

DID YOU KNOW? NEW SERVICES AND RESOURCES!

Book your LIBRARIAN

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.



DIGITAL BOOKS, NOW JUST A CLICK AWAY!

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

- In French via prenumerique.ca
- In English via 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

Discover our kits dedicated to language learning and our new collection to support learning French. You'll find language textbooks, dictionaries, educational kits, and various practical tools to learn French or explore other world languages.



NEW COLLECTION - Video games to borrow

Starting in February, borrow your favourite video games for PlayStation, Xbox, and Nintendo at the library. Our new collection lets you explore a variety of titles – adventure, sports, racing, puzzles – and discover new worlds... without having to buy them. It's the ideal offer for families, teens, and all enthusiasts who want to try, compare, and share their favourite games.



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!



Programming at the Library

REGISTRATION VIA **LS⁺**
SPORT-PLUS

or by telephone 514 453-8981, ext. 229.

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

DATE

WORKSHOP CROCHET WORKSHOP & SCONE TASTING (AGES 10+) With Carole Lesage
Needles and treats on the agenda: a friendly activity to learn the basics of crochet while enjoying delicious scones! Perfect for beginners aged 10 and up, this workshop offers a creative and tasty experience in a relaxed atmosphere.

Thursday, January 8
4:30 p.m.
to 6:30 p.m.



WORKSHOP THE GNOME VILLAGE WORKSHOP (AGES 6+) With Jessandra Guindon
Children will be able to imagine and create a miniature landscape under a bell jar: moss, pebbles, small houses, and characters to build a village of gnomes... or a fairy world. Everyone leaves with their creation.

Saturday, January 17
10:15 a.m.
to 11:45 a.m.



WORKSHOP LEGO® SPIKE™ ROBOTS WORKSHOP (AGES 8+) With Kokobrik
Build, program, and move your first robot! Using LEGO® SPIKE™ kits, young participants discover robotics in a fun way: brick assembly, sensors, motors, and block coding to take on mini challenges.

Saturday, January 24
10 a.m. to 11:30 a.m.



WORKSHOP DOUBLE DUTCH / DOUBLE ROPE WORKSHOP (AGES 8+)
With Double Corde Montréal. Learn the art of double rope skipping, just like on the streets of Harlem! Watch a dynamic demo of this practice that originated in New York's African-American neighbourhoods, then try it yourself—learn how to jump in and out, keep the rhythm, and master the basic moves. A fun, energetic team sport!

Saturday, February 14
10:15 a.m.
to 12:15 p.m.

LIBRARY-CINEMA CRAFT & TEDDY BEAR MOVIE-CLUB - (AGES 2-6 WITH AN ADULT)
Get comfy and experience the magic of movies at the library! Films for young and old, relaxing moments to be shared with family or friends.

Saturday, February 21
10 a.m. to 11:30 a.m.
FRENCH
Saturday, April 4
10 a.m. to 11:30 a.m.
ENGLISH

TEEN NIGHT AT THE LIBRARY (AGES 11+)

It's free time at the Pincourt library! End your March Break in style with your friends. The library transforms for one night of 100% fun: **DJ and dance floor**, costumes, photobooth, temporary tattoos, treats, video game zone... and lots of surprises. Come with your crew, dress up if you want, and enjoy a festive atmosphere!

Friday, March 6
6 p.m. to 10 p.m.

WORKSHOP CHINESE LANTERN MAKING WORKSHOP (AGES 6+) With Jessandra Guindon
A bright and creative workshop where kids make small colourful paper lanterns. Step by step, they'll learn how to fold, cut, and assemble their lantern, then decorate it with patterns, ribbons, and tassels. A fun way to discover the history and meaning of lanterns in traditional Asian festivals.

Saturday, March 7
10:15 a.m.
to 11:45 a.m.



CONFERENCES AND PROGRAMS FOR ADULTS at the library

DATE

DISCUSSION GROUP FRENCH LANGUAGE SUPPORT DISCUSSION GROUP

With Chantal Darcy and the Prenatal and Young Families Centre from Vaudreuil-Soulanges. Are you learning French? Our discussion groups are made for you! In a relaxed setting, you can practise speaking, connect with other learners, and build your confidence every day. Come alone or with your family, whatever your level, and join us over a nice cup of tea or coffee!

