



INFO- PINCOURT

Winter 2025-2026, vol. 48



TOWN OF
PINCOURT

CREDITS

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www.villepincourt.qc.ca

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A WORD FROM THE MAYOR

Dear residents,

On behalf of the Town Council, I would like to sincerely thank you for your participation in the municipal elections and for once again placing your trust in me. Through your commitment and by exercising your right to vote, you demonstrate how much you value democratic life and the vibrancy of our community.

Your support is the cornerstone of Pincourt's development. Together, we have already accomplished many meaningful projects: improving the safety of our streets, creating new sports and cultural spaces, modernizing our infrastructure, and protecting our environment. These collective achievements reflect our shared desire to provide every generation with a welcoming, inclusive, and dynamic place to live.

As we begin this new chapter, I am looking confidently toward the future. New projects and new challenges await us, and I am honoured to take them on alongside you, supported by a dedicated team.

Let us continue to build a proud, supportive, and forward-looking community where every citizen plays a central role.

This winter, our teams have prepared a great variety of activities for you. Whatever your interests, you'll find something you enjoy! Join us and make the most of this wonderful season:

- Winterfest
- Polar Lights
- Free public skating and hockey at the Cité-des-Jeunes arena (free for Pincourt residents)

On behalf of Town Council and myself, we wish you a wonderful end to 2025 and a new year in 2026 filled with happiness and success.

Claude Comeau, Mayor

c.comeau@villepincourt.qc.ca
514 453-8981, ext. 325

MUNICIPAL COUNCIL

Mario Demers

m.demers@villepincourt.qc.ca



Denise Bergeron

d.bergeron@villepincourt.qc.ca
514 808-6257



Melanie Rose

m.rose@villepincourt.qc.ca



Diane Boyer

d.boyer@villepincourt.qc.ca
438 397-7226



Carmen Pilote

c.pilote@villepincourt.qc.ca



René Lecavalier

r.lecavalier@villepincourt.qc.ca
514 646-0720

DISTRICT 1

DISTRICT 2

DISTRICT 3

DISTRICT 4

DISTRICT 5

DISTRICT 6

2025 YEAR IN REVIEW

JANUARY - Winterfest and Polar Lights 2025



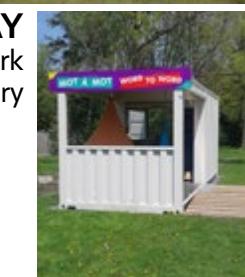
APRIL - Compost Distribution Day



APRIL - Earth Day Tree Planting Day



MAY Trotter Park Micro-Library



FEBRUARY Snowskate Board Initiation



MARCH Spaghetti dinner fundraiser Association pompiers & PR Pincourt / NDIP Caserne 6



MAY - BougeBouge Festival & Ile Perrot Marathon



(Photo credit: Bouge Bouge)

JUNE - JULY

2nd Art Pathway



Mural of Notre-Dame-de-Lorette Elementary School (AIP)



Inauguration of the Basketball Courts and P-Town Programming



AUGUST - Firefighter's Day 43rd edition



AUGUST Inauguration of the Halte Sénéchal

P-TOWN STATION
Summer sports
equipment rental

SEPTEMBER - Soup Festival



SEPTEMBER - Intercultural Festival



SEPTEMBER



Inauguration of 2 new pickleball courts

Inauguration of the new synthetic field

Tennis court resurfacing



Inauguration of the bike path
on Duhamel Rd. between 9th and 5th Ave.

OCTOBER - Volunteer appreciation night



OCTOBER - P-TOWN Cup



OCTOBER - Grande Marche Défi Pierre Lavoie



One of many achievements
of the horticulture Team

JUNE - Fire department

The Association pompiers & PR Pincourt / NDIP Caserne 6 donated \$800 to five elementary schools in Pincourt and Notre-Dame-de-l'Île-Perrot. These funds were used to purchase school supplies, provide meals, and/or snacks for children in need.

The funds raised came from the generosity of citizens who attended the spaghetti dinner, of last March.

