



PROGRAM

# SPORTS, LEISURE AND COMMUNITY LIFE

FALL 2025 - WINTER 2026





Photo : Interzone photo

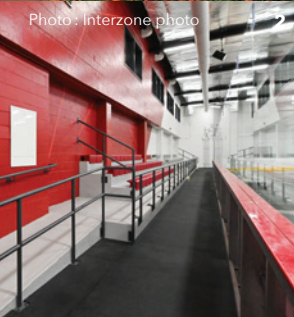


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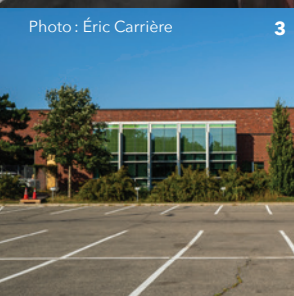


Photo : Éric Carrière

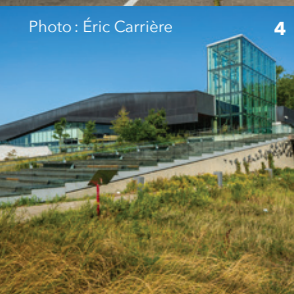


Photo : Mathieu Deshayes



Photo : Éric Carrière

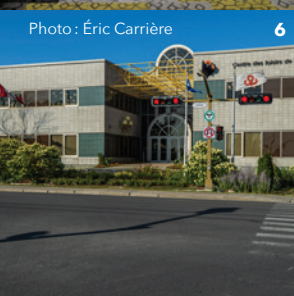
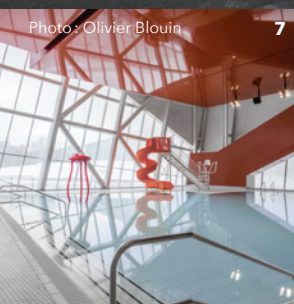


Photo : Olivier Blouin



## 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

## Maison Robert-Bélanger

3900, chemin du Bois-Franc

H4S 1A7

## 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](http://montreal.ca/en/contact-city)

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



   arrsaintlaurent



 [linkedin.com/arrondissement-de-saint-laurent](https://www.linkedin.com/company/arrondissement-de-saint-laurent)



## Newsletter

## CULTURAL, SPORTS AND RECREATIONAL ACTIVITIES

Registration for activities and reservation of time slots:

loisirs.montreal.ca

Maison de la culture Saint-Laurent:  
facebook.com/mdcsaintlaurent

**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,

Every change of season brings its own set of transitions. In Saint-Laurent, we see the return of autumn as a wonderful opportunity to slow down, refocus and reengage in our community life with enthusiasm and curiosity.

Now is the perfect time to discover a new cultural or artistic workshop, renew with a hobby put on hold or simply explore all the best Saint-Laurent has to offer when it comes to sports, culture and community life.

This fall-winter program reflects our territory's vitality. It's made possible by the commitment of our municipal teams and the invaluable collaboration of over twenty clubs and partner organizations. In it you'll find activities for all ages and skill levels, with varied schedules to suit different lifestyles.

Aréna Raymond-Bourque, the Complexe sportif, the Centre des loisirs, outdoor sports fields and many other modern, welcoming facilities throughout the territory are just some of the many venues available where you can enjoy supervised activities or opt for a self-guided one, at your own pace and to your heart's content.

I encourage you to take a close look at this program, tell your friends and family and seize the opportunity to get moving, learn and get together.

I wish you all a great season and look forward to seeing you at our facilities!

The Mayor of Saint-Laurent,

A handwritten signature in black ink, which appears to read "Alan". The signature is stylized with a large, looped initial 'A' and a cursive 'lan'.

Alan DeSousa, FCPA



## 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

#### Regular schedule

Monday to Friday, 8:30 a.m. to 12 p.m. and 1 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, etc.) 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 current 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 to activities, and registration fees are 33.33% higher 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](http://loisirs.montreal.ca)
- Make sure you and your children, regardless of their age, have a Carte biblio-loisirs that is 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 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.

Details are 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, already registered participants 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 présco, 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 day 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. Each cancellation request will incur a \$25 fee per camp or daycare week per participant.

In the event of a refund, a \$25 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 fees are applied. However, an amount corresponding to the prorata of classes already completed at the date of the request is retained.

A different refund policy applies for each recreational organization. Details are available from the various organizations.

## RESERVATION OF RECREATIONAL FACILITIES

### Municipal buildings

See pages 11 to 16.

### 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

## RESPECT AND CIVILITY

Ville de Montréal is responsible for ensuring a respectful and healthy environment for its staff and for the clientele of its services.

Users are asked to show respect and civility towards Ville de Montréal staff, partners and other users. In the event of serious or repeated breaches, Ville de Montréal reserves the right to suspend or withdraw access to services and facilities.

If an individual is not satisfied with the services offered, they can contact the city by dialing 311.

## 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**

apasm@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

Support for immigrants in their personal, professional and social integration.

**514 748-2007**

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

### CARREFOUR DES ÂÎNÉS 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 residents aged 16 to 35.

**514 855-1616**

cje@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

Support for residents in and around the Hodge-Place Benoit neighbourhood.

**514 744-0897**

infos@centreboncourage.org  
centreboncourage.org

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

Promotion of volunteer action in different areas of 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**

contact@cejfi.org | cejfi.org

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

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

**514 744-1239**

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 child development.

**514 333-8989**

cps@aucoeurdelenfance.ca  
aucoeurdelenfance.ca

### CENTRE DES FEMMES DE SAINT-LAURENT

Actions to improve living conditions for women.

**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



**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 residents.

514 748-2000

info@cossl.org | cossl.org

**COMITÉ LOGEMENT SAINT-LAURENT**

Supporting access to good-quality, affordable housing while taking into consideration sociocultural diversity.

514 331-9898

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

**CORPORATION CULTURELLE LATINO-AMÉRICAIN 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

438 814-0660

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.

514 333-8989

dg@maisondesfamilles.org  
aucoeurdelenfance.ca

**MON NOUVEAU BERCAIL**

Collection and redistribution of basic necessities for newcomers in financial difficulty.

438 867-7660

info@monnouveaubercail.com  
monnouveaubercail.com

**PARENTS-SECOURS SAINT-LAURENT**

Network of safe houses and prevention activities for the safety of children and senior citizens.

parentssecours.stlaurent@gmail.com  
parentssecours.ca

**PLACE À LA MARCHÉ**

Walking club in the Place Vertu shopping center 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.

514 424-6110

info@rapjeunesse.org  
centredejour@rapjeunesse.org  
rapjeunesse.org

**REISA SAINT-LAURENT**

Access to health and social services in English in partnership with the public and community sectors.

514 955-8370, ext. 2217

info@reisa.ca | reisa.ca

**RESSOURCES JEUNESSE DE SAINT-LAURENT**

Intake and accommodation services for youths aged 16 to 25.

514 748-0202

hebergement@rjsl.ca | 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**

Supporting youths to adopt healthy lifestyles, develop self-esteem and gain a sense of belonging to the community.

