



**INFO-
PINCOURT**

Summer 2026, vol. 50

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TOWN OF 
PINCOURT



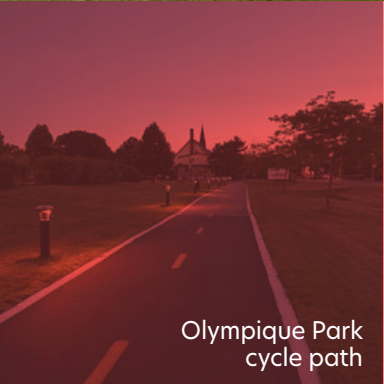
Photo credit: Olivier Langevin

Swimming pool, baseball field and pickleball courts at Olympique Park

CREDITS

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www.villepincourt.qc.ca



Olympique Park cycle path

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Pump track, next to the Omni-Centre

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A WORD FROM THE MAYOR

Dear citizens,

Summer is the season when Pincourt comes alive, as our public spaces fill with life, energy and good cheer.

It is with great pride that I see you making use of the facilities we have developed together. Whether on the basketball courts, at the skate park, on the pump track, or on the pickleball or tennis courts, your presence is a testament to the vitality of our community and confirms that these investments were the right ones.

Seeing young people, families and athletes of all ages making the most of these facilities is exactly what we wanted: a town where it is great to be active, to meet up and to create memories.

As summer in Pincourt means entertainment, I am pleased to highlight the return of free recreational activities. The Thursdays Show at Place Bellevue, Mondays in the Parks and several new features that you will discover in the following pages will appeal to the whole family.

Whether you are into sport, arts, culture, music or something else, everyone will find something to enjoy in Pincourt this summer.

I wish you a wonderful summer season, full of discoveries and beautiful moments shared together.

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

MUNICIPAL COUNCIL



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Mario Demers
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 514 436-9258



DISTRICT 2

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 514 808-6257



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Melanie Rose
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DISTRICT 6

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Photo credit: CRD Photo

WORKS 2026



During the summer period, the Town is undertaking several improvement works:

- Completion of works, mainly the paving of 44th Avenue, 1st and 2nd Boulevard, planned for May;
- Refreshing of longitudinal road markings throughout the area, also in May;
- Safety works at the Trotter crossing on Cardinal-Léger Boulevard, in June-July;
- Complete refurbishment of the infrastructure on Leduc Street, this summer.



CIVIL SECURITY Together, let's be ready!



On April 13, 2026, the municipalities of Pincoirt, Très-Saint-Rédempteur, Pointe-Fortune, Rigaud, Sainte-Marthe, and Sainte-Justine-de-Newton signed an agreement to establish an intermunicipal civil protection initiative. This initiative establishes an effective organizational structure to ensure an optimal response to emergency situations, in accordance with the law.



Rue principales Award



The Town of Pincoirt, together with the Pincoirt Design Committee, won the Identity and Local Attractiveness Award at the most recent Banc Public conference.

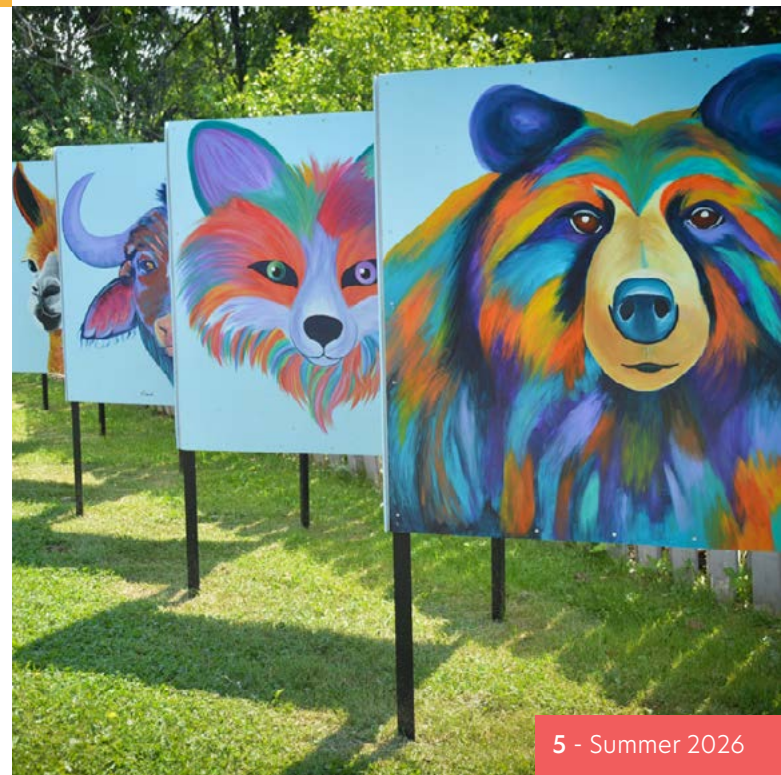


Two new murals this summer for the Arts Integration Program (AIP)

It is **Edgewater School** with its mural entitled "**Growing Your Wings**" that will kick off the artistic journey this summer with an inspiring work that will come to life in May/June on the north facade of the building.

The second mural will be called "**All Roads Lead to Pincoirt**", a mural over 150 feet long that will be visible on the facade of one of our long-standing businesses in Pincoirt: **Les Couvre-Planchers Pincoirt**.

These art works will already be the 5th and 6th of the AIP program.



LATEST NEWS

Football field, Chêne-Bleu High School

FIRE DEPARTMENT



On April 17, the Pincoirt Volunteer Firefighters Association organised a **spaghetti supper** in aid of the primary schools of Pincoirt and Notre-Dame-de-l'Île-Perrot, raising **\$825** for each school, to provide meals for children in need.

Thank you all for your great participation!



