



LOISIRS ET CULTURE

PROGRAMME D'ACTIVÉS
Printemps 2017



ACTIVITIES BROCHURE
Spring 2017

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USEFUL INFORMATION

REGISTRATION PERIOD

Swimming lessons – indoor pool

March 13, 12:30 pm to March 20, 8:30 am – Online via the Amilia web platform or in person at the Recreation and Culture Department during opening hours

There will be no registrations on March 15, between 8:30 am and 12:30 pm.

People who come in person will not be given any priority.

* For non-residents, registrations begin March 15 at 12:30 pm.

Aquaforme classes – outdoor pool

June 12 to 19 - Online via the Amilia web platform

or in person at the Recreation and Culture Department during opening hours

Associations

Tuesday, March 14 from 6:30 pm to 8:00 pm in person at the Multisports Centre, 2nd floor.

Associations present that evening (listed below) will be identified with this symbol.

Football | Baseball La Presqu'Île | Balle rapide La Presqu'Île |

Club de tennis | Karaté Sankukan | Les Gymnastes de l'Île |

Ligue de dek hockey (hockey balle) | Aïkido Ouest | Cercle de fermières de Vaudreuil | Tai Chi Taoïste

Soccer

March 15 - 6:30 pm to 9:00 pm in person at the Multisports Centre, 2nd floor.

Day Camps

Animation Jeunesse Vaudreuil-Dorion: Starting on March 27 at 12:30 pm – Online via the Amilia web platform or in person at the Recreation and Culture Department during opening hours (spaces are limited).

L'Air en fête Specialized Camps: Starting on April 3 at 12:30 pm – Online via the Amilia web platform or in person at the Recreation and Culture Department during opening hours (spaces are limited).

RESIDENT CARD VALIDATION

Resident cards (adults and children) must be validated annually at the Recreation and Culture Department or at the public library with proof of residency (piece of ID including address and photo). This is to verify you are still a resident of Vaudreuil-Dorion in order to benefit from the advantages of the card.

RECREATION AND CULTURE DEPARTMENT

Multisports Centre 2nd floor
3093 de la Gare Blvd, Room B-230
Vaudreuil-Dorion J7V 9R2
450 455-3371, option 4
loisirculture@ville.vaudreuil-dorion.qc.ca
www.ville.vaudreuil-dorion.qc.ca

OPENING HOURS

Until June 29, 2017

Monday to Thursday: 8:30 am to 6:00 pm

Friday: 8:30 am to 4:30 pm

July 3 to September 8, 2017

Monday to Thursday: 8:00 am to 6:00 pm

Friday: 8:00 am to 12:00 pm

VAUDREUIL-DORION ARENA

450 455-3371, option 4
9 Jeannotte Street, Vaudreuil-Dorion J7V 6E6

INDOOR POOL

400 Saint-Charles Ave, Pavilion J
Vaudreuil-Dorion J7V 6B1

Weekdays

450 455-3371, option 4

Evenings and weekends

514 477-7000, ext. 1963

Resident Card

Mandatory for all registrations

- For participants 2 years and up
- In order to obtain «Vaudreuil-Dorion resident fees » for the various activities

ACTIVITY LOCATIONS

Le 190 Saint-Charles	190 Saint-Charles Ave.
Jean-Marc-Ducharme Community Centre	21 Louise-Josephte Street
Multisports Centre	3093 de la Gare Blvd
Papillon-Bleu School (Sainte-Trinité)	175 des Loisirs Street
Papillon-Bleu School (Jean-Baptiste)	2 de la Fabrique Street
Harwood School	186 – 8th Avenue
Sainte-Madeleine School	14 Sainte-Madeleine Street
Saint-Michel School	8 Jeannotte Street
Cité-des-Jeunes High-School	400 Saint-Charles Ave.
Saint-Michel Church	414 Saint-Charles Ave.
Très- Sainte-Trinité Church	145 Saint-Charles Ave.
Maison des Jeunes	145 Harwood Blvd.
Opticentre St-Jean-Baptiste	145 Harwood Blvd.
Pavillon de Bel-Air	554 Pie-XII Street
Pavillon Normand-Desjardins	671 Valois Street
Pavillon de Sainte-Trinité	160 des Loisirs Street
Pavillon Valois	329 Saint-Charles Ave.

WATER PARKS

Bel-Air	Bel-Air Sector – Brown Avenue
Briand	Next to the Norampac factory
De la Canardière	Behind Pierre-Elliott-Trudeau School
De Champagne	Des Floralies du lac Sector
Jean-Jacques-Bertrand	De la Seigneurie Sector
Mozart	Access from Beethoven Street
Des Narcisses	Des Floralies Sector
De Sainte-Trinité	Sainte-Trinité Sector
Des Tilleuls	Dorion-Gardens Sector
Toe-Blake	Next to Hymne-au-Spring School

HALL RENTAL

HOLIDAY PERIOD

Anyone interested in reserving a hall for family events between December 23 and 31, 2017 as well as between January 1st and 2nd, 2018, will need to call 450 455-3371, option 4 before April 24, 2017 at noon. Halls will be awarded by random draw on the afternoon of April 24, 2017 at the Recreation and Culture Department.

Accès-Loisirs

Vaudreuil-Soulanges

Free sports and cultural activities!

What activities are offered?

Children swimming lessons and fitness classes for adults.

Who is eligible?

All children, adults and seniors whose family income is below the following threshold:

Number of people	Household income
1 person living alone	\$21,186 or less
2 people	\$26,373 or less
3 people	\$32,423 or less
4 people	\$39,367 or less
5 people	\$44,648 or less
6 people	\$50,357 or less
7 people or more	\$56,064 or less

Source: Statistics Canada income threshold for a region of 150,000 inhabitants

What to bring at registration?

For each adult in the family, you must have the following documents on hand:

- Provincial or federal notice of assessment (2015 tax) or claim booklet for recipients of income security
- Proof of residence with address (driver's license, tax bill, recent bill, etc.)

How to register?

In person on Saturday, April 1st, 2017, between 9:00 am and 1:00 pm, at the Paul-Émile-Lépine Community Centre (150 Perrot Blvd., Île-Perrot).

MULTISPORTS CENTRE

Vaudreuil-Dorion Residents

Benefit from a 20 % discount on a regular annual adult membership.

This discount is applicable upon presentation of proof of residence.

DROP-IN ACTIVITIES

Equipment supplied on site.

Running shoes and sportswear are mandatory.

Personal locks recommended.

For racquet sports:

- Rotations occur every 10 minutes.
- Doubles play is mandatory.

Schedules are subject to change. Please check the City's website: ww.ville.vaudreuildorion.qc.ca

Free for valid Vaudreuil-Dorion resident card holders only, 5 for non-residents.

Please come to the Multisports Centre reception desk first to get the stamp that gives you free access to the activities.

Information: 450 455-3371, option 4

GYMNASIUM ACTIVITIES AT THE MULTISPORTS CENTRE

Facilities are offered by the Recreation and Culture Department free of charge for certain drop-in sports activities.

Schedule in effect until Saturday, April 15

* Badminton and pickleball in the mornings until Thursday, May 25

Drop-in Badminton

TUE 9:00 am to 12:00 pm (25 years +)*
6:00 pm to 8:30 pm (everyone)
THU 9:00 am to 12:00 pm (25 years +)*
7:00 pm to 8:30 pm (everyone)
8:30 pm to 10:00 pm (16 years +)
SUN 1:00 pm to 4:00 pm (everyone)

Drop-in Floor Hockey

WED 6:00 pm to 8:00 pm (10 years +)
8:00 pm to 9:00 pm (16 years +)
SAT 9:00 am to 10:00 am (family, 7 years and under)
10:00 am to 12:00 pm (family)

Drop-in Basketball

TUE 8:30 pm to 10:30 pm (12 years +)
FRI 6:00 pm to 9:00 pm (12 years +)
SAT 1:00 pm to 4:00 pm (everyone)

Drop-in Pickleball

WED 9:00 am to 12:00 pm (25 years +)*

Drop-in Soccer

SAT 9:00 am to 12:00 pm (family)

Drop-in Ping-Pong

SAT 1:00 pm to 4:00 pm (everyone)

TENNIS – FREE PRACTICE

Offered exclusively to Vaudreuil-Dorion residents.

NEW: \$5 per key.

Valid for the 2017-2018 season.

Registration to the free practice includes a key to access all ten tennis courts for the 2017-2018 season.

Registration to free practice is required in order to be part of the league offered by the Tennis Club; however, it is not mandatory for children registering for tennis lessons. Fees are payable during the March 14 registrations at the Multisports Centre. After that date, they are payable at the Recreation and Culture Department.

COURTS

Saint-Jean-Baptiste (de la Fabrique Street)

Courts # 1, 2, 3, 4

Jean-Marc-Ducharme Community Centre

Courts # C1, C2, C3, C4

De la Seigneurie (Larivée Street)

Courts # 7, 8

Information: 450 455-3371, option 4

Pickleball

This racquet sport is a combination of various disciplines. It is played on a badminton-sized court with a racquet the same size as that of the racquetball, and solid surfaced as that of the ping-pong. It is much easier to play and especially less demanding on the muscles and joints than tennis is.

Initiation Lessons (May and June)

SAT 9:00 am to 10:00 am

For adults only upon request

Begins: Week of May 1st

Equipment supplied during lessons

Location: Saint-Jean-Baptiste tennis courts

Courts # 3 and 4

Fees: \$5 per adult for tennis court access for the 2017-2018 season. Offered exclusively to Vaudreuil-Dorion residents. Free initiation lessons

Information and registration:

Robin or Susan Grant 514 886-6424 (lessons)

or 450 424-9499
Recreation and Culture Department
450 455-3371, option 4 (drop-in)

PUBLIC SKATING
Vaudreuil-Dorion Arena
450 455-3371, option 4

Clientele	Days	Schedule	Ends
Everyone	MO to FR	3:15 pm to 4:05 pm	April 21
Everyone	SA	6:00 pm to 9:20 pm	March 18
55 years +	TU/WE/TH	9:15 am to 10:05 am	April 20

Please check the City's website to find out about the breaks.

Free for valid Vaudreuil-Dorion resident card holders only.
Fees for non-residents: (cash only)

Day	Children	55 years +	Adults
Weekdays	\$1.00	\$1.25	\$1.50
SA	\$1.50	\$2.00	\$2.50

PICK-UP HOCKEY:
Vaudreuil-Dorion Arena
450 455-3371, option 4
(Full equipment must be worn.)

Clientele	Days	Schedule	Ends
16 years +	MO/WE/FR	1:45 pm to 3:05 pm	April 21
55 years +	MO and FR	9:15 am to 10:35 am	April 21

* Please check the City's website for breaks.

Priority and free activity for valid Vaudreuil-Dorion resident card holders only.

Fees for other users: \$10 per session (cash only)

These activities may be cancelled without prior notice.

SKATE SHARPENING SERVICE
(no rentals)
Monday, Tuesday and Thursday: 8:00 am to 9:30 am and 11:45 am to 10:00 pm
Wednesday, Friday: 8:00 am to 9:30 am and 11:45 am to 10:30 pm
Saturday, Sunday: 6:15 am to 10:00 pm

FREE SWIM

The swimming cap is compulsory. For safety reasons, children 6 and under and those wearing a floating device must be accompanied by a responsible person in the water.

