

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 5 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

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



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.	3 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.	1 Zumba Gold
Friday	10:30 a.m.	2 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!

circonflexe
Prêt-pour-bouger

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

ACTIVE SUMMER

AGES 12-18

Bouge bouge

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



TENNIS



TABLE-TENNIS



BALL-HOCKEY



BASEBALL



BASKETBALL

Register for free on
BougeBouge.com

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!



VACATION Time

JUNE 12: OPENING PARTY

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



SURVIVOR PINCOURT

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