Tips during heatwaves:

- Make sure you stay hydrated
- Avoid consuming alcoholic drinks
- Take a cool shower or bath
- Do physical activities when it is cooler
- Spend as much time as possible, at least 2 hours, in an air-conditioned or cool place (an air-conditioned room in your home, library, community centre or shopping centre).

For more tips, please visit the Quebec government page: [Extreme Heat](#)

Don't forget to register yourself or someone who may have special needs with the [PNAP](#)



Cycle path

Looking back at the BougeBouge event

On May 3rd, the BougeBouge Festival was a real success. The day was filled with the energy and enthusiasm of the participants. Congratulations to everyone who took part in the event, and thank you to the BougeBouge team for a wonderful edition!





photo credit: BougeBouge Festival

SENIORS' DAY What a success!

On May 1st, the Omni-Centre was buzzing with the Seniors Day, organised by the Town of Pincourt and the Ville en santé Committee. Sports workshops, a variety of kiosks and good cheer were all on offer!

Thank you to all the participants for this wonderful, active and inspiring day.



 **Sunday, May 24**
9 a.m.
 **Pincourt Library**


Come enjoy a nice morning coffee with your mayor, Mr. Claude Comeau. It will be a pleasant coffee break accompanied by friendly conversation, during which Mr. Comeau will introduce you to the wide range of recreational and artistic activities available to you throughout the summer.

We look forward to seeing you on Sunday, May 24, at 9:30 a.m. at the library.

Please RSVP by email to:
s.grenier@villepincourt.qc.ca
by May 21, 2026.

PINCOURT

La Presqu'île Sector
Your bus network has changed with the arrival of the REM.



For more details, please visit exo.quebec/newbusroutes

Leisure Companion Card
Pincourt accepts the Leisure Companion Card, which allows a companion to take part in our activities free of charge.



LAISSEZ-PASSER LOISIR POUR MON ACCOMPAGNATEUR

2026 EDITION

YOUR SCHOOL BAG LIKE EVERYONE ELSE

Are you finding it hard to make ends meet and the 2026 back-to-school season is approaching much too quickly? See if you are eligible for assistance from the Foundation, so your child can start the school year with all the materials needed for success (from 4-year-old kindergarten to Grade 6).

For more information, to review eligibility criteria, and to access the registration form:
fevs.ca/en/where-your-donations-go/#school-bag



How to register?

1. Complete the form before June 26, 2026.
2. Provide a copy of the following documents:
Notice of Assessment 2025 for each adult in the household OR
Statement of benefits from the income security program
3. Send your application to the address indicated on the form.

Total eligible family income (before taxes)		
2 people: \$39,721	4 people: \$59,288	6 people: \$75,839
3 people: \$48,832	5 people: \$67,244	7 people and over: \$84,436

For more information, admission criteria and the application form:
fevs.ca/en/where-your-donations-go/#school-bag



211 telephone service is available in **200 languages**.
Information and referral towards 5,000 community services.



WE WILL LEAVE NO ONE BEHIND.
SPREAD THE WORD ABOUT OUR SERVICE IN THE COMMUNITY.

211 Grand Montréal

COUNCIL MEETINGS

Council meetings are when elected officials come together to make decisions in the interests of the Town, in the form of by-laws or resolutions.

If necessary, the mayor may also call special meetings during the year.

When and where:

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

June 9 | July 14 | August 11 | September 15
October 20 | November 10 | December 8

Special meeting - Adoption of the 2027 budget:
To be determined



By-law - WATERING

A quick reminder of the by-law on water use:

Watering periods

Watering of lawns, hedges, trees, shrubs or other plants, distributed in particular by portable sprinklers, by an automatic watering system or by porous hoses, is only permitted on **Mondays and Thursdays, between 8 p.m. and 10 p.m.**

Watering distributed by portable sprinklers, by an automatic watering system or by porous hoses is **prohibited** on other days and **outside the permitted periods.**



<p>Authorized</p>	<p>At all time</p> <p>Watering can and hose with stopping device</p> <p>Garden, vegetable garden, flower box, flowerbed, tree</p>
	<p>At all time</p> <p>Bucket of water and hose with stopping device</p> <p>Car</p>
	<p>Between 8 P.M. and 10 P.M. Mondays and Thursdays</p> <p>Sprinkler hose</p> <p>Lawn, hedge and tree</p>
<p>Forbidden</p>	<p>At all time</p> <p>Hose with NO stopping device</p>

SPECIAL COLLECTIONS

Bulk waste collection: May 27, June 24, July 22, August 26, September 23 and October 28

Green waste collection: June 3 and 17; July 1st, 15 and 29; August 12 and 26; September 9 and 23; October 7 and 21

Branches collection: Week of May 18 and October 19

GARAGE SALE

Authorized weekends: June 20 and 21 and Monday, Sept. 7 (Labour Day). No permit is required.

URBAN PLANNING

Compliance of residential swimming pools

Are you an owner or planning to install a residential swimming pool?

Make sure your installations comply with the Provincial Government's Residential Swimming Pool Safety Regulations. All current and future owners must comply by September 30, 2027.

The application guide for the [Regulation on the safety of residential swimming pools](#) from the Quebec government can assist you in your process.

Before starting your work, contact the land use planning department: permis@villepincourt.qc.ca

FINANCES

Municipal taxes

Tax rates are set according to the anticipated annual expenses and the budget required to cover the costs.

2026 Payment Due Dates:

- 3rd installment: July 2nd, 2026
- 4th installment: September 1st, 2026

Please note, online payment is available for the following administrative invoices:

- Transfer duties
- Municipal taxes
- Permits, etc.

USEFUL REMINDERS

Make way for good weather, make way for renovations!

Don't forget to apply for your permits for your renovation projects: Pools, patios, sheds, fences, etc.