INDOOR POOL

Cité-des-Jeunes Campus Pool

450 455-3371, option 4 (weekdays)

514 477-7000, ext. 1963 (evenings and weekends)

REGULAR SCHEDULE TILL JUNE 8, 2017*

SU 3:15 pm to 4:40 pm (no lanes)
MO 6:00 pm to 6:55 pm (no lanes, trampolines 1m and 3m)
TU 9:00 pm to 9:55 pm (3 lanes)
WE 8:30 pm to 9:55 pm (6 lanes, swimmers only)
TH 6:00 pm to 6:55 pm (3 lanes)
FR 8:00 pm to 9:25 pm (2 lanes)
SA 3:30 pm to 4:40 pm (2 lanes)

* Schedule may change without prior notice.

Fees: Free for residents upon presentation of a valid citizen card.

Non-residents:

Length	Children	Seniors	Adults
60 minutes	\$1.25	\$1.75	\$2.50
90 minutes	\$1.50	\$2.50	\$3.50

OUTDOOR POOLS

Pre-season Schedule (weather permitting)

Saint-Jean-Baptiste Pool (June 10 to 23)

MO to FR 4:00 pm to 8:00 pm

SA and SU 12:00 pm to 8:00 pm

Sainte-Madeleine Pool (June 12 to 23)

MO to FR 4:00 pm to 8:00 pm

SA and SU 12:00 pm to 8:00 pm

Regular Schedule from June 24 to August 20

Saint-Jean-Baptiste Pool

2 de la Fabrique Street (next to the school)

Every day 12:00 pm to 5:30 pm (everyone)

5:30 pm to 7:00 pm (everyone + lanes)

7:00 pm to 8:00 pm. (everyone)

Sainte-Madeleine Pool

14 Sainte-Madeleine Street (behind the school)

Every day 12:00 pm to 8:00 pm. (everyone EXCEPT*)

*MO to TH 6:00 pm to 7:00 pm (adults only)

END OF SEASON AUGUST 21 to 27

(Saint-Jean-Baptiste pool only)

MO to SU 12:00 pm to 7:00 pm

Information: 450 455-3371, option 4

AQUAFORME CLASSES

Saint-Jean-Baptiste outdoor pool

SCHEDULE

July 4 to August 8 (closed on Tuesday July 25)

TU and TH 9:30 am to 10:30 am

Fees: \$60 (for 10 classes of 60 minutes)

Registrations online or in person at the Recreation and Culture Department from June 12 to 19, 2016 starting at 12:30 pm.

Information: 450 455-3371, option 4

www.ville.vaudreuil-dorion.qc.ca

VAUDREUIL-DORION WALKING GROUP

Walking with a group is motivating, safe and allows for discussions. Walks are held on Tuesdays

Schedule: 1:15 pm (Winter)

7:00 pm (Spring-Summer)

Occasional weekend activities.

Information: Diane Lapostolle 450 455-4509

SWIMMING SPRING 2017

ONLINE REGISTRATION
Via the Amilia web platform

REGISTRATION PERIOD

March 13, 12:30 pm to March 20, 8:30 am

For non-residents, registration begins on March 15 at 12:30 pm.

There will be no registration on March 15, between 8:30 am and 12:30.

IMPORTANT: Credit card payment only (Visa or Mastercard) for online registration. A resident card is mandatory for all those registering for swimming lessons. Children must have their own cards as of age 2. If you have an Amilia account access, go straight to Step 2. Otherwise, visit the city website (www.ville.vaudreuil-dorion.qc.ca), under Services en ligne – Inscriptions activités (loisir, culture, sport) - in French, and then click on “Inscription en ligne » then « Mon Compte ».

Step 1: Open your Amilia account access (e-mail address required)

Step 2: Registration to one or more activities

Step 3: Forms and payment (Visa or Mastercard credit cards required)

Those who don't have access to a computer, the Internet, an e-mail address or a valid credit card (Visa or Mastercard) must register in person at the Recreation and Culture Department. Payment by cheque, cash or debit card. Your valid resident card will be required (mandatory as of age 2).

People who come in person will not be given any priority.

Telephone assistance at 450 455-3371, option 4 and registration in person during the registration period (starting on March 13 at 12:30 pm) as per the following schedule:

MO to TH 8:30 am to 6:00 pm

FR 8:30 am to 4:30 pm

REGISTRATION POLICY

Fees apply to Vaudreuil-Dorion residents.

FAMILY DISCOUNT

A family discount is granted to families who register two persons or more for swimming lessons during the same session, except for lifeguard and instructor lessons.

DISCOUNT FOR 55 YEARS +

Adults 55 years and over can benefit from the same discount as children registered to the Red Cross Junior Swimming Program for a session of the same duration.

2ND LESSON AND +

Anyone who registers for more than one lesson during the same session will be granted a \$10 discount for each subsequent class, including lifeguard and instructor lessons. Residents 18 and over from other cities: no discounts will be granted.

CANCELLATION

Cancellation requests may be made via e-mail to (loisirsulture@ville.vaudreuil-dorion.qc.ca), by fax (450 424-3270) or in person at the Recreation and Community Department.

REFUNDS

In case of a cancellation by the City, registration fees are 100% refundable. Before the start of a session, if the request for cancellation is made by the client, an administrative fee of 10% or \$10 (whichever is higher) will be deducted from the amount to be refunded. After the session has begun, if the request for cancellation is made by the client, an administrative fee of 10% or \$10 (whichever is higher) will be deducted from the amount to be refunded, which corresponds to the fees minus the prorated portion of the service that would have normally been received at the date of the request. Unjustified cancellations will not be refunded. Refunds will be issued by cheque within 4 to 6 weeks.

MODIFICATIONS

The Recreation and Culture Department reserves the right to modify the schedule or to postpone or cancel an activity. Please check the City's website for schedules.

LEGAL TERMS

- Any customer fraudulently using the identity of another person (resident card number, address, etc.) will have his/her registration cancelled.
- Please note that transactions made through Amilia will be labeled on your credit card statement as: "Vaudreuildorion".

LIFEGUARD AND INSTRUCTOR LESSONS

For Lifeguard and Instructor lessons only, registration and certification fees, along with costs for all required items, are to be paid in one payment or as follows: 50% of the total amount at registration and the 2nd payment due March 31 (National Lifeguard) and May 5 (Bronze Cross).

Red Cross Swim

Junior 10**

Bronze Star*

Bronze Medallion

13 years or Bronze Star

Bronze Cross

General First-Aid

or

Secourisme général

National Lifeguard

16 years

Water Safety Instructor

15 years

* This training is an asset, but is not mandatory.

** If you are a good swimmer and you can demonstrate all swimming styles and techniques for Red Cross Junior Swim 10, you can register for the Bronze Medal. An assessment will be performed during the first lesson.

Bronze Cross (\$120)

Prerequisites: Bronze Medallion

FR 6:00 pm to 9:30 pm

April 21 to June 9

Certification exam: Date to be confirmed

Additional fees: Certification fees (\$38)

National Lifeguard Intensive Course (\$165)

Prerequisites: Bronze Cross and General First Aid (16 h)

Intensive schedule from March 23 to April 17

1st lesson Thursday, March 23 - 6:00 pm to 10:00 pm

2nd lesson Friday, March 24 - 6:00 pm to 10:00 pm

3rd lesson Thursday, March 30 - 6:00 pm to 10:00 pm

4th lesson Friday, March 31 - 6:00 pm to 10:00 pm

5th lesson Thursday, April 6 - 6:00 pm to 10:00 pm

6th lesson Friday, April 7 - 6:00 pm to 10:00 pm

7th lesson Thursday, April 13 - 6:00 pm to 10:00 pm

8th lesson Friday, April 14 - 6:00 pm to 10:00 pm

9th lesson Saturday, April 15 - 8:30 am to 12:30 pm

10th lesson Monday, April 17 - 8:30 am to 12:30 pm

Exam: Thursday, April 20 - 7:00 pm to 9:30 pm

Certification Exam: Thursday, April 20 - 7:00 pm to 9:30 pm

Additional Fees: Certification fees (\$60), manual

Mandatory practice on water safety (\$49)

Scuba Diving Trials (\$25)

Prerequisite: 12 years + (accompanied by a registered adult if 12 or 13 years of age)

Equipment provided (bring your t-shirt, swimsuit and swim cap)

TUE, March 21, 7:00 pm to 9:00 pm

Scuba Diving Lessons – Level 1 (\$170)

Prerequisite: 12 years+ (accompanied by a registered adult if 12 or 13 years of age)

Equipment provided (bring your t-shirt, swimsuit and swim cap)

TH 7:00 pm to 10:00 pm April 27 to June 8

Certification exam: date to be confirmed

Additional fees for manual, scuba diving card, open water certification, diving qualifications, dive log and no-decompression table (\$235)
Equipment rental for certification (\$115)

CLASS DESCRIPTION – CHILDREN

RED CROSS SWIM PRESCHOOL

Designed for children between 2 and 5. Parent must accompany child in the water, except for Crocodile and Whale.

Fees: \$42

Duration : 10 weeks (April 1ST to June 11)

No classes on April 15 and 16

LEVELS AND PREREQUISITES

Sea Turtle (2 to 3 years)

No prerequisite

Sea Otter (3 years +)

Front and back float (assisted). Front swim (assisted). Immerse face in the water.

Salamander (3 years +)

Front and back float for 3 seconds (assisted). Back glide for 3 seconds (assisted). Front glide for 3 seconds (assisted). 3 sets of rhythmic breathing. Front swim 1 meter assisted or having completed Sea Otter level.

Sunfish (3 years +)

Front and back float (without assistance). Front swim 2 meters (without assistance) or having completed Salamander level.

Crocodile (4 years +, without parent)

Front and back float as well as vertical position. Front swim 5 meters (without assistance) or having completed Sunfish level.

Whale (4 years +, without parent)

Rhythmic breathing. Front and back glide with kick. Side glide with kick. Front and back swim 7 meters or having completed Crocodile level.

Junior 1 (6 years +)

NEW Duration: 30 min

Familiarization with water and initiation to front and back swim.

RED CROSS JUNIOR SWIM

Designed for children 6 years +

Fees: \$52

Duration: 10 weeks (April 1 to June 11)

No classes on April 15 and 16

LEVELS AND PREREQUISITES

Junior 2 (6 years +)

Front and back float; exhale through mouth and nose; front and back glide with flutter kick; front continuous swim 5 meters.

Junior 3 (6 years +)

Child comfortable in deep water; 10 sets of rhythmic breathing; front crawl with kick 5 meters; continuous swim 10 meters.

Junior 4 (7 years +)

Front crawl at least 5 meters with arm recovery above water; continuous swim 15 meters.

Junior 5 (7 years +)

Surface support 45 seconds; front crawl 10 meters; back crawl 10 meters with kick; continuous swim 25 meters.

Junior 6 (7 years +)

Front and back crawl at least 15 meters; whip kick on back at least 5 meters; front dive from kneeling position; continuous swim 50 meters.

Junior 7 (8 years +)

Front and back crawl at least 25 meters; co-ordinated elementary back stroke at least 15 meters; continuous swim 75 meters.

Junior 8 (8 years +)

Front and back crawl at least 50 meters; elementary back stroke 25 meters; whip kick 15 meters; continuous swim 150 meters.

Junior 9 (8 years +)

Front and back crawl at least 75 meters; elementary back stroke and breast stroke at least 25 meters; head-first sculling on back at least 10 meters and perform standing shallow dive; continuous swim 300 meters.

Junior 10 (9 years +)

Front and back crawl at least 100 meters; elementary back stroke and breast stroke at least 25 meters; continuous swim 400 meters.