In the photos: The firefighters involved in the organization – Astrid Dansereau-Labbé, Judith Boyer, and Dimitri Karagiannis – along with the school principals.



De la Samare School Principal
Ms. Lyne Proulx



Edgewater School Principal
Ms. Shirley Kapitsky



Notre-Dame de la Garde School
Ms. Jenny Thibault



Notre-Dame-de-Lorette
Ms. Martine Pilon



St-Patrick School Principal
Ms. Jennifer Murphy



2025 student scholarship recipients

Over the past few months, students who worked for the Town of Pincourt over the summer have each received their \$250 student bursary.



Camille Chatel, accompanied by the Animation and Leisure Coordinator, Cindy Lessard, Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Chucko Mukoro, accompanied by the Animation and Leisure Coordinator, Cindy Lessard, Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Emma Hajm, accompanied by Head of Division - Recreation, Mélanie Bergevin, Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Laura Guilbault, accompanied by the Coordinator of Seasonal Employees Jean Laflèche, Mayor Claude Comeau and Administrative assistant Marie Guernon.



Mallory Arns, , accompanied by Head of Division - Recreation, Mélanie Bergevin; Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Raphaël Bessard, accompanied by the Coordinator, Project Manager, Infrastructure Abdelilah Hassani Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Vladimir Silkin, accompanied by the animation and leisure coordinator, Cindy Lessard; Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Xavier Lecuyer, , accompanied by Head of Division - Recreation, Mélanie Bergevin; Mayor Claude Comeau and Human Resources Director, Sharon Dol.



Samantha Plamondon, , accompanied by Head of Division - Recreation, Mélanie Bergevin and Human Resources Director, Sharon Dol.



LATEST NEWS



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Snowskate Board Initiation

TREE PLANTING SUMMARY FOR 2025:

- Nearly 1,370 trees planted in 2025;
- 70 large-calibre trees;
- Around 1,300 young saplings.

KEY HIGHLIGHTS:

- **Earth Day (April):** 30 trees planted along Île Boulevard and Forest Avenue;
- **Taillon Park:** Over 600 trees planted to densify the reforestation area in the woodland, from a distribution by the Ministry of Forests and Natural Resources;
- **Rousseau Park:** 3 trees planted to compensate for tree cutting at the park entrance;
- 2019 Social Reforestation Project: 62 trees replanted in 2025 by Arbre-Évolution.



PROJECTS PLANNED FOR FALL 2025:

- Planting 30 to 40 trees at various strategic locations (medians, parks, traffic circles, green spaces);
- Miyawaki Forest: creation of a second micro-forest at Olympique Park in Fall 2025 (around 700 trees).

SEED LIBRARY

The volunteer team behind the Pincourt Seed Library is preparing hundreds of seed packets for this spring! Come help the Seed Club bag seeds for next year. Over coffee and snacks and lively discussions about gardening, all in a friendly atmosphere.

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



Paving Work

Paving work has recently taken place on Île Boulevard, between Cardinal-Léger Boulevard and the entrance for Skieurs de l'île, near Suroît Park.

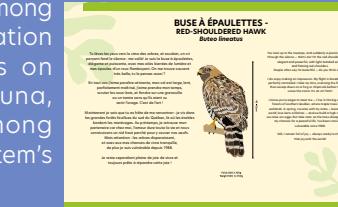
Restoration Work

Refurbishment of the median at the town entrance on Cardinal-Léger Boulevard, between highway 20 and Tim Hortons.



Renovation Work at Town Hall

As many of you have noticed, we are reorganizing the office space at the Town Hall entrance. Here's a sneak peak! The work will be finished soon.



Laflèche-Rousseau Woodland

Enhancement of the Laflèche-Rousseau forest is underway, in collaboration with students from the Université de Montréal. This includes, among other things, the installation of educational panels on the site's flora and fauna, to raise awareness among visitors about this ecosystem's richness.

INTERCULTURAL COMMITTEE

Would you like to help organize the 2026 Intercultural Festival or the welcome reception for new residents? Join our Intercultural Committee: s.martel@villepincourt.qc.ca.