514 747-5353

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

## RESOURCES FOR PERSONS WITH DISABILITIES

### ACTIVITIES OFFERED BY SAINT-LAURENT

For its in-house recreational activities, Saint-Laurent can evaluate the possibility of assigning a trained attendant to a participant with a functional limitation.

**Information: 514 855-6110**

### 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

### COMPANION LEISURE CARD (CAL)

Free access for companions of people with disabilities or permanent mental health problems to tourist, cultural and leisure sites, with the exception of Saint-Laurent day camps, which offer their own program.

**1 833 693-2253**  
cal@carteloisir.ca  
carteloisir.ca/en/

### CENTRE ACTION

Bilingual organization offering educational, recreational, social and wellness programs for adults with physical disabilities, as well as respite care for families.

**514 366-6868**  
programme@centreaction.org  
centreaction.org

### DISABLED PARKING PERMIT ISSUED BY THE SAAQ

Permit providing access to parking spaces reserved for persons with disabilities.

**514 873-7620**  
saaq.gouv.qc.ca

### EMERGENCY EVACUATION ASSISTANCE PROGRAM

Identification by the Service de sécurité incendie de Montréal of people with reduced mobility or visual or hearing impairments. In the event of an emergency, it enables more effective intervention to help these people evacuate their homes.

**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**

### SOCIÉTÉ DE TRANSPORT DE MONTRÉAL COMPANION CARD

Free access for companions of people with intellectual, physical or visual disabilities on the regular bus and metro network.

**514 280-8211**  
stm.info/en/para

### GUIDE DOGS AND SERVICE DOGS WELCOME!

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



# ARÉNA RAYMOND-BOURQUE

2345, boulevard Thimens  
H4R 1T4  
**514 956-2580**  
[montreal.ca/en/places/arena-raymond-bourque](https://montreal.ca/en/places/arena-raymond-bourque)

🚶 Côte-Vertu 🚶 171

## Regular schedule

Mon to Sun 7 a.m. to 1 a.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
- Skate rental and sharpening
- Sports boutique
- Two NHL-sized skating rinks

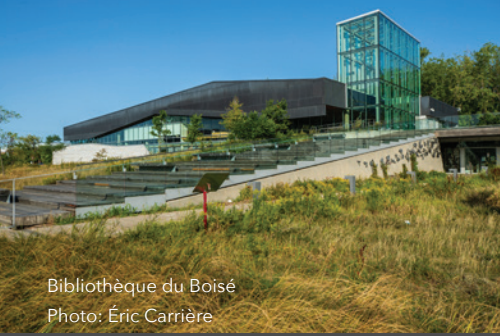
## UNIVERSAL ACCESSIBILITY

All sports facilities comply with the principles of universal accessibility.

## SKATING RINK RENTAL AND CHILDREN’S PARTIES

The arena offers 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

[montreal.ca/en/places/bibliotheque-du-boise](https://montreal.ca/en/places/bibliotheque-du-boise)

#### 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

[montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent](https://montreal.ca/en/places/bibliotheque-du-vieux-saint-laurent)

60<sup>TH</sup>  
ANNIVERSARY  
CELEBRATION

September  
27 and 28

Activities and  
contest

#### 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

[montreal.ca/en/places/mini-bibliotheque-de-chameran](https://montreal.ca/en/places/mini-bibliotheque-de-chameran)

#### Schedule

Look out for opening hours in the fall 2025 Culture and libraries program.

Social media: [bibliotheques.saint-laurent](https://bibliotheques.saint-laurent.qc.ca)  
Online services: [nelligandecouverte.ville.montreal.qc.ca](https://nelligandecouverte.ville.montreal.qc.ca)  
Program: [bit.ly/culturebiblios](https://bit.ly/culturebiblios)



## CENTRE COMMUNAUTAIRE PAINTER

260, rue Marcotte  
H4N 1A5  
438 923-0823

📍 Côte-Vertu 🚌 121, 171

[montreal.ca/en/places/centre-communautaire-painter](https://montreal.ca/en/places/centre-communautaire-painter)

### 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 de Chameran  
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](mailto:activites.chameran@gmail.com)





# CENTRE DES LOISIRS

1375, rue Grenet  
H4L 5K3  
514 855-6110

📍 Côte-Vertu 🚌 64, 128

List of services and partner organizations:

[montreal.ca/en/places/centre-des-loisirs-de-saint-laurent](http://montreal.ca/en/places/centre-des-loisirs-de-saint-laurent)

## 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.

### Reception counter

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

## 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

[montreal.ca/en/places/complexe-sportif-de-saint-laurent](https://montreal.ca/en/places/complexe-sportif-de-saint-laurent)

### 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

Free Wi-Fi

Gymnastics palestra

Healthy restaurant

Indoor soccer fields

Lockers with stalls and individual showers

Multipurpose room

Nursing room

Recreational swimming pool with water play features and slide

Rest area

Single gymnasium

Training room

### 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 the pool and sports venues as well as for children's parties.

514 855-6110

[montreal.ca/en/places/complexe-sportif-de-saint-laurent](https://montreal.ca/en/places/complexe-sportif-de-saint-laurent)



## MAISON ROBERT-BÉLANGER

3900, chemin du Bois-Franc  
Saint-Laurent (Québec) H4S 1A7

🚶 Côte-Vertu 🚏 70, 177, 215, 225

Restored to capture the essence and charm of its era, this bicentennial home built between 1803 and 1806 is now certified Leed Silver. Nestled in the heart of the Nouveau Saint-Laurent neighbourhood, it is a living witness to local history, celebrating the architecture and agricultural know-how of the past.

### SCHEDULE AND ACTIVITIES

For the schedule and activities managed by VertCité:  
[montreal.ca/lieux/maison-robert-belanger](https://montreal.ca/lieux/maison-robert-belanger)

### SERVICES

Bike racks  
Communal gardens  
Free Wi-Fi  
Picnic area

### UNIVERSAL ACCESSIBILITY

Maison Robert-Bélanger complies with the principles of universal accessibility.

## ACTIVITIES FOR CHILDREN

### DAY CAMP – SPRING BREAK 2026

From Kindergarten to grade 6

Location	Centre des loisirs	
Rates	\$168 / camp	\$40 / daycare
Session	March 2 to 6	Program online at <a href="http://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a> starting on Jan 12
<b>REGISTRATION</b>	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Jan 20, at 8:30 a.m.	
<b>INFORMATION</b>	514 855-6110, ext. 3	<a href="http://montreal.ca/en/saint-laurent">montreal.ca/en/saint-laurent</a> <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a>

### DAY CAMP – SUMMER 2026

Ages 5 to 16

Locations	Bibliothèque du Boisé, Centre des loisirs and Complexe sportif	
Rates	\$138 to \$210 / week	\$40 / week / daycare
Program	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on February 24	
<b>REGISTRATION</b>	Online at <a href="http://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a> starting on March 17, at 8:30 a.m.	
<b>INFORMATION</b>	514 855-6110, ext. 3	<a href="http://montreal.ca/en/saint-laurent">montreal.ca/en/saint-laurent</a> <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a>

