FALL
14 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

IMPORTANT INFORMATION

RECEPTION HOURS

Monday to Friday
06:30 to 22:00

Saturday / Sunday
08:00 to 18:00

EVENTS CALENDAR

Closed – Labour day
September 7th

Closed – Holidays
December 24th, 25th, 31st & January 1st 2027

Winter camp
December 21st – 23rd & December 28th – 30th

REGISTRATIONS 2027

WINTER 2027 12 WEEK SESSION - JANUARY 4TH TO MARCH 27TH

7–8 DEC.	**Pre-registration as of 07:30** (Participants registered for the fall session)
9 DEC.	**Registration as of 07:30**

Important news

Centre du Sablon is transitioning to a new registration and member account platform to provide a simpler and more user-friendly experience. Full launch is planned for Winter 2027 registrations. More information will be shared as we move forward.

OPEN ACTIVITIES

PICKLEBALL

Monday to Friday
8h30 – 12h30
85$/block
13 weeks

CORNHOLE NEW!

Tuesday & Thursday
12h45 – 13h45
91$

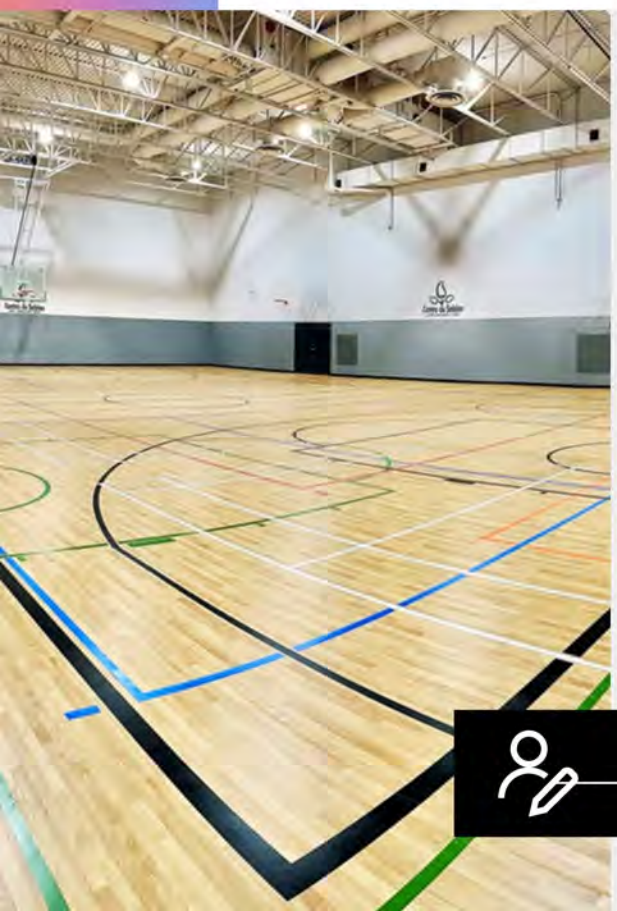
BASKETBALL

Monday & Wenesday
17h00 – 18h30

Saturday
16h30 – 17h50

104$
13 weeks

- ✔ Active annual membership card : 19.50 $
- ✔ Option to purchase a set of 5 passes for basketball 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

GENERAL INFORMATION

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

Centre du Sablon

SABLON Fit

INFORMATIONS - WEIGHT ROOM

Opening Hours:

Monday to Friday: 6h30 à 22h00

Saturday & Sunday: 8h00 à 18h00

RATES – SABLON-FIT		
MEMBERSHIP	**PRICE**	**PRICE PER MONTH**
1 MONTH	**50$ +tx**	**50$ + tx**
3 MONTHS*	**135$ +tx**	**45$ + tx**
6 MONTHS*	**270$ +tx**	**45$ + tx**
12 MONTHS*	**480$ + tx**	**40$ + tx**
SENIOR SPECIAL (12 MONTHS)*	**420$ + tx**	**35$ + tx**

*MEMBERSHIP INCLUDES FREE ACCESS TO RECREATIONAL SWIMMING & SAUNA.

OTHER OPTIONS		
SABLON-FIT ACCESS OPTIONS	**PRICE**	**HOW IT WORKS**
TRAINING (TRIAL)	15$+ tx	No registration required. Simply stop by the reception desk to purchase a one-day trial.
PASSE PARENTS	5$+ tx	You can use the weight room while you wait for your child to finish their class. This applies only to parents of children taking classes at the Sablon Centre.
THE LAST FRIDAY OF EVERY MONTH IS FREE!	FREE	Come enjoy our weight room on the last Friday of every month! It's free! Please stop by the reception desk.

Classes

SABLON Fit

SABLON FIT

STEP UP – FORCE, CARDIO & SCULPT							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Thursday	19h	35$	Talar	Aerobics Room	12 weeks	2026-09-17

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.

MOVE & TONE							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Sunday	11h	35$	Elena	Aerobics Room	12 weeks	2026-10-04

Join us for a dynamic and fun exercise session where you'll combine rhythmic dance movements with the use of light weights to tone and sculpt your body. This class is designed to improve your endurance, strengthen your muscles, and burn calories while dancing to upbeat music. Whether you're a beginner or an experienced dancer, this class is suitable for all levels. Get ready to have fun while working your body effectively!

