

RECREATION and CULTURE



Fall-Winter 2017-2018

VILLEPINCOURT.QC.CA



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PINCOURT



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VilledePincourt

Recreation and Community Services



Here we are: already at the end of summer. Our classics - Mondays in the Parks, BBQ Wednesdays, Firemen's Day - continue to be as successful year after year. However, to stay ahead of the game, we must be able to find something new to offer to broaden our recreational services...

The Town seemed to have been right on with the recent installation of an outside training area at Taillon Park. Many of you have tried the exercise stations. A special thanks to the Centre Multisports de Vaudreuil-Dorion for providing the services of a kinesiologist on-site to advise people during their training. What a great added value for our citizens.

Let's see if we can find a novelty that will charm you as much for next summer. In the meantime, take a look at our fall-winter program and sign up to one or several activities!

Town Council 2013-2017

Bottom row: Diane Boyer, (district 4), Yvan Cardinal (mayor) and Denise Bergeron (district 2). **Top row:** Sam Ierfino (district 3), Alexandre Wolford (district 1), René Lecavalier (district 6) and Jim Miron (district 5)

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NEED INFORMATION?

RECREATION AND COMMUNITY SERVICES

Omni-Centre

375, Cardinal-Léger Blvd., Pincourt J7W 9H6

Tel.: 514 453-8981, option 6 • Fax: 514 453-1839

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De gauche à droite : Chantal Monique, Serge Goudreau, Jocelyne Poirier, Josée Larocque, Geneviève Samson et Érika Mersseman.

476, ave. Saint-Charles, bureau 102
Vaudreuil-Dorion, QC J7V 2N6
Téléphone : 450 455-7202
Télécopieur : 450 455-9780

30, ave. Du Centenaire, bureau 125
Salaberry-de-Valleyfield, QC J6S 5X4
Téléphone : 450 373-7202
Télécopieur : 450 373-7277

2572, boul. Daniel-Johnson
2e étage, Laval, QC H7T 2R3
Téléphone : 450 902-2682
Télécopieur : 450 902-2501

www.goudreaupoirier.com

Registration Details



REGISTRATION

IN PERSON

August 31st and September 1st, 2017

Faubourg de l'Île
6:30 pm to 8:30 pm

Make sure to check under each activity as registration details may differ. Some activities may not be represented at the Faubourg de l'Île.

For some activities, registration priority is given to Pincourt residents. Places are limited. First come, first served.

REGISTRATION FEES

Registration fees are payable in full unless a payment plan is specified. An additional \$10 fee will be charged for late registration.

For activities offered by the Town, a \$10 fee will be added to the regular price for non-residents.

ONLINE

Regular activities

Priority period for residents: August 17 to 25, 2017
Period opened to all: August 26 to 30, 2017

INSTRUCTIONS FOR ONLINE REGISTRATION

1. Go to www.villepincourt.qc.ca.
2. Click on the "Recreation and Culture" tab.
3. Click on the "Courses and Activities" sub-tab, then on "Registration".
4. Click on "Login" to access your family file*.

***If you do not have one, you need to create your own family file, including all parents and members of your family.**

Recommendation: Creating your family profile can be done at any time before the official registration period.

5. You can then proceed with your registration and payment, by credit card only (secured site).

IMPORTANT: Please keep a reminder of your user code and password in order to be able to access your account, register to other activities and print your own receipts.

REIMBURSEMENT POLICY

The original receipt is required for all reimbursements.

- a)** Should the Town cancel an activity, the refund is 100%.
- b)** If the request is submitted prior to the activity, the refund is 100% less \$10 administration fees.
- c)** Once activity has begun, requests for reimbursement will only be considered if accompanied by a relevant document (ex: medical certificate). The Town will only reimburse the portion of unused service, less \$10 administration fees. The portion of unused service is calculated as of the request receiving date.
- d)** Reimbursement requests received after an activity has ended will not be approved.

For online registration payments made by credit card, reimbursement will be credited directly on the card used at time of registration or by cheque, at the Town's discretion. The Town of Pincourt will not be held responsible for interest charges incurred by the card owners.

N.B. : Each association has its own reimbursement policy which may vary from the Town of Pincourt.

WAIVER OF LIABILITY

The Recreation and Community Services and the various organizations will not be liable for any accidents which occurred during an activity.

Personal property lost or stolen in public lockers (schools, pool, etc.) is the sole responsibility of each participant. We recommend personal insurance coverage.

Not to Be Missed!

21st Journées de la culture September 29, 30 and October 1st

Visit our Website for upcoming activities: www.villepincourt.qc.ca.

Hobbies Exhibit

Saturday, September 30, 10 am to 5 pm

Location: Omni-Centre

Presented by the Pincourt Coin and Stamp Club and Notre-Dame-de-L'Île-Perrot Collector's Club.

Halloween in Pincourt

Tuesday, October 31st, 5 pm to 9 pm

Location: Omni-Centre

Come visit our haunted house: horror and fun guaranteed!

Halloween Crafts Workshop

Thursday, October 19, from 6 pm to 7 pm

Location : Omni-Centre

Crafts for 3-5 years old

Reservations are mandatory: 514 425-1104, ext. 6244.

Places are limited.

Lighting up of the Christmas Decorations

Friday, December 1st, 6:30 pm

Location: Desjardins Kiosk, Olympique Park

Lighting up of the decorations, treats and show for toddlers.

Pincourt Christmas Market

Saturday, November 25, 10 am to 4:30 pm

Sunday, November 26, 11 am to 4 pm

Location: Omni-Centre

Organized by the "Cercles des fermières"

Christmas Crafts Workshop

Thursday, December 14, 6 pm to 7 pm

Location: Omni-Centre

Crafts for 3-5 years old

Reservations are mandatory: 514 425-1104, ext. 6244.

Places are limited.

Winterfest

Saturday, January 27, from 12:30 pm to 4:30 pm

Location: Olympique Park

Enjoy exceptional Winter fun... Inflatable structures, dog sleigh rides, slides and more!

