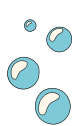


AQUATICS



SPORTS



SABLON-FIT



Artistic swimming 6-8 y.o. Thurs. 17h 220\$
 9-12 y.o. 18h
 13 y.o. + 19h

KIDS

Aquababy (0-10 mos) (9 weeks) 249\$
 Tues. 9h40/10h15/10h50/11h25
 Fri. 9h40/10h15/10h50/11h25

PARENT & TOT 1, 2, 3, up to 3 y.o. 162\$
 PRESCHOOL 1, 2, 3, 4, 5 3 to 5 y.o. 162\$

SWIMMER 1 to 4 6 y.o. + 207\$
 SWIMMER 5 to 9 (swim patrol) 8 y.o. + 220\$

Private swimming lesson 4 y.o. + 309\$

TEEN

AQUA-TEEN 1, 2, 3 10 to 15 y.o. 220\$

LIFEGUARDING 188\$

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



ADULT

SWIMMER ADULT 1, 2, 3 15 y.o. + 220\$

Private adult swimming lessons 335\$

Aquafitness 15 y.o. + 177\$
 Mon./Wed./Thurs. 10h
 Mon. 18h30
 Fri. 12h15

KIDS

Aikido Zone 3 - 5 y.o. (2x week) Tues. 18h00 212\$
 Thurs. 18h30

Soccer - parent/child Sun. 9h00 208\$

Basketball 6 to 8 y.o. (11 wks) Sat. 9h 191\$
 9 to 10 y.o. (11 wks) 10h
 10 to 13 y.o. (11 wks) 11h

Basketball 6 to 8 y.o. Fri. 18h 208\$
 9 to 10 y.o. 19h
 11 to 13 y.o. 20h

Initiation to ball sports 3 to 5 y.o. Tues. 17h20 186\$
 6 to 9 y.o. 18h05
 10 to 14 y.o. 19h

Volleyball 6 to 10 y.o. (11 wks) Sat. 13h20 191\$
 11 to 14 y.o. (11 wks) 14h10

Soccer 6 to 8 y.o. Sun. 10h 208\$
 6 to 8 y.o. 11h
 9 to 10 y.o. 12h

Karate 6 to 9 y.o. & 10 to 13 y.o. 255\$
 (beginner) 3x/week : Mon. 18h, Wed. 18h, Sat. 9h
 The uniform "GI" not incl. 70\$

ALL AGES

Aikido 6 to 99 y.o. Tues. 19h 240\$
 Sat. 17h
 adult & advanced teen Thurs. 19h30

Aikido (2x/week) 6 to 99 y.o. Tues. 19h 360\$
 Sat. 17h

Karate 13 y.o. + 177\$
 (beginner) 3x week : Mon. 19h, Wed. 19h, Fri. 19h
 & Sat. 10h 325\$
 The uniform "GI" not incl. 70\$

1-hour classes

Pilates Reformer Wed. 10h 240\$
 Cardio Baladi Wed. 19h 160\$
 Teen Titans Fri. 18h 160\$
 Teen Intro Weight Training Sun. 9h 160\$
 Cardio Kick Fri. 19h 160\$
 Pilacore* Sat. 10h 160\$
 Boxe Thurs. 17h30 160\$
 Aeroboxe* Mon. 19h30 160\$
 Tai-Chi* Mon. 13h 160\$
 Body pump** Fri. 19h FREE
 Sky kick** Tues. 12h FREE

Rhythmed Fitness* Tues. 19h
 Zumba Midi Wed. 12h 25\$/class
 Zumba Fit-tone Sat. 11h
 Zumba Weekend Sun. 11h
 Pila-yoga* Thurs. 12h
 Tonus (Seniors) Wed. 11h

30 minutes classes

Ballet-fit* Tues. 18h
 Stretching Plus Thurs. 19h45
 Hero Cardio* Thurs. 19h 60\$/class
 Latin madness* Fri. 19h
 Mobility* Sun. 10h
 Muscle Up* Tues. 10h
 Pilatone Fri. 10h
 Training 101* Thurs. 14h