AERO- TONUS							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Friday	19h	35$	Elena	Aerobics Room	12 weeks	2026-10-02

This class is a dynamic workout that combines aerobic movements with muscle-toning exercises. It improves cardiovascular endurance while strengthening muscles throughout the body. Set to upbeat and motivating music, you'll move in a fun and energetic atmosphere. Aero-Tonus is perfect for burning calories, building muscle tone, and improving coordination. Suitable for all fitness levels, it's a great way to stay active while having fun.

ZUMBA								
Style	Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Zumba	Adult	Tuesday	19h	35$	Sophie	Aerobics Room	12 weeks	2026-09-15
Zumba (noon)	Adult	Wed	12h	35$	Tsolena	Aerobics Room	12 weeks	2026-09-16
Zumba + lift (w/ weights)	Adult (intermediate)	Saturday	11h	35$	Tsolena	Aerobics Room	12 weeks	2026-09-19
Zumba fit Tone (w/ weights)	Adult (intermediate)	Friday	12h	35$	Mey Mey	Aerobics Room	12 weeks	2026-09-18

Regular Zumba is a cardio workout inspired by dance, featuring Latin and international rhythms. Through simple choreography and interval training, this class improves endurance and coordination while promoting calorie expenditure. No dance experience is required.
Zumba Lift and Zumba Fit Tone combine energetic dance movements, cardio, and strengthening exercises using light weights for a full-body workout. These classes improve endurance, coordination, strength, and muscle tone in a dynamic, music-filled environment suitable for all fitness levels.

Classes

SABLON *Fit*

SABLON FIT

GENTLE TONING							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Wednesday	12h	35$	Tsolena	Aerobics Room	12 weeks	2026-09-16

This class is for all levels. Its a cardiovascular full body workout. It's an exercise of endurance & coordination. Its about moving your legs to dance, reaching your arms up in the air & tightening your core. If you have energy or you want to have more energy to spare, this is the class that would allow you to get your heart pumping & your whole body grooving. Ideal for everyone, especially those in need of an afternoon exercise during their busy schedules.

YOGA TONUS							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Saturday	10h	160$	Hooma	Aerobics Room	12 weeks	2026-09-19

Yoga Tonus is a class that combines traditional yoga postures with strengthening exercises. The focus is on building muscular tone, core stability, and body alignment. Movements are held longer or repeated to increase endurance and activation. The class may include dynamic sequences and static holds. Breath control is integrated to support movement and concentration. Props such as blocks, straps, or light weights may be used. This format blends flexibility, balance, and strength within a structured practice.

TOTAL BODY BURN							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Wednesday	19h	35$	Talar	Aerobics Room	12 weeks	2026-09-16

Cardio, Strength, and Endurance
It is an energetic discipline that combines boxing moves with cardio exercises for a complete and intense workout. This dynamic and motivating class is designed to improve your strength, endurance, and agility while burning calories and boosting your overall fitness.

FUNCTIONAL STRENGHT & BALANCE							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult (30 minutes)	Sunday	10h	50$	Isabella	Aerobics Room	12 weeks	2026-09-20

Description du cours: Entraînement complet axé sur la force fonctionnelle, la stabilité et l'équilibre. Il combine poids du corps, charges libres et mouvements contrôlés pour améliorer la posture, la coordination et prévenir les blessures. Adapté à tous les niveaux, il privilégie la qualité et le contrôle des mouvements.

CONDITION IN MOTION							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Wednesday	10h	50$	Leina	Outdoors	4 weeks	2026-10-21

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.

Classes

SABLON Fit

SABLON FIT

RANGE OF MOTION (ROM)

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult (30 minutes)	Thursday	18h15	50$	Adam	Poly 1	12 weeks	2026-09-17

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.

YOGA

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Monday	19h	160$	TBD	Poly 1	12 weeks	2026-09-14

PILATES FITNESS

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Saturday	11h	160$	Hooma	Poly 1	12 weeks	2026-09-19

In this course, you do mat exercises, mainly targeting core muscles & chest breathing. It is a class that is adapted within the limits of each individual and performed safely. It's an ideal practice for both male and female participants.

TAI CHI

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Monday	10h	160$	Sonia	Aerobics Room	12 weeks	2026-09-14

Tai Chi, also spelled Taiji or Tai Chi Chuan, is a traditional Chinese martial art that has evolved into a popular and widely practiced form of exercise for health and well-being. It is often referred to as "meditation in motion." Tai Chi combines deep breathing and slow, flowing movements, emphasizing the maintenance of proper body posture and alignment.

GYM ESSENTIALS

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Tuesday	10h	160$	Philippe	Sablon-fit	12 weeks	2026-09-15

This 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.

PRIMAL TRAINING

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Saturday	10h	160$	Philippe	Sablon-fit	12 weeks	2026-09-19

A dynamic full-body workout inspired by natural movement, designed to build strength, mobility, agility, and endurance. Through pushing, pulling, crawling, jumping, carrying, and bodyweight exercises, you'll improve coordination, stability, and overall fitness. Suitable for all fitness levels, the class encourages freedom, control, confidence, and enjoyment of movement.