Easter Craft Workshop

Thursday, March 29, 6 pm to 7 pm

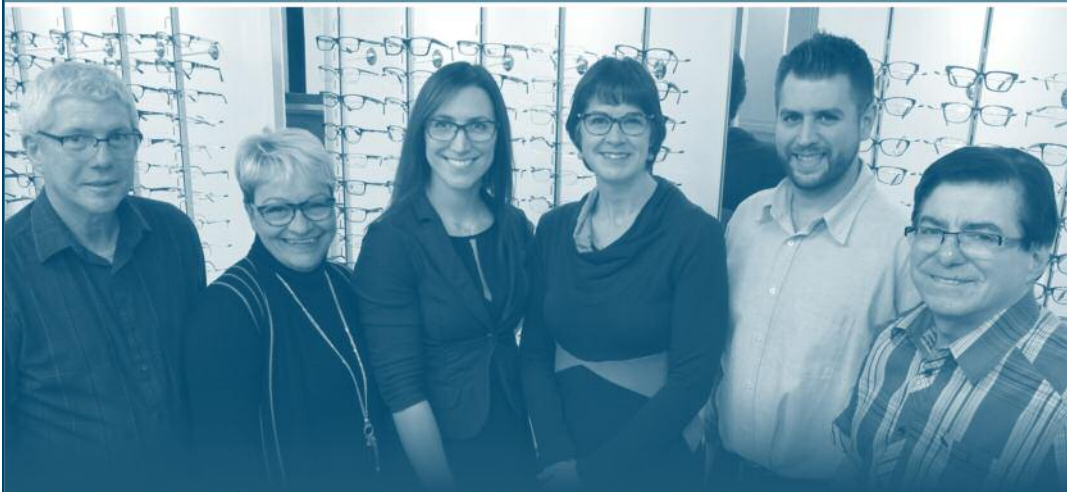
Location: Omni-Centre

Crafts for 3-5 years old

Reservations are mandatory: 514 425-1104, ext. 6244.

Places are limited.

Centre de Vision Pincourt Lyne Lalonde



Lyne Lalonde, O.O.D. PROP.

Examen visuel disponible par optométriste sur rendez-vous

**101, boul. Cardinal-Léger,
Pincourt (Faubourg de l'Île)
centredevision1@videotron.ca**

514 453-2438

Francis Bernard, Lynda Néron, Maryse Brisebois o.o.d., Lyne Lalonde o.o.d.prop., Yann Sauvé, Serge du Sablon o.o.d.
absent de la photo Suzanne Lafrance o.d. et Joan Teboul o.d.

Pincourt Library – 2017-2018 Cultural Calendar

**All activities are free. Places are limited.
Registration mandatory: 514 425-1104, ext. 6244**

SEPTEMBER 2017

Story Time and Crafts

Thursday, September 14, at 10 am - Library

Conference: Île Perrot: 345 years of development (in French)

Wednesday, September 27, 7 pm - Library

With Lise Chartier, author and speaker.

A unique presentation on our island's development and prominent families.

OCTOBER 2017

Story Time and Crafts

Thursday, October 12, at 10 am – Library

NOVEMBER 2017

Used Book Sale

Saturday, November 11, 10 am to 2 pm - Omni-Centre

Annual event whose profits go to the organization of cultural activities.

Workshop/Conference:

YOGA TOUT 2 - Prevention of Falls (in French)

Wednesday, November 15, at 7 pm - Library

With Carole Morency, author and speaker.

Prevention of falls through better posture and equilibrium.

Story Time and Crafts

Thursday, November 9, at 10 am - Library

DECEMBER 2017

Adults Christmas Crafts

Wednesday, December 6, at 7 pm - Library

With Mélanie Leclerc, artist

Story Time and Crafts

Thursday, December 14, at 10 am - Library.

JANUARY 2018

Story Time and Crafts

Thursday, January 11, at 10 am - Library

Conference: Anxiety in Children and Adults (in French)

Wednesday, January 17, at 7 pm - Library

With Chantal Besner, author, teacher and speaker.

Learn the difference between stress and anxiety, and the basic principles to face it.

FEBRUARY 2018

Story Time and Crafts

Thursday, February 8, at 10 am - Library

Conference: Go Fetch Challenge - Montreal to the Yucatan in a Kayak (in French)

Wednesday, February 21, at 7 pm - Library

Three Île Perrot natives, Luc Labelle, Nuka De Jocas-McCrae and Julien Granger, will share their 16 month long trek.

MARCH 2018

Story Time and Crafts

Thursday, March 8, at 10 am - Library

Conference: Merci Félix (in French)

Wednesday, March 21, at 7 pm - Library

With author Marcel Brouillard and André Thériault, singer and humorist.

An animated conference which highlights the exceptional paths of Félix Leclerc, Gilles Vigneault and others.

APRIL 2018

Story Time and Crafts

Thursday, April 12, at 10 am - Library

Conference: Running (in French)

A *Health Challenge* presentation

Wednesday, April 18, at 7 pm - Library

With M. Harvey, author and speaker. He will explain the evolution of running and will answer your questions.

MAY 2018

Story Time and Crafts

Thursday, May 10, at 10 am - Library

Conference: Colorful Annuals (in French)

Wednesday, May 16, at 7 pm - Library

With speaker Larry Hodgson, author of "Le jardinier paresseux".

Discover the cultivation of annual plants which are colorful and lively.

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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ABS, CORE & LEGS | An intense and effective training of the muscular development. You will enjoy the variety of exercises and the energy of the teacher!

Mix	16 yrs old +	Mon. and Wed.: 8:20 pm to 9:20 pm	Starts September 11 (12 weeks)*	Omni-Centre	\$120
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Registration and information: Online: August 17 to August 30, 2017: \$5 rebate. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class on October 9. Contact us: 514 453-8981, ext. 242.

ARCHERY | Introduction to basic techniques of archery with an instructor offered by "Les Archers Perrotdamois". Classes and free practice.

Mix	12 yrs old + Classes	Monday and Friday: 6 pm to 7 pm	November to May	Ste-Rose-de-Lima Church	According to level
	12 yrs old + Free practice	Monday and Friday: 7 pm to 10 pm	All year		To be announced

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Réal Cyr: 450-424-4721 or www.archersperrotdamois.com or club@archersperrotdamois.com.

BADMINTON | Three courts available at the Omni-Centre. Priority to Pincourt resident. Proof of ID required at entrance.

Mix	All	Sunday: 1 pm to 5 pm	Sept. 10 to May 14	Omni-Centre	\$6/court/hour
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Registration and information: Monday to Friday, contact us: 514 453 8981, ext. 229. Clean running shoes mandatory. Fee payable on site. Bring your own equipment.

BADMINTON (COMPETITIVE) | Competitive Club founded in 2004 focused on individual development and high performance of its athletes.

