

Recreation and Culture

ACTIVITIES BROCHURE

Fall 2017

USEFUL INFORMATION

Registration Period

Registration night for associations

Tuesday, August 22, 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.

1st Vaudreuil-Dorion Scouts Group, Aïkido Ouest, Association de basketball de L'Île-Perrot, VAUDREUIL-DORION Adult Recreation Association, Association régionale kin-ball du Sud-Ouest, Choeur Chants de coton, Club d'athlétisme de Vaudreuil-Dorion, Cercle de fermières de Vaudreuil, Badminton Bad Club, Club de course à pied Les Vadrouilleurs, Club de Jiu-Jitsu Vaudreuil-Soulanges, Club de natation Les Citadins, Club de patinage artistique régional Vaudreuil, Club de plongeon, Club de soccer FC Trois-Lacs, Club photo Vaudreuil-Dorion, Escadron 867, Karaté Sankukan, Les Gymnastes de l'île, Scouts 19e, Tai Chi Taoïste

SWIMMING LESSONS

September 5, 12:30 pm to September 12, 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 September 7 between 8:30 am and 12:30 pm

People who come in person to the Recreation and Culture Department will not be given any priority.

* For non-residents, registration begins on September 7 at 12:30 pm.

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	\$21,487 or less
2 people	\$26,748 or less
3 people	\$32,884 or less
4 people	\$39,926 or less
5 people	\$45,282 or less
6 people	\$51,073 or less
7 people or more	\$56,861 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 (2016 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, September 9, 2017, between 9:00 am and 1:00 pm, at the Paul-Émile-Lépine Community Centre (150 Perrot Blvd., Île-Perrot).

Multisports Centre

Enjoy a 20% discount off a regular adult annual subscription. These discounts are applicable upon presentation of proof of residence.

DROP-IN ACTIVITIES

GYMNASIUM ACTIVITIES

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

Schedule in effect from October 1st to December 16

As of mid-September, please check the City's website for schedules.

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

Information: 450 455-3371, option 4

REGULATIONS FOR DROP-IN ACTIVITIES

Drop-in activities enable everyone to participate freely in various recreational sports, in order to let off steam and have some fun.

- Respect of participants, attendants and equipment is required at all times.
- Sportswear and indoor running shoes are mandatory for participating in gym activities.
- Water bottles are allowed in the gymnasiums. No other drinks or food will be permitted.
- Schedules and age categories for the different periods of activity must be respected in order for them to run smoothly.
- At the end of the activity, please vacate the premises promptly upon request.

PUBLIC SKATING

Vaudreuil-Dorion Arena
450 455-3371, option 4

Clientele	Days	Schedule	Begins
Everyone	MO to FR	3:15 pm to 4:05 pm	September 18
Everyone	SA	6:30 pm to 8:30 pm	October 7
Everyone	SU	4:00 pm to 5:50 pm	October 8
55 years +	TU/WE/TH	9:15 am to 10:05 am	September 19

* 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:

Day	Children	55 years +	Adults
Weekdays	\$1.00	\$1.25	\$1.50
SA/SU	\$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	Begins
16 years +	MO/WE/FR	1:45 pm to 3:05 pm	September 18
55 years +	MO and FR	9:15 am to 10:35 am	September 18

* Please check the City's website for breaks.

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

Fees for other users: \$5 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 and Friday:

8:00 am to 9:30 am and 11:45 am to 10:30 pm

Saturday and Sunday:

6:15 am to 10:00 pm

Schedules may be modified without prior notice.

DROP-IN ACTIVITIES

FREE SWIM

Cité-des-Jeunes Campus Pool

450 455-3371, option 4 (Weekdays)

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

PRE-SEASON SCHEDULE

September 5 to 22

MO & TH 6:00 pm to 7:25 pm (3 lanes)

TU & WE 7:00 pm to 8:25 pm (3 lanes)

FR 8:00 pm to 9:25 pm (2 lanes)

SA & SU 3:30 pm to 4:40 pm (2 lanes SA - no lanes SU)

REGULAR SCHEDULE

September 23 to December 17*

SU 3:30 pm to 4:40 pm (no lanes)

MO 6:00 pm to 6:55 pm (no lanes,
1 m and 3 m diving boards available)

TU 9:00 pm to 9:55 pm (4 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 (3 lanes)

SA 3:30 pm to 4:40 pm (2 lanes)

* Schedule may change without prior notice.

Free for residents upon presentation of a valid citizen card.

Fees for non-residents:

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

IMPORTANT

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

FALL 2017 SWIMMING

ONLINE REGISTRATION

Via the Amilia web platform

September 5, 12:30 pm to September 12, 8:30 am

For non-residents, registration begins on September 7 at 12:30 pm.

There will be no registration on September 7 between 8:30 am and 12:30 pm.

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 already have an Amilia access number, go straight to Step 2. Otherwise, check the City's website (www.ville.vaudreuil-dorion.qc.ca)

- Step 1: Open your Amilia account access
(e-mail address required)*
- Step 2: Registration for 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 to the Recreation and Culture Department will not be given any priority.

Telephone assistance at 450 455-3371, option 4 and registration in person starting September 5 at 12:30 pm during the following office hours:

MO to TH	8:00 am to 6:00 pm
FR	8:00 am to 12:00 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 +

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 counter.

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 either in one instalment or as follows: 50% of the total amount at registration and 2nd payment due September 21 (National Lifeguard Course) and November 9 (Bronze Medallion & Bronze Cross Courses).

General First Aid – 16 hours (\$60)

Registration: August 14, 12:30 pm to August 21, 8:30 am

Prerequisite: 14 years of age at first lesson

Location: Multisports Centre

Schedule: August 27 to 30

	Dates	Schedule
1st lesson	Sunday, August 27	8:30 am to 5:00 pm
2nd lesson	Monday, August 28	5:30 pm to 8:30 pm
3rd lesson	Wednesday, August 30	5:30 pm to 8:30 pm

Additional fees: certification fees (\$14), Canadian First Aid Manual (\$20) and pocket mask (\$18) are mandatory

Intensive National Lifeguard Course (\$195)

Registration: August 14, 12:30 pm to August 22, 8:30 am

Prerequisite: 16 years of age at final exam, Bronze Cross and General First Aid (16 hours)

Intensive schedule from September 8 to October 5

	Dates	Schedule
1st lesson	Friday, Sept 8	6:00 pm to 10:00 pm
2nd lesson	Saturday, Sept 9	8:30 am to 12:30 pm
3rd lesson	Friday, Sept 15	6:00 pm to 10:00 pm
4th lesson	Saturday, Sept 16	8:30 am to 12:30 pm
5th lesson	Saturday, Sept 17	8:30 am to 12:30 pm
6th lesson	Thursday, Sept 21	6:00 pm to 10:00 pm
7th lesson	Friday, Sept 22	6:00 pm to 10:00 pm
8th lesson	Thursday, Sept 28	6:00 pm to 10:00 pm
9th lesson	Friday, Sept 29	6:00 pm to 10:00 pm
10th lesson	Thursday, Oct 5	6:00 pm to 10:00 pm

Certification exam: Saturday, October 7, time to be determined

Additional fees: certification fees (\$60), Manual "Alerte! La pratique de la surveillance aquatique" (\$49)

Bronze Medallion (\$125)

Registration: September 5, 12:30 pm to September 12, 8:30 am

Prerequisites: 13 years of age at the last lesson, Junior Level 10 or successfully pass entry test

Schedule: Friday, 6:00 pm to 9:30 pm, October 13 to December 1

Certification exam: Saturday, December 9, 8:30 am to 12:30 pm

Additional fees: certification fees (\$38), Canadian Lifeguard Manual (\$49) and pocket mask (\$18) are mandatory

Bronze Cross (\$132)

Registration: September 5, 12:30 pm to September 12, 8:30 am

Prerequisite: Bronze Medallion

Schedule: Thursdays, 6:00 pm to 9:30 pm, October 12 to December 7

Certification exam: Saturday, December 9, 8:30 am to 12:30 pm

Additional Fees: Certification fees (\$38)

SWIMMING

Registration: September 5 to 12

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. There will be no repeats. Swim cap and shower mandatory.

