

Recreation and Culture

Activities brochure

Fall 2018

# LOISIRS ET CULTURE

**INSCRIPTION DES ORGANISMES**

DIMANCHE 19 AOÛT, 11 H À 15 H  
PARC DE LA MAISON-VALOIS

**PROGRAMME D'ACTIVITÉS**  
Automne 2018



Vaudreuil-Dorion

Photo: Christian Gonzalez

## **SUMMARY**

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## RECREATION AND CULTURE DEPARTMENT

Multisports Centre 2nd floor

3093 de la Gare Blvd, Room B-230

Vaudreuil-Dorion J7V 9R2

loisirsulture@ville.vaudreuil-dorion.qc.ca

www.ville.vaudreuil-dorion.qc.ca

450 455-3371, option 4

### OPENING HOURS

Until August 31, 2018

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

Friday: 8:00 am to 12:00 pm

Starting September 4, 2018

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

Friday: 8:30 am to 4:30 pm

### VAUDREUIL-DORION ARENA

9 Jeannotte Street, Vaudreuil-Dorion J7V 6E6

450 455-3371, option 4

### MUNICIPAL LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion J7V 6E6

450 455-3371, option 6

### INDOOR POOL

400 Saint-Charles Ave, Pavilion J

Vaudreuil-Dorion J7V 6B1

Weekdays

Evenings and weekends

450 455-3371, option 4

514 477-7000, ext. 1963

### ACTIVITY LOCATIONS

Le 190 Saint-Charles

Jean-Marc-Ducharme Community Centre

Multisports Centre

Brind'Amour School

Hymne-au-Printemps School

Papillon-Bleu School (Sainte-Trinité)

Papillon-Bleu School (Jean-Baptiste)

Harwood School

Sainte-Madeleine School

Saint-Michel School

Cité-des-Jeunes High-School

Saint-Michel Church

Très- Sainte-Trinité Church

Maison des Jeunes

Maison Félix-Leclerc

Opticentre St-Jean-Baptiste

Pavillon de Bel-Air

Pavillon Normand-Desjardins

Pavillon de Sainte-Trinité

Pavillon Valois

190 Saint-Charles Ave.

21 Louise-Joseph Street

3093 de la Gare Blvd

400 Saint-Charles Ave. (Pavilion P)

99 Maurice-Richard Street

175 des Loisirs Street

2 de la Fabrique Ave.

186 – 8th Avenue

14 Sainte-Madeleine Street

8 Jeannotte Street

400 Saint-Charles Ave.

414 Saint-Charles Ave.

145 Saint-Charles Ave.

145 Harwood Blvd.

186 chemin de l'Anse W.

145 Harwood Blvd.

554 Pie-XII Street

671 Valois Street

160 des Loisirs Street

329 Saint-Charles Ave.

Multisports Centre

Citizens of Vaudreuil-Dorion

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

## REGISTRATION PERIOD

NEW!

Registration day for associations

Sunday, August 19, 11:00 am to 3:00 pm at  
Maison-Valois Park during Citizen's Day

Associations present at registration day (listed below) will be identified with this symbol.

1st Vaudreuil-Dorion Scouts Group | Aïkido Ouest | Association de basketball de L'Île-Perrot |  
Association régionale de kin-ball du Sud-Ouest | Centre d'archives de Vaudreuil-Soulanges |  
Cercle de fermières Vaudreuil | Club de badminton Bad-Club | Club de natation Les Citadins |  
Club de pickleball de Vaudreuil-Dorion | Club de plongeon | Club de volleyball Les Citadins |  
Club photo Vaudreuil-Dorion | Escadron 867 | Karaté Sankukan | Paroisse Saint-Michel |  
Ringuette 4-Cités | Scout 19e Vaudreuil-Dorion | Société de généalogie Vaudreuil-Cavagnal |  
Tai chi Taoïste

## SWIMMING LESSONS

### MON INSCRIPTION

Wednesday, September 5, 12:30 pm to Monday, September 11, 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 6 between 8:30 am and 12:30 pm

\* For non-residents, registration begins on September 6 at 12:30 pm.

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

Free sports and cultural activities for the whole family!

What activities are offered?

Children swimming lessons and fitness classes for adults. You also have on-site access to other sports and cultural activities offered free of charge by Vaudreuil-Soulanges partners.

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	\$21,822 or less
2 people	\$27,165 or less
3 people	\$33,396 or less
4 people	\$40,548 or less
5 people	\$45,988 or less
6 people	\$51,686 or less
7 people or more	\$57,747 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 (2017 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 8, 2018, between 9:00 am and 1:00 pm, at the Paul-Émile-Lépine Community Centre (150 Perrot Blvd., Île-Perrot).

## RESIDENT CARD

Mandatory for all registrations

- For participants 2 years and up
- In order to obtain «Vaudreuil-Dorion resident fees » for the various activities
- To get a card, please present proof of residence (ID card with address and photo) at the Recreation and Culture Department or the library

## **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. Sportswear and indoor running shoes are mandatory.

Activities offered:

- Basketball
- Hockey cosom
- Badminton
- Soccer
- Pickleball

Please check the City's website for schedules as of mid-September.

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 10
Everyone	SA	6:30 pm to 8:20 pm	October 6
Everyone	SU	4:00 pm to 5:50 pm	October 7
55 years +	TU/WE/TH	9:15 am to 10:05 am	September 11

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

These activities may be cancelled without prior notice.

Free for valid Vaudreuil-Dorion resident card holders.

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 10
55 years +	MO and FR	9:15 am to 10:35 am	September 11

Please check the City's website for breaks.

These activities may be cancelled without prior notice.

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

Fees for other users: \$5 per session (cash only)

## 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

Schedule may be modified without prior notice.

## 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 4 to 21

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 22 to December 16\*

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 (cash only):

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

## IMPORTANT

Swimming caps and showers are mandatory for everyone. For safety reasons, children 6 and under and those wearing a floating device must be accompanied by a responsible person in the water.

## FALL 2018 SWIMMING

### MON INSCRIPTION

#### A NEW ONLINE REGISTRATION TOOL

Two important steps!

1) By September 3:

Mandatory creation of a new account for all users (residents of Vaudreuil-Dorion and non-residents) who have not participated in the winter and spring 2018 sessions nor the Animation Jeunesse or Air en fête Day Camps.

Allow for an approval period of at least 48 hours between account creation and registration.

2) Starting September 5 at 12:30 pm:

Online registration for Vaudreuil-Dorion residents. As of September 6 at 12:30 pm, for non-residents

[ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)

Under Online Services - Registration for Activities

#### ONLINE REGISTRATION

September 5, 12:30 pm to September 11, 8:30 am \*

Online registration using a computer only (no tablet or phone).

If your account was not created before September 3, you cannot register online for swimming lessons.

For non-residents, registration begins on September 6 at 12:30 pm.

\*There will be no registration on September 6, between 8:30 am and 12:30 pm.