Mix, Junior (beg. + recrea.)	7-11 yrs old	Sunday: 12:30 pm to 2:30 pm Mon.: 6 pm to 7:30 pm	Sept. 3 to May 27	Chêne Bleu High School	\$50/month*
Mix, Junior (dev. + comp.)	11 yrs old +	Mon.: 6 pm to 7:30 pm Friday: 6 pm to 8 pm	Sept. 8 to May 28		To be confirmed according to the level *
Mix, Elite (comp.)	Adults	Wednesday: 8:30 pm to 10:30 pm	Sept. 7 to May 30		

Reservations: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. BAD-CLUB Vaudreuil-Dorion. Réal Labelle : 514 206-3458 or ecolebadminton.rl@oricom.ca. *Equipment and tournaments extra.

Dr. Pierre Gagnon, m.v., IPSAV
Dr. Maude Lebeau, m.v., IPSAV
Dr. Annik Hemmings, m.v.
Dr. Isabelle Foisy, m.v., IPSAV

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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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BALLET CLASSICAL / JAZZ BALLET

Pre-ballet	4-5 yrs old	Thursday: 5 pm to 5:45 pm	September to May	Omni-Centre	\$35/month
Ballet 1	6-8 yrs old	Thursday: 6 pm to 7 pm			
Ballet 2	9 yrs old +	Thursday: 7 pm to 8 pm			

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Ramela Nahorniak: 514 624-8666.

BASKETBALL CLUB | Recreational and competitive basketball for children offered by the "Association de basketball de L'Île Perrot".

Girls	Born 2002-2011	Please visit website for specific details.	Schools on Île Perrot	Cost according to group (home or competition). Family discount available.
Boys	Born 1999-2011			

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Michel Bento: 514 774-1663 or michel.bento@sympatico.ca. Website: www.basketileperrot.ca

BIATHLON | Get back in shape for the upcoming ski season with the "Club de biathlon de Vaudreuil-Soulanges", offering classes for beginners and sports enthusiasts who wish to practice this sport.

Children	10-15 yrs old	TBC	Starting September 9 (8 weeks)	Parc nature les Forestiers-de-Saint-Lazare	\$110 + Annual fee \$45
Adults	15 yrs old +				

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Christian Valet: 514 830-3718. E-mail: info@cbvs.org. Website: www.cbvs.org

BOWLING | Provides friendly and relaxing 10-pin games for seniors in an organized league.

Mix	50 yrs old +	Tuesday: 1 pm to 3:30 pm	August 29 until May 8	Salon de Quilles Pincourt	\$12/week
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Registration and information: Donald Clune : 450 455-0789.

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Sandwich déjeuner
Oeuf et fromage cheddar avec choix de bacon, jambon ou saucisse, fruits frais, patates et café gratuit **6,95\$**
Breakfast sandwich
Egg and cheddar cheese with a choice of bacon, ham or sausage, fresh fruit, home-cut potatoes and free coffee **6,95\$**

108 Boulevard Cardinal Léger
Pincourt, QC J7V 3Y4

514 453-3000

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
CARDIO-INTERVAL The course alternates cardio and strength training sequences. While toning your muscles, these exercises provide effective active recovery.					
Mix	16 yrs old +	Monday and Wednesday: 7:15 pm to 8:15 pm	Starts September 11 (12 weeks)*	Omni-Centre	\$120

Registration and information: Online August 17 to August 30, 2017: \$5 rebate. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class October 9, 2017. Contact us: 514 453-8981, ext. 242.

CHEERLEADING G-FORCE Recreational and competitive classes offered by G-Force Cheerleading. Several levels are available based on the athlete's capabilities. For the competitive teams auditions are mandatory as the places are limited.					
Mix	Phantom (5-6 yrs old)	Saturday: 10:30 am	September 15 (11 classes) January 5 (11 classes)	Centre Multisports of Vaudreuil-Dorion	Regular price: \$185 + Equipment and affiliation Pincourt residents: \$20 of rebate
	Falcon (7-8 yrs old)	Saturday: 1 pm			
	Millennium (9-12 yrs old)	Saturday: 2:30 pm			

Registration and information: Contact us: www.clubgymini.org, 450 455-3141 or by e-mail at info@clubgymini.org.

CROSS COUNTRY SKIING Join hundreds of cross-country skiing enthusiasts who take advantage of more than 30 km of trails maintained and signposted on the island! Accessible to the whole family! Our different courses will charm you, day and night. Access from Pincourt or by Notre-Dame de Fatima Chalet on Perrot blvd in N.D.I.P. The latter also offers cross-country skiing courses and equipment rental. Related activities to skiing and group travels are available for a pleasant ski season!					
Mix	Family	According to the weather	Season	On Île Perrot Island	\$10* \$15 after Dec. 4
	Individual				\$8* \$10 after Dec. 4
	Seniors 50 yrs old +				\$6* \$8 after Dec. 4

Registration and information: At Faubourg de l'Île, Thursday, November 30, 2017, and Friday, December 1st, 2017, from 6 pm to 9 pm, Saturday, December 2, 2017, from 10 am to 5 pm and Sunday, December 3, 2017, from 12 pm to 4 pm. *Rates are valid for registrations prior to December 4. Additional fees for non-residents. Pierre Levac : 514 453-8592 or skieursdelile@hotmail.com or www.lesskieursdelille.blogspot.com. Facebook: Les Skieurs de l'Île.

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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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DIVING | Affiliated with "Plongeon Québec" the CPVD offers course for 5 to 77 years old. Recreational, pre-competitive, competitive and adult classes available. Contact us for details!

Mix	5 yrs old +	Check out the website www.cpvd.ca	10 weeks (3 sessions per year: Fall, Winter and Spring)	Vaudreuil-Dorion Pool	According to level
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Registration and information: Open to all, Tuesday, August 22, 2017, from 6:30 to 8 pm, on the 2nd floor of the "Centre Multisports" (3093, De la Gare Blvd., Vaudreuil-Dorion). Isabelle D'Amour, coordinator: 514 787-9330 or idadamour@gmail.com. Website: www.cpvd.ca. Facebook: Club de Plongeon Vaudreuil-Dorion.

FIGURE SKATING | The CPARV offers skating programs by Skate Canada, for different levels and more specialized programs. Semi-private, private and development courses available for figure skating.

Pre-Skate Plus	3 to 5 yrs old	According to level	September 5 to March 31 st	Local arenas	According to level
Skate Plus	5 yrs old and +				
Intensive Skate Plus	6 yrs old with experience				
Adult Synchro	Women of 35 to 55 yrs old				

Registration and information: Online: www.cparv.org and info@cparv.org. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île.

FIT & TONE FOR SENIORS | Workout classes adapted for seniors.