ADAPTED CLASSES SABLON-FIT

Muscu-reduced mobility Tues. 11h
 Pulmonary health A Sun. 13h
 Pulmonary health B Thurs. 11h
 Adapted cardio-muscu stroke Thurs. 13h 50\$/class
 Parkinson in action Tues. 14h30
 (Zoom) Pulmonary health Sat. 10h

*Elite classes

** FREE with purchase of 25\$ class



COMMUNITY & CULTURAL

Piano (private)	30 minutes 45 minutes	Mon. or Wed. 16h to 20h30	328\$ 466\$
Gymnastics	3 to 11 y.o.	varied (Mon., Tues. & Fri.)	150\$
Ballet-tap	3 to 5 y.o. 6 to 9 y.o. 10 to 15y.o.	Sun. 9h 10h 11h	189\$ 210\$
Contemporary dance	4 to 6 y.o. 7 to 10 y.o. 11 to 14 y.o.	Thurs. 17h45 18h45 19h45	189\$
Hip-Hop	3 - 5 y.o. 6 - 8 y.o. 9 - 11 y.o. 12 - 14 y.o.	Sat. 14h20 Sat. 15h25 Sun. 14h20 Sun. 15h25	189\$
Mini Einstein (Parent/child)	18 to 24 mo	Mon. 9h30 to 11h	276\$
Mini Picasso (Parent/child)	24 to 30 mo	Fri. 9h30 to 11h	276\$
Multimedia arts	5 - 8 y.o. 9 - 12 y.o.	Mon. 17h30 18h30	189\$
Yoga: Baby and me (10 wks)	Parent-baby	Wed. 10h	210\$
<i>Pirouette et Cabriole</i> (Psychomotricity parent/child)	18 mo to 2.5 y.o. 2.5 to 4 y.o. 4 to 5 y.o.	Sun. 9h30 10h30 11h30	174\$
English lessons	4 to 12 y.o.	Wed./Thurs./Sat. Varied times	180\$
Cooking lessons	6 to 11 y.o.	varied times	180\$
Mini-gym (semi-structured)	18 mo to 5 y.o.	Sun. 13h	96\$
Relaxing yoga: Breathing techniques (10 wks)	15+	Tues. 19h	210\$
Introduction to meditation and stretching (10 wks)	15+	Wed. 11h	210\$
Interactive games club	65+	Wed. 10h	100\$

SPECIAL NEEDS (YOUTH WITH ASD)

Private swimming (special needs)	320\$
Life skills - 12 to 17 y.o	Thurs. 18h, 19h30 416\$
Social skills - 5 to 11 y.o.,	Sat. 10h, 11h45, 13h25 441\$
Adapted sports - 5 to 12 y.o. dim.	13h30, 14h55, 16h20 330\$

ACTIVITIES FOR TEENS

Ballet-tap	Sun. 11h	210\$
Hip-hop	Sun. 15h25	189\$
Basketball	Fri. 21h Sat. 13h (11 wks)	208\$ 191\$
Aqua teen	Varied times	220\$
Artistic swimming	Thurs. 19h	220\$
Teen titans	Fri. 18h	160\$
Teen titans (intro weight training)	Sun. 9h	160\$
Teen space for 13 to 16 years old	Tues. and Fri. 16h to 20h	15\$/week

OPEN GYM

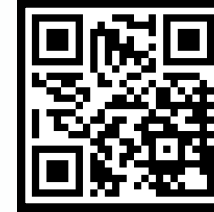
Basketball	12 y.o. +	Mon. & Sat. 17h	84\$
Badminton	13 y.o. +	Wed. 15h30 Thurs. Fri. 16h30	96\$
Pickleball	16 y.o. +	120\$	
Mon. to Fri. 3 periods available 8h - 9h25 / 9h30 - 10h55 / 11h - 12h30			

Contact us

450-688-8961

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

www.centredusablon.ca



Centre du Sablon

Winter 2025 (12 weeks)
January 5th to March 29th

Preregistration
December 9th & 10th

Registration
December 11th

Preregistration is available ONLY for those enrolled in courses during the Fall 2024 session.
- 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