CLASS SCHEDULE - CHILDREN

SATURDAY

April 1 to June 10 (break on April 15)

8:00 am to 8:30 am	Sea Otter Salamander
8:15 am to 8:55 am	Junior 3 Junior 4 Junior 6 Junior 6
8:35 am to 9:05 am	Sea Turtle Crocodile
9:00 am to 9:40 am	Junior 2 Junior 3 Junior 4 Junior 5 Junior 7
9:10 am to 9:40 am	Sunfish Junior 1
9:55 am to 10:25 am	Sea Otter Baleine
9:55 am to 10:35 am	Junior 2 Junior 3 Junior 4 Junior 6 Junior 8
10:30 am to 11:00 am	Sea Turtle Crocodile
10:45 am to 11:25 am	Junior 2 Junior 3 Junior 5 Junior 7
11:00 am to 11:30 am	Salamander Junior 1
11:50 am to 12:20 pm	Sea Otter Baleine
11:50 am to 12:30 pm	Junior 2 Junior 3 Junior 4 Junior 9 Junior 10
12:25 pm to 12:55 pm	Sunfish Crocodile
12:35 pm to 1:15 pm	Junior 2 Junior 3

	Junior 4
	Junior 7
	Junior 8
1:00 pm to 1:30 pm	Salamander
	Junior 1
1:40 pm to 2:10 pm	Sea Otter
	Junior 1
1:40 pm to 2:20 pm	Junior 2
	Junior 3
	Junior 5
	Junior 6
2:15 pm to 2:45 pm	Salamander
	Junior 1
2:25 pm to 3:05 pm	Junior 2
	Junior 3
	Junior 4
	Junior 5
	Junior 9
2:50 pm to 3:20 pm	Sea Turtle
	Junior 1

SUNDAY

April 2 to June 11 (break on April 16)

8:00 am to 8:30 am	Sea Otter
	Salamander
8:15 am to 8:55 am	Junior 3
	Junior 4
	Junior 5
	Junior 6
8:35 am to 9:05 am	Sea Turtle
	Crocodile
9:00 am to 9:40 am	Junior 2
	Junior 3
	Junior 4
	Junior 5
	Junior 7
9:10 am to 9:40 am	Sunfish
	Junior 1
9:55 am to 10:25 am	Sea Otter
	Baleine
9:55 am to 10:35 am	Junior 2
	Junior 3
	Junior 4
	Junior 6

	Junior 8
10:30 am to 11:00 am	Sea Turtle Crocodile
10:45 am to 11:25 am	Junior 2 Junior 3 Junior 5 Junior 7
11:00 am to 11:30 am	Salamander Junior 1
11:50 am to 12:20 pm	Sea Otter Baleine
11:50 am to 12:30 pm	Junior 2 Junior 3 Junior 4 Junior 7 Junior 8
12:25 pm to 12:55 pm	Sunfish Crocodile
12:35 pm to 1:15 pm	Junior 2 Junior 3 Junior 4 Junior 9 Junior 10
1:00 pm to 1:30 pm	Salamander Junior 1
1:40 pm to 2:10 pm	Sea Otter Junior 1
1:40 pm to 2:20 pm	Junior 2 Junior 3 Junior 4 Junior 7 Junior 8
2:15 pm to 2:45 pm	Salamander Junior 1
2:25 pm to 3:05 pm	Junior 2 Junior 3 Junior 4 Junior 7 Junior 10
2:50 pm to 3:20 pm	Sea Turtle Junior 1

CLASS DESCRIPTION - ADULTS

Fees: \$60 (adults) - \$52 (13 to 17 years)

Duration: 10 weeks (April 3 to June 8)

Aquaforme

In shallow-end of pool with music. Moderate intensity. No swimming skills required for this class.

Aquaprofond

In deep-end of pool with music. Moderate to high intensity. A special belt is supplied to help participants stay afloat.

Aquasanté

In shallow-end of pool. Light to moderate intensity. Designed for people that are out of shape.

Water Fitness (CPA)

Without music. Moderate to high intensity. Must be able to swim a minimum of 4 pool lengths continuously. Lesson led by a qualified instructor (not a free activity).

Basics 1 (also offered to 13-17 year olds)

Introduction to swimming focused on front swimming. To become more comfortable in the water by learning basic flotation as well as various movements and breathing techniques.

Basics 2 (also offered to 13-17 year olds)

Focused on learning the front and back crawl, becoming more comfortable in deep water and increasing swimming distance.

Swimming Styles

Designed for swimmers who have mastered basic swimming techniques and who wish to improve on their swimming styles. Able to crawl at least 15 meters and comfortable in deep waters.

Prenatal

Water exercises adapted to pregnant women.

CLASS SCHEDULE – ADULTS

Monday April 3 to June 5	Tuesday April 4 to June 6	Wednesday April 5 to June 7	Thursday April 6 to June 8
	6:00 pm to 6:45 pm • Aquasanté • Aquaprofond	6:00 pm to 6:45 pm • Aquaforme	No classes on April 20
7:00 pm to 7:45 pm • Aquaforme	6:45 pm to 7:30 pm • Aquasanté • Aquaprofond	6:45 pm to 7:30 pm • Basics 1 (Beginner 1) • New: Basics 1 Teens (13 to 17)	7:00 pm to 7:45 pm • Aquasanté
7:45 pm to 8:30 pm • Aquaforme	7:30 pm to 8:15 pm • Aquaprofond • Prenatal	7:30 pm to 8:15 pm • Basics 2 (Beginner 2) • New: Basics 2 Teens (13 to 17)	
8:30 pm to 9:15 pm • Water Fitness (CPA)	8:15 pm to 9:00 pm • Swimming Styles (intermediate)		7:45 pm to 8:30 pm • Prenatal
			8:30 pm to 9:15 pm • Aquaforme

VAUDREUIL-DORION DIVING CLUB

Provides diving lessons to 5 to 77 year olds and offers different programs: recreational, pre-competition, competition and adult.

Prerequisite: Swimming in deep water for 2.5 m without assistance and 5 year old and over at the first class

Schedule: Please check the City's website for detailed schedule.

Location: Cité-des-Jeunes Pool

Begins: April 1st

Registration: Starting March 21

Information: Isabelle D'Amour 514 787-9330

idadamour@gmail.com

www.cpvdc.ca

ASSOCIATIONS / CLUBS

FC TROIS-LACS SOCCER CLUB

Recreational and competitive soccer programs. Quebec Soccer Federation Categories

Category	Born in	Season	Fees	Non-res. (surcharge)*
Recreational				
U4	2013	End of May to mid-Aug.	\$150	\$60
U5-U6	2012-2011	End of May to mid-Aug.	\$170	\$60
U7-U10	2010-2007	End of May to mid-Aug.	\$170	\$60
U11-U18	2006-1997	mid-May to end of Sept.	\$195	\$60
Competitive A and AA				
U9-U10	2008-2007	April to October	\$280	None
U11-U18	2006-1999	April to October	\$325	None
U21 and Senior/				
Metro AA	1998 or earlier	April to October	\$295	None
Senior/Metro	1998 or earlier	April to October	\$275	None

*There is an applicable surcharge for non-residents in some cases.

Residents include: Vaudreuil-Dorion, Les Cèdres, L'Île-Perrot, Pincourt, Notre-Dame-de-l'Île-Perrot.

25 % discount for Vaudreuil-Dorion players born before December 31, 1999 (a valid 2017 resident card is mandatory). Family discounts (for players ages 4 to 17):

2nd child	\$10 discount
3rd child	\$15 discount
4th child +	\$20 discount

Registration:

Online: Starting February 2nd, only for players who are already in a team and do not need to have their picture taken. Visa and Mastercard payment only. Visit the link on the City's website under «Inscriptions», then « ÉTÉ ».

At the office: Starting February 2nd during office hours (address and schedules available on the Website under « NOUS JOINDRE », then « CONTACT »).

Payment accepted: Visa or Mastercard and debit. No cash or cheques will be accepted.

At the Multisports Centre on March 15 from 6:30 pm to 9:00 pm (2nd floor).

Documents required for registration: Medicare card and proof of residency for new registrations. Parent or legal guardian's signature is required on the registration form if the player is 14 years and under.

Each player will have his/her picture taken per the following criteria:

- A child born in 2009.
- A child born in 2008 or earlier and is a new player.
- A child whose picture is expired.

Late fees of \$50 will be added to all registrations accepted after 8:00 pm. March 30, 2017.

Information: www.fctroislacs.com

VAUDREUIL-DORION TENNIS CLUB (LESSONS)

No registrations will be accepted if your spot has not been reserved with either Marco Chamberland after registration night.

SPRING SESSION

May 1 to June 18, 7 weeks

Petits mousses (parental presence is required) – \$40

Ages 3-4 SA or SU 8:00 am to 8:30 am

Mini-tennis – \$60

Ages 5-6 SA or SU 8:30 am to 9:30 am

Ages 7-8 SA or SU 9:30 am to 10:30 am

Regular (ages 9 to 11)

Beginner – \$60 SA or SU 10:30 am to 11:30 am

Beginner – \$125 MO and WE 5:30 pm to 7:00 pm

Intermediate – \$80 SA or SU 11:30 am to 1:00 pm

Regular

Ages 12 to 16 – \$80 SA or SU 3:00 pm to 4:30 pm

Ages 12 to 16 – \$125 TU and TH 5:30 pm to 7:00 pm

Elite (player must be at a competitive level)

Ages 9 to 16 – \$110 SA or SU 1:00 pm to 3:00 pm

Ages 9 to 16 – \$125 TU and TH 5:30 pm to 7:00 pm

Adults (17 years +)

Jean-Marc-Ducharme Community Centre

Beginner – \$125 MO and WE 7:00 pm to 8:30 pm or
8:30 pm to 10:00 pm

Saint-Jean-Baptiste

Intermediate – \$125 TU and TH 7:00 pm to 8:30 pm

Advanced – \$125 TU and TH 8:30 pm to 10:00 pm

SUMMER SESSION

June 26 to August 18 (8 weeks)

Petits mousses (parental presence is required) – \$65

Ages 3-4	MO and WE	8:00 am to 8:30 am
	MO and WE	5:30 pm to 6:00 pm
	TU and TH	8:00 am to 8:30 am
	TU and TH	5:30 pm to 6:00 pm

Mini-tennis – \$100

Ages 5-6	MO and WE	8:30 am to 9:30 am
	TU and TH	8:30 am to 9:30 am
Ages 5 to 8	MO and WE	6:00 pm to 7:00 pm
	TU and TH	6:00 pm to 7:00 pm
Ages 7-8	MO and WE	9:30 am to 10:30 am
	TU and TH	9:30 am to 10:30 am

Regular (ages 9 to 11 and 12 to 16) – \$140

2 lessons of 1.5 h / week, schedule varies with each park

Elite (player must be at a competitive level)

Ages 9 to 11 – \$210 3 lessons of 1.5 h / week (schedule varies with each park)

Ages 12 to 16 – \$275 3 lessons of 2 h / week (schedule varies with each park)

Adults (17 years +)

Jean-Marc Ducharme Community Centre

Beginner – \$80	WE	7:00 pm to 8:30 pm or
		8:30 pm to 10:00 pm

Saint-Jean-Baptiste

Intermediate – \$140	TU and TH	7:00 pm to 8:30 pm
Advanced – \$140	TU and TH	8:30 pm to 10:00 pm

For the summer session, in case of rain, regular and elite lessons will be cancelled. Children are invited every Friday afternoon, free of charge, to participate in the Youth League supervised by trainers in all the parks where lessons are offered. Adults who would like to play or practice outside lesson times, must register with Tennis – Free Practice to get a key.

