

PROGRAM



**SPORTS,  
LEISURE  
and COMMUNITY  
LIFE**



**FALL 2022**

**WINTER 2023**





Photo : Interzone photo



Photo : Éric Carrière



Photo : Éric Carrière



Photo : Mathieu Deshayes



Photo : Éric Carrière



Photo : Olivier Blouin



## Bureau du citoyen

General information: 311

Community, public and parapublic services: 211

## 1 Mairie d'arrondissement

777, boulevard Marcel-Laurin

H4M 2M7

montreal.ca/saint-laurent

## Patrouille de sécurité urbaine

514 855-5700

## 2 Aréna Raymond-Bourque

2345, boulevard Thimens

H4R 1T4

514 956-2580

## 3 Ateliers municipaux

13001, boulevard Cavendish

H4R 2G5

311

## 4 Bibliothèque du Bois

2727, boulevard Thimens

H4R 1T4

514 855-6130

## 5 Bibliothèque du

Vieux-Saint-Laurent

1380, rue de l'Église

H4L 2H2

514 855-6130

## Boulodrome

800, rue Saint-Germain

H4L 3R8

Indoor petanque:

514 956-2580, ext. 4710

## Café du Centre des loisirs

1375, rue Grenet

H4L 5K3

514 855-6110, ext. 4898

## Cégep de Saint-Laurent

625, avenue Sainte-Croix

H4L 3X7

514 747-6521

## 6 Centre des loisirs

1375, rue Grenet

H4L 5K3

514 855-6110, ext. 3

## 7 Complexe sportif

2385, boulevard Thimens

H4R 1T4

514 855-6110, ext. 5

## Cour municipale

Saint-Laurent location

1405, rue de l'Église

H4L 2H4

514 872-2964

## École Henri-BeauLocation

235, rue Bleignier

H4N 1B1

514 332-0742

## École secondaire Saint-Laurent

Édifice Émile-Legault

2395, boulevard Thimens

H4R 1T4

514 332-3190

Édifice Saint-Germain

1870, rue Decelles

H4M 1A8

514 332-3190

## LaurenHill Academy

Junior Campus

2355, rue Decelles

H4M 1C2

514 331-8019

Senior Campus

2505, boulevard de la Côte-Vertu

H4R 1P3

514 331-8781

## Parc-nature du Bois-de-Liesse

Accueil des Champs

3555, rue Douglas-B.-Floreni

H4S 1Y6

514 280-6678

## Maison Pitfield

9432, boulevard Gouin Ouest

H8Y 1T4

514 280-6729

## Salle Émile-Legault

613, avenue Sainte-Croix

H4L 3X6

514 855-6110, ext. 3



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## COUNCIL OF SAINT-LAURENT



**Aref Salem**

City Councillor, Norman-McLaren  
District, and Leader of the Official Opposition  
at Montréal City Hall



**Vana Nazarian**

City Councillor,  
Côte-de-Liesse District



**Annie Gagnier**

Borough Councillor,  
Norman-McLaren District



**Jacques Cohen**

Borough Councillor,  
Côte-de-Liesse District

## Find out more



### MUNICIPAL INFORMATION

☎ 311

or

[montreal.ca/en/contact-city](https://montreal.ca/en/contact-city)

[montreal.ca/en/saint-laurent](https://montreal.ca/en/saint-laurent)

[f](#) [t](#) [i](#) [a](#)rrsaintlaurent

[montreal.ca/saint-laurent/newsletter](https://montreal.ca/saint-laurent/newsletter)

### COMMUNITY, PUBLIC AND PARAPUBLIC SERVICES

☎ 211

[211qc.ca](https://211qc.ca)

### CULTURAL, SPORTS AND RECREATIONAL ACTIVITIES

Saint-Laurent mobile application:  
[play.google.com/store](https://play.google.com/store)  
[apple.com/ca/app-store](https://apple.com/ca/app-store)

Registration for activities and reservation  
of time slots:  
[loisirs.montreal.ca](https://loisirs.montreal.ca)

Culture Saint-Laurent:  
[facebook.com/culturesaintlaurent](https://facebook.com/culturesaintlaurent)

Bibliothèques de Saint-Laurent:  
[facebook.com/bibliotheques.saint.laurent](https://facebook.com/bibliotheques.saint.laurent)



## MESSAGE FROM THE MAYOR OF SAINT-LAURENT



Dear fellow citizens,

Following the much-anticipated return of the Summer Celebrations, we are thrilled to present this jam-packed fall-winter program - the first in two years. Thank you to the agency managers and the many Saint-Laurent volunteer committees we were able to rely on once again.

On these pages, you will find a wealth of activities to satisfy all interests. From introductory workshops for toddlers to university for seniors, with preschool, aquatic, sports, dance, arts & crafts and singing activities in-between, everyone will find their favourite activity and discover the opportunity to explore a new area of interest. Please note that due to the various restrictions to which we must adapt, the dates may change. Please directly contact the agencies in charge for confirmation.

I look forward to running into you at one of our installations this fall, and in the meantime, I hope you thoroughly enjoy the final cool days of summer and our activities, which will continue until September in Saint-Laurent's public spaces.

A major innovation I'm sure many of you will appreciate is the reopening of Aréna Raymond-Bourque following a major overhaul. The arena is ready to welcome you with its two skating rinks now open year-round. Furthermore, the renovation project included the virtually complete remodelling of the spaces inside, including the spectator seating, snack bar, showers, sports association offices, and the installation of new heating and cooling systems that will generate energy savings estimated at 40%.

I look forward to seeing you on September 3 for the arena's major opening celebration featuring with family activities and surprises. I'm hoping for an excellent turnout!

A handwritten signature in black ink, which appears to read 'Alan'.

Alan DeSousa, FCPA

Mayor of Saint-Laurent



## DIRECTION DE LA CULTURE, DES SPORTS, DES LOISIRS ET DU DÉVELOPPEMENT SOCIAL

### Centre des loisirs

1375, rue Grenet  
Saint-Laurent (Québec) H4L 5K3  
514 855-6110, ext. 3  
montreal.ca/saint-laurent

### Administrative office hours:

Monday to Friday, 8:30 a.m. to 4:30 p.m.

## CARTE BIBLIO-LOISIRS

The Carte biblio-loisirs is an ID card for anyone who wishes to participate in activities offered by the Direction de la culture, des sports, des loisirs et du développement social. It provides access to many activities and entitles the holder to benefit from advantages and discounts on certain services offered by Saint-Laurent and by recreational organizations.

The card may also be used to borrow items throughout the **Ville de Montréal's network of public libraries**.

A Carte biblio-loisirs with a photo is issued for children aged four and over.

**Cost:** Offered free of charge to individuals.

Where to obtain the Carte biblio-loisirs?

- Bibliothèque du Boisé
- Bibliothèque du Vieux-Saint-Laurent
- Centre des loisirs
- Complexe sportif

## Resident Carte biblio-loisirs

Offered free of charge, the resident Carte biblio-loisirs is reserved exclusively for residents of Montréal. The card is valid for two years. It is mandatory for registration to activities.

### Required documents

**Adult:** Driver's license or ID card with picture and proof of residence (such as a recent telephone, electricity or gas bill).

**Children:** Identity document (school report card, birth certificate, health insurance card) and proof of address of a parent.

### Renewals

To renew a Carte biblio-loisirs, residents must provide their expired card, along with the documents indicated above. A new photo will be taken.

### Lost or damaged cards

If the Carte biblio-loisirs is lost or damaged, the replacement cost is:

- \$2 for persons aged 13 and under and 65 and over;
- \$3 for persons aged 14 to 64.

### Changing address

If the holder changes address, the Carte biblio-loisirs will be replaced at no charge upon presentation of a proof of address and the actual card.

## Non-resident Carte biblio-loisirs

Offered free of charge, the non-resident Carte biblio-loisirs is intended for non-residents of Montréal. It is valid for five years.

The card is mandatory for registration, and non-residents will be charged registration fees that are 33.33% higher (to a maximum of \$50) than those charged to residents. Non-resident card holders are not eligible to reserve certain sports facilities or obtain library memberships.

## REGISTRATION AND PAYMENT TERMS

### Online registration

The Loisirs Montréal site, made available by the Ville de Montréal, allows users to search for sports and recreational activities offered by Saint-Laurent as well as by the entire Ville de Montréal.

You can search by KEYWORD, BOROUGH or by the following categories:

- **ACTIVITÉ** in the case of a course, for example.
- **ESPACE** to reserve a tennis court, badminton court or other.



