



# Recreational programming

**Fall 2022**

From September to December 2022

## Saint-Jean Garrison sports centre

For too long, the Recreation Department of the Saint-Jean Garrison has been kept secret, **offering a wide range of recreational, sports and outdoor services and activities to both civilians and the military. Our leisure services are suitable for the whole family, from children to retirees, and welcomes the citizens.** Thus, in a safe environment with free access to large parking lots, the entire population can benefit from the facilities and services of the Recreation Department.

With modern facilities in significant amounts, we offer a diverse leisure program, **7 days a week, from 7 am to 9 pm Monday to Friday and from 9 am to 6 pm Saturday and Sunday.** This program is designed to cater to those who enjoy **casual, independent activities, as well as those who prefer structured, organized activities.**

Come and enjoy our **indoor climbing wall**, our **Olympic-sized indoor pool**, our **different training rooms** equipped with modern equipment to improve strength training and cardio, our **4 gymnasiums** offering 16 badminton/pickleball courts – 6 basketball/volleyball courts, our **2 indoor 200 meters track**, and even more.

We also offer access to our Outdoor Store for rentals, at affordable prices, of a variety of outdoor equipment either by the day, the week or for a weekend. You will find equipment such as: bicycles, alpine skis, cross-country skis, snowboards, camping and hiking equipment, kayaking and canoeing equipment, open or closed trailers and more.

You might be interested in joining one of our **clubs (golf, hunting and shooting)** or renting space to park your **recreational vehicle (RV)**? These activities and services are available to all.

As a member of **Loisirs et Sports Montérégie** and the **Association des camps du Québec**, in addition to working with the **city of Saint-Jean's Recreation Department**, the Saint-Jean Garrison Recreation Department is **open to the entire community.**

Our fall season programming runs from September 12<sup>th</sup> to December 23<sup>rd</sup>, 2022. Our team of trained and qualified staff is ready to welcome you, we are looking forward to meet you!

Welcome to the Garrison Sports Centre.  
Welcome home!

### Important note

Under the current circumstances, please note that the information contained in this guide is subject to change, particularly health and staff availability considerations. Therefore, it is important to consult our website in order to confirm important information concerning the activities and services of interest to you.

## Who are we?

The Recreation Department is one of many departments of the Personnel Support Programs (PSP) whose mandate, like the other departments of the PSP, is to provide an environment for military personnel and their families to integrate into the community, while maintaining a peaceful mind, and fulfill their mandates and missions.

More specifically, the Saint-Jean Garrison Recreation Department's primary mission is to provide recreational, wellness and community services to military personnel and their families. However, given the many facilities we have and the fact that the military members mostly use recreational facilities weekdays, **we can easily make them accessible, especially in the evenings and during the weekends, to the citizens of the region. This explains why we are able to offer activities and services to both the military and civilians.**

The Recreation Department of the Garrison is structured in the same way as a municipal Recreation Department, with a service manager and assistants who are responsible for different sectors of activities such as : children/day camp, outdoors activities (courses and equipment rental), group classes, supervising and supporting volunteers, recreational clubs, senior services, aquatic services. Many additional specialists such as activity coordinators, instructors and lifeguards complement our core team to allow us to offer activities supervised by qualified and professional staff.

The administrative centre of the Recreation Department is located at the reception of the sports centre, in the green section of the building named MEGA.



## Informations & contact

25 chemin Grand Bernier Sud  
Saint-Jean-sur-Richelieu JOJ 1R0

### Reception of the sports centre

Mega Building (Green Sector)  
450-358-7099 ext. 7262

### Hours of operation for administrative services

Monday to Friday  
7 am to 8 pm

Saturday and Sunday  
9 am to 6 pm



[JOIN US HERE](#)



## How to register

### Option 1

You can subscribe for our PSP card which allows you to save between 35 and 50% on each of the paid activities. **The PSP card also gives free access to individual practice sports and activities.** This is a good way to save if you think about signing up for a few activities.

## Monthly rates\*

\*Taxes not included. Rates and privileges are subject to change without notice

Subscription		1 month	6 months	12 months
Civilian	Individual	\$ 50,00 / month	\$ 46,67 / month (\$ 280 for 6 months)	\$ 37,50 / month (\$ 450 for 12 months)
	Family	\$ 85,00 / month	\$ 74,17 / month (\$ 445 for 6 months)	\$ 64,58 / month (\$ 775 for 12 months)
DND or NPF employee or retiree	Individual	\$ 35,00 / month	\$ 31,00 / month (\$ 445 for 6 months)	\$ 28,33 / month (\$ 340 for 12 months)
	Family	\$ 50,00 / month	\$ 39,50 / month (\$ 445 for 6 months)	\$ 34,58 / month (\$ 415 for 12 months)
Military	Individual	\$ 20,00 \$ / mois	\$ 17,50 \$ / mois (105\$ for 6 mois)	\$ 15,83 / mois (\$ 189,96 pour 12 mois)
	Family	\$ 35,00 \$ / mois	\$ 28,33 \$ / mois (170\$ for 6 mois)	23,33 \$ / mois (280\$ for 12 mois)

### Option 2

**If you are not a member, you can still benefit from all the services,** whether it is individual practice or supervised and organized activities, by covering the costs associated with each activity or service.