2025 MUNICIPAL ELECTION RESULTS

Dear citizens,

On November 2, 2025, you were called upon to exercise your right to vote in the Pincourt municipal elections. The voter turnout was 29.44%, representing 3,267 valid votes out of 11,346 registered voters.

HERE ARE THE RESULTS:

Mayor: Claude Comeau was re-elected with 81.63% of the vote.

District 1: Mario Demers won with 56.96% of the vote.

District 2: Denise Bergeron was re-elected unopposed.

District 3: Melanie Rose won with 46.52% of the vote.

District 4: Diane Boyer was re-elected unopposed.

District 5: Carmen Pilote won with 46.69% of the vote.

District 6: René Lecavalier was re-elected with 51.95% of the vote.

We sincerely thank everyone who participated in the democratic life of our town. Your commitment helps shape the future of Pincourt.



[Québec Elections](#)
[Municipal Election Pincourt results](#)



HEALTH TOWN COMMITTEE

Follow the social media pages of the Health Town Committee, made up of volunteer citizens, to find Pino, the bunny who travels around Pincourt every week.



A memorable adventure for five Pincourt youth

On Tuesday, November 4, nearly 170 young people had the chance to fly away for a magical 24-hour trip to Walt Disney World, in Florida, thanks to the Montreal Dream Trip Foundation and support from Air Canada.

Five young people from Pincourt were nominated by the Town to take part in this magical adventure, based on recommendations received from the three primary schools in the area and the local food bank.

The Pincourt Employee Community Support Fund also contributed to the cause by financially supporting the annual Amis de la Fondation Dream Trip-Montreal golf tournament. This contribution, combined with the Town's logistical support, made a significant difference in fundraising efforts for this essential project.

"Seeing these youth experience something so special reminds us how important it is to support initiatives for children. Thanks to our collective efforts, we gave them an unforgettable day, and we are extremely proud," said Claude Comeau, Mayor of Pincourt.



Photo credit: Voyage Rêves-Montréal

CALL FOR APPLICATIONS



Applications now open for the 2026 Arts Integration Program.

This year again, up to \$25,000 in funding will be available for the creation of an artistic mural in Pincourt, scheduled for summer 2026. Interested artists are invited to submit their application as soon as possible, before the deadline of Thursday, February 12, 2026.

The form is available on the Town website. For questions, contact the project manager at 514 453-8981, ext. 230, or by email at s.grenier@villepincourt.qc.ca.

[Participate here: application form](#)



Pincourt Winterfest 2025



Polar Lights 2025



Polar Lights 2025



VILLE DE
PINCOURT

COUNCIL MEETINGS



Mario Demers
District 1

Elected official



Denise Bergeron
District 2

Reelected by acclamation for a 4th term.



Mélanie Rose
District 3

Elected official



René Lecavalier
District 6

Reelected for a 4th term.



Claude Comeau
Mayor

Reelected for Second term



During municipal council meetings, elected officials gather to make decisions in the interest of Pincourt residents, in the form of bylaws or resolutions. If necessary, the mayor may also call special assemblies during the year.

When and where:

- 2nd Tuesday of each month, 7 p.m.
- René-Fournier Hall, Omni-Centre (375 Cardinal-Léger Blvd.)

December 9, 2025

Special meeting - Adoption of the 2026 Budget:

Tuesday, December 9

PUBLIC WORKS

PRIVATE SNOW REMOVERS

If you are a private snow remover in Pincourt, make sure to get your permit for the 2025-2026 winter season.

Please fill out the following form:

[Snow removal permit application for contractors.](#)

For renewals, just let us know of any changes, if there are any. A new form is not required.

WINTER PARKING

From **November 15, 2025, to April 1, 2026** inclusive, motorists may park their cars **on the street during the day** as follows, unless otherwise posted:

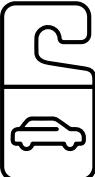
- On the side of the street with even addresses on even-numbered days (e.g. November 16, park on the even-numbered side).
- On the side with odd addresses on odd-numbered days (e.g. November 17, park on the odd-numbered side).

