

ON THE

MOVIE

ACTIVITIES &
LEISURE GUIDE

VOL.2 / N° 03

FALL 2019

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Châteauguay

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The *Activities & Leisure Guide* is a municipal guide distributed free of charge in all Châteauguay homes.

The masculine form used in this document refers, where appropriate, to both women and men. Any text published in this publication may be reproduced with mention of the source.



CENTRE CULTUREL GEORGES-P.-VANIER

15 boulevard Maple – 450 698-3100
srec@ville.chateauguay.qc.ca

Opening hours of the recreation department and ticketing counter service

Monday and Tuesday: noon to 8 p.m.
Wednesday and Thursday: noon to 6 p.m.
Friday and Saturday: noon to 5 p.m.
Sunday: Closed

CLOSED on Mondays, September 2 and October 14

LEGEND

- Cost
- Location
- Information
- Easily find new activities with the NEW symbol.
- More details on Internet
- PL** With *Passeport-loisir*
- RPL** Resident with *Passeport-loisir*
- NRPL** Non-Resident with *Passeport-loisir*
- Map and addresses on page 38.

REFUND POLICY FOR THE ACTIVITIES

The refund policy is available at www.ville.chateauguay.qc.ca/en/passeport-loisirs-inscription and at the Centre culturel G.-P.-Vanier.

VILLE DE CHATEAUGUAY
5 boulevard D'Youville
Châteauguay (Quebec) J6J 2P8
communication@ville.chateauguay.qc.ca
450 698-3017

Circulation: 20,600 copies

PASSEPORT-LOISIR

To obtain an individual *Passeport-loisir*, you must present yourself at the recreation department service counter in the Centre culturel G.-P.-Vanier with a piece of identification and proof of residency. To obtain a family *Passeport-loisir*, proof of residency must be supplied for each member of the family.

Resident (valid for 2 years):
\$8 per person / \$14 for the family (a passport is issued for each person)

Non-resident: (valid for 1 year)
\$70 per person

ROOM AND SPORTS TRAYS RENTALS

Ville de Châteauguay offers many types of rooms and sports trays for rentals that can attend to your needs.

Reservation and contract management:
Gabriel Corbeil-Boulay 450 698-3113
gabriel.corbeilboulay@ville.chateauguay.qc.ca



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EVENTS & SPECIAL ACTIVITIES



Map and addresses
on page 38

CORN FESTIVAL



LECTURE ON INDIGENOUS PERSONS AND IMMIGRANTS: A COMMUNITY OF DESTINY

Friday, September 6 – 7 p.m.

\$ \$5

📍 Maison LePailleur

We often talk about mixed marriages between French and Indigenous peoples under the French regime. These unions have marked first the French Canadians' and then Quebecers' historic imagination. But what about meetings between First Nations and groups that have arrived more recently? In what circumstances do they happen? Do they also lead to marriages? Malik Filah, anthropologist, will demystify this subject for us.



VERNISSAGE OF THE EXHIBITION CHEMIN DE VIE by Louise-Andrée Lalonde

Saturday, September 7

The exhibition will go on
from September 5 to October 13

An exhibition showcasing the Way of the Cross taken out of its religious context to keep only a reflection on current life. An artistic project of the artist, born of the participation of the elders of the MRC de Roussillon.

LET'S CELEBRATE OUR ROOTS AND OUR DIVERSITY!

*In collaboration with
Tourisme Kahnawake*

Saturday, September 7
11 a.m. to 5 p.m.

Free Access

- 📍 Two sites: Maison LePailleur and Kahnawake
- 🚗 A shuttle service will provide the link between the two sites ring the day at a low cost.



Maison LePailleur and Tourisme Kahnawake are proud to organize this day of festivities to honour our collective heritage, as much for its origins as for its cultural variety. Featuring songs, dances, demonstrations of know-how as well as traditional corn tasting, this third edition of the celebration will be a new opportunity to take part in a committed gathering celebrating pride, belonging and sharing!



**On Saturday, September 14,
21 and 28 – 10 a.m. to 4 p.m.**

i Agora

You will be able to find under one roof various unique crafts and works of art, as well as many handmade products made by more than 60 artisans. Special attention is paid to the quality, diversity and originality of the products offered.



FIRST EDITION OF THE TOUR CYCLISTE DE ROUSSILLON

**Saturday, September 21 –
9 a.m. to 4 p.m.**

i www.ville.chateauguay.qc.ca/en/tour-cycliste-roussillon

The cities in the MRC de Roussillon are pleased to be the hosts of a first edition of the "Tour cycliste de Roussillon," a road cycling event offering three different routes in the Roussillon region. Watch out for the cyclists who will be passing through Châteauguay!

THE JEUX IN CHÂTEAUGUAY

Ville de Châteauguay is in the final sprint of its procedure to host the 57th Jeux du Québec Final in summer 2022!

i www.chateauguay2022.com



CHÂTEAUGUAY
MILIEU CANDIDAT • ÉTÉ 2022

MEILLEURS ENSEMBLE
BETTER TOGETHER
SÉNHA IOIÂNERE NÓNEN SKÁTNE

BECOME AN EVENT PARTNER

i Become a partner by visiting www.chateauguay2022.com

You can already submit your name to become a volunteer!

- In this crucial community mobilization phase, we must demonstrate that we have a network of partners involved in committing with us in this journey;
- Be part of one of Châteauguay's largest community projects and take advantage of a strategic opportunity for your business by partnering with youth and promoting an active lifestyle. We are better together!

THE JEUX DU QUÉBEC FINALS ARE:

- 3,300 athletes between the ages of 12 and 17;
- 19 regions of Quebec represented;
- 1,200 coaches, chaperones and officials;
- 2,500 volunteers;
- 125,000 visitors to the various event sites;
- \$12,000,000 in positive economic impact.

