSHOP | For all levels.

Mixed	16 years +	Monday: 1:30 to 4:30 pm	April 4 8 weeks *No class May 23 rd	Omni-Centre	\$115*
		Monday: 6:30 to 9:30 pm			
		Wednesday: 1:30 to 4:30 pm	April 6 8 weeks		

Registration and information: Thursday and Friday, March 17-18, 2016, from 6:30 to 9:00 pm, at the Faubourg de l'Île. *Online from March 3 to 16: \$5 discount. Manon Labelle: 450 451-1001

MOTORCYCLE TOURISM | Do you own a motorcycle (400cc +) and wish to share your passion for riding with others? Join the AMTVS.

Registration and information: Réal Joyal: 450 424-3551 or www.amtvs.org

SPANISH | Courses offered by the renowned Academia Española Mistral. Other levels available.

Level 1	16 years +	Tuesday: 7:00 to 8:30 pm	April 12 10 weeks	Omni-Centre	\$160 + \$71 for class material (plus taxes)
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Registration and information: Thursday and Friday, March 17-18, 2016, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Phone: 450 424-6123 or academia.mistral@bellnet.ca or www.mistralspanishcourses.com

PHARMAPRIX PIERREFONDS
4955, St-Pierre, Pierrefonds
514 624-8838

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Saturday and Sunday from 9 am to 10 pm

Pharmacie Suzanne Fradet

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www.pharmaprix.ca

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(Faubourg de l'Île)
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514 453-6332

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Saturday and Sunday from 9 am to 9 pm

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- > Administer medication to demonstrate the proper use
- > Order and interpret lab tests

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Suzanne Fradet
Pharmacist owner

Indoor Aquatic Activities



JOHN ABBOTT COLLEGE POOL		
ACTIVITIES	COST (taxes included)	SCHEDULE
PROGRAMS FOR CHILDREN AND TEENAGERS Spring session: April 1 to June 5		
Red Cross Preschool		
Starfish/Duck (4-12 months) + Adult required	\$60	Friday: 5:00 to 7:00 pm Saturday: 8:00 am to 12:00 pm Sunday: 8:00 am to 12:00 pm or 3:00 to 5:00 pm Duration: 30 min.
Duck/Sea Turtle (12-24 months) + Adult required		
Sea Turtle (24-36 months) + Adult required		
Sea Otter (3-5 years)	\$75	
Salamander (3-5 years)		
Sunfish (3-5 years)		
Crocodile (3-5 years)		
Whale (3-5 years)		
Red Cross Junior Swim (5-12 years)		
Levels 1 to 3 - Duration: 30 min.	\$75	Friday: 5:00 to 7:00 pm Saturday: 8:00 am to 12:00 pm
Levels 4 to 10 - Duration: 45 min.	\$80	Sunday: 8:00 am to 12:00 pm or 3:00 to 5:00 pm
Intro to competitive swimming - Duration: 1 h	\$100	Sunday: 11:00 am to 12:00 pm
Intro to lifesaving - Duration: 1 h (Most have completed Red Cross Junior level 10)		Saturday: 11:00 am to 12:00 pm
PROGRAMS FOR ADULTS - Spring session: March 28 to May 19		
Swimming lessons (basic, intermediate or advanced) - Duration: 1 h	\$80	Tuesday: 8:00 to 9:00 pm
Aquaform - Duration: 1 h	\$44	Monday to Wednesday: 8:00 to 9:00 pm Tuesday or Thursday: 4:30 to 5:30 pm

REGISTRATION	
IN PERSON	ONLINE
March 17 College Sports Centre 7:00 to 9:30 pm	March 17, as of 7:00 pm, to March 27 https://johnabbott-sport.omnivox.ca

ADMISSION TO THE POOL		
		Schedule
Juniors (6-12 yrs)	\$3,50 (individual)/\$35 (15 for 10)	Monday, Wednesday and Friday: 7:00 to 9:00 pm Tuesday and Thursday: 5:30 to 8:00 pm (until June 10) Saturday and Sunday: 12:00 to 3:00 pm (until May 22)
Semester pass	\$65	
Adults (13 yrs +)	\$4,50 (individual)/\$45 (15 for 10)	
Year pass	\$125 (individual) \$260 (family)	



John Abbott 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

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Suzanne R. Gaillard
Tel : **450.455.1046**
fax : 450.455.9201
srg@netrevolution.com



