

# LE TRAIT D'UNION

MUNICIPAL BULLETIN

WINTER 2025





# A word from the mayor

Dear Citizens,

I am entering my last year as Mayor of the City of Vaudreuil-Dorion. By the time I retire, I will have held this position for a total of 20 years. On October 28, 2005, I was sworn in as mayor of this city—the place where I grew up. At the time, I had no idea that we would be experiencing such rapid growth. My first official event was the groundbreaking ceremony for the construction of the roundabout on Boulevard de la Cité-des-Jeunes. While our population was 22,087 at the time, we have since grown to nearly 46,000. Over the years, I have rubbed shoulders with many elected officials and civil servants who have greatly contributed to making Vaudreuil-Dorion a welcoming and friendly city.

Since 2005, the entire De la Gare sector as well as the commercial sector on the opposite side of the Saint-Charles viaduct have developed quite a bit. The Harwood-De Lotbinière sector, for its part, is in the process of being revamped. The number of sports fields available in the City has also increased, and we have 11 splash pads (12 very soon) in addition to 58 km of bike paths available throughout our urban areas. Public transit has undergone tremendous development as well. The arena has doubled in size, and Centre multisports André-Chagnon was built. Our purification and filtration plants have been expanded and modernized. We have acquired several green spaces—in fact, we currently have more than 50 parks and green spaces, including Le 405 Park and Harwood Nature Park, which quickly won the hearts of citizens, and we own all of the waterfront property along Vaudreuil Bay. Our cultural life is rich, as evidenced by the Je suis monument, the water tower, the Mozaik Network and the increasing number of events we offer.

It is difficult to summarize 19 years (actually almost 20 years) in just a few lines. Vaudreuil-Dorion has prospered, and our financial health is the envy of many cities—but, most importantly, our City has been enriched by a strong community life. Citizens have access to a multitude of services including a brand-new hospital by the end of 2026. Lastly, our Municipal Hub will soon be opening its doors, providing citizens with access to the new Library, City Hall and a public square. This Hub will be a reflection of our City, and a place of which we will be proud.

Consequently, 2025 will be a year marked by numerous small good-byes as I will undoubtedly catch myself frequently saying, “this is the last time that...” I recently experienced just that during my 19th mayor’s blood drive. After 4,077 blood donations collected since 2005 and the involvement of many generous honorary presidents, I can truly say that I was privileged to experience countless beautiful moments that will remain forever etched in my memory.

May 2025 be marked by happiness, health and peace. I look forward to meeting you at the Municipal Hub.

Mayor Guy Pilon



This symbol affixed to various texts in the municipal newsletter indicates that the project is part of the 2020 > 2025 strategic plan.

**Upcoming City Council meetings**  
December 2, January 20, February 3 and 17, and March 17, at 7 p.m. at City Hall  
**Special Budget Meeting**  
December 9

## Municipal Councillors



**Mr. Luc Marsan**  
District 1 | Quinchien



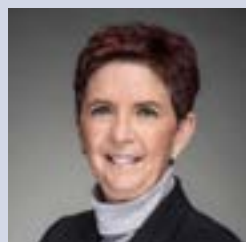
**Mr. François Séguin**  
District 2 | Valois



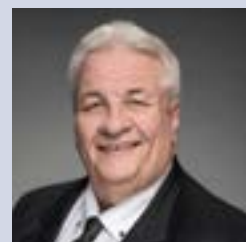
**Mrs. Jasmine Sharma**  
District 3 | Des Bâtisseurs



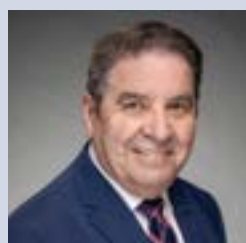
**Mrs. Karine Lechasseur**  
District 4 | De la Seigneurie



**Mrs. Diane Morin**  
District 5 | Des Chenaux



**Mr. Gabriel Parent**  
District 6 | Saint-Michel



**Mr. Paul M. Normand**  
District 7 | Desrochers



**Mr. Paul Dumoulin**  
District 8 | De la Baie

# Tribute to employees

On October 24, the City’s Municipal Council, General Management and staff came together to pay tribute to the employees who retired in 2023 and 2024, and to highlight the commitment of those celebrating their 25, 30, 35 and 40 years of service. This event was also an opportunity to honour the City employees who have been with the organization for 5, 10, 15 and 20 years.



Back row: Paul Dumoulin, Municipal Councillor, André Daoust, Robert Bazinet and Lawrence Cloutier, Retirees, Diane Morin and Karine Lechasseur, Municipal Councillors, Terry Rousseau, Retiree, Paul M. Normand, Municipal Councillor, Olivier Van Neste, General Manager, Mélissa Côté, Assistant General Manager, Jean Gagnon, Retiree, and Gabriel Parent, Municipal Councillor  
Front Row: Carole Leduc and Dominique Mineau, Retirees, François Séguin, Municipal Councillor, Mayor Guy Pilon, Léo Constant, Manon Bissonnette and Carole Couture, Retirees  
Absent from the photo: Retirees Marcel Caron, Manon Chénard, Nathalie De Angelis, Denis Laplante, Daniel McSween and Jean St-Antoine  
Photo: L’Art de capter

# Mayor’s blood drive

The Mayor’s blood drive took place on November 7, under the honorary presidency of Romain, age 4, the son of the City’s Assistant General Manager, Mélissa Côté. When he was just seven days old, Romain was diagnosed with severe scaphocephaly, a rare condition that required emergency surgery at Sainte-Justine Hospital. Thanks to the exceptional care of the staff and a blood transfusion, he successfully overcame this challenge. Today, Romain is a young boy who is full of life!



Mayor Guy Pilon, in the company of the blood drive’s honorary president, Romain, his parents and City of Vaudreuil-Dorion employees.

Thank you to the 236 generous donors who came to Centre multisports André-Chagnon to give blood, 28 of whom were donating for the first time. Just a quick reminder that men can donate blood every 56 days, while women can donate every 84 days. Plan your next donation now at [hema-quebec.qc.ca](http://hema-quebec.qc.ca).

# Holiday season

For the holiday season, municipal services will be closed from December 24 to January 2 inclusively. The Library will also be closed on December 24, 25, 26 and 31 as well as January 1 and 2.

The various collections will take place as planned. A collection of surplus recyclable materials will take place on January 3 for all sectors. All recyclable materials will be accepted, provided they are placed in clear bags. Cardboard boxes are also accepted if they are disassembled, stacked and placed next to the bin during this collection.

For any emergencies requiring municipal intervention during this period, citizens are encouraged to contact 311.

# PQI

## 2025-2029

Adopted on August 12, 2024

### FIVE-YEAR CAPITAL PLAN (PQI)

A planning tool that allows the municipal administration to prioritize its financial resources according to its objectives and to have an overall vision of upcoming projects in order to better anticipate financial needs. The amounts entered can be modified along the way, since the Capital Plan (PQI) is a dashboard that can be adjusted according to the challenges, needs, unforeseen events and opportunities that may arise.

Implementation of two refrigerated ice rinks

### \$475,000

· at the Municipal Hub:  
Installation during the winter season using refrigerate mats



### \$13.9M

· at Parc-école des Quatre-Saisons :  
Permanent covered installation with cooling system integrated into the slab, lighting and service building



### \$30.7M

Widening of Boulevard de la Cité-des-Jeunes, from Rue des Floralies to the future hospital, including a bike path



## A total of \$446,473,650 in investments

### \$14M

Redevelopment of Rue Chicoine between Route de Lotbinière and Rue Brown

### \$21.5M

Renovation of Old Dorion infrastructures (aqueduct, sewer and new outfall to the Vaudreuil Bay)



### \$1,9M

Implementation of two basketball courts on the Cité-des-Jeunes campus



### \$675,000

Projects aimed at improving Parc Paul-Gérin-Lajoie through the addition of volleyball courts, lighting and a fitness area

### \$20M

Increase in the sanitary capacity of the sewer system in the Harwood-De Lotbinière sector

## More than 100 projects

### \$4.5M

Construction of a multifunctional overpass above Highway 30 to access the hospital



### \$1.45M

Implementation of artificial turf at Ecole secondaire des Échos



## AND MUCH MORE!

*Note: Some of the images used are for illustrative purposes only and do not necessarily reflect the outcome of the projects.*

# CONSTRUCTION UPDATE



## Infrastructures

- The redevelopment of Route de Lotbinière, between Boulevard Harwood and Avenue Saint-Jean-Baptiste, is progressing well and will continue in the spring and early summer of 2025. As part of this work, the intersection of Boulevard Harwood and Route de Lotbinière will also be redeveloped. The entrance and exit ramps to Boulevard Harwood will be eliminated to increase pedestrian safety at this intersection. The location of the former east-



Redevelopment of Route De Lotbinière

bound access ramp will eventually be replaced by a green space. Route de Lotbinière will thus reflect the vision of the Harwood-De Lotbinière PPU. The very large asphalt or concrete surface initially laid down will be transformed to make this area livelier by adding sidewalks, bicycle paths, street lighting, trees and vegetated ditches.

- Work on Phase 2 of the Boulevard de la Cité-des-Jeunes redevelopment is scheduled for summer 2025, subject

to obtaining the necessary environmental permits. The redevelopment of the boulevard began in 2020 between Rue des Floralies and Rue Jeannotte, up to the intersection with Rue Henry-Ford, with the addition of sidewalks, bike paths and vegetated strips. It should be noted that the roundabouts at the intersections of Rue Henry-Ford and Boulevard de la Gare are planned for the following year, as part of the work to be carried out by the *Ministère des Transports et de la Mobilité durable du Québec*.

- Following construction of the Municipal Hub, the City plans to permanently connect Rue Toe-Blake and Rue Lorne-Worsley, eliminating the dead ends of both these streets.
- The City continues to invest in the rehabilitation of its wastewater pumping stations. Work is scheduled for the Roche station in 2025. The latter is located at the intersection of Rue Joseph-Carrier and Avenue Saint-Charles.
- In 2025, construction will also begin on the new underground reservoir on Boulevard de la Cité-des-Jeunes, west of Route Harwood. This reservoir, with a volume of nearly 7,000 m<sup>3</sup>, will eventually take on the role played by the water tower in the Dorion sector.

## Green infrastructure – pilot project

- The Engineering and Environment Department is currently analyzing options other than paving for repairing the parking lot at the municipal building located at 190 Avenue Saint-Charles. The aim is to reduce the amount of asphalt or concrete surface area and thus encourage the infiltration of rainwater. This pilot project will make it possible to test the chosen solution and assess the maintenance and snow-clearing challenges during the following winter season, in order to determine the feasibility of replicating the concept on a larger scale.

## Parks, green spaces and sports fields

- Two floodlit basketball courts will be built on the Cité-des-Jeunes campus, near the filtration plant. Work is scheduled to be carried out in 2025.
- Work began this fall on the Parc Paul-Gérin-Lajoie and will continue next spring. Two volleyball courts will be added to the existing ones, and a fitness area will be created (winning project of the 2023 participatory budget). A permanent lighting system will be installed for all areas: skateboard park, volleyball courts and fitness area. Street furniture and a drinking fountain are also among the park's additions.
- Development of the Parc-école des Quatre-Saisons is now complete. Over 200 trees were planted this fall that will eventually create an imposing canopy and a cool island for the area. Interestingly, almost 40% of the trees are conifers, which will help make the space greener, even in the winter.
- The dek field hockey rink has been set up in Parc de la Montée Cadieux. The shelters, built by Public Works staff, will be installed in the spring.



Photo : Christian Gonzalez

- The 12 pickleball courts at Parc Saint-Jean-Baptiste were installed in the fall. The acrylic surface on the courts located near the parking lot will be completed next spring.