Classes

SABLON Fit

SABLON FIT

TEEN TITANS							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adolescent (9-13 y/o)	Friday	18h30	160$	Philippe	Sablon-fit	12 weeks	2026-09-18
Teen Titans is a group activity designated for young adolescents from the ages of 9 to 13 years old. In this program, they learn the proper combination of nutrition & exercise in order for them to establish a healthy lifestyle from a young age. They will also learn to perform the correct mechanics of performing an exercise to help them develop a well-set body figure, alignment & to avoid injuries. The goal is to encourage them to exercise & to be comfortable to do so in a gym environment with the use of all the different kinds of machine & accessories that Sablon-Fit has to offer.							
TEEN INTRO INTO WEIGHT TRAINING							
Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adolescent (14-17 y/o)	vendredi	19h	160$	Philippe	Sablon-fit	12 weeks	2026-09-18
Description du cours: Ce cours initie les adolescents à la musculation en leur enseignant les bases, l'utilisation sécuritaire des équipements et les bonnes techniques d'entraînement. Dans un environnement encadré et motivant, il favorise la confiance, la coordination et de saines habitudes de vie.							
SKY KICK							
Adult	Monday	12h	35$	Mikhaela	Sablon-fit	8 weeks	2026-09-14
Adult	Tuesday	12h	35$		Sablon-fit	8 weeks	2026-09-15
For Beginners & Intermediates: Perfect for those who want to get fit while learning the basics of kickboxing. No experience required - just bring your energy and enthusiasm!							
SKY KICK FLOW							
Adult	Friday	10h	35$	Mikhaela	Sablon-fit	8 weeks	2026-09-18
This course introduces adults to Sky Kick Flow by teaching the fundamentals, fluid sequences, mobility, and proper training techniques. In a structured and motivating environment, it improves balance, flexibility, and movement control.							
CARDIO LATINO FIT							
Adult	Tuesday	18h30	35$	Daniela	Aerobics Room	12 weeks	2026-09-17
This energetic workout combines fitness and Latin rhythms to engage the entire body, improve endurance, and burn calories. Suitable for all fitness levels, it's a fun way to move, let loose, and dance while having a great time.							
BALADI							
Adult	Thursday	19h	125$	Marie-Claire	Poly 1	8 weeks	2026-09-17
Baladi is a dynamic and expressive Egyptian dance that focuses on hip movements and rhythm. This class is a fun way to move with confidence, have fun, and discover this unique dance style.							

Classes

SABLON *Fit*

SABLON FIT

INTRODUCTION TO LATIN SPORT DANCE

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	mercredi	19h	35$	Anastassiya	Salle d'aérobie	12 weeks	2026-09-16

Discover the exciting world of Latin sport dance in a fun and accessible class designed for beginners and anyone curious to learn something new.Learn the basics of dances such as salsa, cha-cha, rumba, and jive while improving your coordination, rhythm, and confidence.
Each class combines technique, movement, and fun in a welcoming and motivating atmosphere.
No previous dance experience is required—simply move at your own pace and let the music guide you.

ABDOS & FESSIERS

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date

POUND

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	TBD	TBD	160$	TBD	Aerobics Room	12 weeks	TBD

BOXING JR

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adolescent	Monday	18h	160$	Steve	Boxing Room	12 weeks	2026-09-14

JR Boxing is a dynamic, youth-friendly activity that combines learning the basic techniques of boxing with movement and physical exercises. Participants develop their coordination, agility, endurance, and self-confidence in a safe and motivating environment. No previous experience is required—everyone can progress at their own pace.

BOXING

Client	Day	Hour	Cost	Instructor	Room	Duration	Start Date
Adult	Monday	19h	160$	Steve	Boxing Room	12 weeks	2026-09-14

Adult Boxing is a dynamic activity that teaches the basic techniques of boxing while improving overall fitness. Sessions focus on building endurance, coordination, strength, and self-confidence in a friendly and motivating environment. Whether you're a beginner or experienced, you can participate at your own pace and enjoy the many benefits of the activity.

Programming

SABLON

Fit Specialized

Centre du Sablon

Classes

SABLON Fit

COURS ADAPTÉS

AQUATHERAPHY*

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Friday	13h	50$	Philippe	Piscine	14 weeks	18/09/2026

Course Description: A gentle approach in an aquatic environment that uses water resistance to improve mobility, strength, and recovery while reducing impact on the joints. Suitable for all fitness levels, this class supports rehabilitation, helps relieve pain, and improves balance and overall physical fitness.

PULMONARY CHOIR

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Friday	13h	50$	Eva	Poly 2	12 weeks	18/09/2026

Course Description: A gentle aquatic approach that uses the resistance of water to improve mobility, strength, and recovery while reducing impact on the joints. Suitable for all levels, this class supports rehabilitation, helps relieve pain, and improves balance and overall physical fitness.

