FALL
2025

RECREATION PROGRAM

SAINT-JEAN GARRISON SPORTS CENTRE

The Saint-Jean Garrison Sports Centre

The Saint-Jean Garrison Recreation Department offers a range of services to both the military community and citizens. Our recreational, artistic, sporting or outdoor activities are designed for the entire family, from children to retirees. Our facilities provide a safe environment with large parking lots, and the general public is welcome.

Who we are

The Recreation Department is one of many departments within Personnel Support Programs (PSP).

Its mission is to provide recreation, wellness and community services to military personnel and their families. However, given that we have abundant facilities and considering that military personnel typically use the equipment during the week, it's easy for us to make them available to local citizens, particularly in the evenings and on weekends.

The Sports Centre reception is located in the green section of the MEGA building.

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Our facilities

- A wide choice of accessible facilities
- Modern and safe
- Available 7 days a week, Monday to Friday (6:30 a.m. to 9 p.m.) and weekends (9 a.m. to 6 p.m.)

Indoor facilities

- 1 climbing wall
- 4 exercise rooms
- 5 gymnasiums
- 7 volleyball courts
- 4 basketball courts
- 2 x 200-meter indoor running tracks
- 1 indoor archery curtain

Outdoor facilities

- 3 regulation-size soccer fields and 2 mini soccer fields
- 4 tennis courts
- 1 ball hockey surface
- 1 sand beach volleyball court
- 3 grass beach volleyball courts
- 1 ball hockey surface
- 1 400-meter track
- 1 3.25 km obstacle course with training stations
- 1 20-meter swimming pool with a shallow end and a deep end

Sports and outdoor shop

You can rent a variety of outdoor equipment for all seasons at the Garrison. This includes bicycles, downhill skis, cross-country skis, camping and hiking equipment, watercraft, trailers and more.

CHECK THE RATES

circonflexe

You can borrow outdoor and sports equipment free of charge from the **CIRCONFLEXE / PRÊT-À-BOUGER**, project, funded by the Quebec Ministry of Education, Sports, Recreation and Outdoors. All Quebec citizens can borrow outdoor and sports equipment belonging to the **CIRCONFLEXE** project free of charge.

TO FIND OUT ABOUT THE INVENTORY OF THE CIRCONFLEX PROGRAMME

Locations of activities

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

You will be greeted by garrison security who may ask you why you want to enter the garrison, where your activity is located, or you might be asked to identify yourself. On some occasions, this may mean opening the trunk of your car. Don't be intimidated by these security measures. They have been put in place to protect the military, but also the citizens who use our services, our programs and our facilities. **If you're looking for a very safe place in which you're safe to enjoy your favourite leisure activities, it's here with us !**

MAP OF OUR FACILITIES

TO RESERVE CIRCONFLEX PROGRAM MATERIAL (INDIVIDUALS AND GROUPS)

Sports field rental and organizing special activities

Would you like to rent one of our sports facilities? Well, you can! We offer rental of our indoor and outdoor facilities to military personnel, civilians and organizations alike.

We also rent out our auditorium and various bars where our team can serve alcohol.

Do you want to organize a children's party with entertainment, a team building activity or any other event? If so, let us help you organize it!

Why Choose Us?

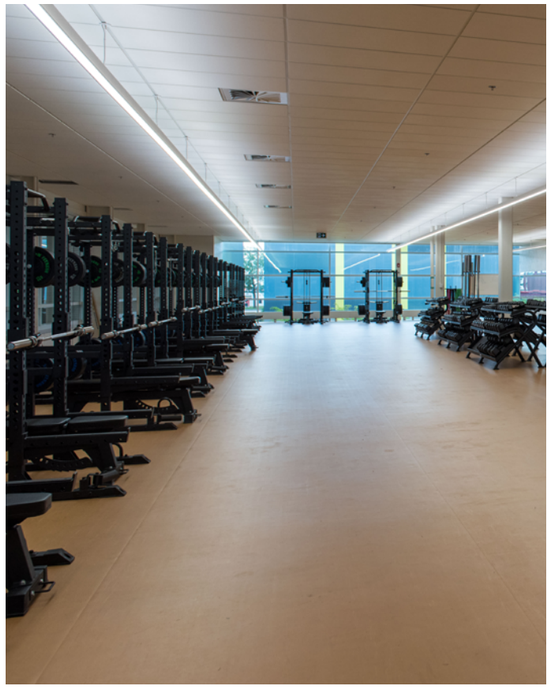
- Safety: Our facilities and equipment meet the highest safety standards.
- Expertise: Our facilitators are qualified and passionate professionals.
- Flexibility: We tailor our services to your specific needs.

Would you like to learn more about our personalized services or our various facility rental packages?

If so, please contact us at: **infoloisirst-jean@forces.gc.ca or by phone : 450 358-7099 #7262.**

RENT A FACILITY

RENT A RECEPTION ROOM



Career and job opportunities

We are constantly looking for new talent to join our team:

- Sports Centre Apparatus/Facility Supervisors – Casual and part-time position
- Outdoor specialists (climbing, archery, hiking, outdoor guide) - Casual position
- Specialists for group classes (Zumba, Tai chi, spinning) – Casual position
- Specialists for artistic activities (choir, performing arts, music) – Casual position

We are also looking for service providers in several areas :

- Dance
- Youth activities
- Activities for seniors
- Taï-chi
- Zumba
- Singing
- Music
- DIY
- Conferences

You can also become a contractor with us to help provide some of our activities and services, depending upon our needs. Feel free to make yourself known!