Photo : Christian Gonzalez

- Work to redevelop the Parc Bourget began in late last summer and will continue next spring. The future development will include a bantam baseball field with fencing, bleachers, dugouts and benches, new children's play areas and a splash pad. A path connecting the different areas will wind through the park. A service building and street furniture (picnic tables, benches, drinking fountain, sun shelter, etc.) have been planned. Most of the trees will remain on the site, and a few additional trees will be transplanted. As part of this project, the park also saw the addition of children's playground furniture focused on universal accessibility, which aims to meet a variety of special needs (sensory stimulation and accessibility for people with reduced mobility thanks to a total of three components accessible from the ground).

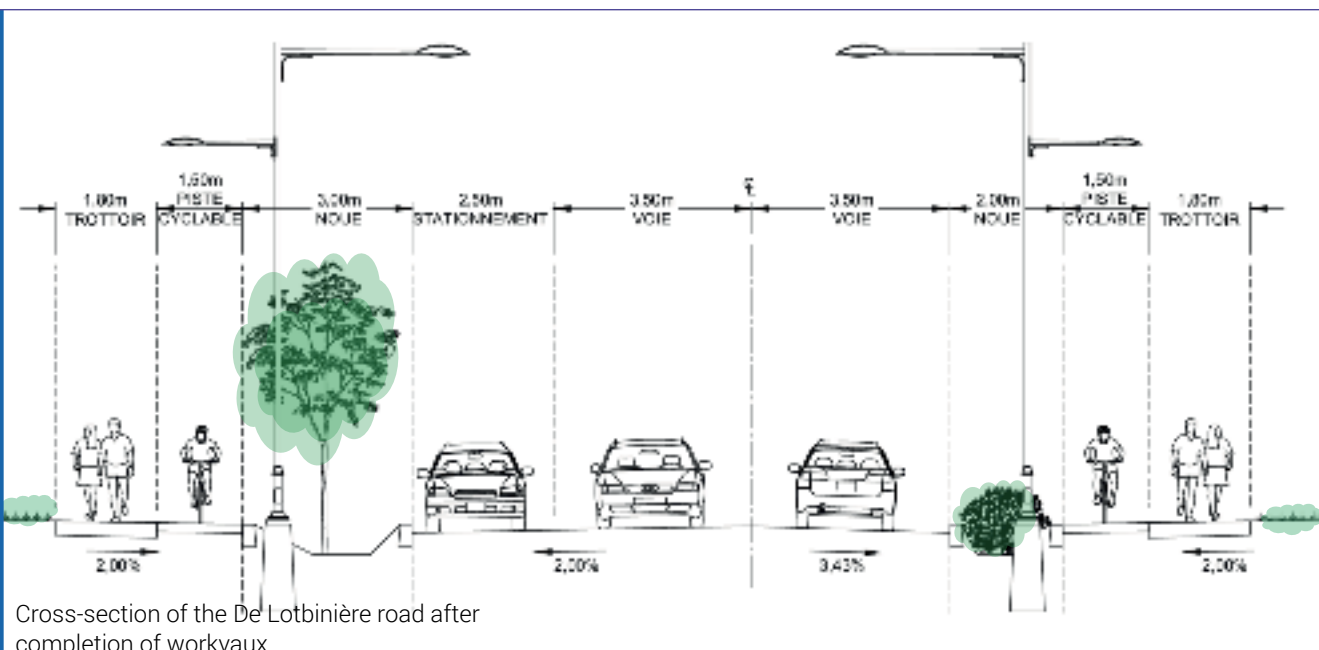


Work at Parc Bourget

Photo : Christian Gonzalez

## Bike paths and pedestrian facilities

- This fall, the City built a bike path on Chemin des Chenaux, between Chemin Dumberry and the sidewalk leading to Parc des Chenaux and Rue de Versailles, thereby extending the existing lane that stopped at the bottom of the overpass.
- In addition to the bike paths to be built on Boulevard de la Cité-des-Jeunes and Route de Lotbinière, the implementation of the bike path master plan includes the following work for the 2025 season:
  - New off-road multi-purpose path on Rue Émile-Bouchard;
  - Phase 2 of the bike path on Rue Valois, between 8th Avenue and Avenue Marier.



Cross-section of the De Lotbinière road after completion of work

**PTO FIND OUT ABOUT CURRENT AND FUTURE WORK, PLEASE CONSULT THE "SPORADIC WORK" SECTION OF THE PUBLIC WORK PAGE ON THE CITY'S WEBSITE.**



**Pôle**  
MUNICIPAL



The opening of the Municipal Hub is fast approaching! Municipal employees will move in during the first months of 2025. The future Library should be accessible around March. Moving requires a great deal of organization. All of the books and documents, as well as the Lab equipment and Object Library items, have to be moved to the new shelving... **We're talking about over 90,000 documents (books, magazines, objects, CDs, games, etc.)!** And then there's the layout of the spaces to consider: the implementation of the self-service loan and return system, the recording studio as well as the furniture for the rooms and work areas. For this reason, the Jeannotte Street Library will have to close a few weeks before the opening of the new one on Émile-Bouchard. Special measures will be implemented for loaning out materials during this transition period. Library users, rest assured, your wait will be amply rewarded when you enter this new, large and bright space!

By the time you read these lines, the work will have been completed. Here's a few more tidbits of info...

**Hub**

- Trees: by the end of the project, over 160 trees will have been planted, on a site that previously had around 5.
- Shrubs and plants: over 14,500 shrubs and perennials planted.
- Alongside the building, a pathway encircled by a landscaped embankment provides access between the residential area and the station.
- Several hundred outdoor seats in different environments on the site (bleachers, amphitheatre, embankments, benches, picnic tables).
- 2 outdoor chess tables.
- 70 outdoor bicycle spaces.

**Library**

- Automated loan and return system
- Children's playground and teen area
- Reader assistance workstations
- Digital creation laboratory with recording studio and musical instruments
- Over 80 seats
- Six teamwork rooms
- Terrace



**Podcast serie Fenêtre sur le pôle**

Dive into the brand-new podcast series designed to preserve the memory of the municipal hub construction project! You'll discover little-known aspects of this vast construction site, as well as the vision of some of the people who play a key role in it. The conversations, led by digital content creator Patrick Richard, are sometimes funny and touching, but always pertinent and revealing of the passion and pride that drive the artisans of this magnificent project.

Soundcloud.com/ville-vd

**FIRE SAFETY**

**Reminder and safety notice**

Health Canada has issued a recall concerning Samsung brand built-in electric ranges that can be accidentally activated by humans and even pets. Since 2013, around 250 fires in North America have been caused by this type of stove. A total of 19 Samsung stove models are subject to this recall. Samsung Canada is distributing a free set of covers or latches to owners of affected appliances who request them.

If you own one of the appliances affected by the recall:

- Keep children and pets away from the appliance's control buttons;
- Do not leave any objects on the range when it is not in use;
- Before leaving home or going to sleep, check the positioning of the control buttons on the device;
- Contact Samsung Canada to receive a set of button covers or protective latches for your device.

For more information, search for Samsung at recalls-rappels.canada.ca or visit the company's website at [https://www.samsung.com/ca/support/slide-in-electric-range-knob-kit/..](https://www.samsung.com/ca/support/slide-in-electric-range-knob-kit/)

**Dealing with emergency situations in the winter**

Winter brings added responsibility when it comes to safety. With this in mind, remember that it's important to clear snow from the entrance to your home at all times, whether it's the main entrance or other exits. That way, in the event of an emergency, you can quickly and safely evacuate and await the arrival of the firefighters. The same applies to basement windows, which need to be unobstructed in order to open and serve as emergency exits, should the need arise. And, while you're at it, why not shovel a path from those windows to the front of the house so you don't get stuck in the snow?

When the fire department is called, every second counts and can make all the difference. That's why we ask you not to bury hydrants under snow when clearing your property. When hydrants are covered in snow, it complicates the work of firefighters and could cost them precious minutes.



**Pour le temps des Fêtes, à Vaudreuil-Soulanges on achète local!**

*Et vous, le faites-vous?*

**ACHAT LOCAL**  
achatlocalvs.com

Fièrement VAUDREUIL SOULANGES

# Emergencies, disasters and natural hazards: taking appropriate action

When it comes to civil protection, the City's role is to prevent risks, plan emergency measures and coordinate a response in the event of a disaster. The City has developed an emergency measures plan that is updated regularly and identifies the risk factors in the territory and contains the measures to be taken to deal with an emergency or disaster situation.

The increasing frequency of extreme weather events requires everyone to be well prepared to deal with them when the time comes. Recent years have confirmed that no one is immune: power outages, ice storms, strong winds, floods... What actions can be taken going forward to limit inconvenience and ensure self-sufficiency when an emergency occurs?

## Be prepared!

**In an emergency, you need to be prepared for the first 72 hours.** It may take some time for rescue teams to reach your neighbourhood. This means that you are primarily responsible for your own safety.

## Make a family emergency plan

- Draw up a list of emergency contacts.
- Create an evacuation plan for your home, agree on a gathering place, and conduct evacuation drills.
- Make sure you know how to turn off water, electricity and gas, if applicable.
- Plan a route to leave your neighbourhood in the event of an evacuation. Plan a second route in case roads are impassable.
- Take an inventory of your belongings, with proof of purchase, photos or videos. Keep these documents and a copy of your home and auto insurance policies outside your home in a safe place.
- Contact your insurer to verify your home insurance coverage.

## Prepare a home emergency kit

Prepare to be self-sufficient for at least 72 hours. In the event of a disaster or natural disaster, you will need some essential items. You may have to manage without a power source or running water. It is your responsibility to start gathering the basics and thinking about what your family will need for at least 72 hours in an emergency.

## 8 essential items:

- Drinking water (six litres per person)
- Non-perishable food (for at least three days)

- Manual can opener
- Battery-operated radio (with spare batteries)
- Cell phone portable charger
- Headlamp or flashlight (spare batteries or crank lamp)
- Lighter or matches and candles
- First aid kit: antiseptics, analgesics, adhesive bandages, sterile gauze pads, scissors, etc.

The Get Ready website (Government of Canada) and the Red Cross website provide comprehensive lists of emergency kits to help you prepare properly.



## Make sure you stay informed

During an emergency in Vaudreuil-Dorion, the City quickly communicates with citizens through a calling system. It's important to sign up for the emergency list and make sure your contact information is up to date. When moving, consider changing your address since calls can be sent to specific areas, depending on the type of emergency.

## How do I register?

- ville.vaudreuil-dorion.qc.ca, Online Services / Automated Emergency Calls section
- somum@ville.vaudreuil-dorion.qc.ca
- 450-455-3371

In addition to the calling system, in the event of an emergency, the City uses various tools to share important information, including its website, Facebook page, citizen portal, and electronic billboards.



## Prevent flooding, check the condition of your fixtures

Make sure your plumbing systems comply with building standards: sump pump, check valve, etc. When in doubt,

consult a plumber. Make sure that water runs out of downspouts far enough from the foundations so that it flows away from the house. Have an extra pump on hand, which can help you drain the water if your basement floods.

## What should you do in the event of a power outage?

Hydro-Québec's self-service tool *Info-pannes* (pannes.hydroquebec.com) remains the main source of information in the event of a power outage. Updated regularly, it informs you of any developments in the situation in real time. If your outage is not indicated as being a planned outage, report it online or at 1-800-790-2424. If you witness a situation that poses an immediate risk to the health or safety of the public (e.g., fallen electrical wires, fire, etc.), call 911 immediately.

If you use a generator, make sure you respect the rules of installation and use. Be sure to place it outdoors, in a ventilated area and away from doors and windows (not in a garage). That way, you will prevent the risk of carbon monoxide poisoning by keeping exhaust gases from entering your home.

## Ensuring the compliance of protective equipment

About 20 City of Vaudreuil-Dorion staff members met on October 1st for training delivered by a firm specialized in water resource management on how to carry out inspections to ensure the compliance of water backup protection equipment, in compliance with municipal by-laws. The objective of the training was to help municipal employees develop their expertise in order to be able to support citizens in protecting their homes during extreme weather events such as the torrential rains that we experienced on August 9. To this end, remember that a permit (free of charge) is required for any work that is done in the basement following these floods. This allows inspectors to ensure that the work complies with by-laws and that any health problems (mould) or issues related to the safety of the building (risk of fire or flooding) are avoided.