The Jeux du Québec Finals promote sports participation, organizational skills development, and lead to infrastructure upgrading and specialized equipment purchases.

This big event is also an opportunity to promote the municipality, from both the cultural and community points of view. Athletes, visitors and the general public will be invited to various shows, artistic events and creative workshops offered by our cultural organizations and local artists.



CHÂTEAUGUAY JOB FAIR

Presented by Partenaires pour l'emploi



Wednesday, October 23 – 11 a.m. to 7 p.m.

i Manoir D'Youville

i partenairespourlemploi@hotmail.com

www.ville.chateauguay.qc.ca/en/salon-emploi-2019

Come meet more than 40 employers and get the job of your dreams!



CHÂTEAUGUAY ... A SPOOKY STORY!

SPECIAL HALLOWEEN PROGRAM



CARNIVAL OF LITTLE MONSTERS

Saturday, October 26 – Noon to 4 p.m.

Free

📍 Agora

👤 For the whole family

Pumpkin decoration contest, facilitation and show for the whole family.

Come and decorate your pumpkin in the company of characters that are strange but, highly amusing! Over 100 pumpkins available.



NUIT BLANCHE CINÉ-D'ÉPOUVANTE

From Saturday, October 26 – 8 p.m. to Sunday,
October 27 – 8 a.m.

Free

📍 Jean-Pierre Houde room

👤 Audience: Age 13 +

Film program and schedule to come
(French version with English subtitles)

How would you like to spend a full night watching the scariest classic horror movies from yesterday to today? Would you be brave enough to spend the night there? Those who stay until the end will receive an "horrific" certificate stating that they passed the test!

Facilitation and snacks on site. Draw for 20 DVD and Blu-ray films during the night.



HAUNTED AGORA

Friday, October 25 and Saturday, October 26 –
7 p.m. to 8:30 p.m.



Also open on Halloween evening,

Thursday, October 31 – 6 p.m. to 8 p.m.

Free

📍 Agora

👤 Audience: Age 13 and +

Over the past few years, the fears of people who have visited the haunted Agora have opened a passage allowing dark forces to feed on their fear and take possession of the premises and make you live your worst nightmares. Are you ready?



HAUNTED HOUSE CONTEST

Thursday, October 31 – in the evening

Free

Decorate your house and stage a scene that will create a frightening ambiance for this long-awaited evening!

To be visited by judges on Halloween evening, register your house online: www.ville.chateauguay.qc.ca/en/halloween2019

Two categories: Best decorations and best staging

THE WINNERS
WILL RECEIVE
MANY PRIZES!

les journées de la culture

Free activities



CHÂTEAUGUAY... WHAT A STORY! 4th EDITION

From September 28 to December 2
Vernissage of participants' photos
received for the contest and
announcement of winners!
Saturday, September 28 –
1 p.m. to 2:45 p.m.

Free

📍 Espace Gravel
(adjacent to Maison LePailleur)

On the historic site of the former
Maison Gravel converted into a public
space, the Ville de Châteauguay, in
collaboration with the Maison LePailleur,
presented a selection of the most
beautiful photographs received in
the "Châteauguay... What a Story!"
photography contest.

WORKSHOP-SHOW: ANDY ST-LOUIS



THE ROUTE DES ARTS EXHIBITION *The Association d'arts visuels du Grand Châteauguay*

VERNISSAGE:
Friday, September 27
from 7 p.m. to 9 p.m.
EXHIBITION:
Friday, September 27, from 7 p.m. to
9 p.m., Saturday, September 28 and
Sunday, September 29, from 10 a.m.
to 5 p.m.

📍 Centre d'Hébergement Champlain
i www.artsvisuelschateauguay.com

SALON DES ARTISANS *Special edition*

3rd EDITION

Saturday, September 28 –
10 a.m. to 4 p.m.

📍 Agora

Special activity as part of the Journées
de la culture. On site: shows, booths
and presentations offered by various
cultural communities in the Ville
de Châteauguay.

SHUTTLES FOR CULTURE DAYS

 Guided tour of the
entire program

Saturday, September 28, 2019 –
9:15 a.m. to 5:30 p.m.

Free for everyone

📍 Starting point: Bibliothèque
Raymond-Laberge parking lot
i Maximum capacity of 96 places
To see the complete shuffle
schedule, visit www.ville.chateauguay.qc.ca/en/journees-culture-2019

Tickets: Centre culturel G.-P.-Vanier



*Les Promotions du Grand Châteauguay, in collaboration
with Ville de Châteauguay, presents*
RÊVERIES MUSICALES

Saturday, September 28 – 11 a.m.

📍 Pavillon de l'île



Come to hear young, promising musicians from the region, who will interpret classical pieces of music on the piano and violin. They will open the door to the magical world of music! Presented by current and former students and teachers of the École de musique Marie Harmonie.





ARTS ET BRUIT FESTIVAL

*In collaboration with
the Maison des jeunes*

Saturday, October 5 – 11 a.m. to 11 p.m.

Free

📍 Honoré-Mercier park
In the event of rain, the shows
will be held under the Agora.

👤 For everyone

Over 20 bands and many visual arts
artists will present their works. On site:
Food booth and *Champ libre*, a brewery
and distillery.

COMPÉTITION INVITATION SUD-OUEST

**Saturday and Sunday,
November 16 and 17**

📍 Centre multisport
👤 [www.cpchateauguayskatingclub.
weebly.com](http://www.cpchateauguayskatingclub.weebly.com)
Facebook: CP Châteauguay
skating club

Come and encourage the 200 skaters
of all ages from the South-West region.

Châteauguay A CHRISTMAS STORY

*Illuminated parade, festivities
and fireworks to celebrate
the magic of Christmas*

Saturday, December 7 in the evening

VOLUNTEERS NEEDED

Ville de Châteauguay is seeking
volunteers to maintain security during
the Christmas parade.

