

Accent LE JOURNAL ent

APRIL 2025



SWIMMING POOLS RESIDENTIAL 4

Mandatory compliance before September 30

CLEAN-UP 5

Saturday, May 3 - register now!

DIRECTORY OF ACTIVITIES 6-12

Spring programming

montreal.ca/lasalle



LaSalle
Montréal

YOUR MAYOR



Nancy Blanchet
Mayor - *Mairesse*

Let's Get Involved for a Green, Vibrant Spring in LaSalle

Dear Residents,

With the arrival of spring, the days grow longer, the colours reappear and our community regains its vitality. As we get closer to Earth Day (April 22), we're encouraging everyone to take concrete action to preserve our living environment, by cutting down on waste, giving priority to active transportation and taking part in local initiatives. I would like to warmly invite you to our big waterfront clean-up on Saturday, May 3 (registration required, details p.5). Your participation is invaluable in helping to make our city greener and more resilient. Together, we can make a difference!

Over the next few weeks, our public works teams will be undertaking annual maintenance work, such as street cleaning, pothole sealing, and much more. For those who can hardly wait to get back to their sports, we will soon be announcing the opening of certain fields. The borough offers a wide range of activities for all ages. Keep an eye out for current registration periods, whether for recreation programs or day camps. Full details can be found in this edition or on our various platforms.

Engageons-nous pour un printemps vert et dynamique à LaSalle

Cher(ère)s résident(e)s,

Avec l'arrivée du printemps, les journées s'allongent, les couleurs reviennent et notre communauté retrouve son dynamisme. À l'approche du Jour de la Terre (22 avril 2025), nous encourageons chacun(e) à poser un geste concret pour préserver notre milieu de vie : réduire nos déchets, privilégier les transports actifs ou encore participer aux initiatives locales. Je tiens à vous inviter chaleureusement à notre grande corvée de nettoyage des berges qui aura lieu le samedi 3 mai (inscription requise, détails p.5). Votre participation est précieuse pour contribuer à rendre notre ville plus verte et résiliente. Ensemble, faisons la différence!

Les équipes des Travaux publics ont déjà entrepris les entretiens annuels tels que le nettoyage des rues, le colmatage de nids-de-poule, et bien plus encore. Pour ceux et celles qui attendent avec impatience de reprendre leur sport, nous annoncerons bientôt l'ouverture de certains plateaux sportifs. L'arrondissement propose une gamme diversifiée d'activités pour tous les âges. Soyez à l'affût des périodes d'inscription en cours, qu'il s'agisse de la programmation des loisirs ou des camps de jour. Tous les détails se trouvent dans ce numéro et sur les différentes plateformes.

Nancy Blanchet

Your mayor (Votre mairesse)

YOUR ELECTED OFFICERS

Sault-Saint-Louis
... District ...



Richard Deschamps
City Councillor



Daniela Romano
Borough Councillor



Benoit Auger
Borough Councillor

Cecil-P.-Newman
... District ...



Laura Palestini
City Councillor



Michel Noël
Borough Councillor



Josée Troilo
Borough Councillor

FRENCH LANGUAGE

Accent le Journal: distribution exclusively in French version

REMINDER

As announced last March, the Accent newsletter will be distributed in French only due to the *Act respecting French, the official and common language of Québec* (Bill 96). As a result, Ville de Montréal has adopted new guidelines aimed at reinforcing its exemplary role in fostering and promoting the French language in Greater Montréal. In order to comply with these guidelines, Ville de Montréal is committed to using **French exclusively** in its written and oral communications, with certain exceptions.* These guidelines apply to the entire city of Montréal.

If you are one of the persons covered by the exceptions* and would like to receive a paper or of the English version of the bulletin, send us your contact details to isl_publications@montreal.ca. A copy will be sent to you by mail or e-mail.

*People eligible for exceptions:

1. A person declared eligible to receive instruction in English
2. An indigenous person
3. An immigrant who arrived in Québec within the past 6 months
4. A person who corresponded with Ville de Montréal exclusively in English prior to May 13, 2021
5. A person outside Québec

For more information
on the *French Language
Act*:



Fous du Français: a Celebration of the French Language in LaSalle

The *Fous du Français* project recently wrapped up a year of enriching, creative activities designed to promote the French language and strengthen community ties. Funded by a grant from the Québec government and the Union des municipalités du Québec, the project ran from February 2024 to February 2025.

Headed by the borough of LaSalle's *Division développement social* and the L'Octogone library, in collaboration with partners AIR-SOM / Centre prisme and Bienvenue à l'immigrant (BAI), the *Fous du Français* initiative featured a series of outstanding events. These included a photo safari, a guided tour of LaSalle followed by a writing workshop, a slam and public speaking competition, a workshop exploring unusual words, Québécois expressions and the history of the French language, in addition to a closing party celebrating the participants and partners.

