



**WINTER
2026**



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.

Table of contents

06 Our facilities

07 Sports field rental and organizing special activities

08 Career and job opportunities

09 Recreational clubs

10 Become a PSP cardholder

11 Registration and payment methods

14 Open practice activities

Weightlifting and Cardio Rooms

Free practice gym activities

15 Free climbing

Supervised climbing

Supervised Archery

16 Personalized training

Personalized training plans

Private training sessions

17 Body composition analysis

18 Training and accreditations

Climbing accreditation

Top rope climbing training
(and accreditation)

19 Lead climbing training (and accreditation)

20 Group classes

21 Guided climbing - Initiation

Guided climbing - Autonomy

22 Guided climbing - Gestuelle

Boxing

Spinning

23 Bootcamp

Zumba

Introduction to Weight training

24 Weight training

Mobility

Hatha Yoga stretching and flexibility

25 Outdoor activities

26 Multi-Activity Winter Day

Intro to snow scooters and fat bikes

27 Intro to downhill skiing

28 Intro to Snowshoeing

Intro to Cross-Country Skiing

Snowshoe, Chocolate & Port Wine Evening

29 Intro to Ice Skating

Intro to Night Hiking

Intro to Indoor Archery & Climbing

31 Activités spéciales

Introduction to curling

Curling league

32 Combo: introductory program + games

33 Chess Club

34 Family Line Dancing

Valentine's Day Crafts

Supervised indoor archery + motor skills

35 Cross-country skiing (beginner)

Family cross-country skiing (beginners)

36 Snowshoes and fitness

38 Activity Schedule

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: info@1st-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 (bootcamp, musculation, 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
- Tai-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 site (wild turkey, big and small game) and Saint-Élie d'Orford site (small and big game).

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

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

REGISTRATION AND
INFORMATION



RV PARKING

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

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.

MORE INFORMATION



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 mois
Active military and veteran	Individuel	\$115	\$200	\$175	\$265
	Familial	\$180	\$290	\$250	\$385
DND civilian employee or retired (public service and non-public funds)	Individuel	\$195	\$350	\$300	\$465
	Familial	\$245	\$425	\$360	\$625
Citizen	Individuel	\$290	\$460	\$385	\$705
	Familial	\$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	Non-Classic PSP cardholder
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 centre 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 centre. 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.	At all times	M-220 Depending on time and day:	Classic or unlimited PSP cardholder: FREE	You must report to reception to present your membership or military card to our staff or to pay for your entry.
Saturday and Sunday 9 a.m. to 6 p.m.		FH-105 FH-202 Indoor running tracks (FH and gym)	Non-Classic PSP cardholder: Check our rates on page 12.	

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

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

Prerequisite: Have an up-to-date climbing accreditation. It is mandatory to be at least two 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

circonflexe

*3 years and +

Introductory sessions to rock climbing and free climbing, supervised by our specialized staff. You are free to arrive and leave at your convenience. Our staff is on hand to ensure your safety. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. to 8:30 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 between 6 p.m. to 8 p.m.	From January 12 th	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

Classic or Unlimited PSP 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 cardholder		Non-PSP cardholder	
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!

Non-PSP cardholders - MILITARY	Non-PSP cardholders - CITIZEN AND DEFENCE EMPLOYEES
\$40 + tx	\$50 + tx

The personalized Hexfit training program is available to everyone: military personnel, veterans, Defence 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 centre reception desk at **450-358-7099 #7262**.

FOR MORE INFORMATION



Training and accreditations in climbing

Climbing accreditation

*9 years and +

Assessment to receive your accreditation on our top rope climbing wall or as lead climber. The assessment lasts 20 minutes, and you must be accompanied by someone who climbs. Equipment provided (top rope) and available for hire (lead climber). Your equipment must be inspected by one of our specialists.

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. and 8:30 p.m. or by appointment by calling 450-358-7099 #7262	Available immediately (no activities between December 23 rd and January 6 th inclusively)	Palestra	Unlimited PSP cardholder: 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.

Prerequisites: Hold accreditation from another climbing center and/or be able to climb independently.
*9-13 year olds obtain CHILD accreditation, requiring supervision by an accredited person aged 16 or over.
14-15 year olds receive a TEEN accreditation requiring supervision by an accredited person aged 16 or older.

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	Available immediately	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.

