



**SUMMER
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 the military community and citizens. Our recreational, artistic, sports, and outdoor activities are designed for the whole family, from children to retirees. In a safe environment with ample parking, everyone is welcome at our facilities!



Come meet us!

The Recreation Department is part of the Personnel Support Programs (PSP). Our mission is to provide community recreation and wellness services to military personnel and their families.

During the week, during working hours, our many facilities are used by military personnel, but we also welcome citizens who wish to come and work out in the gym. In the evenings and on weekends, we offer a variety of classes and activities, as well as the possibility of renting facilities.

Feel free to come and visit us! The sports center reception is located in the green section of the Megastructure.

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Our facilities

- A wide choice of accessible facilities. Modern and safe
- Monday to Friday (6:30 a.m. to 9 p.m.)
- Saturday and Sunday (9 a.m. to 6 p.m.)

Indoor facilities

- 1 climbing wall
- 4 exercise rooms
- 5 gymnasiums
- 7 volleyball courts
- 4 basketball courts
- 200-meter indoor running track
- 150-meter running track
- 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

To get to the Sports Centre

You must enter through the gatehouse located at 25, chemin Grand Bernier Sud.

You will be greeted by the Garrison security service, who may ask you why you are visiting the Garrison or where you are going. You may also be asked to present identification or open the trunk of your vehicle. Do not be intimidated. These measures are normal in a military context and are intended to ensure everyone's safety.

HOW
TO GET THERE



Sports and outdoor shop

We rent a variety of outdoor equipment for all seasons: bikes, camping and hiking gear, skis (downhill and cross-country), snowshoes and snow scooters, watercraft, trailers... and more!

CHECK THE RATES



Circonflexe

Thanks to this program from ministère de l'Éducation, du Sport, du Loisir et du Plein air du Québec, we are able to lend various outdoor and sports equipment free of charge to all Quebec residents.

circonflexe

Prêt-pour-bouger

RESERVE YOUR CIRCONFLEXE EQUIPMENT (INDIVIDUALS AND GROUPS)



DISCOVER CIRCONFLEXE'S INVENTORY



Facility rental and organizing special activities

Rent our facilities

Whether you are a member of the military, a civilian, or an organization, you can rent our many indoor and outdoor sports facilities.

Social activities

You can also rent our various bars, where our team will serve alcohol if you wish.

We can also organize various events such as children's parties or team-building activities.

What makes us unique

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

Do you have any questions?

info1oisirst-jean@forces.gc.ca or 450 358-7099 #668 7262.

RENT
A FACILITY



RENT A
RECEPTION ROOM



Career and job opportunities



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

- Sports center attendants/facility supervisors – casual and part-time positions
- Outdoor specialists (climbing, archery, hiking, outdoor guide) – casual positions
- Group class specialists (functional training, weight training, spinning) – casual positions
- Arts and crafts specialists (choir, performing arts, music) – casual positions

We are also looking for service providers in several areas:

- Dance
- Youth activities
- Activities for seniors
- Tai chi
- Zumba
- Singing
- Music
- Crafts
- Speaker

To apply or for more information:

INFOLOISIRST-JEAN@FORCES.GC.CA





Recreational clubs

The Recreation Department supports three clubs through the contribution of volunteer teams. Each club is managed as a non-profit organization, with a board of directors elected at annual general meetings. Club membership is subject to regulations.

Golf club

Open to all, it allows its members to organize tournaments, enjoy special rates at various golf courses, and hold social gatherings.

Shooting Club

Open to all, its members can practice rifle shooting (handguns and long-range rifles up to 600 meters) at the Farnham military training site, a safe and controlled environment.

Hunting Club

Reserved exclusively for military personnel, this club allows its members to practice their sport (bow or rifle) at the military training sites in Farnham (wild turkey, large and small game) and Saint-Élie d'Orford (small and large game).

Targets are available on site. In Farnham, 3D foam animals are installed along the archery range.