To apply or to get further information: **INFOLOISIRST-JEAN@FORCES.GC.CA**

Recreational clubs

With the help of volunteer teams, the recreation department supports **three clubs (golf, hunting, and shooting)**. Each of these clubs is run as a not-for-profit organization (NPO) with a Board of Directors elected at annual general meetings.

The mission of the **golf club** is to provide various activities to help members practice their sport, such as tournaments, access to preferential rates at different golf courses, and to hold social gatherings.

The mission of the **hunting club** (bow and rifle) is to enable members (military only) to benefit from the Department of National Defence's Farnham (wild turkey, big and small game) and Saint-Élie d'Orford (small and big game).

In addition, anyone can use the archery targets and trail archery trail, where foam animals (3D) are targeted as targets.

The mission of the **Shooting Club** is to enable members (military personnel, civilian defense employees and private citizens) to practice rifle shooting (handguns and long-range 600-meter long-range rifle). In a safe and controlled environment. Our shooting ranges are located on the grounds of the Department of National Defence in Farnham.

REGISTRATION AND INFORMATION

RV PARKING

The Personnel Support Programs (PSP) of the Montreal region, through the recreation department, provide Ministry of Defense personnel and citizens spaces to park their recreational vehicles (RVs).

MORE INFORMATION

For a reasonable fee, military personnel and citizens alike can park their vehicles in one of the three parking lots managed by the recreation department.

Become a PSP cardholder

Taxes extra.
Rates and privileges are subject to change without notice.

Classic PSP card

- 6- or 12-month membership
- Can be paid in installments
- Save between 35%-50% on every paid activity
- Free access to facilities and activities and independent practice, without any supervision
- Get preferential rates on sports and outdoor equipment rentals in our shop

Unlimited PSP card

- 6- or 12-month membership
- Can be paid in installments
- Save between 35%-50% on each paid activity
- Free access to facilities and activities and independent practice, without any supervision
- Get preferential rates on sports and outdoor equipment rentals in our shop
- Access to all group classes at no additional cost
- Access to all outdoor activities at no additional cost*

* Travel, accommodation and food costs are extra.

PSP Card		Classic		Unlimited	
		6 months	12 months	6 months	12 months
Active military and veteran	Individual	$115	$200	$175	$265
	Family	$180	$290	$250	$385
DND civilian employee or retired (public service and non-public funds)	Individual	$195	$350	$300	$465
	Family	$245	$425	$360	$625
Citizen	Individual	$290	$460	$385	$705
	Family	$455	$785	$645	$865

Registration and payment methods

There are two ways to register:

1. By phone (450-358-7099 ext. 7262)
2. By going to the sports centre reception, Monday to Friday, between 8 a.m. and 8 p.m. Saturday and Sunday between 9 a.m. and 5 p.m.

Payment can be made by credit card, debit card or cash.

Membership change and refund policy

CHANGE request

Service change requests must be received at least 5 business days before the start of the service that had already been booked and paid for.

Depending on availability, we will accept changes free of charge.

If we're unable to make the desired modification due to a lack of space, we will reimburse the customer and charge a management and administration fee of $35.

REFUND request

Any service cancellation request must be received 5 business days before the start of the service that has been booked and paid for. A management and administration fee of $35 will be charged 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 for all Saint-Jean Garrison recreational services.

Drop-in Group Classes

- Access all our group classes whenever you want and according to your availability
- Valid for the group class of your choice
- Available for 10 or 25 entries*
- Can be used over a period of 12 months

* Payment must be made in one installment.

Rates for passes	Classic PSP Cardholder	Cardholder Non-Classic PSP Card Holder
Single entry	$11	$15
10 passes	$100	$130
25 passes	$225	$300

Unsupervised activities (Non-PSP classic or unlimited cardholder)

- Access to facilities for unsupervised and independent use (gyms, climbing wall, weight and cardio room).
- Available in 10 or 25 entries*
- Saves you time and money when you don't want to have a subscription.
- Usable over a period of 12 months.
- Children aged 0 to 5 have free access to the facilities.

*Payment must be made in a single installment.

Pay-as-you-go rate	Single entry	10 entries	25 entries
6-13 years	$8	$70	$150
14-17 years	$9	$80	$175
18 years and over	$11	$100	$225

Rental of climbing equipment

The sports center offers you the possibility of renting climbing equipment. Each rental is for a maximum of 4 hours and must remain on the premises of the sports center. It is not permitted to take the equipment to use it elsewhere than in our establishment.

Equipment prices	Unlimited or classic PSP cardholder	Non-PSP cardholder
Belay system with carabiner and rope (10.3 mm)	$4	$6
Harness	$4	$6
Slippers	$4	$6

Open practice activities

- Available to everyone :
- Experts, instructors and supervisors are not required
- Participants are autonomous and organize themselves
- The sports centre will provide participants with the equipment for the activities
- No registration is required
- Find out more about our available trays by calling 450 358-7099 #7262.