Training for adults – advanced level

Tuesday and Thursday evenings after each session, 8:30 pm to 10:00 pm, tactical and technical training for adults at an advanced level, to perfect your technique, increase your practice and improve your play in a match.

CLUB ACTIVITIES

2017 TOURNAMENTS

Opening season (adults, doubles)

Begins		June 10
Mid-season	Youth Intercities	July 7-8
		August 14 to 18
Ends		September 9-10

If you are interested in playing in weekly organized tournaments, come join our simple and doubles house leagues (May to September).

Information: www.tennisvd.com | tennis_tc@hotmail.com

Marco Chamberland (lessons)	514 475-1015
Alen Sevan (ladder league)	514 241-6655
Martial Demers (men doubles league)	450 424-8699
Olivier Lejeune (competitive league)	450 424-2728
David Roy (competitive league)	514 244-7840

LES PATRIOTES DE L'OUEST FOOTBALL ASSOCIATION

Les Patriotes de l'Ouest Football Association focuses on teaching and developing young girls and boys.

Fees include equipment and pictures.

Category	Born in	Schedule	Duration	Fees
Atome	2009-2011	Varies	May to Oct.	\$280
Moustique	2007-2008	Varies	May to Oct.	\$300
Pewee	2005-2006	Varies	May to Oct.	\$320
Bantam	2003-2004	Varies	May to Oct.	\$380
Midget	2000-2002	Varies	May to Oct.	\$400

\$50 discount for additional child

Location: Local parks

Information: Paul Haddad 514 603-7285

Dan Wilson 438-404-1792

president@westernpatriotesfootball.com

VAUDREUIL-DORION JUNIOR BADMINTON BADCLUB

Summer 2017 badminton Camp.

This camp is for boys and girls ages 6 to 18, both beginner, intermediate or advanced.

Duration:	January 15 to April 16
	SU 2:00 pm to 4:00 pm
Fees:	\$125
Location:	Sainte-Madeleine School
Information:	Réal Labelle 514 206-3458
	ecolebadminton.rl@oricom.ca

Beginner

The program offers young people the opportunity to learn the basics of badminton. It also gives each participant the opportunity to gradually acquire the technical skills in a stimulating and fun environment.

Intermediate and Advanced

An ideal opportunity to get ready for the next season or get back into shape! The program focuses on developing the fundamental technical and physical skills of badminton.

Location: Du Chêne-Bleu School (Pincourt)

Schedule: MO, TU and TH 6:30 pm to 8:30 pm

Duration: July 3 to August 17, 2017

Fees: Débutants (250 \$) Intermédiaires and avancés (300 \$)

Information: Réal Labelle 514 206-3458
ecolebadminton.rl@oricom.ca

VAUDREUIL-DORION ATHLETICS CLUB

Member of the Quebec Athletic Federation. Program focused on the long-term development of the athlete. Various training sites depending on the season.

Disciplines: sprint, hurdles, mid-distance race, throwing, jumping, cross-country
Athletes 12 years and older. Indoor and outdoor competitions.

Example: Quebec games, local, regional and provincial competitions.

Location: Multisports Centre

Duration: November to April
MO and WE 7:00 pm to 8:30 pm

Information: Claude David 450 218-1216

claude_david2@yahoo.ca

Jean-Pierre Champagne 450 424-0096

jeacha@videotron.ca

Dek Hockey League (Ball Hockey)

Mixed Ball Hockey where games are played on an asphalt surface, under the supervision of a referee.

Ages: 5 to 15

Summer Session: August 27 to October 28, 2017

(12 games) including an assessment session, an end of season game and a team jersey.

Schedule: SAT 8:00 am to 12:00 pm

Location: Montée Cadieux asphalt,
Dorion-Gardens Park asphalt

Information: Dany Brunet 514 772-1585

www.viselexcellence.com

info@viselexcellence.com

www.facebook.com/vise.lexcellence

LE SUROÎT CYCLING CLUB

Le Suroît cycling club brings together recreational road cycling enthusiasts who wish to do group rides in the region. There are several categories of riders whose average speed range between 20 km/h and 35 km/h and more! A registration and information evening will be held on Friday, March 31 at 7:30 pm at the Paul -Émile- Lépine Community Centre in Île -Perrot. It is possible to register throughout the season until June 30 at Le Suroît Cycle and Ski shop (136 Saint-Charles Avenue) in Vaudreuil-Dorion.

Information: Benoît Elie

514 453-3336

www.clubdecyclismelesuroit.com

ccsuroitca@googlegroups.com

VAUDREUIL-DORION ADULT SOFTBALL ASSOCIATION

Softball for men 27 years + (Caliber B)

TU and TH evenings (May to September 2017).

Fees to be determined

Information (after 5:30 pm): Denis Brosseau

450 455-7302

514 943-7105

TRI-O-LACS TRIATHLON CLUB

Whether to stay in shape, train in groups or prepare for competitions, you can register at any time to any of these sports or to all three - swimming, biking, running.

Information: www.tri-o-lacs.com

450-200-0772

LES VADROUILLEURS RUNNING CLUB

La Grande Vadrouille will hold its 35th edition on Sunday, September 17, 2017. Program:

- Races in the streets of Vaudreuil-Dorion.
- Several road racing distances (1 km — 2 km – 5 km inspiring women – 5 km - 10 km men).
- Themed princess and superhero 1 km races.
- Scholarships awarded to the winning men and women of the 5 km and 10 km races.
- Inflatable games and entertainment for kids.

Start/Finish: Cité-des-Jeunes Campus.

Online registration: www.circuitendurance.ca

Information: Sarah Champagne

450 424-0096 / 514 817-2824

sarah2486@live.ca

VAUDREUIL-SOULANGES CIRCUS SCHOOL

The "Apprentis acrobates" class teaches general circus arts. Participants will learn the basics of juggling as well as experimenting with accessories such as the diabolo, Chinese plates and flower-sticks. The class also teaches acrobatic movements and jumps as well as initiation to different equilibrium apparatus (rola-bola, wire, balance cylinder, unicycle). Students will be able to experiment with different aerobic workshops (trapeze, aerial hoop, fabric) at some point during the session. The "Voltiges et acrobaties" class teaches aerial circus arts. Participants will be introduced to the set and flying trapeze, the aerial hoop and fabric. The class also includes several ground acrobatics workshops and equilibrium games.

SPRING 2017 SESSION

Registration online starting February 13

www.clubgymini.org

Duration: 1er April to 17 June

Location: Papillon-Bleu School, Saint-Jean Baptiste Pavillion,

2 de la Fabrique Street in Vaudreuil-Dorion (Dorion sector)

Information: 450 455-3141 / info@clubgymini.org

Parent-Child	4 to 5 years	SAT 9:00 am to 10:00 am (11 weeks)
Apprentis acrobates	6 to 7 years	SAT 10:05 am to 11:20 am (11 weeks)
Apprentis acrobates	8 years +	SAT 11:25 am to 12:40 pm (11 weeks)
Initiation à la voltige	7 to 9 years	SAT 9:00 am to 10:00 am (11 weeks)
Voltige intermédiaire	10 years +	SAT 10:05 am to 11:20 am (11 weeks)
Voltige avancé	10 years +	SAT 11:25 am to 12:40 pm (11 weeks)

GYMINI GYMNASTICS CLUB

The Gymini gymnastics club is a non-profit organization which offers artistic gymnastics classes to youth and adults in the area. All gymnasts and coaches are affiliated with the Quebec Gymnastics Federation.

Location: Multisports Centre, Room C-145

LE TOUR DU MONDE DE KARIBOU

(12 months to 4 years)

Little ones are invited to run, jump, dance, roll and climb through a series of circuits, games, exercises and entertaining activities. The presence of a parent is required (45 min/ week)

AMUSAGYM (4 years)

Amusagym is a fun program based on the CANGYM program (1h/week).

KINETIK (5 to 15 years)

KINETIK is the energy of movement and the passion for excellence. Born from the observations and experience of the Gymini personnel, the KINETIK program aligns with the requirements of the provincial and national programs while proposing an objective-based approach combining teaching skills and evolution learning. In total, 12 levels are proposed to prepare the participants to a safe and healthy gymnastics practice while being fun and thorough at the same time (1h15 / week)

Other available classes

Circus, adult gym, advanced classes, drop-in gym, drop-in gym for tots, circuits, drop-in circuits, Tumbling and Gym-en-Fête.

SPRING 2017 SESSION

Online registration already under way.

Duration: March 31 to June 22, 2017 (11 weeks)

SPECIALISED GYMNASTICS DAY CAMPS - SUMMER 2017

100 % gymnastics camp for 5 years +.

Come have fun and do gymnastics all week. Take advantage of discounts on registrations prior to April 10.

SUMMER 2017 SESSION

Online registration starting May 15, 2017

Duration: June 26 to August 20, 2017 (8 weeks)

Information: 450 455-3141

info@clubgymini.org

LES GYMNASTES DE L'ÎLE

Acrobatics – Dance – Tumbling – Trampoline

Acrosport or acrobatic gymnastics can be defined as floor gymnastics performed to music, in pairs, trios or foursomes. Recreational and competitive programs of all levels.

The club's motto is safety, fun and improvement.

Duration: 10 weeks

Level	Days
4 to 6 years (1 h)	SA 9:00 am to 10:00 am or WE 6:00 pm to 7:00 pm
Beginner and Intermediate	SA 10:00 am to 11:30 am WE 6:00 pm to 7:30 pm
6 years + (1.5 h to 3 h)	

Advanced/Sport * MO to SU
(6 h, 8 h, 10 h, 12 h) (except TH)

*Tumbling, double mini-trampoline and advanced schedule, please see trainer.

* Program open only to athletes who have been evaluated by trainers and have reached the required level for that category.

Possibility of trying out a class for a fee of \$10.

Location: De La Perdriolle, De la Samarre and from Chêne-Bleu schools

Information: Ewa Rucka 514 425-0803

Danielle Tremblay 514 824-0548

www.facebook.com/lesGymnastesDeLlile

gymnastesdelile@gmail.com

VAUDREUIL-SOULANGES JIU-JITSU CLUB

Jiu-Jitsu is an efficient self-defence system that uses throwing, falling, striking and articulation control techniques. This martial art enables participants to develop self-confidence, coordination and physical fitness, in a respectful and friendly atmosphere.

Location: Saint-Michel School

Fees: \$105 per session (special prices also available for families)

Begins: March 30, 2017

TH evenings

6:00 pm to 7:00 pm beginner children

7:00 pm - 8:00 pm intermediate and advanced youth

8:00 pm - 9:30 pm teens and adults

Uniform required. Registration at all times in person, by phone or by email. Try a class for free!

Information: Vincent Moran

450 455-5812

cjivs@videotron.ca

SELF-DEFENSE SANKUKAN KARATE

Concentration, determination, respect

Activities include: competition, clinics, demonstration, belt grading tests, breaking boards, special lessons, etc.

Fees:

4, 5 and 6 years	\$ 85	Initiation (9 weeks)
7 to 12 years	\$140	Beginners + (10 weeks)
7 to 12 years	\$150	Orange belt +
13 years + (adult)	\$170	Beginners +
13 years +/(adult)	\$180	Orange belt +

Additional fees of \$10 applicable after registration period.

