



SPRING  
11 WEEKS

2026

# MOVEMENT STARTS HERE

FOR A HEALTHY COMMUNITY!

## Programs

Fitness

Cultural

Sports

Aquatics

Special Needs



[INFO@CENTREDUSABLON.COM](mailto:INFO@CENTREDUSABLON.COM) | [WWW.CENTREDUSABLON.CA](http://WWW.CENTREDUSABLON.CA)



  
Centre du Sablon

## RECEPTION HOURS

Monday to Friday  
06:30 to 22:00

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Saturday / Sunday  
08:00 to 18:00

## EVENTS CALENDAR

Spring break camp  
March 2<sup>nd</sup> to 6<sup>th</sup>

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Summer camp  
June 25<sup>th</sup> to August 22<sup>nd</sup>

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Closed for **Easter**  
April 5<sup>th</sup>

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Closed for **St-Jean**  
June 24<sup>th</sup>

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Closed for **Labor day**  
September 7<sup>th</sup>

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Holiday closures  
Dec. 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> & 31<sup>st</sup>  
And January 1<sup>st</sup>, 2027

## REGISTRATIONS 2026

**SPRING 2026** 11 WEEKS SESSION - MARCH 29 TO JUNE 14

16-17  
**MAR.**

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

18  
**MAR.**

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

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**SUMMER 2026** 9 WEEKS SESSION - JUNE 25 TO AUGUST 26

8-9  
**JUNE**

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

10  
**JUNE**

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

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**FALL 2026** 14 WEEKS SESSION - SEPT. 14 TO DEC. 20

24-25  
**AUG.**

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

26  
**AUG.**

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





## PICKLEBALL

Monday to Friday  
8h30 à 12h30  
70\$/bloc

## BASKETBALL

Monday Saturday  
17h - 18h30  
Thursday  
16h15 - 17h45  
Saturday  
16h30 - 17h50  
88\$  
11 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](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

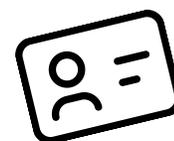
To take advantage of the children's fitness tax credit, you must keep your registration receipts.

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



### Rythme Latin Libre

**NEW!**

Move to the rhythm of Latin music and let yourself be carried away in this energetic, free-flowing class.

Each session combines dance, cardio, and body expression to improve endurance, coordination, and the joy of movement.

Suitable for all levels, this class is perfect for releasing energy, having fun, and staying active.

### 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.

### Mobility & Strength (All Levels)

**NEW!**

A dynamic class designed to improve mobility, build strength, and enhance joint stability.

Through controlled, functional exercises, you'll develop strength, balance, and range of motion.

Perfect for preventing injuries, improving posture, and moving with greater power and confidence in everyday life.

### Tonus & Abs Challenge

**NEW!**

A full-body workout designed to tone muscles and strengthen your abs effectively. Each session combines strength exercises, dynamic circuits, and targeted challenges to sculpt your body. Suitable for all levels, this class boosts strength, endurance, and confidence while burning calories.

### 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.

### Spartan Training

**NEW!**

An intense workout combining strength, endurance, and agility to push your limits.

Each session mixes functional exercises, cardio circuits, and resistance challenges for a strong, resilient body.

Get ready to push yourself and build strength, speed, and a warrior mindset.

### 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.

### Move & Tone

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.

### Sky Kick Flow

It is a flowing class that blends mobility, stretching, and gentle strengthening for the whole body. Each session promotes flexibility, balance, and coordination through smooth, controlled movements. Suitable for all levels, this class helps release tension, improve posture, and leave you feeling light and energized.



# 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.

## 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.

### Muay Thai 8 to 12 y/o

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.

## Descriptions

# SABLON *Fit*

### FIT PUMP



#### Corps En Feu

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.

#### Calisthenics **NEW!**

It is a bodyweight workout designed to build strength, balance, and mobility. Each session combines functional movements like pull-ups, push-ups, squats, and planks. This training improves coordination, posture, and muscular power without the need for machines. Suitable for all levels, exercises can be adapted to progress at your own pace and push your limits.

#### Total Body & Mind Release **NEW!**

This class is a relaxation practice where an instructor leads participants through breathing techniques, visualization, and mindfulness exercises. It helps calm the mind, reduce stress, and improve focus. Suitable for all levels, it promotes a deep sense of relaxation, balance, and inner well-being.