Friday, January 16

9 a.m. to 11:30 a.m.

Friday, February 20

9 a.m. to 11:30 a.m.

WORKSHOP-CONFERENCE INTRODUCTION TO SIGN LANGUAGE

With Hélène Langevin and the Prenatal and Young Families Centre of Vaudreuil-Soulanges. Accessible and interactive, this hands-on workshop will help you learn the basics of sign language: alphabet, greetings, emotions, needs, and simple phrases.



Saturday, January 24

1 p.m. to 3 p.m. **FRENCH**

EXHIBITION MEMORY IN MOTION

BLACK CULTURES OF YESTERDAY, TODAY, AND TOMORROW

In partnership with Pincourt Recreation Services, discover a pop-up exhibition from February 8 to 28. Explore important moments in Black and African-American culture, from its heritage to contemporary voices and future perspectives.



February, 2 to 28

DIGITAL Training



SAFELY NAVIGATING THE DIGITAL WORLD: CYBERSECURITY & AI IN EVERYDAY LIFE - INTERMEDIATE LEVEL

With Kokobrik. Get comfortable with artificial intelligence and digital tools, simply and safely. Learn how today's technologies can make daily life easier, all while adopting good cybersecurity habits.



Saturday, February 21

Group 1:

10 a.m. to 11 a.m., **FRENCH**

Group 2:

11:15 a.m. to 12:15 p.m.,

ENGLISH

WORKSHOP ART THERAPY (PARENTS-CHILDREN) With Jessandra Guindon

A gentle family workshop designed for pairs. Parents and young children create together, exploring everyday emotions through colours, textures, and simple gestures. The activity helps strengthen bonds, and everyone leaves with a small keepsake artwork.

Saturday, February 28

10 a.m. to 11:30 a.m.,

FRENCH

Gourmet CONFERENCE



JOURNEY TO THE LAND OF TEA With Camellia Sinensis

Embark on a journey through the world of tea—legends, rituals, and great tea families. Discover the secrets to the perfect brew, then enjoy a tasting: try a tea expertly paired with chocolate for a unique and flavourful experience.

Saturday, March 14

10 a.m. to 11:30 a.m.,

FRENCH

FROSTED ADVENTURES

This winter, **get moving** and **enjoy** sports activities !

Please note that this year, the Pincourt Golf Chalet will not be accessible for warming up or getting ready before cross-country skiing.

OUTDOOR SKATING

Skate on one of our outdoor rinks.

- Taillon Park (ice rink)
- Shamrock Park (ice rink)
- Olympique Park (ice rink and ice ring)

Rinks are open depending on weather and ice conditions.

To check the status of the rinks, please consult the Town's website using the QR code

SNOW SLIDING

Come and zoom down our sledding hills! Follow us on social media for the opening day. Check the Town's website for updates on conditions depending on the weather.



- Olympique Park
- Taillon Park



Public skating 2025/26 (Cité-des-jeunes Arena)

From October 4, 2025 to March 28, 2026

OCT		NOV		DEC		JAN		FEB		MAR	
S	M	S	M	S	M	S	M	S	M	S	M
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	1	2	3	4	5
6	7	8	9	10	11	12	13	14	15	16	17
19	20	21	22	23	24	25	26	27	28	29	30
31	1	2	3	4	5	6	7	8	9	10	11
14	15	16	17	18	19	20	21	22	23	24	25
28	29	30	31	1	2	3	4	5	6	7	8
11	12	13	14	15	16	17	18	19	20	21	22
25	26	27	28	29	30	31	1	2	3	4	5
12	13	14	15	16	17	18	19	20	21	22	23
29	30	31	1	2	3	4	5	6	7	8	9
16	17	18	19	20	21	22	23	24	25	26	27
30	31	1	2	3	4	5	6	7	8	9	10
17	18	19	20	21	22	23	24	25	26	27	28
31	1	2	3	4	5	6	7	8	9	10	11
18	19	20	21	22	23	24	25	26	27	28	29
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11	12	13	14	15	16	17	18	19	20	21
27	28	29	30	31	1	2	3	4	5	6	7
11	12	13	14	15	16	17	18	19	20	21	22
28	29	30	31	1	2	3	4	5	6	7	8
15	16	17	18	19	20	21	22	23	24	25	26
31	1	2	3	4	5	6	7	8	9	10	11
16	17	18	19	20	21	22	23	24	25	26	27
3	4	5	6	7	8	9	10	11	12	13	14
20	21	22	23	24	25	26	27	28	29	30	31
7	8	9	10	11	12	13	14	15	16	17	18
24	25	26	27	28	29	30	31	1	2	3	4
10	11										

CROSS-COUNTRY SKIING

Come ski on the Skieurs de l'Île trails.

