

# ANNUAL REPORT

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2025



Centre du Sablon

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## ACKNOWLEDGEMENTS

# ***THANK YOU TO EVERYONE WHO BRINGS CENTRE DU SABLON TO LIFE!***

Our mission is built on the commitment of our members, our team, our volunteers, and our Board of Directors, who work every day to create a welcoming, inclusive, and dynamic living environment. You are the heart of the Centre and the driving force that inspires us to continue our mission.

We also wish to express our sincere appreciation to the City of Laval, the Quebec Ministry of Education, and the Federal Government for their essential support in the delivery of our services. Your support plays a concrete role in expanding our reach within the community.





## MISSION

Centre du Sablon is a landmark for the Chomedey community. Transferred to the City of Laval in 1992, which chose to entrust its management to the Corporation du Centre du Sablon (CDS), its mission is to serve the local and regional population by offering sports, community and cultural leisure activities. It is an independent community action organization that favors community recreation as a means of creating a living environment that fosters empowerment by and for all citizens.

## GUIDELINES

- Promote the integral development of the individual, support families, and empower citizens in their local community through community recreation, community action, cultural activities, and popular education.
- Interact with local citizens, organizations, and associations.
- Bring people together during leisure time, creating a living environment within a physical framework.
- Contribute to family development by encouraging openness and autonomy.
- To enable its populations, grouped by age sector and field of activity, to have access to the main forms of leisure, community and cultural action and popular education to maintain healthy lifestyles.





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## PRESIDENT OF THE BOARD OF DIRECTORS' MESSAGE

Dear members,

On behalf of the Board of Directors, I am pleased to present the 2025 Annual Report of Centre du Sablon, proudly led by our General Manager, Ms. Angela Faraoni, and supported by a dedicated team of more than 100 employees who truly reflect the diversity and vitality of our membership. This report offers a valuable overview of the meaningful work carried out throughout the year in the service of our community.

Like many post-pandemic years, 2025 seemed to pass incredibly quickly. I take this opportunity to extend my sincere thanks to everyone who contributed to making it such a successful year. To our members from Chomedey, across Laval, and throughout the surrounding metropolitan area - whether you are a child, teen, young adult, senior, or part of a family household - thank you. Your engagement enables us to fulfill our mission: to create, develop, and operate a recreation center that responds to the needs of our community.

We were pleased to see continued growth in membership throughout 2025. Welcoming so many members through our doors is both a privilege and a responsibility, and we remain firmly committed to delivering high-quality programs and services grounded in community values and connection.

None of this would be possible without our members and families, nor without the remarkable team at Centre du Sablon. Their dedication, professionalism, and passion are truly exceptional. I firmly believe that our talented and diverse staff make Centre du Sablon one of the most dynamic and well-managed community centers in Laval and the greater Montréal area.

I would like to extend special recognition to our Senior Management Team:

Angela Faraoni, General Manager;  
Tess La Boissière-Parent, Sports and Aquatic Programs Director; and  
Marianne Kassabian, Community and Cultural Development Director.

Their commitment to continuous personal and professional growth directly enhances the experience we are proud to offer at Sablon.

This report highlights only a portion of the exceptional individuals working behind the scenes. On behalf of the Board of Directors, I extend our heartfelt thanks to every staff member for making Centre du Sablon such a vibrant place to work, grow, and connect.

To our members, thank you for your trust and continued support. We are honored to serve you each day. As we look ahead to 2026, we are excited to introduce new programs and services that will continue to strengthen our community.

Warm regards,

**Brian B. Tracey**

President, Board of Directors



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# GENERAL MANAGER'S MESSAGE

Dear Members,

We are pleased to present the 2025 Activity Report of the Corporation du Centre du Sablon (CDS). Building on the return to action initiated in 2024, the year 2025 was marked by an expansion of the scope of our interventions and by strengthened community engagement, both within our walls and at the heart of the community, alongside the citizens of Chomedey and our many partners.

Driven by a growing team and guided by a strong spirit of collaboration, the organization continues with determination in its mission to offer a vibrant, dynamic, inclusive, and welcoming living environment. Daily, our actions reflect the community's trust and our constant commitment to making the Centre a place of gathering, movement, connection, and enjoyment - accessible to everyone.