How to do it? See the web page [Permit Application](#).

You do not need to apply for a permit for the following projects:

- Changing roof shingles
- Interior and exterior painting work
- Gutter installations



Construction work

It is **permitted** to carry out or have carried out construction, repair or demolition work on a building:

- Monday to Thursday, from 7 a.m. to 10 p.m.;
- Friday, from 7 a.m. to 8 p.m.;
- Saturday and Sunday, from 9 a.m. to 8 p.m.

Lawnmowers and power tools

It is **permitted** to use a lawnmower or lawn tractor, a strimmer, a chainsaw, a leaf blower or any other power tool:

- Monday to Thursday: 7 a.m. to 10 p.m.;
- Friday: 7 a.m. to 8 p.m.;
- Saturday, Sunday and public holidays: 9 a.m. to 4 p.m.

Subventions
Baril récupérateur
d'eau de pluie

Environmental Subsidies:
Rain barrel

Stormwater management

Did you know there is a grant for rain barrels?
Fill in the [online form](#).

Greening

Do you know about the greening programmes in Pincourt?

- A tree for my neighbourhood: Low-cost trees
- Ensemble on verdict: replacement of felled trees

For more details, visit our website in the [Tree Purchase](#) section.

BUY YOUR TREE THIS FALL
FROM \$ 25

WWW.ATREEFORMYNEIGHBOURHOOD.ORG



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

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

MARCH 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				

APRIL 2026

S	M	T	W	T	F	S
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		

MAY 2026

S	M	T	W	T	F	S
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						

JUNE 2026

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2026

S	M	T	W	T	F	S
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	

AUGUST 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					

OCTOBER 2026

S	M	T	W	T	F	S
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

NOVEMBER 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					

Food waste **Recycling** **Garbage**
Bulk Waste **Branches**

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 (in a clear bag)

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
Garbage collection takes place every two weeks on Wednesdays.

RECYCLING
Recycling is collected every two weeks on Tuesdays.

FOOD WASTE
Food waste is collected every Wednesday.

BULK 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.

GREEN 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.

BRANCHES
Collection #1 in May: May 18 to 23
Collection #2 in October: October 19 to 24
Registration required: [online form](#) and branches must be placed at the curb no later than the day before collection.
In the event of bad weather causing damage, a special collection will be organized.

FORM Branches Collection

DECEMBER 2026

S	M	T	W	T	F	S
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		



FREE SWIM SCHEDULE

Important: The opening of the swimming pool and times may be modified depending on weather conditions.

PRESEASON and POSTSEASON
June 8 to 21 and August 17 to 23, 2026

Monday to Friday: 4 p.m. to 7 p.m.
Saturday and Sunday: 1 p.m. to 7 p.m.

REGULAR SEASON
June 22 to August 16, 2026

Every day: 1 p.m. to 8 p.m.
Open swim, adults only: 8 p.m. to 8:30 p.m.

ADMISSION

Pincourt Residents and Notre-Dame-de-L'Île-Perrot (Proof of residence required)		Free
Non-residents	Daily at the door	Season Pass
0-4 years old	Free	Free
Children 5-17	\$5	\$100
Adults 18-59	\$10	\$200
60+	\$5	\$100
Family (2 adults, 2 children)	-	\$150

Debit and credit cards are accepted.

SATURDAY, JULY 11
1 P.M. to 5 P.M. • Municipal Pool

Entertainment of various games

AQUA FUN DAY

FREE

Takes place rain or shine.



Municipal POOL & NAUTICAL Centre



NAUTICAL CENTRE Located at Bellevue Park, the boat rental center offers a variety of options for your water activities. No reservation required! Show up on site with a valid ID and fill out the information form to rent your boat.

- Kayaks
- Paddle boards
- Pedal boats
- Canoes



Do you own your own non-motorized boat?

Use the boat launch located at the end of the parking lot and paddle for free in Daoust Bay.

FUN GAMES RENTALS - FREE

- Lawn games and board games available during opening hours;
- Free;
- Present a piece of ID;
- Return it before closing.

NAUTICAL CENTER SCHEDULE

Closed in case of bad weather.

PRE-SEASON June 13 and 14, 2026

Saturday and Sunday: 10 a.m. to 6 p.m.

REGULAR SEASON* June 18 to August 2, 2026

Thursday: 4:30 p.m. to 7:30 p.m. Friday to Sunday: 10 a.m. to 7:30 p.m.

* Closed on June 20. Open on Saint-Jean-Baptiste Day, June 24 and on Canada Day, July 1st from 10 a.m. to 4 p.m. Closed from August 6 to 9 for Firefighters' Day preparations.

CONSTRUCTION HOLIDAY SCHEDULE July 20 to August 2, 2026

Wednesday: 12:30 p.m. to 4:30 p.m. Thursday: 12:30 p.m. to 7 p.m. Friday to Sunday: 10 a.m. to 7:30 p.m.

POST-SEASON* August 15 to September 7, 2026

Saturday and Sunday: 10 a.m. to 6 p.m. *Open on Labour Day: Monday, September 7 from 10 a.m. to 6 p.m.

RATES

Accepted payment methods: debit, credit, or cash

For residents of Pincourt and Notre-Dame-de-l'Île-Perrot

30 minutes	\$12
1 hour	\$18
2 hours (max.)	\$29
5 passes of 1 hour	\$70
10 passes of 1 hour	\$128

For non-residents

30 minutes	\$18
1 hour	\$29
2 hours (max.)	\$47
5 passes of 1 hour	\$116
10 passes of 1 hour	\$215

NAUTICAL ACTIVITIES - Programming

New

- 🌐 **Online registration:** [Sport-Plus](#)
From June 8 (from 9 a.m.) to August 15
- 📞 **By phone:** 514 453-8981, ext. 229
- 📧 **Information:** loisirs@villepincourt.qc.ca

For adults - Limited spots
Weather: In case of rain, the activities are cancelled.
Discount: \$10 off if you use your own boat.

