



FALL
14 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

Saturday / Sunday
08:00 to 18:00

EVENTS CALENDAR

Spring Break Camp
March 3rd to 7th

Easter
Closed : April 20th

Saint-Jean
Closed : June 24th

Summer Camp
June 25th to August 22nd

Labour Day
Closed : September 1st

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

REGISTRATIONS 2026

WINTER 2026 12 WEEK SESSION

8-9
DEC.

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

10
DEC.

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





PICKLEBALL

Monday to Friday

8h à 12h30

60\$/bloc

SOCCER

Thursday 16h15 –
17h45

56\$
14 weeks

BASKETBALL

Monday and Saturday
17h – 18h30

Tuesday
16h30 – 18h

112\$
14 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 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



Description

SABLON *Fit*

FITNESS



Myofascial Release (All Levels)

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.

Pilates Fitness (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.

Pila-Yoga (All Levels)

NEW!

Pila Yoga is a dynamic fusion of Pilates and yoga, designed to build strength, flexibility, and balance. This class combines the mindful movement and core engagement of Pilates with the breathwork and flow of yoga. You'll experience a full-body workout that enhances posture, stability, and body awareness. Modifications are offered to match your pace and ability.

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.

Aero-Tonus (All Levels)

NEW!

Set to upbeat music, this workout boosts cardiovascular endurance while targeting key muscle groups. Expect a mix of dynamic cardio, bodyweight resistance, and light equipment work for maximum results. It's perfect for improving coordination, burning calories, and enhancing muscle definition.



Descriptions

SABLON *Fit*

MUSIC AND FITNESS



Zumba (All Levels)

It is a dance-based cardio workout set to Latin and global music. It uses interval training and simple choreography to improve endurance, coordination, and calorie burn. No dance experience needed; just follow the rhythm and move.

Zumba Fit Tone (All Levels)

A fun Zumba session, where rhythmic dance moves are combined with the use of light weights to tone and sculpt your body.

Zumba-SculptX (All Levels) **NEW!**

Combines 30 minutes of classic Zumba with 30 minutes of focused toning. Unlike Zumba Fit Tone, where light weights are used throughout, SculptX separates cardio and strength for deeper muscle engagement. Ideal for those wanting both dance energy and structured sculpting in one session.

Step/Walk 0.5 **NEW!**

It is a 30-minute workout on days alternating between step + toning or walking + toning formats. Each session combines low-impact cardio with strength exercises for a balanced, full-body workout. Suitable for all levels and perfect for a quick, effective boost.

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.

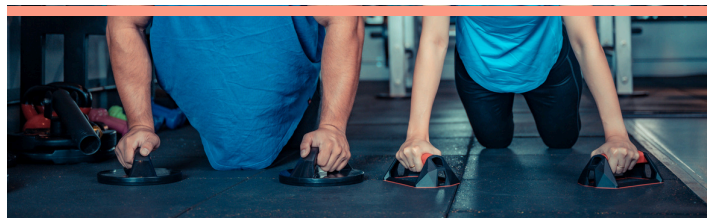
Groove Sticks **NEW!**

This 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.

Functional Training **NEW!**

It's a training that focuses on exercises that mimic everyday movements to improve overall strength, balance, and flexibility. It enhances your ability to perform daily activities with greater ease and reduces the risk of injury. Workouts often involve using bodyweight, free weights, and functional equipment like kettlebells or resistance bands. This training targets multiple muscle groups simultaneously, promoting coordination and core stability. Suitable for all fitness levels, it helps build practical strength for real-life situations.

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



Tae Bo

It is a high-energy cardio workout that blends elements of martial arts and boxing with aerobic movement. It focuses on improving cardiovascular fitness, strength, coordination, and agility through powerful, rhythmic combinations. The class includes punches, kicks, and bodyweight exercises set to upbeat music, promoting both physical and mental focus. It's an effective full-body workout that also enhances balance, endurance, and core control. Suitable for various fitness levels, it offers modifications to match your pace and ability.

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.