Group of 2 to 6 people.

*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 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.




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 winter program will be in effect from January 10 to March 20, 2026. Our duly trained and qualified staff is ready to welcome you.

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

Registration procedure

1. **Online:**  **REGISTRATION**
2. **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.

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), 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 centre reception.

*Outside of these hours, group classes are chargeable.

Registration period for the winter session

December 8, 2025: Priority for active and retired military personnel.

December 15, 2025: Department of National Defence employees (Public Service and Non-Public Funds) and citizens.

Guided climbing - Initiation

circonflexe

*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
Tuesday 6 p.m. to 7 p.m.	January 13 to March 17	Palestra	Free activity for everyone!	Before January 9

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

Guided climbing - Autonomy

ANNULÉ

*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 5:30 p.m. to 6:45 p.m.	January 14 to March 18	Palestra	Unlimited PSP cardholder: FREE Classic or Outdoor PSP cardholder: \$70 Non-Classic PSP cardholder: \$120	Before January 9

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



Guided climbing - Gestuelle

ANNULÉ

*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 our wall and be able to climb routes rated 5.9

Schedule	Dates	Location	Cost	Registration
Wednesday 7:00 p.m. to 8:30 p.m.	January 14 to March 18	Palestra	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-PSP cardholder: \$120 Equipment available for rent.	Before January 7

*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.	January 12 to March 16	Gym 1	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before January 7

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
Monday 4:30 p.m. to 5:30 p.m.	January 12 to March 16	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before January 7

Bootcamp

16 years and +

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

*Tuesday lunchtime classes will allow you to further improve your technique by offering you the opportunity to participate in a clinic focused on a specific movement or continue your regular class. And that's not all: we are doubling our service with at least two trainers instead of one!

Schedule	Dates	Location	Cost	Registration
Tuesday* 11:45 a.m. to 12:45 p.m.	January 13 to March 18	FH-A	Unlimited PSP cardholder: FREE	Before January 9
Tuesday 4:30 p.m. to 5:30 p.m.		Gym 1	Classic PSP cardholder: \$70	
Thursday 11:45 a.m. to 12:45 p.m.	January 15 to March 19	FH-A	Non-Classic PSP cardholder: \$110	
Thursday 3:30 p.m. to 4:30 p.m.				

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.	January 14 to March 18	M-211	Unlimited PSP cardholder: FREE	Before January 7
			Classic PSP cardholder: \$70	
			Non-Classic PSP cardholder: \$110	

Introduction to weight training

ANNULÉ

14-17 years

This course is designed for young people aged between 14 to 17 who want to acquire a solid foundation in weight training and physical training. Under the supervision of our specialists, participants will learn the fundamental techniques of weight training, the importance of safety and injury prevention, and will develop a training routine adapted to their age and fitness level.

Schedule	Dates	Location	Cost	Registration
Monday 5:30 p.m. to 6:30 p.m.	January 12 to March 16	FH-202	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before January 9

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.	January 12 to March 16	FH-202		Before January 9
Monday 16:30 p.m. to 17:30 p.m.		FH-A	Unlimited PSP cardholder: FREE	
Wednesday 11:45 a.m. to 12:45 p.m.	January 14 to March 18	FH-202	Classic PSP cardholder: \$70	
Wednesday 16:30 p.m. to 17:30 p.m.		FH-A	Non-Classic PSP cardholder: \$110	
Friday 11:45 a.m. to 12:45 p.m.	January 16 to March 20	FH-202		

Mobility

ANNULÉ

18 years and +

Course focused on releasing muscle tension and improving motor control, led by our kinesiologist. You will learn different techniques to release tension, allowing you to move without pain. A variety of equipment will be used, allowing you to increase the quality of your movements and maintain an active, pain-free lifestyle in the short, medium, and long term.

Schedule	Dates	Location	Cost	Registration
Tuesday 4:30 p.m. to 5:30 p.m.	January 13 to March 17	M-211	Unlimited PSP cardholder: FREE	Before January 7
			Classic PSP cardholder: \$70	
			Non-Classic PSP cardholder: \$110	

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.	January 15 to March 19	M-166	Unlimited PSP cardholder: FREE	Before January 7
			Classic PSP cardholder: \$50	
			Non-Classic PSP cardholder: \$85	

*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**, the Ministère du Sport, du Loisir et du plein air du Québec, the Saint-Jean Garrison Recreation Department is pleased to offer

FREE activities for **Montréal** residents.

