



PROGRAM

SPORTS, LEISURE AND COMMUNITY LIFE

SPRING-SUMMER 2024





Photo : Éric Carrière

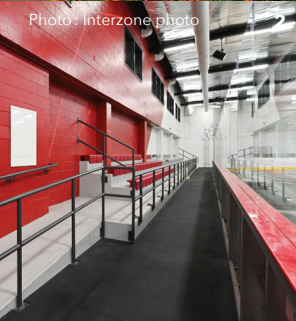


Photo : Interzone photo



Photo : Éric Carrière

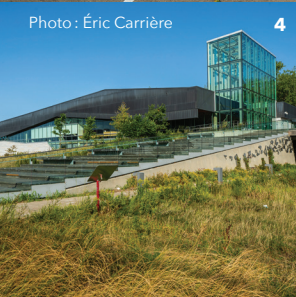


Photo : Éric Carrière



Photo : Mathieu Deshayes

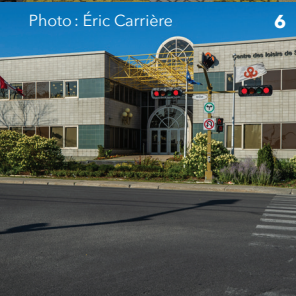


Photo : Éric Carrière

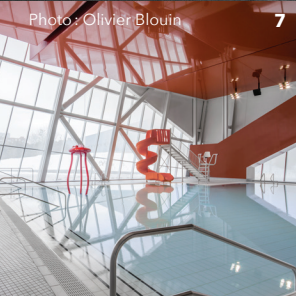


Photo : Olivier Blouin

Bureau du citoyen

General information: 311

Community, public and parapublic services: 211

1 Mairie de Saint-Laurent

777, boulevard Marcel-Laurin, H4M 2M7

montreal.ca/saint-laurent

Académie LaurenHill

Junior Campus

2355, rue Decelles

H4M 1C2

514 331-8019

Senior Campus

2505, boulevard de la Côte-Vertu

H4R 1P3

514 331-8781

2 Aréna Raymond-Bourque

2345, boulevard Thimens

H4R 1T4

514 956-2580

3 Ateliers municipaux

13001, boulevard Cavendish

H4R 2G5

311

4 Bibliothèque du Boisé

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

Centre communautaire Painter

260, rue Marcotte

H4N 1A5

438 923-0823

6 Centre des loisirs

1375, rue Grenet

H4L 5K3

514 855-6110

7 Complexe sportif

2385, boulevard Thimens

H4R 1T4

514 855-6110

Cour municipale

Point de service de Saint-Laurent

1405, rue de l'Église

H4L 2H4

514 872-2964

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

Parc-nature du Bois-de-Liesse

Accueil des Champs

3555, rue Douglas-B.-Floreani

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

Sports, leisure and community life

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COUNCIL OF SAINT-LAURENT

Alan DeSousa, FCPA

Mayor 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

☎ 311

or

montreal.ca/en/contact-city

montreal.ca/en/saint-laurent

📘 📺 @arrsaintlaurent



Newsletter

CULTURAL, SPORTS AND RECREATIONAL ACTIVITIES

Registration for activities and reservation
of time slots:

loisirs.montreal.ca

Culture Saint-Laurent :

facebook.com/culturesaintlaurent

Bibliothèques de Saint-Laurent :

facebook.com/bibliotheques.saint.laurent

COMMUNITY, PUBLIC AND PARAPUBLIC SERVICES

☎ 211 211qc.ca

MESSAGE FROM THE MAYOR OF SAINT-LAURENT



Dear fellow citizens,

It's a pleasure to present to you Saint-Laurent's Sports, Leisure and Community Life Program for spring and summer 2024. Please keep it in a safe place because it contains information about the activities offered in our borough and the buildings where they will take place.

Let's think specifically of our libraries, our arena, our Centre des loisirs and our Complexe sportif, not to mention our new Centre communautaire Painter. The latter is an important addition for this area, complete with an ever-expanding offer of activities for the whole family.

I would like to congratulate all the teams working in sports and recreation and, of course, our valuable partners, because it's thanks to them that our wonderful community continues to thrive. Without their contribution, Saint-Laurent residents would not be able to benefit from such a complete assortment of activities to fill the better part of their free time, pursue their passions and discover new interests!

Right now, you're probably very anxious to renew your ties with outdoor aquatic activities by diving into a pool to swim a few laps under the beaming sun. We are also pleased to have put the final touches on our comprehensive program in this respect. Even toddlers will be able to splash around alone or accompanied by their parents during swimming lessons or enjoy fun times on the splash pads.

No matter which activities are your favourites, I'd like to encourage you to try something new today. It's also time to venture out to play in the local parks and to enjoy all of Saint-Laurent's areas that are bustling with possibilities!

The Mayor of Saint-Laurent,

A handwritten signature in black ink, appearing to read "Alan". The signature is fluid and cursive, with a horizontal line underneath the name.

Alan DeSousa, FCPA

COMMUNITY GARDENS



From May 10 to October 8, 2024

Saint-Laurent offers its residents the opportunity to obtain a plot in one of its nine community gardens, three of which have universal access.

The vacant plots will be assigned by random draw on May 4, 2024, from among the entries received. A single garden plot may be assigned per family and the selected participants must present their valid Carte biblio-loisirs résident to secure a plot.

Registration

Applications must be received no later than **May 1, 2024**.