**REGISTRATION AND
INFORMATION**



Parking spaces for recreational vehicles

This service is available to everyone and allows users to rent parking spaces on National Defense properties located at the Farnham training site, the Montreal Garrison, and the Saint-Hubert site.

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 months
Military and veterans*	Individual	\$115	\$200	\$175	\$265
	Family	\$180	\$290	\$250	\$385
Extended Defense Team members*	Individual	\$195	\$350	\$300	\$465
	Family	\$245	\$425	\$360	\$625
Citizens* (regular rate)	Individual	\$290	\$460	\$385	\$705
	Family	\$455	\$785	\$645	\$865

*For a complete list of individuals included in this category, see the [link](#)



Registration and payment methods

You can register:

1. By phone 450-358-7099 ext. 668 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.

You would like to cancel a service?

You must send us your cancellation request at least 5 business days before the start of the service you have booked and paid for.

Refund: A \$35 administration fee will be deducted from the value of the service you purchased.

Credit note: You will receive a credit note equivalent to 100% of the value of the service you purchased. It will be valid for 12 months on all of our leisure services.

You would like to change a service?

You must send us your change request at least 5 business days before the start of the service you have reserved and paid for.

If places are available: the change will be free of charge.

If the change is not possible: a \$35 administration fee will be deducted from the value of the service you purchased.



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

Drop-in Group Classes

- Access all our group classes whenever you want and according to your availability
- 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

Rental of climbing equipment

We rent climbing equipment for periods of 4 consecutive hours of use at our facilities. Equipment may not be taken outside the Saint-Jean Garrison Sports Center for use elsewhere.

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 #668 7262.

Weightlifting and cardio rooms

*14 years and +

Independent, unsupervised training on our fitness and cardio equipment. The variety of our equipment is impressive. You can practice functional training, weightlifting, cardio, and strength training. You'll find what 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 13.	

*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.		Gym 1 and 2 Palestra FH A-B-C	Non-Classic PSP cardholder: Check our rates on page 13.	
There could be additional availability depending on use of the facilities.				

* 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 13. 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..

Guided climbing - Initiation

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 June 29 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

This new program 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
3 programs*	\$280 +tx	\$375 +tx	3 programs*	\$360 +tx	\$510 +tx

*To be used within 12 months of purchase.

Private training sessions

Our coaches now offer you individualized support! Whether it's for an introductory training session, to familiarize yourself with the different equipment, or for an advanced training session, you will benefit from theoretical, technical, and motivational guidance.

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!

Pricing

PSP cardholders classic or unlimited	Non-PSP cardholders - Military and veterans	Non-PSP cardholders - Citizens and extended members of the Defense Team
\$30 + tx	\$40 + tx	\$50 + tx

The personalized Hexfit training program is available to everyone: military members, veterans, members of the extended Defence Team and citizens, according to the rates mentioned.

Please note that for active military members, 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 #668 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 #668 7262	Available immediately	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 #668 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 #668 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 program will be in effect from **June 29th to August 28th, 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 members 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 spring session

June 8th, 2026: Priority for military members and veterans

June 15th, 2026: Members of the extended Defence Team and citizens.

Guided climbing - Autonomy

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*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 4:30 p.m. to 5:45 p.m.	July 3 to August 28	Palestra	Unlimited PSP cardholder: FREE Classic or Outdoor PSP cardholder: \$70 Non-Classic PSP cardholder: \$120	Before June 24 th

*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 our wall and be able to climb routes rated 5.9

Schedule	Dates	Location	Cost	Registration
Friday 6:00 p.m. to 8:30 p.m.	July 3 to August 28	Palestra	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-PSP cardholder: \$120 Equipment provided.	Before June 24 th

*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.	June 29 to August 24*	Gym 1	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th

*No activities on August 10 and August 17

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.	June 29 to August 24	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th