PULMONARY HEALTH

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Monday	13h	50$	Philippe	Sablon-fit	14 weeks	14/09/2026
Adult	Friday	15h	50$				18/09/2026
Adult (zoom)	Friday	11h	50$	Isabella	Outdoors	14 weeks	18/09/2026

Course Description: A rehabilitative class led by a kinesiologist that combines seated strengthening exercises, adapted cardiovascular training, and breathing techniques. Participants work at their own pace to improve respiratory capacity, strength, and endurance. Designed for individuals undergoing rehabilitation, older adults, and people living with chronic conditions.

CARDIO MUSCULATION STROKE PROGRAM

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Monday	14h	50$	Philippe	Sablon-fit	14 weeks	14/09/2026
Adult	Thursday	13h	50$				17/09/2026

Course Description: A rehabilitation class combining full-body strength training, balance and coordination exercises, and cardiovascular endurance work. It helps restore mobility, strengthen the body, and make daily activities easier, while also promoting social connection. Designed for individuals undergoing rehabilitation, recovering from a stroke, recovering from an injury, or living with a physical disability.

MUSCLE UP – LOW MOBILITY

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Monday	11h	50$	Philippe	Sablon-fit	14 weeks	14/09/2026
Adult	Tuesday	11h	50$				17/09/2026

Course Description: A class led by a kinesiologist featuring seated upper-body strengthening exercises performed at an adapted pace. Designed for individuals with physical disabilities, those recovering from an illness or injury, or those with significant excess weight, the class aims to safely improve strength and mobility.

Classes

SABLON Fit

COURS ADAPTÉS

BOXING WITH PARKINSONS

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Tuesday	14h	50$	Philippe	Sablon-fit	14 weeks	15/09/2026
Adult	Thursday	15h30	50$	Philippe	Sablon-fit	14 weeks	17/09/2026

Course Description: A non-contact boxing program designed for people living with Parkinson's disease, focusing on agility, coordination, strength, cardiovascular fitness, and concentration. It helps improve balance, posture, reaction time, and confidence in movement. Suitable for individuals in the early stages of Parkinson's and those recently diagnosed.

PRIVATE GROUP SUPERVISED TRAINING

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Sunday	13h	50$	Isabella	Sablon-fit	14 weeks	20/09/2026

Course Description: An indoor fitness class combining machines and free weights to build strength and overall fitness through a personalized program. Supervised by a trainer, the class promotes safe progression, proper posture, balance, and mobility. Suitable for older adults and people living with chronic conditions.

PARA-ADO TEEN TITANS

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adolescent	Saturday	13h	50$	Philippe	Sablon-fit	14 weeks	19/09/2026

Course Description: A progressive, low-impact muscle-strengthening class designed to reduce pain and improve daily function. Adapted to each participant's abilities, it focuses on posture, stability, and joint protection to enhance quality of life. Designed for people living with chronic pain or neuromuscular conditions.

CHAIR YOGA

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Wednesday	10h	50$	Hooma	Sablon-fit	14 weeks	16/09/2026

Course Description: A seated rhythmic dance class that promotes coordination, rhythm, and leg endurance through simple movements. Suitable for seniors, less active adults, and people with reduced mobility, it offers a gentle way to stay active in a friendly, social environment with minimal impact on the joints.

AQUAFORME ADAPTÉ

Client	Day	Hour	Cost	Instructor	Local	Duration	Start Date
Adult	Tuesday	13h10	50$	Philippe	Pool	14 weeks	15/09/2026

Course Description: A gentle aquatic approach that uses water resistance to improve mobility, strength, and recovery while reducing impact on the joints. Suitable for all levels, this class supports rehabilitation, helps relieve pain, and improves balance and overall physical fitness.

CULTURAL

Program

Centre du Sablon

Programming

SABLON Cultured

CULTUREL & COMMUNAUTAIRE

GYMNASTICS

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
3 - 4 y. o.	Friday	16h30	190$	Emmy	Combat room	14 weeks	18/09/2026
5 - 7 y. o.	Friday	17h30	190$	Emmy	Combat room	14 weeks	18/09/2026
8 - 9 y. o.	Friday	18h30	190$	Emmy	Combat room	14 weeks	18/09/2026

Course Description: Participants learn rolls, cartwheels, balances, jumps, and support skills while developing their coordination, flexibility, balance, and confidence on the mats.

BALLET-CLAQUETTE

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
3 - 5 y. o.	Sunday	9h05	190$	Michelle	Aerobics room	14 weeks	20/09/2026
6 - 9 y. o.	Sunday	10 h	190$	Michelle	Aerobics room	14 weeks	20/09/2026
10-15 y. o. (90 minutes)	Sunday	11h	231$	Michelle	Aerobics room	14 weeks	20/09/2026

Course Description: This discipline combines the graceful movements of ballet with the rhythmic sounds of tap dancing. Participants learn dance steps, footwork techniques, and dance combinations while developing their coordination, musicality, and self-confidence.

CONTEMPORARY DANCE

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
4 - 6 y. o.	Wednesday	17h	190$	Michelle	Aerobics room	14 weeks	16/09/2026
7 - 10 y. o.	Thursday	18h45	190$	Michelle	Aerobics room	14 weeks	17/09/2026
11 - 15 y. o. (90 minutes)	Thursday	19h45	231$	Michelle	Aerobics room	14 weeks	17/09/2026

Course Description: This discipline explores movement, creative expression, and body awareness through a variety of free-flowing and dynamic movement sequences. Certified by the British Dance Association, our instructor guides participants in developing their musicality, coordination, creativity, and self-confidence.