There are two ways to apply:

1. Complete the online form

Starting March 11 at the following address: montreal.ca/en/saint-laurent

2. Complete the form below

Submit it to:

Community gardens - Aréna Raymond-Bourque
2345, boulevard Thimens, Saint-Laurent (Québec) H4R 1T4



Last name:

First name:

Address:

Apt:

Postal code:

Telephone:

Email:

Carte biblio-loisirs number:

Carte biblio-loisirs expiry date:

I am a person with reduce mobility

Choice of garden (Check only one)

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Alexis-Nihon | <input type="checkbox"/> Robert-Mitchell |
| <input type="checkbox"/> Bourbonnière | <input type="checkbox"/> Roman-Zytynsky |
| <input type="checkbox"/> Cardinal | <input type="checkbox"/> Saint-Laurent |
| <input type="checkbox"/> Hartenstein | <input type="checkbox"/> Super jardin |
| <input type="checkbox"/> Noël-Nord | |

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
montreal.ca/saint-laurent

Administrative office hours:

Monday to Friday, 8:30 a.m. to 12 p.m. and 1 to 4:30 p.m.

Schedule from June 24 to August 16:

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: Free

Where to obtain the Carte biblio-loisirs?

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

Resident Carte biblio-loisirs

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

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
- 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 the Arrondissement. 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.

Cancellation and refunds

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.

For sports activities, no requests for refunds will be accepted except for major reasons. For cultural workshops and the Centre Presco, no requests for refunds or transfers will be accepted within 14 days of the start of the course, with the exception of requests due to illness upon presentation of a medical certificate.

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

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.

When a credit note is issued, no administrative charges are applied. However, an amount corresponding to the prorata of courses already completed at the date of the request is retained.

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

RESERVATION OF RECREATIONAL FACILITIES

Aréna Raymond-Bourque

Reservation of a skating rink:
514 855-6110, ext. 4700

Centre communautaire Painter

Reservation of rooms for community activities:
activites.chameran@gmail.com

Centre des loisirs

Rental of spaces to organizations and companies:
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. 4916

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

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

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES RETRAITÉS ET PRÉRETRAITÉS AHUNTSIC- CARTIERVILLE-SAINT-LAURENT

Advocacy and popular education for retirees and early retirees.

514 332-8222

aqdr.astl@gmail.com
aqdr-astl.org

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 DES AÎNÉS DE SAINT-LAURENT

Sports and other fun activities for participants aged 50 and over.

514 748-0943

carrefour.aines@gmail.com

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@amalwomenscenter.ca
amalwomenscenter.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@centrebouccourage.org
centrebouccourage.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 COEUR 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

centre.soutien_jeunesse@
hotmail.com
soutienjeunesse.com

CLUB D'ÂGE D'OR ST-HIPPOLYTE

Physical exercise, community meals, outings and conferences for people aged 50 and over.

514 747-4300

COMITÉ DES ORGANISMES SOCIAUX DE SAINT-LAURENT (COSSL)

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

514 748-2000

info@cossl.org
cossl.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

CORPORATION CULTURELLE LATINO-AMÉRICAINNE DE L'AMITIÉ (COCLA)

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

514 543-0416

cocla.mtl@gmail.com
coclamontreal.org

ENFAM-QUÉBEC

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

438 875-6014 / 438 896-3913

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

L'OASIS SAINT-LAURENT

Food bank

514 747-7621

oasisstlaurent@gmail.com
facebook.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

MON NOUVEAU BERCAIL

Collection and redistribution of furniture and basic necessities to new arrivals in financial difficulty. Referrals to relevant resources.

438 867-7660

info@monnouveaubercail.com
monnouveaubercail.com

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

PLACE À LA MARCHÉ

Walking club in the Place Vertu shopping center to break isolation and improve physical and mental health. For people aged 50 and over.

514 817-5037

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/

REISA SAINT-LAURENT

Access to health and social services in English for seniors, families and young people, in partnership with the public and community sectors.

438 836-2472

liaison@reisa.ca
reisa.ca

RESSOURCES JEUNESSE DE SAINT-LAURENT

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

514 748-0202

info@rjssl1410.com
rjssl.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

contact@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

olympiquesspeciauxquebec.ca

SOCIÉTÉ DE TRANSPORT DE MONTRÉAL 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/en/para

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@aq1ph.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.

Registration: 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**

DISABLED 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 SERVICE DOGS ARE WELCOME!

Saint-Laurent is pleased to welcome persons accompanied by a MIRA guide dog or a service dog to its parks and facilities.



ARÉNA RAYMOND-BOURQUE

2345, boulevard Thimens
H4R 1T4
514 956-2580

📍 Côte-Vertu 🚌 171

Regular schedule

Mon to Sun 7 a.m. to 1 p.m.

Reception counter

Mon to Fri 8:30 a.m. to 12 p.m. and
1 to 4:30 p.m.

SERVICES

- Free parking for users
- 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 AND CHILDREN'S PARTIES

The arena offers its citizens access to certain time slots for skating rink rentals. Similarly, a hall is available for rental for children's parties during a skating rink rental or during open skating.

514 956-2580, ext. 4700



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 and Wed 10 a.m. to 8 p.m.
Thu and Fri 10 a.m. to 7 p.m.
Sat and Sun 10 a.m. to 5 p.m.

Summer schedule (June 25 to Labour Day)

Mon to Fri 10 a.m. to 7 p.m.
Sat and Sun 10 a.m. to 4 p.m.

Mixlab

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

Bibliothèque du Vieux-Saint-Laurent

1380, rue de l'Église
514 855-6130

📍 du Collège

Regular schedule

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

Summer schedule (June 25 to Labour Day)

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

FabricARThèque

Ruche d'art: A space for craft creation open to adults

Mini-bibliothèque de Chameran

Parc Painter
260, rue Marcotte

📍 Côte-Vertu 🚌 171

Schedule - October to May

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

Social media: [bibliotheques.saint-laurent](https://bibliotheques.saint-laurent.org)

Online services: bibliomontreal.com

Program: bit.ly/culturebiblios



CENTRE COMMUNAUTAIRE PAINTER

260, rue Marcotte
H4N 1A5
438 923-0823

📍 Côte-Vertu 🚌 121, 171

Regular schedule

Mon to Thu	1 to 10 p.m.
Fri, Sat and Sun	10 a.m. to 10 p.m.