In 2025, this commitment took shape through the implementation of high value-added initiatives, both onsite and offsite. Our major contributions to municipal accessibility programs helped improve access to sports, cultural, and recreational activities for a diverse clientele, with particular attention given to people living with functional limitations and to more vulnerable populations. These concrete actions generated positive and lasting benefits for the community.

The relevance, innovation, and impact of our projects were also highlighted and recognized by our community partners, confirming the key role of Centre du Sablon as an engaged actor in social and community development. These acknowledgements strengthen our commitment to pursuing coordinated action rooted in the real needs of the territory.

The year 2025 was also marked by the strengthening of our governance practices. Thanks to the awarding of a bursary from the Quebec Ministry of Education (MEQ), I completed the ASC Governance Certification, a structuring initiative aimed at consolidating our decision-making mechanisms, supporting the work of the Board of Directors, and ensuring rigorous, transparent management aligned with our mission.

We remain firmly convinced that a united and mobilized community is an invaluable strength. Members, volunteers, employees, and partners: each contribute to building the collective dynamic that is the richness of our Centre du Sablon. The magic of the Centre is you, and it is with great pride that I take part in this meaningful and human-centered journey.

Together, let us continue this momentum so that Centre du Sablon may remain an essential actor in building a strong, accessible, vibrant, and healthy community.

Angela Faraoni, MA, ASC, C. Dir  
**General Manager**

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# OUR COMMUNITY CENTER!

**Centre du Sablon (CDS)** is a recreational and sports facility that offers a wide range of activities tailored to people of all ages and with diverse needs. It organizes day camps during the spring, summer, and winter school breaks and provides access to an adapted fitness room.

The Centre also offers educational programs for preschool-aged children as well as for children with special needs. In addition, a wide variety of aquatic, sports, community, and cultural activities is available to children, teenagers, adults, seniors, and individuals with reduced mobility.

A true hub for gathering, CDS stands at the heart of a dynamic and inclusive community.



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# PROGRESS & ACHIEVEMENTS 2025



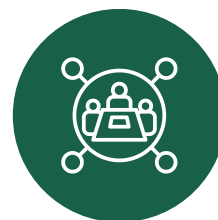
## ADVANCEMENT ALA PROGRAM

Enhancement of the Accessible Leisure Activities (ALA) program through the implementation of an internal accessibility initiative, enabling the entire community - particularly individuals with low income - to participate in low-cost recreational activities.



## FITNESS CLASSES

Significant increase of service offerings within the fitness room, supporting physical fitness and the development of adapted services.



## PLAN DIRECTEUR

Continued development of the Plan directeur des activités de proximité (Neighborhood Activities Master Plan), in collaboration with the City of Laval and local recreation partners.



## DISCUSSIONS INFRASTRUCTURES

Advancement of discussions and coordinated planning of infrastructure improvement projects with the City of Laval.



## CONTRIBUTION SOCIAL PRICING

Major contribution to the implementation of the City of Laval's new Social Pricing Program for recreation.



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# PROGRESS & ACHIEVEMENTS 2025 (CONT'D)



## PRIX EXCELLENCE

Recipient of the “Development and Innovation” Excellence Award from the Association des camps du Québec (ACQ) for the *Duo-Relève* project.



## CCSMC COMITTEE

Meaningful participation in the Leisure Committee to establish a recreational programming offering at the Simonne-Monet-Chartrand Community Centre, in partnership with the City of Laval, the Val-Martin Community Centre, and Loisirs Chomedey.



## FINALIST ARLPHL

Finalist for the 2025 Françoise Charbonneau Trophy awarded by ARLPH, recognizing the organization’s commitment to making physical activity accessible to all, particularly individuals living with functional limitations.



## HIGH SCHOOLS

Active outreach in local high schools to offer a dynamic program for adolescents focused on promoting healthy lifestyle habits.



## SUCCESSFUL INITIATIVES

Successful organization of community initiatives that strengthened member participation and supported youth and families.



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**2025**

**A YEAR OF ACTION AND  
COMMUNITY ENGAGEMENT**



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# SPORTS AND AQUATICS DIRECTORATE

The Sports and Aquatics Department includes programs such as pool programming, sports activities offered in the gymnasium and boxing room - including martial arts - access to the fitness room, fitness classes, specialized courses for individuals with reduced mobility or living with a chronic illness, rehabilitation and leisure activities for adults with disabilities, as well as outdoor activities offered in parks during the summer season.

