

Let's get **moving**, this fall!

Registration for residents: September 8-21, starting at 9 a.m.
Registration for non-residents: September 15-21, starting at 9 a.m.
 Information: 514 453-8981, ext. 229

ABS, CORE AND LEGS

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

Starting: September 22 (12 weeks, with no class on October 13)
Monday or Wednesday: 7:45 p.m. to 8:45 p.m.
École Notre-Dame-de-Lorette, Gymnasium
 \$60, ages 16+

CIRCUIT EXERCISES 50+

Exercises adapted for people aged 50 and over.
 Exercises can be done from a chair if needed.

Starting: September 29 (11 weeks, with no class on October 13)
Monday: 1:15 p.m. to 2:15 p.m.
Omni-Centre
 \$55, ages 50+

NORDIC WALKING

This is a dynamic workout that stimulates and boosts your overall health by improving your cardio, muscle strength, flexibility, and balance!

It is practiced with special poles (provided).

Starting: October 14 (8 weeks)
Tuesday: 9 a.m. to 10 a.m. (advanced – for those who have already participated in a Nordic walking session)
Tuesday: 10:15 a.m. to 11:15 a.m. (beginner)
Thursday: 9:30 a.m. to 10:30 a.m. (multi-level)
Bellevue Park
 \$40, ages 16+

**CHAIR YOGA 50+**

An adapted form of yoga that allows you to practice postures and breathing exercises while remaining seated in a chair.

Starting: September 23
Tuesday (12 weeks) **or Friday** (11 weeks): 10:30 a.m. to 12 p.m.
 (no class on Friday, October 31 and December 5)
Omni-Centre
 82.50 \$ - 90 \$, adults 50+

YOGA

Omni-Centre
BEGINNER

Starting: September 23 (12 weeks)
Tuesday: 6 p.m. to 7:15 p.m.
 \$75, ages 16+

INTERMEDIATE

Starting: September 23 (12 weeks)
Tuesday: 7:30 p.m. to 9 p.m.
 \$90, ages 16+

MULTI-LEVEL

Starting: September 22 (12 weeks)
Monday and Wednesday: 10:30 a.m. to 12 p.m.
 (no class on October 13)
 \$90, ages 16+



New flat rate
\$5 per hour of class*
 *An additional fee of \$10 per session for non-residents.

20-20-20 50+

This class includes 20 minutes of cardio, 20 minutes of strength training, followed by 20 minutes of core and balance work with stretches.

Starting: October 1 (with no class on Friday, October 31 and December 5)
Wednesday (12 weeks) **or Friday** (10 weeks):
 12 p.m. to 1 p.m., intermediate level
 1:15 p.m. to 2:15 p.m., beginner level
Omni-Centre
 \$50 - \$55, ages 50+

CARDIO INTERVAL

High-intensity exercises with strength training periods.

Starting: September 22 (12 weeks, no class on October 13)
Monday or Wednesday: 6:30 p.m. to 7:30 p.m.
École Notre-Dame-de-Lorette, Gymnasium
 \$60, ages 16+

ZUMBA TONING GOLD 50+

This fitness class combines dance and muscle toning with light weights. It is adapted for adults aged 50 and over to improve physical fitness and coordination.

Starting: September 29 (with no class on October 13)

Monday (10 weeks): 12 p.m. to 1 p.m. or
Wednesday (11 weeks): 10:45 a.m. to 11:45 a.m.
Omni-Centre
 \$50 - \$55, ages 50+

INDOOR BADMINTON AND PICKLEBALL

Clean espadrilles mandatory.
Bring your own equipment.
From, September 7, 2025

Omni-Centre, \$8/field/hour

*One-hour reservation per residential address

FREE BADMINTON

Sunday: 1 p.m. to 5 p.m.

FREE PICKLEBALL

Tuesday: 3 p.m. to 5 p.m.
 Friday: 4 p.m. to 6 p.m.

REGISTRATION

Online (Residents only)

Go to the website and click on **Registration Sport Plus** in the top menu (**reservations required**). Residents can reserve their spot 5 days in advance, between 8 a.m. and midnight.

By phone

Residents: From Monday to Thursday before the open badminton dates, between 8:30 a.m. and noon and from 1 p.m. to 4:45 p.m., as well as on Friday from 8:30 a.m. to 12 p.m., by calling 514-453-8981, extension 229.

Non-residents: If there is still space available, you can register one business day before the open badminton dates by phone only by calling 514 453-8981, ext. 229.



Download the procedure of registration.

MUSCLE TONE

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

École Notre-Dame-de-Lorette, Gymnasium

Starting: September 25

New instructor: Rachel Ellison

Thursday: 7:30 p.m. to 8:30 p.m. (12 weeks)
 \$60, ages 16+

Sunday: 9:30 a.m. to 10:30 a.m. (11 weeks, no class on October 12)
 \$50 - \$55, ages 16+

ACTIVITIES AT THE CITÉ-DES-JEUNES ARENA**PUBLIC SKATING****Free**

Every Saturday from 8 p.m. to 10:20 p.m.

From October 4 to March 28 (inclusive)

Additional days, 1 to 3:50 p.m.:

October 10; November 14 and 28; December 22 and 26;
 January 2 and 26; March 2 to 6.

CITÉ-DES-JEUNES ARENA

(2580 rue Paul Gérin-Lajoie, Vaudreuil-Dorion, QC J7V 9H8)

Wearing a protective helmet is recommended.

Proof of residence required

**Drop-in Hockey**

Come play hockey from 9:30 a.m. to 12:30 p.m. on the following dates:

October 10; November 14 and 28; December 22 and 26;
 January 2 and 26; March 2 to 6*.

*If the outdoor rink is closed for hockey.

SOCIO-CULTURAL ACTIVITIES Offered by the Town**PAINTING WORKSHOP**

In the first part of the class, the instructor will teach a painting technique. In the second part, participants can paint their own work and receive personalized guidance from the instructor.

Starting September 22 (10 weeks, with no class on October 13)

Monday: 1:30 to 4:30 p.m. or 6:30 to 9:30 p.m. **Omni-Centre** • 150\$, adults

WATERCOLOUR WORKSHOP

Exploration of basic watercolour concepts. Intended for beginners, but experienced artists are also welcome. Materials provided.

Starting September 24 (10 weeks)

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