No priority is given to those who come in person to the Recreation and Culture Department.

Starting on September 5 at 12:30 pm, telephone assistance at 450 455-3371, option 4 and registration in person during the registration period for those who don't have access to a computer, 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 and discounts 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. To benefit from family discounts, members of the same family must all register at the same time.

## 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.

## CANCELLATION/ REFUNDS

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

In case of a cancellation by the City, or when the request is justifiable, registration fees will be refunded minus the prorated portion of services received and a credit will be issued to your account.

For refund requests by cheque:

- If the request is made before the start of a session, an administrative fee of 10% or \$10 (whichever is higher) will be deducted from the amount to be refunded.
- If the request is made after the session has begun, an administrative fee of 10% or \$10 (whichever is higher) will be deducted from the amount to be refunded, as well as the prorated portion of the services received at the date of the request.

No refunds will be issued for drop-outs except on presentation of a medical certificate or other supporting document.

## MODIFICATIONS OR CANCELLATION OF ACTIVITY

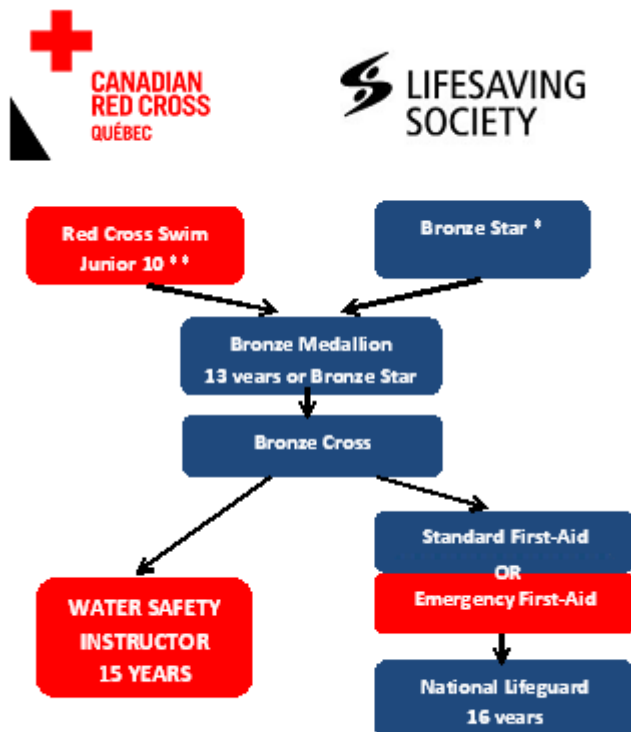
The Recreation and Culture Department reserves the right to modify the schedule or to postpone or cancel an activity. Please check the City's website for schedules.

## LEGAL TERMS

- Any fraudulent use of another person identity (resident card number, address, etc.) will result in the cancellation of the registration.
- Transactions will appear on your credit card statement as "VilleVaudreuil CTR CO".

## 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 20 (National Lifeguard Course) and November 8 (Bronze Medallion & Bronze Cross Courses).



\* 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.

General First Aid – 16 hours (\$60)

Registration: August 13, 12:30 pm to August 20, 8:30 am

Prerequisite: 14 years of age at first lesson

Location: Multisports Centre

Schedule: August 26 to 29

	Dates	Schedule
1st lesson	Sunday, August 26	8:30 am to 5:00 pm
2nd lesson	Monday, August 27	5:30 pm to 8:30 pm
3rd lesson	Wednesday, August 29	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 13, 12:30 pm to August 20, 8:30 am

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

Intensive schedule from September 7 to October 11

	Dates	Schedule
1st lesson	Friday, Sept 7	6:00 pm to 10:00 pm
2nd lesson	Saturday, Sept 8	8:30 am to 12:30 pm
3rd lesson	Friday, Sept 14	6:00 pm to 10:00 pm
4th lesson	Saturday, Sept 15	8:30 am to 12:30 pm
5th lesson	Saturday, Sept 16	8:30 am to 12:30 pm
6th lesson	Thursday, Sept 20	6:00 pm to 10:00 pm
7th lesson	Friday, Sept 21	6:00 pm to 10:00 pm
8th lesson	Thursday, Sept 27	6:00 pm to 10:00 pm
9th lesson	Friday, Sept 28	6:00 pm to 10:00 pm
10th lesson	Thursday, Oct 4	6:00 pm to 10:00 pm

Certification exam: Thursday, October 11 from 7:00 pm to 10:00 pm

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 11, 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 12 to December 1st

Certification exam: Saturday, December 8, 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 18 to December 6 and Friday December 7, 6:00 pm to 9:30 pm

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

Additional Fees: Certification fees (\$38)

## CLASS DESCRIPTION - CHILDREN

### RED CROSS SWIM PRESCHOOL

Designed for children between 2 and 5 (except for Junior 1). Parent must accompany child in the water, except for Crocodile and Whale. There will be no repeats. Swim cap and shower mandatory. 30 minute class.

Fees: \$42

Duration: 10 weeks (September 22 to December 2)

### 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 +)

Familiarization with water and initiation to front and back swim.

### RED CROSS JUNIOR SWIM

Designed for children 6 years +. 45 minute class.



Fees: \$52

Duration: 10 weeks (September 22 to December 2)

#### 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).

CLASS SCHEDULE - CHILDREN

Classes may be modified or cancelled without prior notice

SATURDAY September 22 to December 1 (no class on October 6)		SUNDAY September 23 to December 2 (no class on October 7)	
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	Sea Turtle Crocodile	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	9:00 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	9:10 am to 9:40 am	Salamander Junior 1
9:55 am to 10:25am	Sea Otter Whale	9:55 am to 10:25am	Sea Otter Whale
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	Sea Turtle Crocodile	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	10:45 am to 11:25 am	Junior 2 Junior 3 Junior 5 Junior 6
11:00 am to 11:30 am	Salamander Junior 1	11:00 am to 11:30 am	Salamander Junior 1
11:50 am to 12:20 pm	Sea Otter Whale	11:50 am to 12:20 pm	Sea Otter Junior 1
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 3 Junior 4 Junior 7 Junior 8
12:25 pm to 12:55 pm	Sunfish Crocodile	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	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	1:00 pm to 1:30 pm	Salamander Whale
1:40 pm to 2:10 pm	Whale Junior 1	1:40 pm to 2:10 pm	Sea Otter 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 5 Junior 6 Junior 7
2:15 pm to 2:45 pm	Salamander Junior 1	2:15 pm to 2:45 pm	Salamander Junior 1
2:25 pm to 3:05 pm	Junior 2 Junior 3 Junior 9	2:25 pm to 3:05 pm	Junior 2 Junior 3 Junior 4 Junior 8 Junior 10
2:50 pm to 3:20 pm	Sea Otter Junior 1	2:50 pm to 3:20 pm	Sea Turtle Junior 1

## CLASS DESCRIPTION - ADULTS

Fees: \$66 (adult 16 + - 11 weeks)  
\$60 (adult 16 + - 10 weeks)\*

### 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 endurance. Able to crawl 10 meters.

### SWIMMING STYLES (STYLES DE NAGE)

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

### PRENATAL

Aquatic exercises designed for pregnant women.