Reminder: Overnight street parking is **prohibited**, that is, **between midnight and 7 a.m.**

Important: During the Holiday Season, from December 23 to January 4, overnight street parking will be permitted, except in the event of a snowstorm. Otherwise, overnight street parking will be prohibited. Stay tuned for B-Citi alerts to keep you informed.

INCENTIVE PARKING

With winter approaching, you can buy a permit for one of the available incentive parking spaces.



Permit cost: \$50 per car

Payment: cash, cheque, or Interac

The fee covers snow removal and maintenance of the lot.

Permit validity: for the 2025-2026 winter season

Procedure: [Fill out the night parking application form](#)

For any questions, contact **Public Safety**:

Phone: 514 453-8981, ext. 203

Email: securitepublique@villepincourt.qc.ca

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SPECIAL COLLECTIONS

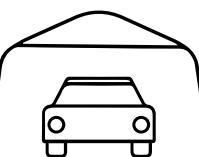
Cardboard and recycling surplus collection:

January 6, 2026

Christmas tree collection:

Week of January 12, 2026

SHELTERS INSTALLATION



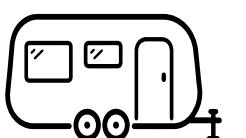
Temporary winter shelters:

- Only **one seasonal car shelter is permitted** per lot, from **October 15, 2025 to April 15, 2026**, and must be set up in a parking space.

Reminder: Make sure your temporary shelter is well cleared of snow to avoid a collapse.

Summer recreational equipment (boat, RV, etc.):

- The deadline for parking and storing equipment is **November 15**.



THE RECYCLING COLLECTIONS:

GIVEN THE CHANGES MADE TO THE RECYCLING COLLECTION, HERE ARE A FEW REMINDERS REGARDING COLLECTIONS.

Place your bin out starting at 6 p.m. the day before the collection.

Containers, packaging, printed paper. That's all.



YES, BUT →

Printed paper

✓ NEWSPAPER
✓ AND FLYER
✓ MAGAZINES
✓ SHEET OF PAPER
ENVELOPE ETC



Containers and packaging

✓ EGG CARTON
✓ SHAMPOO BOTTLE
✓ OIL BOTTLE
✓ FRUIT CONTAINER
✓ DISH SOAP CONTAINERS
✓ CAN

✓ PAPER BAG
✓ ALUMINUM PLATE
✓ AND FOIL, ETC.



BLUE BIN
Collection will switch to
every two weeks

throughout Vaudreuil-Soulanges



THERE ARE EXCEPTIONS

✗ **Aerosol containers**



→ TAKE THEM TO A DROP-OFF POINT
THAT ACCEPTS THEM
→ MUST BE EMPTIED
BEFORE DISPOSAL

✗ **Protective polystyrene packaging**



→ TAKE THEM TO A DROP-OFF
POINT THAT ACCEPTS THEM
(Check with your municipality if
this material is accepted)

HOW TO FIND
THE NEAREST
MUNICIPAL DROP-OFF
POINT TO YOU?

VISIT YOUR
MUNICIPALITY'S WEBSITE.

For more details, consult
the Town's website
under Collections:
www.villepincourt.qc.ca

Bin Positioning



SMALL REMINDERS REGARDING COLLECTIONS

- Empty and lightly rinse the container;
- Separate the recyclable materials of the same container or packaging;
- Make balls with aluminum foil.

HOW TO REDUCE YOUR WASTE:

- Avoid ordering online (cardboard boxes accumulate quickly) and favor buying locally, bringing your own reusable bags;
- Buy food in bulk;
- Buy second-hand;
- Consider borrowing tools or other items that are rarely used before purchasing them.

RECYCLING COLLECTION:

- Fold your boxes and crush the plastic and metal containers;
- The numbers no longer matter: all packaging and containers are recyclable;
- Extra cardboard and recycling collection;
- Encourage neighbors to help each other out. Ask those who don't use their bins much if you can add your materials to them;
- Opaque bags are prohibited.

