



SUMMER  
9 WEEKS

2025

# FOR A HEALTHY COMMUNITY

## Programs

Fitness

Cultural

Sports

Aquatics

Special Needs



INFO@CENTREDUSABLON.COM | WWW.CENTREDUSABLON.CA



  
Centre du Sablon

## RECEPTION HOURS

Monday to Friday  
07:00 to 22:00

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Saturday / Sunday  
08:00 to 18:00

## EVENTS CALENDAR

Spring Break Camp  
March 3rd to 7th

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Easter  
Closed : April 20th

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Saint-Jean  
Closed : June 24th

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Summer Camp  
June 25th to August 22nd

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Labour Day  
Closed : September 1st

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Holidays  
Closed :  
Dec. 24th, 25th, & 31st,  
2025  
And January 1st, 2026

## REGISTRATIONS 2025

### SPRING 2025 11 WEEK SESSION

17-18  
MAR

**Pre-registration as of 07:30**  
(Participants registered for the winter session can register.)

19  
MAR

**Registration as of 07:30**  
(New member • In person only)

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### SUMMER 2025 9 WEEK SESSION

9-10  
JUNE

**Pre-registration as of 07:30**  
(Participants registered for the spring session can register.)

11  
JUNE

**Registration as of 07:30**  
(New member • In person only)

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### FALL 2025 14 WEEK SESSION

25-26  
AUG

**Pre-registration as of 07:30**  
(Participants registered for the spring and summer sessions.)

27  
AUG

**Registration as of 07:30**  
(New member • In person only)





# OPEN ACTIVITIES



## SOCCER

Thursday and Friday  
16:15 to 17:45

66\$  
9 weeks

## BASKETBALL

Monday  
17:00 to 18:30  
Saturday  
16:30 to 17:55

Tuesday  
16:30 to 18:00

72\$  
9 weeks

- ✓ Active annual membership card : 19.50 \$
- ✓ Option to purchase a set of 5 passes for basketball and/or soccer at the price of \$20.

## ROOM RESERVATION

10% discount for active members (Must be registered for at least one activity during the 2 sessions prior to the reservation date.)

Our multipurpose rooms provide a setting for your events : conferences, meetings, or birthday parties. All details are available on our website.

Gymnasium : Ideal for sports such as basketball, futsal, badminton, etc. Subject to availability, \$90/hour.



Reserve at – Reservation – Centre du Sablon

## REGISTRATION AND PRE-REGISTRATION

Registration dates are listed on page 2.

Pre-registration is available to individuals who were registered in the previous session and wish to re-enroll.

For example, registration in the fall grants access to winter pre-registration, winter to spring, and spring to summer.

For the fall session, individuals registered in the spring and/or summer sessions are also eligible for pre-registration.

Access to Pre-Registration:

- You or your child were registered in the previous session,
- or
- You hold an active annual gym membership,
- or

Camp Registration:

- Summer camp → pre-registration for fall
- Winter camp → pre-registration for winter
- March break camp → pre-registration for spring

## REFUND/CREDIT POLICY

Before the course begins: \$25 administration fee.

After the first class:

Refund available, subject to:

- \$25 administration fee
- 10% penalty on the remaining balance
- Cost of the first class

From the second class onward:

No refunds. Please note that the day of the second class counts as a full class, regardless of the time the refund request is made.

Missing a class does not count as a cancellation. You are still responsible for paying the full activity fee, even if absent.

Refund requests must be sent by email to [info@centredusablon.com](mailto:info@centredusablon.com) before the course starts.

A prorated credit may be granted at any time upon presentation of a medical note.

Credits are non-refundable and non-cashable.

No refunds will be issued for amounts under \$25.

Each request will be reviewed by management. The Centre reserves the right to grant or deny a credit for the remainder of the activity.

Credits must be used toward a new registration no later than one (1) session afterward and within the same calendar year (when possible, unless the credit is granted for the fall session).

NO CREDIT NOTES MAY BE APPLIED TO MEMBERSHIP CARD FEES.

Refund processing time: 10 business days.

## ACTIVITY CANCELLATION BY THE CENTER

The Centre du Sablon reserves the right to cancel an activity if registration numbers are insufficient or for any other reason deemed valid. In such cases, a full refund will be issued.

