



# RECREATION SPORTS & CULTURE

# 12



## PINCOURT Library

**Located at:** 225, Blvd. Pincourt, Pincourt QC J7W 9T2  
(inside Chêne-Bleu High School)

**INFORMATION:** 514 453-8981, ext. 214  
or [bibliotheque@villepincourt.qc.ca](mailto:bibliotheque@villepincourt.qc.ca)

### REGULAR HOURS

Monday: 9 a.m. – 8:30 p.m.	Thursday: 9 a.m. – 8:30 p.m.
Tuesday: 9 a.m. – 8:30 p.m.	Friday: 9 a.m. – 5 p.m.
Wednesday: 9 a.m. – 8:30 p.m.	Saturday: 10 a.m. – 4 p.m.
Sunday : Closed	

### ADULT BOOKS CLUB

#### **French Adult Book Club #1:**

**3<sup>rd</sup> Tuesday of each month, 7 p.m. - 8:30 p.m.**

Hosted by Carole Chamberland

September 16, October 21, November 18, and December 16.

#### **French Adult Book Club #2:**

**2<sup>nd</sup> Wednesday of each month, 7 p.m. - 8:30 p.m.**

Hosted by Joanne Déry

September 10, October 14, November 12, and December 10.

#### **English Adult Book Club:**

**3<sup>rd</sup> Wednesday of each month, 7 p.m. - 8:30 p.m.**

Hosted by Jessica Hughes

September 17, October 15, November 19, and December 17.

Registration: 514 453-8981, ext. 214

### STORY TIME

Story time in pyjamas and crafts.

**Free for children ages 2 to 5**

(accompanied by an adult)

#### **French Story Time:**

**1<sup>st</sup> Wednesday of each month, 6:30 p.m. to 7:30 p.m.**

Hosted by Stacey Monk

September 3, October 1, November 5, and December 3.

#### **English Story Time:**

**1<sup>st</sup> Tuesday of each month, 6:30 p.m. to 7:30 p.m.**

Hosted by Stacey Monk

September 2, October 7, November 4, and December 2.

Registration via Sport-Plus or by phone at 514 453-8981, ext. 229

## DID YOU KNOW? NEW SERVICES AND RESOURCES

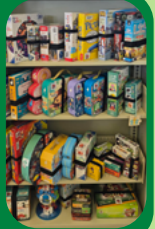
### Book a LIBRARIAN Starting September 26

You can book a **30-minute session with a librarian** every Friday between 9 a.m. and 12 p.m. Get help with your tablet, e-reader, or digital books, or learn how to navigate our catalogue. It's a personalized service to answer all your questions.



### A Collection of Games... to Borrow

Discover our new board game library! We have games for all ages that you can borrow just like books to have fun with family and friends.



### Access Plus + BOOKS FOR ALL READERS

In October, discover **Access Plus**, our collection created specifically for people with special needs and learning disabilities (including visual impairment, dyslexia, and language or attention disorders).

You'll find a selection of adapted novels, accessible documentaries, practical manuals, and other resources designed to make reading and learning easier for all ages. Because everyone deserves to enjoy reading!



### DIGITAL BOOKS, NOW JUST A CLICK AWAY!

The library now gives you access to a vast collection of digital books:

- In French via [pretnumerique.ca](http://pretnumerique.ca)
- In English via [cloudLibrary.com](http://cloudLibrary.com)

These resources are available directly from our new online catalogue.

Borrow books from anywhere, 24/7

## New collection: LEARN FRENCH AND DISCOVER LANGUAGES

Starting in October, explore our new collection dedicated to French learning and language acquisition. You'll find language manuals, dictionaries, educational kits, and various practical tools to learn French or to get started with other world languages. It's a valuable resource for newcomers, students, or anyone curious about languages.



Hej



Hello

Hola



## Library-Cinema

Get comfortable and experience the magic of cinema at the library with Jessandra Guindon! We have movies for all ages, offering a relaxing time to share with family and friends.