Over 300 participants took part in the activities, which helped newcomers integrate and develop a sense of belonging to the Québec community. The activities, mainly geared towards LaSalle residents, also boosted self-esteem and forged strong ties within the community.

Fous du Français demonstrated that learning French can be fun and fearless, while at the same time being a source of pride and social integration. This innovative project captivated and involved the LaSalle community, leaving a positive and lasting impression.

Big Clean-Up in Progress!

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In LaSalle, in the spring, our teams are busy cleaning the 280 km of sidewalks, 182 km of streets, 25 km of bike paths and the borough's 40 parks and green spaces to remove the dirt accumulated over the winter.

It's a huge undertaking, involving the following operations:

- Washing sidewalks
- Sweeping streets and bike paths
- Cleaning parks and green spaces
- Patching potholes
- Dismantling ice rink boards and installing playground equipment in the parks, and
- Installing street furniture

On-street parking

As of April 16, 2025, please obey the no-parking rules (1/2 day per week) located at the top of road signs. To find out whether the restrictions are maintained or lifted, call the phone number marked on the signs.

Dogs

When out walking, don't forget the indispensable "little bags", because droppings left on the public roads and sidewalks are a violation to our *By-law concerning domestic animals*, which requires and dispose of it in a garbage can.

Important reminder

Dogs are not allowed in LaSalle parks. However, they are allowed along the riverbanks, with the exception of the pier at Parc des Rapides.

Mandatory compliance by September 30, 2025

Make Your Pool or Spa Safe to Prevent Any Risk of Drowning

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Adopted in 2010, the Québec government's *Residential Swimming Pool Safety Regulation* is mainly intended to control young children's access to residential swimming pools through simple measures such as the installation of an enclosure equipped with a safety gate. It stipulates that a municipal permit is required for work relating to the construction of a pool and its installations, such as a patio (deck), platform or enclosure.

As of September 30, the Regulations will apply to **all pools and spas**, regardless of when they were installed. Owners of pools installed before November 1, 2010, and who previously benefited from an exemption, have until September 30, 2025 to bring their installations up to standard. All others installations must already comply with the rules.



Mandatory self-declaration form

This spring, all pool and spa owners will receive a letter in the mail asking them to complete a **mandatory** self-declaration form to indicate whether or not their installations are compliant. Borough employees will also be carrying out targeted inspections during the summer months.

Full details of the Regulation
may be found online (in French)



NEIGHBOURHOOD

Get together for as part of Neighbourhood Parties

The borough of LaSalle, a proud partner of the *Fête du voisinage* (Neighbourhood Parties), encourages you to get together on Saturday, June 7, 2025, by organizing a party to create or strengthen ties with your neighbours.



Would you like to organize a Neighbourhood Party?

1. Choose the format you prefer (happy hour, BBQ, etc.).
2. Identify a suitable location for your party: backyard, parking lot of a house or building, alley, park, etc.
3. Register your party on Espace MUNI, the website of the Québec organization that oversees the event, to receive the various downloadable promotional tools by email, including promotional posters, invitation cards as well as banners and images for the social networks. You will also have access to a downloadable guide to organizing a Neighbourhood Party.
4. Send an email to the Borough if you need information about organizing your party: lsl_demandes.evenements@montreal.ca
5. Plan your event, invite your neighbors and have fun!

About Neighbourhood Parties

The *Fête du voisinage* originated in France in 1999 and quickly spread throughout Europe. Québec joined the movement in 2006 through the *Réseau québécois de villes et villages en santé*.



Big Clean-up Operation

Join in the traditional clean-up of the 6.5 km of riverbanks on **Saturday, May 3, 2025, from 8 a.m. to noon**. The event is organized by the borough in collaboration with Héritage Laurentien and Éco-quartier LaSalle.

- Registration required by April 8, 2025: montreal.ca/lasalle
- Departure by bus: Borough Hall (55 avenue Dupras)

Participants will receive a pair of gloves and bags. A complimentary breakfast and snack will also be provided to registered participants.

Want to organize your own citizens' clean-up?

Éco-quartier LaSalle offers you a service for lending equipment and promoting your clean-up.

Contact them directly to borrow materials, get tips on organizing your clean-up and benefit from a pick-up service after your event.

Éco-quartier LaSalle

55 avenue Dupras, LaSalle
ecolasalle.org/operations-de-nettoyage
info@ecolasalle.org
514 367-2388

Compost and wood chip giveaway

Saturday, May 10, 2025, 8:30 a.m. to 3 p.m.