#### Procedures and method paying:

You can register by phone (450-358-7099 ext. 7262) or in person at the reception desk of the sports centre.

Payment can be made by credit or debit card.

## Policy regarding registration and refund modifications

### 1 CHANGE REQUEST

All requests for service modification must be received at least five business days prior to the start of the service that has already been booked and paid for.

Depending on availability, we will accept changes at no cost.

If we are not able to make the desired change, due to lack of space, we will refund the client by charging him a management and administration fee of \$35.

### 2 REFUND REQUEST

Any service cancellation request must be received five business days prior to the beginning of the service that has been booked and paid. A management and administration fee of \$ 35 will be required to obtain a refund OR a credit note of 100% of the value of the service will be issued and valid for a period of 12 months on all recreational services of the Saint-Jean Garrison.

## Activities locations

To access our various facilities and sports facilities, you must enter via the **25 Chemin Grand Bernier Sud.**

You will be greeted by our security service who may ask you "why do you want to enter the garrison?", "where is your activity located?" or you may be asked to identify yourself which, on certain occasions, may mean opening the trunk of your car. Don't let these safety measures intimidate us. They put in place to protect not only the military, but also civilians who use our services, programs and facilities. **If there is a place where you are safe to practice your favorite leisure activities, it is with us!**

**The main indoor sports facilities are located in the building known as the MEGA** more specifically, in the green section. You will there find the palestra, the double gymnasium, the indoor pool, the spinning room and the weight and cardio rooms. This building also houses the reception and the administrative services for the recreation.

The outdoor activity areas that are identified on the map are the tennis courts, softball field, soccer fields, Cosom hockey rink and the building named B8 that is on the other side of the road from the outdoor pool.

Our Outdoor store is located in the green section as well. You can access the shore by car if you go around the MEGA building, just next to the new section. You will be able to see our canoes and kayaks.



View THE MAP OF OUR FACILITIES HERE

## Career and job opportunities

The Recreation Department is constantly looking for new talent to join our team. We have many positions available, whether it's casual, part-time, or full-time.

We are always ready to welcome people for the following functions:

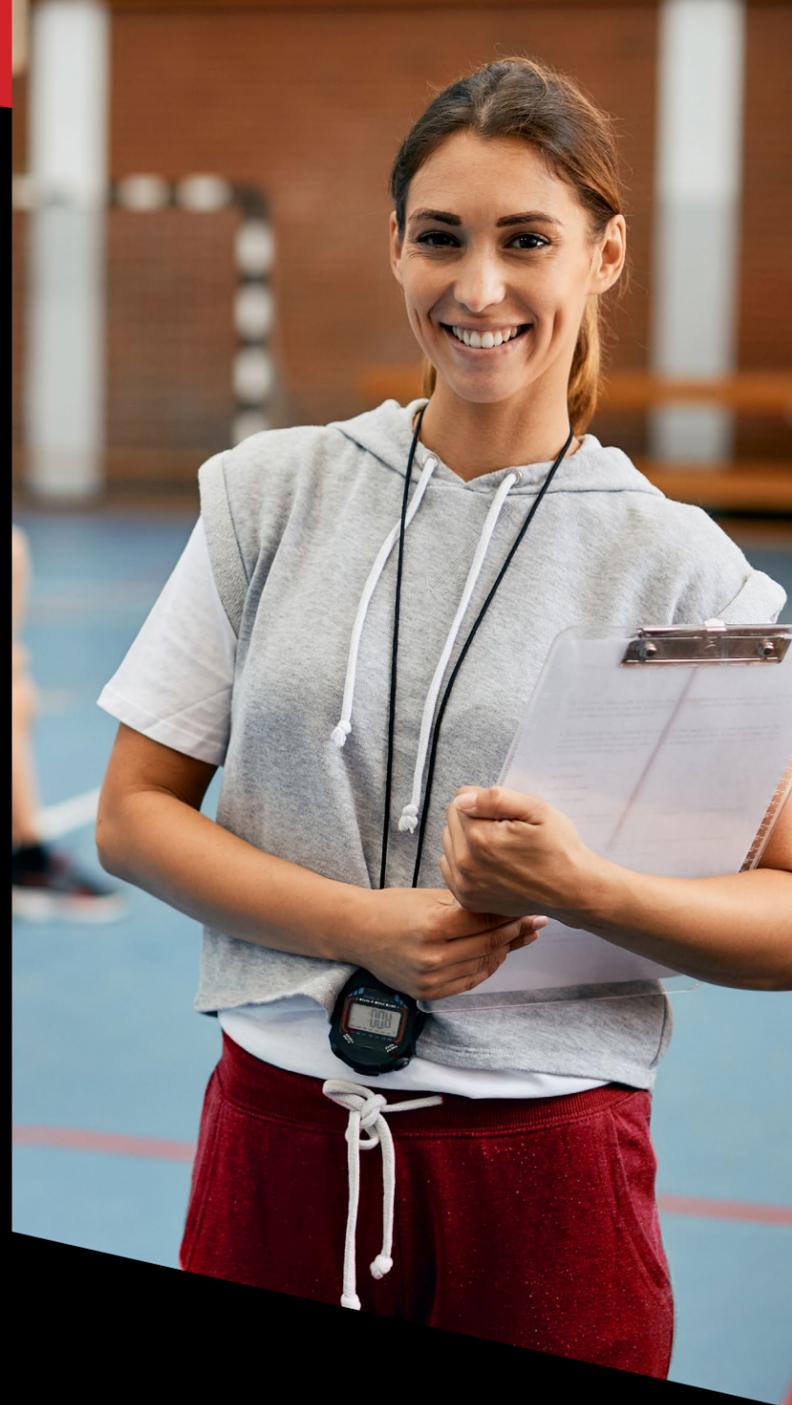
- Administrative Clerk - Full-time/Permanent
- Sports Centre Front Desk Attendant – casual and part-time position
- Sport Centre Installation Attendants/ Supervisor – casual and part-time position
- Lifeguard and Aquatic Instructor – casual and part-time position
- Youth Monitor – Casual
- Outdoor Specialist, such as Climbing, Scuba Diving and Outdoor Guide – occasional position
- Group Course Specialist such as Zumba, Tai-chi, Spinning, Cheerleading – occasional position
- Specialist for artistic activities, such as choir, performing arts, music – occasional position

As we are in full development of improving and diversifying our service offer, we are also looking for service providers in several areas such as:

- Dance
- Youth activities
- Senior activities
- Tai Chi
- Zumba
- Singing
- Music
- Craft
- Conference speaker, on topics such as wine discovery

Depending on our needs, we may use contractors to carry out some of our activities or services. Feel free to make yourself known. Who knows, maybe we'll develop a business relationship?

Please feel free to send us your application if you are interested in one of these positions. Send your resume (CV) by email to [info@sirs@forces.gc.ca](mailto:info@sirs@forces.gc.ca) indicating for which position(s) you are applying. We will contact you shortly to get to know you better.



## Rental of sports facilities and organisation of special activities

Would you like to rent one of our sports facilities? It is possible to do so. **Individuals and organisations can rent** the pool, gymnasiums, palestra and outdoor courts (softball and soccer fields, Cosom hockey rinks, tennis courts, etc.)

We also offer the rental service of meeting rooms equipped with projectors and computer equipment, in addition to giving access to one of our various bars where we can offer you an alcohol service.

Finally, would you like to organize a children's party with animation, a team building activity or any other event? We can also arrange that!

## Recreational Clubs

With the contribution of volunteer teams, the recreation department supports 3 clubs (golf, hunting and shooting) open to military and civilians. Each of these clubs runs as a nonprofit with a board of directors elected at an annual general meeting.

- The **golf club's** mission is to offer various activities to allow members to practice their sport, such as tournaments, to have preferential rates at different golf courses and to hold social meetings.
- The mission of the **hunting club** is to allow members to take advantage of the Ministry of Defense's grounds located in Farnham to practice hunting with bows, crossbows and rifles. Depending on their status, members may hunt large and/or small game. In addition, everyone can use the targets and the archery trail where foam animals are targeted.



Given our facilities and access to various equipment, combined with the presence of our qualified staff, we are able to accommodate to the majority of requests.

Would you like to know more about our personalized services or about our different packages regarding the rental of facilities? Please contact us at [info@sirs@forces.gc.ca](mailto:info@sirs@forces.gc.ca)

- The mission of the **Sport Shooting Club** is to allow members to practice rifle shooting in a safe and controlled environment. Our shooting ranges are located on the grounds of the Ministry of Defense located in Farnham.

Annual membership fees vary from club to club and range from \$50 to \$75, depending on the club.

You would like to join our clubs or find out more? We encourage you to visit our website on the recreational clubs section or to contact us. We will be happy to refer you to the managers of each of the clubs.