CLASS SCHEDULE - ADULTS

**MONDAY  
SEPT. 24 TO DEC. 3**

6:00 pm to 6:45 pm  
Aquaforme

7:00 pm to 7:45 pm  
Aquaforme

7:45 pm to 8:30 pm  
Aquaforme

8:30 pm to 9:20 pm  
Conditionnement physique  
aquatique (CPA)

**TUESDAY  
SEPT. 25 TO DEC. 4**

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. 26 TO DEC. 5**

6:00 pm to 6:45 pm  
Aquaforme

6:45 pm to 7:30 pm  
Aquaforme

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

**THURSDAY  
SEPT. 27 TO DEC. 6  
\*10 WEEKS  
NO CLASSES  
OCT. 11**

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

## 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

Duration:

10 weeks per session (3 sessions/year)

Registration:

Sunday, August 19, 2018 at Maison-Valois Park from 11:00 am to 3:00 pm.

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.

Duration: 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 or by email.

Information: [www.lescitadinsnatation.com](http://www.lescitadinsnatation.com)

[lescitadinsnatation@hotmail.com](mailto:lescitadinsnatation@hotmail.com)

## ASSOCIATIONS/CLUBS

### FC TROIS-LACS SOCCER CLUB

Recreational and development soccer for girls and boys

### INDOOR SOCCER – CHILDREN

Training and mini-matches

Clientele: 5 to 15 year olds (2014-2003)

Schedule: Evening week days and weekends

Location: Local elementary and high schools

Fees: \$100

Spaces available for Fall 2018, Winter & Spring 2019.

### (CDC) DEVELOPMENT CENTRE

Intensive training for future competitive players

Clientele: U8 to U13 (2010-2005)

Schedule: SA (indoors) – to be determined (outdoors)

Location: To be determined

Fees: \$225, including long-sleeved jersey

Spaces available for Fall 2018

Information: [www.fctroislacs.com](http://www.fctroislacs.com)

[info@fctroislacs.com](mailto:info@fctroislacs.com)

### 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 and duration      Maison-Valois Park  
(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](mailto:claudes_david2@yahoo.ca)

Jean-Pierre Champagne 450 424-0096

[jeacha@videotron.ca](mailto:jeacha@videotron.ca)

## LES VADROUILLEURS RUNNING CLUB

La Grande Vadrouille race will hold its 36th edition on Sunday, September 16, 2018.

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 (11 years and under) - 2 km - 5 km - 10 km).
- \* 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](http://www.circuitendurance.ca)

Information: Jean-Pierre Champagne      514 249-4282  
Martine Champagne                      450 424-0096  
jeacha@videotron.ca



## 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. 3 years and over.

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. Children 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.

Fees: Vary depending on the program

Location: Local arenas

Duration : September to March

Online registration only at [www.cparv.org](http://www.cparv.org)

Information : [www.cparv.org](http://www.cparv.org)

[info@cparv.org](mailto:info@cparv.org)

## MINOR HOCKEY

September to April

Category	Born between
Initiation	Jan. 1 and Dec. 31 2014
Pre-Novice	Jan. 1 2012 and Dec. 31 2013
Novice	Jan. 1 2010 and Dec. 31 2011
Atome	Jan. 1 2008 and Dec. 31 2009
Peewee	Jan. 1 2006 and Dec. 31 2007
Bantam	Jan. 1 2004 and Dec. 31 2005
Midget	Jan. 1 2001 and Dec. 31 2003
Junior	Jan. 1 1998 and Dec. 31 2000

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.

Pre-registration – new & current members:

Underway

Current member registration: Online only

New member registration: By email only (form, proof of residency and valid resident card)

Administration fees of \$40 will be automatically added to the new member registration fees.

Vaudreuil-sur-le-Lac, Les Cèdres, Pointe-des-Cascades and Île-Cadieux residents are accepted but are not eligible for resident fees.

Registration form available on the website.

No refunds after October 1st.

**IMPORTANT:** No registration in person or in the mail will be accepted.

Special activity: Provincial Novice-Atome tournament: April

Initiation and Pre-novice: end of September

Information: [www.ahmvd.ca](http://www.ahmvd.ca)

[inscription@ahmvd.ca](mailto:inscription@ahmvd.ca)

## DES TROIS-LACS SPEED SKATING CLUB

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

Registration and skate fitting at the Vaudreuil-Dorion Arena on Sunday mornings at 8:30 am, by appointment.

### 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	5:15 pm to 6:15 pm
	TH	5:45 pm to 6:45 pm

Schedule may change without prior notice.

\* Speed skates are mandatory.

\*\* A minimum of twice a week is required.

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Duration: September to March

Fees: Check the City website for rates

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

Free trial on August 18 from 11:00 am to 12:30 pm. Reservation via email at [info@cpv3lacs.org](mailto:info@cpv3lacs.org)

Information : Geneviève Grenon 450 218-1276

[www.cpv3lacs.org](http://www.cpv3lacs.org)

[info@cpv3lacs.org](mailto:info@cpv3lacs.org)

## 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.

Duration: September to April

Categories & fees: Check the City website for details.

Registration:

- Online registration only.
- Registrations begin June 15.
- 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.
- Please send a picture of the player and a photocopy of the medicare card by e-mail to [regist4cites@gmail.com](mailto:regist4cites@gmail.com)

Information: [www.ringuette4cites.com](http://www.ringuette4cites.com)

## 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 must meet certain conditions and will eventually be asked to participate in different network competitions.

September to May

Fees: \$105 per month (tax included)

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 on Sundays)

September to April

Fees: \$50 per month (tax included)

Location: Sainte-Madeleine School

Information: Réal Labelle 514 206-3458  
[ecolebadminton.rl@oricom.ca](mailto: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.