Parking lot of the Ateliers municipaux (7277 rue Corder)

Compost, wood chips and perennials are available in limited quantities, while supplies last. Bring a shovel and sturdy containers such as flower boxes or buckets, and fill them up to a maximum of two per address.

No registration required. Valid proof of address required.



DAY CAMPS 2025

LaSalle Minor Football Association

No-contact flag football (for 8-14-year-olds)

July 3 - August 8, 2025

Cost:

- \$225/week (\$200 before April 1)
- Extended supervision: \$50/week

Registration and information: 514 862-2407
apeterkin@videotron.ca

LaSalle Minor Soccer Association

Regular camp (for 5-13-year-olds, including youngsters with functional limitations)

Parc Riverside

June 23 - August 16, 2025

Cost:

- \$220/week (before May 31, 2025) or \$240/week (after June 1)
 - Discounts for more than one child in the same family.
- Extended supervision: \$30/week
- Reduced rate for children eligible for the "Inclusion of young people from newly immigrant and/or disadvantaged families" program

Registration and information: lasallesoccer.ca
info@lasallesoccer.com

LaSalle Multicultural Resource Center

The D-I-V-E-R-S-I-T-É camp offers educational, artistic and cultural activities for 6-13-year-olds.

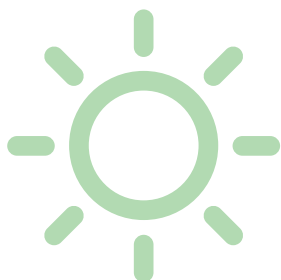
June 24 - August 16, 2025

Monday - Friday: 9 a.m. - 3 p.m. (extended supervision available)

Cost:

- Affordable registration fees (consult the organization)
- Financial assistance available as needed

Registration and information: 514 367-3383
lmrc_community@hotmail.com / lmrccenter.org



Club Jeune Aire

2 options: Sports and the outdoors • Arts and cooking

For 5-12-year-olds (can accommodate children with special needs)

5-year-olds must have completed kindergarten.

June 25 - August 15, 2025

Cost:

- \$230/week (9 a.m. - 4 p.m.) - T-shirt and outing included
- Extended supervision: \$19/week (7:30 a.m. - 9 a.m.)
\$19/week (4 p.m. - 5:30 p.m.)

Registration and information: online registration at
clubjeuneaire.com / 514 367-6539 / admin@clubjeuneaire.com

Corporation l'Espoir

For 12-year-olds and over with mild to severe intellectual disabilities and/or autism spectrum disorders, with or without physical limitations

July 7 - August 14, 2025

Monday - Thursday (9 a.m. - 4 p.m.)

Extended supervision: 8 a.m. - 9 a.m. and 4 p.m. - 5 p.m.
(not offered at Camp Harmonie and Nomades)

Cost:

- \$225/week

Registration and information: info@espoir.org

Héritage Laurentien

For 6-15-year-olds

June 26 - August 18, 2025

Cost:

- \$175 - \$215/week
- Extended supervision: \$38 - \$70/week

Registration and information: 514 210-2776
heritagelaurentien.org / campsdejour@heritagelaurentien.org

Leaders Basketball

For 8-15-year-olds (all levels)

Nouvelle école secondaire de LaSalle (1511 rue Lapierre)

June 30 - August 8, 2025 (9 a.m. - 4 p.m.)

Cost:

- \$150/week (current members and LaSalle residents) and \$175/week (non-residents). Includes a reversible practice jersey and a T-shirt.
- Extended supervision: \$15/day or \$60/week

Registration and information: leadersbasketball.com

L'OCTOGONE LIBRARY

1080 avenue Dollard, H8N 2T9 • 514 367-6376

Hours

Monday - Thursday: 10 a.m. - 9 p.m. • Friday - Sunday: 10 a.m. - 5 p.m.

Information and programming: montreal.ca/lasalle

f @BibliothequeLOctogone @ bibliotheque_octogone

Youth activities

Activities are offered in French.

Parent-baby matinees

For 0-12 months (parent-child activity)

Yoga: Friday, April 25, 2025 at 10:30 a.m. (60 min.)

Carrying: Friday, May 16, 2025 at 10:30 a.m. (60 min.)

Registration required*

Story time

For 3-5-year-olds (parent-child activity)

Mondays, April 7 - May 12, 2025 at 10:30 a.m. (60 min.)

Free admission, no registration required.

Easter story time

For 3-7-year-olds (parent-child activity)

Wednesday, April 9, 2025 at 7 p.m. (30 min.)