👤 Interested people are encouraged
to contact Francis Pépin by telephone at
450 698-3129 or by email at
francis.pepin@villechateauguay.qc.ca.

LA GRANDE MARCHÉ DE CHÂTEAUGUAY ET MERCIER

Sunday, October 20

Free

📍 Starting point: Joseph-Laberge park of Châteauguay
(corner of Salaberry Nord and Saint-Francis Boulevards)

Arrival point: Raymond-Pitre park of Mercier
(corner of Édouard-Laberge and de Batiscan Streets)

👤 For everyone

Free registration: www.onmarche.com

The two municipalities encourage their residents to walk together during the second edition of La Grande marche de Châteauguay et Mercier, based on the Grand défi Pierre Lavoie. Many activities will be organized on the arrival and starting points. Once again this year, a shuttle service offered by Exo is offered to transport people from Châteauguay to Mercier and vice versa.

Put on your shoes, come and walk with us along the Châteauguay River and enjoy the fall colours along the magnificent 5-km route. Children and strollers are welcome! Families can enjoy being outside on this healthy walk.

SCHEDULE

9:30 a.m.: Start of shuttles

10 a.m.: Start of activities and facilitation

11 a.m.: Start of the walk

Noon: Facilitation and activities at the arrival

exo



24 HEURES SUR GLACE : SAUVONS + DE VIES

**Friday, November 29 – 6 p.m. to Saturday,
November 30 – 11:59 p.m.**

📍 At the Centre multisport

👤 Registration: 514 704-2091 or info@24heurespourelavie.com

The objective of LE 24 HEURES SUR GLACE : SAUVONS + DE VIES is to support the Canadian Cancer Society – Fonds Sylvain-Poissant dedicated to preventing skin cancer and the Fondation Gisèle Faubert's palliative care house. Many activities will allow everyone the opportunity to get involved for the cause while having fun.

👤 For more information, to sign up or to buy tickets for our contest to shoot a puck for \$25,000, visit www.24heurespourelavie.com or contact **Sylvain Poissant** at 514 704-2091.

ARTS & CULTURE



Map and addresses on page 38

COMMENTS AND QUESTIONS

i Division.culture@ville.chateauguay.qc.ca
450 698-3102

PUBLIC PIANOS: OUTDOOR PIANOS FOR YOU TO ENJOY!

PIANOS ARE AVAILABLE EVERY DAY, SCHEDULE DEPENDS OF THE SITE

Come play your favorite tunes on one of our three pianos!

Until October 7

i Centre culturel G.-P.-Vanier
Maison LePailleur
Île Saint-Bernard

i www.ville.chateauguay.qc.ca/en/pianos-publics



VISUAL ARTS

CALL FOR ARTISTS' PORTFOLIOS

i Galerie La Seigneurie of the Centre culturel G.-P.-Vanier
i Deadline for submitting a project: **Saturday, December 7**

Would you like to exhibit your artistic project at the Galerie La Seigneurie in the Centre culturel Georges-P.-Vanier in 2020? Send us your portfolio!

i Information and details :
www.ville.chateauguay.qc.ca/en/pour-les-artistes

	PROMOTION
	DE CONCERTS
	ET D'ÉVÉNEMENTS
	CULTURELS

Watch our new 2019-2020 season!

i Classical music concerts
www.promochateauguay.com

SHOWS – CHÂTEAU SCÈNES

📍 Tickets: Centre culturel G.-P.-Vanier
 📞 450 698-3100
 www.chateauscenes.com



Saturday, October 9
at 8 p.m.

Blues, Jazz
and World Music
**JOE LOUIS
WALKER**

📍 Jean-Pierre-Houde room



Saturday, October 19
at 8 p.m.

Music & Songs
**ALEXANDRA
STRÉLISKI**
Inscape

📍 Pavillon de l'île



Saturday, October 25
at 8 p.m.

Blues, Jazz
& World Music
**DURHAM
COUNTY POETS**

📍 Jean-Pierre-Houde room



📞 450 698-3193
 www.maisonlepailleur.ca

EXHIBITION

LE GRAND VERGLAS DE 1998
*In collaboration with
 the Musée du Haut-Richelieu*

From October 24, 2019
 to February 16, 2020

This exhibition is offered to people who have experienced the crisis and visitors who are curious to discover this disaster.

CHRISTMAS MARKET
OF MAISON LEPAILLEUR

December 1, 10 a.m. to 5 p.m.

EXHIBITIONS AND VERNISSAGES –
GALERIE LA SEIGNEURIE

📍 Centre culturel G.-P.-Vanier | 📖 Learn more about the artists at www.ville.chateauguay.qc.ca/en/expositions



JONATHAN SÉVERIN
 Presents *Au-delà de l'image,
 conversation avec la couleur*

September 5 to 30

VERNISSAGE: Thursday, September 5,
 from 7 p.m. to 9 p.m.

📖 Medium: Acrylic

Châteauguay artist Jonathan Séverin reveals his latest research connecting colours and shapes in abstract, precise and paired down paintings to trick the eye and create illusions.



STÉPHANE POIRIER
 Presents *Dessins et peintures*

October 3 to 29

VERNISSAGE: Thursday,
 October 3, from 7 p.m. to 9 p.m.

📖 Medium: Mixed

Mastering the art of drawing at a very young age, his own unique cartoon style is popular with fans. From drawing to painting, he passes from one medium to another, always looking for new projects, while living mainly from his talents as a tattoo artist.



HÉLÈNE ROUTHIER
 Presents *Imagine un monde*

November 7 to December 2

VERNISSAGE: Thursday, November 7,
 from 7 p.m. to 9 p.m.