Mix	50 yrs old +	Monday, Wednesday and Friday: 1 pm to 2 pm or 2 pm to 3 pm	Starts September 11 (12 weeks)*	Omni-Centre	\$90
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Registration and information: Online, August 17 to August 30, 2017: \$5 rebate. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class October 9, 2017. Contact us: 514 453-8981, ext. 242.

GYMNASTICS CLUB GYMINI | Gymnastics classes such as floor work, bars, jumping, trampoline and balance beam given by specialized trainers from the Club Gymini. Affiliated with the "Fédération de gymnastique du Québec".

Mix	12 months to adult	See website	From September 15 (11 classes) and January 5 (11 classes)	Centre Multisport of Vaudreuil-Dorion	See website Rebate of \$20 for Pincourt residents
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Registration and information: Online: www.clubgymini.org. Fall session starting August 7, 2017. Winter session starting October 23, 2017.

PHARMAPRIX PINCOURT
(Faubourg de l'Île)
101, Cardinal-Léger blvd, Pincourt
514 453-6332
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Saturday and Sunday from 9 am to 9 pm

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Suzanne Fradet
Pharmacist owner

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
GYMNASTICS ACROSPORT Acrobatics, pyramids and tumbling offered by "Les Gymnastes de l'Île". Competitive and recreational programs also offered.					
Mix	4 to 6 yrs old	Wed.: 6 pm to 7 pm Sat.: 9 am to 10 am	14 weeks	Île Perrot Schools	\$165*
Mix	7 yrs old + (beg. + interm.)	Wed.: 6 pm to 7:30 pm Sat.: 10 am to 11:30 am			\$215* (1 day) or \$320* (2 days)
Tumbling	After evaluation	Sunday: 10 am to 11:30 am			\$215*
Advanced	After evaluation	Various (To be discussed with trainer.)			To be discussed with trainer*

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *Membership fees with "Fédération de gymnastique" are extra. Contact us: Eva Rucka (trainer): 514 425-0803 or Danielle Tremblay: 514 824-0548 or gymnastesdelle@gmail.com. Facebook: Les Gymnastes De L'Île.

HOCKEY COSOM Friendly games in a gymnasium for children with a supervisor to help them improve their skills.					
Mix	7 to 14 yrs old	Sundays (Depending on level.)	Start September 10 (12 weeks)	Chêne Bleu High School	\$50

Registration and information: Online from August 17 to August 30, 2017: \$5 rebate. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 242.

HOCKEY INDOOR Floor hockey offered by "La Ligue de hockey intérieur de Pincourt".					
Men	Adults	Sunday: 8:45 am to 12:45 pm	Fall/Winter	Omni-Centre Gymnasium	\$120 + \$40 deposit for the shirt

Registration and information: Jean-François Julien: 450 763-1536. E-mail: lhip2009@gmail.com.

HOCKEY MINOR Practice and development of hockey among children.					
Pre-novice/Intro	Born 2011-2014	Pre-determined	Week-end	Local arenas	View prices on website
Junior/Novice	Born 1996-2010	Varies	Varies		

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Visit the Association's website at www.hmip.org or contact the registrar at registrar@hmip.org.

Fondations B & B Inc.

FOUNDATIONS FOR ALL TYPES OF CONSTRUCTION

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e-mail: alentreten@hotmail.com / Cell. : 514 299-5821

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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JUDO | Self-defence techniques taught by the club "Judo Dojo Perrot Shima". Basic skills: co-ordination, rapidity and balance.

Children	5-17 yrs old	Tues. + Sat./Acc. to lev.	September to May	Ste-Rose-de-Lima Church	\$30/month*
Adults	18 yrs old +	Tues. + Thur./Acc. to lev.			\$20/month* for 2 nd child \$15/month* for 3 rd child
					\$35/month*

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Richard Proulx: 514 781-4294. Session to be paid in advance. *Membership with the Federation and kimono cost extra. Accredited by Judo Québec.

KARATE | Various day and evening classes with no limit of participation.

Initiation	5-6 yrs old	Saturday morning	Start September 11 (12 weeks) No classes: Oct. 10 and 31	Omni-Centre or Chêne-Bleu High School	\$100*
Yellow belt and under	7-12 yrs old	Depending on level	Start September 11 (14 weeks) No classes: Oct. 10 and 31		\$165*
Orange belt and up	7-12 yrs old				\$175*
Yellow belt and under	13 yrs old +				\$205*
Orange belt and up	13 yrs old +				\$215*

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm at the Faubourg de l'Île. Jean-Pierre Trahan: 514 814-5452 or jeanpierretarahan@sankukan.ca. *The Club kimono, equipment and belt tests are extra. Visit website: www.sankukan.ca.

PICKLEBALL | A fun and creative mix of tennis, badminton and ping-pong. Come and try it!

Mix, Inter.-Advance	18 yrs old +	Monday: 7:30 pm to 9:30 pm	Sept. 11 (32 weeks)	Chêne-Bleu High School	\$80/year Places are limited.
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Registration and information: September 11, 2017, at 7 pm, at the Chêne-Bleu. Pierre Besner: 514 453-8944. We supply the balls but you must bring your own racket.

RINGUETTE | Developed originally for girls, ringuette is a fast-paced team sport on ice in which players use a straight stick to pass, carry and shoot a rubber ring to score goals. Ringuette promotes a no-contact policy when it comes to the physical aspect of the game. Complete protective equipment mandatory.

Mosquito	Born 2012-2014	Various	September to April	Regional arenas	\$172.50
Pre-Novice	Born 2010-2011				\$287.50 + Contri. for team funds (tourn.)
Novice to Cadets*	Born 2009 and under				\$370 + Contrib. for team funds (tourn.)

Registration and information: Online only. Mail payment to 3093, De la Gare Blvd., local b-230, Vaudreuil-Dorion, QC, J7V 9R2. Registration fee payable in 1 or 3 equal installments with postdated cheques. New players: send a copy of medicare card and a picture by e-mail at regist4cites@gmail.com. *Girls who will be 18 years old as of September 30, 2017 will have to pay \$645. Website: www.ringuette4cites.com.

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info@mdbexcavation.com

Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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SELF-DEFENSE (WOMEN) | Offered to women by the Sankukan Karaté School.

Mix, Women	14 yrs old +	TBD (according to participants)	2.5 hour workshop	TBD	\$25
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Registration and information: Thursday, August 31st, 2017 and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Jean-Pierre Trahan: 514 814-5452 or jeanpierretarahan@sankukan.ca. Website: www.sankukan.ca.