Any activity cancelled due to force majeure (e.g., power outage, fecal or vomit incident in the pool, etc.) is non-refundable and non-creditable.

If the class can be rescheduled, you will be contacted by the department responsible for the activity.

## FEES AND PAYMENT TERMS

Registration fees must be paid in full before the start of the activities.

Taxes are not included in the activity fees for individuals aged 15 and over. Some activities may include additional fees, which will be communicated to you as applicable. Prices are subject to change without notice.

Accepted payment methods: cash, debit, and credit card (Visa and Mastercard).

The Centre will automatically withdraw a participant from an activity if payment has not been made before it begins.

## TAX CREDIT

To take advantage of the children's fitness tax credit, you must keep your registration receipts.

For the issuance of RL-24 receipts, the social insurance number of one of the parents is required. Only the day camp and children's garden activities are eligible for these receipts.

The statement will be available in your IC3 online account starting February 28, 2025. No postal mail will be sent.

## MEMBERSHIP CARD

The annual membership card is mandatory for all participants in any activity at the centre and is non-refundable.



## NOTE:

In case of discrepancy, the digital version of the schedule takes precedence.



# SABLON

*Fit*

Program

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# Description

# SABLON *Fit*

## FITNESS



### Myofascial Release (All Levels)

NEW!

Myofascial release is a therapeutic technique that targets the connective tissue, or fascia, that surrounds and supports the muscles throughout the body. By releasing these restrictions, myofascial release aims to improve flexibility, relieve pain, and restore proper movement patterns and alignment.

### Pila-Core (All Levels)

In this class, you will perform mat exercises primarily targeting the core muscles and thoracic breathing. The exercises are adapted to respect each individual's limits.

### Pilates Reformer (All Levels)

This small group class allows you to train in a different way each session and helps you get in shape. It involves training on the Pilates Reformer machine. This type of workout targets the entire body, focusing on strength training and core exercises.

### Stretching Plus (All Levels)

This class harmoniously integrates different stretching techniques, including Essentrics, into a concise and effective session. It allows you to achieve your stretching goals with precision and care. Our instructor provides modifications to meet individual needs.

### Cardio Hero (All Levels)

This cardiovascular workout aims to get you walking, running, or cycling on machines. The trainer will guide you through the workout to get your heart rate up and improve cardiovascular fitness. It is a series of high-intensity interval training sessions designed to develop and increase your cardiovascular endurance. Our instructor provides modifications to meet individual needs.

### Sablon-Fit : Ballet (All Levels)

This unique class combines the elegance and discipline of ballet with muscle-strengthening exercises. Designed to improve strength, flexibility, and posture, this class uses ballet-inspired movements to sculpt a toned and lean body while enhancing balance and coordination.

### Mobility (All Levels)

The mobility class allows each participant to focus on maintaining and strengthening the joints, tendons, and ligaments. You will also work on flexibility and improving muscular movements within a range of motion, which is essential for effective muscle recovery. This class aims to reduce pain and improve overall health.

### Toning (All Levels)

NEW!

The instructor guides you through challenging workouts that push your body while offering practical advice on how to nourish it effectively. This class combines dynamic workouts with tips for living a healthier lifestyle.





# Descriptions

# SABLON *Fit*

## MUSIC AND FITNESS



### **Zumba : Noon (All Levels)**

Cardiovascular Training. This is an endurance and coordination exercise. It involves moving the legs to dance, raising the arms overhead, and engaging the core. Ideal for everyone, especially those who need a workout in the afternoon during their busy schedule.

### **Zumba : end of week (All Levels)**

Sunday Zumba is the perfect way to end your weekend on a high note! Whether you're an experienced dancer or a beginner, Zumba offers a full-body workout that targets all the major muscle groups, improves cardiovascular health, and burns calories—all while having fun. The vibrant atmosphere, energetic rhythms, and supportive instructors will leave you feeling great, energized, and motivated to take on the upcoming week.

### **Zumba Fit Tone (All Levels)**

Join us for a dynamic and fun Zumba session, where rhythmic dance moves are combined with the use of light weights to tone and sculpt your body. This class is designed to improve your endurance, strengthen your muscles, and burn calories, all while dancing to energizing beats.

### **Step** NEW!

Each session combines simple steps and progressive choreography to tone the body, improve endurance, and strengthen the legs. Suitable for all levels, the class helps burn calories while developing coordination and agility. While the focus is on the lower body, the entire body is engaged throughout the workout.