Duration: 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 Before Sept 8/ After Sept 8
NBA JR	Oct. 1st 2010 and Dec. 31, 2012	\$145 / \$170
Pre-novice co-ed	Oct. 1st 2008 and Dec. 31, 2010	\$250 / \$275
Novice co-ed	Oct. 1st 2006 and Dec. 31, 2008	\$250 / \$275
Mini Boys	Oct. 1st 2006 and Dec. 31, 2008	\$250 / \$275
Mini Girls	Oct. 1st 2006 and Dec. 31, 2008	\$250 / \$275
Benjamin Boys	Oct. 1st 2004 and Dec. 31, 2006	\$250 / \$275
Benjamin Girls	Oct. 1st 2004 and Dec. 31, 2006	\$250 / \$275
Cadet Boys	Oct. 1st 2003 and Dec. 31, 2004	\$300 / \$325
Cadet Girls	Oct. 1st 2003 and Dec. 31, 2004	\$300 / \$325
Juvenile Boys	Oct. 1st 1998 and Dec. 31, 2004	\$325 / \$350

Family discount: \$25 discount for each additional child  
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

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

Looking for coaches

Information: [abipcavaliers@gmail.com](mailto:abipcavaliers@gmail.com)  
[www.basketileperrot.ca](http://www.basketileperrot.ca)

## 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 2004 to December 2006)

15 years and under (October 2003 to December 2004)

16 years and under (October 2002 to December 2003)

17 years and under (October 2001 to December 2002)

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

### NEW ! MINI-VOLLEY

Schedule: October to March, once a week

Clientele: Children born in 2006-2007-2008 attending elementary school

Information: Alain Rondeau 514 770-4108

[citadins\\_volleyball@hotmail.com](mailto:citadins_volleyball@hotmail.com)

## KIN-BALL SOUTH-WEST REGIONAL ASSOCIATION

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, ages 6 to 99.

### Sainte-Madeleine School

Schedule: SA 10:00 am to 11:00 am (parents/children 6 to 8 years/ fees for both)  
SA 11:00 am to 12:00 pm (9 to 12 years)

Fees: \$220 for 24 sessions (payable in September and December)

Duration: September 29 to December 15 (break on October 6)  
January 26 to April 13 (break on March 9)

### Brind'Amour School

Schedule: MO 6:30 pm to 8:00 pm (12-17 years)

Fees: \$330 for 24 sessions (payable in September and December)

Duration: September 24 to December 17 (break on October 8)  
January 21 to April 15 (break on March 4)

Registration: [coordination.s-o@kin-ball.qc.ca](mailto:coordination.s-o@kin-ball.qc.ca) (before September 12)

Information: 450 218-7999  
www.kin-ball.qc.ca/sud-ouest/  
sud-ouest@kin-ball.qc.ca

### LES GYMNASTES DE L'ÎLE

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: 14 weeks

Level	Schedule	Fees
Floor gymnastics 4 to 6 years	SA 9:00 am to 10:00 am or WE 6:15 pm to 7:15 pm	\$175*
Beginner & Intermediate (7 years +)	SA 10:00 am to 11:30 am WE 6:15 pm to 7:45 pm (1.5h to 3h per week)	\$230*
Advance/Sport*	MO to SU (4h, 6h, 8h or 10 h)	\$370, \$490 \$550 or \$600*

\* Additional membership fees to the FGQ (Fédération de gymnastique du Québec)

\*Please see coach for advanced group 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 \$10.

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

Information: Ewa Rucka 514 425-0803  
gymnastesdelile@gmail.com



## GYMINI GYMNASTICS CLUB

Information: 450 455-3141 / [info@clubgymini.org](mailto:info@clubgymini.org)

### GYMNASTICS

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.

### 2018 Fall Session

Online registrations have already begun.

[www.clubgymini.org](http://www.clubgymini.org)

Duration: September 14 to December 6 (11 weeks)

### 2019 Winter Session

Online registration starting October 22

[www.clubgymini.org](http://www.clubgymini.org)

Duration: January 4 to March 21 (11 weeks)

## 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.

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

#### 2018 FALL SESSION

Online registrations have already begun

[www.clubgymini.org](http://www.clubgymini.org)

Duration: September 14 to December 6 (11 weeks)

#### 2019 Winter Session

Online registration starting October 22

[www.clubgymini.org](http://www.clubgymini.org)

Duration: January 4 to March 21 (11 weeks)

## 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 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

## 2018 FALL SESSION

Online registrations have already begun

[www.clubgymini.org](http://www.clubgymini.org)

Duration: September 14 to December 6 (11 weeks)

## 2019 WINTER SESSION

Online registration starting October 22.

[www.clubgymini.org](http://www.clubgymini.org)

Duration: January 4 to March 21 (11 weeks)

## COMPETITIVE CHEERLEADING\*

Galaxy	5-14 years	TU 6:30 pm to 8:15 pm SU 1:00 pm to 3:00 pm
Troopers	10-18 years	WE 5:30 pm to 7:30 pm SU 3:00 pm to 5:30 pm
Goldies	14 years + (Level 4.2 Or 6 depending on auditions)	WE 7:30 pm to 9:30 pm
Rogue	12 years + (Level 4)	TH 5:30 pm to 8:00 pm SU 5:30 pm to 8:00 pm

\* Mandatory auditions

## 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 (initiation)	\$100
7 to 12 years	\$175
13 years + (adult)	\$215

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

Duration: 7 years + and adults, September 10 to December 8 (13 weeks plus exam week)  
4, 5 & 6 years (once a week) September 15 to December 1 (12 Saturdays)

No classes on October 8 and 31. Other possible cancellations.

Location: Sainte-Trinité School

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

Registration: Sunday, August 19 at Maison-Valois Park from 11:00 am to 3:00 pm

## SPECIAL SELF-DEFENCE CLASS FOR WOMEN

ONLY (14 years +)

SU October 21

1:00 pm to 4:00 pm

Sainte-Trinité School

\$40

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.

Students practice defense against attacks with knives, sticks and baseball bats as well as defense in situations involving weapons. Dexterity and coordination is learned through wooden swords.

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

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 price for families). No mandatory uniform (t-shirt and sports pants accepted) .Unlimited participation to all sessions.

Try a class for free!

Information: Frank Rode, Sensei

514 808-1088

[www.AikidoOuest.com](http://www.AikidoOuest.com)

[info@AikidoOuest.com](mailto: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 price for families)

Duration: Starting September 20

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

514 880-1092

[cjivs@videotron.ca](mailto:cjivs@videotron.ca)

#### VAUDREUIL-DORION WALKING GROUP

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

Schedule: 1:30 pm (Fall-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 to 8:30 pm

Duration: September 9 to April 28

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Jean-Marie Pelletier 450 455-9948  
François Séguin 450 424-3508  
Jean-Claude Rouleau 450 455-8495

#### BROOMBALL LEAGUE

Broomball for 18 years +

TH 9:00 pm to 11 :00 pm

Duration: September 13 to April 25

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Simon Larivée 514 497-8103  
[www.chevaliersvaudreuil.org](http://www.chevaliersvaudreuil.org)  
(Thursday League section)  
[simon@chevaliersvaudreuil.org](mailto:simon@chevaliersvaudreuil.org)

#### VAUDREUIL-DORION PICKLEBALL CLUB

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. Activity reserved for club members only.

Duration: September 10 to December 17  
(break on October 8)

Schedule: MO 7:00 pm to 9:00 pm at Hymne-au-Printemps School  
SA 1:00 pm to 4:00 pm at Sainte-Madeleine School

Information and registration: Robin or Susan Grant  
450 424-9499 or 514 886-6424  
[rodogran@hotmail.com](mailto:rodogran@hotmail.com)  
Denise Bordeleau 450 455-5239

VAUDREUIL-DORION VETERAN HOCKEY LEAGUE

Adult hockey for 42 years +

Looking for new players!