Over 30 km of maintained and marked trails on Île Perrot.

Registration:

- Omni-Centre

Thursday, Nov. 27 and Friday, Nov. 28, from 6 p.m. to 9 p.m.

Saturday, Nov. 29, from 10 a.m. to 5 p.m.

Nov. 30, noon to 4 p.m.

- By mail (add \$2 postage fee)

Skieurs de L'Île, 129 Martel, Pincourt, QC, J7W 8E6

- Online as of December 1st:

www.Pleinairfatima.ca/activites-hivernales

- For more information: Skieurs de l'Île Facebook Page:

[Page Facebook Skieurs de l'Île](https://www.facebook.com/SkieursdeLile)

Trail sharing

Walking and snowshoeing are allowed on trails 9, 10 and 15 (start: Pincourt Golf Centre).

On the other trails, please do not walk on the cross-country ski tracks.



Free cross-country ski equipment loan for Pincourt residents under 17

Where: Centre Notre-Dame-de-Fatima (2455, boul. Perrot, NDIP)

When: Saturday and Sunday, from 9:30 a.m. to 5 p.m. (Holidays and March break: Schedule depends on weather conditions)

Access rights to Skieurs de l'Île trails not included

Cost (until November 30):			Cost (starting December 1):		
Family: \$20	Individual: \$15	50 and over: \$12	Family: \$25	Individual: \$18	50 and over: \$15

Please note that this year, the Pincourt **Golf Chalet will not be accessible** for warming up or getting ready before cross-country skiing.



WINTER STATION

Near the sliding hill at Olympique Park

COME ENJOY THE WINTER EQUIPMENT LENDING SERVICE AND BORROW FOR FREE:

- Skate Aids • Ice bikes • Tubes for sliding • Snowskates (helmet provided)

Helmet use is recommended for these activities.

From December 20 to March 8, depending on weather conditions.

Saturday, 1 p.m. to 8 p.m.

Sunday, 10 a.m. to 6 p.m.

Open during the holidays:

December 22, 23, 26, 29, 30 and January 2, from 10 a.m. to 6 p.m.



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.

ACTION PLAN FOR PERSONS WITH DISABILITIES

The 2025-2027 Action Plan for persons with disabilities and the 2024 report were adopted by Municipal Council this fall.

You can view them on the page dedicated to persons with disabilities on the Town's website.



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

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.



ZONE ZEN

Find the Zen Zone at **Hiver en fête**. The Zen Zone offers a calm-down space for children with special needs.



Social Club for Teens on the **Autism Spectrum** or with an **Intellectual Disability**

Group meal preparation and meal, followed by evening social activities, based on participant interests. An outing to St-Hubert restaurant and a movie outing are planned. Helpers will be present to meet participants assistance needs.

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

January 23 & 30, February 13 & 20, March 13 & 20, April 10 & 24, May 1 & 8

Location: Room 3, Omni-Centre

Residents: \$100 for the session

Non-residents: \$150 for the session

Option to join the Access-Loisir Program for free registration. www.accesloisirsvs.ca

Participants will pay for their expenses during the outings to St-Hubert and the movie theatre. Financial assistance available for those who need it.

Registrations :

Resident: December 1 to 14, starting at 9 a.m.

Non-residents: December 8 to 14, starting at 9 a.m.

Registration: via Sport-Plus or by phone

514 453-8981, ext. 229. Information: 514 453-8981, poste 273



ACTIVITIES FOR PEOPLE WITH DISABILITIES



SNOWSHOEING ACTIVITY WITH SPECIAL OLYMPICS

Special Olympics will offer a snowshoe activity for everyone, including people with intellectual disabilities, on the trails of Pincourt this winter. The activity will take place Saturday mornings from 10 a.m. to 11:30 a.m., starting January 3 until the snow melts. The cost is \$15 for the season. To register, contact the organization by e-mail at soqvs.coordinator@gmail.com.