COMPOST

- Do you know which products are accepted and which are not? Visit tricycle-mrcvs.ca

Accepted: wooden utensils, hair, cold ashes, animal excrement, biodegradable litter, paper tissues, paper towels, green waste, and many others;

Refused: Plastic bags (regular and biodegradable, compostable or oxo-degradable), shells and mussels, compostable tableware, and many others.

ECOCENTRE

- Check the items that must be brought to the ecocentres at: tricycle-mrcvs.ca

BULK WASTE

- Accepted items: bathtubs, showers, sinks, toilets, furniture, mattresses, and carpets/rugs.

RETURNABLE

- Several containers are now returnable/deposit-bearing. Please consult www.consignaction.ca

Containers and packaging

CONTAINERS AND
PACKAGING FLEXIBLE
OR RIGID OR STAND-UP



Containers and packaging

FOOD-GRADE
POLYSTYRENE
AND OTHER
PLASTICS *



**MAKE
ROOM
in your
BIN!**



COLLECTIONS 2026

calendar

JANUARY 2026						
S	M	T	W	T	F	S
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				

FEBRUARY 2026						
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MARCH 2026						
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APRIL 2026						
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MAY 2026						
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31						

JUNE 2026						
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28	29	30				

JULY 2026						
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AUGUST 2026						
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30	31					

OCTOBER 2026						
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25	26	27	28	29	30	31

NOVEMBER 2026						
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29	30					

DECEMBER 2026						
S	M	T	W	T	F	S
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15	16	17	18	19	20	21
20	21	22	23	24	25	26
27	28	29	30	31		

TOWN OF PINCOURT



Green waste: May 6 and 20; June 3 and 17; July 1, 15 and 29; August 12 and 26; September 9 and 23, October 7 and 21 and November 4 and 18.

Cardboard:

January 6 and July 7

cardboard and excess recycling



Christmas trees:

week of January 12

Place the trunk towards the street

**We recommend that you place your bins at the curb the day before collection, from 6 p.m., to avoid missing the truck on your street.

For information about the various collections, please refer to the website of the Town of Pincourt: www.villepincourt.qc.ca/en/citizen-s-services/municipal-services/collection

Garbage collection takes place every two weeks on Wednesdays.

GARBAGE

Recycling is collected every two weeks on Tuesdays.

RECYCLING

Food waste is collected every Wednesdays.

FOOD WASTE

Bulk waste collection is held on the 4th Wednesday of the month, from March to October.

Materials accepted: bathtubs, showers, sinks, furniture and mattresses, carpets, toilets.

BULK WASTE

Green waste is collected every second Wednesday, from May to November.

Residues accepted: garden residues, flowerbed residues, grass and leaves, lawn, hedge clippings, small branches less than 1 cm in diameter.

GREEN WASTE

Collection #1 in May: May 18 to 23

Collection #2 in October: October 19 to 24

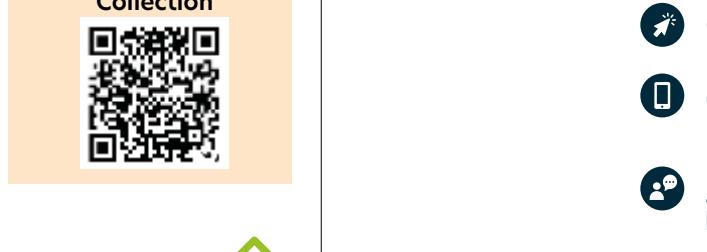
Registration required up until the day before [online form](#).

In the event of bad weather causing damage, a special collection will be organized.

BRANCHES

FORM

Branches Collection





RECREATION SPORTS & CULTURE

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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

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 :
2nd Wednesday of each month, 1:30 p.m. - 3 p.m.
Hosted by Joanne Déry
January 14, February 11 and March 11
Registration: 514 453-8981, ext. 214

STORY TIME

Dive into the magical world of stories! Our storytimes are specially designed to offer warm moments tailored to all children. It's a wonderful way to spark the imagination and create cherished family memories.
Story time in pyjamas and crafts.

