



WINTER
12 WEEKS

2026

MOVEMENT STARTS HERE

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
06:30 to 22:00

Saturday / Sunday
08:00 to 18:00

EVENTS CALENDAR

Holiday closures

Dec. 24th, 25th, 26th & 31st
And January 1st, 2026

Winter Camp

Dec. 22th, 23th & 26th
Dec. 29th, 30th & Jan. 1st

Spring Break camp

March 2nd to 6th

Summer camp

June 25th to August 22nd

CLOSED – Easter

April 5th

CLOSED – St-Jean

June 24th

REGISTRATIONS 2026

WINTER 2026 12 WEEK SESSION - JANUARY 5 TO MARCH 28

8-9
DEC.

Pre-registration as of 07:30

(Participants registered for the fall session can register.)

10
DEC.

Registration as of 07:30

(New member ▪ In person only)

SPRING 2026 11 WEEK SESSION - MARCH 29 TO JUNE 14

16-17
MAR.

Pre-registration as of 07:30

(Participants registered for the spring and summer sessions.)

18
MAR.

Registration as of 07:30

(New member ▪ In person only)

SUMMER 2026 9 WEEK SESSION - JUNE 25 TO AUGUST 26

8-9
JUNE

Pre-registration as of 07:30

(Participants registered for the spring and summer sessions.)

10
JUNE

Registration as of 07:30

(New member ▪ In person only)



OPEN ACTIVITIES



OPEN PICKLEBALL

Monday to Friday
8h à 12h30
50\$/bloc

BASKETBALL

Monday Saturday
17h – 18h30

Thursday
16h15 – 17h45

Saturday
16h30 – 17h50

96\$
12 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, \$95/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



Power Fitness Reset

NEW!

It's a complete and energizing workout designed to rebuild strength, improve endurance, and reset overall fitness. The class combines powerful functional movements with controlled strengthening intervals to awaken the muscles and enhance stability. Each session emphasizes proper technique and mindful transitions to help participants reconnect with their bodies.

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)

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)

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.

Bougez et Tonifiez

This is a dynamic full-body workout that combines low-impact cardio with targeted toning exercises to strengthen muscles and improve mobility. Each movement is controlled and intentional, emphasizing posture, alignment, and core engagement. The class maintains an energizing yet accessible pace, making it suitable for all fitness levels. Participants work on overall body conditioning while enhancing endurance and balance. Sessions conclude with gentle stretching to promote flexibility and support recovery, leaving you feeling strong and refreshed.

Essentrics

This program blends dynamic stretching with gentle strengthening to lengthen and tone the body without impact. Its fluid movements engage the joints and activate all major muscle groups to improve posture, balance, and mobility. It provides a full-body approach that enhances flexibility, functional strength, and overall well-being.



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)

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.

Mix Form

NEW!

It's a dynamic, multidisciplinary 30-minute fitness class that combines cardio, strength training, mobility, and balance. Each session is different, alternating between various styles such as Tabata, Step, and other approaches to provide a complete and constantly refreshed workout. The class is suitable for all levels, with options to adjust intensity based on individual needs. Participants improve their endurance, muscle tone, and overall functional fitness.

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.

Core Post Natal

NEW!

Core Post Natal is a gentle, restorative class designed to help new mothers safely rebuild core strength after childbirth. The session focuses on deep abdominal activation, pelvic floor recovery, and stability exercises tailored to postnatal needs. Movements are slow, controlled, and mindful to support healing and prevent strain. Core Post Natal provides a supportive environment where participants can regain confidence, strength, and functional stability in their everyday movements.

Boot Camp

NEW!

It's an intensive group workout that combines cardio exercises, strength training, and functional challenges. Each session alternates between fast-paced movements, varied circuits, and bodyweight exercises to work the entire body. The class is designed to improve endurance, strength, power, and personal discipline. Accessible to all levels, it offers options to adjust the intensity based on each individual's abilities. The dynamic, team-driven atmosphere encourages every participant to push their limits while having fun.