LIST OF EXTERNAL ORGANIZATIONS

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

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 Perrotdamois)
- 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 (Club Suroît)
- 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^e 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 winter!

Starting January 5, 10-week session **

** Unless otherwise indicated

Classes at the Omni-Centre will be on pause during March Break, specifically from March 2 to 8.

ABS, CORE AND LEGS

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

With Patricia Noal

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

École Notre-Dame-de-Lorette,

\$50, ages 16+

CIRCUIT EXERCISES 50+

Exercises adapted for people aged 50 and over.

Exercises can be done from a chair if needed.

With Rachel Ellison

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

Omni-Centre

\$50, 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).

With Diane Pagé

Tuesday 9:45 a.m. to 10:45 a.m. (advanced - for those who have already participated in a Nordic walking session)

Tuesday: 11 a.m. to 12 p.m. (beginner)

Thursday: 9:45 a.m. to 10:45 a.m. (multi-level)

Bellevue Park

\$50 , 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.

With Susan Frederick

Tuesday or Friday: 10:30 a.m. to 12 p.m.

Omni-Centre

\$75, adults 50+

Registration for residents: December 1-14, starting at 9 a.m.

Registration for non-residents: December 8-14, starting at 9 a.m.

Information: 514 453-8981, ext. 229

New flat rate

\$5 per hour of class*

*An additional fee of \$10 per session for non-residents.

YOGA

With Susan Frederick

Omni-Centre

BEGINNER

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

\$62.50, ages 16+

INTERMEDIATE

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

\$75, ages 16+



MULTI-LEVEL

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

(no class on October 13)

\$75, 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.

Wednesday:

12 p.m. to 1 p.m., (intermediate level) Teacher to be determined

1:15 p.m. to 2:15 p.m., (beginner level) With Rachel Ellison

Friday:

12 p.m. to 1 p.m., (intermediate level) With Patricia Noal

1:15 p.m. to 2:15 p.m., (beginner level) With Patricia Noal

Omni-Centre

\$50, ages 50+

CARDIO INTERVAL

High-intensity exercises with strength training periods.

With Patricia Noal

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

École Notre-Dame-de-Lorette

\$50, ages 16+



PILATES New

- From January 25
Exercises that combine strength, balance, breathing, and flexibility. 8-week session.

With Diane Pagé

Sunday: 10:45 a.m. to 11:45 a.m.

École Notre-Dame-de-Lorette

\$40, 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.

Teacher to be determined.

Monday: 12 p.m. to 1 p.m. or

Wednesday: 10:45 a.m. to 11:45 a.m.

Omni-Centre

\$50, ages 50+



INDOOR BADMINTON AND PICKLEBALL

Clean shoes mandatory.

Bring your own equipment.

Omni-Centre, \$8/field/hour

*One-hour reservation
per residential address

 **FREE BADMINTON**
Sunday: 1 p.m. to 5 p.m.
Starting January 4



FREE PICKLEBALL
Tuesday: 3 p.m. to 5 p.m.
Friday: 4 p.m. to 6 p.m.
Starting January 6

Download the
procedure of
registration.



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.

With Manon Labelle

Monday (Starting on January 12) : 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.

With Daniela Cretu

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

MUSCLE TONE

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

Thursday: 7:30 p.m. to 8:30 p.m.

With Patricia Noal

Sunday: 9:30 a.m. to 10:30 a.m.

With Rachel Ellison

École Notre-Dame-de-Lorette

\$50, ages 16+



REGISTRATIONS

Online (Residents only)

Go to the website and click on **Registration Sport Plus** in the top menu **recreation, sports and culture**. Reservations can be made 5 days prior to the date, 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, ext. 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.



LUMIÈRES POLAIRES POLAR LIGHTS

FRIDAY JANUARY 30, 6 P.M. TO 9 P.M.

OLYMPIQUE PARK

Illuminated evening where music and winter sports meet!

A hot chocolate sale will be available on-site.

**2 DAYS OF CELEBRATION!
ALL ACTIVITIES ARE FREE**



Hiver en fête PINCOURT **WinterFest**

2026

SATURDAY JANUARY 31, 12:30 TO 4:30 P.M.

OLYMPIQUE PARK

Enjoy the traditional family winter festival:
Sledding, skating, and several other activities await you at the park.

Come celebrate winter with us!