H.I.I.T. **NEW!**

It is a fast-paced workout that alternates short bursts of intense activity with periods of rest or low-intensity movement. This training method is designed to boost cardiovascular fitness, burn calories, and improve muscular endurance in a short amount of time. Exercises may include bodyweight moves, cardio drills, or strength-based intervals. These classes are highly efficient and adaptable, making it suitable for various fitness levels with modifications available. Expect a challenging, results-driven class that keeps your heart rate up and your energy high.

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.

Neuro Stride **NEW!**

Neuro Stride is a low-impact walking class using Urban Poling poles, designed specifically for individuals with neurological conditions such as MS, Parkinson's, or post-stroke (AVC). The use of poles promotes improved balance, posture, and stability while reducing the risk of falls. The class is ideal for inactive participants looking to safely increase mobility in a supportive environment. No prior experience is needed—just comfortable shoes and a willingness to move.

Programming SABLON *Fit*

SABLON FIT

Zumba Noon	Wednesday	12h	25\$
Zum/SculpX	Sunday	13h	25\$
Zumba Fit Tone	Saturday	9h	25\$
Aero-Tonus	Friday	19h	25\$
Zumba	Tuesday	19h	25\$
Taebo Noon	Thursday	12h	25\$
Taebo Evening	Tuesday	19h	25\$
Abs Challenge	Tuesday	18h15	25\$
Neuro Stride	Wednesday	14h	25\$
Mobility	Sunday	9h	50\$
Stretching +	Thursday	18h	50\$
H.I.I.T. AM	M/W/F	6h45	50\$
H.I.I.T. PM	M/W/F	6h45	50\$
Hero Cardio	Wednesday	19h	50\$
Myofascia	Friday	9h30	50\$
Pulmonary Health Class Grp. A/B	Sun/Thu	13h	50\$
Pulmonary Health Zoom	Wednesday	12h	50\$
Adapted Cardio Muscle Building	Thursday	11h	50\$
Low Mobility Muscle Building	Tuesday	11h	50\$
Boxing with Parkinsons	Tuesday	14h30	50\$

Tai Chi	Monday	10h	150\$
Pila Yoga	Monday	19h	150\$
Baladi Beginners	Thursday	17h30	150\$
Baladi Intermediate	Thursday	18h30	150\$
Pilacore	Saturday	10h	150\$
Yoga Tonus	Saturday	9h	150\$
Stix Fury	Friday	19h	150\$
Functional Training	Sunday	17h	150\$
H.I.I.T AM +	M/W/F	6h45	150\$
H.I.I.T PM +	M/W/F	19h45	150\$
Jr. Boxing	Monday	17h	170\$
Adult Boxing	Monday	18h	170\$
Jr. Boxing	Wednesday	17h	170\$
Adult Boxing	Wednesday	18h	170\$
Teen Titans	Friday	18h	170\$
Adolescent Intro to Muscle Building	Friday	18h	170\$
Boxing +	Mon./Wed.	17h/ 18h	320\$
Step/Walk 0.5	Monday	12h	Free

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

CULTURAL

Program



Description

SABLON Cultural

CULTURAL



Spanish for travelling – 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+)

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 done in pairs. It includes waltz, tango, and foxtrot, and emphasizes elegance, and sociability.

English Course

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

Yoga and stretching

NEW!

A class designed for preteens to promote relaxation, flexibility, and well-being through yoga exercises adapted to their age. A fun way to refocus and move gently.

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.

Drawing Course

For youth aged 6 to 14, this workshop introduces the fundamentals of drawing. Participants will explore techniques such as shading, proportions, perspective, and composition, while expressing their creativity through a variety of fun projects. A great way to develop fine motor skills, observation, and artistic confidence.

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!

Mini-Einstein (Parent-Child Class)

Designed for children aged 18 to 24 months, this class offers a gentle introduction to daycare and preschool. Guided by an experienced instructor, children and parents will enjoy fun, interactive, and engaging activities together!

Mini-Picasso (Parent-Child Class)

Designed for children aged 24 to 30 months, this class is a continuation of Mini-Einstein. Children will explore new concepts through playful and enriching activities. This program is highly recommended as preparation for preschool!