### LIST OF CAMPS

#### Centre des loisirs

Explorer Camp (ages 5 and 6)  
Adventurer Camp (ages 7 to 12)  
Artistic Camp (ages 7 to 12)  
Scientific Camp (ages 7 to 12)

#### Bibliothèque du Boisé

Literary Camp (ages 7 to 12)

#### Complexe sportif

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

### PRESCHOOL CENTRE

Ages 0 to 5

**Open house:** Sept 5 from 10 a.m. to 12 p.m., and Jan 9, from 10 a.m. to 12 p.m.

Location	Centre des loisirs	
Rates	\$79 to \$195 / up to \$310 for winter-spring	
Sessions	<b>FALL:</b> Sept 8 to Nov 24 <b>WINTER:</b> Jan 10 to March 30 <b>WINTER-SPRING:</b> Jan 12 to June 1 Program online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on July 22 for the fall and on Nov 4 for the winter	
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Aug 5, at 8:30 a.m. <b>WINTER:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Nov 18, 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 / \$101  
Fitness with baby / \$79  
Yoga with baby / \$79

12 to 36 months\*

Marionettes / \$101  
Sounds and rhythms / \$101

18 to 36 months\*

Acrobats / \$101

1 to 3 years old\*

Mini-artists / \$79  
Mini-circus / \$79

*\*The presence of an adult is mandatory.*

3 to 5 years old

Little athletes  
Day / F \$195 / W-S \$310  
Half-day / F \$118 / W-S \$195

Little actors  
Day / F \$195 / W-S \$310  
Half-day / F \$118 / W-S \$195

Little school kids  
Day / F \$195 / W-S \$310  
Half-day / F \$118 / W-S \$195

Little explorers  
Half-day / F \$118 / W-S \$195

Little geniuses  
Day / F \$195 / W-S \$310  
Half-day / F \$118 / W-S \$195

4 and 5 years old

Mini-circus / \$101  
Mini-artists / \$101

ZONE ÉPIQUE

Ages 6 to 12

Introduction to various art forms, sciences and sports.  
Cooperative games, large-scale games, crafts, outdoor games, etc.

Zone épique +

Various activities for 5<sup>th</sup> and 6<sup>th</sup> graders.

Locations	Centre des loisirs / Saturdays Centre communautaire Painter / Sundays	
Rates	Free	
Sessions	FALL: Oct 11 to Dec 14 WINTER-SPRING: Jan 17 to May 10 Program online at <a href="http://montreal.ca/saint-laurent">montreal.ca/saint-laurent</a> starting on Aug 1 for the fall	
REGISTRATION	FALL: Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Sept 2, at 8:30 a.m. WINTER: Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Dec 2, at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	<a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a>





## ACTIVITIES FOR SENIORS

### CARREFOUR DES ÂÎNÉS

**Ages 50 and over**

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

Location	<b>Centre des loisirs (with the exception of petanque)</b>	
Rates	Varied Mandatory membership card: Resident: \$15 / Non-resident: \$20	
Sessions	<b>FALL:</b> Sept 2 to Dec 5 (cancelled on Oct 13) <b>WINTER:</b> Jan 5 to May 14 (cancelled March 2 to 7, and April 6)	Business hours as of Sept 3: Mon, Wed 8:30 to 11:30 a.m. and 12:30 to 4:15 p.m. Thu 8:30 to 11:15 a.m.
<b>REGISTRATION</b>	<b>FALL:</b> In person at the Centre des loisirs, on Aug 25 and 27, from 8:30 a.m. to 12 p.m. and 1 to 4 p.m.	<b>WINTER:</b> In person at the Centre des loisirs, on Nov 24 and 26, from 8:30 a.m. to 12 p.m. and 1 to 4 p.m.
<b>INFORMATION</b>	514 748-0943	carrefour.aines@gmail.com

### FALL PREVENTION PROGRAM STAND-UP!

**Ages 65 and over**

To recognize and prevent situations that could cause falls.

Location	<b>Centre des loisirs</b>	
Rates	Free	
Sessions	<b>FALL:</b> Sept 22 to Dec 1 <b>WINTER:</b> Jan 12 to March 23	10:30 a.m. to 12 p.m. and 1:30 to 3 p.m.
<b>INFORMATION</b>	maladies.chroniques.cnmtl@ssss.gouv.qc.ca 514 384-2000, ext. 7254	

### UNIVERSITÉ DU TROISIÈME ÂGE

**Ages 50 and over**

Philosophy, history, art, English and Spanish courses and conferences.

Location	<b>Centre des loisirs</b>	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 15 to Dec 12 <b>FALL:</b> Starting Aug 20	<b>WINTER:</b> Jan 19 to May 8 <b>WINTER:</b> Starting Dec 19
<b>REGISTRATION</b>	Online at <a href="http://usherbrooke.ca/uta/prog/mtl/slt">usherbrooke.ca/uta/prog/mtl/slt</a>	
<b>INFORMATION</b>	<a href="http://usherbrooke.ca/uta/prog/mtl/slt">usherbrooke.ca/uta/prog/mtl/slt</a> <a href="mailto:uta.slt@USherbrooke.ca">uta.slt@USherbrooke.ca</a>	

ACTIVITIES FOR TEENAGERS

ADOS DE ST-LO

Ages 12 to 17 (high school level)

Friendly meetings, sports and cultural activities

Rates	Free	
Location	Centre communautaire Painter	
Sessions	FALL: Sept 19 to Dec 7 WINTER: Jan 9 to May 10	Fri 6:30 to 9 p.m. Sat 4:30 to 9 p.m. Sun 4:30 to 9 p.m.
Location	Complexe sportif	
Sessions	FALL: Sept 19 to Dec 7 WINTER: Jan 9 to May 10	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. 3	

DAFA (DIPLOME D'APTITUDE AUX FONCTIONS D'ANIMATEUR) TRAINING

Ages 14 and over

Location	Centre des loisirs	
Rates	\$274	
Session	WINTER: Jan 10 to March 6 THEORY COURSE: Jan 10 to Feb 21 / Sat 9 a.m. to 4 p.m. INTERNSHIP: March 2 to 6 / Mon to Fri 8:30 a.m. to 4:30 p.m.	
REGISTRATION	Online at loisirs.montreal.ca, starting on Nov 4 at 8:30 a.m.	
INFORMATION	514 855-6110, ext. 3	montreal.ca/saint-laurent loisirs.montreal.ca

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	FALL: Sept 2 to Dec 19 WINTER: Jan 6 to June 12	Tue to Fri from 3:30 to 9 p.m.
REGISTRATION	In person at L'Unité 12-17 In person at Centre communautaire Painter	
INFORMATION	514 744-1239	centre-unite.com

## 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

Location	Centre des loisirs
Rates	Free
Session	Sept to May and summer camps by selection
<b>REGISTRATION</b>	FRANCOPHONE CADETS: Mon from 6:15 to 9:30 p.m., at 1415, rue Filion
<b>INFORMATION</b>	621.president@cadetsair.ca

### 588 ERIC SIMMS ROYAL CANADIAN AIR CADET SQUADRON

Location	Église Saint-Hippolyte
Rates	Free
Session	Sept to May and summer camps by selection
<b>REGISTRATION</b>	ANGLOPHONE CADETS: Tue from 6:30 to 9 p.m., at 1415, rue Filion
<b>INFORMATION</b>	438 934-5882 588aviation@cadets.gc.ca 588aircadets.com

## ASSOCIATION DES ARTISTES DE SAINT-LAURENT

**Ages 18 and over**

Annual exhibition, demonstrations, lectures, workshops and summer activities.