Weightlifting and cardio rooms

*14 years and +

Unsupervised training enabling you to train on fitness and cardio equipment independently. We have an impressive range of equipment for functional training, weightlifting, cardio, and bodybuilding. You will find everything you're looking for.

Schedule	Dates	Location	Cost	Registration
Monday to Friday 6:30 a.m. to 9 p.m. **Saturday and Sunday** 7 a.m. to 6 p.m.	At all times	M-220 Depending on time and day: FH-105 FH-202 Indoor running tracks (FH and gym)	Classic or unlimited PSP card holder: **FREE** Non-Classic PSP cardholder: **Check our rates on page 12.**	You must report to reception to present your membership or military card to our staff or to pay for your entry.

*14-16 year olds must be accompanied by someone aged 18 or over, unless they have taken an introductory weight training class with one of our trainers or have a personalized training plan created by one of our trainers.

Free practice gym activities

For everyone

Unsupervised independent sports activities such as; **basketball, volleyball, pickleball, floor hockey, badminton and soccer. Equipment available for borrowing or rental. Inquire at the front desk.**

Schedule**	Dates	Location	Cost	Registration
Monday to Friday 6:30 a.m. to 8 a.m., 11:30 a.m. to 1 p.m. and 4:30 p.m. to 9 p.m. **Saturday and Sunday** 9 a.m. to 6 p.m. There could be additional availability depending on use of the facilities.	At all times according to the free activities schedule	Subject to availability of the facilities: • Gym 1 and 2 • Palestra • FH A-B-C	Classic or unlimited PSP card holder: **FREE** Non-Classic PSP cardholder: **Check our rates on page 12.**	You must report to reception to present your membership or military ID card to our staff, or to pay for your entry.

* 15 years old or younger must be accompanied by a person 16 years old or older.
** Due to rentals or organized activities, free activities may be cancelled..

Free climbing

*3 years and +

Practice your climbing technique in unsupervised open practice. Equipment is available for renting.

Schedule	Dates	Location	Cost	Registration
Monday to Friday between 4:30 p.m. and 9 p.m. **Saturday and Sunday** between 9 a.m. and 6 p.m.	At all times, based on the activities schedule.	Palestra**	Classic or unlimited PSP card holder or outdoor: **FREE** Non-Classic PSP cardholder: **See our rates on page 12.** 3-5 years **FREE**	You must report to reception to present your membership card to the staff.

Prerequisite: Have an up-to-date climbing accreditation. It is mandatory to be at least two (2) people to come climbing. A person with accreditation can allow someone without it to climb, but the reverse is prohibited.
*Children aged 3 to 15 must be accompanied by an adult with a valid accreditation.
**For rentals or organized activities, the wall may be unavailable..

Supervised climbing

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*3 years and +

Free climbing session under the supervision of our specialized staff. Arrive and leave when you want. Staff on site from 11:30 a.m. to 1 p.m. to help you. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. to 8 p.m.	Effective immediately**	Palestra	**Free activity for all!**	No registration required.

* 3 to 12 must be accompanied by an adult who may choose to participate in the activity or not.
** Please refer to the current session schedule.

Supervised archery

circonflexe

*8 years and +

A free introductory archery activity, supervised by our outdoor specialist. You are free to arrive and leave as you wish. Our staff is present to ensure your safety. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Monday ~~and Friday~~ between 6 p.m. to 8 p.m.	From September 15	Palestra	**Free activity for all!**	No registration required.

Please contact us before coming to ensure that the activity is taking place.

PERSONALIZED TRAINING

Personalized training plans

The Recreation Department offers you its new Personalized Training Plan program. This initiative aims to meet the health and wellness needs of our community, offering solutions tailored to each individual, whatever their fitness level, age or goals.

Your plan will be designed by a PSP recreation instructor according to your availability.

Pricing

PSP Classic or Unlimited cardholder	Evaluation + Training Program 1-2 days	Evaluation + Training Program 3+ days	**Non-PSP cardholder**	Evaluation + Training Program 1-2 days	Evaluation + Training Program 3+ days
1 program	$100 +tx	$135 +tx	1 program	$130 +tx	$180 +tx
3 programs*	$280 +tx	$375 +tx	3 programs*	$360 +tx	$510 +tx

*To be used within 12 months of purchase.

Private training sessions

We've heard you! We now offer **PRIVATE TRAINING SESSIONS**.

Whether you're looking for an introductory session to training or to the different machines, an advanced session, or simply some motivation, our trainers offer personalized support with technical and theoretical guidance.
We offer a variety of training options to suit your needs and goals.

Pricing

Classic or unlimited PSP card holder		**No PSP card holder**	
1 session	$50 + tx	1 session	$65 + tx
10 sessions	$400 + tx	10 sessions	$520 +tx

Body composition analysis

We are pleased to add body composition analysis using our InBody devices to our range of services.