SERVICES

Community activities for the whole family
Mini-bibliothèque
Teen Centre
Two multipurpose rooms

UNIVERSAL ACCESSIBILITY

The facility complies with the principles of universal accessibility.

SPACE RENTAL

The Centre communautaire Painter provides spaces for community activities.
activites.chameran@gmail.com



CENTRE DES LOISIRS

1375, rue Grenet
H4L 5K3
514 855-6110

📍 Côte-Vertu 🚊 64, 128

Reception counter

Regular schedule

Mon to Fri 8:30 a.m. to 12 p.m.
and 1 to 4:30 p.m.

Activities and exhibitions

Regular schedule

Mon to Fri 8 a.m. to 10 p.m.
Sat 8:30 a.m. to 10 p.m.
Sun 8:30 a.m. to 5 p.m.

Summer schedule

(June 24 to Labour Day)

Mon to Fri 8 a.m. to 9 p.m.
Sat and Sun 9 a.m. to 5 p.m.

SERVICES

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

UNIVERSAL ACCESSIBILITY

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

SPACE RENTAL

The Centre des loisirs rents spaces to organizations and companies.

514 855-6110, ext. 3



COMPLEXE SPORTIF

2385, boulevard Thimens
H4R 1T4
514 855-6110

📍 Côte-Vertu 🚗 171

Regular schedule

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

Summer schedule

(June 25 to Labour Day)

Mon to Fri 6:30 a.m. 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 p.m.
Sat and Sun 8:30 a.m. to 4:15 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
- Free Wi-Fi access

UNIVERSAL ACCESSIBILITY

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

SPORTS VENUE RENTAL 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, extension 4609

Rental of pool:
514 855-6110, ext. 4916

CULTURAL WORKSHOPS

Location	Centre des loisirs
Rates	Varied Some workshops require the purchase of materials. Additional costs apply for live models.
Session	April 6 to May 24
Schedule	Online at loisirs.montreal.ca , starting on March 5
REGISTRATION	Online at loisirs.montreal.ca , starting on March 19, at 8:30 a.m.
INFORMATION	514 855-6110, ext. 3

Adults

Contemporary painting

\$105
Svetla Velikova

Contemporary watercolour

\$100
Valérie Gruia

Crochet - Knitting

\$85
Lucie Carmel

Drawing and modelling - Long poses with live models

\$105
Svetla Velikova

Icon - Egg tempera

\$105
Svetla Velikova

Oil painting

\$105
Areg Elibekian

Pottery, modelling, turning, ceramics

\$120
Francine Gauthier

Sewing

\$90
Corine Caraminot

Silk painting

\$35
Valérie Gruia

Stained glass

\$90
Stéphanie Aghbachian

Stone carving

\$90
Vasil Nikov

Wood carving

\$90
Rémi Richard

Yoga

1 / week / \$55
2 / week / \$75
3 / week / \$155
Gina Haddad and
Geneviève Lauzon

Youth

Ages 6 to 9

Cartoon drawing - initiation

\$50
Edward Sfeir

Drawing and painting

\$60
Areg Elibekian

Drawing and painting

\$60
Carole Dubuc

Ages 6 to 12

Chess - beginner, intermediate and advanced
\$40 or \$50
Tour de la réussite

Drawing, pottery, modelling

\$60
Francine Gauthier

Ages 7 to 12

Petits marmitons

\$60
Marianne Cadieux

Ages 9 to 12

Theatre

\$60
Janie Faucher-Roy

Ages 9 to 14

Acrylic painting

\$60
Carole Dubuc

Cartoon drawing - Manga

\$50
Edward Sfeir

Water painting

\$60
Carole Dubuc

Ages 10 to 17

Oil painting

\$60
Areg Elibekian

Pottery, modelling, turning

\$60
Francine Gauthier

Ages 13 to 17

Creative cooking

\$60
Marianne Cadieux

Sewing - Family

\$50
Corine Caraminot

Stain glass - Family

\$60
Stéphanie Aghbachian

ASSOCIATION DES ARTISTES DE SAINT-LAURENT

Ages 18 and over

Location	Centre des loisirs
Rates	Annual membership fee: \$50 Free activities for members Demonstrations and lectures: \$15 / non-members
Sessions	Jan to June Sept to Jan Summer activities
REGISTRATION	Selection of new members in April Deadline for applications on April 1
INFORMATION	contact@artsaintlaurent.ca artsaintlaurent.ca

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: \$38	
REGISTRATION	At all times	
INFORMATION	514 744-5290 514 855-6110, ext. 4956	Pres.Fed14.ST-LAURENT@cfq.qc.ca cfq.qc.ca

DANCE

IMPULSE DANCE STUDIO

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

Location	Centre des loisirs	
Rates	Varied	
Session	May 22 to June 15	
REGISTRATION	Online at studiodedanseimpulse.com	
INFORMATION	514 855-6110, ext. 4998	studiodedanseimpulse.com  studiodedanseimpulse studiodedanseimpulse@hotmail.com

SOCIAL DANCING CLUB - LES LAURENTIENS

Ages 18 and over - Couples only

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

Location	Centre des loisirs	
Rates	Varied	
Session	April 21 to May 26	
REGISTRATION	cgsleslaurentiens@gmail.com	514 855-6110, ext. 4646
INFORMATION	514 855-6110, ext. 4646	cgsleslaurentiens@gmail.com  CDSLesLaurentiens