KAYAK INTRODUCTION WORKSHOP



Saturday, July 18 and Saturday, August 15, from 10 a.m. to 12 p.m.

Learn the basics of paddling safely and fully enjoy your kayak outings, with instructor Céline Palfroix.

Included: kayak, life jacket, paddle, and safety equipment.

DISCOVERY KAYAK TOUR WITH GUIDE



Friday, July 10, from 6 p.m. to 7:30 p.m. Saturday, August 1st, from 10 a.m. to 11:30 a.m.

Activity open to all, **no experience required**. Try kayaking and learn basic techniques in a safe environment, accompanied by **Céline Palfroix**.

Residents of Pincourt and Notre-Dame-de-l'Île-Perrot: \$29 Non-residents: \$47

YOGA ON PADDLE BOARD



Thursday, July 2, from 6:30 p.m. to 7:30 p.m. Thursday, July 16, from 6:30 p.m. to 7:30 p.m.

Experience a yoga session on the water with instructor **Megan Blanchet-Plante**.

Included: paddle board, life jacket, paddle, and safety equipment.

Schedule: Meet at the Nautical Center to pick up your board (About 40 min of yoga, 10 min of meditation, and 10 min for moving before/after).

Residents of Pincourt and Notre-Dame-de-l'Île-Perrot: \$18
Non-residents: \$29

NAUTICAL FESTIVAL

SUNDAY, JULY 10 A.M. TO 3 P.M.

NAUTICAL CENTER Bellevue Park

Come celebrate the Nautical Festival and enjoy a day full of activities by the water!

ON THE PROGRAM

- **Free boat rental** at the Nautical Center (blocks of 30 minutes). Reserved for residents (ID with address required).
- **Booth on fish and fishing techniques** with **Roger Campbell**, member of the Fédération québécoise des chasseurs et pêcheurs. Participation prize.



- **Information booth** on fishing and water sports, in partnership with the outdoor store **Sail**.
- Draw for a kayak set, including:
 - 1 Sentinel 100x kayak
 - 1 paddle
 - 1 essential kit
 - 1 transport kit



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

SCHEDULE

Monday: 9 a.m. – 8:30 p.m.	Friday: 9 a.m. – 5 p.m.
Tuesday: 9 a.m. – 8:30 p.m.	Saturday: 10 a.m. – 4 p.m.
Wednesday: 9 a.m. – 8:30 p.m.	(closed from July 4 to August 29)
Thursday: 9 a.m. – 8:30 p.m.	Sunday: Closed

Closed on June 24, July 1st and September 1st

Return to regular schedule: September 5

Did you know that the library has a section of **specialized resources** to meet the needs of autistic people and anyone with special needs?

- Sensory toys
- Audiobooks
- And many other adapted tools

Come discover them and borrow those that could make a real difference for you or your loved ones!



BOOK SALE Saturday, June 6 10 a.m. – 4 p.m.

Low-priced books for all ages!



RECREATION SPORTS & CULTURE

14



SUMMER VACATION LOAN

June 1st to August 31

The vacation loan is back starting June 1st! The borrowing period for this time is extended to **6 weeks**.

Borrow up to 20 books.

This summer, adventure begins at the library!

IN THE ART OF SUMMER

18th EDITION: From July 4 to August 4

The library transforms into an exhibition hall for the delight of art lovers! The exhibition, designed to showcase the talent of local artists, is a joint initiative of the libraries of Pincourt, Notre-Dame-de-l'Île-Perrot, and L'Île-Perrot.

In the Art of Summer Junior returns to showcase the talent of **youth aged 10 to 17 from the region!**



TROTTER PARK MICRO-LIBRARY

You can take or leave books in the self-service micro-library located at Trotter Park.

SEED LIBRARY

The seed library is back for a second season!

You can borrow up to 4 packets per week. A wide selection of vegetables and flowers awaits you. Come see us!



TD SUMMER READING CLUB

June 14 to August 22

Registration at the library or clubdelecturetd.ca

Get ready, sailor! The TD Summer Reading Club invites you to dive into marine worlds full of adventures. Set off to discover underwater wonders and their hidden treasures.

Will you dare to explore the sunken kingdom of Atlantis or uncover the secrets of Poseidon's lair? Sign up quickly to read captivating stories, take part in fun activities, and learn how to protect the water, the animals, and the plants that live there.

The first 250 registrants will receive a surprise gift.



TD SUMMER READING CLUB CLOSING PARTY

Saturday, August 22 • 11 a.m.

The island libraries invite the Summer Reading Club members to the show L'escale cirque!, presented by Les productions 3, 2, 1, cirque. Come with your family and enjoy a lively show with juggling, unicycle and aerial acts. After the show, there will be the announcement of the TD Club winners and a door prize draw.

Éperviers Park
Rhapsodie Street
Notre-Dame-de-l'Île-Perrot
QC J7V 0H4



PERFECT TRAVELER SURVIVAL KIT DISTRIBUTION June 23 to June 30

We have prepared perfect kits to accompany your summer adventures. Inside: games, treats, and essential tools for any travel surprises. Handy for having fun no matter the situation!

Limited quantity • Free

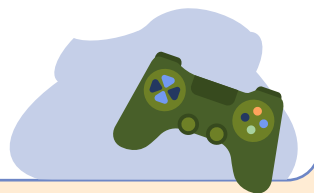


DID YOU KNOW? SERVICES AND RESOURCES

COLLECTION - VIDEO GAMES

Borrow your favorite video games for PlayStation, Xbox, and Nintendo at the library. Varied titles: adventure, sports, racing, puzzles.