📖 Medium: Ink

The *Imagine un monde* [imagine a world] collection is a group of abstract works painted outside at sub-zero temperatures using mixed techniques. The works illustrate the negative consequences of the use of oil on the climate, environment and land.

LIBRARY



Map and
addresses
on page 38

Opening hours

Monday	Noon to 9 p.m.
Tuesday & Wednesday	9 a.m. to 9 p.m.
Thursday	9 a.m. to 8 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	Noon to 5 p.m.

**CLOSED on Monday, September 2 (Labor day)
and Monday, October 14 (Thanksgiving Day)**

i 450 698-3080
biblio@ville.chateauguay.qc.ca
Online catalog: www.biblio.ville.chateauguay.qc.ca



PUBLIC LIBRARIES WEEK

Learn more at your library!

October 19 to 26

For its 21st edition, the Semaine des bibliothèques publiques wishes to highlight the major role of libraries in the development of Quebecer's literacy skills. Beyond their role traditionally associated with reading and research, libraries today offer a wide range of diversified services and programs that enable all residents, whether young or not-so-young, to undertake personal development or improve their knowledge and skills.

For all details:
www.semainedesbibliotheques.ca



CONTEST

Participate in the contest organized on the Facebook page of the Association des bibliothèques publiques du Québec and have the chance to win a \$100 gift card to spend in a bookstore.

i [f](https://www.facebook.com/ABPQC)/ABPQC



EMPRUNTEZ UN MUSÉE !

*Would you like to discover
the Musée d'archéologie de Roussillon?*

i www.archeoroussillon.ca

Visit the library to "borrow a museum!"

In collaboration with the MRC de Roussillon, the Bibliothèque Raymond-Laberge is lending two passes for a free visit of the Musée d'archéologie de Roussillon for a family of two adults and three children. The length of the loan is two weeks. The pass must be returned to the library at the end of this period. With these passes, you can see the exhibits and participate in museum activities. It is a unique opportunity to discover the region's heritage treasures and introduce young people to archeology!

YOUTH PROGRAMMING

REGISTRATION | Starting Saturday, September 7, noon

📍 On site only

📌 Limited places | Presentation of the membership card is mandatory for library members.



IT'S SATURDAY, LET'S PLAY!

Free games workshop

Saturday, October 5 and November 9, 1 to 3 p.m.

💰 \$3 | Free for members

📍 Salle polyvalente

📌 For everyone | Animated by Jeux AZ



Come and discover the library's board games collection and play new games with your family and friends!



LEGO ACTIVITY: SUPERHEROES

Saturday, November 16, 1 to 3 p.m.

💰 \$5 | \$2 for members

📍 Salle polyvalente

📌 Ages 5 and older

Enjoy an unforgettable experience in the world of LEGO creativity! Activities, games and challenges.

ADULT PROGRAMMING

REGISTRATION | Starting Saturday, September 7, noon

📍 On site only

📌 Limited places | Presentation of the membership card is mandatory for library members.

CHÂTEAUGUAY MEET-UPS

Tuesday, October 29 – 2 p.m. to 4 p.m.

EVERYTHING HALLOWEEN

Tuesday, November 26 – 2 p.m. to 4 p.m.

EVERYTHING CHRISTMAS



Free

📍 Salle polyvalente

Audience: Adults

Join the Chateauguay Valley Literacy council (CVLC) Tuesday afternoon to explore the W5 (Why, When, What, Where, and Who) of Holidays traditions. Why do we celebrate it? When did it start? What is prepared? Where is it celebrated? Who cares?

In English, but all are welcome!



TRICOT-THÉ

**Saturday, September 28,
and November 30, 1 to 3 p.m.**

Free

📍 Periodicals room

📌 For everyone | With Julie Lacroix

Bring your knitting needles and wool. You can knit while drinking a cup of tea. An experienced knitter will be on hand to give you advice and tips. Please note that it is not a course. For more information on knitting courses, see page 13.



COURSES & WORK- SHOPS



Map and
addresses
on page 38

Registration on Saturday, September 14

📍 In person: Centre culturel G.-P.-Vanier
Online: www.ville.chateauguay.qc.ca/en/passeport-loisir-inscription

The registration fee must be paid at the time of registration. GST and QST are applicable to activities where the majority of participants are 14 years and + and are included in the prices indicated.

In person

– Registration fees must be paid at the time of registration by cash, debit or credit card or by cheque made payable to Ville of Châteauguay. Post-dated cheques are not accepted.

Online

– Payment can be made by credit card: Visa or Mastercard.

YOUTH

APPRENTICE COOK

By Activ'Été

October 5 to November 23
(8 weeks)

i Ages 7 to 12

MAKE YOUR MOVIE!

By Activ'Été

October 5 to November 23
(8 weeks)

i Ages 7 to 12



COMIC STRIP WORKSHOP

by Sheltoons

October 5 to November 23
(8 weeks)

i Ages 7 to 12

THE SECRETS OF MAGIC

by Activ'Été

October 5 to November 23
(8 weeks)

i Ages 7 to 12

AIRCRAFT MODEL-MAKING

By L'Air en fête

October 9 to November 27
(8 weeks)

i Ages 7 to 12



MUSICAL AWAKENING WORKSHOP

By Immuart

October 19 to November 23
(6 weeks)

i Ages 1 to 4



CHEERLEADING

by L'Air en fête

October 10 to November 28
(8 weeks)

i Ages 6 to 12

LEARN TO SKATE

October 6 to December 15

📍 On the ice –
Centre multisport

i Ages 3 to 6



BABYSITTING COURSE

Group 1 |
Saturday, October 19

Group 2 |
Saturday, December 14

i Ages 11 to 17

BE PREPARED TO STAY HOME ALONE!