DAY CAMPS - SUMMER 2024

Ages 5 to 16

Locations	Centre des loisirs, Complexe sportif and Bibliothèque du Boisé	
Rates	Camp: \$130 to \$180 / week	Daycare service: \$40 / week
Schedule	Online at loisirs.montreal.ca starting on March 4, at 8:30 a.m.	
REGISTRATION	Online at loisirs.montreal.ca starting on March 26, at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	montreal.ca/saint-laurent loisirs.montreal.ca

LIST OF CAMPS

Bibliothèque du Boisé

Literary Camp (ages 7 to 12)

Centre des loisirs

Camp explorateurs (ages 5 and 6)
 Camp aventuriers (ages 7 to 12)
 Artistic Camp (ages 7 to 12)
 Science Camp (ages 7 to 12)
 Camp Counsellor Training Program (DAFA)
 (ages 14 to 16)

Complexe sportif

Sports Camp (ages 7 to 12)
 Teen Camp - Outings (ages 13 to 16)
 Teen Camp - Expeditions (ages 13 to 16)

PLAYGROUNDS

Ages 6 to 12

Locations

Cousineau, Noël-Nord, Painter and
 Saint-Laurent parks

Rates

Animation: Free Outings: Varied

Session

June 24 to Aug 15
 Mon to Thu
 1:15 to 5 p.m. and 6 to 8 p.m.

INFORMATION

514 855-6110, ext. 4917

EXHIBITIONS

CENTRE DES LOISIRS

1375, rue Grenet

PROGRAM

See the exhibition details in the Events section at montreal.ca/en/saint-laurent.

CITIZEN EXHIBITION

The Centre des loisirs offers the opportunity for artists to host exhibitions on its premises. Send your exhibition project accompanied by photos of works, a curriculum vitae and a description of the project to: saint-laurent.loisirculturel@montreal.ca.



PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT

Ages 18 and over

Location	Centre des loisirs	
Rates	\$80 / year	
INFORMATION	apsl.ca	admin@apsl.ca

PRESCHOOL CENTRE

Ages 0 to 5

Location	Centre des loisirs	
Rates	\$50 to \$70	
Session	March 30 to May 24	
Schedule	Program online at loisirs.montreal.ca starting on Feb 26	
REGISTRATION	Online at loisirs.montreal.ca starting on March 12, at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	loisirs.montreal.ca

0 to 12 months*Accompanied by an adult*

Sensory awareness with baby
 Fitness with baby
 Yoga with baby

12 to 36 months*Accompanied by an adult*

Marionettes
 Sounds and rhythms

1 to 3 years old*Accompanied by an adult*

Acrobats
 Musical game
 Mini-circus

4 and 5 years old

Arts and crafts
 Mini-circus

PROGRAM FOR SENIORS

CARREFOUR DES AÎNÉS

Ages 50 and over

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

Location	Centre des loisirs (with the exception of petanque)	
Rates	Varied	Mandatory membership card: Resident: \$10 Non-resident: \$15
Session	Until March 14 (cancelled from March 4 to 8)	Business hours as of Sept 10: Mon and Wed 8:30 to 11:15 a.m. and 12:30 to 3 p.m. Thu 8:30 to 11:15 a.m.
REGISTRATION	By appointment	
INFORMATION	514 748-0943	carrefour.aines@gmail.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	April 8 to June 17	
INFORMATION	CLSC de Bordeaux-Cartierville: maladies.chroniques.cnmml@ssss.gouv.qc.ca 514-384-2000, ext. 7254	

PROGRAM FOR YOUTH

L'UNITÉ 12-17 - CENTRE DES ADOS

Ages 12 to 17 (high school level)

Open recreational sports and cultural activities.

Locations	Centre des loisirs and Centre communautaire Painter	
Rates	Free	
Sessions	SPRING: Until June 14	Tue to Fri 3:30 to 9 p.m.
	SUMMER: July 2 to Aug 16	Tue to Fri 4:30 to 9 p.m.
REGISTRATION	In person at L'Unité 12-17	
INFORMATION	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.

Locations	Centre communautaire Painter and parks	
Rates	Free	
Sessions	SPRING: April 1 to May 19	Fri 6:30 to 9 p.m. Sat 4:30 to 9 p.m. Sun 4:30 to 9 p.m.
	SUMMER: June 25 to Aug 15	Tue to Sat 5 to 10 p.m.
REGISTRATION	With the monitors during activities	
INFORMATION	514 855-6110, ext. 4917	

ADOS DE ST-LO - SPORTS

Ages 12 to 17 (high school level)

Sports and cultural activities.

Location	Complexe sportif	
Rates	Free	
Session	April 1 to May 19	
PING-PONG - Salle multi Mon 3:30 to 5:30 p.m.	BASKETBALL - Gym Thu 3:30 to 6:30 p.m. Sat 3:30 to 4:30 p.m. Sun 2 to 4 p.m.	SOCCER - Soccerplexe Fri 4 to 6 p.m. Sat 4:30 to 6 p.m.
REGISTRATION	With the monitors during activities	
INFORMATION	514 855-6110, ext. 4917	

ROYAL CANADIAN AIR CADETS

Ages 12 to 18

Leadership, training techniques, public speaking, piloting and forest survival courses, sports, military marching and musical training on various instruments.