### FOR ADULTS

- Special Remembrance Day Movie Club  
Tuesday, November 11, 11 a.m. to 12:30 p.m., **in french.**

### FOR CHILDREN (ages 2 to 5, accompanied by an adult)

- Crafts and Teddy Bear Movie Club,  
Saturday, September 13, 10 a.m. to 11:30 a.m., **in french.**
- Crafts and Teddy Bear Movie Club,  
Saturday, November 22, 10 a.m. to 11:30 a.m., **in english.**



# SOCIAL DEVELOPMENT

## ACTIVITIES FOR PEOPLE WITH DISABILITIES

### WE WANT TO BE INCLUSIVE!

Do you have concerns about the accessibility of an activity, or have you encountered a barrier? Contact us and we will be happy to work with you to find solutions: [loisirs@villepincourt.qc.ca](mailto:loisirs@villepincourt.qc.ca).

### ACTION PLAN FOR PEOPLE WITH DISABILITIES

Stay tuned for the 2025–2027 Action Plan for People with Disabilities, which will be launched this fall!



We are looking for citizens to join the advisory committee that will support us in implementing the action plan. Interested?

Contact us:  
at [s.martel@villepincourt.qc.ca](mailto:s.martel@villepincourt.qc.ca)  
or 514-453-8981, ext. 273.

### ZEN ZONE

The calm-down tent has been given a new look. Now called the **Zen Zone**, it has four walls to help block out sensory stimuli as needed. Inside, you'll find a selection of sensory materials for neurodivergent children. It will be present at all our major events.



### WHEELCHAIR BASKETBALL



Sports Inclusifs Sud-Ouest offered introductory wheelchair basketball activities at the P-TOWN Plaza this summer.

**Did you know** that the library has a special collection of **resources designed to meet the needs of autistic individuals and others with specific needs?**

- **Sensory toys**
- **Audiobooks**
- **And many other adapted tools**

Come explore this unique section and borrow the resources that could make a real difference for you or your loved ones!



### LEISURE ACCOMPANYING CARD

Pincourt accepts the Leisure Accompanying Card, which allows a companion to participate in our activities for free.



### STORY TIME **FOR CHILDREN WITH SPECIAL NEEDS**

A story time session specifically designed for **children with special needs** will be held in a calm and welcoming environment before the library opens.

This interactive session will include a reading of a lovely story, followed by a craft activity led by an educator.

This is a gentle time for children to discover the joy of stories and create together.

#### **FRENCH STORY TIME:**

**Saturday, October 4, 9:15 a.m. to 10:15 a.m.**  
With Vanessa Pyram

#### **ENGLISH STORY TIME:**

**Saturday, November 1, 9:15 a.m. to 10:15 a.m.**  
With Vanessa Pyram

## PROJECTS SUPPORTED BY THE SOCIAL DEVELOPMENT PROJECT CALL

### **Yoga classes for ADULTS**

on the **autism spectrum** or with an **intellectual disability**

**Fridays from 12:30 p.m. to 2 p.m.,** from September 12 to November 7

**Location: Room B, Omni-Centre**

**Cost: Free**



Registration: Parrainage civique de Vaudreuil-Soulanges,  
450 455-8986, extension 221

### **Social Club for Teens**

on the **Autism Spectrum** or with  
an **Intellectual Disability**

Participants will prepare and eat a meal together, followed by evening social activities based on their interests. A trip to St-Hubert and a movie outing are planned. Companions will be on-site to assist participants with any needs.

**Fridays from 5:30 p.m. to 9 p.m.,**

October 3, 10, and 24, and November 7 and 14

**Location: Room 3, Omni-centre**

**Cost: \$10** for the session

Participants will be responsible for the cost of their meal during the St-Hubert and cinema outing. Financial assistance available for those who need it.

Registration for residents: September 8-21, starting at 9 a.m.

Registration for non-residents: September 15-21, starting at 9 a.m.

Registration: Via Sport-Plus or by phone at 514 453-8981, extension 229

Information: 514 453-8981, extension 273

# Latest News

## NEIGHBOURHOOD PARTY RECAP

Many of you came out to the neighbourhood parties this summer! A total of 12 parties were organized. Thank you to the organizers and all their neighbours who joined in.



## SEED LIBRARY RECAP

The year 2025 marked the first season for the Pincourt Seed Library, in collaboration with the Société d'horticulture environnementale des villes de l'île Perrot. More than 693 seed packets were shared for free with Pincourt families.



## LOOKING FOR CITIZENS

### CALL FOR SOCIAL DEVELOPMENT PROJECTS

Do you have a project that you would like to implement in Pincourt that promotes neighbourhood life, citizen mutual aid, social inclusion, or healthy lifestyle habits? The call for social development projects is open from October 1st to October 31, 2025.