## Registration requirements

- Create an account on [loisirs.montreal.ca](https://loisirs.montreal.ca)
- Make sure you and your children, regardless of their age, have a Carte biblio-loisirs valid on both the registration date and the starting date of the activity.
- Make sure your file is up to date, especially with regard to your contact details.
- Make sure you have a valid credit card on hand. Only Visa and MasterCard credit or prepaid cards are accepted. Aside from certain exceptions, taxes are included in the costs.

For on-site registrations, payment may be made in cash, by Interac or by Mastercard or Visa credit card.

In some cases, registration fees are payable by cheque to the appropriate recreational organization whose name appears in the activity description. It is therefore important to carefully read the information specific to each activity.

## Low-income families

Low-income families of Saint-Laurent who meet certain pre-established eligibility criteria can obtain discounts on fees for most activities offered by Saint-Laurent. The evaluation must be made at least 10 days before registration. No refund will be issued after registration.

Information available at the Centre des loisirs and the Complexe sportif.

## Refunds and cancellation

The Direction de la culture, des sports, des loisirs et du développement social reserves the right to cancel any activity. In the event an activity is cancelled, the participants already registered will be refunded in full.

The Direction also reserves the right to cancel a maximum of one course without issuing a refund in the event of a situation that is beyond its control.

Refunds will be granted only if the reason provided for withdrawing is deemed to be important. A medical certificate will be required if a refund is requested because of illness.

In the event of a refund, a \$20 administrative fee applies as well as a prorated fee reflecting the number of classes completed prior to the request date. The final decision will be made by the Arrondissement authorities.

A different refund policy applies for each recreational organization. The information is available from the various organizations.

No transfer or cancellation requests for summer camps will be accepted later than 14 days prior to the first day of the camp week. Furthermore, each cancellation request will incur a \$20 administration fee per camp or daycare week.

## RESERVATION OF RECREATIONAL FACILITIES

### Aréna Raymond-Bourque

Reservation of a skating rink:  
514 956-2580, ext. 4700

### Bibliothèque du Boisé

Reservation of rooms:  
514 855-6110, ext. 3

### Centre des loisirs

Reservation of rooms for community activities:  
514 855-6110, ext. 3

### Complexe sportif

Reservation of sports facilities (gymnasium, soccer, multipurpose room):  
514 855-6110, ext. 4609

Rental of pool:  
514 855-6110, ext. 4878

### Parks

The many recreational facilities in Saint-Laurent parks provide residents with the opportunity to practice activities of all kinds. These include baseball fields, basketball courts, bocce and bowls areas, football and soccer fields and volleyball courts, in addition to hockey arenas, sledding hills, and skating rinks during the winter.

Information and reservations:  
514 855-6110, ext. 4702



## LIST OF SAINT-LAURENT SANCTIONED COMMUNITY ASSOCIATIONS AND ORGANIZATIONS

### APSM

Association des parents pour la santé mentale de Saint-Laurent

Support and information for relatives of persons with mental illness.

**514 744-5218**

apsm@videotron.ca  
aidemaladiementale.com

### CARI ST-LAURENT

Centre d'accueil et de référence sociale et économique pour immigrants de Saint-Laurent

Reception, assistance and support for immigrants in their personal, professional and social integration.

**514 748-2007**

carist@cari.qc.ca  
cari.qc.ca

### CARREFOUR JEUNESSE-EMPLOI SAINT-LAURENT

Socio-professional integration support for Saint-Laurent residents aged 16 to 35.

**514 855-1616, ext. 222**

administration@cjestlaurent.org  
cjestlaurent.org

### CENTRE AMAL POUR FEMMES

Psychosocial services for women and families, and awareness surrounding domestic and conjugal violence.

**514 855-0330, ext. 1**

info@amalwomencenter.ca  
amalwomencenter.ca/fr

### CENTRE COMMUNAUTAIRE BON COURAGE DE PLACE BENOIT

Activities, reception, accompaniment and support for residents in and around the Hodge-Place Benoit neighbourhood.

**514 744-0897**

infos@centrebonscourage.org  
centrebonscourage.org

### CENTRE D'ACTION BÉNÉVOLE ET COMMUNAUTAIRE SAINT-LAURENT INC.

Promotion of volunteer action in different areas of human activity.

**514 744-5511**

communication@centreabc.org  
centreabc.org/fr

### CENTRE D'ENCADREMENT POUR JEUNES FEMMES IMMIGRANTES

Social, economic, cultural and civic integration of young immigrant women aged 12 to 35.

**514 744-2252**

info@cejfi.org  
cejfi.org

### CENTRE D'INITIATIVES POUR LE DÉVELOPPEMENT COMMUNAUTAIRE L'UNITÉ

Activities in schools and public places to support the development of youths and their families.

info@centre-unite.com

centre-unite.com

### CENTRE DE PÉDIATRIE SOCIALE DE SAINT-LAURENT / AU CŒUR DE L'ENFANCE

Educational, social and health services focusing on optimal child development.

**514 333-8989**

info1@aucoeurdelenfance.ca  
aucoeurdelenfance.ca

### CENTRE DES FEMMES DE SAINT-LAURENT

Actions to improve living conditions for women in Saint-Laurent.

**514 744-3513**

info@cfstl.org  
cfstl.org



**CENTRE SOUTIEN JEUNESSE**

Support group for adults with mental health issues.

**514 744-1288**

centresoutien-jeunesse@hotmail.com  
soutienjeunesse.com

**COCLA**

Corporation culturelle  
latino-américaine de l'amitié

Food assistance and social integration through economic activity and community engagement.

**514 543-0416**

cocla.mtl@gmail.com  
coclamontreal.org

**COMITÉ LOGEMENT SAINT-LAURENT**

Supporting access to good-quality, affordable housing for Saint-Laurent households while taking into consideration their sociocultural diversity.

**514 331-9898**

comitelogement.saintlaurent@gmail.com  
comitelogement-saintlaurent.org

**COOPÉRATIVE DE SOLIDARITÉ LES SERRES DU DOS BLANC**

Social economy business producing organic fruits and vegetables in greenhouses.

**514 744-6829**

contact@serresdudosblanc.com  
serresdudosblanc.com

**COSSL**

Comité des organismes sociaux de Saint-Laurent

Focus group to improve the quality of life for Saint-Laurent residents.

**514 748-2000**

info@cossl.org  
cossl.org

**ÉNFIAM-QUÉBEC**

Actions to alleviate poverty, promote education and break family isolation.

**438 875-6014**

contact@enfam-qc.org  
enfam-qc.org

**L'OASIS SAINT-LAURENT**

Food bank

**514 747-7621**

oasisstlaurent@gmail.com  
OASISsaintlaurent

**MAISON DES FAMILLES DE SAINT-LAURENT**

Services and activities to promote the emotional, social and intellectual development of children with the involvement of their parents.

**514 333-8989**

info@maisondesfamilles.org  
maisondesfamilles.org

**PARENTS-SECOURS SAINT-LAURENT**

Network of safe houses and prevention activities to ensure the safety and protection of children and senior citizens.

parentssecours.stlaurent@gmail.com  
parentssecours.ca

**RAP JEUNESSE**

Assistance for persons aged 14 and over living with a variety of psycho-social problems.

**514 388-7336**

info@rapjeunesse.org  
rapjeunesse.org

**RESSOURCES JEUNESSE DE SAINT-LAURENT**

Intake and accommodation services for troubled youths aged 16 to 25.

**514 748-0202**

info@rjsl1410.com  
rjsl.ca

**VERTCITÉ (ÉCO-QUARTIER DE SAINT-LAURENT)**

Sustainable development projects and service offering.

**514 744-8333**

info@vertcite.ca  
vertcite.ca



## YMCA SAINT-LAURENT

Support to encourage persons to adopt healthy lifestyles, develop their self-esteem and gain a sense of belonging to their community.

**514 747-5353**

info.saint-laurent@ymcaquebec.org  
ymcaquebec.org



## RESOURCES FOR PERSONS WITH DISABILITIES

### ALTERGO

Promotion of universal accessibility and full participation of persons with functional limitations using the levers of sports, recreation and culture.

**Directory of Montréal resources for people with disabilities**

**514 933-2739**

altergo.ca

### OLYMPIQUES SPÉCIAUX QUÉBEC Région nord de l'île

Sports activities for participants aged 10 and over in Saint-Laurent.

**514 704-2537**

olympiquestspeciauxquebec.ca

### SOCIÉTÉ DE TRANSPORT DE MONTREAL ACCOMPANIMENT CARD

The accompaniment card is for people with an intellectual, physical, or visual impairment whose limitations justify the need for accompaniment when using the bus or metro system. This accompaniment card allows a caregiver free access to the regular system.

**514 280-8211**

stm.info/ta

### COMPANION LEISURE CARD (CAL)

This card allows the companions of individuals with a disability or permanent mental health problem free access to tourism, cultural and recreational sites.