Indoor Aquatic Activities



VAUDREUIL-DORION POOL

Online registration:

March 16, at 12:30 pm, to March 21, at 8:30 am
[www.ville.vaudreuil-dorion.qc.ca/Loisirs et Culture / Activités sportives / Natation](http://www.ville.vaudreuil-dorion.qc.ca/Loisirs_et_Culture/Activit%C3%A9s_sportives/Natation)

Information: 450 455-3371, option 4
 Monday to Thursday: 8:30 am to 6:00 pm
 Friday: 8:30 am to 4:30 pm

ACTIVITIES	COST (taxes included)	SCHEDULE
Children classes session: April 2 to June 5		
Preschool Program (24 months to 6 yrs) Red Cross (Parent in water up to Crocodile level)	\$58	Saturday or Sunday Duration: 30 min. (9 weeks)
Aquatic Safety Program (6 yrs +) Red Cross Junior (levels 1 to 10)	\$72	Saturday or Sunday Duration: 45 min. (9 weeks)
Adult classes session: April 4 to June 9		
Aquafit		
Red Cross swimming / Essential 1 and 2 Beginners level 1 and 2	16 – 54 years: \$72 55 years +: \$80	Week evenings Duration: 45 min.
Red Cross swimming / Swimming styles (intermediate)		
Aqua-Health adapted		
Aquadeep with music		
Aquafitness with music Shallow water		
Aquatic fitness		
Rescue Training and Education		
Bronze Cross (Must be 13 yrs at the last Junior 10 level class or pass the admission test)	150 \$	Friday Duration: 27 h

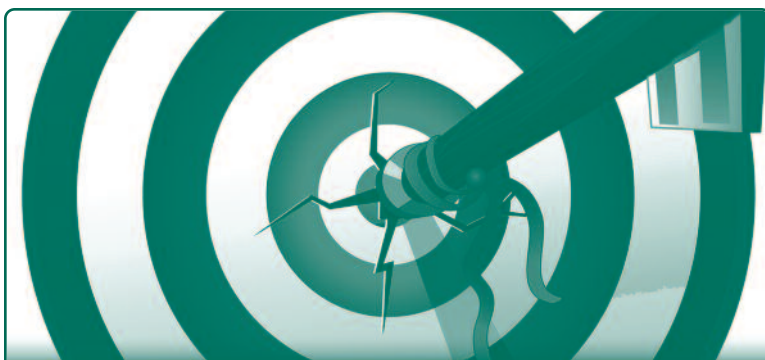
FREE SWIM UNTIL JUNE 9, 2016

PRICES			
	Children	Adults	Seniors
60 min.	\$1,25	\$2,50	\$1,75
90 min.	\$1,50	\$3,50	\$2,50
Year pass*	\$26	\$37	\$32

*Go to the "Service Loisirs et Culture" at 3093 de la Gare Blvd., local B-230. A swim pass will be issued on site. Season ends June 9, 2016.

FREE SWIM SCHEDULE		
	Hours (may change without notice)	Lanes
Monday	6:00 to 7:00 pm	No lane Diving boards of 1 m and 3 m available
Tuesday	9:00 to 10:00 pm	3 lanes for swimmers
Wednesday	8:30 to 10:00 pm	6 lanes for swimmers only
Thursday	6:00 to 7:00 pm	3 lanes for swimmers
Friday	8:00 to 9:30 pm	2 lanes for swimmers
Saturday	3:15 to 4:45 pm	2 lanes for swimmers
Sunday	3:15 to 4:45 pm	No lane for swimmers

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



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 Fax: 514 453-2634
www.chiropincourt.com



Pincourt Outdoor Pool



SWIMMING COURSES AND ACTIVITIES FOR CHILDREN

For junior levels, children who are not autonomous in a one-meter deep pool must be accompanied by a parent. Minimum and maximum number of participants required. Progression chart (proof of level passed) is required at registration. **Regular courses and clubs begin June 27.**