Saturday, November 30

i Ages 9 to 11

ADULT CLASSES

All adult classes: 16 years and +

JAPANESE EMBROIDERY

October 2 to December 4
(10 weeks)



BEGINNER PHOTOGRAPHY

October 15 to November 5
(4 weeks)



OIL PAINTING

October 1 to December 3
(10 weeks)



WATERCOLOUR PAINTING

October 9 to December 11
(10 weeks)

BEGINNER / INTERMEDIATE KNITTING

October 11 to December 19
(depending whether beginner or intermediate)



BEGINNER PIANO (Semi-private class / 2 students)

October 10 to December 13 (10 weeks)

LEARN THE GUITAR

October 7 to December 16 (10 weeks)

No class on October 14

i Preregistration at the Centre culturel G.-P.-Vanier from September 9 to 13 for those enrolled in the Winter 2019 season.



SPORTBALL

September 28 to December 7

Multisport Parent-child

16 to 24 months and 2 to 3 ½ years old

Multisport coach-child

3 1/2 to 6 years old

LEARN TO PLAY THE PIANO

Semi-private classes / 2 students

Facilitator:
Luc Dumouchel

From October 7 to December 16

i Ages 8 to 15

INTRODUCTION TO THE GUITAR

Facilitator:
Luc Dumouchel

October 11 to December 13 (10 weeks)

i Ages 8 to 15



ÉCOLE DE CIRQUE ET DE GYMNASTIQUE

REGISTRATION NOW

i Courses offered, cost and information :
www.acrobategym.com



Here is an abridged list of courses and workshops offered to you this Fall. To see the complete description, cost and schedule for each one, visit www.ville.chateauguay.qc.ca/en/cours-ateliers-culturels

DANCE WORKSHOPS

ATELIERS DANSE CHÂTEAUGUAY
CRÉE TON MOUVEMENT



i Learn more about the instructors at www.ville.chateauguay.qc.ca/en/ateliers-danse



Toddlers

Initiation of young children to movement in a comprehensive and specific way. Learning the basics of dance through games and movement.



Beginner level

Learning and developing a solid foundation, depending on the style. Awakening coordination, strength, flexibility and creativity.



Ballet

Development of endurance, flexibility and grace. Adapted according to the level, learning is done by learning choreography sequences. Ankles are strengthened to prepare for point shoes.



Contemporary

In addition to working with technique, jumps, twirls, groundwork as well as managing weight and space, this course develops the creative spirit, the critical mind, and interpretation. Improvisational and partnering will be the goal to develop a range of abilities that will be used in choreography and dance sequences.



Acro-dance

Development of acrobatic concepts such as balance, flexibility, posture, muscle tone, supports and connection to the ground, which allows for the execution of adapted acrobatic movements. The movements will be integrated into choreography.



Hip-hop

Introduction to numerous concepts in urban movement (bounce, groove, pops, isolations, freezes), to the different possible combinations in freestyle and apprenticing to do choreography. The music is also covered, an important element in urban dance.

EARLY REGISTRATION

FOR FORMER STUDENTS FROM SEPTEMBER 7 TO 13.

The courses take place from September 28 to December 16 and from January 4 to May 16, 2020. (29 weeks).

Rehearsals for the end-of-year show start May 18. The show takes place on May 23 and 24.

📍 Harmony School and at the Sportplex
i Participants must be minimum age required by October 1.

PAYMENT TERMS

- Ability to pay in two equal payments for bills over \$200.
1st payment: 50% of the total amount at the registration time.
2nd payment: postdated cheque dated for October 24.

i For more information, you may contact **Natacha Viau** by email at lesateliersdedanse@ville.chateauguay.qc.ca

Dance workout

i Course for adults
Open to all (with or without experience)

While working with technical elements of dance, you improve your physical condition, coordination, cardiovascular endurance and flexibility. Adapted exercises permit you to develop the ability to memorize choreography routines and dance interpretation.

Training

i Open to students of advanced levels and included in the registration for "Relève et Production" groups.

Development of physical abilities in order to optimize dance performance. Work on cardio, strength, stamina, flexibility, muscle tone and posture, all while promoting good use of the body.



Complete schedule and pricing at www.ville.chateauguay.qc.ca/en/ateliers-danse

SPORTS & OUTDOORS



Map and addresses
on page 38

For sports activities with registration, see
the Courses and workshops section on page 12.
sports_pleinair@ville.chateauguay.qc.ca | 450 698-3112

WATER GAMES...

*Have fun and cool off
in the parks!*

i For the location of the sites, see
the map on page 38.

It is expected that the water games
will be on as long as the outside
temperature remains warm.



OPEN PRACTICE

PUBLIC FREE SKATE

Starting October 5
Saturday, from 8:15 to 10:15 p.m.
and Sunday from 1:15 to 3:15 p.m.

\$ \$7,75 | \$4,75 (18 years old +) PL |
\$3,75 (17 years old and under) PL |
\$5,75 family PL

📍 Multisport Centre – Kim St-Pierre rink

Free supervised skating. Section reserved
for young children who are learning to
skate. The ice resurfacer (Zamboni) passes
before the start of the skate and at half
time. Depending on the number of
participants, half-time ice resurfacing
may be postponed to 15 minutes before
the end of the activity.

ADULT SKATE

Starting October 8
Tuesday and Thursday
from 11:15 a.m. to 12:15 p.m.

\$ \$7,75 | Free PL
📍 Multisport Centre – Kim St-Pierre rink

PRESCHOOL SKATE

Starting October 8
Tuesday, from 10:15 to 11:15 a.m.

\$ \$7,75 | Free PL
📍 Multisport Centre – Kim St-Pierre rink
Accessories are available to help your child.
Wearing a helmet is recommended. Adults
are strictly forbidden to use hockey sticks.