Location	Centre des loisirs
Rates	Annual membership fee: \$50 Demonstrations and lectures: - Member / Free - Non-member / \$15
Sessions	Sept to Dec Jan to June Year-round registration for each activity
<b>REGISTRATION</b>	Selection of new members in April Deadline for applications on April 1
<b>INFORMATION</b>	contact@artsaintlaurent.ca artsaintlaurent.ca

## BRIDGE

**Ages 18 and over**

Location	Centre des loisirs
Rates	Lesson: \$90 Bridge duplicata: \$5 Coached bridge: \$40
Sessions	<b>FALL:</b> Sept 2 to Dec 17 <b>WINTER:</b> Jan 6 to June 17
<b>REGISTRATION</b>	<b>FALL:</b> In person on Aug 25, from 6 to 8 p.m.
<b>INFORMATION</b>	Club de bridge loisirs Saint-Laurent 514 332-2770 514 747-4300

## CERCLE DE FERMÎÈRES SAINT-LAURENT

**Ages 14 and over**

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

Location	Centre des loisirs
Rates	Annual membership: \$38
<b>INFORMATION</b>	fermieres-st-laurent@outlook.com 514 855-6110, ext. 4956

## CULTURAL WORKSHOPS

Location	Centre des loisirs
Rates	Varied - Some workshops require the purchase of materials. Additional costs apply for live models.
Sessions and Schedule	<b>FALL:</b> Sept 22 to Dec 8 <b>WINTER:</b> Jan 12 to March 29 Schedule online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> , starting on Jul 29 and Oct 28
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> , starting on Aug 12, at 8:30 a.m. <b>WINTER:</b> Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> starting on Nov 11, at 8:30 a.m.
<b>INFORMATION</b>	514 855-6110, ext. 3

### Adults

#### Contemporary painting

\$163 / Svetla Velikova

#### Contemporary watercolour

\$163 / Valérie Gruia

#### Crochet - Knitting

\$132 / Lucie Carmel

#### Drawing and modelling

- Long poses with live models

\$163 / Svetla Velikova

#### Icon - Egg tempera

\$163 / Svetla Velikova

#### Oil painting

\$163 / Areg Elibekian

#### Pottery, modelling, turning, ceramics

\$185 / Francine Gauthier

#### Sewing - Barbie clothes

\$37 / Corine Caraminot

#### Sewing - embroidery

\$143 / Corine Caraminot

#### Sewing - sanitary napkins

\$37 / Corine Caraminot

#### Silk painting

\$37 / Valérie Gruia

#### Stained glass

\$143 / Stéphanie Aghbachian

#### Stone carving

\$143 / Vasil Nikov

#### Wood carving

\$143 / Rémi Richard

### Youth

#### Acrylic painting

\$96 / Carole Dubuc

#### Cartoon drawing - Manga

\$74 / Edward Sfeir

#### Chess - beginner, intermediate and advanced

\$54 or \$74 / Tour de la réussite

#### Creative drawing and painting

\$96 / Svetla Velikova

#### Drawing and painting

\$96 / Areg Elibekian

#### Drawing and painting

96 / Carole Dubuc

#### Drawing, pottery, modelling

\$96 / Francine Gauthier

#### Oil painting

\$96 / Areg Elibekian

#### Petits marmitons

\$96 / Mariette Cadieux

#### Theatre

\$96 / To be confirmed

#### Watercolour painting

\$96 / Valeria Gruia

#### Water painting

\$96 / Carole Dubuc

### Intergenerational (ages 13 to 17)

#### Sewing - Family

\$143 for adults and \$96 for children / Corine Caraminot

#### Stained glass - family

\$143 for adults and \$96 for children / Stéphanie Aghbachian

## DANCE

### IMPULSE DANCE STUDIO

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

Location	Centre des loisirs	
Rates	Varied	
Sessions	<b>FALL:</b> Sept 13 to Nov 28	<b>WINTER:</b> Mid-Jan to mid-May
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://studiodedanseimpulse.com">studiodedanseimpulse.com</a> , from July 17. In person on Aug 25, from 6 to 8 p.m. <b>WINTER:</b> Online at <a href="http://studiodedanseimpulse.com">studiodedanseimpulse.com</a> , from Dec 1.	
<b>INFORMATION</b>	514 855-6110, ext. 4998 <a href="http://studiodedanseimpulse.com">studiodedanseimpulse.com</a>	📍 <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, except for technical lessons and competitions**

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

Location	Centre des loisirs	
Rates	\$330 / couple \$165 / individual	
Sessions	<b>FALL:</b> Sept 9 to Nov 30	<b>WINTER:</b> Jan 13 to April 5
<b>REGISTRATION</b>	<b>FALL:</b> By email at <a href="mailto:cdsleslaurentiens@gmail.com">cdsleslaurentiens@gmail.com</a> Open-house and in-person registration on Aug 25, from 6 to 8 p.m. <b>WINTER:</b> By email at <a href="mailto:cdsleslaurentiens@gmail.com">cdsleslaurentiens@gmail.com</a> Open-house and in-person registration on Nov 18, from 6:30 to 8 p.m.	
<b>INFORMATION</b>	514 855-6110, poste 4646 <a href="mailto:cdsleslaurentiens@gmail.com">cdsleslaurentiens@gmail.com</a>	📍 CDSLesLaurentiens



EXHIBITIONS

CENTRE DES LOISIRS - 1375, rue Grenet

PROGRAM

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

CITIZEN EXHIBITIONS

The Centre des loisirs offers the opportunity for artists to host exhibitions on its premises. Send your exhibition project with photos of works, a curriculum vitae and a description of the project 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, ukulele, violin, flute and music education.

Location	Centre des loisirs	
Rates	Varied	
Sessions	FALL: Sept 8 to Dec 8	WINTER: Jan 12 to June 8
REGISTRATION	Online at <a href="http://pantonal.ca/registration">pantonal.ca/registration</a>	
INFORMATION	514 273-1055	<a href="http://pantonal.ca">pantonal.ca</a> <a href="mailto:pantonal@pantonal.ca">pantonal@pantonal.ca</a>

PHOTOGRAPHY

ASSOCIATION DES PHOTOGRAPHES DE SAINT-LAURENT  
Ages 18 and over

Viewing and constructive criticism of photos, exhibitions, outings and lectures by professional photographers.