An ideal offer for families, teens, and all enthusiasts who want to try, compare, and share their favorite games.



Book your LIBRARIAN

Every **Friday**, you can have a **30-minute session with your librarian**, between **9 a.m. and 12 p.m.**, to get help with your tablet, e-reader, e-books, or to learn how to navigate our catalog. A personalized service to answer all your questions.



COLLECTION - BOARD GAMES

Discover our new board game library! These games to borrow are for all ages, just like books. For fun with family or friends!



Accès Plus + BOOKS FOR ALL READERS

Come explore **Accès Plus +**, our collection specially designed for people with **special needs and learning disabilities (vision impairments, dyslexia, language or attention disorders)**.

You will 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 access to the joy of reading!



DIGITAL BOOKS, NOW JUST A CLICK AWAY!

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

- in French via pretnumerique.ca
- in English via cloudLibrary.com

These resources are available directly from our new online catalog.

**Borrow books wherever you are,
24 hours a day, 7 days a week.**

New collection: LEARN FRENCH AND DISCOVER LANGUAGES

Discover our kits dedicated to language learning and our new collection to support French language acquisition. You will find language manuals, dictionaries, educational kits, and various practical tools to learn French or get started with other world languages.



SOCIAL DEVELOPMENT

CONFERENCES FOR SENIORS

FREE

- 🌐 Online registration: Sport-Plus
- 📞 By phone: 514 453-8981, ext. 229
- 📧 Information: loisirs@villepincourt.qc.ca

THE SECRET TO HEALTHY AGING: MEANINGFUL ACTIVITIES

Coralie Gordon-Masmarti, occupational therapist

Thursday, June 4, 10 a.m. to 11 a.m., library mezzanine. Coffee and snacks will be provided.

How do you spend your days? Come reflect on the activities that are important to you and understand the impact of your daily routine on your health and aging.

Registration date:

Residents: Tuesday, May 19, from 9 a.m., until June 3

Non-residents: Monday, May 25, from 9 a.m., until June 3

AT THE WHEEL OF MY HEALTH ROAD SAFETY HAS NO AGE

Presented by the Société de l'assurance automobile du Québec

Thursday, June 11 10 a.m. to 11:30 a.m., library mezzanine. Coffee and snacks will be provided.

After many years behind the wheel, it becomes easy to forget that driving requires many of our abilities. This conference aims to remind participants of safe driving principles, review certain techniques and regulations, and answer questions and concerns from seniors.

Registration date:

Residents: Tuesday, May 19, from 9 a.m., until June 10

Non-residents: Monday, May 25, from 9 a.m., until June 10



SOCIAL DEVELOPMENT ACTIVITIES

NEIGHBOURS' DAY

June to September 2026

The Neighbours' Day Party invites you to create a gathering that reflects you. Barbecue, sports activity, or meeting in a park: all formats are welcome to bring the neighbourhood together.

The Ville en santé Committee and the Town of Pincourt are offering a \$150 grant to the first 10 registered parties.

To obtain the forms, visit the Neighbours' Day page on our website.

NEIGHBOURHOOD ACTIVITIES AT HALTE SÉNÉCHAL

A committee of volunteer citizens will organize summer activities at Halte Sénéchal. This project aims to enliven the space and bring together people from the neighbourhood in a friendly atmosphere. Stay tuned for the schedule on our social networks and on the community bulletin board that will be installed at Halte Sénéchal.

Funded in part by the
Government of Canada's
New Horizons for Seniors Program



WE WANT TO BE INCLUSIVE!

Do you have concerns about accessibility to an activity or have you encountered an obstacle? Contact us and we will be happy to consider possible solutions with you: loisirs@villepincourt.qc.ca



Let's get **moving**, this summer! From June 29 to July 31

Open participation, no registration required.

In case of bad weather, the activity is cancelled. Check for updates on our social networks.

FREE



BELLEVUE PARK

Classes location in Bellevue Park

1 Bellevue Chalet 2 Place Bellevue 3 Northeast point

Duration: 1 hour

DAY	TIME	CLASS
Monday	10:30 a.m.	2 Yoga
	6:30 p.m.	2 Cardio-Interval
Tuesday	10:30 a.m.	2 Chair Yoga
	6:30 p.m.	1 Zumba
	6:30 p.m.	3 Yoga
Wednesday	6:30 p.m.	3 Cardio-Interval
Thursday	10:30 a.m.	3 Zumba Gold
Friday	10:30 a.m.	3 Chair Yoga
Sunday	10:30 a.m.	3 Tai chi

BELLEVUE PARK

YOGA by Susan Frederick

The beautiful season is the perfect opportunity to practice yoga outdoors.

Bring your yoga mat.

CARDIO-INTERVAL by Patricia Noal

High-intensity exercises with strength training intervals.

Bring your yoga mat.

CHAIR YOGA by Susan Frederick **50+**

An adapted form of yoga that allows you to practice poses and breathing exercises using a chair.

ZUMBA by Nicole Trottier

Combination of cardiovascular and strength exercises with Latin dance moves.

50+ The Thursday class will be adapted for seniors (and anyone who wants to move at their own pace), with lower intensity.

TAI CHI (BA DUAN JIN) by Alicia Wang **NEW**

A simplified version of Tai Chi is offered: a series of eight simple and fluid movements, accessible to all. This activity helps improve flexibility, promote balance, and reduce tension, thanks to calm breathing and slow movements. The perfect opportunity to move gently and refocus.

TAILLON PARK **NEW**

BOUT D'CHOUX IN MOTION
Thursday, 6:30 p.m.

by Chantal D'Arcy (La Boîte aux Trésors)

Multi-age activity where children discover dance, music, and physical activity through songs, games, and instruments. Depending on the group, a "fitness" component may also be offered to parents.