### **Beats Training** NEW!

This Pound class is an energizing experience that combines rhythmic music with drumming-inspired movements. Participants use special drumsticks to strike, tap, and move to the beat of dynamic tracks. Suitable for all levels, it offers a fun and motivating way to tone the entire body and burn calories.

### **Zumba Gold** NEW!

This energizing dance fitness class is designed for older adults or beginners. It features simple movements set to upbeat music that support cardiovascular health and coordination. The low-impact routines provide an excellent workout while ensuring everyone feels comfortable and confident. Whether you're new to fitness or looking to stay active, Zumba Gold offers a supportive environment to move, have fun, and stay healthy.

## TEEN FIT



### **Teen Titans**

Group activity designed for adolescents aged 8 to 13. This program teaches them the right combination of nutrition and exercise to help them adopt a healthy lifestyle from an early age. They will also learn proper exercise techniques to help develop a well-defined physique, proper alignment, and prevent injuries.

### **Teen Introduction to Strength Training**

In this program, teens aged 14–15 are introduced to the Sablon-Fit training room. The trainer will teach the fundamentals of strength training to ensure proper workout habits and injury prevention using weight machines and free weights. This program is designed for teens with weight loss goals as well as young athletes looking to enhance their sports performance.

# Descriptions

# SABLON *Fit*

## FIT PUMP



### Cardio Kick (Intermediate–Advanced)

Cardio Kick is a dynamic workout that combines kickboxing techniques with cardiovascular exercises. It includes a series of punches, kicks, and footwork—all set to upbeat music. The class is designed to improve endurance, coordination, and burn calories, offering a full-body workout. It is accessible to all fitness levels, making it suitable for both beginners and more advanced participants, with modifications provided to match individual needs.

### Boxing (All Levels)

Get ready to unleash your full energy in this class! Combining the fundamentals of boxing with a full-body workout, this class is designed to improve your strength, agility, and endurance. You'll work on punches, footwork, and conditioning exercises to boost your cardiovascular fitness while sculpting and toning your body. It's a great way to relieve stress, build confidence, and stay in shape.

### Body Pump

This is a full-body, energizing workout focused on strength training using bars and weights. Set to motivating music, this class helps tone, sculpt, and strengthen all major muscle groups while boosting your metabolism and endurance. Body Pump is suitable for all fitness levels. It's an ideal method for building strength, improving endurance, and achieving fast results in a fun, group-oriented environment.

### Sky Kick : Light Kickboxing for Beginners and Intermediates

Learn the fundamentals of kickboxing, including punches, kicks, and defensive movements. The class is accessible and focuses on technique, fitness, and fun, without the pressure of high intensity. Perfect for those looking to get in shape while learning the basics of kickboxing.

## ADAPTED CLASSES



### Strength Training for Reduced Mobility

Specialized Class for Individuals with Reduced Mobility. Led by a Kinesiologist, this class focuses on chair-based strength training exercises for the upper body. Participants are encouraged to perform the exercises at their own pace.

### Pulmonary Health

Guided by a Kinesiologist, this rehabilitative class focuses on chair-based strength training exercises for both the upper and lower body. You will practice breathing techniques throughout the class to engage your heart. The class also includes cardio exercises, either seated, standing, or walking. Participants are encouraged to work at their own pace.

### Cardio–Muscle Stroke Rehab

This program includes full-body strength training exercises, as well as balance, coordination, and cardiovascular endurance work. The rehabilitation aims to help participants move better and strengthen their bodies to resume daily activities. It also focuses on breaking isolation and promoting social engagement!

### Boxing for Parkinson's

Boxing has gained recognition as a beneficial exercise form for individuals with Parkinson's disease. The non-contact nature of the sport, combined with its focus on agility, coordination, and cardiovascular fitness, makes it an ideal workout. This class aims to improve agility, hand-eye coordination, strength training, cardiovascular fitness, and mental focus.

### Seated Strength

The Tonus Assis class is specifically designed for individuals looking to improve their strength and mobility while staying seated. This gentle yet effective workout focuses on muscle tone and flexibility through simple, low-impact exercises.