Cooking workshop

Allows young chefs to discover the joy of cooking while developing basic culinary skills. Children will learn to handle different ingredients, follow preparation steps, and explore new flavors. All in a playful and safe environment, under the supervision of an instructor.

Homework help

NEW!

This class is for students from Grade 1 to Grade 6. They can come to the Centre to do their homework under the supervision of an instructor who will be available to help with their questions.

CULTURAL

Program

COMMUNITY AND CULTURAL

Gymnastics (3-4 years)	Friday	16h30	195\$
Gymnastics (5-7 years)	Friday	17h40	195\$
Gymnastics (8-9 years)	Friday	18h50	195\$
Ballet Tap (3-6 years)	Sunday	9h	221\$
Ballet Tap (7-10 years)	Sunday	10h	221\$
Ballet Tap (10-15 years) 90 mins	Sunday	11h	252\$
Ballet Tap (3-6 years) all year	Sunday	9h	565\$
Ballet Tap (7-10 years) all year	Sunday	10h	565\$
Ballet Tap (11-15 years) 90 mins all year	Sunday	11h	648\$
Contemporary dance (4-6 years)	Thursday	17h45	221\$
Contemporary dance (7-10 years)	Thursday	18h45	221\$
Contemporary dance (11-14 years) 90 mins	Thursday	19h45	252\$
Contemporary dance (4-6 years) all year	Thursday	17h45	565\$
Contemporary dance (7-10 years) all year	Thursday	18h45	565\$
Contemporary dance (11-14 years) 90 mins all year	Thursday	19h45	648\$
Hip hop (3-5 years)	Saturday	11h	221\$
Hip hop (6-9 years)	Saturday	12h	221\$
Hip hop (10-14 years)	Saturday	13h	221\$
Pirouette et Cabriole (psychomotricity) 12 - 18 mos	Sunday	9h30	204\$
Pirouette et Cabriole (psychomotricity) 18 mo - 2.5 years	Sunday	10h30	204\$
Pirouette et Cabriole (psychomotricity) 2.5 - 4 years	Sunday	11h30	204\$
Yoga : Mommy and baby	Wednesday	10h00	160\$
Homework help	Wednesday	16h - 19h	189\$

English course beginner (4-6 years)	Tuesday	18h30	189\$
Jazz-tap dance (adults)	Thursday	20h00	105\$
English cours beginner (7-10 years)	Tuesday	19h40	189\$
Ballroom dancing (18+)	Tuesday	11h15	105\$
Line dancing (18+)	Tuesday	10h00	105\$
Painting (5 - 7 years)	Sunday	10h	204\$
Painting (8 - 10 years)	Sunday	11h	204\$
Painting (11 - 14 years)	Sunday	12h	204\$
Drawing (5 - 7 years)	Saturday	9h	204\$
Drawing (8 - 10 years)	Saturday	10h	204\$
Drawing (11 - 14 years)	Saturday	11h	204\$
Yoga & stretching (10 - 14 years)	Monday	18h	189\$
Mini Einstein (18-24 months)	Monday	9h30	299\$
Mini Picasso (24-30 months)	Friday	9h30	332\$
Cooking workshop (5-7 years)	Tuesday	18h30	210\$
Cooking workshop (8-10 years)	Tuesday	19h45	210\$
Spanish for travelling (Adults) (90 mins)	Thursday	18h45	204\$
Babysitting course (Red cross)	October 12th	9h-17h	150\$
Piano (private) 30 mins	Mon. or Wed.	16h - 20h	392\$
Piano (private) 45 mins	Mon. or Wed.	16h - 20h	546\$
Watercolor painting (adults)	Sunday	14h15	135\$
Acrylic painting (adults)	Sunday	13h	135\$
Chess - beginner (6-12 years)	Saturday	10h	160\$

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

SPORTS

Program



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.

Multigames

In this Multigames session, we're bringing back all the childhood classics for an energetic, fun-filled, and slightly competitive experience.