Thanks to this cutting-edge technology, you can get an accurate and complete picture of your body composition in just a few seconds:

- Muscle mass
- Fat mass
- Balance between different parts of the body
- Basal metabolic rate and much more!

Pricing

PSP Classic or Unlimited Cardholders	**Non-PSP Cardholders - MILITARY**	**Non-PSP Cardholders - CITIZEN AND DEFENCE EMPLOYEES**
$30 + tax	$40 + tax	$50 + tax

The personalized Hexfit training program is available to everyone: military personnel, veterans, Defense employees (Public service and Non-public funds), and citizens, according to the rates mentioned.
Please note that for active military personnel, the program is offered free of charge by the Fitness and Sports Department. If an active military member wishes to follow the program with one of our recreation instructors, fees will be applied according to the rates.

To book an appointment, please contact the sports center reception desk at **450 358-7099 #7262.**

FOR MORE INFORMATION

Training and accreditations in climbing

Climbing accreditation

*9 years and +

Évaluation pour recevoir votre accréditation sur notre mur d'escalade en moulinette ou premier de cordée. L'évaluation est d'une durée de 20 minutes, vous devez venir accompagné d'une personne qui grimpe. Équipement fourni (moulinette) et disponible en location (premier de cordée). Votre équipement devra être inspecté par un de nos spécialistes..

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. and 9 p.m. or by appointment by calling 450-358-7099 #7262	From September 16	Palestra	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$7** Non-Classic PSP cardholder: **$12**	You will be contacted by a member of our team if you make the payment online.

Prerequisite: Hold accreditation from another climbing center and/or be self-sufficient in climbing.
*Children aged 9-13 obtain a CHILD accreditation, requiring supervision by an accredited person aged 16 and up.
Teens aged 14-15 obtain a TEEN accreditation, requiring supervision by an accredited person aged 16 and up.

Top rope climbing training (and accreditation)

*9 years and +

A three (3)-hour training session that will provide you with the necessary skills to belay a climbing partner on top rope The training is followed by an assessment of belaying techniques, communication, and safety (accreditation), which must take place at least 24 hours after the training. Equipment provided.

Schedule	Dates	Location	Cost	Registration
By appointment at 450 358-7099 #7262	From now on	Palestra	PSP unlimited or classic: **$55** Non-Classic PSP cardholder: **$70**	You will be contacted by a member of our team if you make the payment online.

Unless you fail the accreditation test, following this accreditation, you will be able to climb the wall in pairs when the gym is available. Therefore, we recommend getting accredited in pairs.

*Children aged 9-13 obtain a CHILD accreditation, requiring them to be belayed by an accredited person aged 16 and up.
Teens aged 14-15 obtain a TEEN accreditation, requiring them to be supervised by an accredited person aged 16 and up..

Lead climbing training (and accreditation)

16 years and over

Six (6) hours of training (2 sessions of 3 hours) enabling you to acquire the skills necessary to climb and belay a climbing partner as a lead climber. The training is followed by an assessment of climbing, belaying, falling and safety techniques (accreditation) at least 24 hours after the training. Equipment available for hire.

Prerequisites:
Hold a top-rope accreditation that has been valid for at least 6 months on our wall and be able to easily climb intermediate level routes rated 5.10.

Schedule	Dates	Location	Cost	Registration
By appointment at 450 358-7099 #7262	Variable, depending on demand	Palestra	Unlimited or classic PSP cardholder: **$125** Non-PSP cardholder: **$165**	You will be contacted by a member of our team if you make the payment online.

Group of 2 to 4 people of the same size (maximum 30 lbs difference)

Unless you fail the accreditation test, after this training you will be able to climb the wall in pairs when the Palestra is available. We therefore advise you to register as a pair.

SEMAINE D'ESSAIS GRATUITS ! FREE TRIAL WEEK !

Garnison Saint-Jean / Saint-Jean Garrison

COURS DE GROUPE | GROUP CLASSES

DU 15 AU 21 SEPTEMBRE
FROM SEPTEMBER 15TH TO 21ST

GRATUIT POUR TOUS, AUCUNE INSCRIPTION REQUISE

FREE FOR EVERYONE, NO REGISTRATION REQUIRED

Consultez la programmation de la semaine
Consult the week's program

Group classes

- Activities accessible to everyone
- Activities led and facilitated by specialists
- Group classes are offered in sessions (8, 10, 12, or 14 classes) once a week
- If you have any contraindications, talk to your instructors and make sure to consult your doctor before starting any program.

Our fall program will be in effect **September 15 to December 19, 2025.** Our duly trained and qualified staff is ready to welcome you.

Please note that the program is subject to change without prior notice.

Please note that all activities may be canceled due to bad weather conditions, insufficient staff, or a lack of registrations.

Registration procedure

1. **On-site:** At the Sports Centre reception Monday to Friday between 8 a.m. and 8 p.m. Saturday and Sunday between 9 a.m. and 5 p.m.
2. **By phone:** 450 358-7099 #7262
3. **Online:** REGISTRATION

To register online:

- If you already have an account, enter your username and password
- If you don't have an account, click on My account/Create a new account*

* If you are not yet a PSP cardholder (Classic, Unlimited or Outdoor), after completing your online registration, you must go to the sports centre reception upon your first visit in order to complete your membership.