Please note that the video recording of the information session on how to protect your residence, offered to the public on November 21, is available on the City's website.

# THE EVENT OF AUGUST 9, 2024 IN SHORT

- 219 mm of rain received over a period of 20 hours
- 2,450 homes affected by torrential rains (21% of the city)
- Over 4,000 calls received by 911 during peak period (35 calls per second)
- 2,700 homes affected by power outages
- Several impassable streets, a collapsed street and a landslide
- Mobilization of the Municipal Civil Security Organization: assessment of the City's infrastructures, establishment of an emergency hotline, preparation of services for citizens and deployment of the Fire Department Mission within the territory to rescue people and secure buildings
- Mobilization of 100 or so City employees during the flooding period of August 9 and during the weekend for the implementation of safety measures and collection
- 500 interventions by Fire Department personnel (securing residences, avoiding fire risks, cutting off the electricity supply)
- Debris collection: around 3,000 tonnes over a period of one month
- Cost to the City of collecting, transporting and disposing of debris: approximately \$1 million
- Free basement renovation permits following August 9: 552 permits requested as of October 18



# Snow clearing and parking during the winter season

Conducting snow-clearing operations across the entire territory requires several hours depending on the amount and type of precipitation received. The operations are complex and require the collaboration of all to be carried out effectively and safely.

## Some good behaviours to adopt to facilitate snow clearing

- Do not park your vehicle on the street until the street has been cleared of snow, and avoid having cars parked on both sides of the street at the same time.
- On collection days, make sure your wheeled bins are placed in your entrance and take them out only if necessary.
- When shoveling, place the snow on your property, not on the street.
- Avoid covering hydrants with snow, whether they are on your property or not. Make sure they are visible in case emergency services are required.
- If possible, clear your street manhole to avoid water accumulation caused by periods of freezing and thawing.

## Street parking

Although parking is prohibited from November 15 to April 1, between midnight and 7 a.m., the winter parking hotline, 450 455-3372, aims to help alleviate by-laws in accordance with weather conditions. Every day, starting at 5 p.m., the hotline's message is updated to let you

know if parking is permitted or prohibited starting at midnight on the same day. The decision to allow or prohibit parking depends on weather conditions as well as the snow removal operations in progress.

You can also be notified of parking bans by subscribing to receive notifications through the City's Citizen Portal. You have the option of receiving notifications by email, text or mobile notification. **Please note that the winter parking hotline remains the most reliable source of information, particularly when it comes to any legal recourse.** It should therefore be prioritized as your main source for this particular information.

Some exceptions apply, so be attentive! Any signage prohibiting parking takes precedence over the telephone hotline message. In the event that parking is prohibited, it is possible to park your vehicle in an alternative parking lot, a list of which can be found on the City's website under Services to Residents/Roads, Water and Sewers Systems/Parking section.

Finally, in the event that the City needs to tow a car that would interfere with snow removal operations, the car will be moved either to another location on the same street, to a nearby street, to Centre multisports André-Chagnon, in the area that is under video surveillance, or on the snow disposal site (Rue du Voiturier) accessible via Rang Saint-Antoine. In this case, citizens are invited to call 311 to find out where their vehicle has been towed to.



# A second accomplishment as part of the exterior signage plan



The City of Vaudreuil-Dorion took advantage of the completion of renovations at Jean-Marc-Ducharme Community Centre to identify the building in accordance with the Exterior Signage Plan. This is the second major task completed, following the Lotbinière Fire Station.

Recall that this plan gives precise guidelines on how to identify municipal infrastructure in a coherent and harmonized manner, namely buildings, City entrances, streets, parks and neighbourhoods, outdoor signage, directional and regulatory signs. Signage is implemented gradually, focusing on new buildings, unidentified locations and infrastructures, and damaged elements that need to be replaced.

# Four *fleurons* for Vaudreuil-Dorion

The City of Vaudreuil-Dorion maintained its four *fleurons* status during the 19th edition of *Fleurons du Québec* awards ceremony held in Saint-Hyacinthe on November 21. This distinction reflects the City's ongoing efforts to provide a pleasant, green and well-maintained environment for its citizens.

According to the *Corporation des Fleurons du Québec*, the City was able to preserve its four *fleurons* due to the quality of its mosaics, the impeccable condition of the public roads and bike paths, community initiatives as well as the perfect ratings received for some of its parks and municipal buildings. More specifically, the evaluator praised the developments of Le 405 and Félix-Leclerc parks, and those of Maison Valois, Opticentre St-Jean-Baptiste and the Jean-Marc-Ducharme Community Centre. These welcoming places illustrate the care the City lends to its public spaces. The abundance and diversity of green spaces remain major assets for Vaudreuil-Dorion, which is why the City makes it a priority to maintain and enhance them.



Parc Félix-Leclerc

Photo : Christian Gonzalez

Note that the residential and institutional sectors also received four *fleurons* while the business and industry sectors obtained three *fleurons*, ranking them in line with the average Québec municipality.

Congratulations to the Public Works team for their hard work !

## ENVIRONMENT

### More than 50 bird species listed in parc de l'Île-Bray

As part of the development of Île-Bray Park, the City of Vaudreuil-Dorion, in collaboration with Club ornithologique Vaudreuil-Soulanges, carried out an inventory of the birds present on this natural site this past fall. On September 4, a total of 13 passionate members of the club took part in this outing, observing many species in this unique setting that offers a direct view over the Ottawa River. A total of 53 species of birds were identified.

This activity marks an important step in the development of



Photo: Michel Juteau, eBird volunteer editor for the Vaudreuil-Soulanges region



the park, made possible thanks to the \$10,000 in financial assistance provided by the Foundation of Greater Montréal and Nature-Action. Note that this step is essential to obtaining additional grants and continuing efforts to restore the natural environment. Observations are available on the eBird web platform.

Thank you to the members of the ornithological club for their enthusiasm and contribution to the preservation of the region's natural heritage!



### Sans auto solo challenge: Vaudreuil-Dorion stands out in the Montérégie area

The City of Vaudreuil-Dorion recently won the *Défi sans auto solo* challenge (no single-driver car challenge) in the medium-sized business category, for the Montérégie area. Between September 1 and 30, employees saved 2,007 kg in greenhouse gases by covering 10,643 km using sustainable transportation (cycling, walking, electric car, carpooling). This victory reflects the City's commitment to sustainable mobility and reducing its carbon footprint. Thank you to the teams for their participation and determination in choosing more responsible modes of transportation.

#### About *Défi sans auto solo*

*Défi sans auto solo* is a friendly competition among companies and institutions from across Québec. To set themselves apart, participating organizations are encouraging their staff and student community to reduce the amount of single-person car travel they do. Whether through active transportation, public transit or even telecommuting, the Challenge is an opportunity for participants to discover sustainable mobility, or to become ambassadors of their preferred mode of sustainable transportation among their colleagues.

### Textiles in the spotlight at the Réparathon event

Over 150 people came to Centre multisports André-Chagnon on October 26 to take part in the fifth edition of the Réparathon event. This year's event focused on textile reuse, repair and recycling. A workshop, conference, pop-up thrift shop and repair shop were offered free of charge to visitors.

This event is organized every year to coincide with Québec's Waste Reduction Week, which aims to raise awareness and encourage everyone to reduce waste and consume more responsibly.



## FONDS COMMUNAUTAIRE ÉCOPROJETS 2025

### APPEL AUX CITOYENS, ORGANISMES ET INSTITUTIONS PUBLIQUES DE VAUDREUIL-DORION

Vous aimeriez mettre en place un projet environnemental qui bénéficie à votre communauté ?

Jusqu'au 28 février, soumettez votre idée et vous pourriez obtenir jusqu'à 5000 \$ pour réaliser votre projet.

Détails et formulaire au [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca), section Environnement

Plus d'information au 450 455-3371, option 1



### Rita Tanios, new youth member of the Environment Committee

Last November, following a call for candidates, Rita Tanios joined Vaudreuil-Dorion's Environment Committee. An architecture student, Rita worked as an Awareness Officer in the Environment Division during the summer of 2024. Passionate about protecting the environment, she hopes to contribute to the fight against climate change by proposing local solutions and continuing to raise awareness of the issue among her fellow citizens.

The committee's mandate is to study any issue identified by the municipal council or general management, and to make recommendations on major environmental issues prioritized by the City, such as environmental protection, environmental quality, large-scale projects, policies, strategies, action plans or regulations related to water, air, soil, climate change, greenhouse gas reduction, natural environments, biodiversity and waste management.





**FREE  
NEW LOCATION!**  
Maison Félix-Leclerc (186 Chemin de l'Anse)  
Online registrations at [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)  
**Information:** 450-455-3371, Option 1  
[environnement@ville.vaudreuil-dorion.qc.ca](mailto:environnement@ville.vaudreuil-dorion.qc.ca)



**January 29, 7 p.m.**  
**MAKING HOMES MORE  
FLOOD RESISTANT**

By Alicia Ruel, Écohabitation

This conference will introduce participants to the main principles for making homes more flood resistant. Topics include best practices, strategies for protecting your building with a counter-slope driveway, flash flooding and resources and subsidies available.

**February 19 février, 7 p.m.**



**LOVE AND WASTE:  
A STORY ABOUT  
RECYCLING**

By Anne-Sophie Lemay and Luisa Novara, City of Vaudreuil-Dorion

For Valentine's Day, the City of Vaudreuil-Dorion is hosting a conference on waste management to help you fall in love with sorting! Tips and tricks to make composting and recycling easier at home.



**March 19, 7 p.m.**

**ADOPTING CYCLING AS A MODE OF  
TRANSPORTATION - TIPS AND ADVICE**

By Vélo Québec

The aim of this conference is to demystify cycling as a mode of transportation in urban areas and provide tips and advice on how to ride comfortably. You'll learn how to equip your bike and prevent theft. You'll be ready to pedal around the City in complete safety!



## Vaudreuil-Dorion signs the Lake of Two Mountains Charter of Commitment

On October 1, some 50 representatives from the municipal, environmental and recreation-tourism sectors gathered at Le Littoral Services Center in Oka National Park to launch the Lake of Two Mountains Charter of Commitment. Oriana Farina, Head of the Environment Division, was on site representing the City of Vaudreuil-Dorion, the first City to sign the Charter. Coordinated by the Conseil régional de l'environnement (CRÉ) de Montréal, the CRÉ de Laval, the CRÉ des Laurentides and the CRÉ de la Montérégie, the Charter's ambitious aim is to unite all organizations, from

one shore of the lake to the other, in order to protect this precious reservoir of fresh water.

The Lake of Two Mountains is a site of vital importance due to its proximity to the metropolitan population and its role as a source of drinking water for over a million people. However, the extent and diversity of its uses threaten the balance of its ecosystem and the maintenance of the ecological services it provides.

The Charter of Commitment sets out a shared vision and six collective ambitions, including ensuring water quality and availability, protecting natural environments, ensuring governance, and adapting to climate change. These priorities address the key issues facing the region and will guide future actions.

The Charter can be consulted at [cremtl.org](http://cremtl.org).

**By signing the Charter, the City of Vaudreuil-Dorion recognizes how important this body of water is to the health of populations and ecosystems.**



Photo : Christian Gonzalez

## Wheeled bins: 2024 assessment of material sorting

Once again this summer, environmental awareness officers inspected wheeled bins in the Vaudreuil-Dorion area to promote better sorting of materials. The information gathered is used to target the awareness-raising and information activities best adapted to local realities in order to achieve the objectives related to reducing the amount of waste that ends up in the landfill.

At the end of the summer season, the awareness officers drew up a list of the most frequent sorting errors observed in wheeled bins. The findings are as follows:

- The presence of organic materials, such as green and food waste as well recyclables in garbage bins.
- It should be noted that citizens who take part in the organic waste collection program put the right materials in their bins. At the same time, plastic bags are still being used, even though they are prohibited for organic waste. This applies even when the packaging of said bags indicates that they are biodegradable or

compostable.

