

March Break



AM

PM

AM+PM

Monday
MARCH 2

Fencing

9:30 am to 10:30 am
10:45 am to 11:45 am
Children 8 y/o + with parent

Aquatic sports

9:30 a.m. to 11:00 a.m.
8 y/o +

Dance K-Pop

1:00 pm to 2:00 pm
2:15 pm to 3:15 pm
Children 5 y/o + with parent

Free skating*

Clément-Bou langer Arena
12:30 pm to 3:45 pm
Ouvert à tous

Free swim*

1:00 pm to 3:00 pm
Open to all

Inflatable games*

9:00 am to 3:00 pm
Open to all

Tuesday
MARCH 3

Family Zen Time

9:30 am to 10:30 am
10:45 am to 11:45 am
Open to all

Soccer

1:00 pm to 2:00 pm
2:15 pm to 3:15 pm
Children 5 y/o + with parent

Free skating*

Clément-Bou langer Arena
12:30 pm to 3:45 pm
Ouvert à tous

Free swim*

3:00 pm to 5:00 pm
Open to all

Inflatable games*

9:00 am to 3:00 pm
Open to all

Wednesday
MARCH 4

Dance Tate McRae

9:30 am to 10:30 am
10:45 am to 11:45 am
Children 5 y/o + with parent

Lifesaving

9:30 a.m. to 11:30 a.m.
8 y/o +

Jiu-Jitsu

13 h 00 à 14 h 00
14 h 15 à 15 h 15
Open to all

Free skating*

Clément-Bou langer Arena
12:30 pm to 3:45 pm
Ouvert à tous

Free swim*

1:00 pm to 3:00 pm
Open to all

Family swimming training

3:00 pm to 4:00 pm
8 y/o +

Inflatable games*

9:00 am to 3:00 pm
Open to all

Thursday
MARCH 5

Family training circuit

9:30 am to 10:30 am
10:45 am to 11:45 am
Children 6 y/o + with parent

Dance Fredz

1:00 pm to 2:00 pm
2:15 pm to 3:15 pm
Children 5 y/o + with parent

Free skating*

Clément-Bou langer Arena
12:30 pm to 3:45 pm
Ouvert à tous

Free swim*

3:00 pm to 5:00 pm
Open to all

Inflatable games*

9:00 am to 3:00 pm
Open to all

Friday
MARCH 6

Bingo

Community Centre
9:30 am to 11:45 am
Open to all

Inflatable games*

9:00 am to 12:00 pm
Open to all

Basket

1:00 pm to 2:00 pm
2:15 pm to 3:15 pm
Children 5 y/o + with parent

Free skating*

Clément-Bou langer Arena
12:30 pm to 3:45 pm
Ouvert à tous

Free swim WIBIT*

1:00 pm to 1:55 pm
2:00 pm to 2:55 pm
3:00 pm to 3:55 pm
Open to all
Minimum 48 inches (121 cm)

Registration required



A **deposit of \$10 per child per activity** is required to secure your spot.

The amount will be refunded if the child attends.

* Registration not required for these activities

Sports Centre ADMISSION FEES

Military personnel and PSP members

Free

Non-PSP members

0-4 years old: **Free**

5 years old +: **\$6/person**

Families: **\$15**

Indoor shoes required

To be presented at the Sports Centre's reception desk