FR 10:00 pm to 11:30 pm

Duration: September 7 to April 26

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

Duration: September 9 to April 28

Location: Vaudreuil-Dorion Arena, Vaudreuil ice rink

Information: Michel Coderre 514 418-7461

Serge Bazin 514 894-9893

## COMMUNITY & SOCIAL ACTIVITIES

### SCOUT 19TH VAUDREUIL-DORION

Joining the scout movement is making new friendships, to grow and flourish in all spheres of development and to rise to new challenges!

### BEAVERS (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.

### CUBS (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.

### PATHFINDERS (ECLAIREURS) - 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.

### SENIOR SCOUTS (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 Senior Scouts 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.

Schedule: 6:30 pm to 9:30 pm

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

Information: Michael O’Cain 514 515-9497

[info@scout19vd.org](mailto:info@scout19vd.org)

[www.scout19vd.org](http://www.scout19vd.org)



## 1st VAUDREUIL-DORION SCOUTS GROUP

(English Group)

### 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.

### BEAVERS (CASTORS) – 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.

### CUBS (LOUVETEAUX) – 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.

### SCOUT TROOP - 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.

### VENTURERS (AVENTURIERS) - BOYS AND GIRLS (15 to 17 years)

Stimulating, practical and life-oriented experiences. The venturer scouts learn to cultivate an active and healthy lifestyle and acquire knowledge and skills for their professional development. Weekend activities, long hikes, leave no trace camping and other adventures.

Schedule:     MON   7:00 pm to 9:00 pm  
                  FR     6:00 pm to 9:00 pm

Location:     Papillon-Bleu School, Sainte-Trinité Pavilion

Information:  John Costello  514 757-3637  
                  registrar@1stscout.com  
                  groupcommissioner@1stscout.com  
                  <https://1stvaudreuilscouts.wixsite.com/mysite>

## MAISON DES JEUNES DE VAUDREUIL-DORION

Lively environment for teenagers aged 12 to 17.

On a voluntary basis, supervised by significant adults, participants are invited to express their opinions, get involved in projects and participate in different activities and workshops.

A second service location until August 31<sup>st</sup>:

For a second year, La Maison des jeunes will be at Skateplaza located in Paul-Gérin-Lajoie Park. The dynamic "Bunker" team will be offering activities, workshops, a listening ear, a referral service and especially memorable moments for teenagers ages 12-17.

Location: 145 Harwood Blvd.

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

Information: 450 455-6937

[www.mdjvs.ca](http://www.mdjvs.ca)

[mdjvd@msn.com](mailto: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.

## STIMULATION PRÉCOCE ET STIMULATION DU LANGAGE

- 0-12 months: Early stimulation activities for mother and baby (motor & global)
- 1 to 5 years: Language stimulation according to the level of each child, in the form of parent-child dyads. The workshops help empower parents. Led by a counsellor who specializes in language.

## EXPLO-DÉCOUVERTE

Scientific activities for children aged 3-5, 6-8 and 9-12.

## DAYCARE SERVICE

The daycare service is back! Reduced rate of \$3/h for the 1st child, \$2/h for the 2<sup>nd</sup> 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).

## NEW! TANDEM 005

Coming soon to Maison de la famille.

Information : 450 218-0561

[www.maisondelafamillevs.ca](http://www.maisondelafamillevs.ca)

## VAUDREUIL-DORION AIR CADETS – 867 SQUADRON

The Royal Canadian Air Cadets is an organization based on volunteer commitment and open to both boys and girls ages 12 to 18 looking for a rewarding experience. 867 Vaudreuil-Dorion Air Cadets 867 Squadron participate in a wide variety of challenging activities while developing team spirit, leadership and civic mindedness. In addition to having the chance to learn about aviation, the cadets are also invited to spend survival weekends in the forest, play a musical instrument, enjoy glider flights and get involved in the community by volunteering and participating in the organization's fundraisers. The ideal time to register is in September, but it is possible to join the Air Cadets at any time and it is completely free!

Information: [www.escadron867.ca](http://www.escadron867.ca)

Facebook: Air Cadets de l'air Escadron 867 Squadron

## 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 216 species of birds, 164 of which were 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](mailto:ornithovs@gmail.com)

<http://sites.google.com/site/ornithovs>

## TAI CHI TAOÏSTE<sup>MC</sup> / FUNG LOY KOK

Taoist Tai Chi promotes well-being by cultivating body, heart and mind. It helps to improve balance, posture and circulation as well as in gaining strength and flexibility. Accessible to all.

Location: Jean-Marc-Ducharme Community Centre

Information: 514 272-5271

[www.taichitaoiste.org](http://www.taichitaoiste.org)

## 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, from September 24 to December 13.

Information: Normand Picotin 450 455-2951

normand.picotin@videotron.ca

## 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 10 (Break on October 8)

Shuffleboard

TU 1:00 pm to 4:00 pm, starting September 11

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 12

Location: Jean-Marc-Ducharme Community Centre

Information: Jocelyne Bruneau 514 915-4866

## VAUDREUIL-DORION SANDBAG LEAGUE

Schedule: TU 6:30 pm to 9:00 pm, starting September 4

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 7

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.

Lessons open to everyone on September 12. Please confirm your attendance with Benoit Poirier.

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

Location: Jean-Marc-Ducharme Community Centre

Information: Claude Boissel 514 453-8014  
Benoît Poirier 514 457-5841

## 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: 450 424-0111

[info@legraves.com](mailto:info@legraves.com)

[www.legraves.com](http://www.legraves.com)

## 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

## COMQUAT

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 WE 1:00 pm to 3:30 pm

### MON FRANÇAIS, JE LE « TRAVAIL »

Improving written French in the work environment

Schedule to be confirmed

\* 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)

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

Information: 514 453-3632  
<http://comquat.alphabetisation.ca>  
[comquatinc@videotron.ca](mailto:comquatinc@videotron.ca)

## LESSONS - 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 4:00 pm

Part-time 12 h per week

MO to TH 9:00 am to 12:00 pm or 1:00 pm to 4:00 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 10 for a period of 10 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)

## MULTISPORTS CENTRE

Information: 450 218-2821 or [centremultisports.org](http://centremultisports.org)

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](http://centremultisports.org)  
450 218-2821, ext. 8202

### CHILDREN ACTIVITIES

Registration: Starting September 1<sup>st</sup>  
15 % discount on September 1<sup>st</sup>

### 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.

#### Schedule and fees:

SA	9:45 am to 11:00 am (7-9 years) (Level 1 - Beginner)	\$135
SA	11:15 am to 12:30 pm (10-13 years) (Level 1 - Beginner)	\$135
SU	8:30 am to 9:30 am (4-6 years) (Parent-child)	\$125
SU	9:45 am to 11:00 am (7-9 years) (Level 2 - Intermediate)	\$135
SU	11:15 am to 12:30 pm (10-13 years) (Level 2 - Intermediate)	\$135

Duration: September 22 to December 2 (10 weeks)  
(No classes on October 13 & 14)



## MULTISPORTS+

A program for children to have fun while optimizing the development of their motor skills by combining 3 sports activities: tennis, climbing and Ninja circuit (30 minutes per activity).