- Final waste disposed of in recycling bins.

A number of the bins found to be non-compliant in 2023 were re-inspected in 2024. While most garbage bins were still non-compliant, over 70% of recycling and organic waste bins no longer had sorting errors. This observation suggests that households resistant to participating in organic waste and recycling collections remain unaffected by awareness-raising activities, whereas those already participating are integrating the proper way of doing things and improving the way they sort their materials.

The 2024 report on the study of wheeled bin contents can be consulted on the City's website, in the Collections and Schedules section.

## Une chanson à l'école project

On September 27, some 4,000 children from 17 elementary schools within the Centre de services scolaires des Trois-Lacs school board (including 8 from Vaudreuil-Dorion), as well as special education students from Cité-des-Jeunes high school, gathered on the Cité-des-Jeunes turf to perform *Plus je sais, mieux je suis*, accompanied by the Alfa Rococo duo, 78 musicians from the Harmonie de la Cité-des-Jeunes band and 5 musicians from Orchestre symphonique de Montréal. This initiative by music teacher Andréanne Allard, from Cité-des-Jeunes high school, was part of the *Une chanson à l'école* project.



Photo : Vivien Gaumont

This marked the second year such a gathering was held in Vaudreuil-Dorion, launching the Journées de la culture event. Last year, nearly 900 young people got the opportunity to unite their voices with those of singer-songwriter Fanny Bloom at Parc de la Maison-Valois.

Thank you to the organizers, the youngsters, the teachers and the many volunteers who made it possible for the participants to experience such a wonderful event, and to Alfa Rococo, who led this 9th edition of *Une chanson à l'école*, for playing such a generous part! The video of this musical performance can be viewed at [jesuismozaik.com](http://jesuismozaik.com).



Photo : Productions Kinescope



## Another mural added to the landscape!

Kolab artist Fluke joined forces with young citizen Alexandria Diardichuk-Marinakis to create an ambitious art project on two of the filtration plant's walls. The majestic mural completed last October is the realization of the project submitted by Alexandria in the youth section of the 2023 participatory budget. She wanted to highlight the beauty of the City, its parks and landscaping through the eyes of young artists, and to use art a means to bring together diverse cultures. The project was indeed a success! Passers-by can now admire the incredible *Paysages en fleurs* mural either on Chemin Paul-Gérin-Lajoie and Avenue Saint-Charles, facing Vaudreuil Bay.

As part of their creative process, at the end of July, Alexandria and Fluke held a creative horticultural activity with youngsters from the teen club of the Animation Jeunesse day camp, accompanied by Patrick Legault, Foreman - Horticulture and Urban Forestry for the City of Vaudreuil-Dorion. The mural is a representation of the different flowers that can be found within the territory. It is now listed as part of the Mozaïk art circuit.

It should be noted that the budget initially allocated to the project was increased through the 2021–2024 cultural development agreement between the City of Vaudreuil-Dorion and the *Ministère de la Culture et des Communications du Québec*.



### BACK IN MACH 2025!







**Édifice de la Croisée**  
1255-1257, rue Émile-Bouchard

**GRATUIT**  
Ouvert à tous  
Aucune réservation requise







**MEZAIK**  
DIFFUSEUR DE CULTURE

Entente de développement culturel  


**Québec** 

|| Le réseau qui met en lumière  
|| le dynamisme culturel de Vaudreuil-Dorion

MA  
RÉFÉ  
RENCE  
CULTU  
RELLE



AGENDA | JOURNAL | BALADOS | VIDÉOS | CARAVANE | CIRCUIT D'ART

## The Caravan on tour this fall: fun and adventure for the whole family

The Mozaïk Caravan has been busy this fall: storytime in daycares, back-to-school parties, participation in *Journée P* with Parrainage civique, inauguration of the Quatre-Saisons School Park and Halloween celebrations, as well as a travelling exhibition by L'Atelier! During these activities, the welcoming and easily recognizable vehicle was transformed into a nostalgic photobooth, a creative workshop, a showroom, a library and even a pirate!

A meeting place for young and old alike, the Mozaïk Caravan continues to innovate and promote art and culture for all.



Children from 16 daycare centres in Vaudreuil-Dorion enjoyed a special visit focused on the discovery of reading, books and words. Dazzled eyes, smiling faces, giggles, joy from learning new words... these are just some of the reactions the children had to our carefully chosen books. A true literary and artistic immersion!



### Storytime in daycare centres

- 16 daycare centres visited in September, October and November
- 41 fun storytime mornings
- 158 groups
- 1,300 children reached in their own environment



### Pilot project: cultural awakening for toddlers through books and live reading

This fall, our animators innovated by offering storytelling for toddlers between the ages of 18 months to just under three years. They reached out to this new audience, for whom there are very few cultural activities, and visited around 64 groups of pint-sized readers. Books were read aloud to evoke emotion and surprise and stimulate toddlers' thirst for knowledge and love of beauty. It proved an amazing introduction to culture!





# PLAISIRS D'HIVER

**DU 18 JANVIER  
AU 15 FÉVRIER**

**RENOUEZ AVEC LES JOIES DE L'HIVER !**

- Initiation à des activités de plein air
- Soirées pour les ados
- Chocolat chaud gratuit, foyers

Tous les détails dévoilés prochainement au [ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)



## LIBRARY

- Registration online on the City's website or by phone at 450 455-3371, Option 6 for Library members, whether residents or non-residents, starting January 6 at 10 a.m.
- Places are limited.
- All activities are offered free of charge.

Reduced program this season due to the Library's upcoming move to the Municipal Hub.

## YOUTH ACTIVITIES

**STORYTIME**  
Mondays, January 13 to February 10  
10:30 to 11:30 a.m. | Ages 3 to 5

Facilitators Françoise and Annie offer a fun hour of story-telling each week followed by a crafting activity.  
*Participants who register must commit to attending all sessions.*



## ACTIVITIES FOR ADULTS

**PUZZLE CLUB**  
Wednesdays, January 8 to February 12, 10 a.m. to noon

Puzzles are great for mental stimulation and manual coordination. The Library challenges its users to put together a 500, 750 or 1000-piece puzzle, in collaboration with Jacinthe, a clerk with a passion for puzzles, and other enthusiasts of this beneficial pastime.  
*Participants who register must commit to attending all sessions.*



**MUSICAL AWARENESS**  
Friday, January 17, January 31 and February 14  
9:30 to 10:00 a.m. | Ages 6 and under

Join hosts, singers and musicians, Annik and Georges, to sing, dance and laugh while discovering nursery rhymes and funny stories!

**BOOK CLUB**  
Wednesday, February 5, March 12, April 9 and May 7  
10:30 a.m. to 12:30 p.m. (Group 1)  
and 1:30 to 3:30 p.m. (Group 2)

Each month, all book club members read the same book, which they then discuss together with host Karine Fortin. This winter's featured titles are *Furie* by Myriam Vincent, *Ör* by Audur Ava Olafsdottir, *Rien ne s'oppose à la nuit* by Delphine de Vigan and *Cheval indien* by Richard Wagamese.  
*Participants who register must commit to attending all sessions.*

## ACTIVITIES FOR EVERYONE

**CHESS CLUB**  
Thursdays, January 9 to February 13, 4:30 to 8.30 p.m.

The Chess Club invites fans of this thousand-year-old pastime, whatever their age or level, to come have fun and perfect their game. All the necessary equipment is made available to players in the Félix-Leclerc room.  
*No registration required.*




# Jeux et Flocons

**Parc de la Maison-Valois**  
**22 février, dès 19 h**  
[ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)

Dans le cas où les conditions météorologiques ne seraient pas favorables, l'événement pourrait être annulé. Surveillez la page Facebook de la Ville !



## Camp Franco-Fun receive top honours once again

On October 3, Camp Franco-fun was awarded the Association québécoise du loisir municipal's OTIUM trophy in the Municipalities or Boroughs with 25,000 to 74,999 inhabitants category during the Prix Excellence Ceremony held at the Bonaventure Hotel in Montréal. This recognition follows that received in June at the Nomina Gala, which celebrates excellence and innovation in recreation and sport in the Montérégie area.

Offered for the first time in 2022, Camp Franco-fun is a day camp program designed for allophone children in Vaudreuil-Dorion, enabling them to continue developing their French language skills during the summer months, through a

pecially dedicated day camp. It is a tool that enables social and linguistic integration through leisure activities, and creates strong ties within the community, facilitating access to local resources and helping immigrant families to put down roots. This program is the fruit of a collaborative effort between the City, Animation Jeunesse and the Centre de services scolaires des Trois-Lacs. Two other partners joined the project in 2024: Réseaux and the Fondation des enfants de Vaudreuil-Soulanges.

In the summer of 2024, 50 young people ages 5 to 12 took part in this two-week program.



Chloé Marciel, Division Manager - Culture and Community Life, Geneviève Lalande-Bernatchez, Section Manager - Day Camps and Animation, Pascale Lauzon, Section Manager - Social Development and Diversity, Carolina Martinez Osorio, Development Officer - Youth Services at the CSSTL, Catherine Boyer-Dandurand, Division Manager - Sports and Recreation, and Vincent Bastien, Director of the Recreation and Community Department



This Holiday season, and all year long, the community is there for you and your loved ones.

**DO YOU NEED HELP?**

Don't hesitate to call 211, an information and referral hotline for social and community services.

*Happy Holidays!*

## Community Forum: daring to take action for a sustainable future



On November 14, the City of Vaudreuil-Dorion held the fourth edition of its community forum around the theme entitled *Le pouvoir d'agir local pour un avenir durable—Osons l'action!* (local empowerment for a sustainable future—let's dare to take action!). Some 100 participants from the community, environment, health, education and public safety sectors, Vaudreuil MNA Marie-Claude Nichols, as well as City employees, elected officials and citizens gathered at Centre multisports André-Chagnon to develop concrete solutions for building a greener future.

The day began with a talk by Jérôme Dupras, environmentalist, university researcher and professor, also known as the bassist of music group Cowboys Fringants, on environmental involvement at the community level. In his presentation, he began by outlining the current pressures, known as global change, facing human and natural systems. Using examples from research carried out on Québec's urban ecosystems, Jérôme Dupras demonstrated how to develop effective strategies to protect nature in order to counter the effects of these global changes.



Manon Giri, Development and Partnerships Coordinator at Solon, respectively shared their experiences related to environmental empowerment.

Célia Corriveau of Pôle d'économie sociale Vallée-du-Haut-Saint-Laurent led three action-oriented workshops designed to motivate participants to take concrete measures with regard to environmental issues, and to support existing local initiatives by designing tools and projects to mobilize them.

**Leading by example**

To inspire the community, the City of Vaudreuil-Dorion is committed to applying the principles of ecoresponsibility to the organization of its event. More specifically, it reduced waste production by limiting document printing and using compostable food packaging. To limit the greenhouse gas (GHG) emissions produced by transporting participants to Centre multisports André-Chagnon, the City created a car-pooling platform and a competition to promote the use of sustainable transport (walking, cycling, etc.). Participants were also invited to bring their own reusable coffee cups and water bottles to encourage individual action.



Photo : Christian Gonzalez

### LA NUIT DES SANS-ABRI

The 35th edition of *La Nuit des sans-abri* took place on October 18, under the theme *L'itinérance : 100 visages* (100 faces of homelessness). In Vaudreuil-Dorion, the annual event was held at L'Aiguillage on Rue Chicoine. *La Nuit des sans abri* aims to raise public awareness of the situation of homelessness, poverty and social alienation that is affecting more and more people across Québec. As part of the activity, people spend the night on the streets to show their solidarity with those living in precarious conditions. The activity also gives a voice to the homeless, demystifying realities and deconstructing prejudice.