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

Rates	Free	
Session	Sept to May and summer camps by selection	
REGISTRATION	FRANCOPHONE CADETS: Mon 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	Église Saint-Hippolyte	
Rates	Free	
Session	Sept to May and summer camps by selection	
REGISTRATION	ANGLOPHONE CADETS: Tue 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

Location	Centre des loisirs	
Rates	Member: \$4 / game	Non-member: \$5 / game
REGISTRATION	With the respective clubs	Games are in French only.
INFORMATION	Club de scrabble laurentien : Saturday games scrabblelaurentien@gmail.com	Clubs affiliated with the Fédération des clubs de scrabble francophones
	Club scrabble St-Laurent : Thursday games 514 334-1639	



SAINT-LAURENT SUMMER CELEBRATIONS

From mid-June until mid-September, the entire community comes to life to the rhythm of the Saint-Laurent Summer Celebrations. Many free family shows and activities will be featured in Saint-Laurent's various parks. The program will be announced in early June.

ORGANIZATIONS WITH ONGOING ACTIVITIES

REGISTRATION TO COME IN AUGUST

CENTRE D'ÉTUDES MUSICALES PANTONAL

pantonal.ca pantonal@pantonal.ca 514 273-1055

CHŒUR WALTER

choeurwalter.org marjoriawalter@choeurwalter.org 514 863-7580

CLUB DE BRIDGE LOISIRS SAINT-LAURENT

a.c.belliveau@sympatico.ca 514 332-2770 514 747-4300

ENSEMBLE VOCAL DE SAINT-LAURENT

choeurevsl.com info@choeurevsl.com 514 891-4674

UNIVERSITÉ DU TROISIÈME ÂGE (UTA)

usherbrooke.ca/uta/prog/mtl/slt uta.slt@USherbrooke.ca 514 362-9183

AQUATIC ACTIVITIES

OPEN SWIM

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

Children under the age of 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).

For users who require them, diapers specially designed for swimming must be worn at the recreational swimming pool at the Complexe sportif and at all the splash pads, wading pools and outdoor swimming pools.

SPRING

AGES

Recreational pool: **For all**

25-meter pool: **For non-stop swimming, ages 6 and over**

Location	Complexe sportif		
Resident memberships	0-3: Free 17 and under: 6 months: \$24 12 months: \$35	18 to 54: 6 months: \$36 12 months: \$50	55 and over: 6 months: \$24 12 months: \$35
Single entry fee	0-3: Free 17 and under: Resident: \$4 Non-resident: \$6	18 to 54: Resident: \$5 Non-resident: \$7	55 and over: Resident: \$4 Non-resident: \$6
Session	March 25 to June 23		
Schedule	montreal.ca/en/places/pools-complexe-sportif-de-saint-laurent		
INFORMATION	montreal.ca/en/places/pools-complexe-sportif-de-saint-laurent 514 855-6110		

SUMMER

AGES

Splash pads: **For all**

Wading pools: **10 and under**

Pools: **For all**

Locations	Outdoor pools and wading pools: Bourbonnière, Chamberland, Decelles, Hartenstein, Noël-Nord, Painter and Saint-Laurent parks Splash pads without supervision: Beaulac, Bois-Franc, Gohier, Goulet, Harris, Houde, Poirier, Philippe-Laheurte, and Raymond-Vidal (to come) parks Indoor pools: Complexe sportif		
Rates	Outdoor aquatic facilities: Free		
Resident memberships	Indoor aquatic facilities: 0-3: Free 17 and under: 6 months: \$24 12 months: \$35		
	18 to 54: 6 months: \$36 12 months: \$50	55 and over: 6 months: \$24 12 months: \$35	

Single entry fee	Indoor aquatic facilities:		
	0-3: Free	18 to 54: Resident: \$5 Non-resident: \$7	55 and over: Resident: \$4 Non-resident: \$6
	17 and under: Resident: \$4 Non-resident: \$6		
Session <i>May change without notice</i>	Outdoor pools and wading pools: June 17 to Aug 24 Extension: Aug 25 to Sept 2 (Parc Bourbonnière) Splash pads: May 20 to Sept 15		
Schedule	In the parks during the session and on montreal.ca/en/about/saint-laurent		
INFORMATION	montreal.ca/en/about/saint-laurent 514 855-6110		

SWIMMING LESSONS

Lifesaving Society program including several levels based on age and skill:

8 levels for ages 5 and under:

3 accompanied in the water by an adult and 5 without an adult

6 levels for ages 6 to 12

3 enriched levels for ages 8 to 12

1-3 levels for ages 13 to 15

1-3 levels for ages 16 and over

SPRING

AGES

Complexe sportif: **4 months and over**

Cégep de Saint-Laurent: **3 and over**

Locations	Complexe sportif and Émile-Legault swimming pool	
Rates	Children: \$47 / 30 min / week \$70 / 30 min and more / week (duration depending on the level)	Adults and Adults-Teens combined: \$82 / 60 min / week
Sessions <i>May change without notice</i>	Complexe sportif: March 23 to June 3	Émile-Legault swimming pool March 23 to June 3
Schedule	Online at loisirs.montreal.ca the day before the first registration date. Bring the registration receipt and progress booklet (if applicable) to the first class.	
REGISTRATION	<p>Children: Resident: As of March 17, at 8:30 a.m. Non-resident: As of March 19, at 8:30 a.m.</p> <p>Adults and Adults-Teens combined: Resident: As of March 19, at 6 p.m. Non-resident: As of March 21, at 6 p.m.</p> <p>Online at loisirs.montreal.ca until April 5 according to schedule.</p> <p>Participants must know their course level before registration and are responsible for monitoring the number of times they register.</p> <p>Consult aquatic staff a few days before registering if the child's level is unknown.</p>	
INFORMATION	loisirs.montreal.ca 514 855-6110	