# Programming

# SABLON *Fit*

## SABLON FIT

Jr. Boxing (ages 7 to 14)	Wednesday	17:00	170\$
Boxing (Adult)	Wednesday	18:00	170\$
Boxing For Parkinsons	Tuesday	14:30	50\$
Cardio kick	Friday	19:00	160\$
Cardio–Muscle Stroke Rehab	Thursday	11h/14h	50\$
Stretching Plus	Thursday	19:00	50\$
Hero Cardio	Wednesday	19:00	50\$
Mobility	Sunday	10:00	50\$
Muscle Up	Tuesday	10:00	50\$
Strength Training for Reduced Mobility	Tuesday	11:00	50\$
Pila–Core	Saturday	10:30	150\$
Toning	Friday	19:00	25\$
Myofascia	Friday	09:30	50\$
Pulmonary Health Group A/B	Sunday/ Thursday	13:00	50\$
Zoom Pulmonary Health	Wednesday	14:00	50\$
Teen Introduction to Strength Training (ages 14 to 15)	Friday	18:00	170\$
Teen Titans (ages 9 to 13 years)	Friday	17:00	170\$

Zumba Weekend	Sunday	13:00	25\$
Zumba Fit Tone	Saturday	9:00	25\$
Zumba Noon	Wednesday	12:00	25\$
Crazy Zumba	Tuesday	19:00	25\$
Tai–chi	Monday	10:00	140\$
Step Pump	Thursday	18:00	25\$
Urban Walk	Tuesday	9:00	50\$
Tonus for Osteoporosis	Tuesday	14:00	25\$
Taebo	Thursday	12:00	free

The full course descriptions can be found on pages 6 to 8.

# CULTURAL

## Program

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# Description

# SABLON Cultural

## CULTURAL



### Spanish beginner class P1 – 90 minutes (18+)

NEW!

You will learn the basics: pronunciation, grammar, everyday vocabulary, and simple conversation. Interactive method, friendly atmosphere, and personalized pace. Perfect for travel, daily interactions, or starting to learn the language with confidence. No prior knowledge required.

### Ballroom social dancing and Line Dancing (18+)

NEW!

Line dancing is a group choreography performed in rows without contact, often set to country or pop music. It promotes coordination and a sense of community. Ballroom dance is danced in pairs, involving lead and follow connection. It includes waltz, tango, and foxtrot, and emphasizes elegance, communication, and sociability.

### English Course

Designed for children aged 3 to 10, this course helps young learners practice English in a fun and enriching environment.

Guided by the instructor, children will learn through games, songs, and interactive activities!

### Private Piano Lessons

For ages 5 and up, piano lessons offer a simple and effective method to learn or improve your technique, with music theory taught by an expert from the McGill Conservatory.

### Ballet–Tap Dance Classes

Designed for children aged 3 to 15, our ballet–tap class offers a rich and rewarding dance experience! Certified by the British Dance Association, our instructor creates an environment where young dancers can develop coordination, musicality, and confidence.

### Contemporary Dance Classes

Designed for children aged 4 to 14, our contemporary dance class offers a unique experience through movement. Certified by the British Dance Association, our instructor creates an environment where young dancers develop their musicality and coordination.

### Hip–Hop Dance Classes

Designed for children aged 4 to 14, our hip–hop class offers a dynamic and energetic experience through urban dance. Led by a passionate instructor, this class helps young dancers develop their sense of rhythm and coordination.

### Gymnastics (With Equipment)

Designed for children aged 3 to 9, this course provides a safe environment to explore coordination, flexibility, and balance. It's the perfect program to introduce young children to gymnastics using the balance beam, bar, and floor mats!

### Pirouette et Cabriole (Parent–Child Class)

Designed for children aged 18 months to 5 years, this class helps develop motor skills while providing a fun environment for both parents and children. The program promotes healthy motor development through enjoyable and engaging interactions!

### Babysitter course (Red Cross)

Designed for youth aged 11 and older, this course provides certification from the Red Cross to become a babysitter. Guided by a certified instructor, participants will develop autonomy, safety knowledge, appropriate care skills, and basic techniques for handling emergency situations!

### Yoga & Stretching for Preteens (Ages 10–14)

A class designed for preteens to promote relaxation, flexibility, and well-being through age-appropriate yoga exercises.

### Comic Book Workshop

For youth aged 6 to 14, this class explores the world of comics. Participants learn to create characters, invent stories, and draw simple comic strips — a fun way to foster imagination and storytelling.