Location	Centre des loisirs	
Rates	\$85 / year	
REGISTRATION	In person on Aug 25, from 6 to 8 p.m.	
INFORMATION	Association des photographes de Saint-Laurent: <a href="http://apsl.ca">apsl.ca</a>	



## SCRABBLE

Ages 14 and over

Location	Centre des loisirs	
Rates	<b>Member:</b> \$4 / game	<b>Non-member:</b> \$5 / game
<b>REGISTRATION</b>	In person before the activity	Games are in French only.
<b>INFORMATION</b>	<b>Saturday games at 1:30 p.m.:</b> Club de scrabble Laurentien: scrabblelaurentien@gmail.com 514 525-4425	<b>Thursday games at 1:30 p.m.:</b> Club de scrabble St-Laurent scrabblesaintlaurent@gmail.com 514 334-1639

## SINGING - CHOIR

### ENSEMBLE VOCAL DE SAINT-LAURENT

Ages 18 and over

Mixed choir led by conductor Yvan Sabourin.

Location	Centre des loisirs	
Rates	\$210 / session	
<b>REGISTRATION</b>	In person on Aug 25, from 6 to 8 p.m.	
<b>INFORMATION</b>	438 488-1243	Info.choeurevsl@gmail.com

### CHŒUR WALTER

Ages 8 and over

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

Location	Centre des loisirs	
Rates	\$175 / year	
<b>REGISTRATION</b>	<b>FALL:</b> In person on Aug 25, from 6 to 8 p.m.	<b>WINTER:</b> In person on Nov 17, from 6 to 8 p.m.
<b>INFORMATION</b>	514 863-7580 info@choeurwalter.org	choeurwalter.org 📍 Choeur.Walter

## SPECIAL FAMILY EVENTS

### Fête des récoltes

Parc Beaudet

Sat, Sept 20 / 11 a.m. to 4 p.m.

Farmer's market, music, corn husking and family entertainment.

### Féerie d'hiver

Parc Gohier

Sun, Feb 15 / 11 a.m. to 3 p.m.

Winter activities, entertainment and inflatable games.

AQUATIC ACTIVITIES

OPEN SWIM

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.

For users who require them, diapers specially designed for swimming must be worn at the recreational swimming pool at the Complexe sportif.

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

AGES

Recreational pool: **For all**

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

Location	Complexe sportif		
Resident memberships	<b>0-3:</b> Free <b>4 to 17:</b> 6 months: \$26 12 months: \$37	<b>18 to 54:</b> 6 months: \$38 12 months: \$54	<b>55 and over:</b> 6 months: \$26 12 months: \$37
Single entry fee	<b>0-3:</b> Free <b>4 to 17:</b> Resident: \$6 Non-resident: \$8	<b>18 to 54:</b> Resident: \$7 Non-resident: \$9	<b>55 and over:</b> Resident: \$6 Non-resident: \$8
Sessions	<b>FALL:</b> Early Sept to late Dec <b>WINTER:</b> Early Jan to mid-April		
Schedule	📍 PiscineComplexeSTLSodem		
INFORMATION	montreal.ca/en/places/pools-complexe-sportif-de-saint-laurent 514 855-6110		

AQUAFITNESS

**Ages 18 and over**

Regular courses: Aquafitness and advanced aquafitness

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

Location	<b>Complexe sportif:</b> Recreational and 25-metre pools	
Rates and schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> the day before the first registration date	
Sessions <i>Subject to change without notice</i>	<b>FALL:</b> Mid-Sept to Nov <b>WINTER:</b> Feb to early April	
REGISTRATION <i>Subject to change without notice</i>	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> <b>Resident:</b> from the dates indicated below <b>Non-resident:</b> 48h after the dates indicated below <b>FALL:</b> Sept 10, at 6 p.m., to Oct 11 <b>WINTER:</b> Feb 4, at 6 p.m., to March 7	
INFORMATION	<a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a>	514 855-6110

## SWIMMING LESSONS

### Fall 2025

Life Saving 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 15

**1-3 levels** for ages 13 to 17

**1-3 levels** for ages 18 and over

Locations	<b>Complexe sportif, Cégep de Saint-Laurent and École Saint-Laurent - Édifice Émilie-Legault</b>	
Rates	<b>Children:</b> \$51 / 30 min / week \$74 / at least 45 min / week	<b>Adults and adults – teens (combined lessons):</b> \$87 / 60 min / week
Sessions <i>Subject to change without notice</i>	<b>FALL:</b> Mid-Sept to Nov	<b>WINTER:</b> Feb to early April
Schedule	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> the day before the first registration date <i>Bring the registration receipt and progress booklet (if applicable) to the first class.</i>	
REGISTRATION	Online at <a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> <b>Resident:</b> from the dates indicated below <b>Non-resident:</b> 48h after the dates indicated below <i>Participants must know their course level before registration and are responsible for monitoring the number of times they register. Consult staff members a few days before registration if the required level is unknown.</i>	
	<b>FALL</b> <b>École Saint-Laurent - Édifice Émilie-Legault and Cégep de Saint-Laurent</b> <b>Children:</b> Sept 9, at 6 p.m., to Sept 22 <b>Adults and teenagers:</b> Sept 10, at 6 p.m., to Sept 22 <b>Complexe sportif</b> <b>Children:</b> Sept 8, at 6 p.m., to Sept 22 <b>Adults and teenagers:</b> Sept 10, at 6 p.m., to Sept 22	<b>WINTER</b> <b>École Saint-Laurent - Édifice Émilie-Legault and Cégep de Saint-Laurent</b> <b>Children:</b> Feb 3, at 6 p.m., to Feb 16 <b>Adults and teenagers:</b> Feb 4, at 6 p.m., to Feb 16 <b>Complexe sportif</b> <b>Children:</b> Feb 2, at 6 p.m., to Feb 16 <b>Adults and teenagers:</b> Feb 4, at 6 p.m., to Feb 16
INFORMATION	<a href="https://loisirs.montreal.ca">loisirs.montreal.ca</a> 514 855-6110	



## ARTISTIC SWIMMING

### Ages 5 and over

Recreational and competitive programs  
Artistic swimming training camp (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.

Location	<b>Complexe sportif</b>	
Sessions <i>Subject to change without notice</i>	<b>RECREATIONAL GROUPS</b> <b>FALL:</b> Sept to Dec / 11 or 12 weeks <b>WINTER:</b> Jan to March / 11 or 12 weeks <b>SPRING:</b> April to early June / 11 or 12 weeks	<b>COMPETITIVE GROUPS</b> Sept to early June (2-week break during the holidays)
<b>REGISTRATION</b>	Online at <a href="http://synchrosaintlaurent.com">synchrosaintlaurent.com</a> (date to be confirmed)	
<b>INFORMATION</b>	Club de nage synchronisée Saint-Laurent <a href="mailto:info@synchrosaintlaurent.com">info@synchrosaintlaurent.com</a> 📍 @SynchroSaintLaurent	

## COMPETITIVE SWIMMING

Competitive swimming program with mandatory training and competitions.