SUMMER

Locations	Outdoor pools: Bourbonnière, Chamberland, Decelles, Hartenstein, Noël-Nord, Painter and Saint-Laurent parks Indoor pools: Complexe sportif	
Rates	Children: \$32 / 30 min \$49 / 45 to 75 min (duration depending on the level)	Adults and Adults-Teens combined: \$82 / 60 min
Sessions <i>May change without notice</i>	Indoor pools: Complexe sportif Twice a week / 4 weeks Outdoor pools: Bourbonnière, Chamberland and Painter parks 4 times a week / 2 weeks (Mon to Thu mornings)	Session 1: As of June 22 Session 2: As of July 27 Session 1: As of June 24 Session 2: As of July 15 Session 3: As of Aug 5
	Decelles, Noël-Nord and Saint-Laurent parks Twice a week / 4 weeks (Sat and Sun mornings)	Session 1: June 22 to July 14 Session 2: July 27 to Aug 18
	Parc Hartenstein Twice a week / 4 weeks (Evenings)	Session 1: As of June 24 Session 2: As of July 24
Schedule	Online at loisirs.montreal.ca the day before the first registration date for each session Bring the registration receipt and progress booklet (if applicable) to the first class.	
REGISTRATION	Online at loisirs.montreal.ca End dates depending on availability. Resident: From the dates indicated below Non-resident: 48 hours after the dates indicated below. Outdoor pools: Bourbonnière, Chamberland and Painter parks Session 1: As of June 16, at 8:30 a.m. Session 2: As of July 7, at 8:30 a.m. Session 3: As of July 28, at 8:30 a.m. Decelles, Hartenstein, Noël-Nord and Saint-Laurent parks Session 1: As of June 16, at 8:30 a.m. Session 2: As of July 21, at 8:30 a.m. Indoor pools: Complexe sportif Session 1: As of June 16, at 8:30 a.m. Session 2: As of July 21, at 8:30 a.m. Participants must know their course level before registration and are responsible for monitoring the number of times they register. Consult the staff in advance if the level required is unknown.	
INFORMATION	514 855-6110	



AQUAFITNESS

Ages 18 and over

SPRING

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

Regular courses: **Aquafitness and advanced aquafitness**

Location	Complexe sportif: Recreational and 25-metre pools	
Rates	Online at loisirs.montreal.ca the day before the first registration date	
Session <i>May change without notice</i>	March 23 to May 27	
REGISTRATION	Resident: As of March 19, at 6 p.m. Non-resident: As of March 21, at 6 p.m. Online at loisirs.montreal.ca until April 26 according to availability at the same rate	
INFORMATION	loisirs.montreal.ca	514 855-6110

SUMMER

Regular courses: **Aquafitness**

Locations	Outdoor pool: Parc Decelles	Indoor pools: Complexe sportif
Rates and Schedule	Online at loisirs.montreal.ca the day before the first registration date for each session	
Session	End of June to mid-Aug	May change without notice
REGISTRATION	Online at loisirs.montreal.ca From June 18, at 6 p.m., to July 19 according to availability at the same rate	
INFORMATION	loisirs.montreal.ca	514 855-6110

LIFEGUARD AND WATER SAFETY INSTRUCTOR TRAINING

Lifesaving Society course to obtain the certification required to become a lifeguard – swimming pool or water safety instructor.

LIFEGUARD - SWIMMING POOL

Bronze Medallion

Prerequisite: Must be 13 years old on the examination date or have the Bronze Star certificate and demonstrate the equivalent swimming skills during the first course evaluation.

Bronze Cross

Prerequisite: Must be 13 years old on the examination date and hold the Bronze Medallion certificate.

General First Aid / DEA

For all / 16 hours

National Lifeguard - Swimming pool

Prerequisite: Must be 15 years old on the examination date and have the Bronze Cross certificate and the General First aid certificate / DEA.

WATER SAFETY INSTRUCTOR - SWIMMING POOL

Swim instructor - Swim for Life

Prerequisite: Must be 15 years old on the examination date and hold the Bronze Cross Certificate

Locations	Complexe sportif and Émile-Legault swimming pool	
Rates	Free / Subsidised by the Ministère de l'Éducation du Québec	
Session and Schedule	Online at loisirs.montreal.ca the day before the first registration date for each session	
REGISTRATION	Online at loisirs.montreal.ca as of March 19, at 6 p.m. Closing dates for registration vary depending on the course.	
INFORMATION	loisirs.montreal.ca	514 855-6110

ARTISTIC SWIMMING

Ages 5 and over

Recreational programs
Pre-competitive programs
Competitive programs

Training 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 be able to swim more than 50 metres unassisted.

Locations	SPRING: Complexe sportif SUMMER: Outdoor pools	
Sessions	RECREATIONAL GROUPS SPRING: April to early June / 10 weeks approx. SUMMER: End of June to mid-Aug (to be confirmed)	COMPETITIVE GROUPS Sept to early June (2-week break during the holidays)
REGISTRATION	SPRING AND SUMMER: Online at synchrosaintlaurent.com (dates to be confirmed)	
INFORMATION	Club de nage synchronisée Saint-Laurent: info@synchrosaintlaurent.com	

MASTERS SWIM CLUB

Ages 18 and over

Group training program in sport swimming including competitive and non-competitive components.

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	SPRING: Complexe sportif and Cégep de Saint-Laurent SUMMER: Parc Hartenstein	
Rates	Varied Payment by bank transfer only. At registration, swimmers must pay insurance premiums to the Fédération de natation du Québec.	
Sessions	SPRING: Complexe sportif Until June 13 Cégep de Saint-Laurent Until June 13	SUMMER: Parc Hartenstein June 17 to Aug 24
Schedule	SPRING: Complexe sportif Mon 7:15 to 8:30 p.m. Tue and Thu 6 to 7:30 a.m. Wed 7:30 to 8:45 p.m. Sat 6:30 to 8 a.m. Sun 6:30 to 8 a.m. Sun 7 to 8:15 p.m. Cégep de Saint-Laurent Tue and Thu 7:30 to 9 p.m.	SUMMER: Mon 8:30 to 9:45 p.m. Wed 8:30 to 9:45 p.m. Thu 8:30 to 9:45 p.m. Sat 8 to 9:30 a.m.
REGISTRATION	mnstlaurent@gmail.com	
INFORMATION	Club des maîtres-nageurs Saint-Laurent: mnstlaurent@gmail.com	

WATER-POLO

Ages 8 to 12 and 18 and over

Water-polo non-competitive and competitive programs.