Fees: \$42

Period: 10 weeks (September 23 to December 3)

No classes on October 7 & 8

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 +)

Duration 30 min

Familiarization with water and initiation to front and back swim.

RED CROSS JUNIOR SWIM

Designed for children 6 years +

Fees: \$52

Period: 10 weeks (September 23 to December 3)

No classes on October 7 & 8

LEVELS AND PREREQUISITES

Junior 2

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

Junior 3

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

Junior 4

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

Junior 5

Surface support 45 seconds; front crawl 10 meters; back crawl 10 meters with kick; continuous swim 25 meters (1 length).

Junior 6

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 (2 lengths).

Junior 7

Front and back crawl at least 25 meters; co-ordinated elementary back stroke at least 15 meters; continuous swim 75 meters (3 lengths).

Junior 8

Front and back crawl at least 50 meters; elementary back stroke 25 meters; whip kick 15 meters; continuous swim 150 meters (6 lengths).

Junior 9

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 (12 lengths).

Junior 10

Front and back crawl at least 100 meters; elementary back stroke and breast stroke at least 25 meters; continuous swim 400 meters (16 lengths).

SWIMMING

Registration - September 5 to 12

CLASS SCHEDULE - CHILDREN

Classes may be modified or cancelled without prior notice

SATURDAY September 23 to December 2 (no class on October 7)		SUNDAY September 24 to December 3 (no class on October 8)	
8:00 am to 8:30 am	Loutre Salamandre	8:00 am to 8:30 am	Loutre Salamandre
8:15 am to 8:55 am	Junior 3 Junior 4 Junior 5 Junior 6	8:15 am to 8:55 am	Junior 4 Junior 5 Junior 6
8:35 am to 9:05 am	Tortue Crocodile	8:35 am to 9:05 am	Tortue Crocodile
9:00 am to 9:40 am	Junior 2 Junior 3 Junior 4 Junior 5 Junior 7	9:00 am to 9:40 am	Junior 2 Junior 3 Junior 4 Junior 5 Junior 7
9:10 am to 9:40 am	Poisson Junior 1	9:10 am to 9:40 am	Poisson Junior 1
9:55 am to 10:25am	Loutre Baleine	9:55 am to 10:25am	Loutre Baleine
9:55 am to 10:35am	Junior 2 Junior 3 Junior 4 Junior 6 Junior 8	9:55 am to 10:35am	Junior 2 Junior 3 Junior 4 Junior 6 Junior 8
10:30 am to 11:00 am	Tortue Crocodile	10:30 am to 11:00 am	Tortue Crocodile
10:45 am to 11:25 am	Junior 2 Junior 3 Junior 5 Junior 7	10:45 am to 11:25 am	Junior 2 Junior 3 Junior 5 Junior 6
11:00 am to 11:30 am	Salamandre Junior 1	11:00 am to 11:30 am	Salamandre Junior 1
11:50 am to 12:20 pm	Loutre Baleine	11:50 am to 12:20 pm	Crocodile Baleine
11:50 am to 12:30 pm	Junior 2 Junior 3 Junior 4 Junior 9 Junior 10	11:50 am to 12:30 pm	Junior 2 Junior 4 Junior 5 Junior 7 Junior 8
12:25 pm to 12:55 pm	Poisson Crocodile	12:25 pm to 12:55 pm	Poisson Crocodile
12:35 pm to 1:15 pm	Junior 2 Junior 3 Junior 4 Junior 7 Junior 8	12:35 pm to 1:15 pm	Junior 2 Junior 3 Junior 4 Junior 9 Junior 10
1:00 pm to 1:30 pm	Salamandre Junior 1	1:00 pm to 1:30 pm	Salamandre Crocodile
1:40 pm to 2:10 pm	Loutre Junior 1	1:40 pm to 2:10 pm	Loutre Junior 1
1:40 pm to 2:20 pm	Junior 2 Junior 5 Junior 6	1:40 pm to 2:20 pm	Junior 2 Junior 3 Junior 4 Junior 7 Junior 8
2:15 pm to 2:45 pm	Salamandre Junior 1	2:15 pm to 2:45 pm	Salamandre Crocodile
2:25 pm to 3:05 pm	Junior 4 Junior 6 Junior 9	2:25 pm to 3:05 pm	Junior 2 Junior 3 Junior 5 Junior 6 Junior 10
2:50 pm to 3:20 pm	Baleine Junior 1	2:50 pm to 3:20 pm	Tortue Junior 1

SWIMMING

Registration - September 5 to 12

CLASS DESCRIPTION - ADULTS

Fees: \$60 (adult 16 +)

Period: 10 weeks, September 25 to December 4)

No class on October 9

Water Aerobics (Aquaforme)

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

Deepwater Aerobics (Aquaprofond)

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

Health in Water (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 (Essentiel 1)

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 (Essentiel 2)

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

Swimming Styles (Styles de nage)

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.

SWIMMING

Registration - September 5 to 12

CLASS SCHEDULE - ADULTS

**MONDAY SEPT. 2 TO
DEC. 4
(NO CLASS ON
OCTOBER 9)**

7:00 pm to 7:45 pm
Aquaforme

7:45 pm to 8:30 pm
Aquaforme

8:30 pm to 9:15 pm
Conditionnement physique
aquatique (CPA)

**TUESDAY
SEPT. 26 TO NOV. 28**

6:00 pm to 6:45 Pm
Aquasanté
Aquaprofond

6:45 pm to 7:30 pm
Aquasanté
Aquaprofond

7:30 pm to 8:15 pm
Aquaprofond
Prénataux

8:15 pm to 9:00 pm
Styles de nage
(Intermediate)

**WEDNESDAY
SEPT. 27 TO NOV. 29**

6:00 pm to 6:45 pm
Aquaforme

6:45 pm to 7:30 pm
Essentiel 1 (Beginner 1)

7:30 pm to 8:15 pm
Essentiel 2 (Beginner 2)

**THURSDAY
SEPT. 29 TO NOV. 30**

7:00 pm to 7:45 pm
Aquasanté
Essentiel 1 (Beginner 1)

7:45 pm to 8:30 pm
Prénataux

8:30 pm to 9:15 pm
Aquaforme

SWIMMING

Registration - September 5 to 12

VAUDREUIL-DORION DIVING CLUB

Recreational, pre-competition, competition and adult programs (An assessment is required for the pre-competitive and competitive groups)

Clientele and prerequisites:

Co-ed, 5 years and over. Able to swim 2.5 m in deep water.

Schedule and fees:

Check website for details on schedule and fees.

Location:

Cité-des-Jeunes Pool

Period:

10 weeks per session (3 sessions/year)

Registration:

Tuesday, August 22, 2017 at the Multisports Centre (2nd Floor) from 6:30 pm to 8:00 pm. Open to everyone.