Locations	<b>Complexe sportif, Cégep de Saint-Laurent and École Saint-Laurent - Édifice Émile-Legault</b>	
Session <i>Subject to change without notice</i>	Early Sept to mid-June according to the level	
<b>REGISTRATION</b>	<b>New members:</b> Registration at <a href="http://clubcnsl.com">clubcnsl.com</a> required for mandatory evaluations	<b>Tryouts in late August</b> Details to come: <a href="http://clubcnsl.com">clubcnsl.com</a>
<b>INFORMATION</b>	Club de natation Saint-Laurent <a href="http://clubcnsl.com">clubcnsl.com</a> <a href="mailto:communication.cnsl@gmail.com">communication.cnsl@gmail.com</a>	

## LIFEGUARD AND WATER SAFETY INSTRUCTOR TRAINING

Life Saving Society training programs allowing participants to obtain the certifications required to become a lifeguard in a pool environment or a swim instructor. Offer may vary by session.

### Bronze Medallion

**Prerequisite:** Must be 13 years old on the examination date or have the Bronze Star certificate and equivalent swimming skills as assessed in the first course.

### 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.

## Monitor - Swim for Life

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

Locations	<b>Complexe sportif and École Saint-Laurent - Édifice Émile-Legault</b>	
Rates	Free / Subsidised by the Ministère de l'Éducation du Québec	
Sessions and Schedule	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> the day before the first registration date for each session	
	Online at <a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a> . Closing dates depending on the course.	
<b>REGISTRATION</b>	<b>FALL:</b> Sept 10, at 6 p.m.	<b>WINTER:</b> Feb 4, at 6 p.m.
<b>INFORMATION</b>	<a href="http://loisirs.montreal.ca">loisirs.montreal.ca</a>	514 855-6110

## MASTERS SWIM CLUB

### Ages 18 and over

Non-competitive and competitive swimming programs for adults.

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

Locations	<b>Complexe sportif and Cégep de Saint-Laurent</b>	
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 2 to Dec 21	<b>WINTER:</b> Jan 5 to June 14
Schedule <i>Subject to change without notice</i>	<b>Complexe sportif:</b> 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 7:30 to 9 a.m. Sun 7 to 8:15 p.m.	<b>Cégep de Saint-Laurent:</b> Tue and Thu 7:30 to 9 p.m.
<b>REGISTRATION</b>	<a href="mailto:mnstlaurent@gmail.com">mnstlaurent@gmail.com</a>	
<b>INFORMATION</b>	Club des maîtres-nageurs Saint-Laurent: <a href="mailto:mnstlaurent@gmail.com">mnstlaurent@gmail.com</a>	

## WATER-POLO

### Ages 8 to 12 and 18 and over

Non-competitive and competitive programs.

**Prerequisite: 8-12 group:** Must be able to swim without a floating aid across the 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 2.5 minutes or less, must be able to swim at least 3 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 throw.

Location	<b>Complexe sportif</b> , unless otherwise specified at the time of registration	
Sessions <i>Subject to change without notice</i>	<b>18 and over group</b> <b>FALL:</b> Sept to Dec <b>WINTER:</b> Jan to mid-May	<b>8-12 group</b> <b>FALL:</b> Sept to Dec <b>WINTER:</b> Jan to March
<b>REGISTRATION</b>	In person, according to the practice schedule.	
<b>INFORMATION</b>	Club de water-polo Saint-Laurent: <a href="mailto:wpstlaurent@gmail.com">wpstlaurent@gmail.com</a>	



## BADMINTON - OPEN

For all

Locations	LaurenHill Academy Junior Campus and Complexe sportif
Rates	\$13 / hour / court
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/en/saint-laurent">montreal.ca/en/saint-laurent</a>

## BASEBALL

Mixed participants born between 2008 and 2020

Improvement course

Locations	Complexe sportif and Cégep de Saint-Laurent
Session	FALL AND WINTER      Schedule to be determined for each group
<b>INFORMATION</b>	Club de baseball Saint-Laurent: <a href="https://baseballstlaurent.com">baseballstlaurent.com</a> <a href="mailto:info@baseballstlaurent.com">info@baseballstlaurent.com</a>

## BASKETBALL

### COMITÉ DE BASKETBALL SAINT-LAURENT

**Basketball workshops**

Ages 12 to 17

**Intercity league (competitive) and training**

Ages 7 to 17

**House league - mixed (recreational)**

Ages 5 to 17

**Program for young people with autism spectrum disorders (ASD)**

Ages 7 to 25

Locations	École secondaire Saint-Laurent - Édifice Émile-Legault, LaurenHill Academy Junior Campus and Complexe sportif
Session	Sept 2025 to April 2026
<b>INFORMATION</b>	Comité de basketball Saint-Laurent: <a href="https://basketballstlaurent.com">basketballstlaurent.com</a> <a href="mailto:info@basketballstlaurent.com">info@basketballstlaurent.com</a>

## BASKETBALL - OPEN

Ages 6 and over

Location	Complexe sportif
Rates	<b>Parent-child 6-8 and 9-12:</b> Resident: \$6 Non-resident: \$10
	<b>13 and over:</b> Resident: \$7 Non-resident: \$12
	<b>16 and over:</b> Resident: \$9 Non-resident: \$16
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/en/saint-laurent">montreal.ca/en/saint-laurent</a>

## FOOTBALL - EVALUATION CAMP

Ages 5 and over

### Speed Skills Camp

Speed and endurance improvement, cardio training.

### Evaluation Camp

Indoor evaluation camp for youngsters in Tykes, 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: spartansfootballclub.ca spartansinfofootball@gmail.com	



## GYMNASTICS

Ages 30 months to 14 years

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

## KARIBOU

Ages 16 to 30 months

Location	Complexe sportif	
Rates	\$136.95	
Sessions	FALL: Sept 21 to Dec 14, Sun 8:15 a.m.-12:30 p.m.	WINTER: Jan 11 to May 24, Sun 8:15 a.m.-12:30 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**

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

**New:** First Shift - Mixed and First Shift - Feminine programs

Locations	<b>Aréna Raymond-Bourque, Aréna Ronald-Caron (Cégep de Saint-Laurent) and other arenas</b>	
Session	<b>FALL-WINTER</b>	
Schedule	<b>LOCAL HOCKEY:</b> 1 / week	<b>MIXED OR FEMININE:</b> 2-3 / week and away games
<b>INFORMATION</b>	Comité de hockey Saint-Laurent: info@hockeystl.com hockeystl.com Information on hockey leagues: ehl.club hockeylsl.ca Additional costs for the creation of certain teams.	