#### Functional Strength & Balance **NEW!**

This class is a full-body workout focused on building everyday strength, along with stability and balance. It combines bodyweight exercises, free weights, and controlled movements to improve coordination and posture. This class helps strengthen the body for daily activities while reducing the risk of injury. Suitable for all levels, it emphasizes proper technique and movement control.

# Programming

# SABLON *Fit*

## SABLON FIT

Zumba Midi	Wed	12h	35\$
Zumba SculpX	Sat	11h	35\$
Move & Tone	Sun	11h	35\$
Aero-Tonus	Fri	19h	35\$
Zumba	Tue	19h	35\$
Latin Freestyle Rythme	Wed	19h	35\$
Total Body Burn	Wed	19h	35\$
Toning & Abs Challenge	Tue	18h	35\$
Gentle Toning	Wed/Sun	11h/13h	35\$
Zumba Fit Tone	Fri	12h	35\$
Yoga Tonus (30min)	Sat	10h	35\$
Sky Kick Midi	Mon/Tue	12h	35\$
Sky Kick Soirée	Thurs	19h15	35\$
Sky Kick Flow	Fri	10h	35\$
Functional Strenght & Balance (30 min)	Sun	10h	35\$
Spartan Training	Mon	19h30	50\$
Spartan Training	Wed	19h30	50\$
Spartan Training	Sat	14h	50\$
Mobility and strength (30 min)	Thurs	18h30	50\$

Baladi	Thurs	18h30	125\$
Pila Yoga	Mon	19h	125\$
Boxe Jr.	Mon/Sat	18h/10h	125\$
Boxe Adulte	Mon/Sat	19h/11h	125\$
Total Body & Mind Release	Thurs	12h	125\$
Tai Chi	Mon	10h	150\$
Pilates Fitness	Sat	11h	150\$
Muay Thai 8 à 12 years old	Sat	10h	150\$
Teen Titans – Calisthenics Edition	Wed	18h	150\$
Adult Calisthenics	Wed	19h	150\$
Teen Titans	Fri	17h	150\$
Intro to Teen Strength Training	Fri	18h	150\$

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

Programmation

# SABLON

*Fit Specialisez*



# Descriptions

# SABLON *Fit*

## 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.

This class is intended for individuals with physical disabilities (neuromuscular conditions), individuals with significant excess weight, and those who are temporarily limited (in recovery or convalescence).

### 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.

This class is intended for individuals with chronic respiratory diseases, those undergoing pulmonary rehabilitation, seniors experiencing shortness of breath during exertion, sedentary individuals wishing to improve their breathing capacity, and people living with associated chronic conditions.

### 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.

This class is intended for individuals in rehabilitation (following surgery such as hip, knee, or back procedures), those recovering from a stroke, individuals recovering from injuries (fractures or ligament tears), and people living with physical disabilities.

### Boxing for Parkinsons

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.

This class is intended for individuals living with Parkinson's disease, those in the early stages or recently diagnosed, and anyone looking to improve their balance and posture, reaction speed, hand-eye coordination, functional strength, and confidence in their movements.

SESSION DE 10 SEMAINES - 6 AVRIL AU 14 JUIN

### Aquatherapy & Adapted Aquaform

NEW!

### Seated Strength & Stretch

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 for effective training thanks to the natural resistance of the water. This type of therapy is ideal for relieving pain, preventing injuries, and supporting recovery. Exercises may include walking, stretching, and muscle strengthening tailored to each participant. Accessible to all levels, the class combines wellness, safety, and effectiveness for complete physical conditioning.

This class is designed for individuals with joint pain or osteoarthritis, people undergoing rehabilitation, individuals with neurological conditions, those with respiratory illnesses, balance issues, muscle weakness, or a fear of falling.

### Pulmonary Choir

NEW!

Pulmonary Choir combines singing and breathing exercises to improve breath control, lung capacity, and posture.

The class is primarily intended for individuals with COPD and pulmonary fibrosis. Individuals with long COVID may also be admitted upon special request.

### Seated Tap Dance

NEW!

This is a rhythmic and energizing class that allows participants to discover the joy of tap dance safely while seated. Participants work on coordination, rhythm, and leg endurance through simple combinations in a motivating and friendly atmosphere.

This class is ideal for inactive adults, seniors, or anyone with reduced mobility who wants to have fun without impact on the joints.

# Programmation

# SABLON *Fit*

## COURS ADAPTÉS



### Strength Training Adapted for Chronic Pain

**NEW!**

This class offers targeted, progressive muscle-strengthening exercises designed to reduce pain and improve daily function.