Information: Isabelle D'Amour, Coordinator

514 787-9330

idadamour@gmail.com

www.cpvd.ca

VAUDREUIL-DORION

LES CITADINS SWIM CLUB

A swimming club that offers civil, school and life guard programs, from beginner to elite, 5 years and over.

Period: mid-September to mid-June

The club's mission is to:

- Guide athletes to perform better
- Foster self-esteem and team spirit
- Develop work ethic and empower the athlete
- Encourage active participation in the club

Fees, schedule and more on their website

Information: Guylaine Lacasse

www.lescitadinsnatation.com

lescitadinsnatation@hotmail.com

Present at the August 22nd registrations when identified with this symbol (see page 5 for information)

FC TROIS-LACS SOCCER CLUB

INDOOR SOCCER - CHILDREN

Recreational and development soccer for girls and boys

Schedule: During the day on weekends

Location: Local elementary and high schools

Spaces available for Fall 2017, Winter & Spring 2018.

NEW PROGRAM for children wishing to take part in competitive soccer (information on the club's website). The Club Development Centre (CDC) will be a fall session.

Information: www.fctroislacs.com
info@fctroislacs.com

LES VADROUILLEURS RUNNING CLUB

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

The program includes:

- * A gold label race sanctioned by the Fédération québécoise d'athlétisme
- * A flat, fast and safe road.
- * Several racing distances (1 km for 11 years and under - 2 km – 5 km inspiring women – 5 km men - 10 km).
- * For the 5 km inspiring women's race, \$2 per registration will be donated to La Passerelle Association.
- * Princess and Super Hero themed races for the 1 km.
- * Scholarships will be awarded to male and female winners of the 5km and 10km races.
- * Mascots, Inflatable games and children entertainment
- * Participation medals

Start/Finish: Cité-des-Jeunes Campus

Online registration: www.circuitendurance.ca

Information: Sarah Champagne
450 424-0096 / 514 817-2824
sarah2486@live.ca

TRI-O-LACS TRIATHLON CLUB

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

Information: www.tri-o-lacs.com
450-308-0503

VAUDREUIL-DORION ATHLETICS CLUB

Member of the Quebec Athletic Federation.

Program focused on the long-term development of the athlete, with various training sites depending on the season.

Athletes 12 years and older.

Disciplines: sprint, hurdles, mid-distance race, throwing, jumping, cross-country
Indoor and outdoor competitions (Ex: Quebec games, local, regional and provincial competitions)

Location, schedule: Parc de la Maison-Valois
and period (September and October)
MO and WE 6:00 pm to 7:30 pm

Multisports Centre
(November to April)
MO and WE 7:00 pm to 8:30 pm

Information: Claude David 450 218-1216
claudes_david2@yahoo.ca
Jean-Pierre Champagne 450 424-0096
jeacha@videotron.ca

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for “Resident fees”.

VAUDREUIL REGIONAL FIGURE SKATING CLUB

The club offers all Skate Canada programs, from beginner to the more specialized for hockey or ringette players. Semi-private, private and development classes are also available for figure skating.

All programs are valid for the fall-winter season, unless otherwise indicated. Member fees mandatory for all skaters. *The skater’s resident card is mandatory during registration to be eligible for the City’s fee subsidy.*

PRE-SKATE PLUS:

For 3 to 5 year olds. Allows children to learn the basics of skating, walking, falling without injuring themselves and standing up alone. Mandatory CSA-certified hockey helmet. One, two or three periods of 30 minutes per week.

SKATING PLUS:

For 5 years and up. Flagship learn-to-skate program. In small groups and in circuits, children learn the basics of skating: to go forward, backward, turn, stop and jump. Mandatory CSA-certified hockey helmet. One, two or three periods of 50 minutes per week and possibility of having a development program.

CANADIAN POWER SKATING PROGRAM

For children 6 years and up who already have basic skating skills. This program focuses on balance, power, agility, speed and endurance. It is an ideal program for hockey and ringette skaters who wish to hone their skating technique. Mandatory CSA-certified hockey helmet.

PRIVATE LESSONS

Skaters from beginner to senior. This program offers the opportunity to develop basic figure skating skills in the 4 areas of free skate, technique and interpretive skating. The skater is responsible for finding his/her own coach and setting up a training schedule. The list of CPARV coaches is available on the website. Please note that the cost of this program includes only ice time. Coaching fees are not included and must be paid directly to the chosen professional.

SEMI-PRIVATE LESSONS

Skaters who have successfully completed SKATING PLUS level 5 and above. Lessons given by a professional coach for one or two periods per week. The fees for this program include ice time and coach fees.

SYNCHROSKATE ADULT

Synchronized Skating for Women 35-55 within the Inspiration team. The fees for this program include ice time and coach fees.

Location: Local arenas
Period : September 2017 to March 2018

Online registration only at www.cparv.org

The club will be present at the Multisports Centre during the August 22 registrations to offer information (no registrations on that day).

Information : www.cparv.org
info@cparv.org

MINOR HOCKEY

August 22, 2017 to April 30, 2018

Category	Born between
Initiation	Jan. 1 and Dec. 31 2013
Pre-Novice	Jan. 1 2011 and Dec. 31 2012
Novice	Jan. 1 2009 and Dec. 31 2010
Atome	Jan. 1 2007 and Dec. 31 2008
Pewee	Jan. 1 2005 and Dec. 31 2005
Bantam	Jan. 1 2003 and Dec. 31 2004
Midget	Jan. 1 2000 and Dec. 31 2002
Junior*	Jan. 1 1996 and Dec. 31 1999*

* Number of 21 year old players allowed into junior hockey (article 5.7.3)

Registration Fees: Please visit the City's website for fees per level. Resident card required for application to the City fee subsidy. No subsidy for Junior level.

Special activity: Novice-Atome provincial tournament: April 2018

Registration deadline:

When the maximum number of players per category has been reached, after which registrants are placed on a waiting list. **Online registrations only. No registration in person or by mail.**

Initiation and Pre-Novice begin on September 23, 2017

Information: www.ahmvd.ca
registration@ahmvd.ca
inscription@ahmvd.ca
info@ahmvd.ca

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for “Resident fees”.

DES TROIS-LACS SPEED SKATING CLUB

Des Trois-Lacs Speed Skating Club welcomes children and adults of all ages from the Vaudreuil-Soulanges area and the City of Valleyfield.

Registration and skate fitting at the Vaudreuil-Dorion Arena on August 22 & 23, 2017 from 6:00 pm to 8:00 pm

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Training schedule

Initiation	SU	8:50 am to 9:30 am
Perfectionnement	SU	9:30 am to 10:15 am
	MO	4:45 pm to 5:30 pm
Competition 2*	SU	7:50 am to 8:50 am
	MO	5:30 pm to 6:30 pm
	TH	4:40 pm to 5:30 pm
Competition 1**	SU	6:30 am to 7:40 am
	MO	6:35 pm to 7:45 pm
	TU	5:00 pm to 6:15 pm
	TH	5:35 pm to 6:45 pm

Schedule may change without prior notice.

* Speed skates are mandatory.

** A minimum of twice a week is required.

Period: September 2017 to March 2018

Fees: Check the City website for rates

Resident card mandatory to be eligible for “Resident fees”.