**1 833 693-2253**

cal@aqlph.qc.ca  
carteloisir.ca/en/

### EMERGENCY EVACUATION ASSISTANCE PROGRAM

The Service de sécurité incendie de Montréal invites all individuals with sight or hearing impairments, or another deficiency affecting their mobility to register with the directory for persons with reduced mobility.

In case of emergency, this free service enables firefighters to respond more effectively in the event they must be evacuated from their home.

**514 872-3775**

### PARKING SPACE OR ACCESS RAMP IN FRONT OF A RESIDENCE

It is possible for individuals with reduced mobility to obtain reserved parking in front of their home, or an access ramp nearby.

Ville de Montréal technical traffic service: **311**

### MOBILE PARKING PERMIT ISSUED BY THE SAAQ

This permit provides access to parking spaces reserved for persons with disabilities.

**514 873-7620**

saaq.gouv.qc.ca

### GUIDE DOGS AND THERAPY DOGS ARE WELCOME!

Saint-Laurent is pleased to welcome anyone accompanied by a guide dog or a therapy dog to its parks and facilities.





**REOPENING CELEBRATION ON SEPTEMBER 3**

# ARÉNA RAYMOND-BOURQUE

2345, boulevard Timens  
H4R 1T4  
**514 956-2580**

📍 Côte-Vertu 🚌 171

## SERVICES

Free Wi-Fi  
Healthy snack bar  
Locker rooms and showers  
Sports boutique  
Two NHL-sized skating rinks

## UNIVERSAL ACCESSIBILITY

All sports facilities comply with the principles of universal accessibility.

### Skating rink rental:

514 956-2580, ext. 4700

ARÉNA RAYMOND-BOURQUE





Bibliothèque du Boisé  
Photo : Éric Carrière



Bibliothèque du Vieux-Saint-Laurent  
Photo : Éric Carrière

# LIBRARIES

## Bibliothèque du Boisé

2727, boulevard Thimens  
514 855-6130

📍 Côte-Vertu 🚌 171

### Regular schedule

Mon, Tue, Wed	11 a.m. to 9 p.m.
Thu, Fri	11 a.m. to 8 p.m.
Sat, Sun	10 a.m. to 5 p.m.

### Summer schedule (June 25 to Labour Day)

Mon to Fri	11 a.m. to 8 p.m.
Sat, Sun	10 a.m. to 4 p.m.

### Mixlab

Two spaces for digital and multimedia creation:  
The Studio and the Workshop.

## Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église  
514 855-6130

📍 du Collège

### Regular schedule

Mon, Tue, Wed	10 a.m. to 8 p.m.
Thu, Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 5 p.m.

### Summer schedule (June 25 to Labour Day)

Mon, Tue, Wed	10 a.m. to 7 p.m.
Thu, Fri	10 a.m. to 6 p.m.
Sat, Sun	10 a.m. to 4 p.m.

### FabricARThèque

Art Hive: a space for craft creation open to those  
for adults

## Mini-bibliothèque de Chameran

Parc Painter  
260, rue Marcotte

📍 Côte-Vertu 🚌 171

### Open from October to May

Tue	3 to 6 p.m.
Sun	1 to 5 p.m.



## MEMBERSHIP

### Residents

Saint-Laurent residents and property owners of Montréal

**Free**

### Business community

Owner, occupant of a business place of Montréal

**Free**

### Students

Students from an educational institution located in Montréal

**Free**

### Non-residents

Non-resident of Montréal

<b>Seniors (65 and +):</b>	<b>\$56</b>
<b>Adults (14 and +):</b>	<b>\$88</b>
<b>Youth (13 and -):</b>	<b>\$44</b>

Program : [montreal.ca/en/saint-laurent](http://montreal.ca/en/saint-laurent)

## Free services

- Wi-Fi Internet access.
- Une naissance, un livre: Register your infant (under age 1) at the library and get a free baby reading kit.
- Computer workstations with Internet access and Microsoft Office suite (Word, Excel, PowerPoint).
- Loan of tablet computers inside the Bibliothèque du Boisé.
- Loan of board games, CDs, DVDs, Blu-Rays and video games for Xbox One, PS3, PS4, PS5, Wii U games, Nintendo Switch and Nintendo 3DS.
- Loan of musical instruments at the Bibliothèque du Boisé.
- Interlibrary loans within the Réseau des bibliothèques publiques de Montréal.
- Teamwork rooms at the Bibliothèque du Boisé. Reservation: [reservations.saint-laurent.ca](http://reservations.saint-laurent.ca)
- Document loan available at home for people with reduced mobility: 514 855-6130, ext. 4753
- Loan of wheelchairs inside the Bibliothèque du Boisé and the Bibliothèque du Vieux-Saint-Laurent.

## Online resources

 [bibliotheques.saint.laurent](https://www.facebook.com/bibliotheques.saint.laurent)

Saint-Laurent Libraries Facebook page

[bibliomontreal.com](http://bibliomontreal.com)

- ▶ **Digital catalogue**  
[nelligandecouverte.ville.montreal.qc.ca](http://nelligandecouverte.ville.montreal.qc.ca)  
*Directory containing all of the collections found in Montréal libraries. Online reservations and management of the subscriber file.*
- ▶ **Digital library**  
*E-books, newspapers, magazines, news reports, music, language and computer courses.*
- ▶ **Bibliojeunes**  
*Internet portal for 6- to 12-year-olds and their parents (SOS devoirs, information on various subjects, etc.).*

## Room rental

Citizens, organizations and businesses are able to rent multipurpose and meeting rooms at the Bibliothèque du Boisé.

Information on rates and reservation terms:

514 855-6110, ext. 3





## CENTRE DES LOISIRS

1375, rue Grenet  
H4L 5K3  
**514 855-6110, ext. 3**

📍 Côte-Vertu 🚌 64, 128

### Reception counter

Mon to Fri 8:30 a.m. to 4:30 p.m.

### Activities and exhibitions

Mon to Fri 8 a.m. to 10:30 p.m.  
Sat 8 a.m. to 10 p.m.  
Sun 8 a.m. to 6 p.m.

## SERVICES

Auditorium with 30 seats  
Banquet hall  
Café  
Community kitchen  
Dance and arts and crafts rooms  
Entertainment hall  
Exhibition hall  
Free parking for users  
Free Wi-Fi  
Infirmary  
Multi-purpose rooms  
Music room  
Nursing room  
Pool and table tennis room  
Preschool Centre  
Teen Centre

## UNIVERSAL ACCESSIBILITY

The Centre des loisirs complies with the principles of universal accessibility.





## COMPLEXE SPORTIF

2385, boulevard Thimens  
H4R 1T4  
**514 855-6110**

📍 Côte-Vertu 🚌 171

### Regular

Mon to Sun 5:30 to 0:30 a.m.

### Summer (June 25 to Labour Day)

Mon to Fri 6:30 to 0:30 a.m.  
Sat and Sun 7:30 a.m. to 5:30 p.m.

### Reception counter

Mon to Fri 8:30 a.m. to 8:30 p.m.  
Sat and Sun 8:30 a.m. to 4 p.m.

## SERVICES

25-metre swimming pool  
Classroom  
Free parking for users  
Gymnastics palestra  
Healthy restaurant  
Indoor soccer field  
Lockers with stalls and individual showers  
Multipurpose room  
Nursing room  
Recreational swimming pool with water play features and a slide  
Rest area  
Single gymnasium  
Training room  
Wi-Fi Internet access

## UNIVERSAL ACCESSIBILITY

All of the sports facilities comply with the principles of universal accessibility.

## RENTAL OF SPORTS VENUES, AND CHILDREN'S PARTIES

Certain time slots are available for the rental of sports venues and for children's parties.