👤 Games may include:

- Dodgeball, Planet Ball, Pinball
- Cops and Robbers, Freeze Tag (Penguin Tag), Push & Catch
- Sentinel, Colonization, POW
- King of the Hill, Chicken, Fox, Viper and many more!

SPORTS

Program

SPORTIF

Aikido Zone (ages 3 to 5) (2x/week)	Tuesday and Thursday	18h & 18h30	247\$
Aikido Zone (Ages 3 to 5) (1x/week)	Saturday	16h	168\$
Aikido 6–99 ans	Tuesday or Saturday	19h or 17h	280\$
Aikido 6–99 ans advanced	Thursday	19h	280\$
Aikido 6–99 ans (2x/week.)	Tuesday and Saturday	19h or 17h	420\$
Karate for Beginners 6 to 13 years old	TBD	18h/9h	280\$
Volleyball (ages 9 to 14) lvl.1	Saturday	13h15	226\$
Volleyball (ages 9 to 14) lvl.2	Saturday	14h15	226\$
Volleyball (ages 15+)	Saturday	15h15	226\$
Basketball (ages 4 to 5)	Saturday	20h	226\$
Basketball (ages 6 to 8)	Saturday	9h	226\$
Basketball (ages 9 to 10)	Saturday	10h	226\$
Basketball (ages 11 to 13)	Saturday	11h	226\$
Basketball (ages 4 to 5)	Friday	17h	243\$
Basketball (ages 6 to 8)	Friday	18h	243\$
Basketball (ages 9 to 10)	Friday	19h	243\$
Basketball (ages 11 to 13)	Friday	20h	243\$

Soccer (ages 4 – 5) (Parent/Child)	Sunday	9h	208\$
Soccer (ages 6 – 8)	Sunday	10h	208\$
Soccer (ages 9 – 13)	Sunday	11h	208\$
Soccer (ages 14+)	Sunday	12h	208\$
Multisports (ages 3 – 5)	Tuesday	17h	217\$
Multi-games (ages 6 –10)	Sunday	16h	202\$

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

AQUATICS

Program



Descriptions

AQUATIC



ARTISTIC SWIMMING

The artistic swimming class offers an introduction to graceful, synchronized movements in the water, combining dance with swimming techniques. Participants develop coordination, flexibility, and creativity while having fun in an aquatic environment.

Level 1 (7–10 years)	Wednesday 5:35 p.m	280\$	
Level 1 (11–14 years)	Wednesday 6:25 p.m	280\$	
Level 2 (9–14 years)	Wednesday 7:15 p.m	280\$	NEW!

AQUAJOGGING NEW!

Aquajogging is a water-based activity performed in deep water with the help of a flotation belt or vest. It involves mimicking the motion of running without touching the bottom, engaging both the legs and arms. The water's natural resistance provides an effective workout for the cardiovascular system and muscles while reducing impact on the joints. Thursdays from 9:00 a.m. to 9:55 a.m.

AQUAFORME PRENATAL NEW!

Our prenatal aquafitness sessions combine aerobic exercises and energizing movements to improve your muscle strength, support your heart and lungs, and prepare your body for childbirth. Thanks to the water's buoyancy, you can enjoy a complete, safe, and impact-free workout, perfectly adapted to your pace and to every stage of your pregnancy.

Tuesday from 5:45 PM to 6:40 PM

PRIVATE LESSON A AND B (CHILDREN AND ADULTS)

Private lessons will be divided into two separate blocks of 7 sessions each:

Block A: from September 8 to October 27

Block B: from October 27 to December 15

Registration for one block only grants access to the lessons in that block. Separate registration is required to participate in both blocks.

AQUABABY

Aquababy is a class designed to promote the overall development of your newborn. We focus on muscle strengthening and stretching, incorporating concepts from massage therapy, kinesiology, reflexology, and many other techniques. This is a highly dynamic and unique class that offers numerous opportunities for both babies and parents. It's a wonderful activity that allows you to have fun, bond with your baby, and help them socialize with others.

12-week session.