## Self-practice activities

Self-practice activities are activities where the presence of specialists, coordinators, instructors is not required. **Participants are autonomous and self-organised.** However, the sports centre provides to participants, the necessary equipment for the practice of activities, such as volleyball nets, rackets, balls, hockey goals, etc.

### The self-practice activities are aimed for

- Civilians from Saint-Jean and elsewhere
- Military
- Members (regular, ordinary and associate)
- Non-member DND personnel

### Participation fee

**For the military,** individual practice activities are available free of charge Monday to Friday between 11:30 am and 12:30 pm.

**For members,** individual practice activities are available free of charge at all time.

**For non-members** and military personnel who wish to take advantage of individual practice activities in the evening and on weekends, they must pay entry fees, depending on the type of activity. Upon arrival at the sports centre, you will have to pay your participation fee by credit or debit card.

### Registration

No registration is required. People must go to the front desk of the sports centre to identify themselves with their PSP or military card. Non-members must register on arrival and pay the entry fee for the selected activities.

## Group Classes

Group courses are activities led and coordinated by specialists. Courses are offered per session, consisting of 8, 10, 12 or 14 courses, on a weekly basis, depending on the activity and the season.

**Organized sports** are structured activities that are supervised by our professional personnel and are essentially offered in the form of sports events. To participate, people must register for the entire session.

**Aquatic activities** are offered in two forms, either in swimming with specialised instructors or in a free session where swimmers are supervised by a team of trained lifeguards. For swimming lessons and aquatic activities, under the responsibility of specialists, people must register for the entire session. However, for free-swimming activities, people do not have to register. All they have to do is go to the sports centre and cover the cost when they arrive. (Please note that these services are not available for fall session 2022, we are sorry for the inconvenience).

**Specialized activities** are coordinated activities, organized by specialists (Ex: the choir). To participate in one of these activities, people must register for the entire session.

### The group classes are aimed for

- Civilians from Saint-Jean and elsewhere
- Military
- Members (regular, ordinary and associate)
- Non-member DND personnel

### Participation fees

- For the military, group classes are available free of charge from Monday to Friday from 11:30 am to 12:30 pm. Outside this time slot, group classes need to be paid for the military.
- For members wishing to participate in a group course, they can benefit from a discount ranging from 35 to 50% on the regular price depending on the chosen activity.
- For the non-members, they must pay the regular



fee in order to participate in the various group courses or specialized activities run by the sports centre staff.

### Registration

To participate to group classes, **it is mandatory to register.**

- To register please call the sports centre at 450-358-7099 ext. 7262.
- Group classes and specialized activities begin on the week of September 12, 2022. Registration is open from August 23<sup>rd</sup> to September 9<sup>th</sup>, 2022. In order to prioritise military participation in activities with limited space, they have a pre-registration period from August 15 to 22 inclusively.
- A minimum of 12 registrations is required for a group course session or specialized activity to take place.
- Group classes and specialized activities that do not meet the required minimum number of participants as of September 9, 2022 will be cancelled. Registered participants will be informed and their registration fees will be fully refunded.



[Register here](#)





## Outdoor activities

The outdoor activities that we offer are available in **two formats, either as part of an outdoor family outing or, more specialized for experienced people**, in the form of a one-time or recurring activity. Outdoor outings are usually on weekends and it is mandatory to register to participate.

### The group classes are aimed for

- Civilians from Saint-Jean and elsewhere
- Military
- Members (regular, ordinary and associate)
- Non-member DND personnel

### Participation Fee

Depending on the activities, participants are required to pay a participation fee, regardless of their status.

### Registration

To participate in group classes, **it is mandatory to register.**

- To register please call the sports centre at 450-358-7099 ext. 7262. At the time of registration, you will have to pay your participation fee by credit or debit card.
- A minimum number of registrations must be met in order for the activities to take place. This number may vary from one activity to another. In general, the minimum number of participants required to do the activity is 12 registrations.
- Activities that do not meet the required minimum number of participants will be cancelled. Registered participants will be informed and their registration fees will be fully refunded.

# Programming

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## Individual weight and cardio training

16 years and older

Unsupervised training to train on fitness and cardio equipment independently.

Schedule	Dates	Location	Fees	Registration
<b>Monday to Friday</b> 7 am to 9 pm	Sept 6 <sup>th</sup> to Dec 24 <sup>th</sup>	M-220	PSP members : <b>FREE</b>	No
<b>Saturday and Sunday</b> 9 am to 6 pm	Closed for Holiday season from December 24 <sup>th</sup> to January 8 <sup>th</sup> inclusively.		Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	

## Autonomous sport practice

All ages

Unsupervised and independent practice of sports such as basketball, volleyball, pickleball, Cosom hockey, badminton, soccer and climbing (certified person only).