Active military personnel without a PSP card (classic or unlimited)

- Group classes (related to military training, such as: spinning, bootcamp, boxing, yoga, Zumba, and weight training) are available for free Monday to Friday, between 6:30 a.m. and 4:30 p.m.*
- For free and independent practice, present your military ID at the sports center reception.

*Outside of these hours, group classes are chargeable.

Registration period for the fall session

August 25, 2025 : Priority for active and retired military personnel.

September 1st, 2025 : Ministry of Defence employees (Public Service and Non-Public Funds) and citizens.

Guided climbing - Initiation

*5 years and +

Learn about climbing or improve your climbing technique with the guidance of our team of specialists. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Thursday 7 p.m. to 8 p.m.	September 16 to December 2	Palestra	Cardholder unlimited PSP: **FREE** PSP Classic or Outdoor cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12
Saturday ANNULÉ 8:30 a.m. to 9:30 a.m.	September 20 to December 6			

*Children 5-12 years old must be accompanied by an adult who may choose to participate in the activity or not.

Guided climbing - Autonomy

*9 years and +

Develop your belaying techniques under the supervision and guidance of our specialists.
This activity is designed to help you become self-sufficient in top-roping. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Wednesday 5:15 p.m. to 6:30 p.m.	September 17 to December 3	Palestra	Cardholder unlimited PSP: **FREE** PSP Classic or Outdoor cardholder: **$70** Non-Classic PSP cardholder: **$120**	Before September 12
Saturday ANNULÉ 9:45 a.m. to 11 a.m.	September 20 to December 6			

*Children 9-12 years old must be accompanied by an adult who may choose to participate in the activity or not.

Guided climbing - Gestuelle

*9 years and +

Climbing activity aimed at improving top-rope climbing techniques and progressing in the sport, under the supervision and guidance of our specialists.

This activity can be repeated if the participant wishes to further improve his or her climbing techniques.

Prerequisites: Hold a valid accreditation on [illegible]wall and be able to climb routes rated 5.9

Schedule	Dates	Location	Cost	Registration
Wednesday 6:45 p.m. to 8:15 p.m.	[illegible]ptember 17 to December 3	Palestra	Unlimited PSP cardholder: **FREE** Classic PSP cardholder: **$70** Non-PSP cardholder: **$120** Equipment available for hire.	Before September 12

ANNULÉ

*9-12 years must be accompanied by an adult (supervision).

Boxing

16 years and +

Complete boxing training developing power, endurance, speed, agility, reflex and coordination. With a combination of this combat sport and functional training, come and improve your physical condition while surpassing yourself without any contact

Schedule	Dates	Location	Cost	Registration
Monday 11:45 a.m. to 12:45 p.m.	September 15 to December 8 Please note that there will be no classes on Monday, October 13.	Gym 1	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12

Spinning

16 years and +

A stationary bike activity in intervals set to energetic and motivating rhythms. Spinning increases endurance and cardio and is a great non-impact workout for the entire body.

Schedule	Dates	Location	Cost	Registration
High-intensity spinning (30 min) **Monday** 6:45 a.m. to 7:30 a.m.	[illegible]r 8 [illegible]be [illegible]October 13.	M-211	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12
Thursday 3:30 p.m. to 4:15 p.m.	September 18 to December 4			

ANNULÉ

Bootcamp

16 years and +

Group circuit training, often called crossfit, designed to improve muscular endurance as well as aerobic capacity.

Schedule	Dates	Location	Cost	Registration
Tuesday 11:45 a.m. to 12:45 p.m.	September 16 to December 9 Please note that there will be no classes on Tuesday, September 30 and Tuesday, November 11.	FH-A	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12
Tuesday ANNULÉ 3:30 p.m. to 4:30 p.m.				
Tuesday 4:30 p.m. to 5:30 p.m.		Gym 1		
Thursday ANNULÉ 6:45 a.m. to 7:30 a.m.	September 18 to December 4	FH-A		
Thursday 11:45 a.m. to 12:45 p.m.				

Weight training

16 years and +

Group training in functional strength training, aimed at full-body muscle development and learning movement techniques.

Schedule	Dates	Location	Cost	Registration
Monday 11:45 a.m. to 12:45 p.m.	September 15 to December 8 Please note that there will be no classes on Monday, October 13.	FH-202	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before June 20
Monday 4:30 to 5:30 p.m.				
Wednesday 11:45 a.m. to 12:45 p.m.	September 17 to December 3			
Wednesday 4:30 to 5:30 p.m.				
Friday 11:45 a.m. to 12:45 p.m.	September 19 to December 5			

Grappling

18 years and +

Grappling refers to all specialized ground and standing fighting techniques. It is a non-violent combat sport that uses only control, throwing, immobilization, and submission techniques. The goal is to control your opponent and develop your skills (self-confidence, self-control, acceptan re).