Information : Josée Daoust 514 425-5349

www.cpv3lacs.org

info@cpv3lacs.org

www.facebook.com/CPV.3Lacs

4 CITÉS RINGUETTE

Ringette is a very fast sport that is practiced on the ice and where female players use a straight stick to pass, move and throw a rubber ring in order to score goals. Ringette promotes the absence of physical contact and full equipment is required.

Period: September 2017 to April 2017

Category	Born	Fees	Special Feature
Moustique	2012-2014	\$172.50	Local arenas
Pre-novice	2010-2011	\$325	Possible contribution to fund team tournaments
Novice to Cadet *	2009 and -	\$420	Possible contribution to fund team tournaments *

Girls 18 years old on September 30 must pay \$670.

Registration:

- Online registration only.
- Resident card mandatory to be eligible for “Resident fees”.
- Amount payable in one or three equal payments (post-dated cheques). No refunds after November 1st, 2017.
- Please send a picture of the player and a photocopy of the medicare card by e-mail to regist4cites@gmail.com (new players only)

Information: www.ringette4cites.com

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

VAUDREUIL-DORION JUNIOR BADMINTON BADCLUB

Competitive club founded in 2004 focused on the individual development and high performance of its athletes

PROGRAM #1

Elite

Admission to this program is upon invitation only.

Fees: To be confirmed, depending on level

Location: Cité-des-Jeunes High School
Du Chêne-Bleu High School

PROGRAM #2

Development/Competitive

A program designed for highly dedicated athletes who wish to develop their skills under the supervision of qualified coaches. Players will eventually be asked to participate in different network competitions. They must also meet certain conditions.

September 2017 to May 2018

Fees: To be confirmed, depending on level

Location: Cité-des-Jeunes High School
Du Chêne-Bleu High School

PROGRAM #3

Beginner/Recreational

Basic badminton skills for elementary children (1 training session per week: SU)

September 2017 to April 2018

Fees: \$50 per month

Location: Sainte-Madeleine School

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

VAUDREUIL-DORION BADMINTON CLUB

The Club is looking for intermediate or intermediate advanced players to play on Mondays from 8:00 pm to 10:00 pm.

Period: September to May

Location: Sainte-Madeleine School

Information: Édith Girard 514 755-7648
edith.girard1@sympatico.ca
Marc Cousineau 450 510-5393

ÎLE-PERROT BASKETBALL
ASSOCIATION

Recreational and competitive basketball for children.

Category	Born between	Fees
Pre-novice co-ed (Beginner)	Oct. 1st 2009 and Sept. 30, 2011	\$120
Novice co-ed (Competition)	Oct. 1st 2007 and Sept. 30, 2009	\$250
Mini Boys (Competition)	Oct. 1st 2005 and Sept. 30, 2007	\$250
Mini Girls (Competition)	Oct. 1st 2005 and Sept. 30, 2007	\$250
Benjamin Boys (Competition)	Oct. 1st 2003 and Sept. 30, 2005	\$275
Benjamin Girls (Competition)	Oct. 1st 2003 and Sept. 30, 2005	\$275
Cadet Boys (Competition)	Oct. 1st 2002 and Sept. 30, 2003	\$300
Cadet Girls (Competition)	Oct. 1st 2002 and Sept. 30, 2003	\$300
Juvenile Boys (Competition)	Oct. 1st 1999 and Sept. 30, 2002	\$325

Family discount: \$25 discount for each additional child

Additional fee of \$25 for late registrations (after September 7). A minimum number of players is required for each category

Refund: \$50 fee, deadline October 15 (no refunds after that date)

Location: Île-Perrot and Vaudreuil-Dorion school gymnasiums

Period: September to April (Beginner: October to April)
Schedule will be determined after registration period

Looking for coaches

Information: Michel Bento 514 774-1663
michel.bento@sympatico.ca
www.basketileperrot.ca

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

LES CITADINS

VOLLEYBALL CLUB

The club is always looking for players (beginners, intermediate, advanced) who want to be part of its civilian regional teams. They take part in various provincial tournaments organized by Volleyball Quebec among others. Young athletes improve their techniques, game strategies and develop their team spirit.

Age Categories

Girls

14 years and under (October 2003 to September 2005)

15 years and under (October 2002 to September 2003)

16 years and under (October 2001 to September 2002)

17 years and under (October 2000 to September 2001)

Boys

14 years and under (October 2003 to September 2005)

16 years and under (October 2001 to September 2003)

18 years and under (October 1999 to September 2001)

Schedule: September to May, 1 to 3 training sessions a week, schedule varies depending on category.

Location: Lévis-Sauvé Sports Centre (Cité-des-Jeunes High School)

Fees: To be confirmed, depending on category

Information: Alain Rondeau 514 770-4108

citadins_volleyball@hotmail.com

KIN-BALL SOUTH-WEST REGIONAL ASSOCIATION

Invented in Quebec in 1986, Kin-Ball is a sport that is played with three teams on the court at once. If the ball touches the ground, a point is awarded to the other two teams. A sport that is well worth discovering and playing! For beginners and advanced.

Schedule:

SA 10:00 am to 11:00 am 8 and 9 years

SA 11:00 am to 12:00 pm 10 to 12 years

Period: September 30 to December 9, 2017

Fees: \$93.50 for 11 weeks

Location: Sainte-Madeleine School

Information: 450 218-7999

www.kin-ball.qc.ca/sud-ouest/

sud-ouest@kin-ball.qc.ca

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. This discipline requires physical strength, grace, flexibility and synchronism. Recreational and competitive programs of all levels. The motto is security, fun and improvement.

Duration: 10 weeks

Level	Days
4 to 6 years	SA 9:00 am to 10:00 am or WE 6:00 pm to 7:00 pm
Beginner & Intermediate	SA 10:00 am to 11:30 am WE 6:00 pm to 7:30 pm h 6 years + (1.5h to 3h per week)
Advance/Sport	MO to SU (6h, 8h, 10h, 12 h) (except TH)

*Please see coach for tumbling, double mini-trampoline and advanced schedules.

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

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

Location: La Perdriolle, La Samarre and Le Chêne-Bleu Schools

Information: Ewa Rucka 514 425-0803
Danielle Tremblay 514 824-0548
www.facebook.com/lesGymnastesDeLlile
gymnastesdelile@gmail.com

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

GYMINI GYMNASTICS CLUB

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

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 derived from the basics of gymnastics. This is the first gymnastics class with no parent: a great introduction to independence and group dynamics! (1h/week)

KINETIK (5 to 15 years)

The KINETIK program 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, Cheerleading and Gym-en-Fête.

2017 Fall Session

Online registrations have already begun.

www.clubgymini.org

Period: September 15 to December 7, 2017 (11 weeks)

2018 Winter Session

Online registration starting October 23, 2017

www.clubgymini.org

Period: January 5 to March 29, 2018 (11 weeks)

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

GYMINI GYMNASTICS CLUB

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

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.

2017 FALL SESSION

Online registrations have already begun

www.clubgymini.org

Period: September 15 to December 7 (11 weeks)

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

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

G-FORCE CHEERLEADING

G-Force conveys values of pride, passion, courage, respect and trust. It aspires to ensure that all athletes develop their full potential as a team. Coaching is the key to the success of the club. Participants will have the chance to work with coaches certified by the Fédération de cheerleading du Québec (FCQ) and the la Fédération de gymnastique du Québec (FGQ).