### Painting Class

For ages 5 to 14, this course invites kids to explore different painting techniques. Through varied projects, they learn to use colors, brushes, and mixed materials to express themselves. No prior experience needed — just a desire to create!

### Craft Workshop (4 weeks)

This workshop gives youth aged 7 to 14 the chance to develop creativity through fun, hands-on projects. A great way to discover the joy of creating with your own hands!

### Musical Awakening (Parent–Child Class)

A fun-filled class introducing children aged 1 to 5 to music through songs, games, and sensory activities. Accompanied by their parents, children enhance their listening skills, motor coordination, and creativity in a warm, welcoming environment.

# CULTURAL

## Program

### COMMUNITY AND CULTURAL

Private piano lesson 30 min	Wednesday	16h to 20h	164\$
Gymnastics (3–4 years)	Tuesday	16h30	122\$
Gymnastics (5–7 years)	Tuesday	17h40	122\$
Gymnastics (8–9 years)	Tuesday	18h50	122\$
Ballet Tap (3–6 years)	Sunday	9h	142\$
Ballet Tap (7–10 years)	Sunday	10h	142\$
Ballet Tap (10–15 years) 90 mins	Sunday	11h	162\$
Contemporary dance (4–6 years)	Thursday	17h45	142\$
Contemporary dance (7–10 years)	Thursday	18h45	142\$
Contemporary dance (11–14 years)	Thursday	19h45	162\$
Hiphop dance (3–4 years)	Saturday	13h	142\$
Hiphop dance (5–7 years)	Saturday	14h05	142\$
Hiphop dance (8–10 years)	Saturday	15h10	142\$
Hiphop dance (11–14 years)	Saturday	16h15	142\$
Pirouette et Cabriole (psychomotricity) 12 mo – 18 mo	Sunday	9h30	131\$
Pirouette et Cabriole (psychomotricity) 18 mo – 2.5 years	Sunday	10h30	131\$
Pirouette et Cabriole (psychomotricity) 2.5 – 4 years	Sunday	11h30	131\$

English course beginner (4–6 years)	Sunday	10h30	95\$
English cours beginner (7–10 years)	Wednesday	18h30	95\$
Musical Awakening (1–3 years)	Saturday	9h	112\$
Musical Awakening (3–5 years)	Saturday	10h	112\$
Ballroom dancing (18+)	Tuesday	18h00	95\$
Line dance (18+)	Tuesday	10h00	95\$
Painting (5–7 years)	Thursday	18h30	131\$
Painting (8–10 years)	Thursday	19h45	131\$
Painting (11–14 years)	Saturday	14h	131\$
Comic book (6–8 years)	Sunday	13h	116\$
Comic book (9–11 years)	Sunday	14h	116\$
Comic book (12–14 years)	Sunday	15h	116\$
Yoga & stretching	Monday	18h	100\$
Yoga & stretching	Wednesday	18h	100\$
Craft workshop (7–9 years)	Thursday	17h	85\$
Craft workshop (10–12 years)	Thursday	18h	85\$
Craft workshop (13–14 years)	Thursday	19h	85\$
Beginner Spanish P1 adults (90 mins)	Thursday	18h45	205\$

The complete description of the courses can be found on page 11.



# SPORTS

## Program

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# Description

# SPORTS

## ACTIVITIES



### Soccer

Score goals, team up, and take on exciting challenges on the field! Whether you're a beginner or a bit more experienced, soccer is the perfect opportunity to improve, have fun, and experience intense competition. Come be part of our team, enhance your skills, and share unforgettable moments.

### Basketball

Want to perfect your shots, dribbling, and technique? Our basketball classes are made for you! Whether you're a beginner or already a bit more experienced, come learn the basics and tips to become a better player. In a friendly and guided environment, you'll progress quickly while having fun.

### Volleyball

Learn to master your serve, place your passes, and spike like a pro, all while having fun in a friendly atmosphere. Whether you're a beginner or looking to improve your skills, our classes are the perfect opportunity to progress and share great moments.

- Level 1: Introduction to the basics of volleyball, including forearm passing, setting, serving techniques, and the fundamental rules of the game.
- Level 2: Skill refinement with a focus on coordination, movement, and learning game strategies.