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.

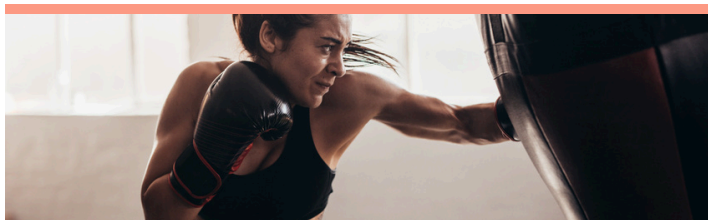
Teen Introduction to Strength Training

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



Corps En Feu **NEW!**

A high-energy cardio workout combining martial arts, boxing, and aerobic movements. It improves cardiovascular fitness, strength, coordination, and agility through punches, kicks, and bodyweight exercises. Suitable for all levels, it also enhances balance, endurance, and core control.

Boxing (All Levels)

A dynamic class combining boxing techniques with a full-body workout. It builds strength, agility, and endurance while focusing on punches, footwork, and cardiovascular conditioning. It's an excellent way to relieve stress, tone the body, and boost confidence.

H.I.I.T.

An intense workout alternating short periods of maximum effort with recovery phases. It burns calories, strengthens muscular endurance, and rapidly improves cardiovascular fitness. Suitable for all levels, it keeps the heart rate high and energy levels at their peak.

Muay Thai **NEW!**

Also known as Thai boxing, is a complete martial art that uses punches, kicks, knees, and elbows. Often called "the art of eight limbs," it develops strength, endurance, and mental discipline. It's a dynamic practice that enhances physical fitness while teaching self-control and confidence.

ADAPTED CLASSES

Aquatherapie

It is a gentle approach that uses the properties of water to improve mobility, strength, and muscle rehabilitation. It reduces pressure on the joints while allowing effective exercise through the natural resistance of water. This type of therapy is ideal for relieving pain, preventing injuries, and promoting recovery. Exercises can include walking, stretching, and strength training tailored to each participant. Suitable for all levels, aquatherapy combines well-being, safety, and effectiveness for a complete fitness experience.



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 **NEW!**

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.

Reactive (Reverse Aging)

This class offers gentle, flowing movements that lengthen the muscles while deeply mobilizing the joints. Through a sequence of routines inspired by full-body strengthening and dynamic stretching, it helps improve posture, balance, and mobility. Ideal for seniors or individuals with low activity levels, it promotes a feeling of lightness, flexibility, and overall well-being.

Programming

SABLON *Fit*

SABLON FIT

Zumba Midi	Wed	12h	35\$
Zumba SculpX	Sat	11h	35\$
Bougez et Tonifer	Sun	13h	35\$
Aero-Tonus	Mon	19h	35\$
Zumba	Tue	19h	35\$
Power Fitness Reset	Mon	18h	35\$
Total Body Burn	Wed	19h	35\$
Ab Challenge	Tue	18h30	35\$
Gentle Toning	Wed	11h	35\$
Mix Forme (1/2 heure)	Fri	19h	35\$
Yoga Tonus	Sat	10h	35\$
Sky Kick Midi	Mon/Tue	12h	35\$
Sky Kick Soirée	Thurs	18h	35\$
Zumba Fit Tone	Fri	12h	35\$
H.I.I.T AM	lundi	6h45	50\$
H.I.I.T PM	lundi	19h45	50\$
Aquatheraphy	Fri	13h30	50\$
Pulmonary Health	Sun	13h	50\$
Zoom Pulmonary Health	Tuesday	13h	50\$
Adapted Cardio Strength	Thursday	11h/13h	50\$
Stretching +	Thurs	19h	50\$
Héro Cardio	Wed	18h15	50\$