SPEED SKATING | The Trois-Lacs speed skating club welcomes young skaters of all ages as well as adults from the Vaudreuil-Soulanges area and the Town of Salaberry-de-Valleyfield.

Mix	Initiation	Sun.: 8:50 to 9:30 am	September until March	Vaudreuil-Dorion Arena	Visit the club's website for 2017-2018 rates.
	Perfection	Sunday: 9:30 to 10:15 am Monday: 4:45 to 5:30 pm			
	Competition 1 (2x/week is required)	Sun.: 6:30 am to 7:40 am Mon.: 6:35 pm to 7:45 pm Wed.: 4:45 pm to 5:45 pm Wed.: 5:35 pm to 6:45 pm <i>Speed skates are mandatory.</i>			
	Competition 2 (Speed stakes mandatory)	Sun.: 7:50 am to 8:50 am Mon.: 5:30 pm to 6:30 pm Thurs.: 4:40 pm to 5:30 pm <i>A minimum of 2 times/ week is required.</i>			

Registration and information: Registrations and free skate try-outs: August 22 and 23, 2017, from 6 pm to 8:30 pm, at the Vaudreuil-Dorion Arena. Josée Daoust: 514 425-5349 or info@cpv3lacs.org. Website: www.cpv3lacs.org. Facebook: CPV 3-Lacs.

SPORTBALL | Helps children with social and physical development. Specifically designed for 2-7 year old children, classes focus on abilities, pep and fun. Children will be introduced to 8 popular ball sports.

Children and adult	2-3 ½ yrs old	Sat.: 9 am to 9:45 am	From September 23 (10 weeks)*	Notre-Dame-de-Lorette School	\$179
Children and adult	2-3 ½ yrs old	Sat.: 10 am to 10:45 am			
Children multi-sport 1	3 ½ yrs-6 yrs old	Sat.: 11 am to 12 pm			

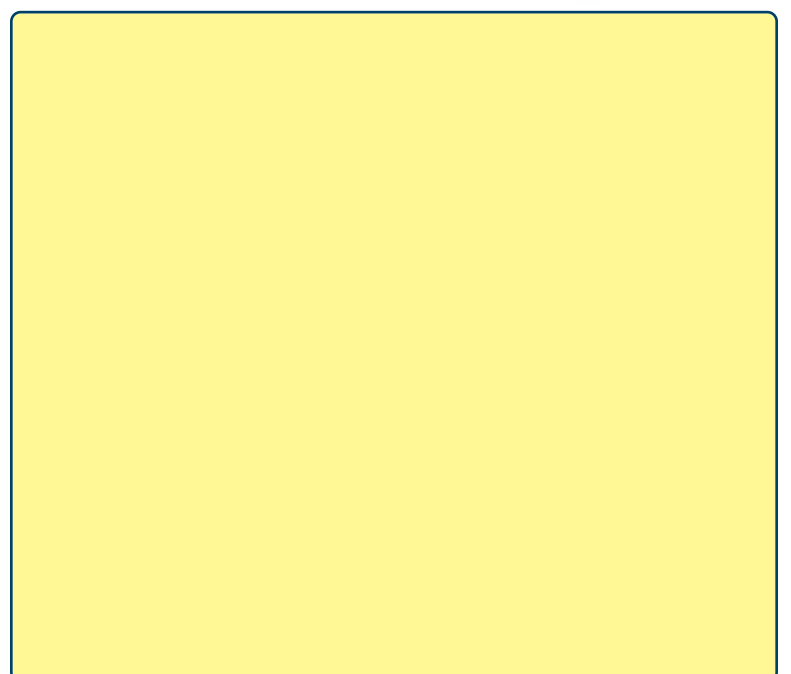
Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class on October 7. SportBall Quebec: 514 331-3221.

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Physical Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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SWIM CLUB | Civil, school and Masters Club for swimmers, beginner to competitive levels offered by "Club Les Citadins".

Mix	5 yrs old +	Visit the website	Mid-September to Mid-June	Vaudreuil-Dorion Pool	Visit the website
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Registration and information: Guylaine Lacasse: lescitadinsnatation@hotmail.com. Website: www.lescitadinsnatation.com.

TENNIS PROSET (ADAPTED) | Program adapted for children with autism, A.D.D. or Trisomie 21.

Children	6-12 yrs old	Sunday: 12:30 pm to 1:30 pm or 1:30 pm to 2:30 pm	Start September 10 (10 weeks)	Edgewater School	\$200 + \$10 additional fee for non-residents
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Philip Manning: 438 321-1564.

VOLLEYBALL MIX | Friendly volleyball games offered by "La Ligue de volleyball amicale de Pincourt" for fun and sportsmanship.

Mix, All levels	18 yrs old +	Friday: 8:30 pm to 10:30 pm	September 8 (30 weeks)	Chêne-Bleu High School	\$50
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm at the Faubourg de l'Île. Ghislain Paquet: 514 453-2170. Possibilities of classes on Monday night.

VOLLEYBALL WOMEN | Recreational volleyball for intermediate players.

Women	16 yrs old +	Tuesday: 8 pm	September 6 (30 weeks)	Omni-Centre	\$65
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Registration and information: Claudia Lacombe: 514 824-2493.

YOGA | Breathing techniques and postures to promote good health, good balance and flexibility (Hatha Yoga).

Mix, Multi level	Adults	Mon. and Wed.: 10:30 am to noon	September 11 (12 weeks)	Omni-Centre	\$150
Mix, Beginner		Tuesday and/or Thursday: 6 pm to 7:15 pm	September 12 (12 weeks)*	Chêne-Bleu High School	1x/week: \$80 2x/week: \$150
Mix, Int./Advanced		Tuesday and/or Thursday: 7:30 pm to 9 pm	September 12 (12 weeks)*		1x/week: \$90 2x/week: \$170

Registration and information: Online August 17 to August 30, 2017: \$5 rebate. Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class on October 30 and 31, 2017, and bring your own yoga mat. Contact us: 514 453-8981, ext. 242.

RENTAL OF FACILITIES

Outdoor ball fields: \$16 / hour (min. 2 hours)

Gym & meeting rooms: Omni-Centre & schools \$16 / hour

Extra fees for setup and changing rooms.

Special events halls:

Hall 1 or 2: \$125

Hall 3: \$175

2 of 3 halls: \$250

Halls 1 to 3: \$325

Conditions:

- A 50% non-refundable deposit is required for each reservation.
- A refundable safety deposit is required for access to the kitchen.
- The lessee is responsible for getting the proper liquor permit.
- Taxes are extra.
- Different rates are applicable for non-residents and groups from outside of Pincourt.

