



SUMMER
10 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

Summer camp
June 25th to August 22nd

Closed for **St-Jean**
June 24th

H₂OMG (see p.20)
July 18th, 25th, August 1st & 8th

Closed for **Labor day**
September 7th

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

REGISTRATIONS 2026

SUMMER 2026 10 WEEKS SESSION - JUNE 22 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)

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)





BASKETBALL

Monday Saturday
17h – 18h30

Saturday
16h30 – 17h50

80\$
10 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



Breath/Mobility (RM) Flow

The Breath & Mobility Flow class combines mindful breathing exercises with fluid movement sequences designed to improve mobility and relaxation. Participants explore gentle flows that support flexibility, posture, and overall body awareness. Each session emphasizes breath control to help release tension and promote overall well-being. The calming and accessible pace makes the class suitable for all fitness levels, whether for recovery, gentle movement, or stress relief. Participants leave feeling more relaxed, balanced, and refreshed.

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.

Gym Essentials

A gym essentials **NEW** teaches the basic skills and knowledge needed to work out safely and effectively. Participants learn how to use common gym equipment, including cardio machines and free weights, with proper form and technique. The class also covers warm-ups, stretching, strength training, and basic fitness principles like endurance and muscle recovery. Participants build confidence in creating simple workout routines that match their fitness goals. Overall, the class helps beginners develop healthy exercise habits and feel comfortable in a gym environment.

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.

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.

Easy Strength Conditioning

NEW

This is a 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

AVAILABLE IN THE FALL

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 & Zumba SculptX (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 + Lift (All Levels) **NEW**

The Zumba Lift class combines dynamic dance movements with strength-training exercises for a full-body, high-energy workout. Each session blends cardio, Latin-inspired rhythms, and light weights to tone the entire body. The motivating atmosphere and upbeat music help participants burn calories while having fun. This class is suitable for all fitness levels, with exercises that can be adapted to each person's abilities. Zumba Lift helps improve endurance, coordination, and muscular strength in a fun and supportive environment.

Sky Kick **AVAILABLE IN THE FALL**

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.

Tai Chi

It is a gentle mind-body practice that combines slow, flowing movements with deep breathing and mental focus. It helps improve balance, flexibility, coordination, and posture while reducing stress and promoting relaxation. The low-impact nature of Tai Chi makes it suitable for people of all ages and fitness levels. Regular practice can enhance overall well-being, body awareness, and mobility. This class provides a calm and supportive environment to develop strength, stability, and inner balance.

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 – Gym Essentials **NEW**

This class is the perfect introduction to gym training for youth ages 15 and up. Participants will learn the fundamentals of strength training, safe equipment use, and proper workout techniques. This class focuses on building confidence, coordination, and healthy fitness habits in a supportive and motivating environment. No previous experience is required. Perfect for teens looking to start their fitness journey safely and confidently.

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.

Functional Strength & Balance

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.

Condition in Motion

It is a fitness class centered around Nordic pole walking to improve strength, endurance, and overall mobility. Participants use specially designed poles while walking to engage the upper body and increase cardiovascular conditioning. The class teaches proper Nordic poling techniques, posture, and movement patterns for safe and effective exercise. Sessions may include a variety of walking routes, pacing exercises, and balance-focused activities suitable for different fitness levels. Overall, the class encourages active movement, coordination, and healthy lifestyle habits in an enjoyable outdoor setting.

Step Up: Force, Cardio & Sculpt

It is a dynamic full-body workout that combines step-based cardio with strength and toning exercises. Participants use the step platform to build cardiovascular endurance while improving coordination and agility. The class incorporates resistance training to strengthen major muscle groups and enhance overall fitness. High-energy intervals help boost calorie burn, while sculpting exercises focus on muscle definition and core stability. Suitable for a variety of fitness levels, this class offers a fun and effective way to build strength, endurance, and confidence.

Yoga Tonus

It is a dynamic class that combines traditional yoga postures with muscle-strengthening exercises to improve overall fitness and body tone. Participants build strength, flexibility, balance, and core stability through a series of controlled movements and mindful breathing. The class focuses on enhancing muscular endurance while promoting proper alignment and posture. Suitable for a variety of fitness levels, Yoga Tonus offers a balanced workout that energizes both the body and mind. It is an excellent way to develop strength, increase mobility, and reduce everyday stress.