ADULT HOCKEY

Starting October 8
Tuesday from 12:15 to 1:15 p.m.
Thursday from 12:15 to 1:15 p.m.

\$ \$7,75 | Free PL
📍 Multisport Centre – Kim St-Pierre rink

i Wearing a neck protector, helmet
and full visor is mandatory.



OUTDOOR RINKS

By and for citizens

SPECIAL INVITATION

i sports_pleinair@ville.chateauguay.qc.ca | 450 698-3112

We are sending a special invitation to Châteauguay residents who have the interest and the availability to build and maintain an outdoor rink on municipal land during the winter season.



CONDITIONS:

- Form a group of at least five volunteers per rink.
- Meet with the Division sports et plein air team and agree on the terms and conditions.
- Follow the "Fire Hydrant" training.

SPORTS ASSOCIATIONS

REGISTRATION FOR 2019-2020 SEASON

i At the culturel G.-P.-Vanier

i Online at www.ville.chateauguay.qc.ca/en/activites-sportives

ÉCOLE DE TENNIS BALLE D'OR

Registration Fall 2019

From August 12 to September 15 at the Sports Experts or to the instructor directly for students already registered.

* After this date, the cost will be increased from \$5 to \$10 per session.

i Course Location: Sportplex

i 450 691-7252 or www.tennisballedor.com

CHÂTEAUGUAY BASKETBALL ASSOCIATION

2019-2020 Season

i cbaravens@hotmail.com
438 888-9657



Register now online or at the Centre culturel G.-P.-Vanier



i Details, ages, schedule and cost available at www.cbaravens.com



GRENADIERS MIDGET AAA

Local games and special events

\$ 18 years old and over: \$8
Student (12 to 17 years old): \$5
11 years old and under: Free

Come and support your local team!



i Complete calendar and more information at www.grenadiers.liguemidgetaaa.ca

TÆKWONDO

Fall (September to December)
Winter (January to April) sessions

\$ Starting at \$99 plus taxes for one session (beginners)

i Heritage College
Maître Olivier April-Lalonde
514 883-8256

tækwondo.chateauguay@hotmail.ca

Tækwondo lessons for the whole family.

PROGRAM

- Mini-juniors 3 years +
- Beginners children and adults
- Contactless fitness courses
- Courses for advanced and fighters

FREE TRIAL AT ANY TIME!



QUEBEC MAJOR JUNIOR FOOTBALL LEAGUE

Chateauguay Raiders

Free

i Louis-Philippe-Paré School



Come and support your local team!

LOCAL GAMES SCHEDULE

DATE / HEURE	VISITEURS
Saturday, August 31 8 p.m.	Bulldogs Laval Jr.
Saturday, September 14 6 p.m.	Quebec Bataillon
Sunday, September 29 2 p.m.	South shore Packers



i Courses details, ages, schedule and cost available at www.ville.chateauguay.qc.ca/en/activites-sportives or 450 691-7252

i The tennis school may cancel a group at any time if there are insufficient registrations.

CHÂTEAUGUAY SPEED SKATING CLUB



Registration now

📍 Centre culturel G.-P.-Vanier
 ⓘ cpvchateauguay@gmail.com
 438 501-3687
 cpvchateauguay.weebly.com
 Online at www.ville.chateauguay.qc.ca/en/activites-sportives
 Courses at Multisport Centre – Kim St-Pierre rink

ⓘ For the proper functioning of the club, coaches reserve the right to modify a skater's registration according to their skill level.

Skating school (2009 to 2016)

Sundays, September 8 to December 15,
 3:15 p.m. to 4:15 p.m.

💰 RPL: \$130 | NRPL: \$330

ⓘ 3 to 10 years old

C'L'Fun (2008 to 2014)

From September 3rd

ON ICE:

Tuesday, from 6:15 p.m. to 7:30 p.m.

Sunday, from 4:15 p.m. to 5 p.m.

OFF ICE:

Sunday, from 5 p.m. to 6:15 p.m.

💰 RPL: \$510 | NRPL: \$710

ⓘ 5 to 11 years old

Liliane Lambert (2008 to 2012)

From September 3

ON ICE:

Tuesday, from 6:15 p.m. to 7:30 p.m.

Thursday, from 6:45 p.m. to 8 p.m.

Sunday, from 4:15 p.m. to 5 p.m.

OFF ICE:

Sunday, from 5 p.m. to 6:15 p.m.

💰 RPL: \$590 | NRPL: \$790

ⓘ 7 to 11 years old

Interregional / Provincial (2001 to 2019)

From September 3rd

ON ICE:

Tuesday, from 7:30 p.m. to 21:15 p.m.

Thursday, from 8 p.m. to 9:45 p.m.

Sunday, 5 p.m. to 6:15 p.m.

OFF ICE:

Tuesday, from 6:15 p.m. to 7:15 p.m.

Thursday, from 6:45 p.m. to 7:45 p.m.

Sunday, from 3:15 p.m. to 4:45 p.m.

💰 RPL: \$690 | NRPL: \$890

ⓘ 10 to 18 years old



CHÂTEAUGUAY SKATING CLUB

Registration season 2019-2020

💰 \$25 discount for each additional child for each classes except for Step 0

📍 Centre culturel G.-P.-Vanier

ⓘ Online at www.ville.chateauguay.qc.ca/en/activites-sportives

Courses at Multisport Centre

[f/CP Châteauguay Skating Club](https://www.facebook.com/CPVChateauguaySkatingClub)

Skate Canada certified and professional coaches assisted by program assistants trained to work with young children. Bilingual education.

ⓘ It will also be possible to register at the Centre multisport on **Thursday, August 29 from 6:30 p.m. to 8 p.m.** and on **Saturday, September 7, from 9 a.m. to noon.**



ⓘ See with the club to choose the coach and schedule.
www.cphateauguayskatingclub.weebly.com

Patinage plus – Step 0

From Saturday, September 21

OFF ICE:

Saturday, 10:05 a.m. to 10:15 a.m.