*Non-Montréal 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 those who fail to notify the sports centre 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**





Multi-Activity Winter Day

circonflexe

Outdoor Discovery Day at Saint-Bernard-de-Lacolle Regional Park. Come and try, under the guidance of our instructors, forest walks with or without snowshoes, snow scooters, inner tube sliding, and skating. Equipment for all activities is provided on site, except for skates. Two activity blocks are available, one from 10 a.m. to 12 p.m. and another from 1 p.m. to 3 p.m. You can register for both blocks, either the morning or the afternoon. If you wish, you can bring your lunch to eat after the morning activities or before the afternoon activities begin.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday January 10	Saint-Bernard-de-Lacolle Regional Park 219 rang Saint-André, Saint-Bernard-de-Lacolle QC J0J 1V0	For all	Activity block Morning 10 a.m. to 12 p.m. Activity block Afternoon 1 p.m. to 3 p.m.	2 hours per activity block	Participants must make their own way to the activity	Before January 6

Intro to snow scooters and fat bikes

circonflexe

With the guidance of outdoor specialists, introductory activities to snow scooters and fat bikes on snow. Scooters, fat bikes, and helmets are provided.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday January 17	Ronald-Beauregard Park 93, rue Towner, Saint-Jean-sur-Richelieu QC J3B 3S8	10 years and +	10:00 a.m. to 3:00 p.m.	5 h	Participants must make their own way to the activity	Before January 14

Intro to downhill skiing

circonflexe

With the guidance of our outdoor specialists, participants will learn the basic techniques of downhill skiing. A mandatory basic course will be offered to all, followed by free skiing. All equipment is provided (skis, boots, poles, and helmets). Participants must use the garrison's ski equipment. This activity is not intended for people who already know how to downhill ski.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday* January 24	Centre de ski du mont Saint-Bruno	8 years and +	9:30 a.m. to 2:30 p.m.	6,5 h	Participants must make their own way to the activity	Before January 15
	550 rang des Vingt-Cinq E, Saint-Bruno-de-Montarville, QC J3V 0G6					
Saturday March 7						Before February 23

***January 24 is reserved for military families, PSP members, our partners, and the families of Defense employees. This activity is an integral part of the Saint-Jean Garrison Carnival program.**



Intro to Snowshoeing

circonflexe

Guided snowshoe hike with two route options based on ability. Equipment provided. If no snow, replaced by forest walk with crampons. Two blocks: 10:00–12:00 and 13:00–15:00.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday January 31	Parc de la Yamaska 1780, boulevard David-Bouchard Roxton Pond QC J0E 1Z0	8 years and +	Activity block Morning 10:00 a.m. to 12 p.m. Activity block Afternoon 1:00 p.m. to 3:00 p.m.	2 hours per activity block	Participants must make their own way to the activity	Before January 26

Intro to Cross-Country Skiing

circonflexe

Under the supervision of our outdoor specialists, participants will be able to learn cross-country skiing on groomed trails. Our staff will offer technical advice so that participants can enjoy their experience to the fullest on their own. Participants will be divided into two groups based on their skill level. Each group will travel through the forest with our guides on groomed trails, according to their abilities. Two activity blocks are available, one from 10 a.m. to 12 p.m. and another from 1 p.m. to 3 p.m. All equipment is provided (skis, boots, and poles). If there is not enough snow, the activity will be replaced by a forest walk with crampons. We will provide the snow crampons.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday February 7	Club de golf de Saint-Jean-sur-Richelieu 320, rue Jacques Cartier Sud Saint-Jean-sur-Richelieu J3B 4J7	8 years and +	Activity block Morning 10:00 a.m. to 12 p.m. Activity block Afternoon 1:00 p.m. to 3:00 p.m.	2 hours per activity block	Participants must make their own way to the activity	Before February 4
Saturday March 14	SEPAQ de Saint-Bruno 330 rang des Vingt-Cinq E, Saint-Bruno-de-Montarville, QC J3V 4P6					Before March 6

Snowshoe, Chocolate & Port Wine Evening

circonflexe

5 km snowshoe hike with headlamps, followed by chocolate and port tasting around a campfire.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday February 14	Club de golf et de plein air les Cèdres 669 rue Coupland Granby, QC J2H 0P7	18 years and +	18 h	3,5 h	Participants must make their own way to the activity	Before February 9