Extra fees: mandatory club uniform, belt grading tests, sparring equipment, special lessons.

Duration: 7 years + and adults - April 3 to June 10 (10 weeks)
4, 5 and 6 years (once a week) April 8 to June 10 (9 Saturdays)
7 to 12 years, 13 years + and adults (twice a week +)

No classes on April 17, 19, 20 and May 22. Other possible cancellations.

Location: Sainte-Trinité School TUE/WED/THU 6:30 pm to 9:00 pm

Information: Jean-Pierre Trahan, black belt, 8th Dan

514 814-5452

jeanpierretarahan1@mac.com

jeanpierretarahan@sankukan.ca

www.sankukan.ca

AÏKIDO WEST

Aïkido is a Japanese Buddhist martial art rooted in a philosophy of non-violence and harmony made famous by the action movie star Steven Seagal. Based on poses similar to yoga and tai chi, Aïkido enables you to stay fit and in good health by developing strength of character and self-defence skills. In addition to self-defence, students learn discipline, respect of others and self-esteem in a positive and clean environment. For children and adults.

Location: 3100 Harwood Rd., Room 68
Vaudreuil-Dorion

MO to FR 7:00 pm to 8:30 pm

SA 10:30 am to 12:00 pm

Information: Frank Rode, Sensei 514 808-1088
www.AikidoOuest.com

LA PRESQU'ÎLE FAST-PITCH

Fast-pitch is a girls' sport. On top of fostering the development of abilities at all levels, it combines practicing a competitive sport with having fun and making friends.

Categories	Born in	Age (at Dec. 31, 2017)	Resident Fees
U10	2007-2009	8-10	\$67.50
U12	2005-2006	11-12	\$82.50
U14	2003-2004	13-14	\$90.00
U16	2001-2002	15-16	\$90.00
U18	1999-2000	17	\$90.00
18 years			\$120.00
Intermediate	1998 and -	19 +	\$120.00

Cash or cheque payment, dated the day of registration. Additional fees for all season 2016 former players who register after registration night (\$25 after March 14, \$40 after April 1st). If you cannot be there on registration night, send in your form to: Balle Rapide La Presqu'Île, 3093, boul. de la Gare, Room B-230, Vaudreuil-Dorion (Québec) J7V 9R2.

Your registration might get rejected if the category is already full.

Information: www.lbrlapresquile.com

LA PRESQU'ÎLE BASEBALL ASSOCIATION

Deadline: March 31, 2017 (postdated cheque to May 1st at the latest)

Born in	Category	Reg Fees	Residents	Begins
2011-12	Rallye Cap	\$100	\$75	End of May
2010	Novice	\$100	\$75	End of May
2008-09	Atome	\$145	\$108.75	End of April
2006-07	Moustique	\$180	\$135	End of April
2004-05	Peewee	\$190	\$142.50	End of April
2002-03	Bantam	\$210	\$157.50	End of April
99-00-01	Midget	\$230	\$172.50	End of April

Family Plan: full fare for 1st child (eldest), discount of 20% for 2nd child, 40 % for 3rd child and 60% for 4th (must live at the same main address).

General Information

- Cheque (made to l' Association de Baseball la Presqu'Île) or cash payment.
- Limited spots. Late registration Fees of \$25 (acceptance discretionary), \$50 surcharge for insufficient funds on cheque payments and for all cancellations before the season begins. No reimbursement after the season begins.
- Copies of the player's resident card (to get the resident fee) and medicare card are mandatory.
- \$80 deposit (postdated cheque) is required upon receipt of the uniform (except for Rallye Cap and Novice).
- Players must have their own gloves and athletic support.
- Rallye Cap and Novice: once to twice a week, lasts between 1 h to 1.5 hours, week days from 6:30 pm - 8:00 pm week nights (possibility of Saturday mornings). Other categories: around 6:30 pm or 7:00 pm, week nights and occasionally on weekends.

Registration

On March 14, from 6:30 pm to 8:00 pm at the Multisports Centre (2nd floor), by mail to: Association de baseball La Presqu'Île, 3093, boul. de la Gare, local B-230, Vaudreuil-Dorion (Québec) J7V 9R2 or in person at the Recreation and Culture Department.

Coaches: The Association is in need of coaches, particularly for Rallye Cap, Novice and Atome.

Information: www.baseballpresquile.org
info@baseballpresquile.org

COMMUNITY & SOCIAL ACTIVITIES

ANIMATION JEUNESSE VAUDREUIL-DORION

NEW: WEEKLY DAY CAMP

Online registration as of March 27, 12:30 pm. Resident card mandatory.

Weekly registration, spaces are limited and are on a first-come first-served basis. The Animation Jeunesse day camp is open to children currently attending school. Kids are grouped according to the completed school level as of June 2017. This year, all age groups will be co-ed.

SCHEDULE

July 3 to August 18, 2017 (available 7 weeks)

Monday to Friday, 9:00 am to 3:00 pm.

CAMP TYPE	IN JUNE 2017, THE CHILD MUST HAVE COMPLETED
Aventurier 1, Co-ed	Kindergarten
Aventurier 2, Co-ed	1st or 2nd year of elementary school
Aventurier 3, Co-ed	3rd or 4th year of elementary school
Aventurier 4, Co-ed	5th or 6th year of elementary school
Club Ados	1st year of high school or must be 13 years old as of October 1st, 2017 and at the most having completed 3rd year of high school in June 2017.

LOCATION

Aventuriers 1 to 4	Hymne-au-Printemps School Sainte-Madeleine School Saint-Jean-Baptiste School
Aventuriers 1 to 3	Pierre-Elliott-Trudeau School
Club Ados	Lionel-Groulx School

FEES

Available in the camp brochure, expected to be out by mid-March.

SPECIFICATIONS

Children must bring a lunch and snacks and eat with their group and leader. At the end of the day, Aventuriers 1 to 4 must leave the camp by 3:00 p.m. at the latest. Beyond that time and before 9:00 a.m., children must be registered in daycare.

DAYCARE SERVICE

(For Aventuriers 1 to 4 only)

Daycare services are offered at the same location as the day camp.

Periods: 7:00 am to 9:00 am and 3:00 pm to 6:00 pm (new)

Weekly fee schedule only.

No refunds.

REFUNDS/CANCELLATIONS

No refund after the camp begins (July 3), except upon presentation of medical certificate. 10% cancellation fees required for all camp cancellations.

LEISURE COMPANION PROGRAM FOR 2017 SUMMER CAMPS

This program offers companionship services to children with physical or mental limitations who, without the services of an attendant, would not be able to participate in a day camp. To register a child with a particular handicap to a summer day camp, you must make a request before March 17, 2017. (Information available on the City's website, under the "Loisirs et culture" section)

Information: 450 455-3371, option 4

SPECIALIZED CAMPS

L' AIR EN FÊTE

Duration: June 26 to August 18, 2017 (8 weeks)

Location: Multisports Centre (2nd floor)

Registration: Online, starting on April 3 at 12:30 pm

More information will be available in the Camp brochure scheduled to come out at the beginning of March.

LA RELÂCHE – SPECIALIZED DAY CAMP

The mission of La Relâche is to offer children with physical or intellectual disability or with Pervasive Developmental Disorder (PDD) a specialized summer day camp adapted to their needs and capabilities.

Information: 514 347-3474 or larelachevs@hotmail.com

MAISON DES JEUNES DE

VAUDREUIL-DORION

Gathering place for youth ages 12 to 17 where they are led by meaningful adults in a controlled environment. Objective: to have fun with friends, participate in activities as well as provide young people with tools so they can become active, critical and responsible citizens.

Location: 145 Harwood Blvd.

Information: 450 455-6937

www.mdjvs.ca

mdjvd@msn.com

COMITÉ JEUNESSE LA PRESQU'ÎLE

The Comité Jeunesse La Presqu'Île's objective is to address the youth's needs and issues, including social exclusion, dropping out of school, family problems, crime, vandalism and alcoholism through workshops, exchange groups, seminars, patrols and social interaction activities involving the youth.

The organization strives to educate and heighten public awareness on issues facing young people through workshops, conferences and exchanges between youth, parents and adults.

Information: 514 425-1060

www.comitejeunesselapresquile.org

info@comitejeunesselapresquile.org

www.facebook.com/comitejeunesselp

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES

The Maison de la Famille is present in various service locations throughout Vaudreuil-Soulanges with a slew of workshops.

LES AVENTURIERS

Workshops animated by an educator with a different theme each week where children and their parents can enjoy a great time together. No registration required.

CROQUE FAMILLE

Community cooking workshops

JE STIMULE MON ENFANT

An improved workshop that combines early childhood development and language stimulation. Five groups set-up as needed. Online registration (an evaluation questionnaire must be filled out).

EXPLO-DÉCOUVERTE

Scientific activities for 3-5 and 6-8 year old.

DROP-IN DAYCARE

The drop-in daycare service is back! Reduced rates of \$3/h for the 1st child, \$2/h for the 2nd and \$1/h for the other members of the same family.

SUPERVISION DES DROITS D'ACCÈS

Neutral environment allowing visiting parents to see their children and conflicted parents to share custody (applicable rate).

Information:

www.maisondelafamilyvs.ca

Facebook: <https://www.facebook.com/Maison-de-la-Famille-Vaudreuil-Soulanges-663764067072028/>

450 218-0561

JARDIN DES PETITS LUTINS

Non-profit kindergarten. Bilingual graduate childhood educator.

For children ages 3 to 5, available 2 or 3 half-days per week

Duration: September 2016 to the end of May 2017

Location: Behind Sainte-Madeleine School

Information: Gisèle Charlebois 450 455-8879

514 941-0481

CERCLE DE FERMÈRES DE VAUDREUIL

Women's Association designed for sharing craft skills, having friendly gatherings and helping the community.

Monthly meetings at the Jean-Marc-Ducharme Community Centre, every second Wednesday of the month from September to June.

Craft Activities for members at 160 des Loisirs St.

Information: Sylvie Sauriol 450 455-9458

SAINT-MICHEL, SAINT-PIERRE, TRÈS-SAINTE-TRINITÉ CHRISTIAN COMMUNITIES

Activities

Celebration of the sacrament of forgiveness:

SUN April 9 - 7:00 pm -Très-Sainte-Trinité church

Celebration of Holy Thursday:

THU April 14 - 10:00 am -Très-Sainte-Trinité church

Walk of forgiveness:

FRI April 14 - 10:00 am - Très-Sainte-Trinité church

Liturgy of Good Friday:

FRI April 14 - 3:00 pm - Saint-Michel church

Easter Vigil:

SAT April 15, 7:30 pm - Très-Sainte-Trinité church

Celebrations for the resurrection:

SUN April 16 (Easter)

Saint-Michel church - 6:00 am - 9:30 am

Saint-Pierre church - 9:30 am

Très-Sainte-Trinité church - 11:00 am

Spaghetti dinner:

SAT April 22, 5:00 pm to 8:00 pm Cité-des-Jeunes high school cafeteria

Anointing of the sick:

SUN April 23, 2:00 pm - Saint-Michel church

Seigneurial mass (25th anniversary):

SUN June 4 - 10:00 am - Saint-Michel church

SUMMER ACTIVITIES

August 21 to 25 and August 28 - 29 - 9:00 am to 3:30 pm

\$125/week for registration before May 1st

\$135/week for registration after May 1st

Additional hours available:

7:00 am to 9:00 am and 3:30 pm to 6:00 pm

\$10 / day

Location: Sainte-Trinité Pastoral Centre

Information: Sylvie Gordian or Sarah Houle

450 455-4282

communion.fve@videotron.ca

Information: Presbytère Saint-Michel

414 Saint-Charles Ave.

Vaudreuil-Dorion 450 455-4282

www.paroisses-v-d.com

paroissestmichel@videotron.ca

VAUDREUIL-DORION ASSOCIATED SENIORS CLUB

President: Bernard Lamer 450 455-2981

BOCCE

Drop-in activities for adults ages 50 + from Sunday to Friday in the evening.