## HOCKEY - OPEN

**For all**

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

Location	<b>Aréna Raymond-Bourque</b>
Rates	\$8 / all
Session	Sept 2 to April 16
Schedule	Mon to Fri 11 a.m. to 1 p.m. Maximum of 25 participants. A ticket must be purchased at the administrative office before going on the ice. Registration for admission closes at 12:10 p.m.
<b>INFORMATION</b>	514 956-2580, ext. 3

## JUDO

**Ages 5 and over**

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

Location	<b>Centre des loisirs</b>	
Sessions <i>Subject to change without notice</i>	<b>FALL:</b> Sept 8 to Dec 13	<b>WINTER:</b> Jan 5 to May 31
<b>INFORMATION</b>	Club de judo Budokan Saint-Laurent: 📍 Judo-Budokan-Saint-Laurent judobudokanstl@gmail.com	



## KARATE

Ages 6 and over

Locations	<b>Académie LaurenHill Senior Campus and Complexe sportif</b>	
Rates	<b>FALL:</b> \$115	<b>WINTER:</b> \$115
Sessions	<b>FALL:</b> Sept 2 to Dec 13	<b>WINTER:</b> Jan 5 to April 25
<b>INFORMATION</b>	Club de karaté Kio Saint-Laurent: 438 778-5584	kiosaintlaurent.com 📍 KioSaintLaurent info@kiosaintlaurent.com

## PHYSICAL FITNESS

Ages 16 and over

Aerobics and kickboxing, toning and HIIT, Zumba, yoga, pilates and Essentrics

Locations	<b>Complexe sportif and Centre des loisirs</b>	
Rates	\$20 / week 13 classes / week	Reduced rate with annual subscription
Sessions	<b>FALL 1:</b> Sept 8 to Nov 1 <b>FALL 2:</b> Nov 3 to Dec 20	<b>WINTER:</b> Jan 5 to Feb 28
<b>INFORMATION</b>	Club de conditionnement physique Saint-Laurent inc.: clubexercice.ca cdcphvsl@gmail.com loisirs.montreal.ca	

## PICKLEBALL

Ages 16 and over

Locations	<b>Académie LaurenHill Junior Campus and Complexe sportif</b>	
Sessions	<b>FALL:</b> Sept 29 to Dec 21	<b>WINTER:</b> Jan 12 to May 3
<b>INFORMATION</b>	Club de pickleball de Saint-Laurent:	pickleballquebec.com/stl pickleball.stl1@gmail.com

## RECREATIONAL CHEERLEADING - GIRLS

Ages 8 to 16

Location	Complexe sportif	
Sessions	FALL: Sept to Dec	WINTER: Jan to June
INFORMATION	Club Gymslic Saint-Laurent inc.: 514 748-7707	gymslic.com 📧 Gymslic contact@gymslic.com

## RINGUETTE

Ages 4 and over

Locations	Aréna Raymond-Bourque, Aréna Ronald-Caron and arenas in the Lac Saint-Louis region	
INFORMATION	Ringuette Saint-Laurent inc.:	ringuettesaintlaurent.com info@ringuettesaintlaurent.com

## SKATING

### FIGURE SKATING

Ages 5 and over

Locations	Aréna Raymond-Bourque and Aréna Ronald-Caron	
Session	FALL-WINTER	
REGISTRATION	cpastl.ca	
INFORMATION	Club de patinage artistique Saint-Laurent:	cpastl.ca cpa.stlaurent@gmail.com

### PRESCHOOL SKATING

Ages 3 to 5

Location	Aréna Raymond-Bourque	
Rates	\$106	
Session	FALL-WINTER	
REGISTRATION	Online at loisirs.montreal.ca from Sept 3, at 9 a.m.	
INFORMATION	514 855-6110	

### SKATING - OPEN

Location	Aréna Raymond-Bourque	
Rates	Free	
Schedule	For all: Wed 7 to 9 p.m. Sat 7 to 9 p.m. Sun 3:20 to 4:55 p.m.	50 and over: Wed 3 to 4 p.m.
Session	Sept 3 to April 15	
INFORMATION	514 956-2580, ext. 3	

## SOCCER

### CLUB DE SOCCER SAINT-LAURENT

**Ages 4 and over**

Soccer Academy - AAA, AA and A competitive soccer

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

### SOCCER - OPEN

**Ages 6 and over**

Location	Complexe sportif	
Rates	<b>Parent-child 6-12:</b> Resident: \$6 Non-resident: \$10	<b>16 and over:</b> Resident: \$9 Non-resident: \$16
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/en/saint-laurent">montreal.ca/en/saint-laurent</a>	

## SPORTS FOR PERSONS WITH INTELLECTUAL DISABILITIES

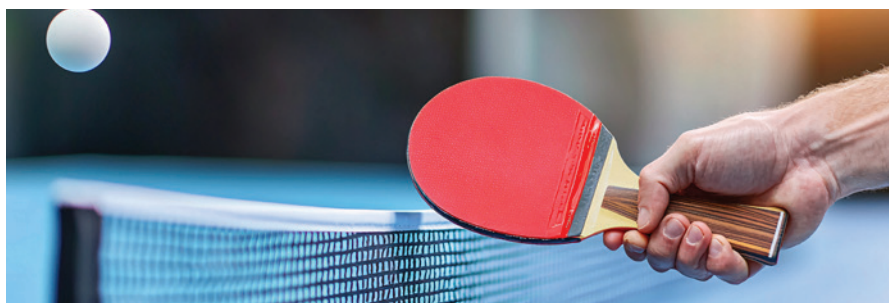
**Ages 10 and over with an intellectual disability and/or an autism spectrum disorder**

Location	Académie LaurenHill Senior Campus and Cégep de Saint-Laurent	
Session	FALL - WINTER	
Rates	<b>FALL:</b> \$60	<b>WINTER:</b> \$60
<b>REGISTRATION</b>	At any time <a href="https://portal.specialolympics.ca/quebec/qc-home">portal.specialolympics.ca/quebec/qc-home</a>	
<b>INFORMATION</b>	Special Olympics Québec: <a href="https://olympiquesspeciauxquebec.ca/fr/">olympiquesspeciauxquebec.ca/fr/</a> <a href="mailto:glaurendeau@olympiquesspeciaux.qc.ca">glaurendeau@olympiquesspeciaux.qc.ca</a>	

## TABLE TENNIS

### CLUB DE TENNIS DE TABLE

Location	Complexe sportif
<b>INFORMATION</b>	<a href="https://clubdettsl.wixsite.com/website">clubdettsl.wixsite.com/website</a> <a href="mailto:clubdettsl@gmail.com">clubdettsl@gmail.com</a> 438 399-5160





## TABLE TENNIS - OPEN

For all

Location	<b>Complexe sportif</b>
Rates	\$8 / hour / table
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/en/saint-laurent">montreal.ca/en/saint-laurent</a>

## TAI-CHI

Ages 18 and over

Locations	Daytime: <b>Centre des loisirs</b> Evening: <b>Fire station 73, 820, rue Saint-Germain</b>	
Rates	\$140 / session	
Sessions	<b>FALL:</b> Sept 15 to Nov 21	<b>WINTER:</b> Jan 5 to March 12
Schedule	<b>ALL LEVELS:</b> Mon 10:30 a.m. to 12 p.m. <b>Centre des loisirs</b> Tue and Thu 7 to 8 p.m. <b>Fire station 73</b>	<b>INTERMEDIATE:</b> Tue and Thu 8 to 9 p.m. <b>Fire station 73</b>
<b>REGISTRATION</b>	<a href="mailto:club-tai-chi@hotmail.com">club-tai-chi@hotmail.com</a>	
<b>INFORMATION</b>	Club de tai-chi Saint-Laurent inc.:	 <a href="https://www.facebook.com/clubtaichisaintlaurent">clubtaichisaintlaurent</a> <a href="mailto:club-tai-chi@hotmail.com">club-tai-chi@hotmail.com</a>