Bootcamp	Sat	9h30	50\$
Pila Yoga	Mon	19h	50\$
Adaptive Strength Training	Tue	11h	50\$
Boxing with Parkinsons	Tue/Thurs	13h/ 14h	50\$
Mobilité	Sun	9h30	50\$
ReActive (Muscu Aîné)	Wed	13h	50\$
Baladi Beginner	Thurs	18h30	125\$
Baladi Intermediate	Thurs	19h30	125\$
Tai Chi	Mon	10h	150\$
Postnatal Core	Fri	10h	150\$
Pilates Fit	Sat	12h	150\$
Kick Boxing & Self Defense	Sat	10h	150\$
Muay Thai 8 à 12 years old	Sat	14h	150\$
Muay Thai 13 years old & up	Sat	15h	150\$
Essentrics	Tue	17h30	150\$
Boxe Jr.	Mon	18h	170\$
Boxe Adulte	Mon	19h	170\$
Teen Titans	Fri	17h	170\$
Intro to Teen Strength Training	Fri	18h	170\$

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

CULTURAL

Program



Description

SABLON Cultural

CULTURAL



Spanish – Beginners (90 mins) – Adults

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.

Italian – Beginners (90 mins) – Adults

NEW!

Students practice basic Italian greetings and simple self-introduction phrases. Working in pairs, they take turns introducing themselves and asking basic personal questions. By the end, students can greet someone and exchange introductory information in Italian.

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.

Ballet-Tap

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

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

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.

Chess (beginner)

NEW!

Learn core chess principles, including piece development, central control, basic openings, and simple tactics. Lessons focus on building a solid theoretical foundation through guided instruction and analyzed practice games.

Gymnastics

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)

Red Cross certification. Guided by a certified instructor, participants will develop autonomy, safety knowledge, appropriate care skills, and basic techniques for handling emergency situations.

Drawing

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	168\$
Gymnastics (5–7 years)	Friday	17h40	168\$
Gymnastics (8–9 years)	Friday	18h50	168\$
Ballet Tap (3–6 years)	Sunday	9h	189\$
Ballet Tap (7–10 years)	Sunday	10h	189\$
Ballet Tap (10–15 years) 90 mins	Sunday	11h	216\$
Contemporary dance (4–6 years)	Thursday	17h45	189\$
Contemporary dance (7–10 years)	Thursday	18h45	189\$
Contemporary dance (11–14 years) 90 mins	Thursday	19h45	216\$
Hip hop (3–5 years)	Saturday	11h	180\$
Hip hop (6–9 years)	Saturday	12h	180\$
Hip hop (10–14 years)	Saturday	13h	180\$
Pirouette et Cabriole (psychomotricity) 12 – 18 mos	Sunday	9h30	175\$
Pirouette et Cabriole (psychomotricity) 18 – 30 mos	Sunday	10h30	175\$
Pirouette et Cabriole (psychomotricity) 2.5 –4 years	Sunday	11h30	175\$
Homework help	Wednesday	16h30	168\$
Babysitting course (Red cross)	Jan. 25th	9h–17h	150\$
Chess – beginner (6–12 years)	Saturday	9h	144\$
The Spot – teen club	Friday	17h – 21h	188\$

English – beginner (4–6 years)	Wednesday	18h30	168\$
English – beginner (7–10 years)	Wednesday	19h30	168\$
Painting (5 – 7 years)	Sunday	10h	175\$
Painting (8 – 10 years)	Sunday	11h	175\$
Painting (11 – 14 years)	Sunday	12h	175\$
Drawing (5 – 7 years)	Saturday	9h	175\$
Drawing (8 – 10 years)	Saturday	10h	175\$
Drawing (11 – 14 years)	Saturday	11h	175\$
Mini Einstein (18–24 months)	Monday	9h30	253\$
Mini Picasso (24–30 months)	Friday	9h30	253\$
Cooking workshop (5–7 years)	Tuesday	18h	188\$
Cooking workshop (8–10 years)	Tuesday	19h30	188\$
Piano (private) 30 mins	Mon. or Wed.	16h – 20h	336\$
Piano (private) 45 mins	Mon. or Wed.	16h – 20h	468\$
Spanish – Beginners (90 mins) – ADULTS	Thursday	18h45	188\$
Watercolor painting (90 mins) – ADULTS	Sunday	14h15	160\$
Pastel drawing (90 mins) – ADULTS	Sunday	13h	160\$
Italian – Beginners (90 mins) – ADULTS	Saturday	11h	175\$
First aid and CPR training (8h)	Feb. 23	8h–16h	85\$