Location: Multisports Centre, Room C-145

RECREATIONAL CHEERLEADING

Phantom	5-6 years	SA 10:30 am to 11:30 am
Falcon	7-8 years	SA 1:00 pm to 2:15 pm
Millenium	9-12 years	SA 2:30 pm to 4:30 pm

2017 FALL SESSION

Online registrations have already begun

www.clubgymini.org

Period: September 15 to December 7 (11 weeks)

2018 WINTER SESSION

Online registration starting October 23.

www.clubgymini.org

Period: January 5 to March 29, 2018 (11 weeks)

COMPETITIVE CHEERLEADING*

Galaxy	14 years and under	WE 5:30 pm to 7:00 pm SA 9:00 am to 10:30 am
Troopers	12-18 years	MO 5:30 pm to 8:30 pm TH 5:00 pm to 7:00 pm SU 1:00 pm to 4:00 pm
Goldies	18 years + (Open Inter level 4.2)	WE 7:00 pm to 9:00 pm
Golden Queens	17 years + (Open All-girls level 6)	TH 7:00 pm to 10:00 pm SU 6:00 pm to 9:00 pm

* Mandatory auditions

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

SELF-DEFENCE SANKUKAN KARATE

Concentration, determination, respect

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

Fees and schedule:

4, 5 & 6 years	\$100	Initiation (12 weeks)
7 to 12 years	\$165	Beginners + (13 weeks)
7 to 12 years	\$175	Orange belt +
13 years +/adult	\$205	Beginners +
13 years +/adult	\$215	Orange belt +

Additional fees of \$10 applicable after registration period.

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

Period: 7 years +, September 11 to December 9 (13 weeks)
4, 5 & 6 years (once a week) September 16 to December 2 (12 Saturdays)
(5 and 6 years – initiation, spaces are limited)

No classes on October 9 and 31. Other possible cancellations.

Location: Sainte-Trinité School

Schedule: TU/WE/TH 6:30 pm to 8:30 pm

SPECIAL SELF-DEFENCE CLASS FOR WOMEN

ONLY (14 years +)

SU October 29, 2017

1:00 pm to 3:30 pm

Sainte-Trinité School

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 known as "The Art of Peace". 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

Schedule: MO to FR 7:00 pm to 8:30 pm
SA 10:30 am to 12:00 pm

Fees: \$100 per month or \$250 for 3 months (special prices available for families). No mandatory uniform and no additional fees. Unlimited participation to all sessions.

Try a class for free!

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

Period: Starting September 14, 2017

TH evenings

6:00 pm - 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

ASSOCIATIONS / CLUBS

Resident card mandatory to be eligible for "Resident fees".

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

VAUDREUIL-DORION CO-ED SPORTS LEAGUE

Friendly co-ed Broomball for 20 years +

Looking for regular and reserve players.

SU 7:30 pm

Period: September 7, 2017 to April 12, 2018

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Simon Larrivé 450 218-0737

www.chevaliersvaudreuil.org

(Under « Ligue du jeudi »)

simon@chevaliersvaudreuil.org

VAUDREUIL-DORION VETERAN HOCKEY LEAGUE

Adult hockey for 42 years +

Looking for new players!

FR 10:00 pm to 11:30 pm

Period: September 8, 2017 to April 27, 2018

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Alain DeBlois 450 455-5478

438 403-4244

VAUDREUIL-DORION ADULT RECREATION ASSOCIATION

Adult hockey for 42 years + (6 clubs)

SU 8:15 pm to 10:45 pm

Period: September 10, 2017 to April 29, 2018

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Michel Coderre 450 206-2978

514 418-7461

Daniel Audet 514 425-4540

514 501-5405

COMMUNITY & SOCIAL ACTIVITIES

SCOUTS 19E

VAUDREUIL-DORION

SCOUT 19TH VAUDREUIL-DORION

BECOME A SCOUT!

Are you ready to make new friendships, to grow and flourish in all spheres of development and to rise to new challenges? Come join the Scout Movement!

CASTORS – BOYS AND GIRLS (7 to 8 years)

Learning while having fun

Learning to become autonomous ... without being away from others! Outdoor activities, songs, various games, winter and summer camps as well as learning new skills.

LOUVETEAUX – BOYS AND GIRLS (9 to 11 years)

Taking action

Learning to love nature and respect the environment. Outdoor activities, winter and summer camps, various games, learning about knots, experiments in nature and in society. The Louveteaux bounce in all directions and bite into life!

ÉCLAIREURS - BOYS AND GIRLS (12 to 14 years)

Pushing boundaries

Learning through challenges. Outdoor activities, expeditions on foot or by bike, hiking in the forest, fall, winter, spring and summer camping, practicing knots, installing and building a shelter.

PIONNIERS - BOYS AND GIRLS (14 to 17 years)

Creating a better world

Autonomy, commitment, service and group life are fundamental elements of this unit. With the support of leaders, the Pionniers lead themselves to design the activities and camps that they aim to achieve during the course of the year. Outdoor activities, community service, hiking, humanitarian solidarity travel, four-season camps, explorer jamborees and expeditions.

Meetings are held on Friday evenings, from 7:00 pm to 9:00 pm, September to June.

Information: Marie-France Désormiers 514 475-2519

Michael O’Cain 514 515-9497

info@scout19vd.org

www.scout19vd.org

1st VAUDREUIL-DORION SCOUTS GROUP

(English Group)

Mondays and Fridays, at Papillon Bleu School, Sainte-Trinité Pavilion

THE SCOUTS' MISSION

Contribute in the youth's education in order to participate in the development of a better world filled with well-rounded individuals, better prepared to play an active, constructive role in society.

BEAVER SCOUTS – BOYS AND GIRLS (5 to 7 years)

Day outings, overnight family camping, visits, participation in fund raising, public events, indoor and outdoor games, crafts and songs.

CUB SCOUTS – BOYS AND GIRLS (8 to 10 years)

Day outings, overnight/week-end camping, adventure in the forest, using camping accessories, indoor and outdoor games, crafts and songs.

SCOUTS - BOYS AND GIRLS (11 to 14 years)

Day outings, overnight/week-end camping, canoe-camping, participating in community projects, first aid training, survival in the wild, fund raising and public events.

Information: Kathleen Chassé 514 505-3066

registrar@1stscout.com

John Costello

groupcommissioner@1stscout.com

www.1stscout.com

COMMUNITY & SOCIAL ACTIVITIES

MAISON DES JEUNES DE VAUDREUIL-DORION

Gathering place for youth ages 12 to 17 where they are led by meaningful adults.

Objectives: to have fun with friends, participate in activities as well as provide tools to young people so they can become active, critical and responsible citizens.

Location: 145 Harwood Blvd.

2nd point of service (until September 10): Skateplaza

Information: 450 455-6937

www.mdjvs.ca

mdjvd@msn.com

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES

La Maison de la Famille is present in various points of service within Vaudreuil-Soulanges with a multitude of workshops.

LES AVENTURIERS

Workshops led by an educator with a different theme every week, where children and parents can have fun together. No registration required.

L'ART D'ÊTRE PARENT

A group open to all parents of children 18 months to 5 years where specific subjects related to childhood and parenting can be shared.

JE STIMULE MON ENFANT: 3 workshops

- 0-12 months: Early stimulation (motor)
- 1 to 4 years: Language stimulation
- 4 to 5 years: Preparing for kindergarten

EXPLO-DÉCOUVERTE

Scientific activities for children aged 3-5 and 6-8.