Gym Essentials **NEW**

It is a class designed to teach the fundamentals of gym training in a welcoming and safe environment. Participants will learn how to use key fitness equipment, perform foundational exercises with proper technique, and apply best practices for effective workouts. Through ongoing support, motivation, and progressive goals, this class helps participants stay accountable, build confidence, and develop a consistent training routine.

Programming

SABLON *Fit*

SABLON FIT

| | | | |
|--|---------|---------|------|
| Step Up | Thurs | 19h | 35\$ |
| Zumba + Lift | Wed/Sat | 12h/11h | 35\$ |
| Aero-Tonus | Fri | 19h | 35\$ |
| Zumba | Tue | 19h | 35\$ |
| Zumba SculptX | Sat | 11h | 35\$ |
| Total Body Burn | Wed | 19h | 35\$ |
| Yoga Tonus (30min) | Sat | 10h | 35\$ |
| Move & Tone | Sun | 10h | 35\$ |
| Easy Strenght Conditioning | Fri | 12h | 35\$ |
| Functional Strenght & Balance (30 min) | Sun | 10h | 50\$ |
| Condition in Motion | Thurs | 10h | 50\$ |
| Breath/Mobility (RM) Flow | Thurs | 18h15 | 50\$ |

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|---------------------------------|-----------|-------------|-------|
| Pila Yoga | Mon | 19h | 125\$ |
| Boxe Jr. | Mon | 18h | 125\$ |
| Boxe Adulte | Mon | 19h | 125\$ |
| Tai Chi | Mon | 10h | 150\$ |
| Pilates Fitness | Sat | 11h | 150\$ |
| Teen Titans | Fri | 19h | 150\$ |
| Intro to Teen Strength Training | Thurs/Fri | 10h/ 19h | 150\$ |
| Gym Essentials | Tue | 10h | 150\$ |

Programmation

SABLON

Fit Specialized



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.

Aquatherapy & Adapted Aquaform

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

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

Pulmonary Choir **AVAILABLE IN THE FALL**

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.

Latin Fusion / Contemporary Chair Dance **NEW**

This is a rhythmic and energizing class that allows participants to discover dance safely while remaining seated. Participants work on coordination, rhythm, and leg endurance through simple movement sequences, all within a motivating and friendly atmosphere.

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

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.

Programming

SABLON *Fit*

ADAPTED CLASSES



Strength Training Adapted for Chronic Pain

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

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.

| | | | |
|---|---------|---------------|------|
| Aquatherapy* | Thurs | 15h30 | 50\$ |
| Pulmonary Health | Fri | 16h | 50\$ |
| Zoom Pulmonary Health | Wed | 11h | 50\$ |
| Adapted Cardio Strength | Thurs | 11h/14h | 50\$ |
| Adaptive Strength Training | Tue | 11h | 50\$ |
| Boxing with Parkinsons | Tue | 14h | 50\$ |
| Private Group Supervised Training* | Sun | 13h | 50\$ |
| Modified Strength Training for Chronic Conditions | Tue/Sat | 13h30/ 13h | 50\$ |
| Adapted Aquaform | Tue | 15h45 | 50\$ |
| Chair Latin/Contemporary Dance** | Thurs | 16h30 | Free |

*Training program required for the course

**Free w/ the inscription of another Sablon-Fit class

CULTURAL

Program



SABLON

Cultural

CULTURAL



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.

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)

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.

K-POP **NEW!**

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.

Crochet Class **NEW!**

Designed for youth ages 9 to 15, this workshop introduces the fundamentals of crocheting in a creative and supportive environment. Participants will learn basic stitches, pattern reading, and beginner techniques while creating a variety of fun handmade projects. A wonderful way to develop fine motor skills, patience, creativity, and confidence through hands-on learnings.

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!

Sewing **NEW!**

Designed for youth ages 9 to 15, this sewing workshop introduces participants to the fundamentals of sewing in a creative and supportive environment. Youth will learn basic sewing techniques, how to use sewing tools and machines safely, and how to create fun handmade projects adapted to their skill level. A great way to develop fine motor skills, patience, creativity, and confidence through hands-on learning.

Theatre **NEW!**

Designed for youth ages 4 to 15, this theatre workshop introduces participants to the fundamentals of acting and stage performance in a fun and supportive environment. Youth will explore improvisation, character development, voice projection, movement, and scene work while building creativity, confidence, communication skills, and teamwork through engaging theatrical activities and performances.

Cheerleading **NEW!**

Designed for young people aged 7 to 15, this program introduces participants to the basics of cheerleading in a structured, dynamic, and motivating environment. Guided by an instructor, they will learn choreographies, motions, jumps, and age-appropriate techniques, while also developing their coordination, teamwork skills, self-confidence, and physical endurance in a fun and energetic atmosphere.