ACTIVITIES	REQUIREMENTS	DAY AND TIME	COST
Groups for 2 to 6 years old			
Turtle and Otter	2-5 years Parent in water	Tuesday and Thursday: 10:50 to 11:20 am	\$55
Salamander and Moonfish			
Crocodile	3-6 years Last level passed	Tuesday and Thursday: 10:15 to 10:45 am	
Whale			
Junior 1	6 years	Tuesday and Thursday: 9:30 to 10:15 am	
Group 6 years +			
Junior 2 and 3	Last level passed	Tuesday and Thursday: 9:00 to 9:30 am	\$55
Junior 4		Tuesday and Thursday: 9:30 to 10:15 am	\$65
Junior 5, 6 and 7		Monday and Wednesday: 9:00 to 9:45 am	
Junior 8, 9 and 10		Monday and Wednesday: 9:50 to 10:35 am	
Diving Club		Monday and Wednesday: 9:30 to 10:15 am (beginners) 10:15 to 11:00 am (intermediate) 11:00 to 11:45 am (advanced) Tuesday and Thursday: 8:30 to 9:15 am (beginners) 9:15 to 10:00 am (intermediate) 10:00 to 10:45 am (advanced) Friday: 11:45 am to 12:45 pm	\$100
Other groups			
Junior Synchro Club	8-12 years Able to swim	Monday: 8:15 to 9:00 am Tuesday and Thursday: 10:45 to 11:45 am	\$85
Senior Synchro Club	13 years + Able to swim	Tuesday and Thursday: 11:45 am to 12:45 pm Wednesday: 8:15 to 9:00 am	
Swimming Club	6 years + Able to swim	Monday, Wednesday and Friday: 11:45 am to 12:45 pm Tuesday and Thursday: 4:35 to 5:35 pm	\$100
Recreative Water-Polo	10-16 years Able to swim	Monday and Wednesday: 9:00 to 9:45 am	\$65
Young Lifeguards Leadership	12 years + Able to swim	Tuesday and Thursday: 11:45 am to 12:45 pm	\$70

ADULT COURSES

Aquaform	-	Monday to Wednesday: 10:40 to 11:40 am	\$65
Aqua Zumba	-	Tuesday: 6:15 to 7:00 pm	\$40
Master Swimmers	Able to swim	Tuesday and Thursday: 6:45 to 7:45 pm	\$65

FREE SWIM SCHEDULE

Pre-Season	June 4 to 23	Monday to Friday: 4:00 to 7:00 pm Saturday and Sunday: 1:00 to 7:00 pm
Regular Season	June 24 to August 21	Monday, Wednesday, Friday, Saturday and Sunday: 1:00 to 8:00 pm Tuesday and Thursday: 1:00 to 4:20 pm and 5:45 to 8:00 pm
Post-Season	To be confirmed	May vary with weather conditions or student staff availability.

Note: Pool availability and free swim may be modified at any time according to weather conditions.

PRICES

	Season Pass	Daily Admission
0 to 4 years	-	Free
Children	\$25	-
Adults	\$40	\$2
5-17 years and 60+	-	\$1
Family	\$75	-

Children Activity Package:

- For \$195, children of a same family may register to 3 activities.
- Club activities count for two.
- Proof or residence required.
- Places are limited.
- Priority to Pincourt residents.
- Non-residents are welcome to register following an availability review in June.

Registration and information: Thursday and Friday, March 17-18, 2016, from 6:30 to 9:00 pm, at the Faubourg de l'Île. Join us: 514 453-8981, ext. 252.

Day Camps



CAMP DE JOUR
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2016

PINCOURT DAY CAMP

Activities	Crafts, sports, games, visits to the pool. T-shirt, outings and thematic workshops are included.
Participants	Pincourt residents only Children 6 to 13 years old Children younger than 6 must have completed kindergarden.
Schedule	Monday to Friday 9:00 am to 3:00 pm
Duration	June 27 to August 12, 2016 (7 weeks)
Cost	\$320 / child \$125 discount for 3 rd child and more
Registration*	Online as of March 3 until June 1, 2016. Limited places.

*Registrations made in person are by appointment only: 514 453-8981, ext. 242. Administrative fee of \$10 is applicable.

DAYCARE SERVICE FOR THE DAY CAMP

Participants	Children participating to day camp only
Duration	June 27 to August 12, 2016 (7 weeks)
Schedule	6:30 to 9:00 am and 3:00 to 6:00 pm
Coût	\$40 registration fee \$8/day payable online in advance
Information	514 453-8981, ext. 242
Inscription*	Online as of March 3

* Please refer to our procedure

REGISTRATION AND ONLINE PAYMENT MANDATORY

1. Go to www.villepincourt.qc.ca.

Click on "Recreation and Culture". Click on "Pincourt Day Camp", then on "Registration". Then click on "Online".