ON ICE:

Saturday, 10:15 a.m. to 10:45 a.m.

💰 \$222 / 20 lessons

ⓘ Children born after September 30, 2014 who have never skated

Patinage plus – Steps 1 to 6

Fall & Winter Session

From Saturday, September 14 and/or
 Monday, September 16

Monday, 6:10 p.m. to 6:55 p.m.

Saturday, 11:10 a.m. to 11:55 a.m.

💰 1 time per week \$444/22 classes
 2 times per week \$555/44 classes

ⓘ Children born after September 30, 2014, children born before October 1, 2014 who have already skated or not

For children who have already done step 0 or skated.



Pre-Power Skating

From Saturday, September 14

Saturday, 10:05 a.m. to 10:50 a.m.

💰 \$444 / 22 courses

ⓘ Children aged 4, 5 and 6 who never played hockey or ringuette

Objectives: Learn skating skills to play hockey or ringette (front, back, turns, crossover).

REQUIRED EQUIPMENT

Complete player equipment except the stick

Power Skating

From Thursday, October 17

Thursday, 5:05 p.m. to 5:50 p.m.

💰 \$350 / 15 courses

ⓘ Hockey or ringette players born before January 1, 2013

For hockey or ringette players who are part of a hockey team players (front, back, turns, crossovers, speed and balance).

Star skating

Starting Tuesday, September 3

💰 \$444

ⓘ For children of all ages

For children of all ages who want to learn figure skating skills in group or private lessons.

CENTRE SPORTIF POLYDIUM

Serving families since 1984

i 450 698-3120
Schedule, cost and complete
programming: www.polydium.ca

SWIMMING POOL

Winter Session

From October 21 to December 19

i Online registration for aquatic
courses from October 8 to 13

Swimming lessons • Children's parties •
Aqua-stroller • Free swim for adults/family

SWIM TEAM

**The club starts its activities
on September 3**

i Register any time

Ad'eau • Beginner classes • Novice •
Training • Performance (AA) •
Élite (AAA+) • Sport-studies

GROUP SESSIONS

Fall Session

From September 9 to December 15

\$ The annual membership includes
access to the fitness room

i Registration from August 19
to September 8

Zumba • Step • Cardio • Spinning •
Yoga • Tabata • TRX • Yoga/Pilates

TRAINING PROGRAM

Memberships 3, 6 months and 1 year

\$ Training program has free access
to free swim in pool included
(PL mandatory)
(4 times a year with a one-year
subscription)

Private Coaching Service • Fit Parents



i Cultural activities also offered,
visit www.polydium.ca.

CHÂTEAUGUAY BY BIKE



See map at
page 38

Châteauguay invites the population to drive in the city. Take advantage of fall to get out your bike and visit the most beautiful corners of Châteauguay: the riverbanks, the Old Châteauguay, Île Saint-Bernard...

BIKE REPAIR STATIONS

– **ESPACE GRAVEL** (of the historic site of Maison LePailleur)

i Drinking fountain on site!

– **PAVILLON DE L'ÎLE ON ÎLE SAINT-BERNARD**

– **CENTRE CULTUREL G.-P.-VANIER**



BOAT LAUNCHING RAMPS

End of the season: September 15

\$ Residents: Free of charge

Non-residents: Motorized boats \$25

Non-residents: Small boards and
non-motorized boats \$5

i Find the addresses of public access
to the Châteauguay River and Lac
Saint-Louis on the map on page 38.

CENTRE NAUTIQUE

*Come and enjoy our rentals
while there is still time.*

End of the season: September 15

**Every day Until September 2,
from 10 a.m. to 7 p.m.**

**September 7, 8, 14 and 15:
10 a.m. to 7 p.m.**

i 450 698-3122 | [f/centrenautique](https://www.facebook.com/centrenautique)



i Costs and services offered:
www.ville.chateauguay.qc.ca/en/centre-nautique

CHÂTEAUGUAY-LACHINE RIVER SHUTTLE

End of the season: September 15

i www2.navark.ca/lachine-chateauguay

The shuttle crosses back and forth between Châteauguay and Lachine.

Pedestrians and cyclists can move from one shore to the other without any worries.



WEEKEND AND HOLIDAYS

September 2

Departures from Châteauguay | 10:15 a.m., 1:15 p.m., 4:15 p.m., 7:15 p.m.

Departures from Lachine | 8:45 a.m., 11:45 a.m., 2:45 p.m., 5:45 p.m.

DOCKS

Châteauguay | Île Saint-Bernard, across from the Pavillon de l'île

Lachine | Lachine Marina, close to René-Lévesque Park (near 6th Avenue)

COST

Adult (aged 13 and over)

One-way ticket: \$12 | Roundtrip : \$24

Ages 0 to 5

Free

Ages 6 to 12

One-way ticket: \$5 | Roundtrip : \$10

Family

(2 adults and 2 children aged 12 and under)

One-way ticket: \$30 | Roundtrip : \$60

OUTDOORS

i 450 698-3133
www.ilesaintbernard.com/english/home
 f/heritagegstbernard



ÎLE SAINT-BERNARD



i Information and complete list of activities available at www.ilesaintbernard.com/english/activities

U-PICK

In the organic orchard on Île Saint-Bernard



Starting on September 21, 9 a.m. to 5 p.m.

\$ \$13 for a 10-pound bag
 \$22 for a 20-pound bag

About 15 varieties of apples are available for picking until none are left (the U-pick period should continue for two weeks). On the weekends of September 21-23 and 28-29, there will be facilitated activities at the heart of the site: music, children's games, tractor rides, stands selling apple goods and regional products and an outdoor patio!

i Only Héritage Saint-Bernard's bags are accepted.