Free admission, no registration required.

Tell me about science (bilingual activity)

For 3-5-year-olds (parent-child activity)

Sundays, April 13 & May 11, 2025 - 10:30 a.m. and 2:30 p.m. (45 min.)

Registration required*

Mini-robot discoveries

For 4-6-year-olds (parent-child activity)

Saturday, April 26, 2025 at 10:30 a.m. (60 min.)

Registration required*

Storytelling Sundays

For 3-7-year-olds (parent-child activity)

Sundays, April 27 & May 25, 2025 at 2:30 p.m. (60 min.)

Free admission, no registration required.

LEGO mania

Free family activity (children aged 7 and under must be accompanied)

Saturday, April 12, 2025 at 2:30 p.m. (90 min.)

Free admission, no registration required.

After-school fun

Free family activity (7-year-olds and under must be accompanied)

Easter crafts: Thursday, April 17, 2025 at 4 p.m. (90 min.)

Comic book crafts: Thursday, May 15, 2025 at 4 p.m. (90 min.)

Free admission, no registration required.

Introduction to Chibi

For 10-15-year-olds

Saturday, May 3, 2025 at 2:30 p.m. (60 min.)

Registration required*

Grab your pencils!

Free family activity (7-year-olds and under must be accompanied)

Saturday, May 24, 2025 at 2:30 p.m. (90 min.)

Free admission, no registration required.

* Register in person at the Youth desk or by calling 514 367-6379.

Child's valid library card required.

TD Summer Reading Club

For 3-13-year-olds

Registration in person at the Youth desk from Saturday, June 7, 2025. Child's valid library card required.

Teen activities

Summer Teen Book Club

For 13-17-year-olds

Registration in person at the adult section desk from Saturday, June 7, 2025. Teen's valid library card required.

Introduction to watercolour painting

For 12-17-year-olds

Saturday, April 5, 2025 at 2 p.m. (105 min.)

Registration required*

After-school cooking workshop

For 12-17-year-olds

Monday, April 14, 2025 at 4:30 p.m. (60 min.)

Registration required*

Make your own badge

For 12-17-year-olds

Saturday, April 26, 2025 at 2:30 p.m. (60 min.)

Registration required*

Video game activity

For 12-17-year-olds

Monday, May 5, 2025 at 4 p.m. (60 min.)

Free admission, no registration required.

Let's make chocolate!

For 12-17-year-olds

Saturday, June 21, 2025 at 2:30 p.m. (90 min.)

Registration required*

* Registration at the adult section desk, by telephone at 514 367-6384 or by e-mail at adultesoctogone@montreal.ca. A valid library card is required.

L'OCTOGONE LIBRARY

Adult activities

Tax assistance service

Mondays, April 3-14, 2025, noon – 5 p.m.
Wednesdays, April 5-16, 2025, 10:30 a.m. - 3:30 p.m.
Registration required*

Citizenship test preparation workshop

Sunday, April 6, 2025 at 2 p.m. (120 min.)
Registration required

Zen & anti-stress colouring for adults

Thursday, April 10, 2025 at 2:30 p.m. (60 min.)
Registration required*

Movie night at L'Octogone library

Thursdays, April 10, May 8 & June 12, 2025 at 7 p.m. (110 min.)
Free admission, no registration required.

Saturday board games for adults

Saturdays, April 12, May 10 & June 14, 2025 at 2:30 p.m. (90 min.)
Free admission, no registration required.

Saveur de livres – Book club

Wednesdays, April 16 & May 28, 2025 at 6:30 p.m. (90 min.)
Registration required*

French: a language that defies the centuries

Thursday, May 15, 2025 at 6 p.m. (90 min.)
Registration required*

Québec museums, an unsuspected treasure trove

Saturday, May 17, 2025 at 2:30 p.m. (90 min.)
Free admission, no registration required.

Japan, a journey through time and the unusual

Sunday, May 18, 2025 at 2:30 p.m. (90 min.)
Registration required*

"Ping!" computer training

From Thursday, May 22, 2025 at 2 p.m. (180 min.)
Registration required*

Women's matinees

Thursday, May 29, 2025 at 10:15 a.m. (90 min.)
Registration required*

* Registration in person at the adult section desk, by telephone at 514 367-6384 or by e-mail at adultesoctogone@montreal.ca. A valid library card is required.

For full details:



CULTURAL ACTIVITIES

LaSalle Artists' Association

Info and programmation: info@artistesdelasalle.com
Conferences cost: free (member) and \$5 (non-member)

Conference/meeting with Montserrat Duran Muntadas:

Glass and fabric, an extraordinary alliance

Tuesday, April 1, 2025 at 7 p.m.