For more details:

[www.villepincourt.qc.ca/en/recreation-and-culture/social-development/call-for-projects](http://www.villepincourt.qc.ca/en/recreation-and-culture/social-development/call-for-projects)

### SOCIAL DEVELOPMENT ACTION PLAN STEERING COMMITTEE

We are looking for citizens to join our steering committee for the drafting of the 2026-2028 Social Development Action Plan. For more information, please contact Sabrina Martel at 514 453-8981, extension 273.



### SEED CLUB

Come help us package seeds for the seed library for next year. This will be a great opportunity to enjoy a coffee and a snack, engage in discussions about gardening, and enjoy a friendly atmosphere.

Contact us at 514 453-8981, extension 273 or [s.martel@villepincourt.qc.ca](mailto:s.martel@villepincourt.qc.ca)



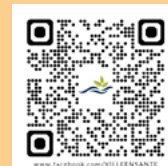
### INTERCULTURAL COMMITTEE

Want to help organize the 2026 Intercultural Festival or the welcome reception for new residents? Join our Intercultural Committee by emailing [s.martel@villepincourt.qc.ca](mailto:s.martel@villepincourt.qc.ca).



### VILLE EN SANTÉ COMMITTEE

Follow the *Ville en santé* Committee, which is made up of volunteer citizens, on social media to find Pino, the rabbit who moves around Pincourt from week to week.







# Programming at the Library

**REGISTRATION VIA** **LS<sup>+</sup>** SPORT-PLUS or by telephone 514 453-8981, ext. 229.

## CONFERENCES AND PROGRAMS FOR ADULTS at the library

## DATE

### **WORKSHOP** **BOOK FOLDING AND JUNK JOURNAL WORKSHOP**

Transform old books into beautiful decorative objects using artistic folding techniques and create a personalized journal from recycled materials. This is a perfect creative experience to give objects a second life while developing your manual creativity.



**Saturday, September 20**  
10:15 a.m. to 12 p.m.

### **DIGITAL Workshop**



### **CHATGPT: Understanding and Using AI With Kokobrik**

Learn about artificial intelligence and how to use it in your daily life. This one-hour practical workshop will demystify AI and help you unlock its full potential.

**Saturday, October 4**  
Group 1:  
10 a.m. to 11 a.m., in French  
Group 2:  
11:15 a.m. to 12:15 p.m., in English

### **CONFERENCE**



### **DEHYDRATING YOUR FRUITS AND VEGETABLES**

By Sylvie Trépanier, SHEIP

Learn how to preserve your summer harvests and local produce using fruit and vegetable dehydration techniques. This practical training will help you improve your food independence and reduce waste while enjoying your products all year long.



**Wednesday, October 8**  
7 p.m. to 8:30 p.m.  
**FRENCH**

### **Travel CONFERENCE**



### **WILD PATAGONIA - A JOURNEY TO THE HEART OF THE WONDERS OF CHILE AND ARGENTINA**

Escape to the wide-open spaces of Patagonia with **Pierre-Luc Côté!** Follow this adventure enthusiast on his three-month journey from Chile to Argentina, from Ushuaïa to Easter Island. A must-see conference for all lovers of travel and the outdoors!



**Saturday, November 1**  
1:30 p.m. to 3 p.m.  
**FRENCH**

### **DIGITAL Workshop**



### **NEW TECHNOLOGIES: Mastering AI for Seniors With Kokobrik**

This workshop is specially designed for seniors and makes it easy to get comfortable with artificial intelligence! Discover practical tools to make your daily life easier and ask all your questions in a supportive environment.

**Saturday, November 8**  
Group 1:  
10 a.m. to 11 a.m., in French  
Group 2:  
11:15 a.m. to 12:15 p.m., in English

### **Author MEETING**



### **with JEAN-PHILIPPE PLEAU**

This fall, Jean-Philippe Pleau is stopping by the Pincourt Library. Come discover the man behind "Réfléchir à voix haute" and "Rue Duplessis: ma petite noirceur" — a body of work that questions our origins and our destiny. This is an authentic meeting with an author who handles words with the same finesse he brings to broadcasting.



**Saturday, November 15**  
10:30 a.m. to 12 p.m., **FRENCH**

## Offer your children fun, educational, and creative activities!

Our youth workshops promote self-express, discovery, inclusion, and the joy of learning together.