### Multisports

Our multisports classes allow you to explore a variety of activities, from soccer and basketball to volleyball and much more! Whether you're a beginner or already athletic, come develop your skills, improve your fitness, and have fun in a dynamic and friendly atmosphere. Each session is an opportunity to try new sports and make progress while having a blast.

### Open Basketball

Join our free basketball sessions during our pre-established time slots and take advantage of the space to practice or play with friends. Whether it's to improve your shooting, passing, or simply have a good time, our sessions are made for that. Come join us, grab your ball, and experience basketball in a dynamic and friendly atmosphere!

### Open Soccer

Join us for free soccer sessions during our pre-established time slots. It's the perfect opportunity to practice your passing, shooting, and teamwork. No coach, just you, your ball, and friends ready to play. Whether you want to train or simply have fun, come and enjoy the game!

### Karate

Karate is a martial art based on discipline, self-control, and physical development through striking, blocking, and movement techniques. This course aims to enhance strength, coordination, and concentration while imparting values of respect and perseverance. Practiced both as a competitive sport and as a means of self-defense or personal development.

### Aikido

Aikido is a martial art based on mastering energy and circular movements to neutralize an opponent without relying on brute strength. This course helps develop coordination, flexibility, and concentration while fostering self-control and respect for others.

# SPORTS

## Program

### SPORTIF

Aikido Zone (ages 3 to 5) (2x/week)	Tuesday and Thursday	18:00 & 18:30	159\$
Aikido 6–99 ans	Tuesday or Saturday	19:00 or 17:00	180\$
Aikido 6–99 ans advanced	Thursday	19:30	180\$
Aikido 6–99 ans (2x/week.)	Tuesday and Saturday	19:00 & 17:00	270\$
Karate for Beginners 6 to 13 years old (3x/week.) (Uniform \$70 not included)	Monday, Wednesday/	18:00/09:00	164\$
Karate for Beginners 14 years + (4x/week.) (Uniform \$70 not included)	Monday, Wednesday and Friday/	19:00/10:00	209\$
Volleyball (ages 9 to 14) lvl.1	Saturday	13:15	156\$
Volleyball (ages 9 to 14) lvl.2	Saturday	14:15	156\$
Volleyball (ages 15+)	Saturday	15:15	156\$
Basketball (ages 6 to 8)	Saturday	09:00	156\$
Basketball (ages 9 to 10)	Saturday	10:00	156\$
Basketball (ages 11 to 13)	Saturday	11:00	156\$
Basketball (ages 14 to 17)	Saturday	12:00	156\$
Basketball (ages 6 to 8)	Friday	18:00	156\$
Basketball (ages 9 to 10)	Friday	19:00	156\$
Basketball (ages 11 to 13)	Friday	20:00	156\$
Basketball (ages 14 to 17)	Friday	21:00	156\$

Soccer (ages 4 to 5) (Parent/Child)	Sunday	09:00	156\$
Soccer (ages 6 to 8)	Sunday	10:00	156\$
Soccer (ages 9 to 13)	Sunday	11:00	156\$
Soccer (ages 14+)	Sunday	12:00	156\$
Multisports (ages 3 to 5)	Tuesday	17:00	140\$
Tennis (ages 5 to 9)	Sunday	16:00	156\$
Tennis (ages 10 to 14)	Sunday	17:00	156\$
Tennis (ages 15+)	Sunday	18:00	156\$

The full description of the courses can be found on page 14.



# AQUATICS

## Program

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# AQUATICS Program

CLASSES	MONDAY	TUE.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
<b>Aquababy (0-10 months)</b> (35 min - 193\$)		8:00   8:35   9:10   9:45			7:55   8:30   9:05   9:40		
<b>Parent &amp; Tot 2</b> (30 min - 133\$)						9:00	9:00
<b>Parent &amp; Tot 3</b> (30 min - 133\$)					17:45 (Fear of water)	9:00	9:00
<b>Preschool 1</b> (30 min - 133\$)	17:55				17:40	9:35	
<b>Preschool 2</b> (30 min - 133\$)			17:55	17:10	17:40	10:10	9:35
<b>Preschool 3</b> (30 min - 133\$)			17:55		17:10	9:35	10:10
<b>Preschool 4</b> (30 min - 133\$)			18:25	17:10		10:10	
<b>Preschool 5</b> (30 min - 133\$)			18:25	17:45		10:45	
<b>Swimmer 1</b> (45min - 169\$)			19:00	18h20		11:20	11:15
<b>Swimmer 2</b> (45min - 169\$)			19:00	17:45		11:15	11:15
<b>Swimmer 3</b> (45min - 169\$)			19:45	17:45		11:15	11:45
<b>Swimmer 4</b> (45min - 169\$)			19:45	18:35		12:10	12:10
<b>Swimmer 5</b> (55 min - 180\$)			19:35			11:50	
<b>Swimmer 6</b> (55 min - 180\$)				19:20		13:00	
<b>Swimmer 7 - Swim Patrol</b> (55 min - 180\$)				19:20			
<b>Swimmer 8 - Swim Patrol</b> (55 min - 180\$)				19:20			
<b>Swimmer 9 - Swim Patrol</b> (55 min - 180\$)						12:50	