Borough Hall (55 avenue Dupras, room 402)

Salon du printemps 2025 – exhibition

April 10 to May 2, 2025

Galerie Les Trois C (7644 rue Édouard)

Cost: Free

Conference/art film with Marie-Julie Dallaire:

Comme une vague - Big Giant Wave

Tuesday, April 22, 2025 at 2 p.m. (120 min.)

Théâtre du Grand Sault (7644 rue Édouard)

Conference/meeting with Régnald Gauthier:

Devoting your life to art and your region

Tuesday, May 6, 2025 at 7 p.m.

Borough Hall (55 avenue Dupras, room 402)

Centre culturel et communautaire Henri-Lemieux

7644 rue Édouard

Information and registration: ccchl.ca / 514 367-5000

Activities for children and teenagers

- Arts: drawing, painting, theater, jazz dance, pre-ballet dance
- Socio-educational: Spanish language
- Thematic workshops: science, first aid (janitor, ready to be left alone)

Activities for adults

- Arts: belly dance, Latin dance, drawing, scrapbooking
- Socio-educational: English, Spanish, Italian (beginner, intermediate, advanced)
- Fitness: cardio-tonus, essentric, pilates, zumba, zumba musique 80-90, zumba ste
- Wellness: yoga, tai chi (beginner, intermediate, advanced), qi gong
- Themed workshops: cooking, cake decorating new technologies, computer security

Family activities

Themed crafts, cooking, board games, psychomotricity, parent-baby yoga, parent-child yoga

CULTURAL ACTIVITIES

Club Photo de LaSalle

Galerie Les Trois C (7644 rue Édouard)

Annual show

From May 7 - 30, 2025

Cost: Free

L'Avant-Scène

Théâtre du Grand Sault (7644 rue Édouard)

Enfant mort sur le trottoir

Thursday, May 8 and Friday, May 9 2025 at 8 p.m.

Saturday, May 10, 2025 at 3 pm and 5:30 pm

Sunday, May 11, 2025 at 2 p.m.

Cost: \$20

Rendez-vous culturels de LaSalle

Théâtre du Grand Sault (7644 rue Édouard)

Cost: \$10 (member) \$20 (non-member) - cash only

Maurice Rhéaume, conference speaker: *La beauté des jardins et la grande musique.*

Monday, April 28, 2025 at 1:30 p.m.

Conference/meeting by Sylvie Coutu: *L'oéno-graphie ou l'art de collectionner les étiquettes de bouteilles de vin et de champagne.*

Monday, May 26, 2025 at 1:30 p.m.

Société historique Cavalier de LaSalle

Centre culturel et communautaire Henri-Lemieux (7644, rue Édouard)

Conference/meeting: *Le Patriotisme en jupon par Anne-Marie Sicotte*

Tuesday, April 8, 2025 at 7 p.m.

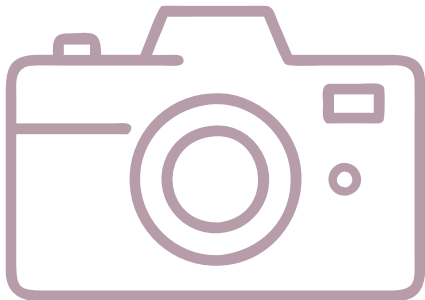
Cost: free (member) and \$10 (non-member)

Borough Hall (55 avenue Dupras, 4th floor)

Annual General Meeting (AGM)

Tuesday, May 27, 2025 from 6 p.m.

- 6 p.m.: buffet and talk by Denis Gravel on the 60th anniversary of the SHCL
- 7 p.m.: AGA



SPORTS ACTIVITIES

Track and field (Les Kilomâtres LaSalle)

Pearson Adult and Career Center, 8310 rue George, or Fritz-Prévost track at Parc Riverside

Sprint, hurdles, middle-distance, jumps and throws (age 6 and over)

- Initiation U12: Mondays and Wednesdays, 5 p.m. or 6 p.m.
- Recreational (age 12 and over): Mondays and Wednesdays, 6 p.m. - 7:30 p.m.
- Competitive: 3-4 times/week

Information: 514 442-7403 / info@kilomaitreslasalle.com
kilomaitreslasalle.com

Boxing (LaSalle Boxing Club)

707 75^e Avenue

- Recreational training for adults (age 18 and over): Mondays and Wednesdays at 6 p.m.
- Recreational training for youngsters (ages 12-17): Tuesdays and Thursdays at 6 p.m.

Parents are also welcome to train with their children.