**REGISTRATION VIA** **LS<sup>+</sup>** SPORT-PLUS or by telephone 514 453-8981, ext. 229.

### CREATIVE ACTIVITIES AND WORKSHOPS FOR **YOUTH** at the library

### DATE

#### **WORKSHOP** **DISCOVER COOKING WITH "C'EST MOI LE CHEF"**

Discover cooking with Karine in a **unique workshop where neurotypical children and children with special needs cook together!** This is an "inverse inclusion" experience that allows children to develop their culinary creativity while learning about differences and sharing. It's a time for learning, discovery, and new friendships, all centred around delicious recipes that are also planet friendly.



**Saturday,  
October 11**  
10:30 a.m.  
to 11:30 a.m.

#### **WORKSHOP** **SCRATCH JUNIOR CODING (ages 8+)**

Turn your kids into real video game developers with Scratch! Participants will discover programming in a fun way by creating their own games, learning the basics of coding, algorithmic logic, and teamwork.



**Saturday,  
October 25**  
10 a.m. to 11 a.m.  
with Kokobrik

#### **WORKSHOP** **THE WORLD OF DRAWING: Pokémon and Manga (ages 8+)**

Dive into the fascinating world of manga with this drawing workshop dedicated to Pokémon! Children will learn the basic techniques of manga style: shapes, expressions, proportions, and tips for creating their own characters.



**Saturday,  
October 25**  
11:15 a.m.  
to 12:15 p.m.  
with Kokobrik

#### **WORKSHOP** **CROCHET AND SCONE TASTING (ages 10+)**

With Carole Lesage  
It's needles and treats! This friendly activity is perfect for learning the basics of crochet while enjoying delicious scones. This workshop is great for beginners aged 10 and up and offers a creative, tasty time in a relaxed atmosphere.



**Thursday,  
November 6**  
4:30 p.m.  
to 6:30 p.m.

#### **CREATIVE WORKSHOP** **DECORATING AFRICAN CALABASHES**

With Floribert Bantsimba  
Come discover the art of African calabashes. Children will explore this ancient fruit by creating their own decorative objects through drawing, painting, and collage in a creative, stress-free space. It's a fun artistic experience where every young artist will leave with their own unique creation.



**Saturday,  
November 22**  
10:30 a.m.  
to 11:30 a.m.

#### **WORKSHOP** **ARTISTIC DRAWING Portraits and Pencil Techniques (ages 8-12)**

With Bianca Pagé  
Les jeunes apprendront les bases du portrait au crayon, tout en explorant d'autres sujets et techniques de dessin, dans un cadre stimulant et ludique.



**Saturday,  
December 6**  
1:30 p.m.  
to 3 p.m.

ACTIVITIES FOR **THE WHOLE FAMILY**, SEE THE NEXT PAGE.



**HALLOWEEN PUMPKIN DECORATING CONTEST**

Enter our Halloween pumpkin decorating contest and let your creativity run wild! From October 10 to 31, decorate your pumpkin at home and bring it to the library for display. The best creation will win a prize, and all participants can admire this temporary Halloween art gallery.



**October  
10 to 31**

**ANNUAL BOOK SALE**

Don't miss our annual book sale, which this year will take place during Public Library Week! From October 18 to 25, discover an exceptional selection of books at great prices to build your personal library. This is a unique opportunity to find literary treasures while supporting your local library!



**October  
18 to 25**

**TRIVIA NIGHT - QUIZ With La Ribouldingue**

Test your knowledge and challenge your friends at our trivia night. Come alone or with a team to face off against other enthusiasts in a fun duel of general and pop culture knowledge. Refreshments will be served. It's a friendly evening where the famous Masters of Knowledge trophy awaits the winners.



**Friday,  
October 24  
6 p.m.  
to 8:30 p.m.**



**AT THE LIBRARY, REGISTRATION IS MANDATORY VIA**  
or by telephone 514 453-8981, ext. 229.

**CONCERT FOR ADULTS FROM PARIS TO NEW YORK**

**Presented by Musiciens à la carte - Friday, September 26, 7 p.m. to 8 p.m.**

Embark on an unforgettable musical journey from Paris to New York with this vibrant concert! The performance features a carefully selected repertoire of popular songs in French and English, interpreted with passion and authenticity. This guaranteed crowd-pleaser will transport you from one side of the Atlantic to the other!