## 2026 Goals

Provide leadership and strengthen interdepartmental collaboration in order to support the development of new initiatives, improve organizational alignment, and foster sustainable innovation within the organization.



# AQUATICS DEPARTMENT

Aquatics at a glance : **3119** registrations  
**14,5 %** increase compared to 2024

## 01. Development of Aquatics Programming

Over the course of the year, aquatics programming was enhanced through the addition of two new specialized classes: prenatal aqua fitness and aqua jogging, thereby diversifying the range of services offered.

## 02. Partnerships and Collaborations

The year was marked by the establishment of new strategic partnerships, notably with our Sablon-Fit fitness room and through specialized pool-based classes aimed at supporting the implementation of adapted services such as aqua therapy. The Swim to Survive program was offered to a local elementary school, enabling 36 Grade 4 students to be trained to respond appropriately in the event of an accidental fall into the water.

## 03. Strengthening Skills and Human Resources

A revision of the assistant coordinator position made it possible to expand responsibilities to better support pool operations. In addition, lifeguard and swim instructor certification training was offered, leading to several internal hires. Targeted professional development was also provided to swim instructors, notably in facilitation skills and in working with members with special needs.

## 04. Operational Capacity and Continuity

The presence of two full-time lifeguards helped structure and expand the range of services, notably through the addition of new public swim periods, while ensuring greater stability and reliability that better meets the needs of the clientele.

## 2026 GOALS

- Ensure continuity in the delivery of lifesaving certifications and advanced training despite the end of provincial funding.
- Increase community reach and service capacity by maximizing use of the aquatic facility through optimized course scheduling and strategic deployment of aquatics staff.
- Implement professional development training for instructors to enhance teaching practices and ensure a high standard of swim instruction.



# SPORTS DEPARTMENT

Sports at glance : **1065** registrations  
**62% increase** compared to 2024

## 01. Community Outreach and Visibility

Participation in neighborhood celebrations and several open houses in local schools and community centres increased the department's visibility, supported the recruitment of new members, and strengthened ties with the community and local partners.

## 02. Participation in a Basketball Tournament

Participation in a friendly leisure intercommunity organizations' basketball tournament brought the Laval community together around sport, while encouraging youth engagement and strengthening community connections.

## 03. Involvement in the School Community

Engagement with several schools - through the provision of our gymnasium for intramural activities and/or support for the development of student-athletes, and the supervision and facilitation of extracurricular activities provided by our team at Laval Junior Academy High School demonstrates concrete support for youth development and well-being.

## 04. Development of New Activities (Ages 4-5)

New classes for children aged 4 to 5 (multi-sport and basketball) were introduced to meet a targeted need, while promoting young children's motor and social development through a playful approach.

## 2026 GOALS

- Develop and diversify the range of sports activities to enhance service offerings and promote greater community engagement.
- Increase youth participation and community cohesion through involvement in intercommunity sports tournaments.
- Plan and deliver seasonal events (races, challenges, discovery days, family Olympics) to stimulate community engagement, showcase facilities, and strengthen the sense of belonging.



# SABLON-FIT DEPARTMENT

Sablon-Fit at a glance :

- **1 186 annual memberships**, representing a **26% increase** compared to 2024
- **780 registrations in fitness classes**, a significant **increase of 249%** compared to 2024
- **17 Elite memberships**, combining access to the fitness room and group classes, **up 13%** compared to 2024.

## 01. Fitness Classes

Participation in fitness classes grew significantly, increasing from 223 to 780 registrations. This growth is attributable to an expanded and diversified schedule offered both during the day and in the evening, as well as the addition of new classes. Financially accessible activities, made possible through the commitment of volunteers and instructors, helped attract a broader clientele and further enhance the Centre's appeal.

## 02. Partnership with the City of Laval

Participation in the *Dehors cet été* program led to the delivery of 20 diverse activities, reaching 896 participants throughout the summer season. This varied programming offered a dynamic, inclusive, and accessible experience, encouraging physical activity and community engagement in Laval's parks.



## 03. Specialized Class program

The specialized class program supported by ARLPH was enhanced, and the programming was expanded with the addition of a new aqua-therapy class developed in partnership with the aquatics team. This initiative further broadened the range of adapted and accessible classes.