Prerequisite: 8-12 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 in 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.

Locations	SPRING: Complexe sportif	SUMMER: Parc Bourbonnière Unless otherwise specified at the time of registration
REGISTRATION	wpstlaurent@gmail.com	
INFORMATION	Club de water-polo Saint-Laurent: wpstlaurent@gmail.com	

BADMINTON - OPEN

For all

Locations	LaurenHill Academy Junior Campus and Complexe sportif	
Rates	\$11 / hour per court	
Réservation	Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif or the Centre des loisirs	
INFORMATION	montreal.ca/saint-laurent	514 855-6110

BASEBALL

Mixed participants born between 2006 and 2019

Improvement course

Locations	Parks in the borough	
Session	SUMMER	Schedule to be determined for each group
INFORMATION	Club de baseball Saint-Laurent : baseballstlaurent.com info@baseballstlaurent.com	

BASKETBALL

Summer league (June and July)

Ages 7 to 17

Basketball workshops

Ages 12 to 17

Locations	LaurenHill Academy Senior Campus, École Saint-Laurent, edifice Émile-Legault and parks to be determined.	
Session	SUMMER	
INFORMATION	Comité de basketball Saint-Laurent : https://basketballstlaurent.com info@basketballstlaurent.com	

BASKETBALL - OPEN

Ages 6 and over

Location	Complexe sportif	
Rates	Parent-child 6-12: Resident: \$4 Non-resident: \$8	13 and over: Resident: \$4 Non-resident: \$8 16 and over: Resident: \$7 Non-resident: \$14
Réservation	Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif and the Centre des loisirs.	
INFORMATION	montreal.ca/saint-laurent	514 855-6110

FOOTBALL


SAINT-LAURENT SPARTANS

Ages 6 and over

Locations	Parc Saint-Laurent and Vanier College	
Session	SPRING-SUMMER	
INFORMATION	Association de football amateur de Saint-Laurent: spartansfootballclub.ca spartansfootballinfo@gmail.com	


GYMNASTICS

Ages 30 months to 14 years

Location	Complexe sportif	
Session	June 25 to Aug 17	
REGISTRATION	Online at gymslic.com starting May 6, at 12 p.m.	
INFORMATION	Club Gymslic Saint-Laurent inc. : 514 748-7707	gymslic.com  Gymslic contact@gymslic.com

KARIBOU

Ages 16 to 30 months

Location	Complexe sportif	
Session	March 17 to May 19	
Rates	\$150	
REGISTRATION	Online at gymslic.com starting March 4, at 12 p.m.	
INFORMATION	Club Gymslic Saint-Laurent inc. : 514 748-7707	gymslic.com  Gymslic contact@gymslic.com

HOCKEY

CLUB DE HOCKEY DE SAINT-LAURENT - MINOR HOCKEY

Ages 5 and over

Improvement camp

Locations	Aréna Raymond-Bourque and Aréna Ronald-Caron (Cégep de Saint-Laurent)	
Session	SPRING-SUMMER	
INFORMATION	Comité de hockey Saint-Laurent: info@hockeystl.com hockeystl.com	Information on hockey leagues: ehl.club hockeystl.ca

JUDO

Ages 5 and over

Categories: U8, U10, U12, U14, U16, U18, Senior and Veteran

Location	Centre des loisirs	
Sessions <i>May change without notice</i>	WINTER-SPRING: Until May 31	SUMMER: June 1 to July 31
INFORMATION	Club de judo Budokan Saint-Laurent: judobudokanstl.wordpress.com 📍 Judo-Budokan-Saint-Laurent judobudokanstl@gmail.com	

KARATE

Ages 6 and over

Location	Académie LaurenHill Senior Campus	
Sessions	SPRING: April 29 to June 22	SUMMER: June 25 to Aug 23
Rates	SPRING: \$60	SUMMER: \$60
REGISTRATION	SPRING: April 3 to 15 SUMMER: June 3 to 15	Online at loisirs.montreal.ca
INFORMATION	Club de karaté Kio Saint-Laurent: 438 778-5584	kiosaintlaurent.com 📍 KioSaintLaurent info@kiosaintlaurent.com



PHYSICAL FITNESS

Ages 16 and over

Aerobics, toning, zumba, yoga, pilates and Essentrics

Locations	Complexe sportif and Centre des loisirs
Sessions	SPRING: March 11 to May 4 and May 6 to June 22 SUMMER: July 8 to Aug 24
Rates	\$20 / week (13 weeks) or reduced rate with an annual membership
REGISTRATION	Form available at the reception desks of the Centre des loisirs and the Complexe sportif
INFORMATION	Club de conditionnement physique Saint-Laurent inc.: cdcphvsl@gmail.com

PICKLEBALL

Ages 16 and over

Location	Parc Philippe-Laheurte
Session	May 13 to Sept 21
INFORMATION	Club de pickleball de Saint-Laurent: pickleballquebec.com/stl pickleball.stl1@gmail.com

RECREATIONAL CHEERLEADING - GIRLS

Ages 6 to 12

Location	Complexe sportif
Session	To be confirmed
Réservation	To be confirmed
INFORMATION	Club Gymslic Saint-Laurent inc.: 514 748-7707 gymslic.com  Gymslic contact@gymslic.com