Season: from now until June 2025

Information: 514 647-3074 / info@boxelasalle.com

Balls (court rental)

Ouellette and Leroux park fields

Season begins: May 22, 2025

Reservations starting now: lsreservations@montreal.ca

Baseball (LaSalle Minor Baseball League)

Registration under way

Information: 514 451-1719 (Milton Lopez) / baseballmbl@gmail.com
facebook.com/BaseballMineurLaSalle

Basketball (LaSalle Leaders)

Competitive and recreational activities for 8-17-year-olds

Information: administration@leadersbasketball.com
leadersbasketball.com

Running and walking (Les Kilomâtres LaSalle)

Pearson Adult and Career Center, 8310 rue George, or Fritz-Prévost track, Parc Riverside

Running and walking workouts and programs offered by qualified trainers

Mondays and Wednesdays, 6:30 p.m. - 8:30 p.m.

\$235/annual or \$105/seasonal

Information: kilomaitresdelasalle@gmail.com / 514 769-8443
kilomaitreslasalle.com

Flag Football (no-contact) (LaSalle Minor Football Association)

For boys and girls born between 2007 and 2016

Registration period: until April 25, 2025

Season: May 7 - June 18, 2025

Information and registration: 514 862-2407 / 514 444-7435
lasallefootball.org / facebook.com/lasallewarriorsfootball

SPORTS ACTIVITIES

Contact football (LaSalle Minor Football Association)

For boys and girls born between 2007 and 2019

Registration period: until September 30, 2025

Information: 514 862-2407 / 514 444-7435 / lasallefootball.org

Gymnastics and trampoline (Club Jeune Aire)

707, 75^e Avenue

Girls and boys 18 months old and over

Online and on-site registration for members starting now, and for everyone else starting April 7, 2025.

Information: 514 367-6539 / clubjeuneaire.com

Kayaking (Eau Vive LaSalle)

Complexe aquatique Michel-Leduc (1411 rue Lapierre)

Kayaking training in the pool and in whitewater. River safety and rescue training for young people and adults.

Courses offered until the end of May:

- Training and improvement (ages 16 and up) : Friday, 5 p.m. to 7 p.m.
- Family kayaking (ages 10 and up): Sunday, 4:30 p.m. to 6 p.m.
- Advanced freestyle kayak course: Sunday, 6 p.m. to 7:30 p.m.

Information and reservations: info@eauvivelasalle.ca

Olympic Wrestling (Club de Lutte LaSalle)

707 - 75^e Avenue

Recreational and competitive wrestling classes for 8-19-year-olds

Tuesday, 6 p.m. - 8 p.m. and Saturday, 10 a.m. - noon

Information: 514 451-7598 / clubdeluttelasalle.com

Swimming (Club de natation CALAC)

Swimming lessons: cours@calac.ca

Competitive program: info@calac.ca

Information: 450-675-0438 / calac.ca

Swimming (Riverside semi-private pool)

625 - 35^e Avenue (members-only activities)

Swimming lessons, aquafitness, competition (ALPS), etc.

Pool open to the public: 1 p.m. - 7 p.m.

facebook.com/piscineriversidepool / piscineriversidepool@gmail.com

Pickleball (Club de pickleball LaSalle - Loisirs LD)

Season: April 26 - September 2, 2025

- For ages 50 and over: 8:30 a.m. - 4:30 p.m.
- For ages 18 and over: 6:30 p.m. - 10 p.m.
- Junior: schedule coming soon

Registration and information: 514 364-5510

Rugby (Montreal Wanderers RFC Rugby Association)

For boys and girls (junior and senior)

montrealwanderersrfc@gmail.com / 514 966-5779

montrealwanderers.ca / facebook.com/montrealwanderers

Minor soccer (LaSalle Minor Soccer League)

Micro soccer: boys and girls born 2017-2021

- Micro 1: 1 activity/week
- Micro 2: 2 activities/week
- Micro 3: 3 activities/week

Parc Raymond

Recreational and competitive soccer: boys and girls born 2007-2012

0-2 games per week

Games in LaSalle

Centre de Développement de Club (CDC) 1: boys and girls born 2013- 2016

1-2 activities/week + one game on weekends

Practices at Parc Riverside, games at Parc Raymond (mini)

CDC 2: boys born 2013-2016

1/week + 2 practices/week

Practices at Parc Riverside, games at Parc Dollier-De Casson

CDC 3: 3 training /week + 1 game/week

Provincial Development League (LDP): boys and girls born 2008-2012

Senior League: men and women born in 2006 or earlier

1 or 2 games per week

Soccer fields in LaSalle (some games outside LaSalle)

AA, A and local divisions, U21, Senior Division 1, 2, 3, 4, 5

Referee training: Born before 2010

Knowledge of soccer and interest in taking on new challenges.