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.	June 30 to August 25	FH-A	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th
Tuesday 4:30 p.m. to 5:30 p.m.		Gym 1		
Thursday 11:45 a.m. to 12:45 p.m.	July 2 to August 27	FH-A	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th
Thursday 4:30 p.m. to 5:30 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.	July 1 to August 26	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th

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.	June 29 to August 24	FH-202		
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.	July 1 to August 26	FH-202	Classic PSP cardholder: \$70	Before June 24 th
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.	July 3 to August 28	FH-202		

Mobility

18 years and +

Our kinesiologist will teach you various techniques to release muscle tension, improve your motor control, and allow you to move without pain. You will use a variety of equipment to enhance 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.	June 30 to August 25	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before June 24 th

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.	July 2 to August 27	M-166	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$50 Non-Classic PSP cardholder: \$85	Before June 24 th

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



Outdoor activities



circonflexe

Outdoor activities at low cost!

Funded by the ministère de l'Éducation, du Sport, du Loisir et du Plein air du Québec, the CIRCONFLEXE Prêt-pour-bouger program enables Garrison Saint-Jean recreation services to offer free activities to residents of the Montérégie region and to lend equipment to all Quebec residents.

A wide range of equipment

There is a wide range of equipment available free of charge thanks to CIRCONFLEXE Prêt-pour-bouger! Fat bikes, paddleboards, skis, and snow scooters are just a few examples.

The sports center also has a sports and outdoor store where you can rent various sports and outdoor equipment, as well as marquees, event accessories, and trailers.

A variety of activities

In this program, look for the CIRCONFLEXE logo to quickly find our free outdoor activities for Montérégie residents. Non-residents of Montérégie can also participate for a fee and subject to availability.

Please note that at the time of registration, a deposit of \$20 per person is required for a one-day activity and \$50 per person for activities lasting more than one day. This deposit is fully refunded to participants who complete the activity. If a participant is unable to attend and notifies the sports center at least 5 days before the activity, their deposit will also be refunded. If the sports center has to cancel an activity, all registered participants will be refunded.

**ABOUT
CIRCONFLEXE**





Introduction to Cycling Hiking

circonflexe

The 21 km network of bike paths allows for easy travel to some of the most beautiful viewpoints in Parc national des Îles-de-Boucherville. During the group ride, a lunch break will be taken. Please bring your own lunch. If you do not have a bicycle, we can lend you hybrid bikes or fat bikes, including helmets and saddlebags.

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday June 27	Parc National des Îles-de-Boucherville 55, Île Sainte-Marguerite, Boucherville, QC, J4B 5J6	None	7 years and older (children 16 years and younger must be accompanied by an adult)	10 a.m. to 2 p.m.	4 h	Participants must travel to the activity site on their own. We transport bicycles belonging to the garrison	Before June 22

Introduction to Outdoor Rock Climbing

circonflexe

Introduction to outdoor rock climbing. This activity is open to everyone, regardless of age or experience. Whether it is your first time or you simply want to climb outdoors, you will be supported throughout the day. All necessary equipment is provided on site. Supervision is provided by passionate and experienced instructors and volunteers to ensure a safe and enriching experience. Please bring your own lunch.

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday July 11	Parc Jean-Drapeau Climbing Wall Île Sainte-Hélène, Montréal, Québec	Weather-appropriate sports clothing Closed shoes (running shoes) Long sports pants	7 years and older (children 16 years and younger must be accompanied by an adult)	10 a.m. to 2 p.m.	4 h	Participants must make their own way to the activity.	Before July 6

Canoe Outing

circonflexe

Introductory activity covering basic paddling techniques and a tour around Île Saint-Bernard, located in Châteauguay.