Schedule	Dates	Location	Fees	Registration
<b>Monday to friday</b> 4 pm to 9 pm	Sept 6 <sup>th</sup> to Dec 24 <sup>th</sup> Sept	Palestra Gym 1	PSP members : <b>FREE</b>	No
<b>Saturday &amp; sunday</b> 9 am to 5 pm	Closed for Holiday season from December 24 <sup>th</sup> to January 8 <sup>th</sup> inclusively.		Non-PSP members : 0-5 years old : <b>FREE</b> 6-13 years old : <b>\$ 6</b> per period 14-17 years old : <b>\$ 7</b> per period 18years and older : <b>\$ 8</b> per period	

Depending on the availability of the facilities

## Cosom Hockey

Educational and Development

16 years and older

Suggested educational practice and techniques. Simultaneously, free practice of Cosom hockey

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 6 pm to 7 pm	Sept 6 <sup>th</sup> to Dec 24 <sup>th</sup> Sept	Gym 1	PSP members : <b>FREE</b>	No
<b>Friday</b> 6 pm to 7 pm	Closed for Holiday season from December 24 <sup>th</sup> to January 8 <sup>th</sup> inclusively.		Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	

## Cosom hockey league

16 years and older

Structured training which enables participants to play Cosom hockey games depending on the number of people present.

Schedule	Dates	Location	Fees	Registration
<b>Saturday</b> 3 pm to 5 pm	Sept 17 <sup>th</sup> to Dec 17 <sup>th</sup> . (14 sessions)	Gym 1	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022



## Basketball

Educational and development

16 years and older

Suggested educational practice and techniques. Simultaneously, free practice of basketball.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 7 pm to 8 pm	Sept 6 <sup>th</sup> to Dec 24 <sup>th</sup> Sept	Gym 1	PSP members : <b>FREE</b>	No
<b>Friday</b> 7 pm to 8 pm	Closed for Holiday season from December 24 <sup>th</sup> to January 8 <sup>th</sup> inclusively.		Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	

## Basketball games

16 years and older

Structured training which enables participants to play basketball games depending on the number of people present.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 8 pm to 9 pm	Sept. 12 <sup>th</sup> to Dec. 16 <sup>th</sup>	Gym 1	PSP members : <b>FREE</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Friday</b> 8 pm to 9 pm			Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	

## Free volleyball

All ages

Unsupervised activity allowing for volleyball practice with or without partners.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 6 pm to 7 pm	Sept. 13 <sup>th</sup> to Dec 13 <sup>th</sup>	Gym 1	PSP members : <b>FREE</b> Non-PSP members : 0-5 years old : <b>FREE</b> 6-13 years old : <b>\$ 6</b> per period 14-17 years old : <b>\$ 7</b> per period 18years and older : <b>\$ 8</b> per period	No

## Volleyball

Educational and development

16 years and older

Suggested educational practice and techniques. Simultaneously, free practice of volleyball.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 7 pm to 8 pm	Sept. 13 <sup>th</sup> to Dec 13 <sup>th</sup>	Palestra	PSP members: <b>FREE</b> Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	No

## Volleyball games

16 years and older

Structured training which enables participants to play volleyball games depending on the number of people present.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 8 pm to 9 pm	Sept. 13 <sup>th</sup> to Dec 13 <sup>th</sup>  (14 sessions)	Palestra	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022

## Volleyball league

16 years and older

Based on the registrations, 3 or more teams will be formed to create a league.

Schedule	Dates	Location	Fees	Registration
<b>Sunday</b> 1 pm to 3 pm	Sept 18 <sup>th</sup> to Dec 18 <sup>th</sup>  (14 sessions)	Gym 1	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022



## Free soccer All ages

Unsupervised activity allowing for soccer practice with or without partners.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 6 pm to 7 pm	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>	Gym 1	PSP members : <b>FREE</b>	No
<b>Thursday</b> 6 pm to 7 pm			Non-PSP members : 0-5 years old : <b>FREE</b> 6-13 years old : <b>\$ 6</b> per period 14-17 years old : <b>\$ 7</b> per period 18years and older : <b>\$ 8</b> per period	

## Soccer 16 years and older

Educational and development

Unsupervised activity allowing for soccer practice with or without partners.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 7 pm to 8 pm	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>	Gym 1	PSP members : <b>FREE</b> Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	No

## Soccer league 16 years and older

Based on the registrations, 3 or more teams will be formed to create a league.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 8 pm to 9 pm	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	Gym 1	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022

## Free pickleball All ages

Unsupervised activity allowing for pickleball practice with or without partners.