Semi-professional program

League 2 (for males and females)

League 2 (reserve) for males and females

Information: info@lasallesoccer.com / lasallesoccer.ca
dref@lasallesoccer.ca (arbitres)

Senior Soccer (LaSalle Senior Soccer Association)

May 6 - September 30, 2025

Every Monday at *nouvelle école secondaire de LaSalle* (1511 rue Lapierre)

asslsoccer@hotmail.com / asslsoccer.org

Tennis (Centre de tennis Cavelier)

330 - 80^e Avenue

Courses offered for children and adults (limited places)

Registration: spring session from Saturday April 26, 2025 starting at 9 a.m.

Online registration, anytime, at loisirs.montreal.ca or in person in person on Saturdays from 9 a.m. to 12 p.m. and Thursdays from 6 p.m. to 8 p.m.

Tennis (Circuit de tennis)

330 - 80^e Avenue

Adult league

Season begins: May 5, 2025

Online pre-registration starting April 8, 2025: tennislasalle.ca

In-person registration: Saturday, May 3, 10 a.m. - noon

Information: circuit.tennis.lasalle@gmail.com / tennislasalle.ca

SPORTS ACTIVITIES

Tennis (Club de tennis LaSalle)

Parc Hébert (clay courts)

Season begins: May 2025

Registration and information: clubdetennislasalle68e@gmail.com

Triathlon (Club Élite Triathlon)

Group training (swimming, cycling and running)

Amateur or experienced athletes of all ages

Balancing training and family life

Information: clubelitetriathlon@gmail.com / clubelitetriathlon.ca

AQUADÔME

Complexe aquatique Michel-Leduc

1411 rue Lapierre • 514 367-6460 • inscriptionsaquadome.ca

To find out about open swim times, register for activities or find out about current rates, visit inscriptionsaquadome.ca

Please note

Swimmers may enter the pool alone if they are 8 years of age or older and meet the minimum height requirements indicated at the entrance, i.e. 1.32 m (recreational pool) or 1.40 m (25 m pool). Children who do not meet the minimum height requirements may still enter the pool unaccompanied, provided they meet the following basic criteria: know how to swim, follow instructions, find their way around the facilities and go to the washroom on their own. Children must be at least 1.22 m tall to use the big slide.

COMMUNITY AND RECREATIONAL ACTIVITIES

AIR-SOM Centre Prisme

414 avenue Lafleur

- **French conversation workshop:** April 16, 23, 30; May 7, 14, 21, 28; June 4, 11, 2025
- **How to read to children:** April 14, 21, 28; May 5, 12, 19, 26; June 2, 9, 2025
- **Taxes:** April 11, 17 & 25, 2025
- **Visit to Québec City:** May 17, 2025
- **French courses:** until June 12, 2025
- For many other activities, visit the organization's website.

Information: info@airsomprisme.org / airsomprisme.org

Health and Joy Chinese Meditation Association

Tai-chi and Qi gong

Early April to mid-June 2025

- Tuesdays and Fridays, 9:30 a.m. - 11:30 a.m. at Centre récréatif et communautaire de LaSalle (8700 rue Hardy)
- Saturdays, 9 a.m. - 11:30 a.m. at Allion Elementary School, (140 - 9^e Avenue)

Information: info@taichidancelasalle.org

Carrefour alimentaire de LaSalle

Volunteers wanted!

Supported by the Table de développement social and a group of partner organizations, the Carrefour alimentaire is looking for volunteers to join its food aid hotline team.

Information and registration: 438 827-7989

Centre récréatif et communautaire de LaSalle

8700 rue Hardy

Sports, recreational and community activities offered in partnership with local organizations.

Information: 514 367-6637 / montreal.ca/lasalle
lsl_crcl@montreal.ca (space reservation)

Centre du Vieux Moulin de LaSalle

7644 rue Édouard, room 210 (corner 4^e Avenue)

Community and volunteer organization serving people aged 50 and over.

Services and activities:

- Transportation to and from medical appointments
- PAIR program (safety calls and medication reminders)
- Transport Moulin Bus
- Supplier information line
- Meals on Wheels, frozen meals, desserts and by-products
- Seniors' café (home-cooked meals and snacks on site)
- Community outreach
- Socialization and support groups
- Creative workshops and social activities
- Friendly telephone calls.

Information: 514 364-1541 / cvmlasalle.org
reception@cvmlasalle.org

COMMUNITY AND RECREATIONAL ACTIVITIES

Centre LaSalle D&D 50+

Activities offered in English on Tuesdays, Wednesdays and Fridays, 9 a.m. - 3 p.m.