Drawing class (ADULTS)

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)

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) 9 weeks | Wednesday | 16h30 | 160\$ |
| Gymnastics (5-7 years) 9 weeks | Wednesday | 17h30 | 160\$ |
| Gymnastics (8-9 years) 9 weeks | Wednesday | 18h30 | 160\$ |
| Ballet Tap (3-6 years) | Sunday | 9h05 | 160\$ |
| Ballet Tap (7-10 years) | Sunday | 10h | 160\$ |
| Ballet Tap (10-15 years) 90 mins | Sunday | 11h | 180\$ |
| Contemporary dance (4-6 years) | Wednesday | 17h | 160\$ |
| Contemporary dance (7-10 years) | Thursday | 17h | 160\$ |
| Contemporary dance (11-14 years) 90 mins | Thursday | 17h | 180\$ |
| Hip hop (3-5 years) | Saturday | 11h | 160\$ |
| Hip hop (6-9 years) | Saturday | 12h | 160\$ |
| Hip hop (10-14 years) | Saturday | 13h | 160\$ |
| Theatre (4- 6 years) | Friday | 16h | 150\$ |
| Theatre (7 - 10 years) | Friday | 17h | 150\$ |
| Theatre (11 - 15 years) | Friday | 18h | 150\$ |
| Chess - beginner (6-12 years) | Saturday | 9h | 175\$ |

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|---|----------|-------|-------|
| Crochet (7 -9 years) | Saturday | 11h | 175\$ |
| Crochet (10 -12 years) | Saturday | 12h | 175\$ |
| Crochet (13 -15 years) | Saturday | 13h | 175\$ |
| Painting (5 - 7 years) | Sunday | 10h | 150\$ |
| Painting (8 - 10 years) | Sunday | 11h | 150\$ |
| Painting (11 - 14 years) | Sunday | 12h | 150\$ |
| Sewing (7 -9 years) | Sunday | 11h | 175\$ |
| Sewing (10 -12 years) | Sunday | 12h | 175\$ |
| Sewing(13 -15 years) | Sunday | 13h | 175\$ |
| Cheerleading (7- 9 years) | Friday | 16h | 150\$ |
| Cheerleading (10- 12 years) | Friday | 17h | 150\$ |
| Cheerleading (13- 15 years) | Friday | 18h | 150\$ |
| K-Pop (4-6 years) | Friday | 17h | 160\$ |
| K-Pop (7-10 years) | Friday | 18h | 160\$ |
| K-Pop (11-15 years) | Friday | 19h | 160\$ |
| Watercolor painting (90 mins x 8 weeks) - ADULTS | Sunday | 14h45 | 165\$ |
| Drawing (fusain, pastel, wood crayons) (90 mins x 8 weeks) - ADULTS | Sunday | 13h00 | 165\$ |
| Italian - Beginners (90 mins x 7 weeks) - ADULTS | Tuesday | 18h00 | 195\$ |

SPORTS

Program



Descriptions

SPORTS

SPORTS



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.

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.

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.

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.

SPORTS

Program

SPORTS

| | | | |
|--|----------------|----------------------|-------|
| Aikido Zone (ages 3 to 5) (2x/week) | Tues. & Thurs. | 18h & 18h30 | 177\$ |
| Aikido Zone (Ages 3 to 5) (1x/week) | Saturday | 16h | 120\$ |
| Aikido (ages 6-99) | Tues. or Sat. | 19h or 17h | 200\$ |
| Aikido (ages 6-99) | Thursday | 19h | 200\$ |
| Aikido 6-99 y.o. (2x/week.) | Tues. & Sat. | 19h or 17h | 300\$ |
| Volleyball (ages 9 to 14) | Saturday | 13h15 or 14h15 | 156\$ |
| Volleyball (ages 15+) | Saturday | 15h15 | 156\$ |
| Basketball (ages 4 to 5) | Saturday | 20h | 156\$ |
| Basketball (ages 6 to 8) | Saturday | 9h | 156\$ |
| Basketball (ages 9 to 10) | Saturday | 10h | 156\$ |
| Basketball (ages 11 to 13) | Saturday | 11h | 156\$ |
| Basketball (ages 4 to 5) | Friday | 17h | 156\$ |
| Basketball (ages 6 to 8) | Friday | 18h | 156\$ |
| Basketball (ages 9 to 10) | Friday | 19h | 156\$ |
| Basketball (ages 11 to 13) | Friday | 20h | 156\$ |