DAYCARE SERVICE

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

SUPERVISION DES DROITS D'ACCÈS (SDA)

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

Information : www.maisondelafamillevs.ca

Facebook : <https://www.facebook.com/>

Maison-de-la-Famille-Vaudreuil-Soulanges-
663764067072028/

450 218-0561

COMMUNITY & SOCIAL ACTIVITIES

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

VAUDREUIL-DORION AIR

CADETS – 867 SQUADRON

Bilingual public youth organization open to both boys and girls ages 12 to 18 who love adventure, challenges, variety and teamwork.

Activities: plane trips, flying, wilderness survival adventures, summer camps, sports activities, music, group outings, dances, competitions, etc.

Schedule: FRI 6:00 pm

Begins: September 8, 2017

Location: Cité-des-Jeunes High School,
Lionel-Groulx Pavilion

Fees: Free

Information: www.escadron867.ca

cmdt.867aviation@cadets.gc.ca

Facebook: Air Cadets de l'air Escadron 867 Squadron

COMMUNITY & SOCIAL ACTIVITIES

VAUDREUIL-DORION

ASSOCIATED SENIORS CLUB

Bernard Lamer, President 450 455-2981

SANDBAG, BASEBALL AND SHUFFLEBOARD

In teams, men, women or couples.

Schedule: Sandbag baseball
MO 1:00 pm to 3:00 pm, starting September 11
Shuffleboard
TU 1:00 pm to 4:00 pm, starting September 12

Location: Jean-Marc-Ducharme
Community Centre

Information: Raymonde Castonguay 450 455-1061

CARD GAMES

Friendly gatherings to play cards or OKO

Schedule: WE 1:00 pm to 4:00 pm, starting September 13
Location: Jean-Marc-Ducharme
Community Centre
Information: Lyse Dussault 450 455-9548 / 514 497-6566
lysedus@videotron.ca

VAUDREUIL-DORION SANDBAG LEAGUE

Schedule: TU 6:30 pm to 9:00 pm, starting September 5
Location: Papillon Bleu School,
Saint-Jean-Baptiste Pavilion

Information: Yvette Gaudreau 450 218-4080

SCRABBLE

Friendly gatherings

Schedule: FRI 12:00 pm to 4:00 pm, starting September 8

Location: Jean-Marc-Ducharme
Community Centre

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

VAUDREUIL-DORION

BRIDGE CLUB

Team card game.

Duplicata bridge game.

Schedule: TH 12:30 pm to 4:00 pm

Location: Jean-Marc-Ducharme Community Centre

Information: Claude Boissel 514 453-8014

Lessons available: Benoît Poirier 514 457-5841

COMMUNITY & SOCIAL ACTIVITIES

GRAND

RASSEMBLEMENT DES AINES DE VAUDREUIL ET 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, ext. 223
info@legraves.com
www.legraves.com

VAUDREUIL-DORION WOOD SCULPTING

Learn wood sculpting and bird painting.

One set of classes will be given on Mondays from 6:30 pm to 9:30 pm and another on Thursdays from 1:00 pm to 4:00 pm; both will run from September 11 to December 14, 2017.

Information: Normand Picotin 450 455-2951
normand.picotin@videotron.ca

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 not-so-young. So far, the club has observed 210 species of birds, 156 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 promotes well-being by cultivating body, heart and mind to recover harmony within and with the world around. This art of health promotes concentration, balance and circulation. Accessible to all.

Location: Jean-Marc-Ducharme Community Centre

Information: 514 272-5271

www.taichitaoiste.org

CERCLE DE FERMIÈRES

VAUDREUIL

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

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

Craft Activities for members at 160 des Loisirs St.

Information: Sylvie Sauriol 450 455-9458

COMMUNITY & SOCIAL ACTIVITIES

SAINT-MICHEL

CHRISTIAN COMMUNITY

Registration:

A journey on the path of Christian life for ages 7 to 17 to help live one or more sacraments:

- Saturday, September 9, in the Très-Sainte-Trinité church basement - 9:00 am to 12:00 pm
- Choir and Christmas mime at Saint-Michel and Très-Sainte-Trinité churches: registration with the pastoral agents.

KIDS SUNDAY SCHOOL

For children 4 years and up at Très-Sainte-Trinité church, during the 11:00 am Sunday mass, starting mid-September.

Information: Presbytère Saint-Michel
414 Saint-Charles Ave.
450 455-4282
www.paroisses-v-d.com
paroissestmichel@videotron.ca

DES TROIS-LACS SAIL SQUADRON

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 (voice mail)
formation@ecp3lacs.org
www.ecp3lacs.org

LESSON - FRENCH AS A

SECOND LANGUAGE

Six levels, oral and written communication, cultural activities, experienced teachers

Full time 30 h per week

MO to FR 9:00 am to 3:30 pm

Part-time 12 h per week

MO to TH 9:00 am to 12:00 pm

Evening classes 6 h per week

MO and WE 7:00 pm to 10:00 pm

\$20 general fees and purchase of a notebook

Begins: September 4, 2017 for a period of 11 weeks

Possibility to continue over several sessions

Location: Vaudreuil-Dorion and Ile-Perrot

Information and registration: 514 477-7000, ext. 5620

[http://multicentre.cstois-lacs.qc.ca/
br/formations/programmes-fip](http://multicentre.cstois-lacs.qc.ca/br/formations/programmes-fip)

COMQUAT

LE FRANÇAIS, JE L'APPRENDS, JE L'AMÉLIORE !

Free French classes for adults*

FOR EVERYONE

Written French (basic and intermediate levels)

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

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

EN ROUTE VERS L'EMPLOI

New program to improve basic skills such as French, computer skills, calculation and finding employment (in collaboration with an organization specialized in job search).

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

Information: 450 218-2821 or centremultisports.org

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, ext. 8202

CHILDREN ACTIVITIES

Registration: Starting August 19 at 8:00 am (members only)
Starting August 26 at 8:00 am (for everyone)
10 % discount until August 31st

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

Period: September 16 to December 3 (10 weeks)
No classes on October 14 & 15 and November 18 & 19

ÉVEIL ATHLÉTIQUE

Program focused on learning, play and fun! Children 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

Period: September 16 to December 2 (10 weeks)

No classes on October 14 and November 18

PROGRAMME NINJA

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

Period: September 16 to December 3

No classes on October 14 & 15 and November 18 & 19

MULTISPORTS CENTRE

Information: 450 218-2821 or centremultisports.org

ADULT ACTIVITIES

CLASSES

Registration: August 19, starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
10 % discount until August 31, 2017

SKI+

Fun, motivating and safe physical training.

Supervised by a professional kinesiologist. All levels.

Schedule: MO and WE 6:00 pm to 7:00 pm

Period: November 6 to December 13 (6 weeks)

Fees: \$190 + 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

Period: September 25 to November 29 (10 weeks)

Fees: \$160 + tax

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: TU 6:30 pm to 7:45 pm (Beginner)

TU 8:00 pm to 8:15 pm (Intermediate)

Period: September 26 to November 28 (10 weeks)

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.

Schedule TU 7:30 pm to 8:45 pm (Beginner)
 WE 7:30 pm to 8:45 pm (Intermediate)
Period: November 7 to December 13 (6 weeks)
Fees: \$180 + tax

RUNNING+

Fun, motivating and safe physical preparation for all levels. Supervised by a kinesiologist.
For members of the running club only!