# AQUATICS Program

COURSE	MON.	TUES.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
<b>Aqua-Teen 1</b> (55 min - 180\$)					19:20		13:05
<b>Aqua-Teen2</b> (55 min - 180\$)					19:20		13:00
<b>Aqua-Teen 3</b> (55 min - 180\$)					19:20		13:05
<b>Bronze Star</b> (55 min - 190\$)						12:15	
<b>Bronze Medallion</b> (Free)							Available
<b>Bronze Cross</b> (Free)							Available
<b>First Aid/AED</b> (Free)					Available		
<b>National Lifeguard</b>	x	x	x	x	x	x	x
<b>Swim Instructor</b> (Free)				Available	Available		
<b>AquaFitness</b> (55 min - 133\$)	9:00   18:00	11:30 (aquajogging)	10:30   17:00 (prénatal)	9:30	12:10		
<b>Adult 1</b> (55 min - 180\$)		17:15   18:15					
<b>Adult 2</b> (55 min - 180\$)		19:15					
<b>Adult 3</b> (55 min - 180\$)		19:05					
<b>Adult 4 (masters swimming club)</b> (55 min - 180\$)					19:20		
<b>Private lesson</b> (30 min - 253\$)		16:00   16:05	16:50   17:20   18:30   19:00   19:30   20:00	16:05   16:35   17:05   17:10   17:45   18:15   18:45   19:10   19:40	16:05   16:35   17:05   18:15	9:35   10:10   10:40   10:45   11:15   11:20   11:50   12:05   12:25   12:35   13:00   13:10	9:35   10:10   10:40   10:45   11:10   12:00   12:30   12:35
<b>Private lesson - Special Needs</b> (30 min - 262\$)		Between 16:00 and 20:30	Between 16:00 and 20:30	Between 16:00 and 20:30	18:15   18:45	Between 9:30 and 14:00	Between 9:30 and 14:00
<b>Private lesson - Adult</b> (45 min- 274\$)			Between 16:00 and 20:30				



Program

# SPECIAL

*Needs*

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# Description

# SPECIAL Needs

## SPECIAL NEEDS



### **HSocial Skills (Assessment with Educator Required)**

This course, for youth (ages 5 to 12) with ASD, aims to explore and develop basic social skills such as verbal communication, non-verbal communication, emotional regulation, sharing, empathy, personal space awareness, self-esteem development, and much more.

### **\*Life Skills (Assessment with Educator Required)**

Life Skills is a group of social skills designed for adolescents aged 12 to 17 who are on the spectrum. This leisure activity is guided by specialized educators. During their time in the life skills group, adolescents with ASD can continue to develop their social skills in group settings, enhance their adaptability and self-regulation skills, and much more.

### **\*Adapted Multisports (Assessment with Educator Required)**

In this course, your child will be introduced to various sports and group activities tailored to the participants' functional level. They will also be taught concepts such as: waiting for their turn, sharing, following instructions, teamwork, as well as developing their motor skills.

Adapted Multi-sports (ages 5 to 12)	Sunday	will be back September 2025	\$-
Social Skills (ages 5 to 12)	Saturday	will be back September 2025	\$-
Social Skills (ages 5 to 12)	Saturday	will be back September 2025	\$-
Life Skills (ages 12 to 17)	Thursday	will be back September 2025	\$-
Private Swimming Lessons – Special Needs	Varied	varied	\$262

\*Time slots are determined based on the child's abilities.

After the mandatory assessment, educators will place the youth into appropriate groups.