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 gym – 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!

Capoeira **NEW!**

Want to move, gain flexibility, and master new techniques? Our capoeira classes are made for you! Whether you're a beginner or already a bit experienced, come learn the movements, dodges, and combinations that make capoeira an art that is both athletic and artistic.

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.

Pickleball **NEW!**

Want to improve your shots, your speed, and your strategy on the court? Our pickleball classes are made for you!

Whether you're a beginner or already a bit more experienced, come learn the basics, hitting techniques, and tips to become a more accurate and more effective player.

SPORTS

Program

SPORTIF

Aikido Zone (ages 3 to 5) (2x/week)	Tues. & Thurs.	18h & 18h30	212\$
Aikido Zone (Ages 3 to 5) (1x/week)	Saturday	16h	144\$
Aikido (ages 6–99)	Tues. or Sat.	19h or 17h	240\$
Aikido (ages 6–99)	Thursday	19h	240\$
Aikido 6–99 ans (2x/week.)	Tues. & Sat.	19h or 17h	360\$
Volleyball (ages 9 to 14) lvl.1	Saturday	13h15	208\$
Volleyball (ages 9 to 14) lvl.2	Saturday	14h15	208\$
Volleyball (ages 15+)	Saturday	15h15	208\$
Basketball (ages 4 to 5)	Saturday	20h	208\$
Basketball (ages 6 to 8)	Saturday	9h	208\$
Basketball (ages 9 to 10)	Saturday	10h	208\$
Basketball (ages 11 to 13)	Saturday	11h	208\$
Basketball (ages 4 to 5)	Friday	17h	208\$
Basketball (ages 6 to 8)	Friday	18h	208\$
Basketball (ages 9 to 10)	Friday	19h	208\$
Basketball (ages 11 to 13)	Friday	20h	208\$

Soccer (ages 4 – 5) (Parent/Child)	Sunday	9h	208\$
Soccer (ages 6–8)	Sunday	10h	208\$
Soccer (ages 6 – 8)	Sunday	11h	208\$
Soccer (ages 9 – 13)	Sunday	12h	208\$
Soccer (ages 14+)	Sunday	13h	208\$
Multisport (ages 3 – 5)	Tuesday	17h	180\$
Multisport (ages 3 – 5)	Saturday	15H15	180\$
Multisport (ages 3 – 5) (2x/week)	Tues. & Sat.	17h/15h15	252\$
Multisport (ages 6 – 10)	Saturday	12h15	180\$
Capoera	Monday	20h15	240\$
Pickleball beginner class	Friday	11h10	100\$
Pickleball advanced class	Friday	12H15	100\$

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

AQUATICS

Program



Descriptions

AQUATIC



ARTISTIC SWIMMING NEW!

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	186\$
Level 1 (11–14 years)	Wednesday 6:25 p.m	186\$
Level 2 (9–14 years)	Wednesday 7:15 p.m	186\$

PRENATAL AQUAFITNESS 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

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.

9-week session

Beginner	Tuesday / Friday 10:40 AM – 11:10 AM	249\$
Intermediate	Tuesday / Friday 10:10 AM	249\$
Intermediate & advanced	Tuesday / Friday 9:40 AM	249\$

SWIM REFINEMENT NEW!