### BUDGETING WORKSHOPS WITH ARC-EN-CIEL VAUDREUIL-SOULANGES

Poverty, the housing crisis and the rising cost of food is a concern for everyone. Taking care of your mental health can be difficult when you're facing such challenges. That's why Arc-en-ciel, with the support of the City of Vaudreuil-Dorion, recently offered budgeting workshops for all citizens, regardless of age, family status or background. Around ten people have attended each of the training sessions to learn how to apply personalized budgeting concepts in a laid-back, reassuring and open setting focused on sharing. Sandra Lavoratore knew how to make a challenging subject easy to understand and communicate information without judgment. Congratulations to the organization for this highly relevant initiative, and thank you to all the participants!



10<sup>e</sup> anniversaire du Centre prénatal et jeunes familles de Vaudreuil-Soulanges

### THE PRENATAL AND YOUNG FAMILY CENTRE CELEBRATES 10 YEARS!

Over 140 people gathered at Opticentre St-Jean-Baptiste on September 21 to celebrate the 10th anniversary of the Vaudreuil-Soulanges Prenatal and Young Family Centre. Founded in 2014 by Chantal Darcy and Christina Maurice, the Centre has since welcomed 9,031 families and over 19,400 children. What began as a small local initiative has become a unique organization in the Vaudreuil-Soulanges region, dedicated to supporting families from pregnancy to kindergarten. Thanks to a wide range of workshops and adapted services, the Prenatal and Young Family Centre offers comprehensive support for parents and toddlers, meeting their needs at every stage of this important period. In addition to offering services that meet the needs of the population, the Centre's team has also gone beyond its primary mission over the years by getting involved in the community through structuring projects, particularly with seniors, in collaboration with other local organizations and partners.

Congratulations to all the staff and volunteers at the Prenatal and Young Families Centre, and happy 10th anniversary!

### A FIRST HARVEST FESTIVAL FOR L'ATELIER PAYSAN

Since its creation in 2021, L'Atelier Paysan has aimed to offer a unique market-gardening experience to young people in Vaudreuil-Soulanges: hosting groups at the urban farm, educational workshops and school projects. In 2023, the organization made a worrying observation: although participants are taught to grow their own vegetables, they don't always know what to do with them. And so began the process of building an outdoor kitchen, with the intention of providing additional learning opportunities, including processing, cooking and preserving harvested produce. As a result, L'Atelier Paysan has been welcoming groups for culinary workshops since the end of summer 2024.

Last fall, the organization held its very first harvest festival, offering workshops on how to preserve garden fruits during this period of abundance. Lacto-fermentation, tomato sauce, compote and jam were all part of the program.



To finance its educational activities, L'Atelier Paysan relies in part on the sale of vegetables. To produce these vegetables, they count on volunteers who have an interest in gardening. Anyone interested in volunteering is invited to contact the organization by e-mail at [accueil@latelierpaysan.ca](mailto:accueil@latelierpaysan.ca).

### ÉVÈNEMENT MUSICAL SUD-ASIATIQUE

L'Association tamoule de Bharati a tenu le samedi 24 août un événement musical sud-asiatique au parc Le 405. Danses, musique et nourriture ont permis aux participants de découvrir les arts et la musique de cette partie du globe. L'événement, qui a bénéficié du soutien de la Ville, a connu un vif succès: quelque 500 personnes issues de différentes communautés ethnoculturelles y ont participé.



# TON CÉGEP à Vaudreuil-Dorion

- Sciences humaines
- Éducation spécialisée
- Physiothérapie
- Soins infirmiers

 **CÉGEP DE VALLEYFIELD**  
Centre de Vaudreuil-Dorion  
[cegepvalleyfield.ca](http://cegepvalleyfield.ca)



# SWIMMING LESSONS

## REGISTRATION

**Residents:** Starting December 9, 6 p.m.  
**For everyone:** Starting December 11, 9 a.m.

**Schedule on the City's website**

**Children:** January 11 to March 16 (10 weeks)  
**Adults:** January 6 to March 13 (10 weeks)

### Cost

**Vaudreuil-Dorion residents:** \$72.50  
**Non-residents:** \$130

## DESCRIPTION OF CHILDREN'S SWIMMING LESSONS

### PARENT-CHILD 3, PRESCHOOL, SWIMMER 1 AND 2

- Designed for children ages 2 to 6 (except Swimmer 1 and 2).
- A parent must accompany the child in the water up to and including Preschool Level 3.
- No group transfer or takeover possible.
- Swimming cap required.
- Class duration: 30 minutes.

LEVEL	PREREQUISITES
<b>Parent-child 3 *</b>	Ages 2 to 3
<b>Préscolaire 1 *</b>	Ages 3 to 5 + Be a beginner swimmer, can immerse your face and hold your breath.
<b>Preschool 2 *</b>	Ages 3 to 5 Preschool 1 completed <b>OR</b> Can jump into the water with help. Can float and glide on stomach and back (3 seconds), with help. Can put face in water and make bubbles.
<b>Preschool 3 *</b>	Ages 3 to 5 Preschool 2 completed <b>OR</b> Can be completely submerged underwater. Wearing a PFD, float (3 seconds) and glide (3 metres) on stomach and back. Wearing a PFD, flip over sideways from stomach to back and back to stomach. Using a floating aid, swim a distance of 5 metres while lying on back and whip kicking.
<b>Preschool 4</b>	Ages 3 to 6 Preschool 3 completed <b>OR</b> Retrieve an object from the bottom of the water (water at waist height). Float for 5 seconds on both stomach and back. Flip over sideways from stomach to back and back to stomach. Glide on stomach and back for 3 metres. Stomach and back kicking for 5 metres (unassisted)).
<b>Preschool 5</b>	Ages 3 to 6 Preschool 4 completed <b>OU</b> Can open eyes underwater and retrieve an object from the bottom of the water (water at chest height). Glide sideways for 3 metres, without help. Rolling legs on stomach and back for 7 metres, unassisted. Unassisted side kick for 5 metres..
<b>Swimmer 1</b>	Ages 5 to 9 + Be a beginner swimmer.
<b>Swimmer 2</b>	Ages 6 to 14 Swimmer 1 completed <b>OR</b> Jumps unassisted into deep water (chest). Can float on stomach and back for 5 seconds, without help. Glides unassisted on stomach, back and side for 3 metres. Unassisted front and back kick crawl for 5 metres. Wearing a PFD, can front crawl for 5 metres.

\* Each child must have a parent accompanying them in the water

### SWIMMER 3 TO 6

- Designed for children 6 years and older.
- Class duration: 40 minutes.

### TEEN 1, 2 AND 3

- Designed for teens aged 10 to 16.
- Class duration: 40 minutes.

### Cost

**Vaudreuil-Dorion residents:** \$82.50  
**Non-residents:** \$140



Photo : Christian Gonzalez

LEVEL	PREREQUISITES
<b>Swimmer 3</b>	Ages 6 to 14 Swimmer 2 completed <b>OR</b> Jump into deep water and enter the water by side-rolling while wearing a lifejacket. Remain at the surface of the water for 15 seconds. Whip kick in a vertical position. Swim 10 metres on stomach and back. * Deep-water pool class
<b>Swimmer 4</b>	Ages 7 to 14 Swimmer 3 completed <b>OR</b> Swim on the spot for 30 seconds. Dive from a kneeling position. Front somersault into the water. Whip kicking over 15 metres on stomach. Front crawl and back crawl for 15 metres. * Mostly deep-water pool class
<b>Swimmer 5</b>	Ages 7 to 14 Swimmer 4 completed <b>OR</b> Roll, swim on the spot for 1 minute and swim 50 metres. Dive into deep water; swim underwater. Breaststroke whip kicking on the stomach for 15 metres. Breaststroke using arm and breathing techniques. Front and back crawl over 25 metres.
<b>Swimmer 6</b>	Ages 7 to 14 Swimmer 5 completed <b>OR</b> Dive into the water's edge and compact jump. Swim on the spot for 2 minutes. Front and back crawl for 50 metres. Breaststroke for 25 metres. Can perform interval training 4 x 50 metres.
<b>Teen 1</b>	This course is for beginner swimmers between the ages of 10 and 16. It offers an introduction to basic swimming techniques (submersion, flotation, gliding on stomach and back), learning front and back crawl, and an introduction to deep water. No prerequisites.
<b>Teen 2</b>	Ages 10 to 16 Teen 1 completed <b>OR</b> Float for 5 seconds on both stomach and back, without help. Single crawl and backstroke for 10 to 15 metres. Comfortable swimming with your face underwater. Comfortable jumping into deep water with a buoyant aid.
<b>Teen 3</b>	Ages 10 to 16 Teen 2 completed <b>OR</b> Swim backstroke and front crawl for at least 50 metres. Performs arm and leg breaststroke movements. Swim on the spot in deep water for at least one minute. Jumps into deep water on its own and orientates itself afterwards. * Mostly deep-water pool class

## YOUNG LIFEGUARD - JEUNE SAUVETEUR

- Intended for children ages 8 to 14.
- Class duration: 55 minutes.

### Cost

Vaudreuil-Dorion residents: \$102.50

Non-residents: \$160

LEVEL	PREREQUISITES
<b>Rookie Patrol</b> <i>Jeune Sauveteur Initié</i>	Ages 8 to 14 Swimmer 6 completed <b>OR</b> Has an interest in becoming a lifeguard. Perform a stop jump and a compact jump in deep water. Swim on the spot using only his/her legs, for 45 seconds. Complete a 25-metre breaststroke sprint. Complete a 100-metre front and back crawl. Can complete a 300-metre endurance swim.
<b>Ranger Patrol</b> <i>Jeune Sauveteur Averti</i>	Ages 8 to 14 Rookie Patrol completed <b>OR</b> A un intérêt à devenir sauveteur. Has an interest in becoming a lifeguard. Perform surface dives, head and feet first. Front and back crawl for 100 metres and do the breaststroke for 50 metres. Complete a 350-metre endurance swim and a 100-metre endurance swim in less than 3 minutes.
<b>Star Patrol</b> <i>Jeune Sauveteur Expert</i>	Ages 8 to 14 ans Ranger Patrol completed <b>OR</b> Has an interest in becoming a lifeguard. Carry an object (2.3 kg) in deep water, for 1 minute. Front crawl and back crawl for 100 metres and do the breaststroke for 75 metres. Complete a 200-metre endurance swim in less than 6 minutes

## LES CITADINS SWIM CLUB

The program offered by Les Citadins Swim Club is an alternative to swimming lessons. It also gives young people between the ages of 7 and 12 the opportunity to continue swimming after completing level 6.

### Prerequisites:

- Can move without use of a floating aid for a distance of 25 metres
- Be comfortable enough in the water to learn the front and back crawl
- Can go into the deep end of the pool

Free tryouts for the winter session on December 10 at 6 p.m. at the Cité-des-Jeunes swimming pool

Information et registration: [lescitadinsnatation.com](http://lescitadinsnatation.com)

## DESCRIPTION OF ADULT CLASSES (16 years and up)

Schedule on the City's website.

- Classes are offered on weekdays evening (40 minutes).
- They are subject to change or cancellation without notice.

### Cost

Vaudreuil-Dorion residents:

\$82.50 (Ages 16 to 54), \$72.50 (55 years and up)

Non-residents:

\$140 (Ages 16 to 54), \$130 (55 years and up)

LEVEL	PREREQUISITES
<b>Adult 1</b>	None
<b>Adult 2</b>	Adult 1 completed <b>OR</b> Comfortable in deep water, can submerge oneself and hold breath underwater. Can float on stomach and back, without help. Can glide on stomach, back and side while whip kicking for 3 metres, without help. Can front and back crawl for 10 metres, without help.