Free for children ages 2 to 5
(accompanied by an adult)

French Story Time:
1st Wednesday of each month, 6:30 p.m. to 7:30 p.m.
Hosted by Stacey Monk
January 14, February 4 and March 4

English Story Time:
1st Tuesday of each month, 6:30 p.m. to 7:30 p.m.
Hosted by Stacey Monk
January 13, February 3 and March 3
Registration via Sport-Plus or by phone at 514 453-8981, ext. 229

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.



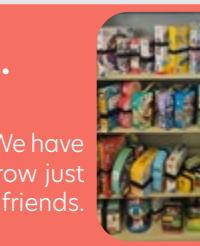
DIGITAL BOOKS, NOW JUST A CLICK AWAY!

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



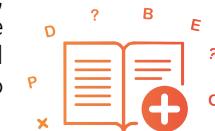
A Collection of Games... to Borrow

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!



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.



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 & SCONES 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.



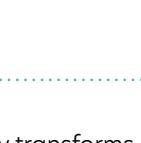
WORKSHOP DOUBLE DUTCH / DOUBLE ROPE WORKSHOP (AGES 8+)
With Double Corde Montréal. Learn the art of double rope skipping, just like on the streets of Harlem! Watch a dynamic demo of this practice that originated in New York's African-American neighbourhoods, then try it yourself—learn how to jump in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



REGISTRATION VIA **LS⁺**
SPORT-PLUS

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

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!



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.



**EXHIBITION MEMORY IN MOTION
BLACK CULTURES OF YESTERDAY, TODAY, AND TOMORROW**

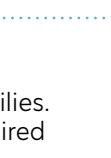
In partnership with Pincourt Recreation Services, discover a pop-up exhibition from February 8 to 28. Explore important moments in Black and African-American culture, from its heritage to contemporary voices and future perspectives.



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.



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.



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

Public skating 2025/26 (Cité-des-jeunes Arena)
From October 4, 2025 to March 28, 2026



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



Shinny hockey 2025/26 (Cité-des-jeunes Arena)
From October 10, 2025 to April 10, 2026



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/Skieurs-de-lile)

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):

Family: \$20 Individual: \$15 50 and over: \$12

Cost (starting December 1):

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.

ZONE ZEN

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



LEISURE ACCOMPANYING CARD



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



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

ADAPTED WINTER EQUIPMENT AVAILABLE FOR LOAN

- A cross-country ski sled is available at the Centre de plein air Notre-Dame-de-Fatima, in Notre-Dame-de-l'Île-Perrot.
- A skating sled is available at Olympique Park in Pincourt.



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

SPORTS ACTIVITIES offered by the Town

REGISTRATION VIA **LS+**
SPORT-PLUS

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.

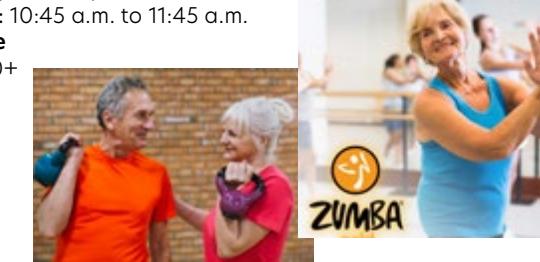
Teacher to be determined.

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

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

Omni-Centre

\$50, ages 50+



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.

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+

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!

REGISTRATION: SPRING BREAK CAMP AT THE OMNI-CENTRE

NEW!

To register:

Starting at 9 a.m., Monday, February 9.

Registration closes on February 22.

Resident children only, limited spaces

Registration online via Sport-Plus **LS+**
SPORT-PLUS

Join us for fun and discover all
the exciting activities that our animators have
prepared for the school break week!

For details of the week, keep an eye out for the promotional
calendar that will be distributed in Pincourt's elementary schools during the week of January 19.