# DÉPARTEMENT SABLON-FIT (SUITE)

## 04. Partnership with the Jewish Rehabilitation Hospital, CIUSSS & CLSC

The maintenance and strengthening of partnerships with the Jewish Rehabilitation Centre of Laval, the CIUSSS, and the CLSC generated significant positive outcomes. These collaborations improved access to services and resulted in a notable increase in participant referrals, contributing to a stronger continuum of care and enhanced support for individuals requiring adapted services.

## 05. Recruitment and Retention of the Kinesiologist Team

Nous avons recruté et maintenu en poste une équipe de kinésiologues hautement qualifiés, assurant une supervision professionnelle et constante de la salle d'entraînement. Leur expertise a également permis de bonifier l'offre de cours de groupe spécialisés, garantissant un encadrement sécuritaire, adapté et de qualité pour l'ensemble des participants.

### 2026 GOALS

- Increase the reach and effectiveness of partnerships with health institutions (hospitals, seniors' residences, CISSS, CIUSSS, CLSC, and HJR) in order to:
  - improve the visibility of specialized and rehabilitation classes;
  - increase the number of patient referrals to our services;
  - raise participation and retention rates among rehabilitation users.
- Plan and promote workshops focused on health, physical fitness, and overall well-being for members and the community, encouraging healthy lifestyles and community engagement.
- Enhance the specialized class offering by establishing strategic financial partnerships to expand services, better meet client needs, and maintain high levels of accessibility.



# COMMUNITY AND CULTURAL DIRECTORATE

The Community and Cultural Department offers a diversified range of programs, including a pre-kindergarten program, arts courses, child development activities, language classes, a day camp, a leisure accessibility program, and activities for youth with special needs, in addition to many other services.

## 2026 GOALS

Complete the sensory room project and recognize the contribution of the funding partners who supported its realization.

Enhance the appeal and functionality of Sablon Vert through the implementation of key improvements that promote its use and showcase its value.

Strengthen collaboration with local schools by rolling out activities offered during lunchtime and as part of extracurricular programs, in order to encourage youth participation and reinforce community ties.



# COMMUNITY & CULTURAL DEPARTMENT

Community at a glance : **883** registrations  
**notable increase of 43.11%** compared to 2024

## 01. Community Gardening Classes

In 2025, the very first free community gardening workshop was offered thanks to the volunteer involvement of a member. The workshop enabled community members to learn the basics of starting and maintaining a garden. The activity, which included a visit to a private garden, was highly appreciated by participants.

## 02. Outdoor Movie Night

Thanks to the expansion of the community management team, the outdoor movie event was enhanced over the summer. In collaboration with several partner organizations and with the involvement of camp counsellors in training (CIT), the activity was a great success, bringing together more than 300 participants.

## 03. Expansion of the Special Needs Program

In response to increased demand, the social skills program was expanded with the addition of a fourth group for children aged 5 to 12 with special needs. This enhancement improved access to services and better met community needs. The program focuses on developing key skills such as communication, emotional regulation, and cooperation through structured activities and peer interactions.

## 2026 GOALS

- Plan the launch of a respite service for adolescents and young adults with special needs to better support families and promote well-being.
- Commit to supporting the development and sustainability of the special needs program by identifying, preparing, and submitting eligible grant applications.
- Develop promotional strategies for community classes and the ALA program to support funding and ensure long-term viability.
- Establish a youth theatre program culminating in a final performance open to parents, to encourage participation, artistic expression, and youth engagement.
- Strengthen community roots by establishing partnerships with local elementary and secondary schools by the end of 2026.



# DAY CAMP DEPARTMENT

Day camp at a glance : **2528 registrations**  
representing a **7.5%** compared to 2024.

## 01. The Next Generation in Action - CIT Program

Last summer marked a turning point for the Counselors In Training (CIT) program, with a notable increase in registration following several years of recruitment challenges. Two fundraising initiatives carried out in partnership with the Community Department also helped strengthen ties with the community, while providing participants with hands-on experience in project planning and management, giving new momentum to the program.



## 02. Duo Relève Program - ACQ Excellence Award

On November 11, during the annual conference of the *Association des camps du Québec (ACQ)*, Centre du Sablon received the 2025 Excellence Award – Development and Innovation in the certified day camp category for its *Duo Relève* program. Designed for adolescents, this innovative program combines aquatic lifesaving and leadership-based animation training and offers two pathways tailored to participants' needs and skill levels.



## 2026 GOALS

- Collaborate with the City of Laval on planning the expansion of summer day camp services for summer 2027.
- Increase the camp's visibility and recognition through the implementation of a structured, multi-channel promotional plan to stimulate community engagement and support growth in registrations.