Schedule	Dates	Location	Fees	Registration
<b>Thursday</b> 8 pm to 9 pm	Sept. 15 <sup>th</sup> to Dec. 16 <sup>th</sup>	Gym 1	PSP members : <b>FREE</b> Non-PSP members : 0-5 years old : <b>FREE</b> 6-13 years old : <b>\$ 6</b> per period 14-17 years old : <b>\$ 7</b> per period 18years and older : <b>\$ 8</b> per period	No

## Pickleball 16 years and older

Initiation and games

A trainer will help initiate or perfect your pickleball abilities, a sport similar to traditional tennis but played on a badminton court.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 11:45 am to 12:45 pm	Sept. 13 <sup>th</sup> to Dec. 13 <sup>th</sup>  (14 sessions)	Palestra	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022

## Pickleball 50+ 50 years and older

Initiation and games

Racquet sport deriving from traditional tennis. Educational practice suggested to initiate and improve pickleball techniques. Free practice simultaneously.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 2 pm to 3 pm	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	Gym 1	PSP members : <b>\$ 50</b> Non-PSP members : <b>\$ 80</b>	Mandatory before September 9 <sup>th</sup> 2022



## Free climbing

16 years and older

Practice your climbing technique as part of an unsupervised free practice. Except for callback rope, equipment not provided

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 6 pm to 7 pm	Sept. 12 <sup>th</sup> to Dec. 15 <sup>th</sup>  (14 sessions)	Palestra	PSP members : <b>FREE</b>	No
<b>Thursday</b> 11:45 am to 12:45 pm			Non-PSP members : 16-17 years old : <b>\$ 7</b> per period 18 years and older : <b>\$ 8</b> per period	

Have your climbing accreditation up to date, validated by a member of our team (by appointment only).

## Supervised Climbing

All ages

Learn to climb or improve your climbing technique with the guidance of our team of experts. Equipment provided.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 6 pm to 7 pm	Sept. 12 <sup>th</sup> to Dec. 15 <sup>th</sup>  (14 sessions)	Palestra	PSP members : <b>\$ 70</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Friday</b> 11:45 am to 12:45 pm 6 pm to 7 pm			Non-PSP members : <b>\$ 120</b>	
<b>Wednesday</b> 11:45 am to 12:45 pm				
<b>Saturday</b> 10 am to 11 am 11 am to 12 pm 1 pm to 2 pm 2 pm to 3 pm				

## Spinning

16 years and older

Along energetic and motivating rythms, spinning is a workout performed on a stationary bicycle that improves endurance and cardio.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 10 am to 11 am 11:45 am to 12:45 pm 7 pm to 8 pm	Sept. 12 <sup>th</sup> to Dec. 18 <sup>th</sup>  (14 sessions)	M-130	PSP members : <b>\$ 70</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Tuesday</b> 4:30 pm to 5:30 pm			Non-PSP members : <b>\$ 120</b>	
<b>Wednesday</b> 10 am to 11 am 6 pm to 7 pm				
<b>Thursday</b> 11:45 am to 12:45 pm 7 pm to 8 pm				
<b>Friday</b> 4:30 pm to 5:30 pm 7 pm to 8 pm				
<b>Saturday</b> 10 am to 11 am				
<b>Sunday</b> 11 am to 12 pm				

## Bootcamp

16 years and older

Group training in circuit, often called crossfit, targeting muscle endurance and aerobic ability.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 4:30 pm to 5:30 pm	Sept. 12 <sup>th</sup> to Dec. 15 <sup>th</sup>  (14 sessions)	Gym 1	PSP members : <b>\$ 70</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Tuesday</b> 11:45 am to 12:45 pm 7 pm to 8 pm 8 pm to 9 pm			Non-PSP members : <b>\$ 120</b>	
<b>Thursday</b> 4:30 pm to 5:30 pm 6 pm to 7 pm				
<b>Sunday</b> 11 am to 12 pm				



## Power step

16 years and older

Power step consists of learning and performing a choreography, following a combination of steps on the step board. All while following a rhythmic music.

Schedule	Dates	Location	Fees	Registration
<b>Sunday</b> 11 am to 12 pm	Sept. 18 <sup>th</sup> to Dec. 18 <sup>th</sup>  (14 sessions)	Gym 1	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Yoga

16 years and older

Dynamic yoga consisting of poses with rhythmic of breathing. The courses are rather physical while reinforcing and relaxing the body to improve the cardio-vascular system.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 11:45 am to 12:45 pm				
<b>Tuesday</b> 4:30 pm to 5:30 pm	Sept. 12 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Wednesday</b> 11:45 am to 12:45 pm 6 pm to 7 pm				

## Power Flow Yoga

16 years and older

Power Flow Yoga consists of a combination of Yoga poses based on breathing. Low impact training

Schedule	Dates	Location	Fees	Registration
<b>Friday</b> 10 am to 11 am	Sept. 16 <sup>th</sup> to Dec. 16 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Relaxation and stretching