Certified instructors.

### Schedule:

SA 8:00 am to 9:30 am (6-7 years)

Fees: \$200

Duration: September 22 to December 1st (10 weeks)  
(No class on October 13)

## RECREA-JUDO

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

### Schedule:

SA 8:30 am to 9:30 am (4-6 years, parent-child)

SA 9:45 am to 10:45 am (7-9 years)

Fees: \$125

Duration: September 22 to December 1 (10 weeks)  
(No class on October 13)

## RECREA-JUDO+

Learning the techniques of the Judo martial art, always focusing on the pleasure of play and psychomotor development. NCCP certified Trainer. Mandatory: have attended at least one session of the Récréa-Judo course.

### Schedule:

SA 8:30 am to 9:30 am (6-11 years)

Fees: \$125

Duration: September 22 to December 1st (10 weeks)  
(No class on October 13)

## 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.

### Schedule:

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: September 22 to December 2 (10 weeks)  
(No classes on October 13 & 14)

## ADULT ACTIVITIES

### CLASSES

Registration: Starting September 1<sup>st</sup>  
15 % discount on September 1<sup>st</sup>  
(except for GOLF+)

### 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 9:30 am to 10:30 am or 10:30 am to 11:30 am

Duration: September 17 to November 21 (10 weeks)

Fees: \$160 + tax

### GOLF+

Workshop 1: Basic position with back swing and clear.

This workshop allows you to understand the basic position with back and open momentum. You will learn, among other things, how to perform a rotation without creating a twist in the lower back and the neck, as well as how to finish your swing. An educational and progressive approach.

Schedule Saturday, November 10 - 11:00 am 12:00 pm

Fees: \$25 + tax per person

## Workshop 2: Weight transfer and alignment.

Instructor Patrick Guay will explain to participants in detail the transfer of weight while getting them to practice in a simplified way. The goal will be to generate more speed at impact, which will help you hit further.

Schedule      Saturday, December 8 - 11:00 am 12:00 pm  
Fees:            \$25 + tax per person

## 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 Bourgoïn is an expert in self-defence (5<sup>th</sup> 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  
Duration:      September 23 to December 9 (12 weeks)  
Fees:            \$170 + tax

## CLUBS

Registration: Starting September 1<sup>st</sup>  
15 % discount on September 1<sup>st</sup>  
(except for monthly memberships)

## RUNNING CLUB – Annual and Objective “Course”

The club is open to runners, levels beginner to intermediate. 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. For beginners, the program Objective « Course » is an initiation to running while respecting each participant’s individual rhythm. 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

Duration: Objective “Course” (12 weeks)  
September 11 to December 4  
(No class on October 11)  
Annual  
September 11 to June 27  
(No classes on October 11, December 25,26 & 27 and  
January 1, 2 & 3)

Fees: \$160 + tax (Objective “Course”)  
\$280 + tax (Annual)

## 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 share their knowledge and philosophy. For all ages and all levels.

Duration: Starting September 11 (monthly)  
September 11 to December 4  
(3 months – No class on October 11)  
September 11 to May 30)  
(Annual – No classes on October 11, December 25,26 & 27 and  
January 1, 2 & 3)

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

18 years +: TU and WE 8:00 pm to 10:00 pm

Fees: 7-17 years \$80 / 18 years+ \$100 (monthly)\*  
7-17 years \$185 / 18 years+ \$250 (3 months)\*  
7-17 years \$325 / 18 years+ \$445 (annual)  
\*(additional tax for 15 years and over)

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

## A LA CARTE CLASSES

Registration: Starting September 1<sup>st</sup>  
15 % discount on September 1<sup>st</sup>

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

Duration: September 22 to November 24 (10 weeks)  
Schedule SA 10:30 am to 11:30 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.

Duration: September 19 to November 21 (10 weeks)  
Schedule: MO 5:15 PM to 6:15 pm  
Fees: \$115 + 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.

Duration: September 19 to November 21 (10 weeks)  
Schedule: WE 8:45 am to 9:45 am  
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.

Duration: September 23 to November 25 (10 weeks)  
Schedule: SU 11:00 am to 12:00 pm  
Fees: \$105 + tax per family of 1 adult and 1 child

### ADVANCED PERFO-FAMILY NEW! (11 to 14 years)

Adapted training to improve muscular and cardiovascular skills. Parent and child work on basic training exercise techniques while testing physical abilities in circuits. The parent must register for the session and accompany the child to each class

Duration: September 23 to November 25 (10 weeks)

Schedule: SU 11 12:00 pm to 1:00 pm

Fees: \$105 + tax per 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.

Duration: September 18 to October 25 (session 1) (6 weeks)

October 6 to December 13 (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.

Duration: September 18 to November 20 (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.

Duration: September 20 to November 22 (10 weeks)

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

Fees: \$105 + tax

### GYM PERFO OBSTACLE COURSES

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!

Duration: September 22 to November 24 (10 weeks)

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

Fee: \$120 + tax

## INTRODUCTION TO YOGA

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.

Duration: September 22 to November 24 (10 weeks)

Schedule: SA 12:00 pm to 1:00 pm

Fee: \$105 + tax

## INTRODUCTION TO YOGA LEVEL 2 NEW!

Program offered to those who have completed the introductory class and clients with some experience. Exploring the practice and getting to know the poses better as well as use of breathing for better understanding.

Duration: September 22 to November 24 (10 weeks)

Schedule: SA 1:00 pm to 2:00 pm

Fee: \$105 + tax

## GROUP CLASSES 1

Registration: Starting September 1<sup>st</sup>  
15 % discount on September 1<sup>st</sup>

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

Training in small groups  
For 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  
Duration: September 20 to October 25 (session 1) (6 weeks)  
November 8 to December 13 (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  
Duration: September 12 to October 17 (session 1) (6 weeks)  
October 31 to December 5 (session 2) (6 weeks)  
Fees: \$100 + tax / session

## COMBAT FIT

Combat training including punching bag and face-to-face techniques to develop concentration, coordination, reflexes, movement fluidity and agility. Boxing gloves mandatory.

Schedule TU 8:00 pm to 9:00 pm  
Duration: September 18 to October 23 (session 1) (6 weeks)  
November 6 to December 11 (session 2) (6 weeks)  
Fees: \$100 + tax / session



### BOX FIT (12-15 YEARS) NEW!

A complete and intense class that combines boxing and boot camp exercises for boys and girls 12 to 15 years. Boxing gloves mandatory.