<b>Adult 3</b>	Adult 2 completed <b>OR</b> Dive and swim on the spot in deep water for 1 minute. Front and back crawl for 25 metres. Perform both arm and leg movements of the breaststroke non-stop for a distance of 50 metres.
<b>Aquafitness</b>	Lessons given in the half-pool (shallow and deep). Moderate intensity. No swimming skills are required for this course.
<b>Deep water aquafitness</b>	Lessons given in the deep end of the pool. Moderate to high intensity. A buoyancy belt is provided to help participants stay afloat.
<b>Aquahealth</b>	Classes are given in the shallow end of the pool. Light to moderate intensity. Intended for those who are somewhat less fit.
<b>Fitness</b>	Long-distance swimming course (continuation of Adult 3) designed to develop endurance and swimming techniques through interval training, sprints and long distances. Swimmers must be able to swim the front crawl, backstroke and breaststroke for at least 100 meters and swim 200 meters continuously.
<b>Aquafitness Combo Deep water aquafitness</b>	Moderate-to-high-intensity classes alternating between the shallow and deep end of the pool. These transitions will be made by swimming 25-meter lengths in the pool, to accentuate cardiovascular work. Participants should expect to swim short distances and perform a variety of workouts. For people who are comfortable in deep water and know how to swim.

## WATER RESCUE AND TRAINING COURSES

Detailed schedule on the City's Website

### COMBINED BRONZE CROSS AND MEDAL

#### Cost:

Free, through the financial assistance program for the free training of lifeguards and aquatic instructors offered by the Ministère du Sport, du Loisir et du Plein air.

#### Additional fees:

Pocket mask (\$16)

#### Prerequisites:

Be 13 years old and demonstrate Bronze Star skills. An assessment will be made at the first class.

### NATIONAL LIFEGUARD

#### Cost:

Free, through the financial assistance program for the free training of lifeguards and aquatic instructors offered by the Ministère du Sport, du Loisir et du Plein air.

#### Prerequisites:

Must be 15 years of age at the time of the exam, hold a Bronze Cross certificate and have successfully completed the General First Aid course.

### DEVENIR SAUVETEUR

#### SAUVETEUR NATIONAL

Avoir 15 ans



#### PREMIERS SOINS – GÉNÉRAL



#### CROIX DE BRONZE



#### MÉDAILLE DE BRONZE

Avoir 13 ans ou détenir le brevet Étoile de bronze



#### ÉTOILE DE BRONZE (10)



#### JEUNE SAUVETEUR EXPERT (9)



#### JEUNE SAUVETEUR AVERTI (8)



#### JEUNE SAUVETEUR INITIÉ (7)





# SWIMMING

## CITÉ-DES-JEUNES CAMPUS POOL

450-455-3371, Option 4 (weekdays)  
514-477-7000, Ext. 1962 (evenings and weekends)

- Free for residents on presentation of valid citizen card
- \$5 for non-residents

- Footwear (including sandals) worn on the outside is not permitted in the changing rooms or on the pool deck. A room is available at the entrance to the building for at the entrance to the building, where outside footwear and coats can be deposited before entering the changing rooms.
- Bathing cap are mandatory.
- For safety reasons, children aged 6 and under and those wearing floating aids must be accompanied by a responsible person in the water..

## HOLIDAYS SCHEDULE

### DECEMBER 9 TO 15

<b>MONDAY</b>	6 to 8:15 p.m.	No swim lanes Shallow section only
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>TUESDAY</b>	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>WEDNESDAY</b>	6 to 8:15 p.m.	No swim lanes Shallow section only
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>THURSDAY</b>	6 to 8:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>FRIDAY</b>	8:15 to 9:55 p.m.	3 swim lanes Shallow section available Diving boards accessible
<b>SUNDAY</b>	8 to 9:45 a.m.	6 swim lanes Shallow section not available Diving boards not accessible
	10 a.m. to 12:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	1 to 4:30 p.m.	No swim lanes Shallow section available Diving boards accessible

### DECEMBER 16 TO 22

<b>MONDAY</b>	6 to 8:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>TUESDAY</b>	6 to 8:15 p.m.	No swim lanes Shallow section available Diving boards accessible
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>WEDNESDAY</b>	6 to 8:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>THURSDAY AND FRIDAY</b>	6 to 8:15 p.m.	No swim lanes Shallow section available Diving boards accessible
	8:15 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>SATURDAY AND SUNDAY</b>	8 to 9:45 a.m.	6 swim lanes Shallow section not available Diving boards not accessible
	10 a.m. to 12:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	1 to 4:30 p.m.	No swim lanes Shallow section available Diving boards accessible

### DECEMBER 23 TO 30 (CLOSED FROM DECEMBER 24 TO 26)

	8 to 9:45 a.m.	6 swim lanes Shallow section not available Diving boards not accessible
	10 a.m. to 12:15 p.m.	3 swim lanes Shallow section available Diving boards accessible
	1 to 4:30 p.m.	No swim lanes Shallow section available Diving boards accessible

## REGULAR SCHEDULE

JANUARY 3 TO MARCH 16

<b>MONDAY</b>	6 to 6:55 p.m.	Shallow section only No swim lanes Diving boards not accessible
<b>TUESDAY</b>	8:30 to 9:55 p.m.	4 swim lanes Shallow section available <i>The City reserves the right to modify the 6-lane configuration depending on the number of swimmers.</i>
<b>WEDNESDAY</b>	8:30 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>THURSDAY</b>	6 to 6:55 p.m.	3 swim lanes Shallow section available Diving boards accessible
	8:45 to 9:55 p.m.	6 swim lanes Shallow section not available Diving boards not accessible
<b>FRIDAY</b>	8 to 8:30 p.m.	Shallow section available Diving boards not accessible 3 swim lanes reserved for lifesaving training courses
	8:30 to 9:25 p.m.	3 swim lanes Shallow section available Diving boards accessible
<b>SATURDAY</b>	3:30 to 4:40 p.m.	2 swim lanes Shallow section available Diving boards accessible
<b>SUNDAY</b>	3:30 to 4:40 p.m.	2 swim lane Shallow section available Diving boards accessible



Photo : Christian Gonzalez

## DROP-IN GYM ACTIVITIES

- Free for residents upon presentation of the Citizen Card, \$5 for non-residents
- Reservations are strongly recommended for racket sports, Wednesday and Friday night basketball, and rock climbing. Online reservations can be made as early as 9 a.m., two days before the desired period. If you do not have access to a computer, you can register by phone at 450 455-3371, Option 4. Only residents can make reservations, and only their citizen card is accepted as proof of residence. Reservations via voice mail will not be accepted.
- Places are limited for drop-in activities and cannot be guaranteed.

## SCHEDULE FROM JANUARY 18 TO APRIL 27

### BADMINTON

<b>MONDAY</b>	6 to 10 p.m. (16 years and up)	Centre multisports André-Chagnon (gymnasium)
<b>TUESDAY AND THURSDAY</b>	8:30 a.m. to 1 p.m. (16 years and up)	Centre multisports André-Chagnon (salle Omnisports)
<b>SATURDAY</b>	1 to 4 p.m. (everyone)	Centre multisports André-Chagnon (gymnasium)
<b>SUNDAY</b>	9 a.m. to noon (everyone)	

### BASKETBALL

<b>WEDNESDAY AND FRIDAY</b>	6:30 to 8 p.m. (13 years and less)	Des Échos High School (gymnasium)
	8 to 10 p.m. (14 years and up)	
<b>FRIDAY</b>	6:30 to 8 p.m. (13 years and less)	Centre multisports André-Chagnon (gymnasium)
	8 to 10 p.m. (14 years and up)	
<b>SUNDAY</b>	9 a.m. to noon and 1 to 4 p.m. (everyone)	Des Échos High School (gymnasium)

### CLIMBING

<b>SUNDAY</b>	1 to 4:30 p.m. (5 years and up)	Centre multisports André-Chagnon (salle Omnisports)
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### PICKLEBALL

<b>MONDAY, WEDNESDAY AND FRIDAY</b>	8:30 a.m. to 1 p.m. (16 years and up)	Centre multisports André-Chagnon (salle Omnisports)
<b>WEDNESDAY</b>	6 to 10 p.m. (16 years and up)	Centre multisports André-Chagnon (gymnasium)
<b>SATURDAY</b>	9 a.m. to noon (everyone)	
<b>SUNDAY</b>	1 to 4 p.m. (everyone)	

### SOCCER

<b>SUNDAY</b>	1 to 4 p.m. (everyone)	Des Échos High School (gymnasium)
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### VOLLEYBALL

<b>WEDNESDAY AND THURSDAY</b>	6:30 to 10 p.m. (16 years and up)	Brind'Amour Elementary school (gymnasium)
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Schedule subject to change without notice.

For more information, contact the recreation and Culture Department at [loisirculture@ville.vaudreuil-dorion.qc.ca](mailto:loisirculture@ville.vaudreuil-dorion.qc.ca) or at 450-455-3371, Option 4.

## ARENA ACTIVITIES

### MUNICIPAL ARENA

9, Rue Jeannotte

Priority and free admission for Vaudreuil-Dorion residents with citizen card. Non-residents may visit the arena to see if spaces are still available, on weekdays only.

### FREE HOCKEY

Schedule until April 25, 2025

<b>EVERYONE</b>	Wednesday, 3:15 to 4:05 p.m.
<b>16 YEARS AND UP</b>	Monday, Wednesday and Friday 10:30 to 11:50 a.m.
<b>55 YEARS AND UP</b>	Monday and Friday, 9 to 10:20 a.m.

Except February 7, March 7 and 31, April 18, 21 and 25

### FREE SKATE – WEEK

Schedule until April 25, 2025

<b>EVERYONE</b>	MO, TU, TH, FR 3:15 to 4:05 p.m.
<b>55 YEARS AND UP</b>	TU, WE, TH 9:15 to 10:05 a.m.

### FREE SKATE – WEEKEND

Schedule until March 30, 2025

<b>EVERYONE</b>	Saturday 6:30 to 7:50 p.m.
<b>EVERYONE</b>	Sunday 4:15 to 5:50 p.m.

Except February 6 to 9, March 7, 8 (6:30 to 7:50 p.m.), March 9 (4 to 5:50 p.m.), March 31, April 18, 21 and 25

## OUTDOOR RINKS

Ice rinks will be opened as soon as weather conditions permit.

To find out if they are open, consult the “État des services” section of the citizen portal (ville.vaudreuil-dorion.qc.ca or BCITI+ mobile application).

PARK	HOCKEY	SKATE	LIGHTNING
Briand	■	■	■
De Bel-Air	■	■	■
De Dorion-Gardens	■		■
De la Canardière		■	■
De la Maison-Valois		■	■
De la Montée Cadieux	■		■
Des Narcisses		■	■
Du Ruisselet	■		■
École Sainte-Trinité	■		■
École Saint-Michel	■		■
Favreau	■		■
Îlot Mireault		■	■
Jean-Jacques-Bertrand		■	■
Terrain adjacent à l'école de l'Hymne-au-Printemps, entre les rues Toe-Blake et Maurice-Richard	■	■	■
Rue de Bordeaux		■	
Séguin	■		■

During ice preparation, please avoid walking or skating on the ice to avoid damaging the surfaces and delaying their opening.

## PARC-NATURE HARWOOD

### PAVILION OPENING HOURS

DECEMBER 14, 15, 21 TO 31:

Everyday from 10 a.m. to 4 p.m.  
Except December 25 (closed)

JANUARY 1 TO MARCH 10:

Saturday and Sunday from 10 a.m. to 4 p.m.

- Rest room, toilets, drinks and snacks,
- Equipment loan
- Outdoor fireplaces and marshmallows
- Heated chemical toilet at site entrance



### CROSS-COUNTRY SKI TRAILS

A minimum of 20 cm of snow is required to open trails and loan equipment. To find out whether facilities are passable, consult the State of Services section of the citizen portal (ville.vaudreuil-dorion.qc.ca or BCITI+ mobile application).

### EQUIPMENT LOAN

- Children's and adult sizes
- Rental time: 1 h
- Proof of residency required to obtain resident rate

	VAUDREUIL-DORION RESIDENTS	NON-RESIDENTS
<b>Fatbikes</b>	Free Online reservations possible	\$10 by bike No reservation
<b>Snowshoes</b>	Free No réservation	\$3 No reservation
<b>Cross-country skis</b>	Free No réservation	\$10 for complete equipment No reservation
<b>Walking poles and crampons</b>	Free No réservation	Non available

An ID card must be left at the kiosk by a person aged 16 or over for the duration of the rental period..