Bocce club in teams on Wednesday nights.

Schedule: Mid-May to August 24

Location: Jean-Marc-Ducharme Community Centre

Information: René Dumberry 450 218-3693 or 514 918-3754

Claude Béchard 450 424-5565

Claudette Lemay 450 218-0952

SANDBAG BASEBALL AND SHUFFLEBOARD

In teams, men, women or couples.

SCHEDULE: Sandbag Baseball
MO 1:00 pm to 3:00 pm (break on March 6)

Shuffleboard
TU 1:00 pm to 4:00 pm (break on March 7)

Location: Jean-Marc-Ducharme Community Centre

Information: Raymonde Castonguay 450 455-1061

CARD GAMES

Friendly gathering to play cards or OKO.

Schedule: WE 1:00 pm to 4:00 pm (break on March 8)

Location: Jean-Marc-Ducharme Community Centre

Information: Lyse Dussault
450 455-9548, 514 497-6566
lysedus@videotron.ca

VAUDREUIL-DORION SANDBAG LEAGUE

Schedule: TU 7:00 pm to 9:00 pm (break on March 7)

Location: Papillon-Bleu School, Saint-Jean-Baptiste Pavillion

Information: Yvette Goudreau 450 218-4080

SCRABBLE

Friendly gatherings

Schedule: FRI 1:00 pm to 4:00 pm (break on March 10 and April 14)

Location: Jean-Marc-Ducharme Community Centre

Information: Odette Brousseau, person in charge
450 424-8699
Laurette Chevrier, assistant
450 455-4935 (Voicemail)

ORNITHOLOGICAL CLUB OF VAUDREUIL-SOULANGES

To learn about and identify local birds and participate in activities (more than 20 outings and 3 conferences) which are aimed at both beginners and experts, young and old. So far, the club has observed 210 species of birds, 148 of which in Vaudreuil-Soulanges. Schedule available on the website. Try a session for \$3.

Member: \$15 (individual) or \$20 (family)

Information: Michel Juteau 450 455-1722
ornithovs@gmail.com
<http://sites.google.com/site/ornithovs>

TAI CHI TAOÏSTE^{MC}/ FUNG LOY KOK

Taoist Tai Chi is an art which promotes concentration, balance and circulation while helping the heart, body and mind to find harmony within ourselves and with the world around us. Accessible to all.

Location: Jean-Marc-Ducharme Community Centre

Information: 514 272-5271
www.taichitaoiste.org

GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL And SOULANGES (GRAVES)

The Grand rassemblement des Aînés de Vaudreuil et Soulanges is an organization that empowers seniors 50 years and over and helps them overcome isolation through involvement and by offering information, support and coaching services.

Information: Suzanne Moses
450 424-0111, poste 223
info@legraves.com
www.legraves.com

VAUDREUIL-DORION BRIDGE CLUB

Team card game. Duplicata bridge game.

TH 12:30 pm to 4:00 pm

Location: Jean-Marc-Ducharme Community Centre

Information: André Dupuis 514 453-8406

Cours disponibles: Benoît Poirier 514 457-5841

DES TROIS-LACS CANADIAN SAIL SQUANDRON

Non-profit organization whose mission is to offer training to recreational boaters. Basic recreational boating course (power & sail). Maritime VHF Radio Course. Basic boating course to obtain the Pleasure Craft Operator Card .

Information: Michel Laberge

514 990-2061 (Voicemail)

formation@ecp3lacs.org

www.ecp3lacs.org

DEUX-MONTAGNES SAILING SCHOOL

Various sailing and windsurfing clinics for children 4 years and over and adults of all levels with experienced qualified staff certified by the Quebec Sailing Federation. “Sport-études” and ”Concentration-Sport” programs available (first in the country). “La voile à l’école” program in association with local schools.

The Deux-Montagnes Sailing School is certified by the Quebec Sailing Federation and is located at Vaudreuil-sur-le-Lac.

Winner of the 2016 best sailing school in Quebec and Canada awarded by the respective federations.

Information: 450 455-5370

ecole@lecvdm.ca

www.lecvdm.ca

Facebook: École de voile Deux-Montagnes

COMQUAT

Le français, je l'apprends,
je l'améliore !

Free French lessons for adults*

FOR EVERYONE

Written French (basic and intermediate)

MO to TH, variable hours

French conversation

TH 9:00 am to 11:00 am

Equivalence workshop: preparation for the Test d'équivalence de niveau secondaire (TENS) and the Test de développement général (TDG)

MO and TH 1:00 pm to 3:30 pm

* One-time service fee of \$20 payable at registration

FOR IMMIGRANTS

Francization classes. Part-time program 6 h per week

Beginner to advanced levels, evenings 6:30 pm to 9:30 pm from April 3 to June 15

(In partnership with the Ministère de l'Immigration, de la Diversité et de l'Inclusion)

Please contact the organization for registration dates.

Location: 34 Grand Boulevard, Île-Perrot J7V 4W1

Information: 514 453-3632

<http://comquat.alphabetisation.ca>

comquatinc@videotron.ca

MULTISPORTS CENTRE

You will find so many fun activities at the Multisports Centre fitted with high end and safe sports facilities. New experiences await you through a variety of activities and programs. It is the ideal place for children, adults and families to develop sports skills in a fun atmosphere! Whatever your needs, our team will guide you in your choice.

Vaudreuil-Dorion residents get 20 % discount on the regular annual adult gym membership.

Information: centremultisports.org

450 218-2821, poste 8202

CHILDREN ACTIVITIES

Registration: Starting March 18 at 8:00 am

10 % discount on March 18 and 19

CLIMBING

The objective is to develop children's psycho-motor skills and enable them to learn notions of spatial movement while having fun (coordination, reaction time, concentration, confidence). The approach is educational and progressive. Equipment provided and qualified instructor.

SA or SU	8:15 am to 9:15 am (4-6 years) (parent-child)	\$115
SA	9:30 am to 10:45 am (7-9 years) (Level 1 - Beginner)	\$125
SA	11:00 am to 12:30 pm (10-13 years) (Level 1 - Beginner)	\$130
SU	9:30 am to 10:45 am (7-9 years) (Level 2 - Intermediate)	\$125
SU	11:00 am to 12:30 pm (10-13 years) (Level 2 - Intermediate)	\$130

Duration: April 8 to June 18 (10 weeks)

Breaks on May 6 and 7

ÉVEIL ATHLÉTIQUE

Program focused on learning, play and fun! The children will learn basic movement techniques for running, jumping and throwing which will lay a solid foundation for their success in all other sports and physical activities. Certified Instructor.

- SA 8:30 am to 9:30 am (4-6 years, parent-child)
- SA 9:45 am to 10:45 am (7-9 years)
- SA 11:00 am to 12:00 pm (10-13 years)

Fee: \$125

Duration: April 8 to June 17 (10 weeks)

Break on May 6

RÉCRÉA-JUDO

Recreational and educational initiation to the martial arts of Judo. Children have fun playing while developing their motor coordination. For beginners only. Certified PNCE trainer.

- SA 8:30 am to 9:30 am (4-6 years, parent-child)
- SA 9:45 am to 10:45 am (7-9 years)
- SA 11:00 am to 12:00 pm (10-13 years)

Fees: \$125

Duration: April 8 to June 17 (10 weeks)

Breaks on May 6

NINJA PROGRAM

Jump, crawl, run ... your child will become as nimble as a ninja! The Ninja program ensures the children's optimal motor development through circuits and fun and exciting activities. Classes are scalable and adapted to each age category. Certified instructor.

- SA 8:30 am to 9:30 am (4-6 years, parent-child)
- SA 9:45 am to 10:45 am (7-9 years, level 1)
- SA 11:00 am to 12:00 pm (10-13 years, level 1)
- SU 8:30 am to 9:30 am (4-6 years, parent-child)
- SU 9:45 am to 10:45 am (7-9 years, level 2)
- SU 11:00 am to 12:00 pm (10-13 years, level 2)

Fees: \$125

Duration: April 8 to June 18 (10 weeks)

Breaks on May 6 and 7

ZVP JUNIOR

A unique and fun approach to cycling. Combining multi-sport activities, muscle strengthening and specific and progressive cycling classes on the CompuTrainer system, the ZVP Junior program takes children into a different world. Supervised by a certified coach.

SU 12:00 pm to 1:30 pm (10-16 years)

Fees: \$100 (plus tax for 14-16 years)

Duration: March 19 to May 7 (8 weeks)

MULTISPORTS CAMP

SUMMER 2017

The objective is to make sure to provide access to and encourage the discovery of physical and sports activities, as well as focus on social integration through sports as a gateway to educating a fit citizen. Offer your child the opportunity to discover new indoor and outdoor activities while enjoying additional benefits:

- a variety of sports activities and an outdoor trip;
- certified and experienced councillors and instructors;
- a sports jersey with the camp logo;
- modern and diverse installations;
- daycare services.

MULTISPORTS (5-11 years, currently in Kindergarten)

With over a dozen different sports, each child will enjoy practicing his/her favorite activity while discovering other new ones: climbing, tennis, tchoukball, floor hockey ...

MULTISPORTS + (7-11 ANS)

A different sport every week! Children can practice their favorite sport while discovering other activities they know little about. With the help of certified trainers, they will have the chance to develop several motor skills while having fun.

Schedule June 26 to August 18, 2017
9:00 am to 4:30 pm

Fees Multisports: \$155 per week
Multisports +: \$190 per week
10 % discount until March 15
Daycare service Monday to Friday 7:00 am - 9:00 am and
4:30 pm - 6:00 pm
\$40 per week

ADULT ACTIVITIES

LMS LEAGUES

The spirit of the recreational leagues at the Centre is to provide friendly competitions and loads of fun. A lot of importance is given to sportsmanship: fair-play points are given throughout the season to teams that demonstrate the best sportsmanship among their team mates and towards other teams.

Location: Multisports Centre

Pre-registration: February 25 to March 10, 2017 (leagues only)

Registration: March 11, starting at 8:00 am
(no discounts for leagues)

Information: www.ligueslms.com

Floor Hockey League

MO 7:00 pm to 11:00 pm

Duration: April 3 to June 5 (10 weeks)

Fees: \$855 + tax per team
\$745 + tax per team (pre-registration)

Co-Ed Futsal League

SU 6:00 pm to 9:00 pm

Duration: April 9 to June 18 (10 weeks)

Break on April 23

Fees: \$690 + tax per team
\$625 + tax per team (pre-registration)

CLUBS

Registration: March 18, starting at 8:00 am

10 % discount on March 18 and 19

RUNNING CLUB – Objective 5

The club is open to beginner, intermediate and experienced runners. Under the guidance of certified trainers, the objective is to bring Vaudreuil-Soulanges runners together in an atmosphere of friendship and mutual aid. Progressive and individualized approach based on your own objectives. Many benefits provided, including a 3-month Omnisports membership.