Indoor Aquatic Activities



JOHN ABBOTT COLLEGE POOL

ACTIVITIES	COST (Txs included)	SCHEDULE
PROGRAMS FOR CHILDREN & TEENS: Fall Session: September 15 to Nov. 26 (No classes on October 6-7-8)		
Red Cross Swim Preschool (24 months to 6 years)	Costs and schedules on website	
Red Cross Swim Junior Program	Costs and schedules on website	
Introduction to lifesaving	\$100	Saturday: 11 am to 12 pm
Introduction to competitive swimming	\$100	Sunday: 11 am to 12 pm
LEADERSHIP PROGRAMS Water Safety Instructor, Bronze Cross, Bronze Medallion, First Aid, National Lifeguard	Costs and schedules on website	
PROGRAMS FOR ADULTS Fall session: September 18 to November 27		
Swimming Lessons	\$110	Tuesday: 8 pm to 9 pm
Aquaform	\$55	On the website



REGISTRATION

IN PERSON	ONLINE
August 24 Sports Center Front Desk 7 pm to 9:30 pm	August 24, from 7 pm, to September 4 https://johnabbott-sport.omnivox.ca

ADMISSION TO THE POOL

		Schedule
Junior (6-12 yrs)	\$3.50 (single) \$35 (for 15)	Monday, Wednesday and Friday: 7 pm to 9 pm
Semester pass	\$65	
Adults (13 yrs +)	\$4.50 (single) \$45 (for 15)	Tuesday and Thursday: 5:30 pm to 8 pm
Annual	\$125 (individual) \$260 (family)	Saturday and Sunday: noon to 3 pm

John Abbott College Sports Center also offers various sports activities such as squash, racquetball, weightlifting and workout facilities.

Information: 514 457-2737

Pool: 514 457 6610, ext. 5325 or pool@johnabbott.qc.ca

VAUDREUIL-DORION POOL

ACTIVITIES	COST (Taxes included)	SCHEDULE
Red Cross Swimming Programs : Starts September 23		
Red Cross Preschool Program (24 months to 5 years)	\$58 \$	Saturday or Sunday Duration: 30 min. (10 weeks)
Red Cross Junior Program (6 years +) Levels 1 to 10	Level 1: \$58 Level 2-10: \$72	Saturday or Sunday Duration: 30-40 min. (10 weeks)
Adult Programs: Starts September 25		
AquaFit		
Red Cross swimming / Essentiel 1 and 2	16-54 years: \$80 55 years +: \$72	Weekdays evenings Duration: 45 min.
Red Cross swimming / Swimming styles		
Aqua-health adapted		
Aquadeep with music		
Aquafitness with music		
Aquatic fitness		
Aquatic for future moms (prenatal)		
Rescue Training and Teaching Programs As of August 11, consult website: www.ville.vaudreuil-dorion.qc.ca .		

FREE SWIM - ADMISSION

	Children	Adults	Seniors
70 min. and less	\$1.25	\$2.50	\$1.75
85 minutes	\$1.50	\$3.50	\$2.50
Year pass*	\$49	\$72	\$61

*Go to the "Service Loisirs et Culture" at 3093 de la Gare Blvd., local B-230. A swim pass will be issued on site.

IMPORTANT: Bathing cap mandatory. For safety reasons, children from 0 to 6 years old and children wearing floaters must be accompanied by a parent in the water.

Online registration:

September 7, from 12:30 pm to September 11, at 6 pm:
www.ville.vaudreuil-dorion.qc.ca
(Recreation and culture/Activities programs/Swimming).

Information: 450 455-3371, option 4

For the full program, please see their website as of August 11:
www.ville.vaudreuil-dorion.qc.ca.

Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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AIR CADETS | Public interest bilingual organization involving young people in a spirit of fun and camaraderie, while teaching good citizenship principles and promoting air physical skills and by stimulating their interest in aviation. Our motto: "Learn, Serve and Grow!"

Mix	12-18 yrs old	Friday: 6 pm to 9:15 pm	September to June	Cité-des-Jeunes High School Lionel-Giroux Pavilion	Free
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Registration and information: Friday, September 8, 2017, between 6 pm and 9 pm, at Cité-des-Jeunes High School, Lionel-Giroux Pavilion. Contact us: 450 424-5252 or cmdt.867aviation@cadets.qc.ca. Website: www.escadron867.ca.

BOOK CLUB | You enjoy reading and discovering new authors? Join our book club and share your impressions with us!

Mix	Adults	French: 2 nd Tues. of the month 7 pm to 8:30 pm	September to June	Pincourt Library	Free
		English: 3 rd Tues. of the month 7 pm to 8:30 pm			

Registration and information: Pincourt Library (225, Pincourt Blvd.). Carole Chamberland (FR) or Rosanne Rockbun (EN): 514 425-1104, ext. 6244 or biblopinpincourt@cstois-lacs.qc.ca.

CERCLE DE FERMÈRES | In Pincourt, workshops such as embroidery, quilting, knitting, weaving and more. Women's group concerned with living conditions for women and families along with the transmission of our cultural heritage and craftsmanship.

Women	14 yrs old +	Monday and/or Thursday: 7 pm	September to June	N-D-de-Lorette-Church	25\$/year
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Chantal Hébert: 514 425-0184 or cercledepincourt@hotmail.ca. Facebook: Cercle de Pincourt.

CRAFTS WORKSHOP | You are between 9 and 13 years old, come craft with us! Painting, scrapbooking, embroidery, cooking, stamping, finger weaving, modeling, jewelry making and more! Places are limited to 10 registrations.

Children	9-13 yrs old +	Saturday: 9:30 am to 11 am	October 14 (10 weeks)	Notre-Dame-de-Lorette Church basement	\$75
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Chantal Hébert: 514 425-0184 or cercledepincourt@hotmail.ca. Facebook: Cercle de Pincourt.

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Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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GIRL GUIDES (ENGLISH) | Our program puts emphasis on personal development, leadership, health, welfare, science and technology, music and arts, outdoors, environment and service to the community.