**NEW**

### NATURAL SLIDE MOUND AT THE ENTRANCE TO HARWOOD NATURE PARK

Opening subject to weather conditions

### EQUIPMENT LOAN

FREE TUBES FOR EVERYONE  
SATURDAY AND SUNDAY FROM 10 A.M. TO 4 P.M.

## PARC DE LA MAISON-VALOIS

### CHALET SCHEDULE

#### UNTIL DECEMBER 31:

Everyday from 10 a.m. to 9 p.m.

With the exception of December 24 (closed at 4 p.m.), December 25 (closed) and December 31 (closed at 4 p.m.)

#### JANUARY 2 TO MARCH 3:

Monday to Friday from 1 to 9 p.m.

Saturday and Sunday from 10 a.m. to 9 p.m.

### EQUIPMENT LOAN

#### SKATES AND SNOWSHOES FOR CHILDREN AND ADULTS

Available from Monday to Friday, between 6 and 9 p.m. and Saturday and Sunday, from 10 a.m. to 9 p.m.

Free service for citizens only. Proof of residence required for rental. An ID card must be left at the kiosk by a person aged 14 or over for the duration of the rental.

Loan duration: 1 hour

To find out if the facilities are passable, consult the State of services section of the citizen portal ([ville.vaudreuil-dorion.qc.ca](http://ville.vaudreuil-dorion.qc.ca)) or BCITI+ mobile application).

### TUBING, SNOWSKATE SLOPE AND SCOOTER TRAIL

Illuminated evening slope from January, free sliding and snowskate initiation, snow scooter trail, snow scooter trail

### EQUIPMENT LOAN

From late December, depending on weather conditions

#### UNTIL DECEMBER 31:

Everyday from 10 a.m. to 4 p.m.

Except December 25 (closed)

#### JANUARY 2 TO MARCH 2:

Saturday from 10 a.m. to 9 p.m.

Sunday from 10 a.m. to 4 p.m.

#### TUBES: FREE, FOR EVERYONE

Snowskate boards, scooters and helmets: free of charge, reserved for citizens upon presentation of proof of residence. Identification must be left with a person aged 14 or over for the duration of the rental.

## ORGANIZATIONS

The City of Vaudreuil-Dorion supports numerous organizations that work within the territory to offer a wide range of services to citizens. These organizations are classified into three categories: sports and leisure, sociocommunity and cultural.

### SPORTS AND LEISURE ORGANIZATIONS

#### 19<sup>e</sup> unité Scout, Vaudreuil-Dorion

French-speaking Scouting movement focusing on learning through play, the outdoors, outings, camps and action. For boys and girls aged 7 to 17

450 510-0903

[info@scout19vd.org](mailto:info@scout19vd.org) | [scout19vd.org/accueil](http://scout19vd.org/accueil)

#### Association de balle molle mineure La Presqu'île

Softball for girls ages 5 to 23

[info@abmmlapresquile.com](mailto:info@abmmlapresquile.com) | [abmmlapresquile.com](http://abmmlapresquile.com)

#### Association de baseball Presqu'île

Youth minor league baseball

Luc Desjardins, 514 776-7897

[info@baseballpresquile.org](mailto:info@baseballpresquile.org) | [baseballpresquile.org](http://baseballpresquile.org)

#### Association de hockey mineur Vaudreuil-Dorion

New: Girl hockey team Le Storm

[info@ahmvd.ca](mailto:info@ahmvd.ca)

Hockey féminin: [storm.sudouest.dir@gmail.com](mailto:storm.sudouest.dir@gmail.com)

#### Association de ringuette Les 4-Cités

A fast-paced, non-contact team sport played on the ice with a straight stick, without a blade, to pass, move and shoot a rubber ring into the opponent's net to score goals

[registraire@ringuette4cites.com](mailto:registraire@ringuette4cites.com)

[kreezee.com/ringuette/organisation/](http://kreezee.com/ringuette/organisation/)

[association-de-ringuette-des-4-cites/8922](http://association-de-ringuette-des-4-cites/8922)

#### Association régionale de kin-ball Sud-Ouest

[sud-ouest@kin-ball.qc.ca](mailto:sud-ouest@kin-ball.qc.ca)

#### Cavaliers Basketball

Home league and competitive basketball for girls and boys ages 5 to 17

Michel Bento, 514 774-1663

[abipcavaliers@hotmail.com](mailto:abipcavaliers@hotmail.com) | [combasketballileperrot.ca](http://combasketballileperrot.ca)

#### Centre multisports André-Chagnon

450 218-2821 | [info@centremultisports.org](mailto:info@centremultisports.org)

#### Club d'athlétisme de Vaudreuil-Dorion

[claudedavid2@yahoo.ca](mailto:claudedavid2@yahoo.ca)

#### Club de course à pied Les Vadrouilleurs

[jeacha@videotron.ca](mailto:jeacha@videotron.ca)

#### Club de cyclisme Le Suroît

[casuroitcc@gmail.com](mailto:casuroitcc@gmail.com) | [clubdecyclismelesuroit.com](http://clubdecyclismelesuroit.com)

#### Club Gymini

Wide range of acrobatic sporting activities provided in safe state-of-the-art facilities

450 455-3141 | [info@clubgymini.org](mailto:info@clubgymini.org) | [clubgymini.org](http://clubgymini.org)

#### Club de patinage artistique régional de Vaudreuil-Dorion

Skate Canada programs for all levels (ages 3 and up), from beginner to competitive level

450 455-3371, poste 2779

[info@cparv.org](mailto:info@cparv.org) | [cparv.org](http://cparv.org)

#### Club de patinage de vitesse des Trois-Lacs

Speed skating for ages 5 to 17, recreational and competitive

[info@cpv3lacs.org](mailto:info@cpv3lacs.org) | [cpv3lacs.org](http://cpv3lacs.org)

#### Club de pickleball de Vaudreuil-Dorion

Pickleball games year-round to help you stay in shape (outdoor courts until late October)

[info@pickleballvd.com](mailto:info@pickleballvd.com)

#### Club de plongeon Vaudreuil-Dorion

Diving club for ages 5 and up, from recreational to competitive level, and classes for adults of all levels

450 319-0355 | [info@cpvd.ca](mailto:info@cpvd.ca) | [cpvd.ca](http://cpvd.ca)

#### Club de tennis de Vaudreuil-Dorion

Tennis lessons, single and doubles leagues, and tournaments

Martial Demers, 450 424-8699 | [clubtennisvd@gmail.com](mailto:clubtennisvd@gmail.com)

#### Club de triathlon Tri-O-Lacs

[info@tri-o-lacs.org](mailto:info@tri-o-lacs.org)

#### Club de volleyball Les Citadins

For girls and boys from 10 to 17 years old

[volleyballcitadins@gmail.com](mailto:volleyballcitadins@gmail.com)

## NEW

### A WARM PLACE IN THE MAISON VALOIS

#### JANUARY 2 TO MARCH 2:

Saturday and Sunday from 10 a.m. to 4 p.m.

- Place to warm-up
- Coffee and hot chocolate offered



Photo: Christian Gonzalez

### Club des aînés associés de Vaudreuil-Dorion

Activities for seniors (50+): pétanque, pocket baseball, shuffleboard, card games, bridge, scrabble, sandbags and wood carving

Nicole Piché, 450 455-6832 | [piche.nicole@outlook.com](mailto:piche.nicole@outlook.com)

### Club optimiste Vaudreuil-Dorion

Volunteers providing services to youth and the community

Pierre Dolbec, 514 947-5348

[dolbec.p@videotron.ca](mailto:dolbec.p@videotron.ca) | [optimistevaudreuil-dorion.com](http://optimistevaudreuil-dorion.com)

### Club ornithologique de Vaudreuil-Soulanges

Rolland Aubin | [ornithovs@gmail.com](mailto:ornithovs@gmail.com)

[sites.google.com/site/ornithovs](http://sites.google.com/site/ornithovs)

### Dek hockey Vaudreuil-Dorion

514 772-1585

[info@jeunesportifregional.org](mailto:info@jeunesportifregional.org) | [jeunesportifregional.org](http://jeunesportifregional.org)

### Escadron 867 de la Ligue des cadets de l'air

A bilingual public service organization that brings together young people in a spirit of fun and camaraderie, while instilling principles of good citizenship, promoting physical skills and stimulating interest in aviation

Chantale Grenon-Nyenhuis, 613 894-4526

[867Aviation@cadets.gc.ca](mailto:867Aviation@cadets.gc.ca) | [cadetsair.ca](http://cadetsair.ca)

### FC Trois-Lacs

Soccer club for players from Vaudreuil-Dorion, L'ÎlePerrot, Notre-Dame-de-l'Île-Perrot, Pincourt and Pointe-des-Cascades

450 218-9008 | [info@fc3lacs.com](mailto:info@fc3lacs.com) | [fctroislacs.com](http://fctroislacs.com)

### Football Les Patriotes de l'Ouest

[westernpatriotes@videotron.ca](mailto:westernpatriotes@videotron.ca)

### Les Citadins natation

Swim club for ages 7 and up and adults, aimed at developing swimming skills so that swimmers can train, develop their aquatic skills and participate in regional or provincial competitions, free tryouts by appointment year-round, weekend swim school

[info@lescitadinsnatation.com](mailto:info@lescitadinsnatation.com) | [lescitadinsnatation.com](http://lescitadinsnatation.com)

### Les Guides du Canada

Organization that prepares girls to overcome all the obstacles they may face in their lives

Jennifer Murray, 514 467-6414

[vaudreuilguiding@gmail.com](mailto:vaudreuilguiding@gmail.com) | [guidesquebec.ca](http://guidesquebec.ca)

### Les Skieurs de l'île

[skieursdelile@hotmail.com](mailto:skieursdelile@hotmail.com)

### Olympiques spéciaux du Québec, section Vaudreuil-Soulanges

Safe and fun environment where athletes with special needs can develop their social and athletic skills and participate in programs specifically designed for people living with intellectual disabilities (Down's syndrome, autism, ADHD, etc.)

438 350-9243 | [soqvs.coordinator@gmail.com](mailto:soqvs.coordinator@gmail.com)

### Ultimate Vaudreuil-Dorion

Ultimate frisbee club aimed at discovery, development and performance while respecting the values of integrity and team spirit, in which children develop their sports skills while having fun

[info@ultimatevd.ca](mailto:info@ultimatevd.ca) | [ultimatevd.ca](http://ultimatevd.ca)

## SOCIO-COMMUNITY ORGANIZATIONS

### Arc-en-ciel Vaudreuil-Soulanges

Mental health assistance and self-help organization promoting recovery and social integration to end isolation and improve quality of life

450 424-7006 | [arcencielvs@gmail.com](mailto:arcencielvs@gmail.com)

### Association de fibromyalgie et du syndrome de fatigue chronique de Vaudreuil-Soulanges

An organization whose mission is to inform, reassure and support its members so that they can regain control over their lives, and to raise awareness among the general public and healthcare professionals by offering free or affordable activities and conferences

450 218-7722 | [info@afsfc-vs.org](mailto:info@afsfc-vs.org) | [afsfc-vs.org](http://afsfc-vs.org)

### Association de parents Panda de Vaudreuil-Soulanges

An organization whose mission is to respond to the needs of people directly or indirectly affected by ADHD. Expert conferences, thematic talks and psycho-educational tools on loan

438 496-2121 | [info@pandavstdah.org](mailto:info@pandavstdah.org)

### Carrefour Bienveillance 50+

Organization helping to break the isolation and develop and maintain the power to act of people aged 50 and over by intervening in their living environment through information, support and accompaniment services

450 424-0111 | [legraves.com](http://legraves.com)

[centredereferences@carrefourbienveillance.org](mailto:centredereferences@carrefourbienveillance.org)

### Carrefour jeunesse-emploi Vaudreuil-Soulanges

Assistance for young adults between the ages of 15 and 35, regardless of their economic situation, occupation or status, to improve their living conditions by supporting them in their efforts to find a job, return to school, undertake an entrepreneurial project, etc.