Schedule: WE 7:30 pm to 8:30 pm
Period: September 20 to December 6 (12 weeks)
Fees: \$125 + tax

SELF-DEFENCE+

A program to help acquire adequate self-defence moves in order to deal with situations where physical and moral integrity is at risk. Instructor Paul Bourgoin is an expert in self-defence (5th Dan). A pedagogical and progressive approach that builds confidence in order to evolve positively. For men and women. Possibility of a free trial class!

Schedule: SU 11:30 am to 12:30 pm
Period: September 24 to December 10 (12 weeks)
Fees: \$170 + tax

MULTISPORTS CENTRE

Information: 450 218-2821 or centremultisports.org

CLUBS

Registration: August 19, starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
10 % discount until August 31, 2017

RUNNING CLUB – Annual and Objective “Course”

The club is open to runners of all levels. Under the supervision of kinesiologists with expertise in running, 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 “Piste” package.

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

Period: Objective “Course” (12 weeks)
September 19 to December 12
(no class on October 12)

Annual (39 weeks)
September 19 to June 28
(no classes on October 12, December 25 to
January 7)

Fees: \$140 + tax (Objective “Course”)
\$260 + tax (Annual)

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 13 years of training experience.

Period: September 19 to December 16
(3 months, no classes on October 14, November 18
September 19 and June 23)
(annual – no classes on October 14, November 18
December 26, 27 and 30, January 2, 3, 6, 13 and 20,
March 6, 7 and 10 mars, May 5)

7-17 years: TU 6:00 pm to 8:00 pm and SA 8:30 am to 10:30 am
18 years +: WE 8:00 pm to 10:00 pm and SA 10:30 am to 12:30 pm

Fees: 3 months 7-17 years \$185 / 18 years+ \$250
Annual 7-17 years \$325 / 18 years+ \$445
(additional tax for 15 years and over)

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

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.

Period: September 18 to December 11
(3 months – No classes on October 12)
September 18 to May 31)
(Annual – No classes on October 12, December 25 and
28, January 1 and 4, March 5 and 8)

7-17 years: MO and TH - 6:00 pm to 7:00 pm (Beginner)
MO and TH - 7:00 pm to 8:00 pm (Intermediate and Advanced)

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

Fees: 3 months 7-17 years \$185 / 18 years+ \$250
Annual 7-17 years \$325 / 18 years+ \$445
(additional tax for 15 years and over)

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

MULTISPORTS CENTRE

Information: 450 218-2821 or centremultisports.org

A LA CARTE CLASSES

Registration: August 19, starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
10 % discount until August 31, 2017

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

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: September 30 to December 2 (10 weeks)
Schedule SA 11:00 am to 12:00 pm
Fees: \$105 + tax per family of 1 adult 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: September 25 to November 29 (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: \$135 + 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: September 27 to November 29 (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 child.

Period: October 1 to December 3 (10 weeks)

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

Fees: \$105 + tax per family of 1 adult and 1 child

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: September 12 to October 19 (session 1) (6 weeks)

October 31 to December 7 (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: September 26 to November 28 (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: September 28 to November 30 (10 weeks)

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

Fees: \$105 + tax

GYM PERFO OBSTACLES COURSE

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: September 25 to December 3 (10 weeks)
Schedule: To be determined
Fee: \$120 + tax

INTRODUCTION TO YOGA NEW!

Discover yoga in a friendly, relaxing and motivating environment. A series of classes that teach all the elements to build your yoga practice throughout your life.

Each class is based on the previous class and provides you with the basis to progress at your own pace.

Our dynamic instructors will provide you with the full Zen experience.

Period: September 25 to December 3 (10 weeks)
Schedule: To be determined
Fee: \$105 + tax

MULTISPORTS CENTRE

Information: 450 218-2821 or centremultisports.org

GROUP CLASSES 1

Registration: August 19, starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
10 % discount until August 31, 2017

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: TH 7:30 pm to 8:30 pm
Period: September 14 to October 19 (session 1) (6 weeks)
November 2 to December 7 (session 2) (6 weeks)
Fees: \$100 + tax / session

OLYMPIC BOXING

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: TU 8:30 pm to 9:30 pm
Period: September 12 to October 17 (session 1) (6 weeks)
October 31 to December 5 (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 7:30 pm to 8:30 pm
Period: September 12 to October 17 (session 1) (6 weeks)
October 31 to December 5 (session 2) (6 weeks)
Fees: \$100 + tax / session

TRX PILATES

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: MO 4:30 pm to 5:30 pm or
FRI 9:00 am to 10:00 am

Period: September 11 to October 20 (session 1) (6 weeks)
October 30 to December 8 (session 2) (6 weeks)

Fees: \$100 + tax / session

MULTISPORTS CENTRE

Information: 450 218-2821 or centremultisports.org

GROUP CLASSES 2

Location: St-Jean-Baptiste Opticentre
Registration: August 19 starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
Period: September 11 to November 30, 2017
Schedule may change without prior notice.
Instructor: Multisports Centre team
(10 % discount not applicable to these classes)

INTERVALS +

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!

Set of 5 or 8 pound weights required.

Duration: 10 weeks
Schedule: MO or WE 6:30 pm to 7:15 pm
Level: For everyone
Fees: \$65 + 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!

Set of 3 or 5 pound weights required.

Duration: 12 weeks (no class on October 9)
Schedule: MO 10:35 am to 11:30 am
MO 1:15 pm to 2:15 pm
WE 10:30 am to 11:30 am
TH 10:30 am to 11:30 am
Level: For 50 years +
Fees: \$65 + tax

Location: Sainte-Madeleine School Gymnasium
Registration: August 19, starting at 8:00 am (members only)
August 26 starting at 8:00 am (for everyone)
Period: September 14 to November 30, 2017
Schedule may change without prior notice.
(10 % discount not applicable to these classes)

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!

Duration: 12 weeks
Schedule: TH 7:00 pm to 8:00 pm
Level: For everyone
Fees: \$90 + tax

FULL AWARENESS MEDITATION NEW!

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.

Duration: 12 weeks
Schedule: TH 8:00 pm to 9:00 pm
Level: For everyone
Fees: \$135 + tax

DIRECTORY OF SOCIAL ASSOCIATIONS

ALCOHOLICS ANONYMOUS

514 376-9230 / 1 877 790-2526

Meetings at Bel-Air Pavilion

www.aa-quebec.org

aidecourriel@aa87.org

ARC-EN-CIEL VAUDREUIL-SOULANGES

Self-help group offering services to people with mental health problems or living in a situation of emotional distress.

60 de l'Église St.

450 424-7006

www.arcencielvs.com

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

CARREFOUR DE L'ESPOIR

Recycling of household appliances, furniture, household goods and toys

235 St. Joseph Street

450 218-3100

lecarrefourdelespoir@videotron.ca

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

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 / 1 866 484-6664

Meetings at the Bel-Air Pavilion

www.gaquebec.org

info@gaquebec.org

LA PASSERELLE SHELTER

Temporary shelter for women victims of conjugal violence, telephone interventions and caregiving.

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

OPTION RESSOURCE TRAVAIL /

PS JEUNESSE

Help with job search, access to non-traditional occupations

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 (Parents of handicapped children with learning disabilities)

Recreation, social skills development workshops, respite, family and community outings, family support, social integration

420 Chicoine St.

450 424-7505

info@pehdaa.ca

RÉSEAUX EMPLOI ENTREPRENEURSHIP

Professional services 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

Community welcome visit and gift for new residents and at the birth of a child

Geneviève Lebeau

514 436-2648

www.welcomewagon.ca

genevevelebeau@hotmail.com

DIRECTORY OF
CULTURAL ASSOCIATIONS

VAUDREUIL - SOULANGES

READING WORKSHOP

Monthly meetings to discuss a predetermined book (mandatory registration).