ANNULÉ

Schedule	Date	ocation	Cost	Registration
Friday 11:45 a.m. to 12:45 p.m.	September 19 to December 5	M-166	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12

Hatha Yoga stretching and flexibility

16 years and +

A practice to improve body flexibility, combined with stretching to release accumulated tension.*

Schedule	Dates	Location	Cost	Registration
Thursday 4:30 p.m. to 5:15 p.m.	September 16 to December 4	M-166	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$50** Non-Classic PSP cardholder: **$85**	Before September 12

*Each practice is suitable for all levels, with variations in postures offered for beginners, advanced practitioners, and those with injuries.

Zumba

16 years and +

Zumba is a cardiovascular exercise program with choreography inspired by Latin dance. It combines all the elements of fitness: cardio, muscle toning, balance, and flexibility. No prior dance experience is necessary. Just follow the instructor and the rhythm of the music.

Schedule	Dates	Location	Cost	Registration
Wednesday 4:30 p.m. to 5:30 p.m.	September 17 to December 3	M-211	Cardholder unlimited PSP: **FREE** Classic PSP cardholder: **$70** Non-Classic PSP cardholder: **$110**	Before September 12

*Each practice is suitable for all levels, with variations in postures offered for beginners, advanced practitioners, and those with injuries.

Outdoor activities

circonflexe NEW

With the help of the **CIRCONFLEXE PRÊT-À-BOUGER**, Sport, du Loisir et du plein air du Québec, the Saint-Jean Garrison Recreation Department is pleased to offer **FREE activities** for **Montérégie** residents.

*Non-Montérégie residents can also register for **CIRCONFLEXE** activities on a space-available basis, subject to a participation fee.*

As we are already a lending point for outdoor and sports equipment, our range of equipment will be enhanced by this project! The equipment can be borrowed **FREE** of charge by all Quebec citizens.

To clearly identify the activities that are part of this project, you'll find the **CIRCONFLEXE** logo on each one.

By reserving their spot, participants commit to attending the activity.

At the time of registration, a deposit of $20/person is required for one-day activities and $50/person for activities lasting more than one day.

Deposits are fully refundable to participants who respect their commitment by attending the activities. Refunds will be made no later than within 5 days of the activity.

No-shows and and those who fail to notify the sports center of their absence at least 5 days before the activity, will not be reimbursed for the deposit made at the time of their registration.

Please note that if the organization cancels an activity, all deposits received for the activity will be refunded in full.

ABOUT CIRCONFLEXE

Introduction to bike touring

circonflexe

At your own pace, come ride 34 km on the Paysan trail (relatively flat). Bikes, helmets, and panniers will be provided free of charge. Halfway through the ride, there will be a stop for lunch. Bring your lunch!

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
Participants must be able to cycle at a speed of 10 km/hour for a period of 4 hours with breaks.	For all	**Saturday** 6 septembre	10 a.m.	4 h	Village Cantic route 223 15 QC-223, Lacolle, QC J0J 1J0 (Parking on the right, 400 meters from the LOLO canteen)	Participants must make their own way to the activity.	Before September 2

Introduction to fishing

circonflexe

Come have fun and learn how to fish in a pond where you're guaranteed to catch something. Success guaranteed!
Fishing rods, hooks, worms, and all the necessary equipment are provided. All that's missing is you, apprentice fishermen!
At the end of the fishing trip, participants can take home the fish they caught and, with the help of our instructor, cook them on site to enjoy. Please bring your own lunch to fully enjoy the activity.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	For all	**Saturday** September 20	10 a.m.	3 h	Écopêche 834 Rang Chartier (Route 104 Est), Mont-Saint-Grégoire, QC J0J 1K0	Participants must make their own way to the activity.	Before September 15

Multi-activity outdoor day

circonflexe

Outdoor discovery day at the Centre de plein air l'Estacade. Come try outdoor archery, enjoy access to the Richelieu River (canoeing, paddleboarding, and kayaking), do some obstacle course training, try the aerial course, or just relax outdoors. Equipment for all activities will be provided on site. If you plan to spend the day, bring your lunch.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	For all	**Saturday** September 27	**Activity block Morning** 10 a.m. to 12 p.m. **Activity block Afternoon** 1 p.m. to 4 p.m.	6 h	Centre de Plein Air L'Estacade 64 13e Avenue, Île-aux-Noix QC J0J 1G0	Participants must make their own way to the activity.	Before September 9

Introduction to food preparation techniques for hiking

circonflexe

With the help of our outdoor specialists, learn different techniques for preparing meals and snacks for short and long hikes.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	10 years +	**Wednesday** October 1st	9 a.m.	3 h	Sports Centre, Saint-Jean Garrison 25 Chem. du Grand Bernier S, Saint-Jean-sur-Richelieu, QC J0J 1R0	Participants must make their own way to the activity.	Before September 22

Hiking

circonflexe

Hiking on Mont Saint-Hilaire. Hiking poles and gaiters available free of charge. We will have lunch during the hike, so bring your lunch!
With the help of our two guides, two trails will be offered: a beginner trail and an expert trail leading to the summit of the mountain.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
Participants must be able to walk 7 km in the forest.	For all	**Sunday** October 5	10 a.m.	5 h	Centre de la Nature Mont-Saint-Hilaire 422 chemin des Moulins Mont-Saint-Hilaire, QC J3G 4S6	Participants must make their own way to the activity.	Before September 19