450 455-3185

[info@cjevs.org](mailto:info@cjevs.org) | [cjevs.org](http://cjevs.org)

### Centre communautaire des aînés Vaudreuil-Soulanges

Aims to encourage seniors to remain in their own homes through the provision of meals-on-wheels and take-out services and the enrichment of vitality through intellectual, physical and social activities

450 265-3548 | [centredesainesvs.com](http://centredesainesvs.com)

### Centre d'action bénévole L'Actuel

Medical transportation, friendship visits, food assistance, community kitchens, tax clinics, safety calls, thrift stores, clothing and item donations

450 455-3331, poste 100

[info@lactuel.org](mailto:info@lactuel.org) | [lactuel.org](http://lactuel.org)

### Centre prénatal et jeunes familles de Vaudreuil-Soulanges

A welcoming and caring environment that supports and equips those who wish to be parents, parents and children by offering a variety of resources, services and activities to help them grow better together

450 424-7867

[info@centrepjf.org](mailto:info@centrepjf.org) | [centrepjf.org](http://centrepjf.org)

### Comité Jeunesse La Presqu'île

An organization dedicated to addressing the needs and issues of youth, including social exclusion, dropping out of school, family problems, crime, vandalism and alcoholism, and to educating and raising public awareness of these issues through workshops, discussion groups, seminars, patrols, etc.

514 425-1060

[info@comitejeunesselapresquile.org](mailto:info@comitejeunesselapresquile.org)

[comitejeunesselapresquile.org](http://comitejeunesselapresquile.org)

### COMQUAT

Literacy services: acquisition or improvement of reading, writing and oral expression skills on a daily basis, including workshops in writing, reading, French as a second language, conversation, preparation for high school equivalency tests (T.E.N.S.) and Alpha numérique workshops for people aged 50 and over

514 453-3632 | [info@comquat.ca](mailto:info@comquat.ca) | [comquat.ca](http://comquat.ca)

### Corporation de développement communautaire de Vaudreuil-Soulanges

Ensures the active participation of the community movement in the socio-economic development of its area and informs the population about the assistance, support and information resources available in the Vaudreuil-Soulanges MRC

450 424-3717 | [info@cdcvs.ca](mailto:info@cdcvs.ca)

### Hébergement La Passerelle

Various services offered to counter and prevent domestic violence against women and children

450 424-6010

[info@hebergementlapasserelle.com](mailto:info@hebergementlapasserelle.com) | [lapasserelle.com](http://lapasserelle.com)

### L'Aiguillage

Emergency shelter services, residential stability with support and street work to promote social reintegration

450 218-6418 | [direction@aiguillage.ca](mailto:direction@aiguillage.ca) | [aiguillage.ca](http://aiguillage.ca)

### L'Atelier paysan

Animation, training and conferences related to ecological market gardening, promoting the acquisition of knowledge in urban agriculture

[accueil@latelierpaysan.ca](mailto:accueil@latelierpaysan.ca) | [latelierpaysan.ca](http://latelierpaysan.ca)

### Le Carrefour de l'Espoir

Recovery of objects and resale at lower cost

450 218-3100

[lecarrefourdelespoir@videotron.ca](mailto:lecarrefourdelespoir@videotron.ca)

### Le Versant, réseau d'entraide pour les personnes souffrant de troubles anxieux

Help for those who have difficulty managing their anxiety

450 801-8393 | [info@leversant.org](mailto:info@leversant.org) | [leversant.org](http://leversant.org)

### Le Zèbre Rouge

Community organization and social economy enterprise whose mission is to increase the autonomy, skills and employability of young adults living with mental health problems, with or without physical or intellectual limitations / Recovery and reconditioning of used bicycles, resale, rental and regular bicycle repairs

450 424-2422

[info@zebrerouge.org](mailto:info@zebrerouge.org) | [zebrerouge.org](http://zebrerouge.org)

### Maison de la famille Vaudreuil-Soulanges

Community organization whose mission is to support families in order to promote the optimal development of children in Vaudreuil-Soulanges from prenatal to age 12

450 218-0561 | [info@mfvs.ca](mailto:info@mfvs.ca) | [mfvs.ca](http://mfvs.ca)

### Maison des jeunes de Vaudreuil-Dorion

Safe, adult-supervised place for 12- to 17-year-olds to meet and chat with friends

1255, rue Émile-Bouchard | 450 455-6937 | info@mdjvd.com

### Nourri-Source Montérégie

Breastfeeding self-help and support organization made up of nearly 100 experienced volunteers

514 425-0825 | monteregie@nourri-source.org  
nourri-source.org/nourri-source-monteregie

### Organisme voué aux personnes atteintes de cancer (OVPAC)

An organization whose mission is to accompany and support cancer patients; facilitate and ensure access to medical care and treatment; promote home care; encourage the formation of self-help groups and organize various activities for the development and well-being of cancer patients

450 371-5400, poste 2 ou 1 866 386-8722  
communication@ovpac.org | ovpac.org

### Parrainage civique de Vaudreuil-Soulanges

Organization whose mission is social inclusion, individual and collective care, social integration, home support and the development of autonomy for people living with an intellectual disability, an autism spectrum disorder or a physical disability

450 455-8986 | pcvs@pcvs1982.ca  
parrainageciviquevs.ca

### Pôle d'économie sociale de la Vallée-du-Haut-Saint-Laurent

An organization whose mission is to bring together the various players and partners in the social economy, to promote the social economy and social economy enterprises throughout its territory, to present the social economy as an alternative model for economic development, and to support the development of the social economy in the five MRCs of the Vallée-du-Haut-Saint-Laurent

450 374-2402 | info@economiesocialevhsl.org

### Répît Le Zéphyr

In-home respite and babysitting service

dg@repitlezephyr.com | repitlezephyr.com

### Société Alzheimer du Suroît

Alleviating the social and personal consequences of Alzheimer's disease and other forms of neurocognitive disorders, and promoting research into their causes and cures: post-diagnosis reception, individual and family consultations, support groups for sufferers and caregivers, training workshops, etc.

450 373-0303  
info@alzheimersuroit.com

### Une histoire de chevaux inc. / A Horse Tale Inc

Safe, comfortable and loving environment for the rehabilitation and relocation of horse

ahtrescue.org

## SUPPORT GROUPS

### Alcooliques Anonymes

An association of people who share their experience, strength and hope with each other in order to solve their common problem and help other alcoholics recover. The only requirement for membership is a desire to stop drinking

514 376-9230 | aa87.org

### Gamblers Anonymes Vaudreuil-Dorion

Serving compulsive gamblers Telephone hotline

Ligne téléphonique d'urgence: 1 866 484-6664

### Mouvement anonyme des dépendants affectifs

Toxic relationships, isolation

Ligne téléphonique: 514 476-7778 | mouvementmada.com

### Narcotiques anonymes

An association made up of men and women for whom drugs had become a problem. Self-help meetings to help members stay sober

1 8555 544-6362 | naquebec.org

## CULTURAL ORGANIZATIONS

### Autam Vaudreuil et Autam Dorion

Courses and conferences for individuals ages 50 and up in collaboration with Université du troisième âge, a division of Université de Sherbrooke

450 455-7096, 514 980-2671  
autam.vaudreuil@gmail.com  
autam.dorion@gmail.com

### Centre d'archives de Vaudreuil-Soulanges

Acquisition, treatment and conservation of archives on the history of Vaudreuil-Soulanges, activities, conferences and distribution of documents

450 424-5627  
archives@archivesvs.org | archivesvs.org

### Cercle des conteurs du Haut-Saint-Laurent

Awareness of living heritage development through storytelling and singing

Robert Payant, 450 455-1841  
robertpayant177@gmail.com

### Cercle des fermières de Vaudreuil

Sharing of different textile art techniques that are part of Quebec's heritage

presidente.cerclevaudreuil@outlook.com | cfq.qc.ca

### Chœur chants de coton

Mixed-voice choir dedicated to the Negro spiritual repertoire while also exploring the great choral repertoire of the classics, international folklore and popular music

514 891-7141 | chourchantsdecoton.com  
chourchantsdecoton@gmail.com

### Chœur classique Vaudreuil-Soulanges

Amateur choral singers who explore the choral repertoire of various eras and present a series of high quality concert

Nicole Maisonneuve, 514 894-6536  
info@choeurcvs.org | choeurcvs.org

### Chœur Esperanto

Performances without binder with musicians on stage in an intimate room to fully appreciate choral singing

chouresperanto@gmail.com  
chouresperanto.ca

### Ciné-club La Boîte lumineuse

International film screenings Monday evenings at 7 p.m. at the Paul-Émile-Meloche theater

Francine St-Denis, 514 292-0624  
cineclubaboitelumineuse@gmail.com

### Club photo Vaudreuil-Dorion

Grouping of photography enthusiasts, both amateurs and professionals

clubphotovaudreuildorion.com  
president@clubphotovaudreuildorion.com

### CSUR La télé

Community television

514 892-5842 | info@csur.tv | csur.tv

### Ensemble vocal Les Enchanteurs

Development of choir singing among adults in the region

438 886-3132  
lesenchanteurs@hotmail.ca  
enchanteurs.ca

### Festival Artefact

Music festival featuring emerging music from Quebec

Francis Paquette, 514 661-0864  
francis@festivalartefact.com | festivalartefact.com

### Galileo

Symphony Orchestra formerly known as the Orchestre symphonique de la Vallée-du-Haut-Saint-Laurent

438 395-5752  
info@orchestregalileo.com | orchestregalileo.com

### L'Intrépide Cabaret d'Improvisateurs (L'ICI)

Amateur improv league for adults

intrepidecabaret@gmail.com | lici-vs.com

### La Fondation de la Maison Trestler

Heritage House with a cultural and social mission

450 455-6290  
info@trestler.qc.ca | trestler.qc.ca

### Les amis de Félix à Vaudreuil

An organization whose mission is to keep the memory of Félix Leclerc alive in Vaudreuil-Dorion, where he lived for over 20 years

514 825-8009  
lesamisdefelixleclerc@gmail.com

### Musée régional de Vaudreuil-Soulanges

Museum whose mission is the conservation and development of heritage related to the evolution of the art of living in Vaudreuil-Soulanges, while serving as a showcase for creators, educational workshops, thematic family activities, conferences, etc.

450 455-2092 | info@mrvs.qc.ca | mrvs.qc.ca

### Orchestre symphonique des jeunes de Vaudreuil-Soulanges

Developing orchestral and chamber music among young people in the region

osjvs.org | orchestre.vs@gmail.com

### Société de généalogie Vaudreuil-Cavagnal

Association of people interested in genealogy and family history (introductory workshops on genealogical research and the use of research tools, conferences on genealogy and heritage)

Denis Boudreau, 438 527-7482 | sgvc@sgvc.ca

### Troupe de théâtre Les Philanthropes

Production of plays and other performances

Jean-Marc Lavigne 514 207-9982  
Les.philanthropes.theatre@gmail.com

EXPOSITION ARTISTIQUE

# LUMIN Art

6 décembre au 16 février

16 h à 22 h

PARC LE 405

**MUTATION** réunit 56 œuvres réalisées par des artistes de Vaudreuil-Soulanges, des élèves et des aînés de Vaudreuil-Dorion. Elles évoquent le changement, la conversion et l'évolution profonde.

Cette nouvelle exposition s'ajoute à celles des années précédentes et à une exposition du Club photo Vaudreuil-Dorion, pour une expérience encore plus féérique !



Scénographie : John McRae

Musique composée par quatre jeunes du programme Arts-études - musique de l'école secondaire de la Cité-des-Jeunes



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Vaudreuil  
— Dorion