This activity is designed for youth aged 9 to 16 who want to improve their swimming skills in order to pass the swim evaluation for the medal or to meet the physical challenges of the lifesaving course (such as the 400 m). Offered at a more advanced level than Aqua-Teen 3, this program focuses on endurance, technique, and confidence in the water, with motivating guidance adapted to each participant’s pace.

AQUATICS

Programming

Classes	MONDAY	TUE.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
Aquababy (0 – 10 mos) (30 mins – 249\$ – 9 weeks)		9:40 10:10 10:40 11:10			9:40 10:10 10:40 11:10		
Parent & Tot 2 (30 min – 155\$)						9:00	9:00
Parent & Tot 3 (30 min – 155\$)					18:30 (Fear of water)	9:00	9:00
Preschool 1 (30 min – 155\$)					17:55	9:35	9:30 10:45
Preschool 2 (30 min – 155\$)			17:40	17:15		10:10	9:35
Preschool 3 (30 min – 155\$)			18:15	17:15		9:35 10:40	9:30 10:10
Preschool 4 (30 min – 155\$)			17:40	17:15		10:10	10:05
Preschool 5 (30 min – 155\$)			18:15			9:35	10:10
Swimmer 1 (45min – 197\$)			18:50	17:50		10:45	10:45 11:45
Swimmer 2 (45min – 197\$)			18:50	18:40		11:15	11:10 12:20
Swimmer 3 (45min – 197\$)			19:40	17:50 18:40		10:45 11:15	11:20 11:45
Swimmer 4 (45min – 197\$)			19:40	17:50 18:40		12:05 12:20	12:10
Swimmer 5 (55 min – 210\$)				19:30		11:35 12:05	
Swimmer 6 (55 min – 210\$)				19:30		13:05	14:05
Swimmer 7 Swim Patrol (55 min – 210\$)				19:30		13:05	
Swimmer 8 Swim Patrol (55 min – 210\$)						13:05	
Swimmer 9 – Swim Patrol (55 min – 210\$)							14:05

AQUATICS Programming

Classes	MON.	TUES.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
Aqua-Teen 1 (55 min – 210\$)					18:35		12:35
Aqua-Teen 2 (55 min – 210\$)					18:35		13:05
Aqua-Teen 3 (55 min – 210\$)					19:35		13:05
AquaFitness (55 min – 186\$)	10:00 18:00		10:00	9:00 10:00	12:30		
Prenatal aquaFitness (55 min – 186\$)		17:45					
Swim refinement (55 min – 210\$)					19:35		
Adult 1 (55 min – 210\$)		17:30 18:30					
Adult 2 (55 min – 210\$)		18:30 19:30					
Adult 3 (55 min – 210\$)		19:30					
Private lesson child (30 min – 295\$)		16:05 16:20	16:35 17:05		16:20 19:05	9:35 10:05 10:10 10:40 10:45 11:15 11:35 11:45 12:05 13:05	9:35 10:10 10:05 10:35 10:40 10:45 11:10 11:35 11:45 12:05 12:35
Private lesson – Special Needs (30 min – 300\$)			Variable hours		Variable hours		
Private lesson Adult (45 min– 320\$)			Between 16:00 & 20:30				

AQUATIC TRAINING Programming



Swimming Instructor

Friday 17:30 to 21:45
Jan 9 till Feb 27
*3 days of intership between feb 21 and march 29 depending on availability
0\$ Subsidized

Prerequisite : Bronze cross and 15 yo.

National lifeguard

Friday 17:30 to 22:00
Jan 9 till March 27
0\$ Subsidized

Prerequisite: Bronze cross, General first aid and 15 yo.