**TO YOUR PERCUSSIONS! WORKSHOP**

**With Jeunesses Musicales Canada**

**Saturday, September 27 - Ages 3-6, 10:30 a.m. to 11 a.m. (30 min)**

This is a musical adventure for little explorers! Children are invited to freely explore different sounds and instruments before being guided in a joyful discovery of rhythm. Together, they will create an original beat for a lively song. It's a dynamic, sensory, and collaborative workshop!

**DIY GUITAR WORKSHOP**

**With Jeunesses Musicales Canada**

**Saturday, September 27 - Ages 7-12, 11 a.m. to 11:55 a.m. (55 min)**

In this hands-on musical workshop, children can build their own guitars from simple materials. As they assemble them, they will discover how the instrument produces sound. Once the guitars are finished, it's time for sound exploration: chords, melodies, rhythm... it's their turn to play!





## Viens pratiquer ton français Come practice your french ਆਇ ਆਪਣੀ ਫ਼ਰੈਂਚ ਦਾ ਅਭਿਆਸ ਕਰੋ Ven a practicar tu francés

In partnership with the  
**Centre Prénatal et Jeunes Familles**



Are you learning French? Our discussion groups are for you! In a relaxed atmosphere, you can practice speaking, chat with other learners, and gain confidence in your daily life. Whether you come alone or with family, and no matter your level, join us for a nice cup of tea or coffee!

### DISCUSSION GROUPS:

- Friday, October 10, 9 a.m. - 11:30 a.m.
- Friday, November 14, 9 a.m. - 11:30 a.m.
- Friday, December 12, 9 a.m. - 11:30 a.m.

**Location:** At the library

**Registration required:**

s.martel@villepincourt.qc.ca or 514 453-8981, ext. 273.



## LIST OF EXTERNAL ORGANIZATIONS

Several external organizations offer activities to the public. To learn more, visit:

[www.villepincourt.qc.ca/activities-offered-by-organizations](http://www.villepincourt.qc.ca/activities-offered-by-organizations)

- 211 Social and Community Services near you
- Acrobatic gymnastics (Gymnates de l'île)
- Adult softball
- Archery (Archers Perrottdamois)
- Baseball (Petite ligue des Trois-Lacs)
- Basketball (Ass. basketball de L'île-Perrot)
- Bowling (Second Mile Bowling League)
- Bridge Club of Pincourt
- CCAVS
- Cercle des fermières
- Classic/Jazz Ballet
- Community gardens de Pincourt
- Comquat (French learning)
- Cross-country skiing (Skieurs de l'île)
- Cycling
- Diving (Club plongeon Vaudreuil-Dorion)
- Figure skating (Club patinage art. rég. de Vaudreuil)
- Friendly Volleyball (Ligue volleyball amicale de Pincourt)
- Girl Guides (English)
- Gymnastics and Recreational acrobatic sports (Gymini)
- History and genealogy
- Horticulture (SHE Île-Perrot)
- Indoor field hockey
- Indoor swimming (Club de natation les Citadins de VD)
- Karate (Sankukan)
- Kin Ball (Ass. de Kin-ball Sud-Ouest)
- Maison de la Famille
- MWCN
- Men's softball 25 +
- Minor Baseball
- Minor Girls Softball
- Minor Hockey
- Ornithology (Club Ornithologique VS)
- Painting/Sculpture (MEAL)
- Philately and Coins (Club Philatélie et Monnaie Pincourt)
- Pickleball (Pierre Besner)
- Pincourt Judo (Judo Dojo Perrot Shima)
- Pincourt Petanque League
- Pool of John Abbott College
- Pool of Vaudreuil-Dorion
- Popotte roulante 65 ans et +
- Scouts Canada (French) 16<sup>e</sup> île Perrot-Pincourt Group
- Scouts de l'île Perrot (bilingue/anglais)
- Senior Citizens Club - Second Mile Club (in English)
- Senior Citizens Club (in French)
- Shared Meals (Jacques Leclair/Nicole Richard)
- Soccer FC Trois-Lacs
- Soccer senior recreational
- Sportball (Sportball Québec)
- Spanish (Academia Mistral)
- Speed skating (Club patinage vitesse des Trois-Lacs)
- Squadron (Escadron 867 Vaudreuil-Dorion)
- Ringette 4 cités
- Tennis (club members)
- Tennis (lesson)
- Tennis Proset Philip Manning (Adapted)
- Women's Volleyball (Caroline Bédard)
- Women's softballs

## Let's get **moving**, this fall!

**Registration for residents:** September 8-21, starting at 9 a.m.  
**Registration for non-residents:** September 15-21, starting at 9 a.m.  
 Information: 514 453-8981, ext. 229

### ABS, CORE AND LEGS

An intense and targeted workout to tone and sculpt these key areas.