Children aged 0 to 5 and their siblings



INDOOR OPEN ACTIVITIES

INDOOR BADMINTON AND PICKLEBALL

Clean sneakers required. Bring your equipment.

Open Badminton

Monday 8:30 p.m. to 10:30 p.m.
Omni-Centre
\$8/court/hour
June 1st to August 12

Open Pickleball

Thursday: 7:30 p.m. to 9:30 p.m.
Omni-Centre
\$8/court/hour
June 4 to August 13

RESERVATION REQUIRED

Go to the Pincourt website and click on [Sport-Plus](#) Registration in the top menu.

OUTDOOR OPEN ACTIVITIES

Tennis: Membership and access to courts

To become a member or obtain an access key, visit www.tennispincourt.org for all details on rates and registration.



Outdoor Pickleball - 2026 Season

Activation and registration at the Omni-Centre (residents only, proof required).
Access chip: Annual fee: \$5/year
Chip replacement \$5 (cash only).

i Info: 514 453-8981, ext. 229
loisirs@villepincourt.qc.ca



OUTDOOR PICKLEBALL COURT RESERVATION

[Procedures](#), see the website in the Sport-Plus Reservation tab, badminton and pickleball.

Residents only (Proof of residence required) **Omni-Centre**



BOOKING SCHEDULE

May 18 to October 31, 2026



Basketball CAVALIERS L'Île-Perrot

Monday, Tuesday, Wednesday:
May 18 to October 29
6 p.m. to 9 p.m.

Saturday:
May 23 to October 31
9 a.m. to noon

OPEN LEAGUE

Thursday: 7 p.m. - 9 p.m.
Friendly basketball game
Adults, 18 yrs +, mixed
No registration
On-site team

PROJET X



May 29:
5:30 p.m. - 8:30 p.m.

June 5:
8 p.m. - 11 p.m.

The practice court is always available.

VILLE DE PINCOURT



ACTIVITIES FOR TEENAGERS

P-TOWN STATION GETS A MAKEOVER!

Installation of a container with a game and sports equipment rental counter, as well as a chill-out area.

Opening planned for July. Follow us on social media!



The Youth 360 organization's Project X offers activities in parks during the summer in order to provide teenagers with healthy, enriching activities that are alternatives to risky behaviors.

STATION P-TOWN SCHEDULE

Thurs. -Fri.: 4 p.m. - 8 p.m.

Sat. - Sun.: 12 p.m. - 8 p.m.



- **SNACK BAR**
(Debit or credit only)
- **EQUIPMENT LENDING FREE**
- **CHILL ZONE**
 - Bean bags
 - Game console
 - Creative space
 - Foosball table

PROJET X SCHEDULE



MAY

19 4:30 p.m. - 7:30 p.m. Archery
22 8 p.m. - 11 p.m. Tennis

JUNE

05 8 p.m. - 11 p.m. Basketball
06 4:30 p.m. - 7:30 p.m. The food race
16 4:30 p.m. - 7:30 p.m. Volleyball
20 4:30 p.m. - 7:30 p.m. Ping-Pong
22 4:30 p.m. - 7:30 p.m. Soccer
23 4:30 p.m. - 7:30 p.m. BMX
26 8 p.m. - 11 p.m. Pickleball

JULY

07 8 p.m. - 11 p.m. Volleyball
08 4:30 p.m. - 7:30 p.m. Multisports
10 8 p.m. - 11 p.m. Skateboard
15 8 p.m. - 11 p.m. Apocalyptic night
17 8 p.m. - 11 p.m. Glow party
21 8 p.m. - 11 p.m. Artisti-X 360 Zone
29 8 p.m. - 11 p.m. Karaoke
31 4:30 p.m. - 7:30 p.m. Soccer

AUGUST

04 4:30 p.m. - 7:30 p.m. Foam Party
06 8 p.m. - 11 p.m. Artisti-X 360 Zone
12 4:30 p.m. - 7:30 p.m. Multisports
14 8 p.m. - 11 p.m. Campfire

ACTIVITIES FOR TEENAGERS

FREE

PARTY P-TOWN • FRIDAYS, from 5:30 p.m. to 8:30 p.m.

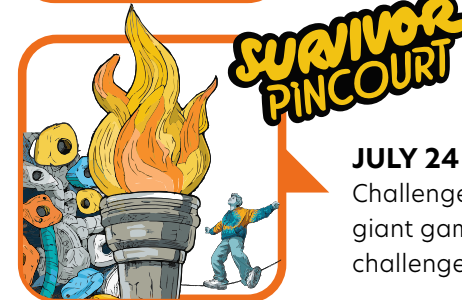
Free food, DJ, introduction to graffiti and skateboarding, wild activities different at each event, and many surprises on site!

Dress according to the evening's theme: there will be a prize for the best look at each event!



JUNE 12: OPENING PARTY

Foam rain and live DJ *live*, mechanical surf, introduction to graffiti, tie-dye workshop!



JULY 24

Challenge yourself with a climbing wall, giant games, and Survivor-style challenges!

escape in Tokyo

JULY 3

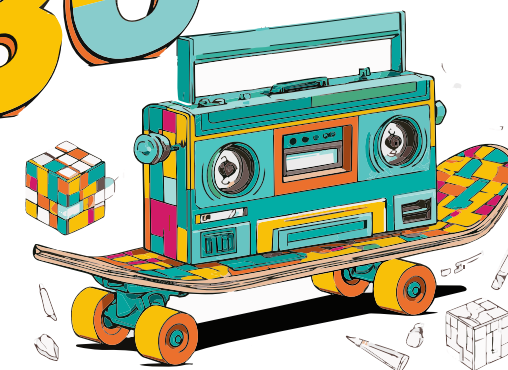
Try the racing simulator, discover manga drawing and become a ramen master chef!