Hiking with overnight stay in a heated refuge

circonflexe

Introduction to fall hiking with a night in a heated shelter. Come enjoy the beautiful trails and outdoor spaces with a view of Mont-Orford. Hiking poles, gaiters, backpacks, mess kits, sleeping bags, sleeping pads, and headlamps are available free of charge. The activity takes place over two days, departing on Saturday and returning on Sunday. Saturday evening dinner is provided by the organization. A Teams meeting is mandatory before the activity.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
Participants must be able to walk 6 km per day with a backpack containing their personal belongings and food.	13 years +	**Sunday** October 18	Saturday 10 a.m. to Sunday 11 a.m.	24 h	Parc national du Mont-Orford Centre de services Le Cerisier (secteur Lac-Stukely) 200 Chem. du Camping, Orford, QC J1X 7A2	Participants must make their own way to the activity.	Before October 3

Introduction to the compass

circonflexe

Short training session on how to use a compass to find various hidden objects. Rediscover the fun of a treasure hunt!
Compass and map provided free of charge.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	13 years +	**Sunday** November 1st	1 p.m.	3 h	Parc Régional St-Bernard 19 rang Saint-André, Saint-Bernard-de-Lacolle QC J0J 1V0	Participants must make their own way to the activity.	Before October 27

Night hike

circonflexe

4.5 km hike in the dark on a boardwalk through a marsh. The stars, the moon, and a few headlamps will guide you.
Your guides will be there to help you. Walking sticks, gaiters, and headlamps are available free of charge.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	10 years +	**Saturday** November 29	7 p.m.	2 h	Île St-Bernard 480, Boulevard D'Youville Châteauguay, QC J6J 5T9	Participants must make their own way to the activity.	Before November 17

Introduction to indoor archery and rock climbing

circonflexe

At the same location, test your calmness and accuracy with our archery equipment and try your hand at indoor rock climbing.
Try one activity or both! Registration for the morning or afternoon session is required.

Prerequisites	Customers	When (day)	Departure time	Duration	Locations	Transport	Registration required before
None	8 years +	**Saturday** December 6	**Activity block Morning** 10 a.m. to 12 p.m. **Activity block Afternoon** 1 p.m. to 4 p.m.	5 h	Sports Centre, Saint-Jean Garrison 25 Chem. du Grand Bernier S, Saint-Jean-sur-Richelieu, QC J0J 1R0	Participants must make their own way to the activity.	Before December 1st

Special activities

CURLING

The Saint-Jean Garrison Recreation Department, in partnership with the Légion Auclair and the Club de curling d'Otterburn Park, is pleased to offer a new activity: curling!

Don't miss this opportunity to get active, socialize, and try something new!

Introduction to curling

NEW

18 years and +

On the program: learning throwing techniques, mastering sweeping, introduction to game strategy, knowledge of the official rules.

Schedule	Dates	Location	Cost	Registration
Wednesday 7 p.m. to 9 p.m.	October 15 to December 17 (10 classes)	Légion Auclair d'Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	PSP cardholders - Military: **$140** PSP cardholders - Veteran: **$150** PSP cardholders - Citizen: **$175** Non-PSP cardholders - Military: **$150** Non-PSP cardholders - Veteran: **$175** Non-PSP card holder - Citizen: **$210** *The cost includes ice time, required equipment, and the presence of instructors.*	CLICK HERE

Curling league

NEW

18 years and +

Whether you are a beginner or experienced, join our curling league! No equipment provided. To facilitate integration and learning, participants will be paired with teams according to their level (beginner, intermediate, or experienced).

Schedule	Dates	Location	Cost	Registration
Tuesday and Thursday 7:30 p.m. to 9:30 p.m.	October 14 to December 18 (20 evenings in total)	Légion Auclair d'Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	PSP cardholders - Military: **$140** PSP cardholders - Veteran: **$150** PSP cardholders - Citizen: **$175** Non-PSP cardholders - Military: **$150** Non-PSP cardholders - Veteran: **$175** Non-PSP card holder - Citizen: **$210** *The cost includes ice time and required equipment.*	CLICK HERE

Combo: introductory program + games

NEW

18 years and +

- Full access to the introductory program (learning the basics, personalized coaching, and tailored progression).
- Participation in official league games (matches, rankings, and team spirit).

This package is ideal for progressing quickly while enjoying the competitive experience of the league!

Schedule	Dates	Location	Cost	Registration
Tuesday and Thursday 7:30 p.m. to 9:30 p.m.	October 14 to December 18 (20 evenings in total)	Légion Auclair d'Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	Cost for the full season PSP cardholders - Military: **$225** PSP cardholders - Veteran: **$275** PSP cardholders - Citizen: **$300** Non-PSP cardholders - Military: **$275** Non-PSP cardholders - Veteran: **$325** Non-PSP card holder - Citizen: **$395**	CLICK HERE

REQUIRED EQUIPMENT

No equipment is required; we provide stones and brooms. However, for the comfort and safety of participants, we recommend that you bring the following items:

- Hat or cap (to stay warm)
- Gloves (for comfort on the ice)
- Clean sneakers (clean soles required)

Note: If your shoes are not clean, shoe covers will be provided to protect the playing surface.