EXCURSION ON LE HÉRON BLEU PONTOON

On Saturdays and Sundays, from September 7

i Discover the shores of Île Saint-Bernard and the wildlife found there! Reservations are required at 450 698-3133.

HALLOWEEN WITH PIRATES

Saturday, October 26, 10 a.m. to 3 p.m.

\$ Regular pricing to get access to the trails.

i Cancelled in case of bad weather.

Island pirates are waiting for families to celebrate Halloween with a piracy theme! Regular pricing for trail access is in effect.

BENEFIT NIGHT FOR NATURE

Wednesday, November 13, starting at 5:30 p.m.

i Tickets: 450 698-3133

CAFÉ DE L'ÎLE

Open every day from 9 a.m. to 5 p.m.

📍 480, boul. D'Youville

i 📷 #lecafedelile

Enjoy sublime meals and snacks prepared on site! The Café de l'île also offers local products in stores and counters!



FERNAND-SEGUIN ECOLOGICAL CENTRE

Open from 9 a.m. to 5 p.m.

NATURE DISCOVERY ACTIVITIES

Every weekend from September 21 to October 20

i Activities lasting 1 hour and a half are offered free of charge to families. Reservation required.

FREE PRACTICE

Badminton – Pickleball – Futsal – Hockey cosom

September 16 to December 20

Each user must have their membership card to make the reservation and/or to access the trays.



See page 35 for schedule and prices.

FITNESS – GROUP COURSES

SESSION – Fall :

September 16 to December 9

i For all the details (schedule and costs) and to register, see www.beauchateau.ca/programmation

Variety of workouts for every fitness levels.

Melimelo parent/kid 1 to 5 years old and 4-8 years old • Melimelo • Tonus 50+ • Step • Pound@ • Essentrics@ • Piyo@ • Zumba@ • Plyoga@

TRAINING TRACK

From September 16 to December 20 :

Monday to Friday : 7:45 a.m. to 10 p.m.

Saturday and Sunday : 9 a.m. to 8 p.m.

i Subscriptions: 1 month – 3 month – 6 month – 12 month

The new 332 meters training track has 3 corridors for walkers, joggers or running enthusiasts.

CHILDREN

7 sports multisport session

September 29 to November 17

Hockey, frisbee, gymnastics, athletics, handball, tennis and football. Hockey cosom session also available!

i For the rental of synthetic trays, badminton/pickleball courts, gymnasiums or rooms, please contact us at 450 692-8910, extension 105.

ORGANIZATIONS & ASSOCIATIONS



Map and addresses
on page 38



**MEDITATION IN MOVEMENT
THAT PROMOTES HEALTH,
BALANCE AND JOY!**

*Open house in Châteauguay,
come meet us!*

Wednesday, September 4
from 10 a.m. to noon and
from 7 p.m. to 9 p.m.

Friday, September 6 from 10 a.m. to noon

📍 25, rue Principale

📍 Initiation and registration at any time.

For information and schedule:

1 888 924-2441 or 514 967-5271

www.taoist.org

Many courses offered for all levels.



AIR CADETS OF CHÂTEAUGUAY

Open house evening

Wednesday, September 11, 6:30 p.m.

At St-Willibrord School

📞 450 692-5759

📘 /Escadron 626



The cadets will go door to door in Châteauguay to pick up cans and bottles on Saturday, October 19 and to sell their Lotto Cadets tickets on Sunday, October 27, in order to finance their activities.



THE GRAND ORCHESTRE DE CHATEAUGUAY IS RECRUITING

Rehearsals take place in Châteauguay on Mondays, from 7:30 p.m. to 9:30 p.m., and begin on September 9.

i You must own your instrument and have good music reading skills

Similar to every new school year, the Grand Orchestre de Châteauguay (a pop symphonic orchestra) is looking for new musicians to complete some sections!

If you are interested in this adventure, please contact us via our Facebook page or by calling Daniel Théorêt at 514 502-3392.

RIAPAS – LA NUIT DES SANS-ABRIS

Different faces, different stories

Friday, October 18, from 6 p.m. to midnight

📍 Marguerite-D'Youville Parish parking lot
8, rue Rainville

i 450 844-3835



La Nuit des sans-abris is an event that raises awareness about poverty, social alienation and homelessness that an increasing number of Quebecers are facing.



LA BOHÈME IS RECRUITING!

On Monday, August 26 and Tuesday, September 17

📍 Centre culturel G.-P.-Vanier

i Marie-Line at 514 605-6791

On the eve of its 52nd year of existence, the Chœur La Bohème continues to renew itself and is recruiting new singers by calling on anyone who likes to sing and dance in original staging.



AUDITIONS with our director Sylvain Cooke
i A nice voice and enjoying singing in a group are sufficient. Reading music isn't a prerequisite as learning tools are provided (music sheets and soundtracks).



CENTRE D'ACTION BÉNÉVOLE DU GRAND CHATEAUGUAY

i 450 699-6289

www.cabgc.org



The Centre d'action bénévole du Grand Châteauguay serves a customer base of all ages and offers many services and workshops.



CERCLE DES FERMÈRES SAINT-JOACHIM

On Tuesdays, September 10, October 8 and November 12, 7 p.m.

📍 13, rue Principale

i Annual registration on site

Rita 450 691-2311 or Carole 450 507-1040

Women interested in attending the monthly meetings are invited to join the group.



SOCIÉTÉ GÉNÉALOGIQUE DE CHATEAUGUAY

The Society is celebrating its 20th anniversary!

Activities and conferences

i www.societegenealogiquede-chateauguay.com

This year, the Society is celebrating 20 years of existence, during which time it has grown and evolved. Happy anniversary!