CHEERLEADING

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
7 - 9 y. o.	Saturday	16h	150$	TBD	Combat room	14 weeks	19/09/2026
10 - 12 y. o.	Saturday	17h	150$	TBD	Combat room	14 weeks	19/09/2026
13 - 15 y. o.	Saturday	18h	150$	TBD	Combat room	14 weeks	19/09/2026

Course Description: Participants learn the fundamentals of the sport, including choreography, motions, jumps, and age-appropriate techniques. They develop coordination, teamwork, confidence, and endurance in a fun and dynamic environment.

Programming

SABLON *Cultural*

COMMUNITY & CULTURAL

SEWING							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
7 -9 y.o.	Sunday	11h	175$	Camille	Conference room	14 weeks	20/09/2026
10 -12 y.o.	Sunday	12h	175$	Camille	Conference room	14 weeks	20/09/2026
13 -15 y.o.	Sunday	13h	175$	Camille	Conference room	14 weeks	20/09/2026
Adults	Thursday	18h15	105$	Camille	Conference room	8 weeks	17/09/2026

Course Description: A sewing workshop where participants learn the basics of sewing and how to use sewing tools and a sewing machine through creative projects. They develop their fine motor skills, patience, creativity, and self-confidence.

CROCHET							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
7 -9 y.o.	Saturday	11h	175$	Kayla	Conference room	14 weeks	19/09/2026
10 -12 y.o.	Saturday	12h	175$				19/09/2026
13 -15 y.o.	Saturday	13h	175$				19/09/2026
Adults	Thursday	14h	105$	Kayla	Conference room	8 weeks	19/09/2026

Course Description: A crochet workshop where participants learn basic stitches, how to read patterns, and various techniques through handmade projects. They develop their fine motor skills, patience, creativity, and self-confidence.

PAINTING							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
5 - 7 y.o.	Sunday	10h	150$	Aya	Class 1	14 weeks	20/09/2026
8 - 10 y.o.	Sunday	11h			Class 1	14 weeks	20/09/2026
11 - 14 y.o.	Sunday	12h			Class 1	14 weeks	20/09/2026

Course Description: A painting class for children where participants explore colors, techniques, and various art media through creative projects. They develop their imagination, fine motor skills, artistic expression, and self-confidence in a fun environment.

Programming

SABLON Cultured

CULTUREL & COMMUNAUTAIRE

K-POP DANCE							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
4-6 y. o.	Vendredi	17h	175$	Anastasia	Aerobics room	14 weeks	18/09/2026
7-10 y. o.	Vendredi	18h	175$				18/09/2026
11-15 y. o.	Vendredi	19h	175$				18/09/2026

Course Description: Inspired by Korean pop music, K-Pop combines high-energy choreography with urban dance styles. Participants develop their rhythm, coordination, and self-confidence while learning dynamic dance routines in a fun and engaging environment.

CHESS							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
Beginner (6-12 y. o.)	Saturday	9h	210$	TBD	The Spot	14 weeks	19/09/2026

Course Description: Chess classes introduce participants to the fundamentals of the game, including piece movement, center control, opening strategies, and tactical play. Through guided games and engaging exercises, participants develop their strategic thinking, problem-solving skills, concentration, and decision-making abilities.

ITALIAN – BEGINNER							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
Adults (90 minutes)	Tuesday	18h00	190$	Hatem	Conference room	8 weeks	15/09/2026

Course description: A beginner-level Italian course in which participants learn greetings, introductions, and simple phrases. They develop their ability to interact and communicate in Italian in basic situations.

PIANO – PRIVATE CLASS							
Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
5 - 99 y.o. (30 minutes)	Monday or Wednesday	Between 15h00 and 21h00	410$	Tamar	The Spot	14 weeks	14/09/2026
5 - 99 y.o. (45 minutes)			560$				16/09/2026

Course Description: Private piano lessons tailored to all skill levels. Participants develop their musical techniques, learn music theory, and make progress through personalized instruction. In addition, you'll learn music theory from our qualified instructor, a graduate of the prestigious McGill Conservatory.

Programming

SABLON Cultural

COMMUNITY & CULTURAL

THEATRE

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
4-5 y. o.	Vendredi	16H	150$	TBD	Salle d'aérobie	14 weeks	18/09/2026
6 - 10 y. o.	Vendredi	17H	150$	TBD	Salle d'aérobie	14 weeks	18/09/2026
11 - 15 y. o.	Vendredi	18H	150$	TBD	Salle d'aérobie	14 weeks	18/09/2026

Course Description: Theatre classes introduce participants to stage performance, body expression, diction, improvisation, and character development. Through engaging activities and creative exercises, they build confidence, creativity, communication skills, and teamwork.