- Bike helmet or other (not required, but recommended to prevent injury in case of a fall).

GOOD TO KNOW – CURLING AND CONVIVIALITY

Beyond the introductory program and friendly games, curling is above all a social activity. It is a special time to get together, chat, and make new friends.

After each session, whether it's part of the introductory program or league play, participants are welcome to extend the fun by sharing a simple meal provided by the Legion kitchen and enjoying an affordable beer at the bar. Come for the sport, stay for the atmosphere!

FOR MORE INFORMATION

NEW

CHESS

Are you looking for a stimulating, friendly, and rewarding activity?

Join our new chess club, open to all ages and skill levels, supervised by experienced instructors from the Saint-Jean-sur-Richelieu Chess Club.

Why participate?

- Develop your concentration and logic.
- Meet enthusiasts and make new friends.
- Participate in friendly tournaments and strategy workshops.

CLUB D'ÉCHECS
Saint-Jean-sur-Richelieu

Schedule	Dates	Location	Cost	Registration
Free play sessions, with occasional optional workshops 6 p.m. to 10 p.m.:	September 15 and 22 October 6 and 20 November 3 and 17 December 1 and 8	Patriots' Mess (Hébert Room)	PSP cardholders, active military and veterans: **FREE** Non-PSP cardholders: **$27 + tax**	CLICK HERE
Semi-tournaments	September 29			
Tournament of 3 slow games, one game per session	October 13 and 27, November 10			
Blitz tournament	November 24			

FOR MORE INFORMATION

ACTIVITY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	VARIABLE SCHEDULE SATURDAY
6:45 A.M. TO 7:30 A.M.	• Spinning (M-211) ANNULÉ			• Bootcamp (FH-A) ANNULÉ		• 8:30 a.m. to 9:30 a.m. ANNULÉ Guided climbing - Introduction • 9:45 a.m. to 11 a.m. ANNULÉ Guided climbing - Autonomy
11:45 A.M. TO 12:45 P.M.	• Weight training (FH-202) • Boxing (Gym 1)	• Bootcamp (FH-A) • Spinning (M-211) ANNULÉ	• Weight training (FH-202)	• Bootcamp (FH-A)	• Weight training (FH-202) • Grappling (M-166) ANNULÉ	• Introduction to bike touring September 6 at 10 a.m. circonflexe
3:30 P.M. TO 4:30 P.M.		• Bootcamp (FH-A) ANNULÉ		• 3:30 p.m. to 4:15 p.m. Spinning (M-211) ANNULÉ		
4:30 P.M. TO 5:30 P.M.	• Weight training (FH-202)	• Bootcamp (Gym 1)	• Weight training (FH-202) • Zumba (M-211)	• 4:30 p.m. to 5:15 p.m. Yoga Hatha (M-211)		• Introduction to fishing September 20 at 10 a.m. circonflexe
5:30 P.M. TO 6:30 P.M.		• 5 p.m. to 9 p.m. Free accreditations (Palestra) • 5 p.m. to 9 p.m. Supervised climbing (Palestra) circonflexe	• 5:15 p.m. to 6:30 p.m. Escalade guidée - Autonomie (Palestre)			• Multi-activity outdoor day September 27, 10 a.m. to 12 p.m. or 1 p.m. to 4 p.m. circonflexe • Introduction to food preparation techniques for hiking October 1st at 7 p.m. circonflexe • Hiking October 5 at 10 a.m. circonflexe • Hiking trip with overnight stay in a heated refuge From October 18 at 10 a.m. to October 19 at 11 a.m. circonflexe
STARTING AT 6:30 P.M.	• 6 p.m. to 8 p.m. Supervised archery (Palestra) circonflexe	• 7 p.m. to 8 p.m. Guided climbing - Introduction (Palestra)	• 6:45 to 8:15 p.m. Guided climbing - Gestuelle (Palestra) ANNULÉ		ANNULÉ • 6 p.m. to 8 p.m. Supervised archery (Palestra) circonflexe	• Compass introduction November 1st at 1 p.m. circonflexe • Night hike November 29 at 7 p.m. circonflexe • Introduction to indoor archery and climbing December 6 at 9:30 a.m. or 1 p.m. circonflexe

Information and contact info

Saint-Jean Garrison Sports Centre

25, chemin Grand Bernier Sud
Saint-Jean-sur-Richelieu J0J 1R0

Sports Centre Reception

MEGA building (green sector)
450 358-7099 # 7262
infoloisirst-jean@forces.gc.ca

Sports and Outdoor Store

svcopsboutiquesportsetpleinair@forces.gc.ca

Facility Rentals

External Organizations and Citizens
infoloisirst-jean@forces.gc.ca

Circonflexe Equipment Rental

SvcOpsPSPGarnisonSaint-JeanCirconflexe@forces.gc.ca

Sports Centre Hours

Monday to Friday
6:30 a.m. to 9 p.m.

Saturday and Sunday
9 a.m. to 6 p.m.

Our partners