Intro to Ice Skating

circonflexe

With the guidance and supervision of our outdoor specialists, participants can learn to ice skate in a fun environment. Skates are provided free of charge. You can register for both sessions, either the morning or afternoon session.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday February 28	Parc Ronald-Beauregard 93, rue Towner Saint-Jean-sur-Richelieu QC J3B 3S8	8 years and +	Activity block Morning 10:00 a.m. to 12:00 p.m.	2 hours per activity block	Participants must make their own way to the activity	Before February 23
			Activity block Afternoon 1:00 p.m. to 3:00 p.m.			

Intro to Night Hiking

circonflexe

Under the supervision of our outdoor specialists, participants will be able to walk safely in the forest after dark. This is a wonderful experience that allows you to discover nature in a different light. Participants will walk approximately 5 km in the forest. All equipment is provided, including shoe crampons, headlamps, and walking sticks.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday March 21	Mont Saint-Grégoire 16 Chem. du Sous-Bois, Mont-Saint-Grégoire, QC J0J 1K0	12 years and +	18 h 30	3 h	Participants must make their own way to the activity	Before March 16

Intro to Indoor Archery & Climbing

circonflexe

Under the supervision of our specialists, participants will be able to try their hand at indoor archery. Our staff will offer technical advice and supervise the activities. Two activity blocks are available, one from 10 a.m. to 12 p.m. and another from 1 p.m. to 3 p.m. During each activity block, participants will be able to try rock climbing and archery.

Date	Location	Customers	Departure time	Duration	Transport	Registration required
Saturday March 28	Sports Centre, Saint-Jean Garrison 25 Chem. du grand Bernier S Saint-Jean-sur-Richelieu, QC J0J 1R0	8 years and +	Activity block Morning 10:00 a.m. to 12:00 p.m.	2 hours per activity block	Participants must make their own way to the activity	Before March 25
			Activity block Afternoon 1:00 p.m. to 3:00 p.m.			



Special activities

THE OTTERBURN PARK LEGION AND ITS CURLING CLUB

The Saint-Jean Garrison Recreation Department, in partnership with the Royal Canadian Legion Auclair Branch and the curling Club of Otterburn Park, is pleased to offer a new activity: curling!

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

This activity is open to everyone. No need to know how to play or have any equipment, as we lend out the necessary gear free of charge and adapt the activity to the skill levels of the participants.




NEW

Introduction to curling

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
Monday 7:00 p.m. to 9:00 p.m.	January 19 to March 30 (no activities on March 2 nd) (10 classes)	Royal Canadian Legion Auclair Branch Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	PSP cardholders - Military: \$140	<div>CLICK HERE</div> 
			PSP cardholders - Veteran: \$150	
			PSP cardholders - Citizen: \$175	
			Non-PSP cardholders - Military: \$150	
			Non-PSP cardholders - Veteran: \$175	
			Non-PSP cardholders - Citizen: \$210	
			<i>The cost includes ice time, required equipment, and the presence of instructors.</i>	

NEW

Curling league

18 years and +

Whether you are a beginner or experienced, join our curling league! 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 to Thursday 7:30 p.m. to 9:30 p.m.	January 6 to April 9	Royal Canadian Legion Auclair Branch Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	PSP cardholders - Military: \$140	<div>CLICK HERE</div> 
			PSP cardholders - Veteran: \$150	
			PSP cardholders - Citizen: \$175	
			Non-PSP cardholders - Military: \$150	
			Non-PSP cardholders - Veteran: \$175	
			Non-PSP cardholders - Citizen: \$210	
			<i>The cost includes ice time, required equipment, and the presence of instructors.</i>	


NEW

Curling Combo: introductory program + games

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.	January 19 to March 30	Royal Canadian Legion Auclair Branch Otterburn Park 318 Connaught Street, Otterburn Park, QC J3H 1J1	PSP cardholders - Military: \$225	CLICK HERE 
			PSP cardholders - Veteran: \$275	
			PSP cardholders - Citizen: \$300	
			Non-PSP cardholders - Military: \$275	
			Non-PSP cardholders - Veteran: \$325	
			Non-PSP cardholders - Citizen: \$395	
<i>The cost includes ice time and the required equipment.</i>				

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 

SAINT-JEAN-SUR-RICHELIEU CHESS CLUB

Every week, the Saint-Jean-sur-Richelieu Chess Club organizes teaching/improvement sessions and tournaments for both beginners and more experienced players.