TU and TH 6:30 pm to 7:30 pm

Duration: April 11 to June 29 (12 weeks)

Fees: \$130 + tax

PING-PONG CLUB

The club offers high quality equipment and welcomes players of all ages and all levels. You will benefit from former world tour player Hans Ghoorbin's 21 years of training experience.

Duration: April 11 to June 27
Breaks on April 22, May 6 and June 24

7-17 years: TU 6:00 pm to 8:00 pm
SA 8:30 am to 10:30 am

Fees: \$110 (taxes applicable for 15 years +)

18 years +: TU 8:00 pm to 10:00 pm
SA 10:30 am to 12:30 pm

Fees: \$130 + tax

Price includes membership to the FTTQ as well as a t-shirt.

CLIMBING

Initiation to climbing through the learning of safety maneuvers and then basic movements. Whether on the block or on the rock, participants will discover new sensations and refine their sense of movement in space. Intermediate climbers will learn the tools to fine-tune their technique and face new challenges! The approach is educational and progressive. Equipment provided and qualified instructor.

Schedule: TUE 6:30 pm to 7:45 pm (Beginner)
TUE 8:00 pm to 9:00 pm 15 (Intermediate)

Fees: \$130 + tax

GOLF LESSONS

Instructor Patrick Guay has been teaching golf since 1998. His objective is to share his passion and bring you to enjoy practicing on the course. His personalized pedagogical approach adapts to your style.

Period: April 4 to May 10

Schedule TU 7:30 pm to 8:45 pm (Beginner)
WE 7:30 pm to 8:45 pm (Intermediate)

Duration: 6 weeks

Fees: \$175 + tax

CLASSES

Registration: March 18, starting at 8:00 am

10 % discount March 18 and 19

Volt ZVP

Combining cardio (intervals), muscle strengthening and stretching exercises, the ZVP sessions lead every rider to optimize their bike training. Supervised by a certified instructor.

Schedule: MO 7:00 pm to 8:00 pm

Duration: April 10 to May 1 (4 weeks)

Fees: Regular: \$65 + tax

ZVP members: \$45 + tax

60 Multi+

Specialized classes suitable for the active 60 years + clientele. Safe and motivating, the classes stimulate all systems, regardless of level (balance, eye coordination/movement, tone, endurance, cardio). Trained kinesiologist.

Schedule: MO and WE 10:30 am to 11:30 am

Duration: April 3 to June 7 (10 weeks)

Fees: \$160 + tax

Judo Club

The objective of the classes is to introduce beginners to Judo by teaching the basic moves while also allowing the more advanced students to perfect their technique. Our technical director and certified PNCE 2 trainer, Michel Proulx and his team will share their knowledge and philosophy. For all ages and all levels.

Duration: April 11 to June 1st (8 weeks)

Breaks on February 14 and 16, March 7 and 9

7-17 years: TU and TH - 6:00 pm to 7:00 pm (Beginner level)

TU and TH - 7:00 pm to 8:00 pm (Intermediate and advanced Levels)

Fees: \$105 (taxes applicable for 15 years +)

18 years +: TU and TH 8:00 pm to 10:00 pm (All levels)

Fees: \$120 + tax

Price includes membership to Judo Quebec as well as a t-shirt.

A LA CARTE CLASSES

All levels

Family Yoga

Emotional awareness is an important part of the journey during a yoga class. By leaving plenty of room for speech, this class will help you connect with your child. They will understand your emotions better, just as you will understand theirs better. A class designed to improve physical and emotional health, while strengthening family ties! (Children 7 to 9 years)

Period: April 8 to June 10 (10 weeks)

Schedule SA (to be determined)
Fees: \$105 + tax per family of 2 adults and 2 children
(\$50 per additional person)

Full Awareness Meditation

Meditation is ideal for focusing on our inner self and gain full awareness of the present moment. Among its many benefits is improving your mental abilities, improve your confidence, reduce anxiety and stress of everyday life. Certified and experienced teacher.

Period: April 3 to June 7 (10 weeks)

Schedule: MO 12:00 pm to 1:00 pm or
WE 12:00 pm to 1:00 pm or
WE 5:15 PM to 6:15 pm

Fees: \$130 + tax

Tai Chi

A series of slow and stable movements that will help you become aware of your body in a relaxed and free manner. Learning this art will last a lifetime and will provide physical and psychological benefits.

Period: April 5 to June 7 (10 weeks)

Schedule: WE 8:45 am to 9:45 am (Level 1)

Fees: \$105 + tax

Perfo-family

(At least 7 years old)

During each class, you will build your cardiovascular endurance, complete an obstacle course, improve your agility and most of all have fun with your kids.

Period: April 9 to June 11 (10 weeks)

Schedule: SU 11:00 am to 12:00 pm

Fees: \$105 + tax per family of 2 adults and 2 children
\$50 per each additional person

Fit Community

A six-week program designed to help you get back into shape. Offering two classes per week, the centre's team adapts at each training session to ensure that participants have a good time and meet their set objectives. You will also acquire new knowledge in fitness and nutrition.

Period: April 4 to May 11 (session 1) (6 weeks)

May 16 to June 22 (session 2) (6 weeks)

Schedule: TU and TH 7:30 pm to 8:30 pm

Fees: \$120 + tax/session

Strolling into Shape

(Babies ages 4 weeks to 24 months)

Complete workout to increase strength and flexibility while spending quality time with baby. Participants who have undergone a C-section must wait 6 weeks before beginning this class.

Period: April 4 to June 6 (10 weeks)

Schedule: TU 10:00 am to 11:00 am

Fees: \$105 + tax

Baby Toning

(Babies ages 6 weeks +)

Each workout is designed to physically challenge you using a variety of equipment and integrating movement with your baby. Baby carrier required.

Period: April 6 to June 8 (10 weeks)

Schedule: TH 10:30 am to 11:30 am

Fees: \$105 + tax

Gym Perfo Obstacles Course NEW!

Do you like obstacle courses? Then «THE» Gym Perfo Obstacle Course Program is for you! An expert instructor in the field of functional movement will guide you towards your goal in obstacle courses.

Climb, crawl, run in a fast and efficient way ... whatever your level, you will develop your skills in a team setting. Not only will you be ready for your race, but you will see improvement in your daily life!

Ultimate Objective: The Black Out Race!

Period: April 5 to June 7 (10 weeks)

Schedule: WE 7:30 pm to 8:30 pm

FRI 7:30 pm to 8:30 pm

Fee: \$120 + tax

GROUP CLASSES 1

Registration: March 18, starting at 8:00 am
10 % discount on March 18 and 19

Enjoy motivating and effective group classes with no mandatory membership! All instructors are certified.

TRAINING IN SMALL GROUPS

All levels

Multi-Cross

A class where you work at different stations in Gym Perfo, by using a variety of equipment in order to increase your speed, muscular strength and endurance. Promotes weight loss. Class given by a kinesiologist. An effective method for a healthy lifestyle.

Schedule: TU 7:30 pm to 8:30 pm or
TH 7:30 pm to 8:30 pm
Period: April 4 to May 11 (session 1) (6 weeks)
May 16 to June 22 (session 2) (6 weeks)
Fees: \$100 + tax / session

Olympic Boxing NEW!

Olympic boxing training that focuses on physical fitness and technique. Basic and advanced techniques allowing each person to develop as a boxer. Boxing gloves mandatory.

Schedule: THU 8:30 pm to 9:30 pm
Period: April 6 to May 11 (session 1) (6 weeks)
May 18 to June 22 (session 2) (6 weeks)
Fees: \$100 + tax / session

Box Fit

A class that combines boxing and boot camp exercises. A complete and intense cardio and muscle workout. Boxing gloves mandatory.

Schedule TU or TH 7:30 pm to 8:30 pm
Period: April 4 to May 11 (session 1) (6 weeks)
May 16 to June 22 (session 2) (6 weeks)
Fees: \$100 + tax / session

TRX Pilates NEW!

By combining Pilates and TRX, you will benefit from ultimate abdominal training. You will develop a kinesthetic awareness and learn the basic movements of these two styles of workout.

Schedule: FRI 9:00 am to 10:00 am or 6:00 pm to 7:00 pm
Period: April 7 to May 12 (session 1) (6 weeks)
May 19 to June 23 (session 2) (6 weeks)
Fees: \$100 + tax / session

GROUP CLASSES 2

Location: St-Jean-Baptiste Opticentre

Registration: March 18 starting at 8:00 am

Period: April 3 to June 8, 2017

Schedule may change without prior notice.

Instructor: Multisports Centre team

(10 % discount not applicable to these classes)

INTERVALS +

Are you in a hurry? Have busy schedules? Want quick results? Then interval training is made for you. With cardio and strength training (including plyometrics) TABATA, SHRED, INSANITÉ, HIIT type exercises, you will burn more calories while simultaneously increasing your endurance and muscular strength. A fun, complete and effective training ending with 10 minutes of deep stretching!

Duration: 10 weeks

Schedule: MO or WE 6:30 pm to 7:15 pm

Level: For everyone

Fees: \$40 + tax

PILATES

A series of floor exercises designed to restore and rebalance the body for a healthier back and spine. Basic principles of the STOTT method are taught and applied throughout the routine. Great for reducing stress and improving posture. Smaller groups ensure individual attention and more personalized sessions.

Duration: 10 weeks

Schedule: THU 9:15 am to 10:15 am

Fees: \$70 + tax

CARDIO VITALITY

Exercise to lively music in this fitness class geared towards the more active over 50s. These instructor-led or circuit exercises will give you a good work-out for your heart, muscles, posture and much more. The goal: better fitness and vitality!

Duration: 10 weeks

Schedule: MO 10:35 am to 11:30 am or

MO 1:15 pm to 2:15 pm

TU 10:30 am to 11:30 am

WE 10:30 am to 11:30 am

TH 10:30 am to 11:30 am

Level: For 50 years +

Fees: \$50 + tax

KICKBOXING FITNESS & HEALTH

KFS (Kickboxing Forme Santé) is a complete physical workout that combines boxing techniques, martial arts and boot camp cardio in a friendly and non-violent atmosphere with no physical contact. The class teaches important values such as respecting one's partner and self-control. A great workout activity for all ages!

Period: April 6 to June 8 (10 weeks)

Schedule: TH 7:00 pm to 8:00 pm

Level: For everyone

Fees: \$70 + tax

Location: Sainte-Madeleine School gymnasium

Registration: March 18, starting at 8:00 am

Information: 450 218-2821, ext. 8202

centremultisports.org

DIRECTORY OF SOCIAL ASSOCIATIONS

ALCOHOLICS ANONYMOUS

1 877 790-2526

Meetings at Bel-Air Pavilion

www.aa-quebec.org

aidecourriel@aa87.org

VAUDREUIL-SOULANGES ASSOCIATION OF FIBROMYALGIA AND CHRONIC FATIGUE SYNDROME

Support for sufferers and their families

168 Saint-Charles Ave.

450 218-7722

www.afsfc-vs.org

info@afsfc-vs.org

CARREFOUR DE L'ESPOIR

Recycling of household appliances, furniture, household goods and toys

235 St. Joseph Street

450 218-3100

CARREFOUR JEUNESSE EMPLOI

VAUDREUIL-SOULANGES

Free professional services in career counselling and employability for young adults ages 16 to 35

400 Harwood Blvd.

450 455-3185

www.cjevs.org

info@cjevs.org

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

Leading volunteers in Vaudreuil- Soulanges in various sectors of activity

88 Adèle St.

450 455-3331

www.lactuel.org info@lactuel.org

[www.facebook/LActuelCentreActionBenevole](https://www.facebook.com/LActuelCentreActionBenevole)

LA MOISSON WOMEN CENTRE

Telephone listening service and individual counselling for women

514 453-8720 514 453-1112

www.centredefemmeslamoisson.com

lamoisson1@videotron.ca

VAUDREUIL-DORION OPTIMIST CLUB AND CLUB OCTOGONE L'ENVOL

Organization dedicated to bringing out the best in young people through volunteering and community activities that affect both youth and seniors

www.optimistevaudreuil-dorion.com

info@optimistevaudreuil-dorion.com

CLUB RICHELIEU DORION-VAUDREUIL

French-speaking organization for the development of its members and child welfare

450 455-0991

Martin Daoust, President 514 913-0317

LA VOIX DU SUROÎT TOASTMASTERS CLUB

A program for learning better communication

514 616-7727

nicole.savoie@eclosion.ca

GAMBLERS ANONYMOUS

514 484-6666

info@gaquebec.org

LA PASSERELLE SHELTER

Emergency shelter from conjugal violence

24/7 Crisis line

450 424-6010

www.hlapasserelle.com

info@hebergementlapasserelle.com

LA RELÂCHE (RESPITE V.-S.)