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|---------------------------------------|--------------|-----------|-------|
| Soccer (ages 4 - 5) (Parent/Child) | Sunday | 9h | 156\$ |
| Soccer (ages 6-8) | Sunday | 10h | 156\$ |
| Soccer (ages 6 - 8) | Sunday | 11h | 156\$ |
| Soccer (ages 9 - 13) | Sunday | 12h | 156\$ |
| Soccer (ages 14+) | Sunday | 13h | 156\$ |
| Soccer (ages 5-8) | Wednesday | 18H30 | 156\$ |
| Soccer (ages 9-12) | Wednesday | 19H30 | 156\$ |
| Multisport (ages 3 - 5) | Tuesday | 17h | 150\$ |
| Multisport (ages 3 - 5) | Saturday | 15H15 | 150\$ |
| Multisport (ages 3 - 5)(2x/week) | Tues. & Sat. | 17h/15h15 | 210\$ |
| Multisport (ages 6 - 10) | Saturday | 12h15 | 150\$ |
| Badminton (ages 7-11) | Sunday | 16H | 180\$ |
| Badminton (ages 12+) | Sunday | 17H | 180\$ |

AQUATICS

Program



Descriptions

AQUATICS



H₂OMG NEW!

Join us for 4 fun-filled Saturdays this summer! Enjoy unique themed evenings created to entertain the whole family. From water games to floating movie nights, we've got something for everyone, big and small. Whether you want to get active, relax or simply have a good time with friends and family, these evenings are the perfect opportunity to make the most of summer. Come create unforgettable memories with us!

Saturdays July 18th & 25th and August 1st & 8th

PRENATAL AQUAFITNESS

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

ADAPTED AQUAFITNESS NEW!

Similar to a regular aquafitness, the instructor plans a class to offer a complete workout using water's unique properties, such as its resistance and buoyancy. It differentiates itself by its smaller group size and the attention the instructor takes to each participant's needs such as a disability or injury.

Tuesdays : 3:45 pm to 4:40 pm

9 WEEK SESSION - JUNE 25 TO AUGUST 26

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.

7 week session

COUNSELOR IN TRAINING - AQUATICS AND FIRST AID

The Leadership & Lifesaving Duo Program offers the opportunity to complete a triple certification: Camp Counselor-in-Training certification (CIT), Bronze Medallion Lifesaving certification, and First Aid certification. This program received the Innovation and Excellence Award from the Quebec Camps Association (ACQ).

The program runs over 3 weeks, Monday to Friday, from 8:30 a.m. to 4:30 p.m., on specific dates.

Visit our website under Summer Day Camp for more information!

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 : 7:30 pm to 8:25 pm

AQUATICS Programming

| Classes | MON. | TUE. | WED. | THU. | FRI. | SAT. | SUN. |
|--|------|-------------|---------------|---------------|---------------|-------|---------------|
| Aquababy (0–10 mos) Beginner (30 min – 193\$ – 7 weeks) | | 9:00 9:30 | | | 9:00 9:30 | | |
| Aquababy (0–10 mos) Beginner Mixed + (30 min – 193\$ – 7 weeks) | | 8:30 | | | 8:30 | | |
| Aquababy (8–18 mos) Advanced / Intermediate (30 min – 193\$ – 7 weeks) | | 8:00 | | | 8:00 | | |
| Parent & Tot 2 (30 min – 139\$) | | | | | | 9:00 | 9:00 |
| Parent & Tot 3 (30 min – 139\$) | | | | | | 9:00 | 9:00 |
| Parent & Tot 3 – Fear of water (30 min – 139\$) | | | | | 18:00 | | |
| Preschool 1 (30 min – 139\$) | | | 17:10 | 17:25 | 17:30 17h55 | 9:35 | 9:35 |
| Preschool 2 (30 min – 139\$) | | | 17:10 17:50 | 17:25 | 16:55 | 9:35 | 9:35 |
| Preschool 3 (30 min – 139\$) | | | 17:50 | 17:25 18:00 | 16:55 | 10:10 | 10:10 |
| Preschool 4 (30 min – 139\$) | | | | 18:00 | | 10:10 | 10:10 |
| Preschool 5 (30 min – 139\$) | | | | | | 10:10 | 10:10 |
| Preschool 6 (30 min – 139\$) | | | | | | 10:45 | |
| Swimmer 1 (45min – 178\$) | | | 17:45 | 18:35 | 17:10 | 10:45 | 10:45 11:20 |
| Swimmer 2 (45min – 178\$) | | | 17:45 | 17:40 | 17:10 | 11:35 | 11:35 |
| Swimmer 3 (45min – 178\$) | | | 18:35 | 18:30 | | 11:20 | 11:35 |
| Swimmer 4 (45min – 178\$) | | | 18:35 | 18:30 | | 12:10 | 12:10 |
| Swimmer 5 (55 min – 189\$) | | | 19:15 | | | 12:25 | |
| Swimmer 6 (55 min – 189\$) | | | 19:15 | | | 12:00 | |