Starting: September 22 (12 weeks, with no class on October 13)

**Monday or Wednesday:** 7:45 p.m. to 8:45 p.m.

**École Notre-Dame-de-Lorette**, Gymnasium

\$60, ages 16+

### CIRCUIT EXERCISES **50+**

Exercises adapted for people aged 50 and over.  
 Exercises can be done from a chair if needed.

Starting: September 29 (11 weeks, with no class on October 13)

**Monday:** 1:15 p.m. to 2:15 p.m.

**Omni-Centre**

\$55, ages 50+

### NORDIC WALKING

This is a dynamic workout that stimulates and boosts your overall health by improving your cardio, muscle strength, flexibility, and balance!

It is practiced with special poles (provided).

Starting: October 14 (8 weeks)

**Tuesday:** 9 a.m. to 10 a.m. (advanced – for those who have already participated in a Nordic walking session)

**Tuesday:** 10:15 a.m. to 11:15 a.m. (beginner)

**Thursday:** 9:30 a.m. to 10:30 a.m. (multi-level)

**Bellevue Park**

\$40, ages 16+



### CHAIR YOGA **50+**

An adapted form of yoga that allows you to practice postures and breathing exercises while remaining seated in a chair.

Starting: September 23

**Tuesday** (12 weeks) **or Friday** (11 weeks): 10:30 a.m. to 12 p.m.

(no class on Friday, October 31 and December 5)

**Omni-Centre**

82.50 \$ - 90 \$, adults 50+

### YOGA

**Omni-Centre**

**BEGINNER**

Starting: September 23 (12 weeks)

**Tuesday:** 6 p.m. to 7:15 p.m.

\$75, ages 16+

**INTERMEDIATE**

Starting: September 23 (12 weeks)

**Tuesday:** 7:30 p.m. to 9 p.m.

\$90, ages 16+

**MULTI-LEVEL**

Starting: September 22 (12 weeks)

**Monday and Wednesday:** 10:30 a.m. to 12 p.m.

(no class on October 13)

\$90, ages 16+



### 20-20-20 **50+**

This class includes 20 minutes of cardio, 20 minutes of strength training, followed by 20 minutes of core and balance work with stretches.

Starting: October 1 (with no class on Friday, October 31 and December 5)

**Wednesday** (12 weeks) **or Friday** (10 weeks):

12 p.m. to 1 p.m., intermediate level

1:15 p.m. to 2:15 p.m., beginner level

**Omni-Centre**

\$50 - \$55, ages 50+

### CARDIO INTERVAL

High-intensity exercises with strength training periods.

Starting: September 22 (12 weeks, no class on October 13)

**Monday or Wednesday:** 6:30 p.m. to 7:30 p.m.

**École Notre-Dame-de-Lorette**, Gymnasium

\$60, ages 16+

## ZUMBA TONING GOLD **50+**

This fitness class combines dance and muscle toning with light weights. It is adapted for adults aged 50 and over to improve physical fitness and coordination.

Starting: September 29 (with no class on October 13)

**Monday** (10 weeks): 12 p.m. to 1 p.m. or

**Wednesday** (11 weeks): 10:45 a.m. to 11:45 a.m.

**Omni-Centre**

\$50 - \$55, ages 50+

## INDOOR BADMINTON AND PICKLEBALL

Clean espadrilles mandatory.

Bring your own equipment.

From, September 7, 2025

Omni-Centre, \$8/field/hour

\*One-hour reservation per residential address

### FREE BADMINTON

Sunday: 1 p.m. to 5 p.m.

### FREE PICKLEBALL

Tuesday: 3 p.m. to 5 p.m.

Friday: 4 p.m. to 6 p.m.

### REGISTRATION

**Online (Residents only)**

Go to the website and click on **Registration Sport Plus** in the top menu (**reservations required**). Residents can reserve their spot 5 days in advance, between 8 a.m. and midnight.