INTRODUCTION TO "SNOWSKATE" BOARDING

By Les Toasters - Skateboarding School

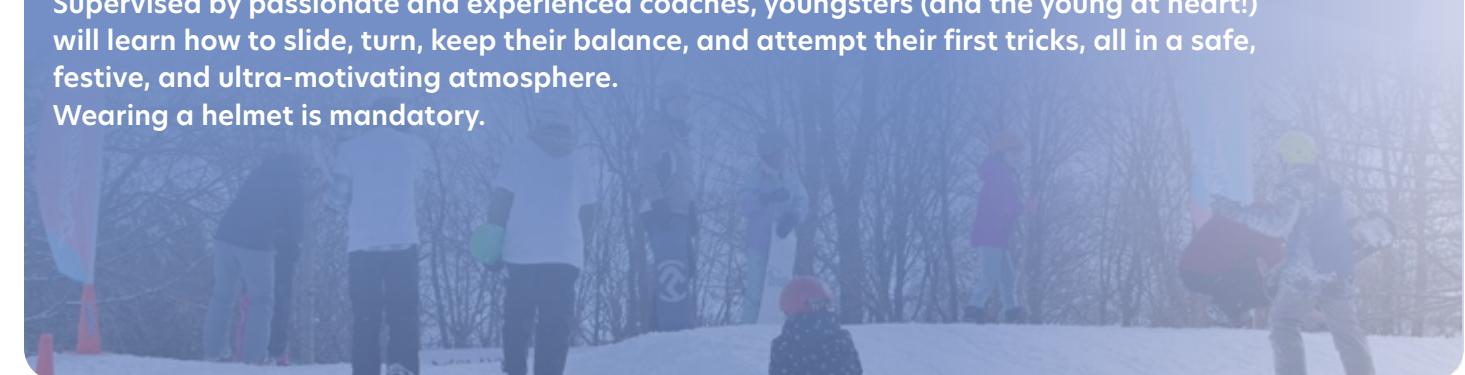
Sunday, February 22, 11 a.m. to 2 p.m.

Olympique Park

Come and learn the practice of snowskating, the snowboard without bindings!

Supervised by passionate and experienced coaches, youngsters (and the young at heart!) will learn how to slide, turn, keep their balance, and attempt their first tricks, all in a safe, festive, and ultra-motivating atmosphere.

Wearing a helmet is mandatory.



CONTACT US

514 453-8981

TOWN HALL

Regular hours: Mon. to Thurs.: 8 a.m. to noon and 1 p.m. to 4:45 p.m.

Fri.: 8 a.m. to noon.

Administration and Finance Department option 1

Urban Planning Department option 2

General Management, Town Clerk and Mayor's Office option 3

Human Resources Department option 4

Emergency and Fire Protection Department option 7

RECREATION AND COMMUNITY SERVICES option 6

Regular hours: Mon. to Thurs.: 8 a.m. to noon and 1 p.m. to 4:45 p.m.

Fri.: 8 a.m. to noon

PUBLIC SECURITY ext. 203

(Municipal Patrol)

MUNICIPAL GARAGE ext. 381

Regular hours: Mon. to Thurs.: 7:45 to 11:30 a.m. and 12 to 4 p.m.

Fri.: 7:45 to 11:45 a.m.

ÉCOCENTRE DE L'ÎLE 450 455-5434

750, Olympique Blvd., Pincourt (QC) J7W 7C8

Current hours: visit tricycle-mrcvs.ca

(Citizens/Environment/Ecocentre Network)

LIBRARY ext. 214

3-1-1 LINE: OUTSIDE BUSINESS HOURS

If an incident occurs outside our office hours (**evenings, weekends and holidays**),
call 3-1-1 immediately.

This line is for the following municipal interventions:
water breaks, sewer backups, security patrols, lost, dead or stray animals, etc.

OFFICE CLOSURE: PUBLIC HOLIDAYS

- Holiday season: December 23 at 12 p.m., until January 2, 2025 inclusively