Beginner	Tuesday / Friday 10:50 AM – 11:25 AM	331\$
intermediate	Tuesday / Friday 10:15 AM	331\$
intermediate & advanced	Tuesday / Friday 9:40 AM	331\$

AQUATICS

Programming

CLASSES	MONDAY	TUE.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
Aquababy (0 - 10 mos) (35 min - 331\$)		9:40 10:15 10:50 11:25			9:40 10:15 10:50 11:25		
Parent & Tot 2 (30 min - 206\$)						9:00	9:00
Parent & Tot 3 (30 min - 206\$)					18:30 (Fear of water)	9:00	9:00
Preschool 1 (30 min - 206\$)			17:40	17:15		10:40	9:30
Preschool 2 (30 min - 206\$)				17:15		10:40	
Preschool 3 (30 min - 206\$)			17:40	17:05		9:30	10:05
Preschool 4 (30 min - 206\$)			18:15			9:30	10:05
Preschool 5 (30 min - 206\$)			18:25	17:45		10:45	10:10
Swimmer 1 (45min - 263\$)			18:50	18:40		11:50	10:45
Swimmer 2 (45min - 263\$)			18:50	17:50		11:50	
Swimmer 3 (45min - 263\$)			19:40	17:50		11:10	11:45 12:10
Swimmer 4 (45min - 263\$)			19:40	18:45		11:10	12:20
Swimmer 5 (55 min - 280\$)				19:30		12:40 13:00	
Swimmer 6 (55 min - 280\$)				19:30		13:00	
Swimmer 7 Swim Patrol (55 min - 280\$)				19:30		12:40	
Swimmer 8 Swim Patrol (55 min - 280\$)						13:00	
Swimmer 9 - Swim Patrol (55 min - 280\$)						13:00	

AQUATICS

Programming cont'd

COURSE	MON.	TUES.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
Aqua-Teen 1 (55 min - 280\$)							12:35
Aqua-Teen 2 (55 min - 280\$)					19:35		13:05
Aqua-Teen 3 (55 min - 280\$)							13:05
Bronze Star - Swimmer 10 (90 min - 200\$)							
Bronze Medallion 							12:30
Bronze Cross 							12:15
First Aid/AED 							8:00
National Lifeguard 					17:30		
Swim Instructor 					17:45		
AquaFitness (55 min - 206\$)	10:00 18:30	17:45 (prenatal)	10:00	9:00 (aquajogging) 10:00	12:15		
Adult 1 (55 min - 280\$)		17:30 18:30			19:35		
Adult 2 (55 min - 280\$)		19:30					
Adult 3 (55 min - 280\$)		19:30					
Adult 4 (Masters swimming club) (55 min - 280\$)					18:35		
Private lesson (A and B) (30 min - 197\$)		16:20	16:35 17:00 17:05	16:35 16:40 17:05 17:15 17:40 18:10	16:20	9:35 10:05 10:40 11:15	9:35 10:40 11:15 11:35 11:45 12:05 12:35
Private lesson - Special Needs (30 min - 407\$)					16:50 17:25 17:55 19:05		10:10 10:45 13:00
Private lesson - Adult (A and B) (45 min - 214\$)			Between 16:00 and 20:30				

Program

SPECIAL

Needs



Description

SPECIAL Needs

SPECIAL NEEDS



Social 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.

Private swimming lessons – Special Needs

Our private swimming lessons for children with special needs (ages 3 to 14) provide personalized, safe, and caring support. Each session begins with an assessment of the child's physical condition and aquatic skills to establish clear, tailored goals. The instructor then develops a fully customized training plan that takes into account the child's preferences, abilities, any injuries, and specific needs.

Adapted Multi-sports (ages 5 to 12)*	Sunday	13h30 or 15h	\$385
Social Skills (ages 5 to 12)*	Saturday	9h30, 11h15, 13h, 14h45	\$515
Life Skills (ages 12 to 17)*	Thursday	17h25; 19h	\$485
Private Swimming Lessons – Special Needs	Varied	varied	\$407

*Time slots are determined based on the child's abilities. After the mandatory assessment, educators will place the youth into appropriate groups depending on their needs.