HIP-HOP

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
Débutant (3-5 y. o.)	Saturday	13h	175$	Solveig	Salle d'aérobie	13 weeks	19/09/2026
(6-9 y. o.)	Saturday	14h	175$	Solveig	Salle d'aérobie	13 weeks	19/09/2026
(10 - 15 y. o.)	Saturday	15h	175$	Solveig	Salle d'aérobie	13 weeks	19/09/2026

Course Description: Inspired by urban dance styles, this hip-hop class helps children develop their rhythm, coordination, and creativity through dynamic, energetic movements. Participants build confidence and express themselves while learning fun choreography in an engaging and supportive environment.

DRAWING CLASS

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
5 - 7 y. o.	Saturday	9h	175$	Jolian	The Spot	14 weeks	19/09/2026
8 - 10 y. o.	Saturday	10h	175$				19/09/2026
11 - 15 y. o.	Saturday	11h	175$				19/09/2026
Adults (90 minutes)	Sunday	14h45	165$	Josée	Conference room	8 weeks	20/09/2026

Course Description: A drawing course for beginners in which participants explore charcoal, pastels, and graphite pencils. They learn about observation, proportions, shadows, and textures through a creative and progressive approach.

WATERCOLOR PAINTING

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
Adults (90 minutes)	Dimanche	13h	165$	Josée	Salle de conférence	8 weeks	20/09/2026

Course Description: A watercolor class for adult beginners where participants learn basic techniques, color mixing, brush control, and wash techniques. A step-by-step approach to developing creativity and observational skills in a relaxed atmosphere.

Programming

SABLON Culturel

CULTUREL & COMMUNAUTAIRE

ENGLISH

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
4 – 6 years	Thursday	16h30	175$	Nicoletta	The Spot	14 weeks	17/09/2026
7 – 10 years	Thursday	17h30	175$	Nicoletta	The Spot	14 weeks	17/09/2026

Designed for children between 4 and 10 years old, this course helps them develop their English skills in a fun and enriching environment. Guided by the instructor, children will learn through games, songs, and interactive activities!

PIROUETTE & CABRIOLE

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
12 months – 4 years	Sunday	9h30	150$	Darina	Mini-gym	14 weeks	20/09/2026
18 months – 2.5 y . o	Sunday	10h30	150$	Darina	Mini-gym	14 weeks	20/09/2026
2.5 – 4 y . o	Sunday	11h30	150$	Darina	Mini-gym	14 weeks	20/09/2026

Course Description: Designed for children between 12 months and 4 years old, this course helps develop motor skills while providing a fun and playful environment for parents and their children. The program supports the development of psychomotor skills through enjoyable and safe interactions for children!

MINI EINSTEIN

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
18 – 24 months	Friday	9h30	286$	Kristina	Class 2	13 weeks	18/09/2026

Course Description: Designed for children between 18 and 24 months old, this course provides an introduction to daycare and preschool. Guided by an experienced instructor, children and parents will enjoy fun, interactive, and entertaining activities!

MINI PICASSO

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
24 – 30 months	Monday	9h30	286$	Kristina	Class 2	13 weeks	14/09/2026

Course Description: Designed for children between 24 and 30 months old, this course is a continuation of Mini-Einstein. Children discover new concepts through fun and enriching activities. This program is highly recommended as preparation for preschool

THE SPOT – YOUTH CLUB

Cientele	Day	Time	Cost	Instructor	Room	Duration	Start date
12 – 16 y.o.	Friday	18H00 to 21h00	185$	Sam	The Spot	10 weeks	02/10/2026

Course Description: The Youth Club is the perfect place to socialize, have fun with friends, and take part in a wide variety of themed activities, outings, and games. As an added bonus, kids get access to the pool and sports facilities at the Centre du Sablon. Check out our photos on our website!

SPORTS

Program

Centre du Sablon

Programming

SPORTS

SPORTS

FAMILY NIGHTS IN THE GYM NEW!

Come enjoy a unique family evening, with a different theme every month! Fun and varied activities will be offered for the whole family, both young and old. It's a great opportunity to get active, play, and spend quality time together in a friendly and welcoming atmosphere.

AIKIDO

Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
3 – 5 y. o.							
2x / week	Tues. & Thurs.	18h & 18h30	247$	Mr. Mohammed	Boxing Room	14 weeks	09/15/2026
1x / week	Saturday	11h	168$				09/19/2026
6 – 99 y. o.							
2x / week	Tues. & Sat.	19h & 12h	420$	Mr. Mohammed	Boxing Room	14 weeks	09/15/2026
1x / week	Tuesday	19h	280$				09/15/2026
1x / week	Thursday	19h30	280$				09/17/2026
1x / week	Saturday	12h	280$				09/19/2026

Course Description: Aikido is a martial art that uses energy and circular movements to neutralize an opponent without relying on brute force. It develops coordination, flexibility, concentration, as well as self-control and respect for others.

BASKETBALL

Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
4 – 5 y. o.							
1x / week	Friday	17h15	243$	David	Gymnasium	14 weeks	09/18/2026
1x / week	Saturday	10h	225$			13 weeks	09/19/2026
6 – 8 y. o.							
1x / week	Friday	18h15	243$	David	Gymnasium	14 weeks	09/18/2026
1x / week	Saturday	11h	225$			13 weeks	09/19/2026
9 – 12+ y. o.							
1x / week	Friday	19h15	243$	David	Gymnasium	14 weeks	09/18/2026
1x / week	Saturday	12h	225$			13 weeks	09/19/2026

Course Description: Basketball classes for youth ages 4 to 12 and up, combining skill development, games, challenges, and mini-tournaments. Participants develop their agility, shooting and dribbling skills, teamwork, and decision-making abilities.