16 years and older

Focusing on physical and mental relaxation, stretching can help release tension and relax muscles.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 4:30 pm to 5:30 pm	Sept. 14 <sup>th</sup> to Dec. 16 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Friday</b> 11:45 am to 12:45 pm				

## Tai-chi

16 years and older

Tai-chi is an ancient Chinese martial art that combines slow and targeted movements through meditation and deep breathing.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 11:45 am to 12:45 pm 3:30 pm to 4:30 pm (50+)	Sept. 13 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Wednesday</b> 2 pm to 3 pm				

## Pilates

16 years and older

Deepen your abdominal and back muscles with slow, controlled movements inspired by ballet exercises. The pilates method develops strength, flexibility, concentration, coordination but above all, a beautiful posture.

Schedule	Dates	Location	Fees	Registration
<b>Thursday</b> 11:45 am to 12:45 pm	Sept. 15 <sup>th</sup> to Dec. 15 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022



## Zumba 16 years and older

Zumba is a complete physical training program, combining all elements of fitness : cardio, muscle work, balance and flexibility. The choreographies are mostly inspired by latin dance.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 4:30 pm to 5:30 pm				
<b>Wednesday</b> 7 pm to 8 pm 8 pm to 9 pm	Sept. 12 <sup>th</sup> to Dec. 16 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Thursday</b> 4:30 pm to 5:30 pm 6 pm to 7 pm			Non-PSP members : <b>\$ 120</b>	
<b>Friday</b> 4:30 pm to 5:30 pm				

## Gold Zumba 55 years and older, pregnant women

A mix of latin dance and adapted fitness for seniors and pregnant women. Unlike the more intense Zumba classes, during these sessions, there is more time to complete slower movements.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 10 am to 11 am	Sept. 13 <sup>th</sup> to Dec. 13 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Cardio dance 16 years and older

Following the rythm of music, cardio dance is a course for those who enjoy moving and wish to improve their endurance and cardiac capacity.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 6 pm to 7 pm	Sept. 12 <sup>th</sup> to Dec. 12 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Cardio 50+ 50 years and older

This cardio training groups all endurance activities which promote the improvement of cardiovascular endurance.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 2 pm to 3 pm	Sept. 12 <sup>th</sup> to Dec. 12 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

If you have any physical restrictions, be sure to consult your doctor before starting any program.

## Cardio dance 50+ 50 years and older

Following the rythm of music, cardio dance is a course for those who enjoy moving and wish to improve their endurance and cardiac capacity.

Schedule	Dates	Location	Fees	Registration
<b>Thursday</b> 2 pm to 3 pm	Sept. 15 <sup>th</sup> to Dec. 15 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

If you have any physical restrictions, be sure to consult your doctor before starting any program.

## Slow Move Fitness 50+ 50 years and older

Slow Move Fitness 50+ is a new kind of training, slowly combining fluid sequences of functional movements joining mobility and strength. Never before will your deep muscles have worked this intensely while in a completely zen atmosphere!

Schedule	Dates	Location	Fees	Registration
<b>Friday</b> 2 pm to 3 pm	Sept. 16 <sup>th</sup> to Dec. 16 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022



## PiYo® 50+

50 years and older

PiYo® 50+ combines functional movements as well as exercises inspired by yoga and pilates, into a dynamic and fluid combination. It is a high intensity, low impact group course which reduces pain to a minimum.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 2 pm to 3 pm	Sept. 13 <sup>th</sup> to Dec. 13 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Physical activity 55+

50 years and older

Structured training targetting muscle toning by offering a safe and adapted program, regardless of the physical ability of the participant.

Schedule	Dates	Location	Fees	Registration
<b>Monday</b> 10 am to 11 am	Sept. 12 <sup>th</sup> to Dec. 15 <sup>th</sup>	M-211	PSP members : <b>\$ 70</b>	Mandatory before September 9 <sup>th</sup> 2022
<b>Thursday</b> 10 am to 11 am	(14 sessions)		Non-PSP members : <b>\$ 120</b>	

If you have any physical restrictions, be sure to consult your doctor before starting any program.

## Music and movement 50+

50 years and older

This course aims to discover and dance along music of the world. Let yourself be captivated by our different choreographies every week

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 3:30 pm to 4:30 pm	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Cheerleading

7 to 12 years old

Cheerleading is a very physical activity during which the participants practice aerobics and gymnastics' elements such as jumps, stunts and dance.

Schedule	Dates	Location	Fees	Registration
<b>Sunday</b> 10 am to 11 am	Sept. 18 <sup>th</sup> to Dec. 18 <sup>th</sup>  (14 sessions)	Palestra	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>	Mandatory before September 9 <sup>th</sup> 2022

## Varied sports and games 7-13

7 to 13 years old

Activity session each week where youths can practice different sports such as: basketball, flag football, soccer, Cosom hockey, etc.