AQUATICS

Programming

| Classes | MON. | TUE. | WED. | THU. | FRI. | SAT. | SUN. |
|--|--------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| Swimmer 7 – SP rookie (55 min – 189\$) | | | | 19:20 | | 13:00 | |
| Swimmer 8 – SP ranger (55 min – 189\$) | | | | 19:20 | | 13:00 | |
| Swimmer 9 – SP star (55 min – 189\$) | | | | | | 13:00 | |
| Aqua-Teen 1 (55 min – 189\$) | | | | | 18:30 | | 13:05 |
| Aqua-Teen 2 (55 min – 189\$) | | | | | 19:30 | | 13:00 |
| Aqua-Teen 3 (55 min – 189\$) | | | | | 18:30 | | 13:00 |
| AquaFitness (55 min – 139\$) | 9:00 18:00 | | 10:30 | 9:30 | 12:00 | | |
| Adapted aquafitness (55 min – 139\$) | | 15:45 | | | | | |
| Prenatal aquafitness (55 min – 139\$) | | 17:45 | | | | | |
| Swim refinement (55 min – 189\$) | | | | | 19:30 | | 13:05 |
| Adult 1 (55 min – 189\$) | | 17:25 (women) 18:30 (mixed) | | | | | |
| Adult 2 (55 min – 189\$) | | 18:30 (women) 19:30 (mixed) | | | | | |
| Adult 3 (55 min – 189\$) | | 19:30 | | | | | |
| Private lesson child (30 min – 266\$) | | Variable between 16:50 & 19:40 | Variable between 16:05 & 19:25 | Variable between 16:20 & 20:10 | Variable between 16:45 & 20:10 | Variable between 10:10 & 13:55 | Variable between 10:50 & 15:00 |
| Private lesson – Special Needs (30 min – 270\$) | | Variable between 16:50 & 17:35 | Variable between 16:05 & 19:25 | Variable between 16:20 & 20:10 | Variable between 16:45 & 20:10 | Variable between 9:35 & 12:55 | Variable between 9:35 & 15:00 |
| Private lesson Adult (45 min– 288\$) | | Variable between 16:50 & 20:25 | Variable between 18:25 & 20:15 | | | | |

AQUATIC TRAINING Programming



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



General First Aid

To be determined
160\$

Bronze Cross

Sunday 13h to 17h
July 19 to August 23
260\$

Prerequisite : Bronze medallion

Bronze Medallion

Sunday 13h to 17h
June 21 to July 26
260\$

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

1st step to become a lifeguard

Develop your rescue skills!

Swimmer 7

Swim Patrol Rookie

See p.22

Swimmer 9

Swim Patrol Star

See p.22

Swimmer 8

Swim Patrol Ranger

See p.22

Swim refinement

See p.22

Program

SPECIAL

Needs



SPECIAL *Needs*

SPECIAL NEEDS



Inclusive Active Zone

FREE!

This activity is designed for kids aged 5 to 11 with special needs, including children with autism spectrum disorder (ASD), ADHD, or physical disabilities. Through a variety of movement-based games, cooperative relays, and fun activities, participants will develop their listening skills, verbal communication, teamwork, and ability to follow instructions.

The activity also aims to support the development of gross motor skills, with adaptations available for youth with physical disabilities so that each participant can take part at their own pace and according to their abilities.

The main objective is to provide a safe, stimulating, and inclusive environment where every child can move, cooperate, express themselves, and have fun.

| | | | |
|-----------------------|--|-------|-------|
| Inclusive Active Zone | Saturday, July 25 th 2026 | 10:00 | Free! |
| Inclusive Active Zone | Saturday, August 15 th 2026 | 10:00 | Free! |

The activity area will be located at Parc Légaré

2245 Rue Légaré, Laval, QC

H7T 2C5

Grass area, near the cabin.