Held at the library on the first Monday of each month, from 12:45 pm to 3:30 pm

Last day of activities: May 7, 2017

Marie-Andrée Drolet

450 455-6207

marieandreedrolet@hotmail.com

AUTAM – DORION

Continuous education program for ages 50+

Afternoon conferences at the St-Jean-Baptiste Opticentre

WE 1:30 pm to 4:00 pm

September 27 to November 29, 2017

Registration at the municipal library on September 13, from 1:30 pm to 4:00 pm

Francine Clermont 450 455-4948

autam.dorion@gmail.com

AUTAM – VAUDREUIL

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

Geopolitics of the Middle East: a historical approach to the Syrian crisis

TU October 3 to November 28, 1:00 pm to 3:30 pm

Online registration starting August 9

Montreal: a new way of discovering the city

TH October 5 to November 23, 1:30 pm to 4:00 pm

Online registration starting August 9

www.usherbrooke.ca/uta/monteregie

autam.vaudreuil@gmail.com

Louise Chevrier 450 455-7270

Linda Gorman 450 455-6578

VAUDREUIL-SOULANGES

ARCHIVE CENTRE

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

Défaite ou conquête 1759-1760?

TH September 21 at 7 :00 pm

Passons à l'ouest: la colonisation de Vaudreuil-Soulanges

TH October 19 at 7:00 pm

La mode à travers le temps : évolution des conventions sociales

TH November 16 at 7:00 pm

Reservation mandatory

450 424-5627

www.archivesvs.org – archives@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

For more than a decade, the Chants de Coton choir has been vibrating to the rhythms of gospel spiritual and folk songs, both traditional and classical. Directed by David Lapierre since 2014, the choir is committed each year to sharing its songs to support, encourage and share its passion with local social key players.

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

www.chantsdecoton.org

chourchantsdecoton@gmail.com

CHOEUR CLASSIQUE

VAUDREUIL-SOULANGES

Conducted by Jean-Pascal Hamelin and accompanied by Jacynthe Riverin, the choir offers an opportunity for its choir members to explore a vast repertoire of choral songs from different eras and to hold a series of high quality concerts.

Audition required; place and date to be confirmed in September and January.

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

info@choeurcvvs.org

CHOEUR ESPÉRANTO

A choir directed by Sylvain Bertrand composed of about thirty men and women of all ages and from all walks of life. Performances are held without binders with musicians on stage in an intimate setting so as to appreciate the true value of choral singing.

Audition required; place and date to be confirmed in August. Please reserve your spot.

Prerequisite: experience in choral singing, knowledge of music or playing a musical instrument.

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

Louise Lapointe, President 514-266-1444

www.choeuresperanto.ca

choeuresperanto@gmail.com

LA BOÎTE LUMINEUSE

FILM CLUB

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

MO September 11, 18 and 25

MO October 2, 16 and 30

MO November 13 and 27

laboitelumineuse@yahoo.ca

VAUDREUIL-DORION PHOTOGRAPHY CLUB

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

Meetings twice a month at the Jean-Marc-Ducharme Centre

1st meeting: WE September 6

www.clubphotovaudreuildorion.com

secretairecpvd@gmail.com

SAINT-MICHEL CHURCH

450 455-4282

paroissestmichel@videotron.ca

LES ENCHANTEURS VOCAL ENSEMBLE

Season begins in September and ends with a grand annual performance.

Practices on Wednesday nights, 7:00 pm to 10:00 pm at the Saint-Michel School.

www.lesenchanteurs.ca

info@lesenchanteurs.ca

LA MAISON TRESTLER

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

Guided visits for adults and schools (reservation mandatory).

La Maison Trestler allows us to discover the exciting story of Jean-Joseph Trestler and his descendants. A historical interpretation circuit, illustrations of Frédéric Back and more.

Exhibitions in all three galleries until September 17, 2017 during opening hours:

- Antoine-Aimé-Dorion Gallery: Ginette Gibeault
- Iphigénie Gallery: Janet Mann
- Salon Rainville: Solange Falardeau

Exhibitions in all three galleries from September 21, 2017 to December 21, 2017 during opening hours:

- Vernissage of all three exhibitions: September 21 at 7:30 pm
- Antoine-Aimé-Dorion Gallery: Gail Descoeurs and students
- Iphigénie Gallery: Siloë Leduc
- Salon Rainville Marc Brulé and the Groupe M

Cultural Day

Open house and concerts (dress rehearsal) with members of Choeur Esperanto choir, guided visits on La Maison Trestler's history and visits of the three art galleries.

SU October 1, 1 :00 pm to 4 :00 pm

The Legendary Christmas Market

November 12 and 13, 10:00 am to 4:00 pm, free

Indoor and outdoor kiosks, crafts, children entertainment, tastings and more. More than 70 different stops to discover for the whole family

SA November 11 and SU November 12, 10:00 am to 4:00 pm

Christmas Benefit Concert

TH December 7

Saint-Michel Church

Reservation mandatory

La Maison Trestler is also available for rental to the private sector, for training, receptions of all kinds and others.

85 de la Commune Rd.

450 455-6290

www.trestler.qc.ca

info@trestler.qc.ca

MAISON FÉLIX-LECLERC

Please check the website for programs & activities

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.

Exhibitions

L'art de la table: September 16, 2017 to August 5, 2018

Soixante17: September 16 to November 5, 2017

Et si j'avais des ailes: November 11, 2017 to January 24, 2018

Clic et déclic: Until December 22, 2017

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

Permanent exhibition

Matinées Art de vivre (conferences/activities)

FR September 29, October 20 and November 17, 1:30 pm

Adult Art Workshops

FR October 27, November 24 and December 8, 1:30 pm

Musée en fête - Halloween

SU October 29, 2:00 pm

Themed crafts and entertainment

Musée en fête - Christmas

SU December 17, 2:00 pm

Themed crafts and entertainment

Cultural Journey

A beautiful journey of discovery into the Gatineau area

MO September 25

More details to come

Un bardeau pour toit/toi

WE September 20, 7:00 pm to 9:00 pm

Unveiling and sale of the works created for this project to benefit the Museum and which involved hundreds of local artists.

The Museum's Charity Dinner
2nd year of De l'art à la table
TH November 2
More details to come

Conferences with John McRae
SA November 18, 2 blocks of 2 h
More details to come

Volume 8 youth album launch for Les aventures de Cyprienne
SU December 3, 1:30 pm

The Museum's Christmas Dinner
WE December 6, 6:00 pm
More details to come

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

Conference and movie: La folle entreprise – Sur les pas de
Jeanne Mance

WE September 27, 7:30 pm
Free, open to the public
Multisports Centre, Room 3

Conferences

WE October 25, 7:30 pm: Preuves par présomption
WE November 22, 7:30 pm: Île Sainte-Hélène – Avant la conquête
Free, open to the public
Municipal library, Félix-Leclerc Hall

Class

Initiation to genealogy

TU October 10 to November 14, 7:00 pm

Reservation mandatory

Municipal library, Félix-Leclerc Hall

Genealogical research at the heritage room

Free public access for research during the library's opening hours

Member only activities

Program at www.sgvc.ca

Robert Daunais, President 450 455-9511

Gisèle Monarque, conferences and classes 450 424-4806

www.sgvc.ca