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

Why participate?

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



Schedule	Dates	Location	Cost	Registration
Open play sessions, with occasional optional workshops 6:30 p.m. to 10:00 p.m.	January 26 February 2 and 16 March 2, 16 and 30 April 13			
Semi-rapid game tournament 6:30 p.m. to 10:00 p.m.	February 9			
Saint-Jean-sur-Richelieu Chess Club Closed Championship, tournament of 5 slow games (1 hour of thinking time plus 30 seconds per move), one game per session. 6:30 p.m. to 10:00 p.m.	February 23 March 9 and 23 April 6 and 20	Saint-Jean Garrison Patriots' Mess (Hébert Room)	PSP cardholders, active military and veterans: FREE Non-PSP cardholders: \$27 + tax	CLICK HERE
Blitz tournament 6:30 p.m. to 10:00 p.m.	April 27			

FOR MORE INFORMATION



ACTIVITIES ORGANIZED BY SSARC (SPECIALIZED SUPPORT FOR COMMUNITY RESOURCES)



Family Line Dancing



Join us for a morning of family line dancing. This relaxed, beginner-friendly session invites families with children aged 0 to 12 to learn some simple line dances and have fun together. No previous experience is necessary. A space for gentle motor skills and physical activities will also be available for younger children so they can explore and burn off some energy.

Contacts : stjean@arc-hss.ca / (514) 605-9500

Date	Location	Customers	Departure time	Duration	Costs	Registration required
Saturday January 17	Sports Centre, Saint-Jean Garrison 25 Chem. du Grand Bernier S, Saint-Jean-sur-Richelieu, QC J0J 1R0	Families with children aged 0-12	10:00 a.m.	2 h	Free for all	Before January 15

CLICK
HERE



Valentine's Day Crafts



Celebrate Valentine's Day season with a relaxing morning. Families can make crafts, play games, and spend time together filled with hearts and smiles. Activity led in English.

Contacts : stjean@arc-hss.ca / (514) 605-9500

Date	Location	Customers	Departure time	Duration	Costs	Registration required
Saturday February 7	Sports Centre, Saint-Jean Garrison 25 Chem. du Grand Bernier S, Saint-Jean-sur-Richelieu, QC J0J 1R0	Families with children aged 0-12	10:00 a.m.	2 h	Free for all	Before February 5

CLICK
HERE



Supervised indoor archery + motor skills



Try your hand at indoor archery in a safe session tailored to beginners. Children aged 0-12 and parents can learn and have fun together. All equipment is provided. Activity led in English. A space for gentle motor skills and physical activities will also be available for younger children.

Contacts : stjean@arc-hss.ca / 514-605-9500

Date	Location	Customers	Departure time	Duration	Costs	Registration required
Saturday March 21	Sports Centre, Saint-Jean Garrison 25 Chem. du Grand Bernier S, Saint-Jean-sur-Richelieu, QC J0J 1R0	Families with children aged 0-12	10:00 a.m.	2 h	Free for all	Before March 17

CLICK
HERE




ACTIVITIES ORGANIZED BY THE CITY OF SAINT-JEAN-SUR-RICHELIEU



Cross-country skiing (beginner)



Date	Location	Customers	Time	Registration
January 30 (potential alternate date February 6)	Club de Golf St-Jean 320 Rue Jacques-Cartier S, Saint-Jean-sur-Richelieu, QC J3B 4J7	18 years and +	10:00 a.m. to 11:30 a.m.	CLICK HERE 
February 13 (potential alternate date February 20)				

Family cross-country skiing (beginners)



Date	Location	Customers	Time	Registration
February 1 (potential alternate date February 8)	Club de Golf St-Jean 320 Rue Jacques-Cartier S, Saint-Jean-sur-Richelieu, QC J3B 4J7	8 years and +	9:30 a.m. to 11:00 a.m.	CLICK HERE 
February 15 (potential alternate date February 22)				



Snowshoes and fitness



Date	Location	Customers	Time	Registration
February 12 (potential alternate date February 19)	Club de Golf St-Jean 320 Rue Jacques-Cartier S, Saint-Jean-sur-Richelieu, QC J3B 4J7	12 years and +	11:00 a.m. to 12:00 p.m.	CLICK HERE 
February 14 (potential alternate date February 21)			9:30 a.m. to 10:30 a.m.	



