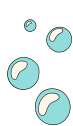


AQUATICS



SPORTS



SABLON-FIT



Artistic swimming 6-8 y.o. thursday 17h 252\$
 9-12 y.o. 18h
 13 y.o. + 19h

KIDS

Aquababy (0-10 months) (12 weeks) 315\$
 Tuesday 9h40/10h15/10h50/11h25
 Friday 9h40/10h15/10h50/11h25

PARENT & TOT 1, 2, 3 up to 3 y.o. 196\$
 PRESCHOOL 1, 2, 3, 4, 5 3 to 5 y.o. 196\$

Swimmer 1 to 4 6 y.o. + 250\$
 Swimmer 5 to 9 (Swim patrol) 8 y.o. + 252\$

Private swimming lessons 374\$

TEENS

AQUA-TEENS 1, 2, 3 10 to 15 y.o. 252\$

LIFEGUARDING

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



ADULTS

ADULT SWIMMER 1, 2, 3 15 y.o. + 252\$

Private swimming course for adults 203\$

Aqua-fitness 15 y.o. + 196\$
 Monday/Wednesday/Thursday 10 AM
 Monday 7 PM
 Friday 12 PM

KIDS

Aikido Zone 3 to 5 y.o. Tuesday 18h 164\$
 Thursday 18h30

Soccer- Parent/child Sunday 9h 225\$

Basketball 6 to 8 y.o. (13 weeks) Saturday 9h* 243\$
 9 to 10 y.o. (13 weeks) 10h*

Basketball 6 to 8 y.o. Friday 18h
 9 to 10 y.o. 19h 243\$

Floor hockey 7 to 8 y.o. Saturday 13h
 9 to 10 y.o. 14h 243\$

Soccer 6 to 8 y.o. Sunday 10h 243\$
 9 to 10 y.o. 11h
 12h

Karate 6 to 9 y.o. (beginner) 3x/week Mon. 18h, Wed. 18h & Sat. 9h 255\$
 "GI" uniform not included 70\$

TEENS

Basketball 11 to 13 y.o. (13 weeks) Saturday 11h* 225\$
 14 to 17 y.o. (13 weeks) 12h*

Floor hockey 11 to 13 y.o. Saturday 15h 243\$

Karaté 10 to 13 y.o. (débutant) 3x/week Mon. 18h, Wed. 18h, & Sat. 9h 255\$

FOR ALL

excluding the "GI" at 70\$

Aïkido 6 to 99 y.o. Tuesday 19h 280\$
 Saturday 17h

Aïkido (2x/week) 6 to 99 y.o. Tuesday 19h
 Saturday 17h 420\$

Karate 13 y.o. + (beginner) 3x/week : Monday 18h, Wed. 18h, Sat. 9h 325\$
 "GI" uniform not included 70\$

FITNESS SECTION (NEW!)

60-minute courses

Pilates Reformer	Wednesday 10h	240\$
Cardio Baladi	Wednesday 19h	160\$
Teen Titans	Friday 18h	
Teen Intro Weight Training	Sunday 9h	
Cardio Kick	Friday 19h	
Boxe-Fit	TBD	
Yoga Sablon-Fit	TBD	

Elite Courses (available for individual purchase)

*30-minute courses

Pilacore	Saturday 10h	160\$
Tai-Chi	Monday 11h	196\$
Aquaform	Monday 19h	80\$

Stretching Plus *	Thursday 19h15	
Hero Cardio*	Thursday 18h30	
Latin Madness*	Friday 19h	
Mobility*	Sunday 10h	
Muscle Up*	Friday 16h30	
Zumba Fit-Tone	Tuesday 19h	
Sablon-Fit H.I.I.T.*	Monday 19h	
Pilatone*	Friday 10h	

Zumba Midi Wednesday 12h **Gratuit**

ADAPTED COURSES

SABLON-FIT

Reduced mbility weight training	Tuesday 11h	150\$
Pulmonary Program A	Sunday 13h	
Pulmonary Program B	Thursday 11h	
Adapted cardio-tone Stroke class	Tuesday 13h	
Parkinsons in action	Tuesday 14h30	160\$

(Zoom) "Santé pulmonaire" Saturday 10h 120\$

COMMUNITY AND CULTURAL



Private piano lessons	30 minutes 45 minutes		355\$
Ballet-tap	3 to 5 y.o. Sunday 9h 6 to 9 y.o. 10h 10 to 15y.o. 11h		505\$ 221\$
Hip-Hop	4 to 6 y.o. Tuesday 17h45 7 to 10 y.o. 18h45 11 to 14 y.o. 19h45		221\$
Mini Einstein (Parent-tot)	18 to 24 months Monday 9h30		322\$
Mini Picasso (Parent-tot)	24 to 30 months Friday 10h		322\$
Peinture	6 y.o. et + Tuesday 18h		221\$
Yoga (baby/mommy)	Wednesday 10h		209\$
Pirouette et Cabriole (Psychomotricity)	18 mo to 2.5 y.o. Sunday 9h30 2.5 to 4 y.o. 10h30 4 to 5 y.o. 11h30		174\$
Guitar courses (semi-priv.)	15+ Tuesdays 18h		250\$
Spanish classes	12+ Tuesdays or Saturdays		288\$
Musical awakening	1 to 3 y.o. Saturdays 9h30 3 to 5 y.o. 10h30		160\$

OPEN ACTIVITIES

Basketball	12 y.o. + Monday et Saturday 17h	84\$
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	113\$

SPECIALS NEEDS (YOUTH WITH ASD)

Special needs private swimming classes		388\$
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	225\$
Aqua-teens	varies	252\$
Artistic swimming	Tuesday 19h	252\$
Teen titans	Friday 18h	160\$
Teen titans (intro weight training)	Sunday 9h	160\$
Floor hockey	Saturday 15h	243\$

Contact us



450-688-8961



755, chemin du Sablon
Laval QC, H7W 4H5



www.centredusablon.ca



Fall 2024 (14 weeks)
September 9th to December 15th

Pre-registration
August 26 and 27, 2024

Registration
August 28, 2024

- Pre-registration is available ONLY for active members who are enrolled in courses during the Spring and/or Summer 2024 session.
- Annual membership fee of \$19.50 (non-refundable)
- No refunds after second class
- A 10% fee will be charged on the total cost of course paid