P-TOWN CUP Saturday, August 29, 11 a.m. to 4 p.m. Closing party

Skate competition for all levels (registration on site - prizes to win). Trampoline volleyball, vintage arcade games and photobooth for unforgettable memories!

80's



Organized by the CAJ COMITÉ ACTION-JEUNESSE COMMITTEE

In partnership with Maison des jeunes Martin Bernier and Project X

ACTIVE SUMMER

AGES 12-18

bouge bouge

PINCOURT, ÎLE-PERROT, NOTRE-DAME-DE-L'ÎLE-PERROT



Register for free on BougeBouge.com

MARK YOUR CALENDAR



VINTAGE CAR EXPO

June 20, starting at 9 a.m., Bellevue Park

VILLE DE PINCOURT

EXPO Samedi 20 juin 2026

Voitures anciennes

PINCOURT

25 ANS ET + • VOITURES D'ORIGINE • MODIFIÉES • HOT-ROD

PARC BELLEVUE (Pincourt) magnifique site gazonné bordé par la rivière des Outaouais **DÈS 9 H**

MUSIQUE D'AMBIANCE avec artiste invité Pierre Harvey (Les Gendarmes)

REMISE DE TROPHÉES en après-midi

Entrée des exposants : **Gratuit** pour les membres VAO **15 \$** pour les non-membres.

En cas de pluie remise au dimanche 21 juin Infos : 438 499-1932 • vaq.qc.ca

ORGANISÉE PAR VAO

In case of rain, postponed to June 21

CALL FOR ARTISTS

OUTDOOR PAINTING

Call for visual artists

Saturday, September 26, 1 p.m. to 4 p.m.

Trotter Park

Express your creativity outdoors with other passionate artists. Set yourself up in the park with your materials and let yourself be inspired by the beauty of the place to move your project forward.

To participate, fill out the [form](#).



DISCOVERY SUNDAY

Call for artists

Sunday, September 27, 1 p.m. to 4 p.m.

Trotter Park

The Town is looking for artists to present a variety of performances (music, dance, theater, storytelling, circus, poetry, etc.), of short duration (10 to 30 min) and suitable for a family audience outdoors.

To participate, send by email to: loisirs@villepincourt.qc.ca :

- A short description of your proposal (discipline and duration);
- Your technical requirements;
- The number of participants;
- Video links or images, if possible.



Registration deadline for both activities: **Friday, July 17**

La culture fait du bien. Merci de prendre soin de nous.



The Relay For Life of Vaudreuil-Soulanges is a walk to benefiting the Canadian Cancer Society. Come and participate in large numbers for the cause!

The mayor's team has set up a dedicated page to receive your donations.

To contribute : <https://bit.ly/4tLpvWH>
Registration: relaispourlavie.ca



SATURDAY, JUNE 13

**Olympique Park
6 p.m. to midnight**



LIST OF EXTERNAL ORGANIZATIONS

External organizations offering activities to the population. www.villepincourt.qc.ca/activites-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
- 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 Ile Perrot-Pincourt Group
- Scouts de l'île Perrot (bilingual/ain english)
- 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 de 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



FREE **SUMMER PROGRAMMING**

In case of bad weather, follow our platforms to receive updates.

Mondays MONDAYS <i>in the parks</i> p. 25	Tuesdays YOUTH TUESDAYS p. 26	Wednesdays Sip & CREATE p. 27	Thursdays <i>Thursday</i> Shows p. 28	Friday <i>dance</i> nights p. 29
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MONDAYS
in the parks

From June 29 to August 3, from 6 p.m. to 8 p.m.
Come join our neighborhood parties organized in a park near you!
This will be an opportunity to meet your neighbors in a festive atmosphere.
Each evening will be different, with a host of activities under a specific theme.

June 29
BELLEVUE PARK

July 20
ROUSSEAU PARK

July 6
HALTE SÉNÉCHAL
(between Duhamel road and 5th Avenue)

July 27
SHAMROCK PARK

July 13
MONT-BLEU PARK

August 3
DU SUROÏT PARK



CULTURAL STATION
Come contribute to the creation of the cultural station's collective artwork.



CALM-DOWN TENT
If you or your child need a break, come enjoy our calm-down tent to relax for a bit!



YOUTH TUESDAYS

From June 30 to August 4, from 6:30 p.m. to 8:30 p.m.
Desjardins Kiosk, Olympique Park

Come enjoy an evening of entertainment specially designed for children. In addition to having fun in the foam, different activities will be organized each week.

FOAM PARTY 6:30 p.m. to 7:30 p.m. (10 years and under)
and 7:30 p.m. to 8:30 p.m. (10 years and over)

June 30 MEET THE ANIMALS OF REPTIZOO

Do you want to see snakes, lizards, and other fascinating animals up close? Join us for a visit to Reptizoo and discover the sulcata tortoise and the snapping turtle.

July 7 ELECTRIC PLUSH RIDES

Set off on an adventure on the bike path by driving an adorable electric plush toy.

July 14 GIANT BUBBLE CREATION

Discover the magic of giant bubbles and have fun making them in all sizes.

July 21 MARIO KART RACE

Come take on the challenge and compete with your friends in epic races and battles.

July 28 HULA HOOP WORKSHOP


Discover tips, take on challenges, and have fun with friends. Whether you're a beginner or an expert, come move with us.

August 4 WORKSHOP-SHOW OF GIANT FISH PUPPETS WITH LEGS!

Come and discover the behind-the-scenes of the making and handling of giant puppets. Dive into their world by attending a theater in motion.

Sip & CREATE

Wednesdays, July 8 to August 5, from 7 p.m. to 9 p.m.
Desjardins Kiosk
Olympique Park

Registration required via 
Residents: June 15, from 9 a.m.
Non-residents: June 22, from 9 a.m.