Schedule TU 6:00 pm to 7:00 pm

Duration: September 18 to October 23 (session 1) (6 weeks)  
November 6 to December 11 (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-toning workout. Boxing gloves mandatory.

Schedule TU 7:30 pm to 8:30 pm

Duration: 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: FRI 9:00 am to 10:00 am

Duration: September 21 to October 26 (session 1) (6 weeks)  
November 9 to December 14 (session 2) (6 weeks)

Fees: \$100 + tax / session

## GROUP CLASSES 2

Location: St-Jean-Baptiste Opticentre  
Registration: Starting September 1<sup>st</sup>  
Duration: September 17 to November 26  
(No class on October 8)  
Schedule may change without prior notice.

Instructor: Multisports Centre team

## 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: \$50 + 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: 10 weeks (no class on October 8)  
Schedule: MO 9:30 am to 10:30 am  
MO 10:30 am to 11:30 am  
WE 9:30 am to 10:30 am  
WE 10:30 am to 11:30 am  
Level: For 50 years +  
Fees: \$50 + tax

Location: Sainte-Madeleine School Gymnasium  
Registration: Starting September 1st  
Duration: September 20 to November 22  
Schedule may change without prior notice.

## 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! Boxing gloves required.

Duration: 10 weeks  
Schedule: TH 7:00 pm to 8:00 pm  
Level: For everyone  
Fees: \$75 + tax

## DIRECTORY OF SOCIAL ASSOCIATIONS

### AL-ANON

Support for families of alcoholics

Meetings Thursday nights at the St-Charles Multi-Centre

514 371-2519

[www.al-anon-alateen-qc.ca](http://www.al-anon-alateen-qc.ca)

### ALCOHOLICS ANONYMOUS

Meetings at Bel-Air Pavilion

514 376-9230 / 1 877 790-2526

[www.aa-quebec.org](http://www.aa-quebec.org)

[aidecourriel@aa87.org](mailto: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](http://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](http://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](mailto: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](http://www.cjevs.org)

[info@cjevs.org](mailto: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](http://www.lactuel.org)      [info@lactuel.org](mailto:info@lactuel.org)

#### LA MOISSON WOMEN'S CENTRE

Telephone listening service and individual counselling for women

514 453-8720 / 514 453-1112

[www.centrefemmeslamoisson.com](http://www.centrefemmeslamoisson.com)

[lamoisson1@videotron.ca](mailto: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](http://www.optimistevaudreuil-dorion.com)

[info@optimistevaudreuil-dorion.com](mailto:info@optimistevaudreuil-dorion.com)

#### CLUB RICHELIEU DORION-VAUDREUIL

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

Charles Lanctôt                      450 455-0991

Martin Patry, President              450 601-8545

#### VAUDREUIL TOASTMASTERS CLUB

A program for learning better communication

Alain Droulers                      450 288-5551

#### COMITÉ JEUNESSE

##### LA PRESQU'ÎLE

An organization whose objective is to address the youth's needs and issues (social exclusion, dropping out of school, family problems, crime, etc.)

514 425-1060

[www.comitejeunesselapresquile.org](http://www.comitejeunesselapresquile.org)

[info@comitejeunesselapresquile.org](mailto:info@comitejeunesselapresquile.org)

#### GAMBLERS ANONYMOUS

Meetings at the Bel-Air Pavilion

514 484-6666 / 1 866 484-6664

[www.gaquebec.org](http://www.gaquebec.org)

[info@gaquebec.org](mailto: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](http://www.hlapasserelle.com)

[info@hebergementlapasserelle.com](mailto:info@hebergementlapasserelle.com)

#### L'AIGUILLAGE

Listening and support for young people and adults in crisis

536 Chicoine St.

450 218-6418 (directions and shelter)

1 877 265-8460 (street work)

[www.aiguillage.ca](http://www.aiguillage.ca)

#### 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](http://www.psjeunesse.org)

[info@psjeunesse.org](mailto: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](http://www.parrainageciviquevs.ca)

[pcvs@pcvs1982.ca](mailto: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](mailto: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](http://www.ree.qc.ca)

[reseaux@ree.qc.ca](mailto:reseaux@ree.qc.ca)

#### SDEM SEMO MONTÉREGIE

Employment assistance and business placement services for persons with disabilities

1 800 646-6096

[www.sdem-semo.org](http://www.sdem-semo.org)

#### 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](http://www.ssjbvalleyfield.qc.ca)

#### TEL-AIDE

Telephone listening service

450 377-0600 / 1 855 377-0600

[www.telaide.org](http://www.telaide.org)

#### TRANSPORT SOLEIL

Transportation service for persons with disabilities

4 Saint-Michel St.

450 424-0744

[www.transportsoleil.qc.ca](http://www.transportsoleil.qc.ca)

[info@transportsoleil.qc.ca](mailto:info@transportsoleil.qc.ca)

#### LE VERSANT

Social network for people suffering from anxiety disorders

450 455-0507, ext. 70657 (voicemail)

[www.leversant.org](http://www.leversant.org)

[info@leversant.org](mailto:info@leversant.org)

#### VISION TRAVAIL

Free employment assistance for ages 40 years and over

450 455-5150

[www.visiontravail.ca](http://www.visiontravail.ca)

#### 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](http://www.welcomewagon.ca)

[genevevelebeau@hotmail.com](mailto:genevevelebeau@hotmail.com)



## DIRECTORY OF LOCATIONS & CULTURAL ASSOCIATIONS

### VAUDREUIL - SOULANGES

#### READING WORKSHOP

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

Held at the Multisports Centre on Mondays September 10, October 1, November 5, December 3, 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 26 to November 28, 2018

Registration at the municipal library on September 12, 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.

The eight most represented countries on the World Heritage list

TU September 18 to November 6, 1:30 pm to 4:00 pm

Current issues on philosophy

TH September 27 to November 22, 1:30 pm to 4:00 pm

Online registration

[www.usherbrooke.ca/uta/monteregie](http://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.

Conferences

Bienvenue en 1955

TH September 20 at 7:30 pm

L'abolition du régime seigneurial : la fin d'une époque

TH November 15 at 7:30 pm

Reservation mandatory

450 424-5627

www.archivesvs.org – [archives@archivesvs.org](mailto: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](mailto: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](http://www.chantsdecoton.org)

[chourchantsdecoton@gmail.com](mailto:chourchantsdecoton@gmail.com)

## CHOEUR CLASSIQUE

### VAUDREUIL-SOULANGES

Conducted by Jean-Pascal Hamelin and accompanied by Jacynthe Riverin, the choir has been offering amateur choir singers an opportunity to explore a vast repertoire of choral songs from different eras and to hold a series of high quality concerts for the past 55 years.

Musical experience is preferred as well as a good ear and a passion for group work. Each chorister is asked to prepare for the pieces by doing some homework at home.