General First Aid

Dec 20-21 9:00 to 17:30
0\$ (subsidized)

Bronze Cross

Regular schedule

Sunday 13:00 to 17:00
Feb 22 till March 29
0\$ (subsidized)

Prerequisite : Bronze Medallion

Intensive schedule

Sun. Feb 22, March 1 and 8
13:30 to 17:00
&

Mon 2, Thur 5 and Fri March 6
10:30 to 15:30
0\$ (subsidized)

Prerequisite: Bronze Medallion



To register, please complete the **form** available via the **QR code** below



Bronze Medallion

1st step to become a lifeguard

Regular schedule

Sunday 13h30 to 17h
Jan 4 till Feb 15
0\$ (subsidized)

Prerequisite : Swimming test and to be 13 yo.
OR Bronze star

Intensive schedule

Sundays Jan 4, 11 and 18
11h to 16h30
&

Fridays Jan 9 and 16
18h to 21h
0\$ Subsidized

Prerequisite: Swimming test and to be 13 yo.
OR Bronze star

Develop your rescue skills!

Swimmer 7
Swim Patrol Rookie

See p.19

Swimmer 9
Swim Patrol Star

See p.19

Babysitter course!

See p.12-13

Swimmer 8
Swim Patrol Ranger

See p.19

Swimmer 10 –
Bronze Star

Sunday 14:20 to 15:35
Jan 25 till March 22 (Ø Feb 15)
200\$

Prerequisite : Swimmer 9

Program

SPECIAL

Needs



Descriptions SPECIAL Needs

SPECIAL NEEDS



Social Skills* (Assessment required)

Social Skills is designed for children aged 5 to 11 with special needs, aims to explore and develop essential social skills such as verbal and non-verbal communication, emotion regulation, sharing, empathy, and much more.

Life Skills* (Assessment required)

Life Skills is an activity designed to help adolescents aged 12 to 17 with special needs develop social skills that are adapted to their everyday reality.

Adapted Sports* (Assessment required)

Adapted Sports introduces participants to different sports adapted to their level of functioning. They will also learn concepts such as sharing, teamwork, and following instructions.

Saturday Respite (Assessment required) **NEW!**

Saturday Respite offers a moment of relaxation and enjoyment for adolescents and young adults (ages 12–21) with special needs, in a safe and caring environment. A variety of activities will be available!

Thursday evening Respite (Assessment required) **NEW!**

Thursday evening Respite offers a moment of relaxation and enjoyment for children (ages 5–11) with special needs, in a safe and caring environment. A variety of activities will be available!

Private swimming classes - Special needs

These classes, designed for children with special needs (ages 3 to 14), offer tailored, safe, and caring support. Each session begins with an assessment of the child's physical condition and aquatic skills to set clear, individualized goals. The coach then develops a personalized training plan based on the child's abilities, expectations, and specific needs.

Swimming skills without parents (Assessment required) **NEW!**

Swimming Skills without parents is a great opportunity for children (ages 5–11) who want to discover or further develop their aquatic abilities in a safe environment. Guided by a specialized team, participants will explore the aquatic setting through games, motor exercises, and structured activities that promote confidence, independence, and enjoyment!

Swimming Skills Parent-Child **NEW!**

Swimming Skills Parent-Child is a great opportunity for children (ages 5–11) and their parents to have fun together! Children get to enjoy the water at their own pace, develop aquatic motor skills, and build confidence. Parents, meanwhile, develop their own skills as aquatic support partners.

Adapted Sports (ages 5 to 11 years old)	Sunday	13h or 15h	\$330
Social Skills (ages 5 to 11 years old)	Saturday	9:30, 11h10, 13h10 or 15h	\$441
Life Skills (ages 12 to 17 year old)	Wednesday	17h25 or 19h	\$416
Saturday Respite (ages 12 to 21 years old)	Saturday	9h – 15h	\$660
Thursday evening Respite (ages 5 to 11 years old)	Thursday	17h – 20h	\$350
Private swimming classes – Special needs	Wednesday	Varied	\$360
Swimming skills without parents	Wednesday	17h30 – 18h10	\$300
Parent-Child Swimming Skills	Wednesday	18h25 – 19h05	\$300

*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.