### Soccer field, gymnasium, multipurpose rooms and children's parties:

514 855-6110, ext. 4609

### Swimming pool rental:

514 855-6110, ext. 4878



## CULTURAL WORKSHOPS

Ages 18 and over

Location	Centre des loisirs
Rates	Varied Some workshops require the purchase of materials. Additional costs apply for live models.
Sessions	<b>FALL:</b> Sept 12 to Nov 28 <b>WINTER:</b> Jan 15 to March 31
Schedule	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> , on Aug 2
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> , starting on Aug 16, at 8:30 a.m. <b>WINTER:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Nov 15, at 8:30 a.m.
<b>INFORMATION</b>	514 855-6110, ext. 3

### Adults

#### Cake decorating

\$82  
Martha Garzon

#### Calligraphy

\$132  
Réal Colletterie

#### Contemporary painting

\$142  
Svetla Velikova

#### Contemporary watercolour

\$142  
Valérie Gruia

#### Crochet - Knitting

\$122  
Lucie Carmel

#### Drawing and modelling -

Long poses with live models  
\$152  
Svetla Velikova

#### Icon - Egg tempera

\$142  
Svetla Velikova

#### Oil painting

\$142  
Areg Elibekian

#### Patchwork

\$132  
Céline Arcand

#### Pottery, modelling, turning, ceramics

\$162  
Francine Gauthier

#### Sewing

\$132  
Corine Cariminot

#### Silk painting

\$32  
Valérie Gruia

#### Stained glass

\$132  
Stéphanie Aghbachian

#### Stone carving

\$132  
Vasil Nikov

#### Wood carving

\$132  
Rémi Richard

#### Yoga on chair

1 week \$122  
2 week \$192

#### Yoga lunch break

1 week \$72  
2 week \$112  
3 week \$152

### Youth

#### Ages 6 to 9

##### Cartoon drawing - initiation

\$62  
Youssef Jazmati

##### Drawing and painting

\$82  
Areg Elibekian

##### Drawing and painting

\$82  
Carole Dubuc

##### Theatre

\$62  
Évelyne Laniel

#### Ages 6 to 12

##### Chess beginner, intermediary and advanced levels

\$42 or \$82  
Tour de la réussite

##### Drawing, pottery, modelling

\$82  
Francine Gauthier

#### Ages 7 to 12

##### Petits marmitons

\$82  
Mariette Cadieux

#### Ages 9 to 12

##### Theatre

\$82  
Évelyne Laniel

#### Ages 9 to 14

##### Acrylic painting

\$82  
Carole Dubuc

##### Cartoon drawing - Manga

\$62  
Youssef Jazmati

##### Water painting

\$82  
Carole Dubuc

#### Ages 10 to 17

##### Oil painting

\$82  
Areg Elibekian

##### Pottery, modelling, turning

\$82  
Francine Gauthier

#### Ages 13 to 17

##### Creative cooking

\$82  
Mariette Cadieux

##### Sewing - Family

\$62  
Corine Caraminot

##### Stain glass - Family

\$82  
Stéphanie Aghbachian

## ASSOCIATION DES ARTISTES DE SAINT-LAURENT

Ages 18 and over

Location	Centre des loisirs
Rates	Varied
Sessions	Sept to Jan Jan to June
<b>REGISTRATION</b>	New members are selected in Aug
<b>INFORMATION</b>	<a href="mailto:contact@artsaintlaurent.ca">contact@artsaintlaurent.ca</a> <a href="http://artsaintlaurent.ca">artsaintlaurent.ca</a>



## BRIDGE

Ages 18 and over

Location	Centre des loisirs	
Rates	Lesson: \$90	Bridge duplicata: \$5 Coached bridge: \$80
Sessions	<b>FALL:</b> Sept 7 to Dec 21	<b>WINTER:</b> Jan 3 to June 14
<b>REGISTRATION</b>	<b>FALL:</b> In person at the Centre des loisirs on Aug 29, from 6 to 8 p.m.	
<b>INFORMATION</b>	Club de bridge Loisirs Saint-Laurent: 514 332-2770 • 514 747-4300	

## CERCLE DE FERMIERES SAINT-LAURENT

Ages 14 and over

Dedicated to the interests of women and families, as well as cultural heritage, this circle offers craft workshops and an introduction to weaving.

Location	Centre des loisirs	
Rates	Annual membership: \$32	
<b>INFORMATION</b>	514 583-7345	Pres.Fed14.ST-LAURENT@cfq.qc.ca cfq.qc.ca

## DANCE

### IMPULSE DANCE STUDIO

Ballet, hip-hop, contemporary, jazz, tap and creative dance.

Location	Centre des loisirs	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 13 to Dec 5	<b>WINTER:</b> Jan 12 to March 29
<b>REGISTRATION</b>	<b>FALL:</b> From Aug 1 In person at the Centre des loisirs on Aug 29 and 30, from 6 to 8 p.m. Online at <a href="http://studiodedanseimpulse.com">studiodedanseimpulse.com</a>	<b>WINTER:</b> From Dec 1 In person at the Centre des loisirs on Jan 6 and 7, from 10 a.m. to 2 p.m.
<b>INFORMATION</b>	514 855-6110, ext. 4998	<a href="http://studiodedanseimpulse.com">studiodedanseimpulse.com</a> 📞 <a href="mailto:studiodedanseimpulse@hotmail.com">studiodedanseimpulse@hotmail.com</a>

## SOCIAL DANCING CLUB - LES LAURENTIENS

Ages 18 and over • Couples only

Cha-cha, merengue, rumba, mambo, samba, triple swing, slow waltz, foxtrot and tango. Dance evenings organized throughout the year.

Location	Centre des loisirs	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 11 to Dec 9 <b>WINTER:</b> Jan 15 to May 31	
<b>REGISTRATION</b>	<b>FALL:</b> In person at the Centre des loisirs on Aug 29, from 6 to 8 p.m.	<b>WINTER:</b> In person at the Centre des loisirs on Nov 15, from 6 to 8 p.m.
<b>INFORMATION</b>	514 855-6110, ext. 4646	<a href="mailto:cdsleslaurentiens@gmail.com">cdsleslaurentiens@gmail.com</a> 📞 CDSLesLaurentiens





## DAY CAMP - SPRING BREAK 2022

Ages 5 to 12

Location	Centre des loisirs	
Rates	\$150 / camp	\$30 / daycare service
Session	Feb 27 to March 3	
Schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Jan 10	
REGISTRATION	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Jan 17, at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	<a href="https://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a> <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a>

## DAY CAMPS - SUMMER 2023

Youth

Locations	Centre des loisirs and Complexe sportif	
Rates	\$125 to \$165 / week	\$30 / week / daycare service
Session	SUMMER: June 26 to Aug 18	
Schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Feb 27	
REGISTRATION	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on March 14, at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	<a href="https://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a> <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a>

### LIST OF CAMPS

#### Centre des loisirs

##### Ages 5 and 6

Camp explorateurs • \$125 / week

##### Ages 7 to 12

Camp aventuriers • \$125 / week

Artistic Camp • \$150 / week

Science Camp • \$150 / week

##### Ages 14 to 16

Camp Counsellor Training

Program (DAFA) • \$500 / 4 weeks

#### Complexe sportif

##### Ages 7 to 12

Sports Camp • \$150 / week

##### Ages 13 to 16

Teen Camp – Outings • \$155 / week

Teen Camp – Expeditions • \$165 / week

## EXHIBITIONS

CENTRE DES LOISIRS - 1375, rue Grenet

### PROGRAM

See the exhibition details in the Events section at [montreal.ca/en/saint-laurent](https://montreal.ca/en/saint-laurent).

### CITIZEN EXHIBITION

The Centre des loisirs offers the opportunity for Saint-Laurent artists to host exhibitions on their premises. Send your exhibition project accompanied by photos of works and descriptions to: [saint-laurent.loisirculturel@montreal.ca](mailto:saint-laurent.loisirculturel@montreal.ca)



## INSTRUMENTAL MUSIC

### CENTRE D'ÉTUDES MUSICALES PANTONAL

Comprehensive musical training for all on piano, guitar and violin.

Location	Centre des loisirs	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 10 to Dec 23 <b>WINTER:</b> Jan 9 to May 28	
<b>REGISTRATION</b>	<b>FALL:</b> In person at the Centre des loisirs, on Aug 29, from 6 to 8 p.m.	<b>WINTER:</b> In person at the Centre des loisirs, on Nov 15, from 6 to 8 p.m.
<b>INFORMATION</b>	514 273-1055	pantonal.ca pantonal@pantonal.ca

## PHOTOGRAPHY

### ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Ages 18 and over

Location	Centre des loisirs	
Rates	\$70 / year	
<b>INFORMATION</b>	apsl.ca	admin@apsl.ca

## PRESCHOOL CENTRE

Open house: Sept 9 from 9 a.m. to 3 p.m.

Location	Centre des loisirs	
Rates	\$70 to \$180	
Sessions	<b>FALL:</b> Sept 12 to Nov 28 <b>WINTER:</b> Jan 9 to March 31 <b>WINTER-SPRING:</b> Jan 9 to May 26	
Schedule	Program and schedule online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on July 26 for the fall and on Nov 22 for the winter	
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Aug 9, at 8:30 a.m.	<b>WINTER:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Dec 6, at 8:30 a.m.
<b>INFORMATION</b>	514 855-6110, ext. 3	<a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a>

#### 0 to 12 months\*

Sensory awareness with baby • \$90  
 Fitness with baby • \$70  
 Yoga with baby • \$70

#### 12 to 36 months\*

Marionettes • \$90  
 Sounds and rhythms • \$90

#### 18 to 36 months\*

Acrobats • \$90

#### 1 to 3 years old\*

Musical game • \$70  
 Mini-circus • \$70

#### 3 to 5 years old

Little athletes day • \$180  
 or half-day • \$105  
 Little actor day • \$180  
 or half-day • \$105  
 Little school kids day • \$180  
 or half-day • \$105  
 Little explorers half-day • \$105  
 Little geniuses day • \$180  
 or half-day • \$105

#### 4 and 5 years old

Arts and crafts • \$90  
 Mini-circus • \$90

\*The presence of an adult is mandatory.