RINGUETTE

Ages 4 and over

Location	Aréna Raymond-Bourque
INFORMATION	Ringuette Saint-Laurent inc.: ringuettesaintlaurent.com info@ringuettesaintlaurent.com

SKATING

FIGURE SKATING

Ages 5 and over

Location	Aréna Raymond-Bourque	
Session	Tentative dates: April 27 to June 10	See the club site in early April
INFORMATION	Club de patinage artistique Saint-Laurent:	cpastl.ca cpa.stlaurent@gmail.com

SOCCER

CLUB DE SOCCER SAINT-LAURENT

Ages 4 and over
Soccer Academy

Locations	SPRING: Complexe sportif	SUMMER: Parc Marcel-Laurin
INFORMATION	Club de soccer de Saint-Laurent: soccerstl.ca info@soccerstl.ca	

SOCCER - OPEN

6 and over

Location	Complexe sportif	
Rates	Parent-child 6-12: Resident: \$4 Non-resident: \$8	16 and over: Resident: \$7 Non-resident: \$14
Réservation	Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif and the Centre des loisirs.	
INFORMATION	montreal.ca/saint-laurent	514 855-6110

SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

Ages 10 and over

INFORMATION	Olympiques spéciaux Québec:	olympiquesspeciauxquebec.ca sonorthisland nord.de.ile.north.island.so@gmail.com
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TABLE TENNIS

CLUB DE TENNIS DE TABLE

Location	Complexe sportif	
Session	May 4 to Aug 13	
Rates	\$300	
Schedule	Tue 6:30 to 7:30 p.m.	Sat 5 to 6 p.m.
INFORMATION	438 399-5160 514 949-7774	clubdettsl.wixsite.com/website clubdettsl@gmail.com


TABLE TENNIS - OPEN

For all

Location	Complexe sportif	
Rates	\$6 / hour per table	
Réservation	Online at loisirs.montreal.ca or at the reception counters at the Complexe sportif and the Centre des loisirs.	
INFORMATION	montreal.ca/saint-laurent	514 855-6110

TAI-CHI

Ages 18 and over

Locations	Fire station 73 , at 820, rue Saint-Germain (evening) and Centre des loisirs (day time)	
Session	April 1 to June 20	
Rates	\$140	
REGISTRATION	club-tai-chi@hotmail.com	
INFORMATION	Club de tai-chi Saint-Laurent inc.:	 clubtaichisaintlaurent club-tai-chi@hotmail.com

TENNIS

OPEN TENNIS

Locations	Alexis-Nihon, Cousineau, Gohier, Hartenstein, Marcel-Laurin, Marlborough, Noël-Sud, Painter and Saint-Laurent parks	
Session	April 27 to Nov 1	
Rates	Free	
Schedule	Mon to Sun 9 a.m. to 10 p.m.	
Réservation	Online at loisirs.montreal.ca under Réservations d'espaces	
INFORMATION	montreal.ca/en/saint-laurent	514 855-6110

TENNIS LESSONS

Location	To be determined	
REGISTRATION	Online at loisirs.montreal.ca starting on June 4, at 10 a.m.	
INFORMATION	montreal.ca/en/saint-laurent	

TRACK AND FIELD

Ages 7 to 17

Locations	École Saint-Laurent - Édifice Émile-Legault, Parc Marcel-Laurin, Académie LaurenHill Junior Campus and Complexe sportif	
Sessions	SPRING: April 2 to June 8	SUMMER: June 18 to Aug 24
Rates	1 / week (ages 7 to 9): Resident: \$125 Non-resident: \$147.50	2 / week (ages 10 to 17): Resident: \$165 Non-resident: \$187.50
Schedule according to groups	SPRING: Sat 9 a.m. to 10:30 a.m. Tue 6:30 to 8 p.m. Thu 6:30 to 8 p.m.	SUMMER: Tue 5:45 to 7:15 p.m. or 7:15 to 8:45 p.m. Thu 5:45 to 7:15 p.m. or 7:15 to 8:45 p.m.
REGISTRATION	SPRING: On avs-sport.com Starting on March 25, at 8:30 a.m.	SUMMER: On avs-sport.com Starting on June 10, at 8:30 a.m.
INFORMATION	Club d'athlétisme Saint-Laurent Sélect inc.:	slsathletisme.com  slsathletisme sls@slsathletisme.com

BUDDING ATHLETES

Children aged 4 to 6, and their parents

Introduction to track and field, parent-child.

Rates	Resident: \$120	Non-resident: \$140
Sessions	SPRING: April 2 to June 8	SUMMER: June 18 to Aug 24
Schedule	SPRING: Sat 9:15 to 10 a.m.	SUMMER: Thu 6 to to 6:45 p.m.
INFORMATION	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.

Locations	Industrial and Bois-Franc sectors <i>Distances available: 1, 2, 5 and 10 km</i>
Date	April 7
INFORMATION	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	Complexe sportif
INFORMATION	CES Saint-Laurent: 📍 cecessaintlaurent julie.adam.entraineur@gmail.com

VOLLEYBALL

Ages 18 and over

Prerequisite: Mastery of all basic techniques

Level: Mixed - Basic, intermediate and advanced levels

Location	École Saint-Laurent - Édifice Émile-Legault	
Session	June 26 to Aug 16	
Rates	Resident: \$30	Non-resident: \$40
Schedule	Mon and Wed 7:30 to 10 p.m.	
REGISTRATION	In person depending to availability June 26: 6:45 to 7:30 p.m. • July 3 and 8: 7:15 to 7:30 p.m. Payment by cash or cheque	
INFORMATION	Club de volleyball Saint-Laurent: volleystlaurent@gmail.com	