Movements are controlled, low-impact, and adjusted to individual abilities to respect limitations and prevent flare-ups.

The focus is on stability, posture, and joint support to promote a better quality of life.

The pace is safe, with options provided so that everyone can progress at their own level.

This class is intended for individuals living with chronic pain, including those with osteoarthritis, fibromyalgia, multiple sclerosis, Parkinson's disease, muscular dystrophy, or other neuromuscular conditions affecting strength, balance, and mobility.

### Private Group Supervised Training

**NEW!**

This is a class offered in a motivating gym environment. The sessions use a combination of machines and free weights to build strength and improve overall fitness. Each workout is structured, and every client follows their own training program, designed specifically according to their level and goals. The trainer supervises technique, provides corrections, and guides participants throughout the session. It's ideal for progressing safely while benefiting from the motivation of a group. This course is intended for seniors or individuals living with a chronic illness who wish to strengthen their muscles, improve their posture, and boost their vitality. The exercises are also designed to support the maintenance of autonomy, balance, and mobility in a safe and adapted environment.

## SABLON FIT

Aquatherapy*	Fri	13h30	50\$
Pulmonary Health	Tue	14h30	50\$
Zoom Pulmonary Health	Wed	11h	50\$
Pulmonary Health (Men only)	Tue	15h15	50\$
Adapted Cardio Strength	Thurs	11h/14h	50\$
Mobility & Strength	Thurs	18h30	50\$
Adaptive Strength Training	Tue	11h	50\$
Boxing with Parkinsons	Tue/Thurs	14h	50\$
Private Group Supervised Training*	Sun	13h	50\$
Seated Fitness & Stretch	Tue/Sun	14h30/ 13h	50\$
Modified Strength Training for Chronic Conditions	Tue/Sam	14h30/ 13h	50\$
Seated Tap Dance	mardi	10h30	50\$
Respiratory Wellness Choir	Fri	13h30	50\$
Adapted Aquaforme	mardi	13h	50\$

\*Training program required for the course

La description complète des cours de trouve en page 6 à 8.

# CULTURAL

Program

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## 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.

#### K-POP

Designed for ages 4 to 15, this program introduces youth to K-Pop dance in a structured and dynamic environment. Guided by an instructor, students learn age-appropriate choreography, build coordination and rhythm, strengthen confidence, and explore the foundations of hip-hop and urban styles.

#### Drawing **NEW!**

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!

#### Musical awakening (Parent-Child Class) **NEW!**

Designed for children and their parents, Musical Awakening classes offer interactive workshops centered on musical and sound exploration. Through engaging group sessions by Musik & Minis, children explore sounds, build coordination, strengthen cognitive skills, and support their social and emotional development.

#### Drawing class (ADULTS) **NEW!**

Beginner drawing course for adults exploring charcoal, pastel, and colored pencils. Learn the basics of observation, proportions, shading, and texture in a supportive, creative, and step-by-step environment.

#### Watercolor painting (ADULTS) **NEW!**

Beginner watercolor course for adults exploring essential techniques, color mixing, brush control, and washes. Learn to create simple compositions while developing observation and confidence in a relaxed, supportive, and creative environment.

# CULTURAL

## Program

### COMMUNITY AND CULTURAL

Gymnastics (3-4 years)	Friday	16h30	165\$
Gymnastics (5-7 years)	Friday	17h40	165\$
Gymnastics (8-9 years)	Friday	18h50	165\$
Ballet Tap (3-6 years)	Sunday	9h05	158\$
Ballet Tap (7-10 years)	Sunday	10h	158\$
Ballet Tap (10-15 years) 90 mins	Sunday	11h	180\$
Contemporary dance (4-6 years)	Wednesday	17h	173\$
Contemporary dance (7-10 years)	Thursday	17h	173\$
Contemporary dance (11-14 years) 90 mins	Thursday	17h	198\$
Hip hop (3-5 years)	Saturday	11h	165\$
Hip hop (6-9 years)	Saturday	12h	165\$
Hip hop (10-14 years)	Saturday	13h	165\$
Pirouette et Cabriole (psychomotricity) 12 - 18 mos	Sunday	9h30	165\$
Pirouette et Cabriole (psychomotricity) 18 - 30 mos	Sunday	10h30	165\$
Pirouette et Cabriole (psychomotricity) 2.5 -4 years	Sunday	11h30	165\$
Chess - beginner (6-12 years)	Saturday	9h	165\$
The Spot - teen club	Friday	17h to 21h	159\$