## PROGRAM FOR ADULTS

### CARREFOUR DES ÂÎNÉS

Ages 50 and over

Physical activities, bingo, pool and table tennis, bridge, line dancing, shuffle-board, board games and bocce.

Location	Centre des loisirs (with the exception of petanque)	
Rates	Varied	Mandatory membership card: Resident: \$10 Non-resident: \$15
Sessions	Sept 1 to March 12 (cancelled on Oct 14 and 21, Dec 21 to Jan 2 and March 2 to 6)	Business hours as of Sept 10: Mon, Wed 8:30 to 11:15 a.m. and 12:30 to 3 p.m. Thu 8:30 to 11:15 a.m.
REGISTRATION	FALL: In person at the Centre des loisirs, on Aug 31, from 8:30 a.m. to 4 p.m., and on Sept 1, from 8:30 a.m. to 4 p.m.	WINTER: In person at the Centre des loisirs, on Dec 12 and 14, from 8:30 a.m. to 4 p.m.
INFORMATION	514 748-0943	carrefour-aines.jimdo.com carrefouraines@hotmail.com

## PROGRAM FOR FALL PREVENTION P.I.E.D.

Ages 65 and over

To recognize and prevent situations that could cause falls.

Location	Centre des loisirs	
Rates	Free	
Session	Sept 12 to Nov 14	
INFORMATION	CIUSSS du Nord-de-l'île-de-Montréal Centre Jean-Jacques Gauthier: maladies.chroniques.cnmtl@ssss.gouv.qc.ca 514 384-2000, ext. 7254	

## PROGRAM FOR PERSONS WITH DISABILITIES

Ages 30 and over

Socio-recreational activities for autonomous people with disabilities.

Location	Centre des loisirs	
Rates	Varied Membership card / \$7	
Session	Sept 7 to May 31	Regular activities Wed 9 a.m. to 3 p.m.
INFORMATION	Handicapés de Saint-Laurent inc: 514 337-2005, ext. 4303 514 855-6110, ext. 4937	





## PROGRAM FOR YOUTH

### L'UNITÉ 12-17 - CENTRE DES ADOS

Ages 12 to 17 (high school level)

Open recreational sports and cultural activities.

Location	<b>Centre des loisirs</b>	
Rates	Free	
Sessions	<b>FALL:</b> Sept 13 to Dec 16 <b>WINTER:</b> Jan 10 to June 16	Tue to Fri 3:30 to 9 p.m.
<b>REGISTRATION</b>	In person at L'Unité 12-17	
<b>INFORMATION</b>	514 744-1239	centre-unite.com

### ADOS DE ST-LO - LEISURE

Ages 12 to 17 (high school level)

Friendly meetings, cultural leisure and sports activities.

Location	<b>Centre communautaire Painter</b>	
Rates	Free	
Sessions	<b>FALL:</b> Sept 23 to Dec 11 <b>WINTER:</b> Jan 13 to May 14	Fri 6 to 9 p.m. Sat 5 to 9 p.m. Sun 5 to 9 p.m.
<b>REGISTRATION</b>	In person at the Centre communautaire Painter	
<b>INFORMATION</b>	514 855-6110	

### ADOS DE ST-LO - SPORTS

Ages 12 to 17 (high school level)

Cultural, and sports activities.

Location	<b>Complexe sportif</b>	
Rates	Free	
Sessions	<b>FALL:</b> Sept 19 to Dec 11 <b>WINTER:</b> Jan 9 to May 14	
Schedule	<b>BASKETBALL</b> - Gym Wed 4 to 6 p.m. Thu 3:30 to 6:30 p.m. Sat 3:30 to 4:30 p.m. Sun 2 to 4 p.m.	<b>SOCCER</b> - Soccerplexe Fri 4 to 6 p.m. Sat 4:30 to 6 p.m.
<b>REGISTRATION</b>	With the monitors during activities	
<b>INFORMATION</b>	514 855-6110	



## ROYAL CANADIAN AIR CADETS

Ages 12 to 18

Fanfare, fitness and musical training on different instruments.

### L'ESCADRON 621 ST-LAURENT DES CADETS DE L'AVIATION ROYALE DU CANADA

Location	Centre des loisirs	
Rates	Free	
Sessions	Sept to May and summer camps by selection	
REGISTRATION	FRANCOPHONE CADETS: Mondays from 6:30 to 8:30 p.m., at 1415, rue Filion	
INFORMATION	esc621.wordpress.com	621.president@cadetsair.ca esc621message@gmail.com

### 588 ERIC SIMMS ROYAL CANADIAN AIR CADET SQUADRON

Location	Centre des loisirs	
Rates	Free	
Sessions	Sept to May and summer camps by selection	
REGISTRATION	ANGLOPHONE CADETS: Tuesdays from 6:30 to 9 p.m., at 1415, rue Filion	
INFORMATION	438 934-5882	588aviation@cadets.gc.ca 588aircadets.com

## SCRABBLE

Ages 14 and over

The games are in French only.

Location	Centre des loisirs	
Rates	Member: \$4 / game Non-member: \$5 / game	
REGISTRATION	FALL: In person at the Centre des loisirs, on Aug 29, from 6 to 8 p.m.	WINTER: In person at the Centre des loisirs, on Nov 15, from 6 to 8 p.m.
INFORMATION	Club de scrabble laurentien: Monday and Saturday games scrabblelaurentien@gmail.com	Club Scrabble St-Laurent: Thursday games 514 334-1639

## SINGING - CHOIR

### ENSEMBLE VOCAL DE SAINT-LAURENT

Ages 18 and over

Mixed choir under conductor Yvan Sabourin.

Location	Centre des loisirs	
Rates	\$150 / session	
REGISTRATION	In person at the Centre des loisirs on Aug 29, from 6 to 8 p.m., and at the Open House on Sept 1, at 7:30 p.m.	
INFORMATION	514 891-4674	choeurevsl.com info@choeurevsl.com



## CHŒUR WALTER

**Ages 8 and over**

Mixed-voice choir to promote personal development through choral singing.

Location	Centre des loisirs	
Rates	\$150 / year	
<b>REGISTRATION</b>	<b>FALL:</b> In person at the Centre des loisirs on Aug 29, from 6 to 8 p.m.	<b>WINTER:</b> In person at the Centre des loisirs on Nov 15, from 6 to 8 p.m.
<b>INFORMATION</b>	514 863-7580	choeurwalter.org 📍 Choeur.Walter marjoriwalter@choeurwalter.org

## SPECIAL FAMILY EVENTS

**Come and play with your family!**

### Parc Painter

Sept 17 to Oct 29 / Sat 1 to 4 p.m.

Outdoor family activities and entertainment.

### Bois-Franc, Hartenstein and Saint-Laurent parks

Jan 14 to Feb 25 / Sat 1 to 4 p.m.

Winter activities on sliding hills and sleds on loan.

### Dimanches au parc Painter

#### Centre communautaire Painter

Sept 18 to Dec 11 / Sun 1 to 4 p.m.

Jan 15 to May 21 / Sun 1 to 4 p.m. (cancelled on March 2 and 9 and Apr 12)

Art materials, sports equipment and board games on loan.

### Féerie d'hiver

#### Parc Gohier

Feb 19 / 11 a.m. to 3 p.m.

Various winter activities, hot chocolate and inflatable games.



## UNIVERSITÉ DU TROISIÈME ÂGE

**Ages 50 and over**

Ongoing training program including courses and conferences.

Location	Centre des loisirs	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 19 to Dec 7 <b>WINTER:</b> Jan 17 to May 3	
<b>INFORMATION</b>	Université du troisième âge (UTA): usherbrooke.ca/uta/prog/mtl/slt uta.slt@USherbrooke.ca 514 362-9183	



AQUATIC ACTIVITIES

OPEN SWIM

Recreational pool: **6 months and over**  
25-meter pool: **2 and over**

Children under age 8 may not enter the swimming pool alone. Chaperone ratios are determined according to age, swimming ability and the use of flotation equipment. Staff may ask to see a piece of ID at any time. ID card needed to borrow a swim flotation belt or flotation jacket (PFD).

Swim diapers and are accepted only at the recreational swimming pool in the Complexe sportif.

The swimming pools at the Complexe sportif are accessible for people with reduced mobility.