# CDS CONTRIBUTORS

We extend our sincere thanks to our partner institutions for their support and financial contributions throughout the year, as well as to all of our generous donors for their support of our projects and fundraising campaigns.



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# ACTIONS FOR COMMUNITY ACCESSIBILITY

In keeping with its accessibility mission, Centre du Sablon works closely with numerous community and institutional organizations to promote mutual support, inclusion, and civic participation. These partnerships - particularly with the City of Laval, the CDLC, various coordination tables, specialized organizations, and school and health institutions - help strengthen access to community services. The Centre also takes part in structuring initiatives such as the development of a Neighborhood Leisure Master Plan (plan directeur des loisirs de proximité) and the creation of a Laval recreation organizations network, contributing to a more accessible leisure offering for the entire population.

## Work Integration Program (CIT - Emploi-Québec)

In collaboration with *L'Étape* and *Emploi-Québec*, Centre du Sablon continues its commitment to the social and professional integration of vulnerable individuals. This partnership supports the hiring of an employee participating in the CIT (*Contrat d'intégration au Travail*) program, whose journey reflects remarkable perseverance and a meaningful, active contribution to the life and activities of the Centre.

## Community Service Work Program

The community service work program allows citizens to settle their fines through volunteer work. At the Centre, participants contribute to various tasks (maintenance, cleaning, handling, or renovation support), thereby supporting local mutual aid and strengthening our community engagement.



## Tieks Cup Tournaments

This year, a collaboration with Tieks Cup - a Laval-based organization inspired by Montréal's Jeu De La Rue - made it possible to host their tournaments in our facilities through our Accessible Leisure Activities (ALA) program. This partnership provided adolescents with a free opportunity to participate in a futsal league, promoting inclusion, access to sport, and community participation.

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# ACTIONS FOR COMMUNITY ACCESSIBILITY (CONT'D)

## Accessible Leisure Activities Program (ALA)

With the support of Centraide, the City of Laval, and the CDLC, the pilot project launched in 2023 was continued, making it possible to offer accessible leisure activities - including off-site activities - at a cost of \$20 per child. Designed to evolve based on participants' interests, the program is rooted in the principle of "by the community, for the community."

## Youth Collaboration Team (YCT)

As part of a partnership with the CISSS de Laval, Agapé, Laval Junior Academy, and Laval Senior Academy, lunchtime activities were implemented at Laval Junior Academy and Laval Senior Academy high schools. Led by our specialists, these interventions included hip-hop dance workshops, sport discovery activities, and fitness sessions aimed at promoting healthy lifestyle habits and youth engagement.

A monitoring committee, meeting four times per year, ensures that initiatives remain aligned with established objectives. Through this committee, our Director of Community and Cultural Development also sits on the Laval Junior Academy governing board. This project is funded by the City of Laval under the 2024-2026 Collective Safety and Well-Being Action Plan (SBEC), dedicated to preventing youth delinquency and urban violence.



## Tax Clinic

In March and April 2025, the Centre's tax clinic enabled volunteers to assist 302 low-income individuals and their families with the preparation of their income tax returns, contributing to financial stability and equity within the community.

The Centre would like to extend its sincere thanks to the following volunteers for their valuable contribution to the tax clinic:

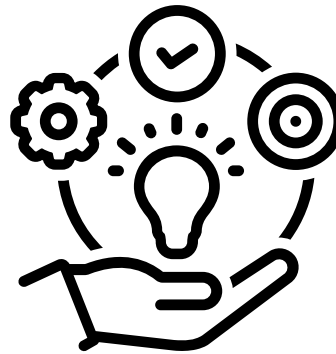
**Mrs. CHRISTINE ROY**  
**Mr. ELIAS G. KHOURY**  
**Mrs. KALLIOPI**  
**MARKANTONAKIS**  
**Mrs. NAILA HADDAD**



# CORPORATION'S STRATEGIC DIRECTIONS FOR 2026

1. Conduct a supported study aimed at establishing a comprehensive organizational diagnostic, in support of governance and the transformation of human resources management, workforce management, and diversity practices.
2. Define a long-term capitalization plan for the 2026–2031 cycle.

3. Initiate the 2026–2031 Strategic Planning Process (five-year term)



4. Pursue ongoing infrastructure improvement efforts in partnership with the City of Laval

5. Strategic implementation of a new member registration system to enhance user experience, improve operational efficiency, and support sustainable organizational growth.