Sparks	5-6 yrs old	Mon.: 5 pm to 6 pm	September to May	St. Patrick Church	\$140
Sparks	5-6 yrs old	Mon.: 6:30 to 7:30 pm		Edgewater School	
Brownies	7-8 yrs old	Mon.: 6:30 to 8 pm		N-D-L School	
Guides	9-11 yrs old	Mon.: 7 pm to 8:30 pm		N-D-L School	
Pathfinders	12-14 yrs old	Mon.: 7 pm to 8:45 pm		St. Patrick School	
Rangers	15-17 yrs old	TBC		TBC	

Registration and information: Thursday August 31st and Friday September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Heidi Whipple, registrar: 514 425-1309 or heidi@whipple.ca.

HISTORY & GENEALOGY | The "Société d'histoire et de généalogie de l'Île-Perrot" invites all citizens interested in learning about the history of our island and our ancestors to join its ranks.

Mix	All	TBC	Yearly	Marie-Uguay Library	\$10/year
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Registration and information: Marie-Uguay Library, Notre-Dame-de-L'Île-Perrot, at 514 453-0013 or Lise Chartier at 514 453-5284. Website: www.histoireperrot.org.

HORTICULTURE | Outings, workshops and conferences offered by the "Société d'Horticulture Environnementale des villes de l'Île-Perrot" (S.H.E.Î.P.).

Mix	All	Conf: last Wed. of the month, 7 pm to 9:30 pm	Sept. to April	Town Hall of L'Île-Perrot (110, Perrot Blvd.)	\$30/year (individual) \$35 \$/year (couple)
		Courses, workshops, garden visits: contact us			

Registration and information: Danielle Crête, president: 450 424-4434. Sylvie Trépanier, secretary: 514 703-7991 or sheip@sympatico.ca. Facebook: SHE Ile-Perrot. Website: www.sheileperrot.com.

IPADS INITIATION | IPAD initiation classes.

Mix, Senior	55 yrs +	Beginner class: Wednesday 10 am to 12:30 pm	Starting September 27 (10 weeks)	Pincourt Library	Free + \$5 for material (optional)
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Registration and information: Ipad provided during the class. Registration in person at the library as of August 17, 2017: you must have your birth certificate (civil status in large format, or the Baptistry, if issued before January 1994) and your health insurance card. Contact us: 514 425-1104, ext. 6244, or bibliopincourt@cstois-lacs.qc.ca.



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Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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LINE DANCING | Evenings of line dancing.

Mix	Adults	Friday: 7 pm	Sept. 8, Oct. 20, Nov. 17, Jan. 19, Feb. 16, March 16, April 20, May 25, June 22	Omni-Centre	\$5 per evening of each month, payable on site
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Registration and information: Murielle Groulx: 450 424-4170.

ORNITHOLOGY | The "Club d'Ornithologie de Vaudreuil-Soulanges" offers more than 20 outings per year and at least 3 conferences.

Mix	All	Varies	End of August to beginning of June	Locally or out of region	\$15/individual \$20/family
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Registration and information: Michel Juteau: 450 455-1722 or ornithovs@gmail.com. Website: <https://sites.google.com/site/ornithovs>.

PAINTING / SCULPTING | Group of local artists who have been meeting since 1986. Organization of various meetings, workshops and local exhibitions. "Le Mouvement d'Expression Artistique Libre" (M.E.A.L).

Mix	Adults	Varies	Year long	Omni-Centre	\$35/year
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Registration and information: m.e.a.l.artistes@gmail.com and www.mealartistes.com.

PAINTING WORKSHOP | Painting for all levels and at your own pace.

Mix	Adults	Monday: 1:30 pm to 4:30 pm	September 11 (10 weeks)	Omni-Centre	\$140
		Monday: 6:30 pm to 9:30 pm			
		Wednesday: 1:30 pm to 4:30 pm	Sept: 13 (10 weeks)		

Registration and information: Online from August 17 to August 30, 2017: \$5 rebate. Thursday August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. *No class October 9 and 30, 2017. Manon Labelle: 450 451-1001.

PARENTS & TOTS | Informal weekly gathering for preschool aged children accompanied by their parents only. Songs, games and crafts.

Mix	Parents and 0-5 yrs old	Wednesday: 10 am to 12:30 pm	Starts September 13	Omni-Centre	Free
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Registration and information: Sarah Tanguay: 514 902-0399.

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Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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PRE-SCHOOL (ENGLISH) | Developmental program for children aged 3 to 5 offered by the Pincourt Cooperative Preschool Inc.

Mix	3-5 yrs	Mon., Wed., Fri.: 9:15 am to 11:30 am	September to May	Omni-Centre	\$135/m. + \$100 registration fee (non refundable)
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 252. Facebook: Pincourt Cooperative Preschool. Website: pincourtcoopertivepreschool.weebly.com.

SCOUTS CANADA (BILINGUAL/ENGLISH GROUP) | Île Perrot Scouts offers a world where you can discover the best in yourself and the best in others. We are also looking for new leaders, training is provided.

Beavers, Mix	5-7 yrs	Fri.: 6:30 pm to 7:30	September to May	St. Patrick Elementary School	\$235
Cubs, Mix	8-10 yrs	Fri.: 7:30 pm to 9 pm		Notre-Dame-de-Lorette School	
Scouts, Mix	11-14 yrs	Wed.: 7 pm to 9 pm		TBD	
Venturers, Mix	14-17 yrs	Wed.: 7:30 pm to 9 pm			
Rovers, Mix	18-26 yrs	TBD			

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Sean Montminy: gc@1stileperrot.ca or 514 942-4160. Children who cannot pay the fee will not be turned down.

SCOUTS (FRENCH GROUP) | The "Groupe Scout 16e Île Perrot" troop offers our youth a unique educational experience aiming at developing the full potential of every child.

Castor, Mix	7-8 yrs	Friday: 7 pm to 9 pm	Mid-September to Mid-June	Île-Perrot Community Centre	\$150 1 st child \$140 2 nd child \$120 3 rd child +
Louveteaux, Mix	9-11 yrs	Friday: 7 pm to 9 pm			
Aventuriers, Mix	12-17 yrs	Thurs.: 7 pm to 9 pm			

Registration and information: Franck Le Coadou: 514 320-6354 or infos@scoutvip.org. Website: www.scoutvip.org. We are always looking for adult animators: training is provided.

SENIOR CITIZENS (ENGLISH GROUP) | Social and cultural activities organized by the "Second Mile Club" for people aged 50 years and over.

Mix	50 yrs +	Meetings: Thurs., 2 pm to 4 pm Supper: 1x/month, 6:30 pm to 10 pm	September to August	Omni-Centre	\$15/yr
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 10 am to 4 pm, at the Faubourg de l'Île. Karen Urquhart: 514 453-1284.



