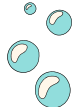


# AQUATICS



# SPORTS



# SABLON-FIT



Artistic swimming	6-8 y.o.	Wed. 17h	201\$
	9-12 y.o.	18h	
	13 y.o. +	19h	

## KIDS

Aquababy (0-10 months)			237\$
	Tuesday 9h40/10h15/10h50		
	Friday 9h40/10h15/10h50		

PARENT & TOT 1, 2, 3	up to 3 y.o.		154\$
PRESCHOOL 1, 2, 3, 4, 5	3 to 5 y.o.		154\$

Swimmer 1 to 4	6 y.o. +		197\$
Swimmer 5 to 9 (Swim patrol)	8 y.o. +		201\$

Private swimming lessons			294\$
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## TEENS

AQUA-TEENS 1, 2, 3	10 to 15 y.o.		201\$
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### LIFEGUARDING

- 1 – Bronze medal (as of 13 y.o.)
- 2 – Bronze cross
- 3 – First aid – General/AED
- 4 – National lifeguard - Pool



## ADULTS

ADULT SWIMMER 1, 2, 3	15 y.o. +		201\$
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Private swimming course for adults			319\$
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Aqua-fitness	15 y.o. +		201\$
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## KIDS

Judo - Parent/child	4 to 5 y.o.	Thurs. 18h15	180\$
Soccer- Parent/child		Sunday 9h	

Basketball	6 to 8 y.o.	Saturday 9h*	191\$
	9 to 10 y.o.	10h*	

Basketball	6 to 8 y.o.	Friday 18h	
	9 to 10 y.o.	19h	

Floor hockey	7 to 8 y.o.	Saturday 13h	191\$
	9 to 10 y.o.	14h	

Soccer	6 to 8 y.o.	Sunday 10h	191\$
		11h	

	9 to 10 y.o.	12h	
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Karate (beginner)	6 to 9 y.o.	3x/week Mon. 18h, Wed. 8h & Sat. 9h	200\$
		excludes the "GI" at 70\$	

## TEENS

Basketball	11 to 13 y.o.	Saturday 11h*	191\$
	14 to 17 y.o.	12h*	

Floor hockey	11 to 13 y.o.	Saturday 15h	191\$
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Karaté (débutant)	10 to 13 y.o.	3x/week Mon. 18h, Wed. 8h, & Sat. 9h	200\$
		excluding the "GI" at 70\$	

## FOR ALL

Judo	6 to 99 y.o.	Thursday 18h15	166\$
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Aïkido	6 to 99 y.o.	Tuesday 19h	220\$
		Saturday 17h	

Aïkido (2x/week)	6 to 99 y.o.	Tuesday 19h	330\$
		Saturday 17h	

Karate (beginner)	13 y.o. +	3x/week : Monday 18h, Wed. 8h, Sat. 9h	191\$
		excluding the "GI" at 70\$	255\$

## FITNESS SECTION (NEW!)

### Hour long classes

Pilates Reformer*	Wednesday 10h	250\$*
Pilacore	Saturday 10h	
Latin Groove Cardio	Tuesday 19h30	
Teen Titans	Sunday 11h	
Teen Intro Weight Training	Sunday 9h	
Tai-Chi	Thursday 14h	
Oriental dance	Tuesday 10h	150\$
Boxe-Fit	Friday 18h	
Living your well-being	Saturday 10h30	
Barre	Thursday 19h	
Neurodivergent training A	Thursday 13h	
Neurodivergent training B	Sunday 14h	
Yoga Sablon-Fit	Monday 20h	

### Elite classes (disponible to l'achat individuel)

#### \*30 minute classes

Stretching*	Tuesday 18h30	*115\$
Hero Cardio*	Wednesday 19h	
Latin madness*	Thursday 18h30	
Mobility*	Sunday 10h	
Muscle Up*	Friday 16h30	
Zumba Fit-Tone	Monday 19h	150\$
Pilatone	Friday 10h	
Pop oriental dance	Tuesday 10h	
Anti-Stress Bootcamp*	Monday 18h30	
Noon Zumba	Wednesday 12h	115\$
Fitness*	Monday 10h	
Family Latin Groove Cardio	Tuesday 18h50	

## ADAPTED COURSES

### SABLON-FIT

Reduced mbility weight training	Tuesday 11h	
"Santé pulmonaire" A	Sunday 13h	50\$
"Santé pulmonaire" B	Thursday 11h	
(Zoom) "Santé pulmonaire"	Saturday 10h	
Adapted cardio-muscu AVC	Tuesday 13h	
Parkinsons in action	Tuesday 14h30	
Neurodivergent training A*	Thursday 13h	*150\$
Neurodivergent training B*	Sunday 14h	

# COMMUNITY AND CULTURAL



Private piano lessons	30 minutes		273\$
	45 minutes		289\$
Ballet-tap	3 to 5 y.o.	Sunday 9h	173\$
	6 to 9 y.o.	10h	
	10 to 15y.o.	11h	
Hip-Hop	4 to 6 y.o.	Tuesday 17h45	173\$
	7 to 10 y.o.	18h45	
	11 to 14 y.o.	19h45	
Contemporary dance	4 to 6 y.o.	Thurs. 17h45	173\$
	7 to 10 y.o.	18h45	
	11 to 14 y.o.	19h45	
Mini Einstein (Parent-tot)	18 to 24 months	Monday 9h30	253\$
Mini Picasso (Parent-tot)	24 to 30 months	Friday 10	253\$
Peinture	6 y.o. et +	Tuesday 18h	173\$
Yoga maman-bébé		Monday to 10h	209\$
Pirouette et Cabriole (Psychomotricity)			154\$
	18 mo to 2.5 y.o.	Saturday 9h	
	2.5 to 4 y.o.	10h	
	4 to 5 y.o.	11h	

## OPEN ACTIVITIES

Basketball	12 y.o. +	Monday et Saturday 17h	89\$
Pickleball libre	16 y.o. +	Monday to Friday 3 periods available 8h to 9h25 / 9h30 to 10h55 / 11 to 12h30 Saturday 14h15, Monday 18h15 & Tuesday 17h	

## SPECIALS NEEDS


(YOUTH WITH ASD)


Special needs private swimming classes			305\$
Life skills	12 to 17 y.o.	Thursday 18h, 19h30	381\$
Social skills	5 to 11 y.o.	Sat. 10h, 11h30, 13h	404\$
Adapted sports	5 to 12 y.o.	Sun. 14h, 15h, 16h	289\$

## ACTIVITIES FOR TEENS :)

Ballet-tap		Sunday 11h	173\$
Hip-hop		Tuesday 19h45	
Contemporary dance		Thursday 19h45	
Painting		Tuesday 19h	
Basketball		Saturday 11h	191\$
Aqua-teens		varies	201\$
Artistic swimming		Wednesday 19h	219\$
Teen titans		Sunday 11h	150\$
Teen titans (intro weight training)		Sunday 9h	150\$
Floor hockey		Saturday 15h50	191\$

## Contact us

 450-688-8961

 755, chemin du Sablon  
Laval, QC, H7W 4H5



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



**Spring 2024 (11 weeks)**

**April 1st to June 16th**

**Pre-registration  
March 18 and 19**

**Registration  
March 20th**

- Annual membership fee of \$19.50 (non-refundable)
- No refunds after second class
- A 10% fee will be charged on the total total cost of course paid