Schedule	Dates	Location	Fees	Registration
<b>Saturday</b> 10 am to 12 pm	Sept. 17 <sup>th</sup> to Dec. 17 <sup>th</sup>  (14 sessions)	Palestra	Membres PSL : <b>\$ 50</b>  Non-membres PSL : <b>\$ 100</b>	Mandatory before September 9 <sup>th</sup> 2022

## Varied Sports and Games 13-15

13 to 15 years old

Activity session each week where youths can practice different sports such as: basketball, flag football, soccer, Cosom hockey, etc.

Schedule	Dates	Location	Fees	Registration
<b>Saturday</b> 1 pm to 3 pm	Sept. 17 <sup>th</sup> to Dec. 17 <sup>th</sup>  (14 sessions)	Gym 1	Membres PSL : <b>\$ 50</b>  Non-membres PSL : <b>\$ 100</b>	Mandatory before September 9 <sup>th</sup> 2022

# Special programming

## Motor activities parent-child

1 to 5 years old

Activities that meet the movement needs of the child. They allow to perfect muscle coordination, precision and adaptation of gestures, thus promoting a harmonious physical development.

Schedule	Dates	Location	Fees	Registration
<b>Wednesday</b> 10 am to 11 am	Sept. 14 <sup>th</sup> to Dec. 14 <sup>th</sup>  (14 sessions)	M-211	PSP members : <b>\$ 70</b>  Non-PSP members : <b>\$ 120</b>  Children must be with an adult	Mandatory before September 9 <sup>th</sup> 2022

## Choir

16 years and older

Guided by a choirmaster, you will learn different songs and finish the year with a Christmas show, in front of a public.

Schedule	Dates	Location	Fees	Registration
<b>Tuesday</b> 7 pm to 9 pm	Sept. 13 <sup>th</sup> to Dec. 13 <sup>th</sup>  (14 sessions)	Auditorium 1	PSP members : <b>\$ 100</b>  Non-PSP members : <b>\$ 180</b>	Mandatory before September 9 <sup>th</sup> 2022

Activities	Dates	Place	Equipment	Transport	Fees	Registration
<b>Paddleboard</b>	<b>Saturday Sept. 10<sup>th</sup></b> 10am to 4pm	Chambly basin	Paddleboard, paddle and life jacket provided	Participants must go by their own transportation	PSP members: <b>FREE</b>  Non-PSP members : <b>\$ 15</b>	Until Sept. 6 <sup>th</sup> 2022
<b>Hiking and apple picking</b>	<b>Saturday Sept. 17<sup>th</sup></b> 10am to 4pm	Mont Saint-Hilaire	Walking poles provided	Participants must go by their own transportation	PSP members: <b>\$ 5 + apples</b>  Non-PSP members: <b>\$ 15 + apples</b>	Until Sept. 14 <sup>th</sup> 2022
<b>Two days hiking on Presidential Traverse</b>	<b>Saturday Sept 24<sup>th</sup> Sunday Sept. 25<sup>th</sup></b> Departure around 7am and return around 5pm the next day	White Mountains, New Hampshire	Backpack, walking poles, sleeping bag and the essentials to cook and eat food  Participants must bring their own food.	By minibus, included in the participation fees	PSP members: <b>\$ 125</b>  Non-PSP members: <b>\$ 200</b>  Included shelter, transport and equipment.	Until Sept. 13 <sup>th</sup> 2022
<b>Mountain biking</b>	<b>Saturday Oct. 1<sup>st</sup></b> 10am to 4pm	Bromont	Mountain bike provided	Participants must go by their own transportation	PSP members: <b>\$ 5</b>  Non-PSP members : <b>\$ 20</b>	Until Sept. 28 <sup>th</sup> 2022
<b>Hiking</b>	<b>Saturday Oct. 8<sup>th</sup></b>	Mont Sutton	Walking poles provided	Participants must go by their own transportation	PSP members: <b>FREE</b>  Non-PSP members : <b>\$ 15</b>	Until Oct. 5 <sup>th</sup> 2022
<b>Two days independant hiking and a night on a refuge</b>	<b>Saturday Oct. 14<sup>th</sup> Sunday Oct. 15<sup>th</sup></b>  Departure around 7am and return around 5pm the next day	Papineau- Labelle park	Backpack, walking poles, sleeping bag and the essentials to cook and eat  Participants must bring their own food.	By minibus, included in the participation fees	PSP members: <b>\$ 125</b>  Non-PSP members: <b>\$ 200</b>  Included shelter, transport and equipment	Until Oct. 3 <sup>rd</sup> 2022





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