English - beginner (4-6 years)	Wednesday	18h30	120\$
English - beginner (7-10 years)	Wednesday	19h30	120\$
Painting (5 - 7 years)	Sunday	10h	165\$
Painting (8 - 10 years)	Sunday	11h	165\$
Painting (11 - 14 years)	Sunday	12h	165\$
Drawing (5 - 7 years)	Saturday	10h	165\$
Drawing (8 - 10 years)	Saturday	11h	165\$
Mini Einstein (18-24 months)	Monday	9h30	230\$
Mini Picasso (24-30 months)	Friday	9h30	230\$
K-Pop (4-6 years)	Friday	17h	130\$
K-Pop (7-10 years)	Friday	18h	130\$
K-Pop (11-15 years)	Friday	19h	130\$
Piano (private) 30 mins	Mon. or Wed.	16h - 20h	314\$
Piano (private) 45 mins	Mon. or Wed.	16h - 20h	430\$
Spanish - Beginners (90 mins x 8 weeks) - ADULTS	Thursday	18h00	220\$
Watercolor painting (90 mins x 8 weeks) - ADULTS	Sunday	14h15	165\$
Drawing (fusain, pastel, wood crayons) (90 mins x 8 weeks) - ADULTS	Sunday	13h00	165\$
Italian - Beginners (90 mins x 8 weeks) - ADULTS	Tuesday	18h00	220\$
Musical awakening (1-3 years)	Saturday	9h30	130\$
Musical awakening (3-5 years)	Saturday	10h30	130\$

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

# SPORTS

Program

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# Description

# SPORTS

## ACTIVITIES



### Soccer

A dynamic activity for kids aged 4 to 14 who want to move, have fun, and improve their soccer skills. Through games, drills, and matches, participants learn to work as a team while developing their ball control, passing, and shooting.

### Basketball

A high-energy class for kids aged 4 to 14, where each session turns into a true arena of challenges and team games. Participants learn to anticipate movements, plan strategies with teammates, and take on shooting and dribbling challenges. Through mini-tournaments, relays, and fast-paced games, every player stays active, makes quick decisions, and has fun while developing agility and teamwork skills.

### Volleyball

Learn to master your serve, place your passes, and execute smashes. During the class, participants focus on improving volleyball techniques, including passing, receiving, serving, and attacking. Hands-on drills and mini-matches put these skills into practice while developing coordination and teamwork.

### Multisports

Our multisport classes let young children explore a variety of activities while developing their motor skills and coordination. Each session is an opportunity to try new sports like soccer, basketball, volleyball, hockey, and more, all while progressing and having fun. A playful and dynamic way to boost agility, balance, and early motor abilities from a young age.

### Open gym – Basketball

Join our open basketball sessions during scheduled time slots and enjoy the space to practice or play with friends. Whether you want to improve your shooting, passing, or just have a great time, these sessions are designed for you.

### Kin-Ball **NEW!**

Participants compete and cooperate using a large, lightweight ball, learning to anticipate others' movements, position themselves, and coordinate their actions. The class includes throwing games, team challenges, and mini-tournaments, where every player has an active role at all times. A fun and unique way to develop communication, teamwork, and quickness, all while enjoying an energetic and laughter-filled experience.

### 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.

### Badminton **NEW!**

During the class, participants learn to master their serve, place their shots, and maintain rallies. Sessions combine technical drills, precision games, and mini-matches, helping to develop coordination, speed, and reflexes.

### Lightsaber **NEW!**

Wield your saber, dodge, and face your opponents in epic duels! Whether you're discovering lightsaber techniques or already know a few moves, this futuristic sport combines agility, strategy, and adrenaline. Perfect your skills and experience battles worthy of a science fiction universe.