Dates	Locationx	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday August 1	Marguerite-D'Youville Wildlife Refuge 480 Boulevard D'Youville, Châteauguay, Québec, J6J 5T9	Ability to swim 15 meters in open water (river)	13 years and older	1 p.m. to 4 p.m.	3 h	Participants must make their own way to the activity.	Before July 27

Introduction to Fishing

circonflexe

Come fish with us and leave with your catch. Fishing rods, hooks, and lessons are provided. Please bring your lunch, and you may cook your fish on the BBQ

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday August 9	Centre Écopêche 834 Rang Chartier, Mont-Saint-Grégoire, QC J0J 1K0	Activity accessible to all. Must know how to swim.	7 years and older (children 16 years and younger must be accompanied by an adult)	10 a.m. to 2 p.m.	4 h	Participants must make their own way to the activity.	Before August 1

Introduction to Paddleboarding

circonflexe

Introduction to paddling techniques and a guided outing on the Richelieu River. Please bring your own lunch.

Dates	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday August 29	Centre de Plein Air L'Estacade 64, 13 ^e Avenue, Île-aux-Noix, Québec, J0J 1G0	What to bring: Water shoes or sandals Swimsuit Sunscreen	13 years and older	10 a.m. to 2 p.m.	4 h	Participants must make their own way to the activity.	Before August 15

*Participants are asked to bring their own lunch for the activity.



JOURNÉE PLEIN AIR FAMILIALE

Ouvert aux militaires actifs et leur famille.

FAMILY OUTDOOR DAY

Open to active military personnel
and their families.



25 JUILLET / JULY 25

ENTRE 10 H ET 16 H / BETWEEN 10 A.M. AND 4 P.M.

📍 CENTRE DE PLEIN AIR L'ESTACADE, 64 AV. 13E,
ÎLE-AUX-NOIX, QC J0J 1G0

Sous la supervision d'animateurs
spécialisés, plusieurs activités offerts :
canot, kayak, tir à l'arc, hébertisme,
jeux de plein air et baignade.

Under the supervision of specialized
instructors, several activities are offered:
canoeing, kayaking, archery, obstacle
courses, outdoor games and swimming.

GRATUIT
FREE

INSCRIPTION
REGISTRATION



EN SAVOIR PLUS
READ MORE

ARRIVÉE À L'HEURE QUI VOUS CONVIENT!
ARRIVE AT THE TIME YOU WANT!

DATE LIMITE D'INSCRIPTION : 15 JUILLET
REGISTRATION DEADLINE : JULY 15

PLACES LIMITÉES / LIMITED PLACES





SUMMER DAY CAMP 2026

JUNE 25 TO AUGUST 21, 2026

Open from 7:00 a.m. to 5:00 p.m., Monday through Friday.

PLEASE NOTE!

We will be open exceptionally on **June 25 and 26** with a **daily rate** to welcome children who are no longer in school but whose parents are at work.

The Plein Soleil day camp welcomes children aged 5 to 12 (or who have completed kindergarten at age 4) in a bilingual, safe, and stimulating environment.

We offer a varied program where children, grouped according to age, will have the opportunity to discover new interests, develop their skills, and make friends throughout the summer. Each week, they will take part in dynamic activities, a special theme, and various workshops led by our sports, arts, and outdoor specialists, depending on the specialty chosen and offered at no additional cost.

Children also have the opportunity to participate in a weekly outing, available at an additional cost. Details of these outings will be available online at the time of registration.

Our facilities include air-conditioned rooms, a multipurpose gym, several sports fields, and large outdoor spaces. In addition, daily swimming is offered, except in exceptional circumstances.

A few spots left!

**NO ON-SITE REGISTRATION
WILL BE COMPLETED**



INCLUSION SUPPORT

The recreation department offers a limited number of places for a support service for children with special needs (ASD, ADHD, language and speech disorders, physical or intellectual disabilities, mental health issues).

This inclusive service provides children with the support they need to integrate into a group, thanks to the presence of a designated support worker.