Telephone listening service for parents of children with disabilities

450 455-6171, ext. 70346 (Voicemail)

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OPTION RESSOURCE TRAVAIL

Promoting access to non-traditional occupations

Free services for women

99 Salaberry St., Salaberry-de-Valleyfield

450 377-9155 450 377-4949

www.psjeunesse.org info@psjeunesse.org

CITIZEN ADVOCACY OF VAUDREUIL-SOULANGES

Support for persons living with disabilities and for seniors with loss of autonomy

36A Saint-Charles Avenue

450 455-8986

www.parrainageciviquevs.ca

pcvs@pcvs1982.ca

PEHDAA

Relief for parents and caregivers of disabled individuals, club for teens with ASD without intellectual disability

420 Chicoine St.

450 424-7505

info@pehdaa.ca

RÉSEAUX EMPLOI ENTREPRENEURSHIP

Free for job seekers, assistance in creation and management of a micro-business, computer and Internet training, immigrant integration services

430 Harwood Blvd., Room 130

450 424-5727

www.ree.qc.ca

reseaux@ree.qc.ca

SOCIÉTÉ SAINT-JEAN-BAPTISTE

Promotion of the French language and culture, honors loans and excellence scholarships for students.

450 455-1860

www.ssjbvalleyfield.qc.ca

TEL-AIDE

Telephone listening service

450 377-0600 1 855 377-0600

www.telaide.org

TRANSPORT SOLEIL

Transportation service for persons with disabilities

4 Saint-Michel St.

450 424-0744

www.transportsoleil.qc.ca

info@transportsoleil.qc.ca

LE VERSANT

Social network for people suffering from anxiety disorders

450 455-0507, ext. 70657 (voicemail)

www.leversant.org

info@leversant.org

WELCOME WAGON –

BIENVENUE CHEZ NOUS

Welcome gift for new residents and at the birth of a child

Geneviève Lebeau

514 436-2648

www.welcomewagon.ca

genevyevelebeau@hotmail.com

DIRECTORY OF CULTURAL ASSOCIATIONS

VAUDREUIL - SOULANGES

READING WORKSHOP

Monthly meetings to discuss a predetermined book. Held at the library on the first Monday of each month, from 12:45 pm to 3:30 pm

Reservation mandatory

Last day of activities: May 8, 2017

Marie-Andrée Drolet

450 455-6207

marieandreedrolet@hotmail.com

AUTAM – DORION

Continuous education program for ages 50+ offered at the St-Jean-Baptiste Opticentre

Francine Clermont 450 455-4948

autam.dorion@gmail.com

AUTAM – VAUDREUIL

Continuous education program for ages 50+ offered at the public library.

www.USherbrooke.ca/uta/Monteregie

Louise Chevrier 450 455-7270

VAUDREUIL-SOULANGES ARCHIVE CENTRE

Acquisition, conservation and sharing of Vaudreuil-Soulanges' documentary heritage.

Conference: Sur les traces des patriotes de Vaudreuil-Soulanges

In 1837-38, insurgencies broke out in Upper and Lower Canada. The events described took place on the Vaudreuil-Soulanges territory.

March 23 at 7:00 pm

Free for members, \$5 for non-members

450 424-5627

archives@archivesvs.org

431 Saint-Charles Ave.

www.archivesvs.org

CERCLE DES CONTEURS DU HAUT-SAINT-LAURENT

Inspired by cultural mediation, the organization seeks to increase the community's awareness on developing living heritage through storytelling and singing.

Robert Payant 450 455-1841

rpayant@videotron.ca

CHOEUR CHANTS DE COTON

Mixed voice choir focused mainly on exploring gospel spiritual songs.

Practices on Wednesday nights, 7:30 pm to 9:30 pm at Très-Sainte-Trinité church (September to June).

www.chantsdecoton.org

chourchantsdecoton@gmail.com

CHOEUR CLASSIQUE VAUDREUIL-SOULANGES

Mixed voice choir directed by Jean-Pascal Hamelin

Practices on Tuesday nights, 7:30 pm to 10:00 pm at Vaudreuil-Soulanges Evangelical Church.

www.choeurclassiquevs.com

info@choeurclassiquevs.com

CHOEUR ESPÉRANTO

A choir composed of about forty choristers of all ages and from all walks of life, distinguished by their approach focused on vocal performance in the purest tradition of choral singing with one difference: all performances are held without binders. The repertoire is always varied and offers pieces in foreign languages and sometimes even in an invented language!

Annual performance – cabaret style

May 6 and 7, 2017

St-Jean-Baptiste Opticentre

Bar service available (\$)

Director: Sylvain Bertrand

www.choeuresperanto.ca

choeuresperanto@gmail.com

LA BOÎTE LUMINEUSE FILM CLUB

Presents international films at Salle Paul-Émile-Meloche on Monday nights at 7:00 pm.

laboitelumineuse@yahoo.ca

VAUDREUIL-DORION PHOTOGRAPHY CLUB

Network of passionate photographers of all levels. Guest speakers, group outings, exhibits, evenings of experimental photography techniques and provincial competitions.

Conference: Photography under the rain

by François Gagnon

March 15, 2017, 7:00 pm to 9:00 pm

Jean-Marc-Ducharme Centre

Fees: \$20 for non-members

Conference: Movement and Sports Photography

by Éric Thibeault-Lozeau

April 5, 2017, 7:00 pm to 9:00 pm

Jean-Marc-Ducharme Centre

Fees: \$20 for non-members

Conference: A la manière des grands maîtres (In the style of the great masters)

(spaces are limited) by Jocelyne Gamet from Collège Marchan

April 29, 2017, 7:00 pm to 9:00 pm

Jean-Marc-Ducharme Centre

Fees: \$20 for members

\$30 for non-members

Conference: Macrophoto by Michel Burry

May 3, 2017, 7:00 pm to 9:00 pm

Jean-Marc-Ducharme Centre

Fees: \$20 for non-members

presidentcpvd@gmail.com

www.clubphotovaudreuildorion.com

SAINT-MICHEL CHURCH

450 455-4282

paroissestmichel@videotron.ca

LES ENCHANTEURS VOCAL ENSEMBLE

An entertaining and colorful show where dancing and singing blend harmoniously. Additional surprises to demonstrate the chorister's affection and esteem for their director.

Performance: Noir et Blanc 3

March 31, 8:00 pm

Bell Centre (Montreal)

\$72.50 per ticket at Evenko

Information: 450 567-1660

Annual Performance: Juste pour toi

May 12 at 8:00 pm and May 13 at 2:00 pm

Vaudreuil Arena

Presale: \$25 per ticket

At the door: \$30 per ticket

12 years and under: \$15 per ticket

Information: 514 531-9367

Director: Sylvain Cooke

www.lesenchanteurs.ca

info@lesenchanteurs.ca

LA MAISON TRESTLER

A heritage home with an artistic vocation: concerts and exhibitions.

TRACE Exhibition by Marie-Michelle Émond
Until April 23

Exhibition of Lisa and Joanne St-Cyr's works
Until June 4

Exhibition by students from Collège Bourget
(students of Madame Michèle Bluteau)
April 25 to June 4

TrestlerFest (Beer Fest)
Craft beer tasting as well as local produce and music
April 28, 5:00 pm to 10:00 pm
\$25 / person

Guided visits
Tuesday to Friday, 9:00 am to 12:00 pm and 1:00 pm to 5:00 pm
Sunday, 1:00 pm to 4:00 pm
Free for members, \$5 per adults, \$3.50 for children 6 to 16
Free for children 5 years and under
\$14 per family (4 people)
85 de la Commune Rd.
450 455-6290
www.trestler.qc.ca
info@trestler.qc.ca
Facebook: Maison Trestler

MAISON FÉLIX-LECLERC

The only house where Félix Leclerc lived that is open to the public and a unique remembrance place in his honor in the Montreal area.

186 chemin de l'Anse
450 510-2840
www.maisonfelixleclerc.org
info@felixleclerc.org

VAUDREUIL-SOULANGES REGIONAL MUSEUM

A dynamic entertainment, conservation and dissemination heritage center.

Matinées Art de vivre

Fees: \$5 per person (\$4 museum members)

March 31, 1:30 pm

April 28, 1:30 pm

May 26, 1:30 pm

Adult Art Workshops

Fees: \$20 per person per workshop (includes material and snack, reservation mandatory)

March 24, 1:30 pm to 4:00 pm

April 21, 1:30 pm to 4:00 pm

May 19, 1:30 pm to 4:00 pm

Current and Future Exhibitions

Par les fenêtres de l'école ... Coups d'oeil sur notre histoire

Permanent exhibition

Au coeur de la Papouasie

Until August 6, 2017

Clic et dé clic - la photographie avant l'ère numérique

Until December 22, 2017

TRACE

Until April 23, 2017

Exhibition by Sébastien Borduas

From April 29 to June 11

Musée en fête - Éco brico

April 9, 2:00 pm

Themed crafts and animation

Reservation mandatory, starting on March 9

\$7 / child (\$6/member, \$5/ Desjardins member)

431 Saint-Charles Ave.

450 455-2092

www.mrvs.qc.ca

ÎLE AUX TOURTES ARCHEOLOGICAL AND HISTORICAL SOCIETY

Ongoing archaeological digs aimed at documenting activities on the island since Prehistoric times.

Gaétan Jean 450 455-9512

www.ileauxtourtes.qc.ca

gaedan@videotron.ca

VAUDREUIL-CAVAGNAL GENEALOGICAL SOCIETY

Genealogical and historical research of the migration and accomplishments of Quebec families of all origins. Activities at the library, free public conferences every month from September to May (except December).

Conference: Rues de Montréal

By Ginette Carbonneau

March 22, 2017, 7:30 pm

Félix-Leclerc Hall at the municipal library

Conference: Le Registre foncier du Québec

By Gaston Labrecque

April 26, 2017, 7:30 pm

Félix-Leclerc Hall at the municipal library

Conference: Les registres paroissiaux du Québec
(1621 to 1993)

By Louis Richer

May 24, 2017, 7:30 pm

Félix-Leclerc Hall at the municipal library

Membership card available (\$15 per year), which gives you access to many additional activities.

Free access to the heritage room for genealogical research.

Gisèle Monarque 450 424-4806 (Conferences and Education)

Robert Daunais 450 455-9511

www.sgv.c.ca