2. If not already done, create your family file immediately. Include all family members (parents and children).

Click on "Connexion" at upper right.
Click on "Create my familial file".
Follow instructions to create your familial file.

Please have handy:

- Social Security number (paying parent)
- Healthcare card number (children)
- Your e-mail address
- Medical and emergency information

3. As of March 3, 2016, proceed with registration for day camp, daycare (if required) and daily fees, or for Monitor-In-Training Program and proceed with payment.

Please have handy:

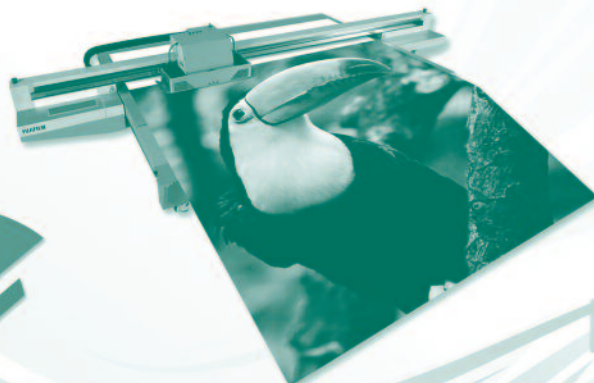
- Credit card (Visa, MasterCard)
- T-shirt size

Note : For residents who do not have access to a computer, 2 computers will be available on a self-serve basis at the Faubourg de l'Île on Thursday, March 17 and Friday, March 18, 2016 between 6:30 pm and 9:00 pm.

Someone will be present to assist you. For any question, please call 514 453-8981, ext. 242.

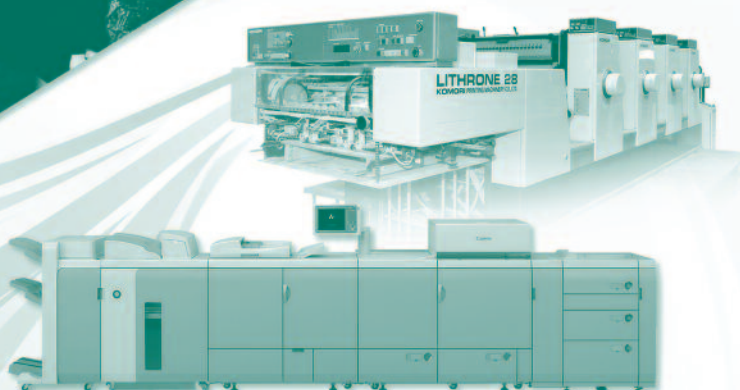
The Town of Pincourt has the right to request proof of residency and may expel children showing behaviour problems without refund. Places are limited.

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Day Camps



MONITOR-IN-TRAINING PROGRAM (14-15 YEARS OLD)

Program leading to a "Diplôme d'Aptitude aux Fonctions d'Animateur (DAFA)", offering a wide range of activities, outings and training, plus a T-shirt. Program to develop initiative, creativity, resourcefulness, and a sense of responsibility. Course material available in French only.

Each teen will participate in camp activities, will be evaluated during the summer training, and will receive an attestation of participation.

Employment as a monitor not guaranteed.

Participants	Teens aged 14 or 15 Pincourt residents Places are limited
Schedule	Monday to Friday 9:00 am to 3:00 pm The aspiring monitor has to attend all theoretical and practical training during the 7 week daycamp program in order to receive their "DAFA" diploma*.
Beginning	Monday, June 27, 2016
Duration	7 weeks
Cost	\$165 for summer T-shirt, outings and DAFA certification included
Information	Recreation and Community Services 514 453-8981, ext. 242
Registration**	Online as of March 3 Registration: see the registration procedures page on the left.

* Certification card will be issued upon participant's 16th birthday.
** Registrations made in person are by appointment only:
514 453-8981, ext. 242. Administrative fee of \$10 is applicable.

CHÊNE-BLEU DAY CAMP (6 -14 YEARS OLD)



Under an agreement between the Town of Pincourt and Centre Notre-Dame-de-Fatima, the Chêne-Bleu Day camp* will offer children from 6 to 14 years old a wide variety of games, artistic and sports activities.