**By phone**

**Residents:** From Monday to Thursday before the open badminton dates, between 8:30 a.m. and noon and from 1 p.m. to 4:45 p.m., as well as on Friday from 8:30 a.m. to 12 p.m., by calling 514-453-8981, extension 229.

**Non-residents:** If there is still space available, you can register one business day before the open badminton dates by phone only by calling 514 453-8981, ext. 229.



Download the procedure of registration.

## MUSCLE TONE

This is a class of varied intensity that uses a range of exercises aimed at increasing muscle tone and strength.

**École Notre-Dame-de-Lorette**, Gymnasium

Starting: September 25

**New instructor:** Rachel Ellison

**Thursday:** 7:30 p.m. to 8:30 p.m. (12 weeks)

\$60, ages 16+

**Sunday:** 9:30 a.m. to 10:30 a.m. (11 weeks, no class on October 12)

\$50 - \$55, ages 16+

## ACTIVITIES AT THE CITÉ-DES-JEUNES ARENA

### PUBLIC SKATING

Free



**Every Saturday from 8 p.m. to 10:20 p.m.**

From October 4 to March 28 (inclusive)

Additional days, 1 to 3:50 p.m.:

October 10; November 14 and 28; December 22 and 26; January 2 and 26; March 2 to 6.

### CITÉ-DES-JEUNES ARENA

(2580 rue Paul Gérin-Lajoie, Vaudreuil-Dorion, QC J7V 9H8)

Wearing a protective helmet is recommended.

**Proof of residence required**



### Drop-in Hockey

Come play hockey from 9:30 a.m. to 12:30 p.m. on the following dates:

October 10; November 14 and 28; December 22 and 26; January 2 and 26; March 2 to 6\*.

\*If the outdoor rink is closed for hockey.

## SOCIO-CULTURAL ACTIVITIES Offered by the Town

### PAINTING WORKSHOP

In the first part of the class, the instructor will teach a painting technique. In the second part, participants can paint their own work and receive personalized guidance from the instructor.

Starting September 22 (10 weeks, with no class on October 13)

**Monday:** 1:30 to 4:30 p.m. or 6:30 to 9:30 p.m. **Omni-Centre • 150\$, adults**

### WATERCOLOUR WORKSHOP

Exploration of basic watercolour concepts. Intended for beginners, but experienced artists are also welcome. Materials provided.

Starting September 24 (10 weeks)

**Wednesday:** 7 to 8:30 p.m. **Omni-Centre • \$75, ages 12+**





# INTERCULTURAL *Festival* INTERCULTUREL

**6 music shows**  
**free activities**  
**for children**  
**More than 30 kiosks!**

**SEPTEMBER 20 2025**  
**11 a.m. to 4 p.m., Bellevue Park**

## Music Shows

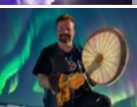
11:10 a.m.

**Hui O Keikiali'i | Hawaï**



12:00 a.m.

**Mike Paul Kuekuatsheu | Innu**



12:50 p.m.

**Forro Rasta Paix | Brésil**



1:50 p.m.

**Costello Irish Dance | Irlande**



2:20 p.m.

**Carine au Micro | Bénin**



3:10 p.m.

**Tarikuna | Andes**



## Free Activities

- Inflatable games
- Face painting
- Henna
- Cookies decoration
- Water games
- Origami **NEW**
- Lei making, **NEW**  
registration required on Sport+

JOIN THE ORGANIZING COMMITTEE FOR  
THE 2026 EDITION BY CONTACTING  
S.MARTEL@VILLEPINCOURT.QC.CA

**More than 30 Kiosks**  
Food, craft sales and  
community services

- Gift basket draw **NEW**
- \$5 tasting menu





For more information on our activities, please visit our Website : [www.villepincourt.qc.ca](http://www.villepincourt.qc.ca)  
Info: 514 453-8981, ext. 229

## SEPTEMBER 2025

### SKATE COMPETITION: P-TOWN CUP

The competition is for local youth and is divided into two categories: ages 12 and under, and ages 13 and up. There are cash prizes to be won. Music and various activities will be on site.

**Saturday, September 6, from 12 p.m. to 4 p.m.**

Olympique Park

Registration in advance or on site the same day from 11 a.m. to 12 p.m.



### MURAL INITIATION

Come learn the art of graffiti.