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Sociocultural Activities



CATEGORY	PARTICIPANTS	DAY AND TIME	DURATION	LOCATION	COST
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PRESCHOOL (ENGLISH) | Developmental program for children aged 3 to 5 offered by the Pincourt Cooperative Preschool Inc.

Mix	3-5 yrs	Mon., Wed., Fri.: 9:15 am to 11:30 am	September to May	Omni-Centre	\$135/m. + \$100 registration fee (non refundable)
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Contact us: 514 453-8981, ext. 252. Facebook: Pincourt Cooperative Preschool. Website: pincourtcoopertivepreschool.weebly.com.

SCOUTS CANADA (BILINGUAL/ENGLISH GROUP) | Île Perrot Scouts offers a world where you can discover the best in yourself and the best in others. We are also looking for new leaders, training is provided.

Beavers, Mix	5-7 yrs	Fri.: 6:30 pm to 7:30	September to May	St. Patrick Elementary School	\$235
Cubs, Mix	8-10 yrs	Fri.: 7:30 pm to 9 pm			
Scouts, Mix	11-14 yrs	Wed.: 7 pm to 9 pm		Notre-Dame-de-Lorette School	
Venturers, Mix	14-17 yrs	Wed.: 7:30 pm to 9 pm			
Rovers, Mix	18-26 yrs	TBD		TBD	

Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 6:30 pm to 8:30 pm, at the Faubourg de l'Île. Sean Montminy: gc@1stleperrot.ca or 514 942-4160. Children who cannot pay the fee will not be turned down.

SCOUTS (FRENCH GROUP) | The "Groupe Scout 16e Île Perrot" troop offers our youth a unique educational experience aiming at developing the full potential of every child.

Castor, Mix	7-8 yrs	Friday: 7 pm to 9 pm	Mid-September to Mid-June	Île-Perrot Community Centre	\$150 1 st child \$140 2 nd child \$120 3 rd child +
Louveteaux, Mix	9-11 yrs	Friday: 7 pm to 9 pm			
Aventuriers, Mix	12-17 yrs	Thurs.: 7 pm to 9 pm			

Registration and information: Franck Le Coadou: 514 320-6354 or infos@scoutvip.org. Website: www.scoutvip.org. We are always looking for adult animators: training is provided.

SENIOR CITIZENS (ENGLISH GROUP) | Social and cultural activities organized by the "Second Mile Club" for people aged 50 years and over.

Mix	50 yrs +	Meetings: Thurs., 2 pm to 4 pm Supper: 1x/month, 6:30 pm to 10 pm	September to August	Omni-Centre	\$15/yr
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Registration and information: Thursday, August 31st and Friday, September 1st, 2017, from 10 am to 4 pm, at the Faubourg de l'Île. Karen Urquhart: 514 453-1284.



Organismes communautaires / Community Organizations

ACEF

Planification budgétaire et endettement - *Personal finances & budget planning*
1 877 677-6394

AIGUILLAGE (L')

Travail de proximité, hébergement d'urgence / *Street work and emergency lodging*
450 218-6418

ALCOOLIQUES

ANONYMES

Entraide dépendance / *Support for addiction*
514 376-9230

ARC-EN-CIEL DE VAUDREUIL-SOULANGES

Santé mentale / *Mental Health Support*
450 424-7006

ASSOCIATION DE FIBROMYALGIE & FATIGUE CHRONIQUE VAUDREUIL-SOULANGES

Entraide démarches juridique / *Fibromyalgia support services*
450 218-7722

CARREFOUR JEUNESSE EMPLOI

Emploi / *Employment*
450 455-3185

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

Entraide bénévoles / *Regional volunteer*
450 455-3331

CENTRE DE FEMMES LA MOISSON

Aide aux femmes en difficulté / *Support for women in difficulty*
514 453-8720

COMITÉ ACTION JEUNESSE (C.A.J.)

Groupe communautaire 15-24 ans / *Community Group 15-24 yrs old*
514 453-8981, ext. 273

COMITÉ DESIGN

Comité municipal citoyens / *Community group*
514 453-8981, poste 273

COMITÉ INTERCULTUREL

Comité municipal citoyens / *Community group*
514 453-8981, poste 273

COMITÉ JEUNESSE LA PRESQU'ÎLE

Animation jeunesse / *Youth animation*
514 425-1060

COMITÉ VILLE EN SANTÉ DE PINCOURT

Comité municipal citoyens / *Community group*
514 453-8981, poste 273

COMQUAT

ALPHABÉTISATION

Alphabétisation et francisation / *Reading & French skills*
514 453-3632

CPE LA CLAIRE FONTAINE

Garderie / *Daycare*
514 425-2818

CPE LES PETITS MOUSSES

Garderie / *Daycare*
514 453-6687

CIT LA PRESQU'ÎLE

Transport en commun / *Public transportation*
450 424-2485

CISSS

Santé et services sociaux / *Health & Social Services*
450 455-6171

G.R.A.V. E.S.

Location et service pour aînés / *Elders programs*
450 424-0111

LA PASSERELLE

Hébergement d'urgence violence conjugale / *Domestic violence emergency shelter*
450 424-6010

MAISON DES SOINS PALLIATIFS DE VAUDREUIL-SOULANGES

Offre de soins palliatifs / *Palliative care*
450 202-2202

NOURRI-SOURCE LA PRESQU'ÎLE

Marraine d'allaitement / *Support for breast feeding moms*
1 877 425-0805

OFFICE MUNICIPAL D'HABITATION DE PINCOURT

Logement à prix modique pour les 60 ans et plus / *Low income housing for 60+ years old*
514 453-6994

ORGANISME LE VERSANT

Entraide troubles anxieux / *Anxiety disorders support*
450 455-0507

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

Aînés, proches aidants et déficience intellectuelle / *Elders, caregivers and intellectual disability*
450 455-8986

PEHDAA

Aide aux parents d'enfants handicapés / *Support for parents with handicapped children*
450 424-7505

REPAS PARTAGÉS

PINCOURT-

TERRASSE-VAUDREUIL

Repas mensuel / *Monthly meals*
514 453-8406

RÉSEAUX EMPLOI ENTREPRENEURSHIP

Services d'emploi adultes et immigrants / *Adult & immigrant employment support*
450 424-5727

SDEM ET SEMO

Services d'emploi pour personnes handicapées / *Employment services for disabled people*
450 424-9997 (SDEM-SEMO)

TRANSPORT SOLEIL

Transport adapté / *Adapted transportation*
450 424-0744