WINTER CARNIVAL

Saturday January 24

10:00 a.m. to 11:00 p.m.

Saint-Jean Garrison

Sunday January 25

10:00 a.m. to 3:00 p.m.

Centre de plein air l'Estacade

FREE



FULL PROGRAM
AVAILABLE ON
JANUARY 10TH, 2026!



Open to military personnel (active and retired) and their families, as well as civilian Defence employees (Public Service and Non-Public Funds) and their families, members of recreational clubs, and PSP cardholders.

BMO



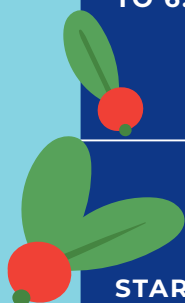
circonflexe





ACTIVITY S

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:45 A.M. TO 12:45 P.M.	<ul style="list-style-type: none"> • Weight training (FH-202) • Boxing (Gym 1) 	<ul style="list-style-type: none"> • Bootcamp (FH-A) 	<ul style="list-style-type: none"> • Musculation (FH-202) 	<ul style="list-style-type: none"> • B... (FH-202)
3:30 P.M. TO 4:30 P.M.				<ul style="list-style-type: none"> • B... (FH-202)
4:30 P.M. TO 5:30 P.M.	<ul style="list-style-type: none"> • Weight training (FH-A) • Spinning (M-211) 	<ul style="list-style-type: none"> • Bootcamp (Gymnase 1) • Mobility (M-211) ANNULÉ 	<ul style="list-style-type: none"> • Weight training (FH-A) • Zumba (M-211) 	<ul style="list-style-type: none"> • 4... H... (M-211)
5:30 P.M. TO 6:30 P.M.	<ul style="list-style-type: none"> • Introduction to Weight Training for 14-17 Year (FH-A) ANNULÉ 	<ul style="list-style-type: none"> • 5:00p.m. to 8:30 p.m. Climbing Accreditation (Palestra) • 5:00 p.m. to 8:30 p.m. Supervised Climbing (Palestra) <p>circonflexe</p>	<ul style="list-style-type: none"> • 5:30p.m. to 6:45 p.m. Guided Climbing - Autonomy (Palestra) ANNULÉ 	
STARTING AT 6:00 P.M.	<ul style="list-style-type: none"> • 6:00 p.m. to 8:00 p.m. Supervised archery (Palestra) <p>circonflexe</p>	<ul style="list-style-type: none"> • 6:00 p.m. to 7:00 p.m. Guided Climbing - Initiation (Palestra) <p>circonflexe</p>	<ul style="list-style-type: none"> • 7:00 p.m. to 8:30 p.m. Guided Climbing - Gestuelle (Palestra) ANNULÉ 	



SCHEDULE

THURSDAY	FRIDAY
<p>• Bootcamp (FH-A)</p>	<p>• Weight training (FH-202)</p>
<p>• Bootcamp (FH-A)</p>	
<p>• 30p.m. to 5:15 p.m. Vinyasa Yoga (M-211)</p>	

VARIABLE SCHEDULE

SATURDAY
<p>• Multi-Activity Winter Day January 10 circonflexe</p>
<p>• Intro to Snow Scooter & Fatbike January 17 circonflexe</p>
<p>• Intro to downhill skiing January 24 circonflexe</p>
<p>• Intro to snowshoeing January 31 circonflexe</p>
<p>• Intro to cross-country skiing February 7 circonflexe</p>
<p>• Snowshoe, Chocolate & Port Wine Evening February 14 circonflexe</p>
<p>• Intro to Ice Skating February 28 circonflexe</p>
<p>• Intro to downhill skiing March 7 circonflexe</p>
<p>• Intro to Cross-Country Skiing March 14 circonflexe</p>
<p>• Intro to Indoor Archery & Climbing March 28 circonflexe</p>



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
infofoisirst-jean@forces.gc.ca

Sports and Outdoor Store

svcopsboutiquesportsetpleinair@forces.gc.ca

Facility Rentals

External Organizations and Citizens
infofoisirst-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



LOISIR ET SPORT
MONTÉRÉGIE