



SUMMER PROGRAM

AQUATIC ACTIVITIES

ACTIVITY	TARGET AUDIENCE	LOCATION	COSTS (\$)	Schedule			ADDITIONAL INFORMATION
				Duration	Day	Hours	
Aquafit	Adults (16 years old and older)	Sainte-Anne-de-Bellevue's outdoor municipal pool	\$ 65 residents \$ 80 non-residents	Session #1: From June 25th to July 18th (4 weeks) Session #2: From July 25th to August 15th (4 weeks)	Tuesday and Thursday	12 p.m. to 1 p.m.	SADB Outdoor Municipal Pool To access the lessons' schedule and registration: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
	Adults (16 years old and older)	Sainte-Anne-de-Bellevue's outdoor municipal pool	\$ 65 residents \$ 80 non-residents	June 26th to August 13th (8 weeks)	Tuesday only	12 p.m. to 1 p.m.	
Swimming lessons	Kids and teenagers (4 months to 15 years old)	Sainte-Anne-de-Bellevue's outdoor municipal pool	30 minutes lessons 70 \$ residents 85 \$ non-residents	Session #1: June 24th to July 17th (4 weeks) Session #2: July 22nd to August 14th (4 weeks)	Monday and Wednesday	9 a.m. to 11 a.m.	SADB Outdoor Municipal Pool To access the lessons' schedule and registration: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
				Session #1: June 25th to July 18th (4 weeks) Session #2: July 23rd to August 15th (4 weeks)	Tuesday and Thursday	9 a.m. to 11 a.m.	
				From June 29th to August 17 th (8 weeks)	Saturday	10 a.m. to 12 p.m.	
	Kids and teenagers (6 to 16 years old)	Sainte-Anne-de-Bellevue's outdoor municipal pool	45 minutes lessons 85 \$ residents 100 \$ non-residents	Session #1: June 24th to July 17th (4 weeks) Session #2: July 22nd to August 14th (4 weeks)	Monday and Wednesday	9 a.m. to 11 a.m.	
				Session #1: June 25th to July 18th (4 weeks) Session #2: July 23rd to August 15th (4 weeks)	Tuesday and Thursday	9 a.m. to 11 a.m.	
				From July 1st to August 19th (8 weeks)	Saturday	10 a.m. to 12 p.m.	
Introduction to diving	Kids and teenagers (8 to 16 years old) (Level Blue minimum)	Sainte-Anne-de-Bellevue's outdoor municipal pool	15 \$ residents 25 \$ non-residents	From June 30th to August 18th (8 weeks)	Sunday	11 a.m. to 12 p.m.	SADB Outdoor Municipal Pool To register: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
Introduction to synchronised swimming	Kids and teenagers (8 to 12 years old) (Level Blue minimum)	Sainte-Anne-de-Bellevue's outdoor municipal pool	15 \$ residents 25 \$ non-residents	From June 24th to July 17th (4 weeks)	Monday and Wednesday	12 p.m. to 1 p.m.	SADB Outdoor Municipal Pool To register: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
Introduction to water polo	Kids and teenagers (8 to 16 years old) (Level Blue minimum)	Sainte-Anne-de-Bellevue's outdoor municipal pool	15 \$ residents 25 \$ non-residents	From June 28th to August 16th (8 weeks)	Friday	12 p.m. to 1 p.m.	SADB Outdoor Municipal Pool To register: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
Introduction to competitive swimming	Kids and teenagers (9 to 16 years old, equivalent skills of swimming to level Blue in the Voie Olympique or level Junior 7 in the Red-Cross swimming program)	Sainte-Anne-de-Bellevue's outdoor municipal pool	30 \$ residents 45 \$ non-residents	From June 24th to August 15 (8 weeks)	Monday, Tuesday, Wednesday and Thursday (4 times a week)	11 a.m. to 12 p.m.	SADB Outdoor Municipal Pool To register: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605


SPORTS ACTIVITIES

ACTIVITY	TARGET AUDIENCE	LOCATION	COSTS (\$)	Schedule			ADDITIONAL INFORMATION
				Duration	Day	Hours	
Karate	Beginner (5 years old and +)	Harpell community center	190 \$ residents 210 \$ non-residents	June 4 th to August 29th	Lesson 1 Tuesday + Thursday	5:30 p.m. to 6:15 p.m.	Académie de karaté Yamato Coach : Trevor Istimael Registration : https://sainte-anne-de-bellevue.appvoila.com/fr information and payment : 514 442-9124 www.yamatokarateacademy.com
				June 4 th to August 29th	Lesson 2 Tuesday + Thursday	6:15 p.m. to 7 p.m.	
	Advanced (13 years old and +)		190 \$ residents 210 \$ non-residents	June 4 th to August 29th	Tuesday + Thursday	7 p.m. to 8 p.m.	
Yoga Yin Yang	Adults (16 years and older)	Peter-Williamson chalet	65 \$ residents 80 \$ non-residents	June 10 th to august 26th (12 weeks)	Monday	7 p.m. to 8 p.m.	SADB Leisure services Teacher: Laura Gilmour Registration: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
		Kelso Park (outdoor)	65 \$ residents 80 \$ non-residents	June 11 th to August 27th (12 weeks)	Tuesday	7 p.m. to 8 p.m.	
Zumba	Adults (16 years and older)	Aumais Park (indoor)	65 \$ residents 80 \$ non-residents	June 11 th to August 28th (12 weeks)	Wednesday	7 p.m. to 8 p.m.	SADB Leisure services Professeure : Corinne Langlois Registration: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: loisirs@sadb.qc.ca (514) 457-1605
7Sports program (multisport)	Kids (2 à 4 years old)	Harpell Park	135 \$ + tx residents 155 \$ + tx non-residents	June 16 th to August 11 th	Sunday	9 a.m. to 9:45 a.m.	7Sports – sports activities Registration and more information: https://www.7sports.info/sainteannedelbellevue (514) 717-2787 info@7sports.info
	Kids (4 à 6 years old)	Harpell Park		June 16 th to August 11 th	Sunday	9:50 a.m. to 10:40 a.m.	
	kids (7 to 10 years old)	Harpell Park		June 16 th to August 11 th	Sunday	10:50a.m. to 11:40 a.m.	


COMMUNITY ACTIVITIES

ACTIVITY	TARGET AUDIENCE	LOCATION	COSTS (\$)	Schedule			ADDITIONAL INFORMATION
				Day	Duration	Hours	
Outdoor Play Thursday!	Seed plating activity and pot decorating (4 to 15 years old)	Godin Park	Mandatory and free registration. Residents only.	Thursday	July 4th	6 p.m. to 7:30 p.m.	To register: https://sainte-anne-de-bellevue.appvoila.com/fr For more information: 514 457-1605 loisir@sadb.qc.ca
	Éducazoo (4 to 12 years old)	Aumais Park			July 11th	6 p.m. to 7 p.m.	
	BBQ, Pool and bracelets (Everyone is welcome)	Harpell Park			July 18th	6 p.m. to 8 p.m.	
	Bubble soccer (10 years and older)	Harpell Park			July 25th	5:45 p.m. to 7 p.m.	
	Magic show (5 years and older)	Aumais Park			August 1st	6 p.m. to 7:00 p.m.	
	Outdoor cinema (Everyone is welcome)	Godin Park			August 8th	8 p.m. to 11 p.m.	