For more information
about this service

RATES – SUMMER 2026

INCLUDED! CAMP SHIRT AND DAYCARE SERVICE

	REGISTRATION DATES	RATES	OUTING RATES (optional)
MILITARY MEMBERS AND VETERANS	Priority registration from March 9 to 16	190 \$ / week 40 \$ / day (june 25 and 26)	\$ 40 / OUTING
	After March 16	200 \$ / week 40 \$ / day (june 25 and 26)	
EXTENDED DEFENCE TEAM	From March 16	210 \$ / week 45 \$ / day (june 25 and 26)	
CLASSIC OR UNLIMITED PSP CARDHOLDER		210 \$ / week 45 \$ / day (june 25 and 26)	
CITIZENS (REGULAR RATE)		230 \$ / week 50 \$ / day (june 25 and 26)	



ASPIRING FACILITATOR PROGRAM

We are proud to launch the PAM Program for a third summer, a unique opportunity for young people aged 13 to 16 to dive into the exciting world of animation! Thanks to comprehensive, supervised training, participants develop their skills while enjoying an enriching experience at the heart of the day camp. It's a great way to prepare the next generation... while enjoying an unforgettable summer! The program requires a minimum of 200 hours, with a flexible schedule that allows for family vacations.

WEEKLY RATE	SUMMER RATE (6 TO 8 WEEKS)
50\$ / week	250\$

FULL!

We will fully refund the registration fees to young people who successfully complete the program.

For more information

Camp certifié HIGH FIVE

Learn more



Thanks to our partner



camppleinsoleil@cfmws.com



Sports Centre reception
450 358-7099 #7262



ACTIVITY S

	MONDAY	TUESDAY	WEDNESDAY	T
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"> • Weight training (FH-202) 	<ul style="list-style-type: none"> • E (
3:30 P.M. TO 4:30 P.M.				
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 (Gym 1) • Mobility (M-211) 	<ul style="list-style-type: none"> • Weight training (FH-A) • Zumba (M-211) 	<ul style="list-style-type: none"> • 4 Y (• E (
5:30 P.M. TO 6:30 P.M.		<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. Guided Climbing - Initiation (Palestra) <p>circonflexe</p>		
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>			

SCHEDULE

THURSDAY	FRIDAY
<p>• Bootcamp (FH-A)</p>	<p>• Weight training (FH-202)</p>
<p>• 10:30p.m. to 5:15 p.m. Yoga Hatha (M-211)</p>	<p>• 4:30p.m. to 5:45 p.m. Guided Climbing - Autonomy (Palestra)</p>
<p>• Bootcamp (FH-A)</p>	
	<p>• 6:00 p.m. to 8:30 p.m. Guided Climbing - Gestuelle (Palestra)</p>

VARIABLE SCHEDULE

SATURDAY
<p>• Introduction to Cycling Hiking June 27 10 a.m. to 2 p.m. circonflexe</p>
<p>• Introduction to Outdoor Rock Climbing July 11 10 a.m. to 2 p.m. circonflexe</p>
<p>• Family Outdoor Day July 25 10 a.m. to 4 p.m.</p>
<p>• Canoe Outing August 1st 1 p.m. to 4 p.m. circonflexe</p>
<p>• Introduction to Fishing August 9 10 a.m. to 2 p.m. circonflexe</p>
<p>• Introduction to Paddleboarding August 29 10 a.m. to 2 p.m. circonflexe</p>





You would like to contact us?

Pierre Desmarteaux

Community Recreation Manager

✉ pierre.desmarteaux@forces.gc.ca

Pierre Brasseur

Sports and outdoor store and
Circonflexe Program (equipment rentals)

✉ pierre.brasseur2@forces.gc.ca

Marie-Josée Bouchard

Group classes and outdoor activities

✉ marie-josée.bouchard2@forces.gc.ca

Samuel Senécal

Personal training program

✉ samuel.senecal@forces.gc.ca

Gabrielle Sexton

Day camp and recreation clubs

✉ gabrielle.sexton@forces.gc.ca

Claudia De Florio

Facility reservations and rentals

✉ claudia.deflorio@forces.gc.ca



Information and contact info

Saint-Jean Garrison Sports Centre

25, chemin du 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