# SPORTS

## Program

### SPORTIF

Aikido Zone (ages 3 to 5) (2x/week)	Tues. & Thurs.	18h & 18h30	194\$
Aikido Zone (Ages 3 to 5) (1x/week)	Saturday	16h	132\$
Aikido (ages 6-99)	Tues. or Sat.	19h or 17h	220\$
Aikido (ages 6-99)	Thursday	19h	220\$
Aikido 6-99 ans (2x/week.)	Tues. & Sat.	19h or 17h	330\$
Volleyball (ages 9 to 14)	Saturday	13h15 or 14h15	191\$
Volleyball (ages 15+)	Saturday	15h15	191\$
Basketball (ages 4 to 5)	Saturday	20h	191\$
Basketball (ages 6 to 8)	Saturday	9h	191\$
Basketball (ages 9 to 10)	Saturday	10h	191\$
Basketball (ages 11 to 13)	Saturday	11h	191\$
Basketball (ages 4 to 5)	Friday	17h	191\$
Basketball (ages 6 to 8)	Friday	18h	191\$
Basketball (ages 9 to 10)	Friday	19h	191\$
Basketball (ages 11 to 13)	Friday	20h	191\$

Soccer (ages 4 - 5) (Parent/Child)	Sunday	9h	174\$
Soccer (ages 6-8)	Sunday	10h	174\$
Soccer (ages 6 - 8)	Sunday	11h	174\$
Soccer (ages 9 - 13)	Sunday	12h	174\$
Soccer (ages 14+)	Sunday	13h	174\$
Soccer (ages 5-8)	Wednesday	18H30	174\$
Soccer (ages 9-12)	Wednesday	19H30	174\$
Multisport (ages 3 - 5)	Tuesday	17h	165\$
Multisport (ages 3 - 5)	Saturday	15H15	165\$
Multisport (ages 3 - 5)(2x/week)	Tues. & Sat.	17h/15h15	231\$
Multisport (ages 6 - 10)	Saturday	12h15	165\$
Lightsaber (ages 12-16)	Sunday	16H	220\$
Lightsaber (ages 16+)	Sunday	17H	220\$
Badminton (ages 7-11)	Sunday	16H	191\$
Badminton (ages 12+)	Sunday	17H	191\$
Kin-Ball (ages 8-12)	Thursday	18H	191\$
Kin-Ball (ages 14+)	Thursday	18H	191\$

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.

Wednesdays : 6:10 PM – 6:55 PM

## 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.

Tuesdays : 5:45 PM to 6:40 PM

## 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.

Fridays : 7:60 pm to 8:25 pm

**12 WEEKS SESSION - MARCH 29 TO JUNE 21**

**\*CENTER CLOSED ON SUNDAY APRIL 5TH**

## 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.

10 weeks session

<b>Beginner (0-10 months)</b>	<b>Tuesdays / Fridays 10:40 AM - 11:10 AM</b>
<b>Beginner Mixed+ (0-10 months)</b>	<b>Tuesdays / Fridays 10:10 AM</b>
<b>Advanced/Inter. (8-18 months)</b>	<b>Tuesdays / Fridays 9:40 AM</b>

## PARANATATION

**NEW!**

This activity is for adults aged 18 and over with physical disabilities who want to improve their aquatic skills. Offered in small groups, the program provides personalized coaching focused on technical improvement, endurance, comfort in the water, and maintaining good physical condition, in an inclusive and stimulating environment.

Sundays : 2:05 PM to 3 PM

# AQUATICS Programming

Classes	MON.	TUE.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
<b>Aquababy (0-10 mos)</b> (30 min - 276\$ - 10 wks)		9:40   10:10   10:40   11:10			9:40   10:10   10:40   11:10		
<b>Parent &amp; Tot 2</b> (30 min - 186\$)						9:00	9:00
<b>Parent &amp; Tot 3</b> (30 min - 186\$)					17:55 (Peur de l'eau)	9:00	9:00
<b>Preschool 1</b> (30 min - 186\$)			17:35   18:10		17:15	9:35	9:35
<b>Preschool 2</b> (30 min - 186\$)			18:10		17:15	9:35   10:10	9:30
<b>Preschool 3</b> (30 min - 186\$)			18:10	17:15	17:15	10:40	9:35
<b>Preschool 4</b> (30 min - 186\$)				17:15	17:50		9:35   10:10
<b>Preschool 5</b> (30 min - 186\$)				18:15		9:35	10:10
<b>Swimmer 1</b> (45min - 237\$)				17:50   18:50		10:45	10:45   11:15   11:20
<b>Swimmer 2</b> (45min - 237\$)			18:45	17:50		11:15	10:45   11:10   12h10
<b>Swimmer 3</b> (45min - 237\$)			18:45	18:40		11:15	11:10   12:10
<b>Swimmer 4</b> (45min - 237\$)			18:45	19:40		12:05   12:20	12:10
<b>Swimmer 5</b> (55 min - 252\$)			19:35			12:05	
<b>Swimmer 6</b> (55 min - 252\$)			19:35			13:05	
<b>Swimmer 7 - Swim Patrol Rookie</b> (55 min - 252\$)			19:35			13:05	
<b>Swimmer 8 - Swim Patrol Ranger</b> (55 min - 252\$)						13:05	
<b>Swimmer 9 - Swim Patrol Star</b> (55 min - 252\$)				19:30		13:05	