As of September 4<sup>th</sup>, practices are held on Tuesday nights at 7:30 pm as well as several intensives on week-ends

Auditions in September by appointment.

Church. [www.choeurcvs.org](http://www.choeurcvs.org)

[info@choeurcvs.org](mailto:info@choeurcvs.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.

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

[www.choeuresperanto.ca](http://www.choeuresperanto.ca)

[choeuresperanto@gmail.com](mailto:choeuresperanto@gmail.com)

## LA BOÎTE LUMINEUSE

### FILM CLUB

Presents international films at Salle Paul-Émile-Meloche at 7:00 pm, starting September 17.

[laboitelumineuse@yahoo.ca](mailto:laboitelumineuse@yahoo.ca)

## VAUDREUIL-DORION PHOTOGRAPHY CLUB

Network of passionate photographers from amateurs to professionals.

Danick Denis, President 514 679-5728

[www.clubphotovaudreuidorion.com](http://www.clubphotovaudreuidorion.com)

## VAUDREUIL-SOULANGES

### COUNCIL OF ARTS AND CULTURE

420 Saint-Charles Ave.

[www.artculturevs.ca](http://www.artculturevs.ca)

## LES ENCHANTEURS VOCAL ENSEMBLE

Les Enchanteurs vocal ensemble is a choir of about 60 singers who sing and dance under the direction of professionals: choir director, director and choreographer.

The repertoire covers all styles of all eras. The vocal ensemble participates throughout the year in various events: cultural and promotional activities, funerals, Saint-Jean parade.

Rehearsals are held at Saint-Michel School on Wednesday nights from 7:00 pm to 10:00 pm and one Sunday a month (starting in November).

Registration and audition

Les Enchanteurs are looking for new singers. Men are particularly invited to come and enrich the choir. Participants must be 18 years and over. Knowledge of music is not mandatory, as the vocal ensemble offers all the tools required for your learning enjoyment.

Auditions are held in August. Registration required via the Internet.

[www.lesenchanteurs.ca](http://www.lesenchanteurs.ca)

[info@lesenchanteurs.ca](mailto:info@lesenchanteurs.ca)

## MAISON FÉLIX-LECLERC

Former property of Felix Leclerc that symbolizes his creative past.

Please check the website for programs & activities

[www.maisonfelixleclerc.org](http://www.maisonfelixleclerc.org)

450 455-3371, option 4

## LA MAISON TRESTLER

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

Guided or free tours of the home. Come discover the history of this magnificent 1798 dwelling and its inhabitants.

Guided tours Tuesday to Friday, 9:00 am to 12:00 pm and 1:00 pm to 5:00 pm

Reservation required.

Exhibitions in all three galleries until December 21 during opening hours:

- Antoine-Aimé-Dorion Gallery: Agnes Robin
- Iphigénie Gallery: Nathalie Dubois
- Salon Rainville: France Lauzon

Vernissage of all three visual art exhibitions on Thursday, September 20 from 7:30 pm to 9:30 pm

The 8<sup>th</sup> Legendary Christmas Market

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

Christmas Benefit Concert

TH December 6 at 8:00 pm

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

450 455-6290

[www.trestler.qc.ca](http://www.trestler.qc.ca)

[info@trestler.qc.ca](mailto:info@trestler.qc.ca)

## VAUDREUIL-SOULANGES REGIONAL MUSEUM

A dynamic entertainment, conservation and dissemination heritage center.

### Exhibitions

Tiens ben ta tuque: September 15 to August 4, 2019

Richard Caplette, multidisciplinary artist:

September 15 to November 4

Vernissage, September 16, 2:00 pm to 4:00 pm

Meeting of minds, October 14, 2:00 pm to 4:00 pm

Art workshop, October 19, 1:30 pm

Diane Collet, multidisciplinary artist:

November 10 to January 23, 2019

Vernissage, November 11, 2:00 pm to 4:00 pm

Meeting of minds, January 20, 2:00 pm to 4:00 pm

Art workshop, November 23, 1:30 pm

Le quotidien en miniature : until December 22

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

Permanent exhibition

Matinées Art de vivre (various conferences)

FR September 28, October 26 and November 30, 1:30 pm

### Cultural Day

« La parlure québécoise en BD » with Noémie Huet Gagnon and Sébastien Roy

SU September 30, 1:30 pm to 4:30 pm

Creative meetings FR October, November 23 and December 14, 1:30 pm

Musée en fête - Halloween

SU October 29, 2:00 pm

### Cultural Journey

Details to follow

### Special Edition

Conférence Cause toujours: TU October 30, 7:30 pm

De l'art à la table – 3rd Edition: TH November 1st, 6 :00 pm

Volume 9 album launch for Les aventures de Cyprienne:

SU December 2, 1:30 pm

The Museum's Christmas Dinner

WE December 5, 6:00 pm

Musée en fête - Christmas

SU December 16, 2:00 pm

450 455-2092

[www.mrvs.qc.ca](http://www.mrvs.qc.ca)

#### SAINT-MICHEL PARISH

Pastoral Activities

Registration to the journeys on the path of Christian life (Très-Sainte-Trinité church)

SA September 8, 9:00 am to 12:00 pm

Christmas youth choir (Saint-Michel and Très-Sainte-Trinité churches)

Dates and times to be confirmed in November

Christmas Mime (Saint-Michel and Très-Sainte-Trinité churches)

Dates and times to be confirmed in December

Religious awakening (Très-Sainte-Trinité church)

Every Sunday at 11:00 am, starting September 9

Other activities

Saint-Michel Day (Saint-Michel church)

SA September 29, 5:00 pm

Vaudreuil-Dorion Food Drive

SA December 1<sup>st</sup>

450 455-4282

[www.paroisses-v-d.com](http://www.paroisses-v-d.com)

[paroissestmichel@videotron.ca](mailto:paroissestmichel@videotron.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](http://www.ileauxtourtes.qc.ca)

[gaedan@videotron.ca](mailto:gaedan@videotron.ca)

VAUDREUIL-CAVAGNAL GENEALOGICAL SOCIETY

Conferences

WE September 26, 7:30 pm (Municipal library, Félix-Leclerc Hall)

Lionel-Groulx. Le penseur le plus influent de notre époque.

WE October 24, 7:30 pm (Municipal library, Félix-Leclerc Hall)

De Ville-Marie à Montréal

WE November 21 novembre, 7:30 pm (Multisports Centre)

Free, open to the general public

Reservation mandatory

Class – Initiation to genealogy

Schedule at [www.sgvc.ca](http://www.sgvc.ca)

Genealogy Research at the Heritage Room

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

Member only activities

Schedule at [www.sgvc.ca](http://www.sgvc.ca)

Jean Jolicoeur, President

514 928-2308

president2@sgvc.ca

Gisèle Monarque, Conferences and classes

450 424-4806

gmonar@videotron.ca

www.sgvc.ca