6. Develop and deploy employee benefits programs to support workforce attraction, retention, and well-being at the Centre.



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# BOARD OF DIRECTORS 2025

## *The Volunteer Contribution of Our Board of Directors*

The success and long-term sustainability of our organization rely largely on the dedicated and rigorous volunteer commitment of our Board of Directors. Through their expertise, strong sense of responsibility, and adherence to our values, Board members play a key role in guiding and governing the corporation.

Beyond formal meetings, they generously contribute their time, insight, and support, helping to ensure well-informed decisions are made in a spirit of transparency and fiduciary responsibility. We extend our sincere thanks for their dedication, integrity, and service to the community.



President - Brian Tracey

Vice-president - Guylaine Leclerc

(Independent administrator appointed by the city of Laval)

Treasurer - Duane Noel

Secretary - François Girard (incumbent administrator) and Vesselin Ivanov

Administrator - Raymond Bannister

Administrator - Kosta Lampros



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# CDS TEAM 2025

***A great team is defined not by roles, but by collaboration, respect, and shared commitment.***

## ► **Direction**

General Manager – Angela Faraoni  
Director of community and cultural development – Marianne Kassabian  
Director of sports and aquatics programming – Tess La Boissière-Parent

## **Adminsitration ◀**

Accounting technician – Thi-Hanh Duong  
Accounting administrative assistant – Lyne Beaulieu  
Accounting and customer service administrative assistant – Maro Babaian  
Accounting and customer service administrative assistant – Vania Esfahani

## ► **Customer Service Department**

Agent – Janet Ersan	Agent - Patrick Dossous
Agent – Maral Jakmakjian	Agent - Luca Zeidan
Agent - Vania Esfahani	Agent – Naika Eugène
Agent – Jodie Jacobs	Agent – Sergio Vazquez
Agent – Despina Martakis	Agent – Widline Hyacinthe

## **Sports and Aquatics Department ◀**

Aquatics assitant-coordinators – Anaëlle Brissette et Ibrahim Echikr  
Sablon-Fit assistant-coordinator – Leina Flores  
Sports assistant-coordinator – Zach Lemay

## ► **Community and Cultural Department**

Community and cultural assistant-coordinator (15+ sector) – Gabriela Celarié  
Community and cultural Assistant-coordinator (0-14 years) – Alizé Gadet-Goudreau (departure October 2025) – Kellicia Semple (since December 2025)  
Special needs programs assistant-coordinator – Amina Benkhennouf  
Administrative Assistant for Family Life and Day Camp – Dimitra Tirovolas



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# CDS TEAM 2025 (CONT'D)

## Aquatics Team ◀

And a large team of chief assistants, instructors, and lifeguards.

### ► Team Sablon-Fit

Trainer – Maria Isabel Herrera

Trainer - Hooma Sheikh

Trainer – Rames Azmires

Kinesiologist - Erika Talatinian

Kinesiologist – Gerard-Mosse Andonian

Kinesiologist - Isabella Tortolano

Kinesiologist - Iqwal Minhas

Welcome agent - Alexy Iskandarian

Welcome agent - Franco Sanders

Welcome agent - Gilbert Haddad

Welcome agent - Angelo Lafontaine

Welcome agent - Benjamin Sanders

Welcome agent - Mehdi Zitouni

## Preschool Team ◀

Educator – Kristina Emedy

Educator – Wejdane Teleouine

### ► Special Needs programs Team

Special Educator – Kayla Caspi

Special Educator - Alexander Hasrouni

Special Educator - Layla Kantarakis

Special Educator - Victor Davidson

Special Educator – Mariah Thomas

Special Educator – Juliana Vitoroullis

Special Educator – Zainab Adrees

## Day Camp Department ◀

Coordinator – Delphes Tremblay (departure November 2025)

Chief (summer) – Jodie Jacobs

Chief (summer) - Samantha Amaral Chiovitti

Leader (summer) – Mariah Thomas (Special Needs)

Leader (summer) – Adriana Forese (CIT program)

Leader (summer) – Victor Davidson (CIT program)

Leader (summer) – Kacilia Jules (Integrated CIT program)

Leader (summer) – Callum Stone (Specialists and extended day)

And many day camp counselors!



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**FOR A HEALTHY  
COMMUNITY!**

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