## TRACK AND FIELD

Ages 7 to 17

Locations	<b>FALL:</b> <b>Parc Marcel-Laurin</b>	<b>WINTER:</b> <b>École secondaire Saint-Laurent - Édifice Émile-Legault, Académie LaurenHill Junior Campus and Complexe sportif</b>
Sessions	<b>FALL:</b> Sept 2 to Nov 8	<b>WINTER:</b> Nov 25 to Feb 21
Schedule	<b>FALL:</b> Sat 9 to 10:30 a.m. Tue 6 to 7:30 p.m. Thu 6 to 7:30 p.m.  1 / week (ages 7 to 9), 2 / week (ages 10 to 13) and 3 / week (ages 14 to 17)	<b>WINTER:</b> Sat 9 to 10:30 a.m. Tue 6:30 to 8 p.m. Thu 6:30 to 8 p.m.
<b>REGISTRATION</b>	<b>FALL:</b> Online at <a href="http://avs-sport.com">avs-sport.com</a> as of Aug 4, at 8:30 a.m.	<b>WINTER:</b> Online at <a href="http://avs-sport.com">avs-sport.com</a> , as of Oct 27, at 8:30 a.m.
<b>INFORMATION</b>	Club d'athlétisme Saint-Laurent Sélect inc.	<a href="http://slsathletisme.com">slsathletisme.com</a>  <a href="https://www.facebook.com/slsathletisme">slsathletisme</a> <a href="mailto:sls@slsathletisme.com">sls@slsathletisme.com</a>

## BUDDING ATHLETES

Children aged 4 to 6, and their parents

Sessions	<b>FALL:</b> Sept 2 to Nov 8	<b>WINTER:</b> Nov 25 to Feb 21
Schedule	<b>FALL:</b> Sat 10:15 to 11 a.m.	<b>WINTER:</b> Sat 10:15 to 11 a.m.
<b>INFORMATION</b>	Club d'athlétisme Saint-Laurent Sélect inc.:	<a href="http://slsathletisme.com">slsathletisme.com</a>  <a href="https://www.facebook.com/slsathletisme">slsathletisme</a> <a href="mailto:sls@slsathletisme.com">sls@slsathletisme.com</a>

## COURSE SAINT-LAURENT

For all

Annual event included in the Circuit Endurance.

Location	<b>Industrial sector</b> <i>Distances available: 1, 2, 5 and 10 km</i>
Date	April 12, 2026
<b>INFORMATION</b>	circuitendurance.ca

## CROSS PROVINCIAL DE LA RENTRÉE

For all

Location	<b>Parc Marcel-Laurin</b> <i>Distances available:</i> <i>Colibri = 1 km</i> <i>Cadet = 4 km</i> <i>Minime = 2 km</i> <i>Juvenile = 5 km</i> <i>Benjamin = 3 km</i> <i>Ouvert = 6 km</i>
Date	Sept 28, 2025
<b>INFORMATION</b>	slsathletisme.com/wordpress/competitions/ cross-provincial-de-la-rentree/

## 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>
<b>INFORMATION</b>	CES Saint-Laurent: 📍 cesssaintlaurent sls@slsathletisme.com

## VOLLEYBALL

Ages 18 and over

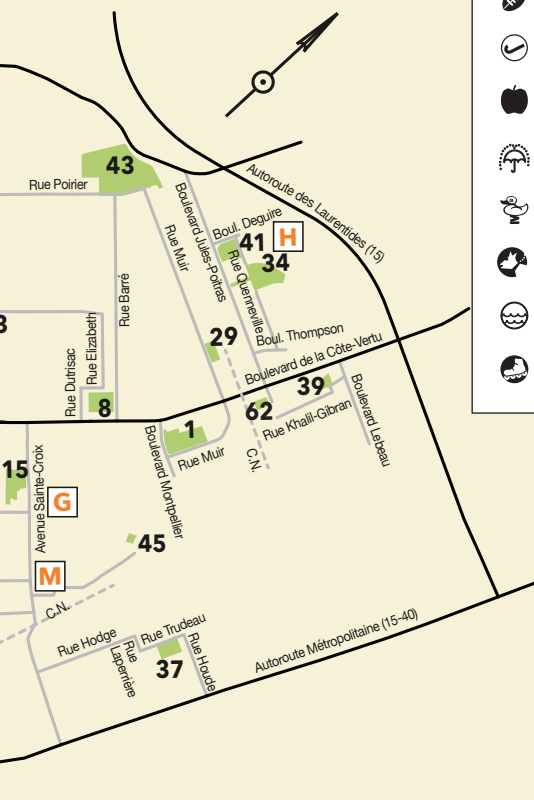
Location	<b>École Saint-Laurent - Édifice Émile-Legault</b>	
Rates and schedule	<b>Level 1 - Basic (1 evening)</b> 18 and over / Mixed / Tue Resident: \$40 / Non-resident: \$50 / year  <b>Level 2 - Intermediate (2 evenings)</b> 18 and over / Mixed / Tue and Fri Resident: \$70 / Non-resident: \$90 / year  <b>Level 3 - Advanced (2 evenings)</b> 18 and over / Mixed / Wed and Fri / Wed: mixed teams Registration per team	
Sessions	<b>FALL:</b> Sept 9 to Dec 12 8:15 to 10:45 p.m.	<b>WINTER-SPRING:</b> Jan 6 to May 22 8:15 to 10:45 p.m.
<b>REGISTRATION</b>	In person at the École Saint-Laurent - Édifice Émile-Legault gymnasium on Sept 9 and 12, 7 to 8 p.m. Places are limited. Payment by cash or cheque.	
<b>INFORMATION</b>	Club de volleyball Saint-Laurent: volleystlaurent@gmail.com	



## 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 (Parc-nature)	
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-Zyztynsky	
42. Ronald-Moreau	
43. Saint-Laurent	
44. Sir-Edmund-Hillary	
45. Super jardin communautaire	
46. Tassé	
47. Urgel-Eugène-Archambault	
48. Zéphir (du)	

## FALL 2025 - WINTER 2026



### 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 communautaire Painter
- I** Centre des loisirs
- J** Complexe sportif
- K** École secondaire Saint-Laurent  
Édifice Émile-Legault
- L** École secondaire Saint-Laurent  
Édifice Saint-Germain
- ★ Mairie d'arrondissement**
- M** Musée des métiers d'arts du Québec  
Salle Émile-Legault – Cégep de Saint-Laurent
- N** Maison Robert-Bélanger

- Baseball
- Basketball
- Bocce
- Adult exerciser
- Football
- Winter slide
- Community garden
- Water game
- Children's playground
- Dog run
- Wading pool
- In-line skating
- Hockey rink
- Pétanque
- Swimming pool
- Track and field facilities
- Skateboarding
- Skating rink
- Hiking trail
- Cross-country skiing
- Soccer
- Tennis
- Table tennis
- Beach volleyball

### PLACES

- 49.** Canadair (de)
- 50.** Rodolphe-Rousseau

### SQUARES

- 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

### 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

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