Programming

SPORTS

SPORTS

MULTISPORTS							
Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
3 – 5 y. o.							
2x / week	Tues. & Sat.	17h & 8h	284$	Lea	Gymnasium	13,5 weeks	09/15/2026
1x / week	Tuesday	17h	210$			14 weeks	09/15/2026
1x / week	Saturday	8h	195$			13 weeks	09/19/2026
6 – 10 y. o.							
1x / week	Saturday	9h	195$	Lea	Gymnasium	13 weeks	09/19/2026

Course Description: Multisport classes introduce young participants to a variety of sports (soccer, basketball, volleyball, hockey, etc.) while developing their motor skills, coordination, agility, and balance in a fun and dynamic environment.

SOCCER							
Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
5-8 y. o.	Wednesday	18h30	243$	Mehdi	Gymnasium	14 weeks	09/16/2026
9-12 y. o.		19h30	243$				09/16/2026
4-5 y. o.	Sunday	9h	225$	Melica	Gymnasium	13 weeks	09/20/2026
6-8 y. o.		10h	225$				09/20/2026
9-12+ y. o.		11h	225$				09/20/2026

Course Description: A dynamic program for children ages 4 to 12 and older designed to develop soccer skills. Through games, drills, and scrimmages, participants improve their ball control, passing, shooting, and teamwork while building confidence and having fun.

Programming

SPORTS

SPORTIF

VOLLEYBALL							
Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
9 – 14 y. o. +							
1x / week - Level 1	Saturday	14h30	225$	Tasnim	Gymnasium	13 weeks	09/19/2026
1x / week - Level 2	Saturday	15h30	225$				09/19/2026
Course Description: This volleyball class focuses on developing and refining key skills such as serving, passing, receiving, attacking, and spiking. Through skill-building drills and mini matches, participants improve their coordination, technical abilities, and teamwork in a fun and supportive environment.							

BADMINTON Beginners							
Participants	Day	Time	Cost	Instructor	Room	Duration	Start date
7-14+ y. o.	Saturday	13h15	225$	Jolian	Gymnasium	13 weeks	09/19/2026
Course Description: This badminton class teaches participants the fundamental strokes, serving techniques, and footwork skills needed to play the game. Through technical drills, accuracy-based activities, and mini matches, participants develop their coordination, speed, agility, and reflexes in a fun and active environment.							

AQUATICS

Program

Centre du Sablon

Descriptions

AQUATICS

NEW AQUAFITNESS CLASSES

NEW!

AQUAJOGGING

This class takes full advantage of the benefits of water through flotation exercises. The sessions take place in the deep end and provide a low-impact workout. The instructor leads exercises performed with a flotation belt and they provide both cardiovascular and strength training.

AQUARELAX

Let the sensation of the water help you relax, and take a moment to stretch and meditate. Improve your flexibility, balance,posture and joint health with a variety of slow movements and stretches that will help you unwind.

FAMILY AQUAFITNESS

Work out in the water with your child! This aqua fitness class follows the usual class structure but is suitable for all ages. For the price of one class, bring along your young partner (ages 9 and up).

ADAPTED AQUAFITNESS

[It's back!] Similair to a regular aquafitness, the instructor plans a class to offer a complete workout using water's unique propreties, such as its resistance and buoyancy. It differentiates itself by its smaller group size and the attention the instructor takes to each participants needs such as a disability or injury.

PRENATAL AQUAFITNESS

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

SEE PAGE 22

14 WEEK SESSION - SEPT 14TH TO DEC 20TH

FAMILY FREE SWIM (H2OMG IS BACK!)

On the last Saturday of every month, join us for a unique family open swim with a different theme each month. Planned activities will replace the family open swim. They're sure to appeal to the whole family and are suitable for all ages.

Sept. 26th ; Oct. 31st ; Nov. 29th ; Dec 19th From 2:10pm to 3:10pm

SWIM REFINEMENT

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 (see p.22)

AQUABABY (12 WEEKS)

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.

AQUATICS Programming

SWIMMING CLASSES	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Aquababy (0-10 mos) Beginner (30 min - 331$ - 12 weeks)		10:40 | 11h10			10:40 | 11h10		
Aquababy (0-10 mos) Beginner Mixed + (30 min - 331$ - 12 weeks)		10:10			10:10		
Aquababy (8-18 mos) Advanced / Intermediate (30 min - 331$ - 12 weeks)		9:40			9:40		
Parent & Tot 2 (30 min - 217$)						9:00	9:00
Parent & Tot 3 (30 min - 217$)						9:00	9:00
Parent & Tot 3 - Fear of water (30 min - 217$)					18:00		
Preschool 1 (30 min - 217$)			17:40	16:45	17:25	9:35	9:35
Preschool 2 (30 min - 217$)			17:40	16:50	17:25	10:10	9:35
Preschool 3 (30 min - 217$)			17:40	17:20		10:40	10:10
Preschool 4 (30 min - 217$)			18:15	17:25		9:35	10:10
Preschool 5 (30 min - 217$)						10:45	10:10
Preschool 6 (30 min - 217$)						10:45	
Swimmer 1 (45min - 276$)			18:45	17:55	17:10	11:15 | 12:10	10:45 | 11:20
Swimmer 2 (45min - 276$)			18:45	18:45		11:20	10:45 | 11:35
Swimmer 3 (45min - 276$)			18:50	18:45		11:20	11:35
Swimmer 4 (45min - 276$)			19:45			12:10	12:10
Swimmer 5 (55 min - 294$)			19:35			12:10	12:10
Swimmer 6 (55 min - 294$)			19:35			13:05	