**Sunday, September 7, from 1 p.m. to 3 p.m.**

Olympique Park

### SOUP FESTIVAL

Come and cheer on your town at the Notre-Dame-de-l'Île-Perrot Soup Festival!

**Sunday, September 7, from 12 p.m. to 4 p.m.**

Parc historique de la Pointe-du-Moulin, NDIP

### VOLUNTEER APPRECIATION NIGHT

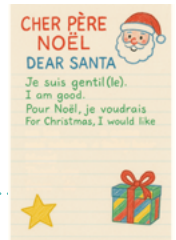


Eligible volunteers will receive their invitation through the Recreation Department. For more information, please check with the president of your organism.

### FREE WORKSHOP: Letter to Santa

**November 20 to December 2**

Help your kids write their letter to Santa in a space specially set up at the library! Children can get comfortable at a workspace designed just for them and write their dearest wishes. They'll then have the unique opportunity to give them directly to Santa at the Omni-Centre next Saturday, December 6<sup>th</sup>!



## OCTOBER 2025

### AIRBRUSH INITIATION

Come learn the art of airbrushing and leave with your own artwork on a cap

**Sunday, October 5, from 1 p.m. to 3 p.m.**

**Olympique Park**

### THE GRANDE MARCHE

The Grande Marche is being organized again this year by the Quebec Federation of General Practitioners and the Grand défi Pierre Lavoie. You can also take part in "**Je marche à la maison**" if you prefer to participate in the event individually.

Register on the event's website for a chance to win one of 50 "Grand Marcheur" jackets:

<https://onmarche.com/>

**Sunday, October 19**

**Warm-up: 10:15 a.m. / Start: 10:30 a.m.**

**Olympique Park**

**3 or 5 km**



### HALLOWEEN IN PINCOURT!

**Friday, October 31,**

**from 5:30 p.m. to 8:30 p.m.**

**Omni-Centre**



**Haunted House: Alice in Wonderland**

Come and brave our haunted maze.

Ages 7 and +

**Various Activities and Candy Distribution**

Inflatable games for toddlers and guaranteed thrills for all ages!



## NOVEMBER 2025

### PILATES INITIATION

This winter, we will be offering a Pilates class every Sunday morning with Diane Pagé.

Come and try this sport that combines strength, balance, breathing, and flexibility.

**Sunday, November 16, from 10:45 a.m. to 11:45 a.m.**

**Location: École Notre-Dame-de-Lorette, Gymnasium**

**Free, registration via LS+**



### PINCOURT CHRISTMAS MARKET

**Saturday, Novembre 22 and Sunday Novembre 23, from 10 a.m. to 4 p.m.**

**Omni-Centre**

This activity is organized by the Cercle de Fermières de Pincourt.

Information: Josée Giroux at 514 922-1673 or jozeegiroux@gmail.com



## DECEMBER 2025

### CHRISTMAS PARTY

Saturday, December 6, from 9 a.m. to 3:30 p.m.

Omni-Centre

Free



#### Variety of activities

Come and participate in a host of fun activities with a holiday theme. Don't forget to bring your letter for Santa Claus! Open to all, no reservation required.

#### Visit with Santa Claus

Come take a photo with Santa and take the opportunity to tell him about all the wonderful gifts you'd like to find under the tree.

**Mandatory Registrations via Sport-Plus, starting November 3**

**Ages: 10 and under**

This activity is for Pincourt residents only; proof of residency is required.



### CHRISTMAS CONCERT WITH GENEVIÈVE LECLERC - NEIGE

Friday, December 12, at 7:30 p.m.

**Location: St. Patrick's Church**

Doors open at 7 p.m. Seating is first-come, first-served.

Tickets: \$20 via Sport-Plus



Tickets will go on sale starting October 20. Limited seating

### YOUTH CULTURE SERIES: KOUNGA AT THE NORTH POLE SHOW

Just a few days before Christmas, Jingles has an unusual visitor: Kounga, a cute little monkey who is staying for a few days. Not wanting to leave him home alone while he works at the North Pole Toy Factory, Jingles decides to sneak him into his sweater. But oh no! Jingles doesn't know that Kounga is going to escape and get into all sorts of mischief!

**Sunday, December 14, at 1:30 p.m. French only.**

**Ages: 5 to 11**

**Free**

No reservations required.

**Omni-Centre**