***Certified by the "Association des camps du Québec"**

Location	Chêne-Bleu High School 225 Pincourt Blvd., Pincourt
Cost	Depending on the program, price starting at \$102/ week (including the \$30 discount for Pincourt residents)
Sports	Max Sport, circus, football, spartan race.
Arts	Hip-hop, break dance, cosmodome.
Other services	Meal (\$), daycare (\$), transport (\$) and swimming (Monday, Wednesday and Friday afternoons), Arc-en-ciel Support Program (\$)
Information	514 453-7600, ext. 221 mon-camp-de-jour-du-chene-bleu.ca

REGISTRATION Available now

Online	mon-camp-de-jour-du-chene-bleu.ca
By mail or in person	Centre Notre-Dame-de-Fatima 2464 Perrot Blvd., NDIP, J7V 8P4 or Faubourg de l'Île, on March 17 and 18, from 6:30 to 9:00 pm



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Organismes communautaires / Community Organizations

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Entraide / *Support*
514 376-9230

ARC-EN-CIEL DE VAUDREUIL-SOULANGES

Santé mentale / *Mental Health*
450 424-7006

ASSOCIATION DE FIBROMYALGIE & FATIGUE CHRONIQUE VAUDREUIL-SOULANGES

Entraide / *Support*
450 218-7722

CARREFOUR JEUNESSE EMPLOI

Emploi / *Employment*
450 455 3185

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

Entraide bénévoles / *Volunteer support*
450 455-3331

CENTRE DE FEMMES LA MOISSON

Aide aux femmes en difficulté /
Support for women in difficulty
514 453-8720

COMITÉ ACTION JEUNESSE (C.A.J.)

Groupe communautaire / *Community Group*
514 794-9122

COMITÉ DESIGN

Groupe communautaire / *Community Group*
514 453-8981, option 6

COMITÉ INTERCULTUREL

Groupe communautaire / *Community Group*
514 898-2582

COMITÉ JEUNESSE LA PRESQU'ÎLE

Animation jeunesse / *Youth animation*
514 425-1060

COMITÉ VILLE EN SANTÉ DE PINCOURT

Organisme communautaire / *Community group*
514 453-7720

COMQUAT ALPHABÉTISATION

Alphabétisation et francisation /
Reading & French skills
514 453-3632

CPE LA CLAIRE FONTAINE

Garderie / *Daycare*
514 425-2818

CPE LES PETITS MOUSSES

Garderie / *Daycare*
514 453-6687

CIT LA PRESQU'ÎLE

Transport public / *Public transportation*
450 424-2485

CISSS DE LA MONTÉRÉGIE-OUEST

Santé et services sociaux / *Health & Social Services*
450 455-6171

GRANDS FRÈRES ET GRANDES SŒURS DU SUROÏT

Jumelage de jeunes avec adultes /
Adult mentorship for youths
450 377-8492

G.R.A.V. E.S.

Aînés / *Elders*
450 424-0111

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Hébergement d'urgence violence conjugale /
Domestic violence emergency shelter
450 424-6010

MAISON DES SOINS PALLIATIFS DE VAUDREUIL-SOULANGES

Offre de soins palliatifs / *Palliative care*
450 202-2202

NOURRI-SOURCE LA PRESQU'ÎLE

Soutien pour femmes qui allaitent / *Support for
breast feeding moms*
1 877 425-0805

OFFICE MUNICIPAL D'HABITATION DE PINCOURT

Logement / *Housing*
514 453-6994

ORGANISME LE VERSANT

Entraide troubles anxieux / *Anxiety disorders support*
450 455-0507

PARRAINAGE CIVIQUE DE VAUDREUIL- SOULANGES

Aînés, proches aidants et déficience
intellectuelle / *Elders, caregivers and intellectual
disability*
450 455-8986

PEHDAA

Aide aux parents d'enfants handicapés /
Support for parents with handicapped children
450 424-7505

REPAS PARTAGÉS PINCOURT- TERRASSE-VAUDREUIL

Repas mensuel / *Monthly meals*
514 453-8406

RÉSEAUX EMPLOI ENTREPRENEURSHIP

Services d'emploi adultes et immigrants /
Adult & immigrant employment support
450 424-5727

SDM ET SEMO

Services d'emploi pour personnes handicapées /
Employment services for disabled people
450 424-9997