Schedules are subject to change without notice.

Location	Complexe sportif	
Resident memberships	<b>0-3:</b> Free <b>17 and under:</b> 6 months: \$20 12 months: \$32	<b>18 to 54:</b> 6 months: \$28 12 months: \$45 <b>55 and over:</b> 6 months: \$20 12 months: \$32
Single entry fee	<b>0-3:</b> Free <b>17 and under:</b> Resident: \$3 Non-resident: \$4	<b>18 to 54:</b> Resident: \$4 Non-resident: \$5 <b>55 and over:</b> Resident: \$3 Non-resident: \$4
Sessions	<b>FALL:</b> Sept 6 to Dec 23	<b>WINTER:</b> Jan 7 to March 24
Schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a>	
INFORMATION		<a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> 514 855-6110

SWIMMING LESSONS

Children:  
Complexe sportif: **6 months and over**  
Cégep de Saint-Laurent: **2 and over**

Teenagers and adults:  
**13 and over**

ACTIVITIES

Fall 2022

The Canadian RED CROSS program including several levels based on age and skill:  
**4 levels** where the child must be accompanied by an adult in the water and **4 levels** where the child is without an adult in the water, for 5-year-olds and under.  
**10 levels** for 6- to 12-year-olds.  
**2-3 levels** for teens and adults.

Winter 2023

In winter 2023, the RED CROSS swimming program will be replaced by the Lifesaving Society's program.  
Société de sauvetage program including several levels based on age and skill:  
**3 levels** where the child must be accompanied by an adult in the water and **5 levels** where the child is without an adult in the water, for 5-year-olds and under.  
**6 levels** for 6- to 12-year-olds.  
**2-3 levels** for teens and adults.



Locations	Complexe sportif and Cégep de Saint-Laurent	
Rates	Children: \$66 / 30 to 60 min / week (depending on the level)	Adults and teenagers: 77\$ / 60 min / once a week
Sessions	<b>FALL:</b> Complexe sportif: Sept 24 to Dec 4  Cégep de Saint-Laurent: Sept 24 to Nov 28	<b>WINTER:</b> Complexe sportif: Jan 7 to March 10  Cégep de Saint-Laurent: Jan 7 to March 10
Schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> the day before the first registration date	Bring the registration receipt and progress booklet (if ap- plicable) to the first class.
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> from Sept 18, starting at 8:30 a.m., to Sept 30 according to available places  Participants must know their course level before registration and are responsible for monitoring the number of times they register.	<b>WINTER:</b> Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> from Dec 18, starting at 8:30 a.m. to Jan 13 according to available places
<b>INFORMATION</b>	<a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> 514 855-6110	



## AQUAFITNESS

Ages 18 and over

### ACTIVITIES

Specialized courses: **Aquaspinning**

Regular courses: **Aquafitness, prenatal, advanced aquafitness**

Participants must be able to swim for classes offered in the 25-metre pool.

Location	Complexe sportif: Recreational and 25-metre pools	
Rates	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> the day before the first registration date	
Sessions	<b>FALL:</b> Sept 26 to Dec 5	<b>WINTER:</b> Jan 9 to March 10
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> from Sept 18, starting at 8:30 a.m., to Oct 30 according to available places	<b>WINTER:</b> Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> from Dec 18, starting at 8:30 a.m., to Jan 29 according to available places.
<b>INFORMATION</b>	<a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> 514 855-6110	



## LIFEGUARD TRAINING

### ACTIVITIES

**Four Lifesaving Society courses** in the training program allow participants to obtain the certification required to become lifeguards – pool option.

#### Bronze Medallion

13 and over / **Prerequisite:** Must be 13 years old on the examination date or have the Bronze Star certificate and mastered the styles and the techniques equivalent to Red Cross Swim Kids level 10

#### Bronze Cross

13 and over / **Prerequisite:** Bronze Medallion

#### General First Aid / DEA

For all / 16 hours

#### National Lifeguard - Swimming pool

15 and over / **Prerequisite:** Must be 15 years old and have the Bronze Cross certificate and the General First aid certificate

Location	Complexe sportif
INFORMATION	loisirs.montreal.ca 514 855-6110

## WATER SAFETY INSTRUCTOR TRAINING

### ACTIVITIES

#### Swim for Life monitor training program

Training to prepare participants to teach swimming lessons under the Lifesaving Society swim program starting in the Winter/Spring 2023 session.

Location	Complexe sportif
INFORMATION	loisirs.montreal.ca 514 855-6110

## ARTISTIC SWIMMING

Ages 5 and over

### ACTIVITIES

Recreational program

Pre-competitive program

Competitive program

Day camp in artistic swimming (summer session)

Adult artistic swimming lessons

**Prerequisites: Ages 5 to 7:** Must be able to swim more than 12 metres unassisted.

**Ages 8 and over:** Must have passed the Canadian Red Cross Junior 5 level or the equivalent

Location	Complexe sportif	
Sessions	<b>RECREATIONAL GROUPS</b> <b>FALL:</b> Sept to Dec / 12 weeks approx. <b>WINTER:</b> Jan to March / 12 weeks approx. <b>SPRING:</b> April to the beginning of June / 10 weeks approx.	<b>COMPETITIVE GROUPS</b> Sept to the beginning of June (2-week break during the holidays)
REGISTRATION	Fall, winter and spring: Online at <a href="https://synchronisaintlaurent.com">synchronisaintlaurent.com</a> (date to be confirmed)	
INFORMATION	Club de nage synchronisée Saint-Laurent <a href="https://synchronisaintlaurent.com">synchronisaintlaurent.com</a> <a href="mailto:synchro.saintlaurent@gmail.com">synchro.saintlaurent@gmail.com</a>	





## COMPETITIVE SWIMMING

### ACTIVITIES

Competitive swimming program with mandatory training and competitions.

Locations	Complexe sportif and Cégep de Saint-Laurent	
Sessions	<b>FALL:</b> Sept 6 to Dec 23	<b>WINTER:</b> Jan 6 to mid-June according to the level
REGISTRATION	<b>New members:</b> Online registration required for evaluations at clubcnsi.com.	<b>15-minute in pool evaluation</b> for all swimmers at the Complexe sportif: 5 to 7 p.m. on Aug 5, 29 and 30
INFORMATION	Club de natation Saint-Laurent clubcnsi.com communication.cnsi@gmail.com 514 855-6000, ext. 4778	

## MASTERS SWIM CLUB

Ages 18 and over

### ACTIVITIES

Non-competitive and competitive swimming programs for adults.

**Prerequisite:** Must be able to swim 4 lengths of the pool without stopping in a maximum of 2.5 minutes, must be able to swim a minimum of 3 different strokes, and must join and participate in the training program.

Locations	Complexe sportif and Cégep de Saint-Laurent	
Rates	Varied Payment by bank transfer only. At registration, swimmers must pay insurance premiums to the Fédération de natation du Québec.	
Sessions	<b>FALL:</b> Sept 6 to Dec 18	<b>WINTER:</b> Jan 3 to June 11
Schedule	Complexe sportif: Mon 7:15 to 8:30 p.m. Tue and Thu 6 to 7:30 p.m. Wed 7:30 to 8:45 p.m.  Cégep de Saint-Laurent: Tue and Thu 7:30 to 9 p.m.	
REGISTRATION	mnstlaurent@gmail.com	
INFORMATION	Club des maîtres-nageurs Saint-Laurent mnstlaurent@gmail.com	



WATER-POLO

Ages 6 to 12 and 18 and over

ACTIVITIES

Non-competitive and competitive programs in water polo.

**Prerequisite: 6-12 group:** Must be able to swim one width of the pool and be comfortable in the water. **18 and over group:** Must be able to swim 4 lengths of the swimming pool without stopping for a maximum of 2.5 minutes, must be able to swim a minimum of three different strokes. Must be able to do the “eggbeater” while keeping hands outside the water for 2 minutes. Must be able to catch a ball with one hand and able to throw.