AQUATICS Programming

SWIMMING CLASSES	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Swimmer 7 – SP rookie (55 min – 294$)				19:35		13:05	
Swimmer 8 – SP ranger (55 min – 294$)				19:35		13:05	
Swimmer 9 – SP star (55 min – 294$)				19:35		13:05	
Aqua-Teen 1 (55 min – 294$)					18:35		13:05
Aqua-Teen 2 (55 min – 294$)					19:35		13:00
Aqua-Teen 3 (55 min – 294$)					18:35		13:00
Swim refinement (55 min – 294$)					19:35		
Adult 1 (55 min – 294$)		17:30 (women) | 18:30 (mixte)					
Adult 2 (55 min – 294$)		18:30 (women) | 19:30 (mixte)					
Adult 3 (55 min – 294$)		19:30					
Paranatation (45 min – 50$)							11:35
Private lesson child (30 min – 413$)		16:05	Variable between 16:35 & 18:40		Variable between 16:20 & 19:35	Variable between 9:35 & 13:05	Variable between 9:35 & 15:00
Private lesson – Special Needs (30 min – 420$)		16:05	Variable between 16:35 & 18:40		Variable between 18:35 & 20:10	Variable between 10:05 & 12:35	Variable between 9:35 & 14:30
Private lesson Adult (45 min – 224$ – 7 weeks)		Variable between 16:40 & 18:25					

AQUAFITNESS CLASSES	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
Aquafitness (55 min – 217$)	10:00 & 18:00		10:00	10:00	12:00		
Specialized aquafitness (55 min – 217$)		Adapted 13:15 Relaxation 14:15 Prenatal 17:45	Aquajogging 18:25				Family 16:30

AQUATIC TRAINING Programming

National lifeguard

Fridays 5:30pm to 10pm
Sept. 18 to Nov. 20th
375$

Prerequisites: Bronze cross, General first aid and 15 yrs old

General First Aid

August 22nd & August 30th
9am to 5:30pm
160$

No prerequisite

Bronze Cross

Sundays 1:30pm to 5pm
du Nov. 1st to Nov. 29th
260$

Prerequisite: Bronze medallion

Bronze Medallion

1st step to become a lifeguard

Sundays 1:30pm to 4:30pm
du Sept. 20th to Oct. 18th
260$

Prerequisite: Swim test and to be 13 yrs old OR Bronze star

Swimming instructor

Fridays 5:45 to 9:45pm
Sept. 25th to Nov. 13th
325$

Prerequisites: Bronze cross and 15 yrs old

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

Swimmer 7 – Swim Patrol Rookie

See p.29

Swimmer 9 – Swim Patrol Star

See p.29

Bronze Star

Saturdays 11:25am to 12:55pm
Oct. 3rd to Nov. 28th
260$

Développe tes compétences en sauvetage!

Swimmer 9 – Swim Patrol Ranger

See p.29

Perfectionnement de nage

See p.29

Program

SPECIAL

Needs

Centre du Sablon

Descriptions

SPECIAL *Needs*

SPECIAL NEEDS

SOCIAL SKILLS							
Clientele	Day	Hours	Cost	Instructors	Local	Duration	Start of the session
5-11 years old	Saturday	9h30, 11h10, 13h20 ou 15h*	$515	TBD	Class 1	14 weeks	09/19/2026
Description: This course aims to explore fundamental social skills such as verbal communication, nonverbal communication, emotional regulation, sharing, empathy, and much more.							
LIFE SKILLS							
Clientele	Day	Hours	Cost	Instructors	Local	Duration	Start of the session
12-17 years old	Wednesday	17h25 ou 19h*	$490	TBD	Class 1	14 weeks	09/16/2026
Description: This activity aims to develop social skills that are relevant to the everyday experiences of adolescents aged 12 to 17 with special needs.							
ADAPTED SPORTS							
Clientele	Day	Hours	Cost	Instructors	Local	Duration	Start of the session
5-11 years old	Sunday	13h30 ou 15h*	$406	TBD	Gymnasium/Boxing room	14 weeks	09/20/2026
Description: This activity aims to introduce youth to a variety of sports adapted to the participants' functional abilities. Participants will also be taught important concepts such as sharing, teamwork, and following instructions.							

***The schedules for these activities are determined based on each participant's individual needs. Following the mandatory intake meeting, the team will place participants into groups according to their specific needs**