# AQUATICS Programming

Classes	MON.	TUES.	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
<b>Aqua-Teen 1</b> (55 min – 252\$)					18:30		13:05
<b>Aqua-Teen 2</b> (55 min – 252\$)					18:30		13:05
<b>Aqua-Teen 3</b> (55 min – 252\$)					19:30		13:05
<b>AquaFitness</b> (55 min – 186\$)	10:00   18:00		10:00	9:00   10:00   12h	12:30		
<b>Prenatal aquaFitness</b> (55 min – 186\$)		17:45					
<b>Swim refinement</b> (55 min – 252\$)					19:30		
<b>Adult 1</b> (55 min – 252\$)		17:30   18:30					
<b>Adult 2</b> (55 min – 252\$)		19:30					
<b>Adult 3</b> (55 min – 252\$)		19:30					
<b>Private lesson child</b> (30 min – 354\$)			17:05   17:35	16:10   16:40	16:10   16:40   19:   18:30	9:35   10:05   10:10   10:40   10:45   11:15   11:45   12:35	10:10   10:05   10:35   10:40   10:45   11:10   11:45   12:00   12:35   13:00
<b>Private lesson – Special Needs</b> (30 min – 360\$)		Variable hours	Variable hours		Variable hours		
<b>Private lesson Adult</b> (45 min– 384\$)		Between 16:00 and 20:30	Between 16:00 and 20:30				
<b>Paraswimming</b> (55 min – 384\$)							14:05
<b>Artistic swimming</b> (45 min – 384\$)			18:10 – 18:55				

# AQUATIC TRAINING Programming



## Swimming Instructor

Friday 17:30 to 21:45  
 March 27th till May 22nd  
 \*3 days of **internship** between may 15th and june 21st depending on availability  
 0\$ Subsidized

**Prerequisites** : Bronze cross and 15 yo.

## National lifeguard

Friday 17:30 to 22:00  
 April 3rd till June 26th  
 0\$ Subsidized

**Prerequisites** : Bronze cross, General first aid and 15 yo.

## General First Aid

5 and 12 April 2026, 8:00 to 16:30  
 0\$ (subsidized)

## Bronze Cross

Sunday 13h to 17h  
 May 17 till June 21  
 0\$ (subsidized)

**Prerequisite** : Bronze medallion

## Bronze Medallion

Sunday 13h30 to 17h  
 March 29 till May 10 (Ø April 5)  
 0\$ (subsidized)

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

1st step to become a lifeguard



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



Develop your rescue skills!

**Swimmer 7**  
 Swim Patrol Rookie

See p.19

**Swimmer 9**  
 Swim Patrol Star

See p.19

**Swimmer 10 - Bronze Star**

Exact dates coming soon!)  
 200\$

**Prerequisite** : Swimmer 9

**Babysitter course!**

See p.12-13

**Swimmer 8**  
 Swim Patrol Ranger

See p.19

Program

# SPECIAL

*Needs*

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# Descriptions

# SPECIAL Needs

## SPECIAL NEEDS



### **Social Skills\* (Assessment mandatory before registration)**

*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 mandatory before registration)**

*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. The teenagers gain hands-on experience of real-life situations in a playful context, develop social skills in group settings, explore their strengths and interests, work on different methods of emotional self-regulation, etc.

### **Adapted Sports\* (Assessment mandatory before registration)**

*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.

### **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.

[The registration for this activity is online.](#)

Adapted Sports* (5-11)	Sunday	1:30PM or 3PM	308\$
Social Skills* (5-11)	Saturday	9:30AM, 11:10AM, 1:20PM or 3PM	404\$
Life Skills* (12-17)	Wednesday	5:25PM or 7PM	385\$
Private swimming classes	Variable day	30 minutes	300\$

\*The schedules for these activities are determined based on the child's needs. After the mandatory assessment, the team will place the children in groups according to their needs.

Please note that the annual Centre du Sablon membership card (\$19.50) is mandatory.