Location	Complexe sportif, unless otherwise specified at the time of registration	
REGISTRATION	In person at the pool, according to the practice schedule.	
	FALL: Sept 12 to Dec 16	WINTER: Jan 9 to mid-May
INFORMATION	Club de water-polo Saint-Laurent wpstlaurent@gmail.com	

BADMINTON - OPEN

For all

Locations	LaurenHill Academy Junior Campus and Complexe sportif	
Rates	\$9 / hour / court	
Reservation	Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif or the Centre des loisirs	
INFORMATION	montreal.ca/saint-laurent	

BASEBALL

Mixed participants born between 2004 and 2017

Improvement course

Locations	Complexe sportif and Cégep de Saint-Laurent	
Sessions	FALL AND WINTER	Schedule to be determined for each group
INFORMATION	Club de baseball Saint-Laurent: baseballstlaurent.com info@baseballstlaurent.com	

BASKETBALL

ACTIVITIES

House league - mixed  
Ages 7 to 17

Intercity league  
Ages 7 to 17

Program for children with autism spectrum disorders (ASD)  
Ages 10 to 17

Locations	École secondaire Saint-Laurent - Édifice Émile-Legault, LaurenHill Junior Campus and Complexe sportif	
Sessions	FALL / WINTER-SPRING	
INFORMATION	Comité de basketball Saint-Laurent: basketballstlaurent.com info@basketballstlaurent.com	



## BASKETBALL - OPEN

Ages 6 and over

Location	Complexe sportif	
Rates	<b>Parent-child 6-8 and 9-12:</b> Resident: \$3 Non-resident: \$6	<b>13 and over:</b> Resident: \$4 Non-resident: \$8  <b>16 and over:</b> Resident: \$6 Non-resident: \$12
Reservation	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> or at the reception counters at the Complexe sportif and the Centre des loisirs.	
INFORMATION	<a href="https://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a>	

## FOOTBALL - EVALUATION CAMP

Ages 6 and over

### ACTIVITIES

#### Speed Skills Camp

Speed and endurance improvement, cardio training.

#### Evaluation Camp

Indoor evaluation camp for youngsters in participating categories on the Atom, Mosquito, Pee-wee, Bantam and Midget teams.

Locations	École secondaire Saint-Laurent - Édifice Émile-Legault and Complexe sportif
Session	WINTER-SPRING
INFORMATION	Association de football amateur de Saint-Laurent: <a href="https://saintlaurentspartansfootball.com">saintlaurentspartansfootball.com</a> <a href="mailto:spartansfootballinfo@gmail.com">spartansfootballinfo@gmail.com</a>

## GYMNASTICS

Ages 16 months to 14

Location	Complexe sportif	
Sessions	FALL: Sept 27 to Dec 11	WINTER: Jan 16 to May 28
INFORMATION	Club Gymslic Saint-Laurent inc.: <a href="https://gymslic.com">gymslic.com</a> 📞 Gymslic <a href="mailto:contact@gymslic.com">contact@gymslic.com</a> 514 748-7707	

## KARIBOU

Ages 16 to 30 months

Location	Complexe sportif	
Sessions	FALL: Oct 2 to Dec 4	WINTER: Jan 29 to March 19
INFORMATION	Club Gymslic Saint-Laurent inc.: <a href="https://gymslic.com">gymslic.com</a> 📞 Gymslic <a href="mailto:contact@gymslic.com">contact@gymslic.com</a> 514 748-7707	





## HOCKEY

### CLUB DE HOCKEY DE SAINT-LAURENT - MINOR HOCKEY Ages 5 and over

#### ACTIVITIES

##### Men and women – Regular season

According to Hockey Québec regulations, this activity is offered exclusively to residents of the Arrondissement de Saint-Laurent.

#### NEW

**Introduction to hockey: recreational house league program**  
Women’s hockey program in Saint-Laurent

Locations	Aréna Raymond-Bourque, Aréna Ronald-Caron (Cégep de Saint-Laurent) and arenas of the Lac-Saint-Louis area	
Session	FALL-WINTER	
INFORMATION	Comité de hockey Saint-Laurent: info@hockeystl.com hockeystl.com	Information on hockey leagues: ehl.club hockeylsl.ca

### HOCKEY - OPEN For all

Helmet with a complete face mask, a neck protector, and hockey gloves are mandatory. Contact is prohibited.

Location	Aréna Raymond-Bourque	
Rates	Resident: \$5	Non-resident: \$6
Session	Sept 5 to March 31	
Schedule	Mon to Fri 11 a.m. to p.m. Maximum of 25 participants. Participants must buy a ticket at the administrative office before going on the ice. Registration for admission closes at 12:10 p.m.	
INFORMATION	514 956-2580, ext. 3	



## JUDO

Ages 5 and over

Location	Centre des loisirs	
Sessions	<b>FALL:</b> Sept to Dec	<b>WINTER:</b> Jan to May
<b>INFORMATION</b>	Club de judo Budokan Saint-Laurent: <a href="http://judobudokanstl.com">judobudokanstl.com</a> ☎ Judo-Budokan-Saint-Laurent-222067757917512 <a href="mailto:judobudokanstl@gmail.com">judobudokanstl@gmail.com</a>	

## KARATE

Ages 6 and over

Locations	Académie LaurenHill Senior Campus and École secondaire Saint-Laurent - Édifice Émile-Legault	
Sessions	<b>FALL:</b> Sept 6 to Dec 16	<b>WINTER:</b> Jan 9 to Apr 29
<b>INFORMATION</b>	Club de karaté Kio Saint-Laurent: <a href="http://kiosaintlaurent.com">kiosaintlaurent.com</a> ☎ KioSaintLaurent <a href="mailto:info@kiosaintlaurent.com">info@kiosaintlaurent.com</a> 438 506-9004	

## MINI TENNIS - OPEN

For all

Location	Complexe sportif	
Rates	\$9 / hour / court	
Reservation	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> or at the reception counters at the Complexe sportif and the Centre des loisirs.	
<b>INFORMATION</b>	<a href="http://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a>	

## PHYSICAL FITNESS

Ages 16 and over

Locations	Complexe sportif and Centre des loisirs	
Sessions	<b>FALL:</b> Sept 14 to Nov 15 and Nov 16 to Dec 14	<b>WINTER:</b> Jan 9 to March 11
<b>INFORMATION</b>	Club de conditionnement physique Saint-Laurent inc.: <a href="mailto:cdcphvsl@gmail.com">cdcphvsl@gmail.com</a>	

## PICKLEBALL

Ages 16 and over

Locations	Académie LaurenHill Junior Campus and Complexe sportif	
Sessions	<b>FALL:</b> Sept 19 to Dec 16	<b>WINTER:</b> Jan 9 to May 14
<b>INFORMATION</b>	Club de pickleball de Saint-Laurent: <a href="http://pickleballquebec.com/stl">pickleballquebec.com/stl</a> <a href="mailto:pickleball.stl1@gmail.com">pickleball.stl1@gmail.com</a> 438 504-8087	



## RECREATIONAL CHEERLEADING - GIRLS

Ages 6 to 12

Location	Complexe sportif	
Sessions	FALL: Sept 27 to Dec 11	WINTER: Jan 16 to May 28
INFORMATION	Club Gymslic Saint-Laurent inc.: gymslic.com 📞 Gymslic contact@gymslic.com 514 748-7707	

## RINGUETTE

Ages 4 and over

Locations	Aréna Raymond-Bourque, Aréna Ronald-Caron (Cégep de Saint-Laurent) and arenas of the Lac-Saint-Louis area
INFORMATION	Ringuette Saint-Laurent inc.: ringuettesaintlaurent.com info@ringuettesaintlaurent.com



## SKATING

### FIGURE SKATING

Ages 4 and over

Location	Aréna Raymond-Bourque and Aréna Ronald-Caron (Cégep de Saint-Laurent)
INFORMATION	Club de patinage artistique Saint-Laurent: cpastl.ca cpa.stlaurent@gmail.com

### PRESCHOOL SKATING

Ages 3 to 5

Location	Aréna Raymond-Bourque
Rates	\$95
Session	Starting on Sept 24
REGISTRATION	Online at loisirs.montreal.ca, starting on Sept 6, at 8:30 a.m.
INFORMATION	514 855-6110, ext. 4884



## SKATING - OPEN

Location	Aréna Raymond-Bourque	
Rates and Schedule		
<b>For all</b> · Wed 7 to 8 p.m.	<b>Beginner</b> · Sun 2:05 to 3:15 p.m. <i>With a trainer on the site</i>	
Resident: Free	Resident: \$2 / child and \$3 / adult	
Non-resident: \$3 / child and \$4 / adult	Non-resident: \$3 / child and \$4 / adult	
<b>For all</b> · Sat 7 to 9 p.m. and Sun 3:30 to 4:55 p.m.	<b>50 and over</b> · Wed 3 to 4 p.m.	
Resident: \$2 / child and \$3 / adult	Resident: Free	
Non-resident: \$3 / child and \$4 / adult	Non-resident: \$4	
<b>Ages 18 and over</b> · Wed 8 to 9 p.m.		
Resident: Free		
Non-resident: \$4		
Session	Sept 5 to March 31	
INFORMATION	514 956-2580, ext. 3	

## SOCCER

### CLUB DE SOCCER SAINT-LAURENT

**Ages 3 and over**

Soccer Academy

Locations	Cégep de Saint-Laurent, École Saint-Laurent - Édifice Émile-Legault, École Trésor-du-Boisé and Complexe sportif
<b>INFORMATION</b>	Club de soccer de Saint-Laurent: soccerstl.ca info@soccerstl.ca