Want to paint and have fun? Sign up for the Sip & Create!

In two hours, guided by two artists, create your own canvas at the Desjardins kiosk. Everything is provided, including a glass of wine or a non-alcoholic beverage.

Materials included: canvas, acrylic paint, brushes, apron, and a drink.

\$10 residents \$20 for non-residents Limited spots 16 years and over



BAR AVAILABLE ON SITE* :

Perodam beers, Bourg des Cèdres wines, and soft drinks will be on sale during the activity.

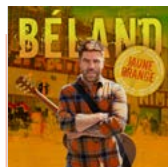
* Payment by debit or credit card only



Thursday Shows

Outdoor shows for adults
From June 25 to July 30, starting at 7 p.m.
Place Bellevue, Bellevue Park

Come discover the works of the artists from the Pincourt Design Committee at Bellevue Park and meet the artist on site.

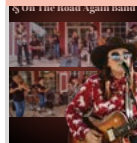


June 25 - Béland A show offering 90 minutes of music, combining 50% original compositions and 50% French-language covers (Les Colocs, Vilain Pingouin, Richard Desjardins, etc.).

+ : [Béland](#)

July 2 - Frozen Shades Made up of four friends passionate about rock. They play the great rock classics from the 60s to the 80s, in a style inspired by classic rock, southern rock, and country.

+ : [Frozen Shades](#)



July 9 - Audrée & On The Road Again Band Singer AUDRÉE performs the greatest hits from yesterday to today in a festive country-rock style. Accompanied by the group On The Road Again, she offers energetic and unifying shows throughout Quebec.

+ : [Audreelmusique](#)

July 16 - Father'n Son The group recreates the raw sound of Blues from the 30s, 40s, and 50s, performed in their own way.

+ : [fathersonblues](#)



July 23 - Amplitude Driven by a true love of music and human connection, Amplitude Cover Band offers a varied repertoire featuring the greatest pop-rock hits from yesterday to today. Their mission? To make you sing and feel the music with them, all in a light and festive atmosphere.

+ : [Amplitude](#)

July 30 - MidNight Boppers Dive into a retro atmosphere with Midnight Boppers. This passionate group brings rock'n'roll and the classics of the 50s and 60s back to life in a festive and friendly atmosphere. Midnight Boppers promises an energetic and unforgettable musical moment.

+ : [MidnightBoppers](#)



BAR AVAILABLE ON SITE* :

Perodam beers, Bourg des Cèdres wines, and soft drinks will be on sale during the activity.

* Payment by debit or credit card only

NEW

Dance nights

Fridays, June 26, July 10 and July 31
Put on your dancing shoes and come discover different dance techniques!

Desjardins Kiosk, Olympique Park
Show up on site, no reservation required.

ROCKABILLY NIGHT: Colorful retro atmosphere!



Friday, June 26
7:30 p.m. to 9:30 p.m.

A rockabilly night full of energy where the music takes over. Upbeat DJ, dance initiation to loosen up on the dance floor, and a mini presentation that immerses everyone in the retro vibe. A festive, vintage, and completely contagious vibe to dance until the end of the night.



SWING NIGHT: Vintage atmosphere guaranteed!



Friday, July 10
7:30 p.m. to 9:30 p.m.

A Lindy Hop Swing night full of groove and good vibes. Retro DJ, dance initiation to learn the basic steps, and a mini presentation that immerses you in the swing universe. A warm, festive, and ultra-rhythmic atmosphere where everyone ends up on the dance floor.

COUNTRY NIGHT: Put on your boots and cowboy hat!



Friday, July 31
7:30 p.m. to 9:30 p.m.

A colorful country night to put on your boots and cowboy hats and join the dance!

7:30 p.m.: Introduction to line country dancing

8:30 p.m. to 9:30 p.m.: Line country dance - Beginner/Intermediate



BAR AVAILABLE ON SITE* :

Perodam beers, Bourg des Cèdres wines, and soft drinks will be on sale during the activity.

* Payment by debit or credit card only



Saturday, AUGUST 8, 2026 · Bellevue Park

BLEU JEANS BLEU

8:30 p.m.

FIREFIGHTER'S DAY

Get ready for an unforgettable day!

12 p.m.: Emergency vehicle parade through the streets of Pincourt

12:30 p.m.*: Inflatable games, face painting, foam party, firefighter challenge, and much more at Bellevue Park

12:30 p.m. | 1:30 p.m. | 2:30 p.m. | 3:30 p.m. | 4:30 p.m.
Line dance initiation by the StarDance dance school



10 p.m.: Fireworks



*Children with special needs are invited to enjoy the inflatable games starting at noon, before the crowds.

DJ STEVE WATT

5 p.m. and 10:30 p.m.

HELP!

6:30 p.m.



Association
des pompiers
de Pincourt
et NDIP,
Caserne 6

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 Departmentoption 2
General Management, Town Clerk and Mayor's Office.....option 3
Human Resources Departmentoption 4
Emergency and Fire Protection Department option 7
Communications Department.....option 8

RECREATION AND COMMUNITY SERVICESoption 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 GARAGEext. 381

Summer hours: Mon. to Thurs.: 7 a.m. to 12 p.m. and 1 p.m. to 3:15 p.m.
Fri.: 7 a.m. to 11 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

Summer hours: Mon. to Thurs.: 9 a.m. to 8:30 p.m., Friday: 9 a.m. to 5 p.m.

(July 4th to August 29) Saturday: Closed Sunday: Closed

Closed on June 24, July 1st and September 7

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

- Québec National Day: June 24, 2026
- Canada Day: July 1st, 2026
- Labour Day: September 7, 2026



www.villepincourt.qc.ca