SRSOR

Services d'adaptation / *Adaptation support*
450 455-6104

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Contrôle du poids / *Weight control*
514 453-2757

TRANSPORT SOLEIL

Transport adapté / *Adapted transportation*
450 424-0744

Organismes de loisirs / Recreation Organizations

ACTIVITÉS ACTIVITIES	ORGANISMES ORGANIZATIONS	RESPONSABLES CONTACTS	TÉLÉPHONE PHONE
Âge d'Or / Senior citizens (FR)	Club d'Âge d'Or de Pincourt	Nicole Beauregard	514 453-9721
Arts et peinture / Arts and painting	Mouvement d'expression artistique libre	m.e.a.l.artistes@gmail.com	-
Badminton récréatif / Recreative badminton	Club de badminton de Pincourt	Patrick Barrette	514 425-3436
Badminton junior et compétitif / Junior and competitive badminton	Bad Club Vaudreuil-Dorion	Réal Labelle	514 206-3458
Ballet et jazz / Ballet & jazz	Ballet et jazz / Ballet and jazz	Ramela Nahorniak	514 624-8666
Basketball	Association de basketball Île Perrot	Michel Bento	514 425-2398
Biathlon	Club Biathlon Vaudreuil-Soulanges	Christian Valet	514 830-3718
Cadets de l'Air / Air Cadets	Escadron 867 Vaudreuil-Dorion	Sophie Brouillard	514 292-3003
Chorale / Choir	Les Enchanteurs	Ginette Meloche	514 262-1125
Tournoi de balle adulte / Adult softball tournament	Comité des activités de Pincourt	Kevin Frizzell	514 777-1977
Escrime / Fencing	Les Chevaliers Dragon d'Or	Sylvie Morel	514 453-4991
Fermières	Cercle des fermières de Pincourt	Karine Patry	514 901-0703
Guides / Girl Guides	Girl Guides of Canada	Johanne Cardinal	514 453-2547
Histoire & généalogie / History & Genealogy	S.H.G.Î.P.	Lise Chartier	514 453-5284
Hockey intérieur / Indoor hockey	Ligue de hockey intérieur de Pincourt	Jean-François Julien	450 763-1536
Hockey mineur / Minor hockey	Hockey Île Perrot	Patrick Soucy	514 453-5688
Judo	Club Judo Perrot Shima	Richard Proulx	514 781-4294
Kin-Ball	Ass. régionale Kin-Ball du Sud-Ouest	Nadine Paiement	450 510-1868
Moto-tourisme / Biking	Ass. de moto tourisme Vaudreuil-Soulanges	Réal Joyal	450 424-3551
Natation intérieure / Indoor swimming	Les Citadins de la Cité des Jeunes	www.lescitadinsnatation.com	-
Ornithologie / Ornithology	Club d'Ornithologie de Vaudreuil-Soulanges	Alain Rondeau	450 267-0318
Parents-enfants / Parents & Tots	Parents & Tots	Sarah Tanguay	514 902-0399
Patinage artistique / Figure skating	C.P.A.R.V.	Julie Létourneau	514 503-8597
Patinage de vitesse / Speed skating	C.P.V. des Trois-Lacs	Josée Daoust	514 425-5349
Philatélie et monnaie/ Stamp & coin collecting	Club de philatélie de Pincourt	André Rollin	514 453-6998
Pickleball	Association de Pickleball de Pincourt	Pierre Besner	514 453-8944
Ringuette	Ringuette 4 Cités	www.ringuette4cites.com	-
Scouts Canada (EN)	Scouts of Île Perrot	David Fleury	514 453-6023
Scouts (FR)	Scouts 16e Île-Perrot-Pincourt	Nathalie Jucker	450 897-0709
Âge d'Or / Senior citizens (ANG/EN)	Second Mile Club	Rolland Dennis	514 697-0887
Ski de fond / Cross-country skiing	Les Skieurs de l'Île	Pierre Levac	514 453-8592
Sports en fauteuil roulant / Wheelchair sports	Club de sports en fauteuil roulant de la Vallée du Haut St-Laurent	Chantal L'Écuyer	450 631-1003
Volleyball amical / Friendly volleyball	Ligue amicale de Pincourt	Ghislain Paquet	514 453-2170
Volleyball féminin / Women volleyball	Ligue féminine de volleyball Pincourt	Claudia Lacombe	514 824-2493