## SOCCER - OPEN

**Ages 6 and over**

Location	Complexe sportif	
Rates	<b>Parent-child 6-12:</b>	<b>16 and over:</b>
	Resident: \$3 Non-resident: \$6	Resident: \$6 Non-resident: \$12
Reservation	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> or at the reception counters at the Complexe sportif and the Centre des loisirs.	
<b>INFORMATION</b>	<a href="https://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a>	

## SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

**Ages 10 and over**

Locations	Académie LaurenHill Senior Campus (soccer), Cégep de Saint-Laurent (natation) and Laurentian Lanes (quilles)
Sessions	<b>Swimming:</b> Sept to Nov and Jan to March <b>Bowling:</b> 10 Sept to May 12 <b>Indoor soccer:</b> Sept to Dec and Jan to May
<b>INFORMATION</b>	Olympiques spéciaux Québec: <a href="https://olympiquesspeciauxquebec.ca">olympiquesspeciauxquebec.ca</a> 📞 sonorthisland <a href="mailto:nord.de.ile.north.island.so@gmail.com">nord.de.ile.north.island.so@gmail.com</a> 514 704-2537



## TABLE TENNIS

### CLUB DE TENNIS DE TABLE

For all

Location	Complexe sportif
INFORMATION	clubdettsl.wixsite.com/website clubdettsl@gmail.com 438 399-5160

## TABLE TENNIS - OPEN

For all

Location	Complexe sportif
Rates	\$6 / hour / table
Reservation	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> or at the reception counters at the Complexe sportif and the Centre des loisirs.
INFORMATION	<a href="https://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a>



## TAI-CHI

Ages 18 and over

Locations	Fire station 73, at 820, rue Saint-Germain (evening) and Centre des loisirs (day time)
Sessions	<b>FALL:</b> Sept 12 to Dec 1 <b>WINTER:</b> Jan 9 to March 30
INFORMATION	Club de tai-chi Saint-Laurent inc.: 📞 clubtaichisaintlaurent club-tai-chi@hotmail.com 514 909-8268

## TRACK AND FIELD

Locations	École secondaire Saint-Laurent - Édifice Émile-Legault, Parc Marcel-Laurin, Académie LaurenHill Junior Campus, Complexe sportif and École Trésor du Bois
Sessions	<b>FALL:</b> Oct 1 to Dec 3 <b>WINTER:</b> Jan 14 to March 18
INFORMATION	Club d'athlétisme Saint-Laurent Sélect inc.: <a href="https://slsathletisme.com">slsathletisme.com</a> 📞 slsathletisme sls@slsathletisme.com



## BUDDING ATHLETES NEW

Children born between September 1, 2016, and September 1, 2018, and their parents.

### ACTIVITIES

Introduction to track and field, parent-child

Rates	Resident: \$50	Non-resident: \$60
Sessions	Oct 1 to 29	Nov 5 to Dec 3
Schedule	Sat, 9:15 to 10 a.m. / group 1 Sat, 10:15 to 11 a.m. / group 2	Groups will be assigned after registration
<b>INFORMATION</b>	Club d'athlétisme Saint-Laurent Sélect inc.: slsathletisme.com 📞 slsathletisme sls@slsathletisme.com	



## COURSE SAINT-LAURENT

For all

Annual event included in the Circuit Endurance.

Location	<b>Industrial and Bois-Franc sectors</b> <i>Distances available: 1, 2, 5 and 10 km</i>	
Dates	To be determined in spring 2023	
<b>INFORMATION</b>	circuitendurance.ca	

## TRAINING - CENTRE D'EXCELLENCE SPORTIVE

For all

The fitness room at the Complexe sportif is available to athletes from sports clubs in the borough who want to engage in a process leading to high performance. Several fitness programs for citizens are also offered.

Location	<b>Complexe sportif</b>	
Open house	Sept 17, 10 a.m. to 12 p.m.	Oct 15, 10 a.m. to 12 p.m.
<b>INFORMATION</b>	CES Saint-Laurent: 📞 cesssaintlaurent Julie.adam.entraineur@gmail.com	

## VOLLEYBALL

Ages 18 and over

Location	<b>École Saint-Laurent - Édifice Émile-Legault</b>	
Sessions	<b>FALL:</b> Sept 13 to Dec 9	<b>WINTER-SPRING:</b> Jan 10 to May 12
<b>INFORMATION</b>	Club de volleyball Saint-Laurent: volleystlaurent@gmail.com	



AUTOMNE-HIVER 2022-23 FALL-WINTER

- Baseball
- Basketball
- Bocce
- Exerciseurs pour adultes Adult exerciser
- Football
- Glissade hivernale Winter slide
- Jardin communautaire Community garden
- Jeux d'eau Water game
- Jeux pour enfants Children's playground
- Parc canin Dog run
- Pataugeoire Wadding pool
- Patin à roues alignées In-line skating
- Patinoire Hockey rink
- Pétanque
- Piscine Swimming pool
- Piste d'athlétisme Track and field facilities
- Planche à roulettes Skateboarding
- Rond de glace Skating rink
- Sentier pédestre Hiking trail
- Ski de randonnée Cross-country skiing
- Soccer
- Tennis
- Tennis de table Table tennis
- Volleyball de plage Beach volleyball



PARCS PARKS

1. Aimé-Caron	
2. Alexis-Nihon	
3. Bassin de la Brunante	
4. Bassin du Noroît	
5. Bassin du Suet	
6. Bassin du Suroît	
7. Beaudet	
8. Beaulac	
9. Bélanger	
10. Bois-de-Liesse (nature du)	
11. Bois-Franc (du)	
12. Bourbonnière	
13. Chamberland	
14. Cousineau	
15. Decelles	
16. Docteur-Bernard-Paquet	
17. Gariépy	
18. Gohier	
19. Gold	
20. Goulet	
21. Grou	
22. Guillaume-Bruneau	
23. Harris	
24. Hartenstein	
25. Henri-Thomas-Scott	

26. Houde	
27. Isaac-Abrabanel	
28. Jerry-Shears	
29. L'Archevêque	
30. Marcel-Laurin	
31. Marlborough	
32. Noël-Nord	
33. Noël-Sud	
34. Painter	
35. Petit	
36. Philippe-Laheurte	
37. Poirier	
38. Raymond-Lagacé	
39. Raymond-Vidal	
40. Robert-Mitchell	
41. Roman-Zytynsky	
42. Ronald-Moreau	
43. Saint-Laurent	
44. Sir-Edmund-Hillary	
45. Super jardin communautaire	
46. Tassé	
47. Urgel-Eugène-Archambault	
48. Zéphir (du)	

INSTALLATIONS FACILITIES

A	Académie LaurenHill Junior Campus
B	Académie LaurenHill Senior Campus
C	Aréna Raymond-Bourque
D	Bibliothèque du Boisé
E	Bibliothèque du Vieux-Saint-Laurent
F	Boulodrome
G	Cégep Vanier College
H	Centre de formation professionnelle Léonard-De Vinci
I	Centre des loisirs
J	Complexe sportif
K	École Enfant-Soleil
L	École secondaire Saint-Laurent Édifice Émile-Legault
M	École secondaire Saint-Laurent Édifice Saint-Germain
★	Mairie d'arrondissement
N	Musée des maîtres et artisans du Québec Salle Émile-Legault – Cégep de Saint-Laurent
O	YMCA Saint-Laurent

PLACES PUBLIQUES

49.	Canadair (de)
50.	Rodolphe-Rousseau
51.	Boréal
52.	Gauguin
53.	Jean-Rostand
54.	Lamartine
55.	Magellan
56.	Nordet (du)
57.	Norseman
58.	Petit-Prince (du)
59.	Rambler (du)
60.	Solstice (du)
61.	Sterne-Arctique (de la)
62.	Thérèse-Cadorette
63.	Vivaldi

CHALETs DE PARC PARK CHALETs

Alexis-Nihon	514 855-6124
Beaulac	514 855-6114
Bois-de-Liesse	514 280-6678
Bois-Franc (du)	438 922-4532
Bourbonnière	514 956-2597
Caron	514 855-6123
Chamberland	514 825-4571
Cousineau	514 855-6118
Decelles	514 855-6107
Gohier	514 855-6119
Hartenstein	514 855-6117
Houde	514 855-6106
Marcel-Laurin	514 956-2596
Marlborough	514 956-2595
Noël-Nord	514 956-2593
Noël-Sud	514 956-2594
Painter	514 887-6042
Petit	514 855-6113
Philippe-Laheurte	438 920-9700
Poirier	514 855-6115
Saint-Laurent	514 855-6127