Members 50 years of age and over

Chair yoga, non-impact aerobics with small weights, painting, creative workshops, social activities, games and bingo

Contact the organization for a schedule of activities.

Information: 438 872-8819

LaSalle Multicultural Resource Centre

410 avenue Lafleur, room 11

Primarily serves LaSalle's immigrant, English-speaking, racialized and ethnoculturally diverse population.

- **Robotics** (ages 6-13): Fridays, 6:15 p.m. - 8:30 p.m.
- **Legal clinic service:** Mondays, noon - 3 p.m. (by appointment)
- Tutoring, leadership and social involvement program (ages 7-13), day camps (ages 5-13), podcast, computer training (age 14 and over) and intergenerational connection program.

Information: 514 367-3383 / 438 390-7893

lmrc_community@hotmail.com / lmrcenter.org

Club d'âge d'or Ste-Catherine-Labouré

Pétanque: Monday to Friday evening, from June to October

Cost: \$8/season (member) \$1/per evening (non-member)

Information: lisemcroteau@gmail.com

Club Margherite d'Oro

Leisure activities, outings, social dancing and special celebrations.

- Line dancing: Mondays, 1 p.m. - 2:30 p.m.
- Bingo: Wednesdays, 1 p.m. - 3:30 p.m.
- Card games: Fridays, 1 p.m. - 4 p.m.

Information: 514 363-0978

The Council for Black Aging Community of Montreal (activities offered in English)

The organization offers a variety of activities and programs: chair yoga, soca fitness, computer classes, line dancing line dancing, Zumba, arts and crafts, knitting, folk dancing, French conversation classes, outings and trips.

Information: 514 935-4951 / cbacmtl@gmail.com / cbacm.org

Destination Travail du Sud-Ouest de l'Île de Montréal – Carrefour Jeunesse Emploi de LaSalle

7576 rue Centrale

Monday - Thursday: 8:30 a.m. – 4:30 p.m.

Friday: 8:30 a.m. - noon

- Help with job search, studies (including staying in school) and entrepreneurship for 12-65-year-olds, *école du Milieu LaSalle* (for young dropouts age 18-35), *Maison des entrepreneurs*
- *Coopératives jeunesse de services* (for 12-17-year-olds) and *Bonhomme à lunettes* service point

Information: 514 368-1832

Groupe des aidants du Sud-Ouest (GASO)

Free support for adult caregivers.

One-on-one consultations, one-on-one meditation sessions, support groups, music and wellness workshops, group relaxation workshops and informative monthly conferences.

Information: gaso.ca / 514 564-3061

Les Aînés de LaSalle

Beginning of May to end of September 2025

- **Cycling:** Tuesdays and Thursdays, 10 a.m. (leaving from Parc Marie-Claire-Kirkland-Casgrain behind the parking lot)
- **Walking:** Tuesdays and Thursdays, 10 a.m. (leaving from the corner of boulevard LaSalle and 7^e Avenue, near the public parking lot)

Information: annetland@videotron.ca / 514 366-5571

Maison des familles

535 avenue Lafleur

Community organization whose mission is to provide a place where families in the community can be welcomed, listened to, educated and supported. Drop-in day-care centre, kindergarten preparation workshops, meetings for mothers to discuss and share ideas (Espace Maman), activities for children ages 6-12 and their parents (La joie d'être ensemble), family activities and a project for families who feel isolated, to offer them listening and support in a trusting and caring atmosphere (Contact-Humain)

Information: 514 364-1332 / info@mflasalle.com / mflasalle.com

Maison des jeunes La Bicoque

170 rue Orchard

Monday - Friday: 3 p.m. – 8:30 p.m.

The Maison des jeunes is a lively place where teenagers can meet up, express themselves and take part in sports and cultural activities. With a competent and efficient team, it offers a safe space that fosters autonomy, dialogue and community involvement.

Information: 514 788-3938

Nutri-Centre LaSalle

408-A avenue Lafleur

Educational workshops on healthy eating, grocery store visits, participatory group cooking for groups, collective garden, gardening workshops, coffee talk, seasonal baskets of fresh local produce at reasonable prices, neighbourhood markets and more.

Information: 514 365-3670 / nutricentrelasalle.com

jardins@nutricentrelasalle.com (collective garden)

Community gardens

Jardins Charles-Nagy (Société d'horticulture de LaSalle)

Information: 514 367-2384 / lasalle.horticulture@gmail.com

Jardins de l'Aqueduc (Société d'horticulture des Rapides)

Information: 514 367-2383

societedhorticulturedesrapides@gmail.com