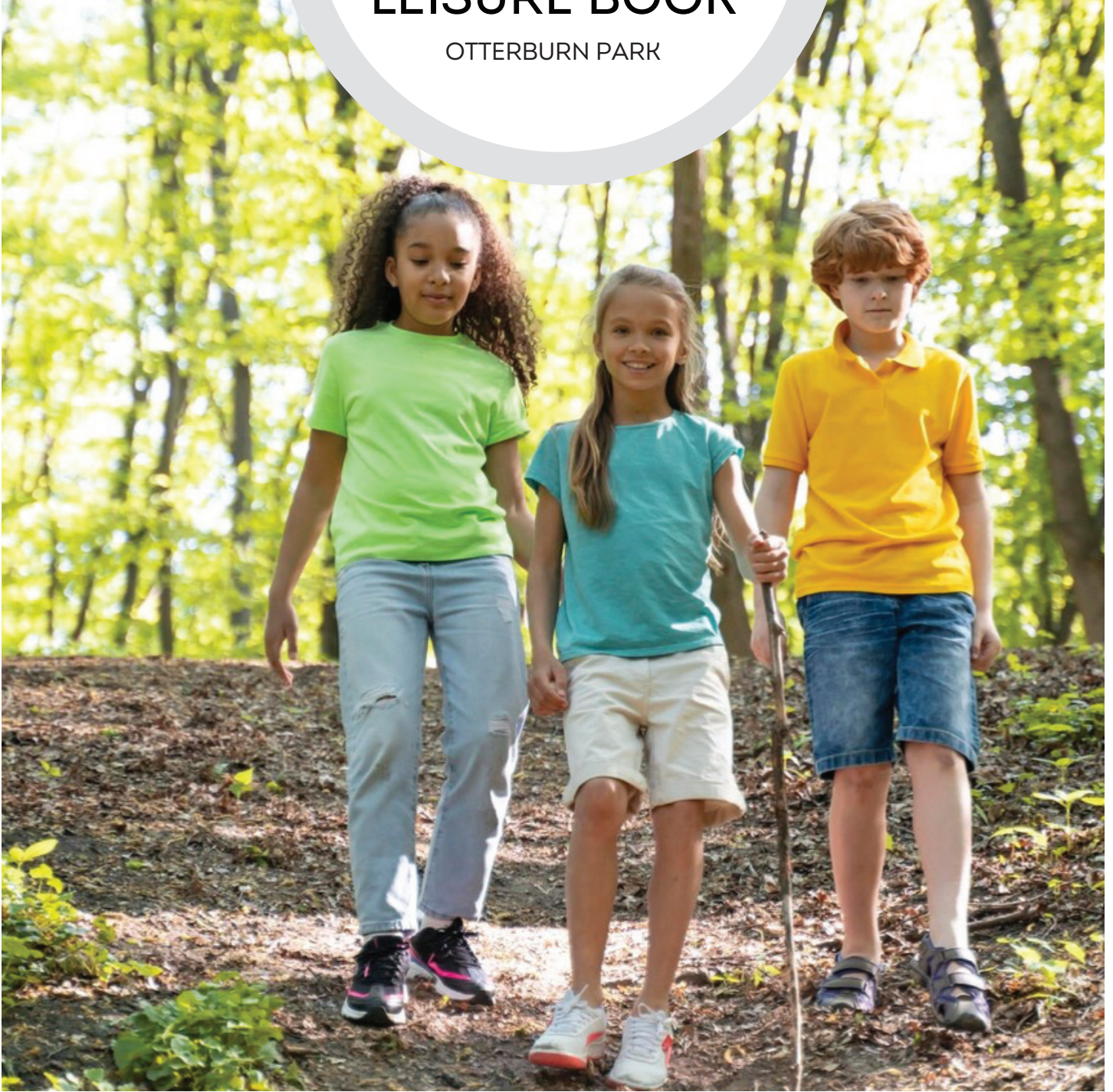


DAY CAMP,  
ACTIVITIES, COURSES  
AND EVENTS

# L'info

## LEISURE BOOK

OTTERBURN PARK



**SUMMER 2025**



**SUMMER 2025**  
**Online registration**  
**Registration platform**

Registrations for leisure activities are made directly on our Sport Plus online platform. Go to: [opark.ca](http://opark.ca)

**Assistance**

Need help registering? Our support team is available to accompany you throughout the process.

Call us at 450-536-0303

[loisirculture@opark.ca](mailto:loisirculture@opark.ca)



Main number: 450 536-0303

Fax: 450 467-8260

**[www.opark.ca](http://www.opark.ca)**

E-mail: [info@opark.ca](mailto:info@opark.ca)

**INFO OTTERBURN PARK**

Legal deposit: ISSN 1201-8961

Bibliothèque nationale du Québec

National Library of Canada

# FITNESS ACTIVITIES

Free and open to all, no registration required!  
Location: Pointe-Valaine Park

## Yoga – Harmony of Body and Mind

A gentle and revitalizing activity, ideal for all ages and levels led by Daphnée. Monday, from June 2 to August 25 (except August 4 and 11)  
Time: 6:30 p.m. to 7:30 p.m.

## Zumba – Energy and Good Mood!

A dynamic session combining dance and cardio training with Focus Studio. Tuesday, from June 10 to August 26  
Time: 6:30 p.m. to 7:30 p.m.

## Stretching – Flexibility and Well-being

Adapted sessions to improve flexibility and reduce tension led by Daphnée. Wednesday, from June 4 to August 27 (except August 6 and 13)  
Time: 6:30 p.m. to 7:30 p.m.

## Energy and Vitality

### SHARON PARK

Come and get moving and get a breath of fresh air with dynamic outdoor cardio sessions!  
Thursday, June 12 to August 28  
Time: 9:30 a.m. to 10:30 a.m.  
With Focus Studio

## Djamboola – Dance and Energy

**NEW**  
Aerobic training to the rhythm of Afro-Caribbean music. Simple and easy-to-follow choreographies. Fun, laughter and sweat! An activity suitable for everyone!  
Thursday, from June 12 to August 21 (except July 17)  
Time: 6:30 p.m. to 7:30 p.m. led by Farah

## Tai Chi, Qi Gong Shibashi

### Workshop\*

#### NEW

Gentle gymnastics with Michel Major. Saturday, from May 24 to October 4  
8:30 a.m. to 9:30 a.m.: Beginner  
9:30 a.m. to 10:30 a.m.: Intermediate and Advanced  
Enjoy a summer in great shape in an exceptional natural setting!  
Bring your mat, water bottle and smile.

# SPORTS ACTIVITIES

<b>Activity</b>	<b>Free tennis with reservation</b>
Place	Copping Park
Number of courts	3 hard surface courts with lights
Registration starts	April 7, 8 a.m.
Opening of the courts	April 14 until the end of October (depending on weather conditions)
Time	8 a.m. to 9 p.m.
Reservation	Possible 5 days in advance on the Sport-Plus platform
Cost	Seasonal, mid-season, daily rate for non-residents
New	Free for residents (mandatory reservation)

<b>Activity</b>	<b>Pickleball Junior</b>
Partnership	City in collaboration with Mrgence pickleball
Place	Edmond Auclair Park (skating rink)
Age groups	7-9 years old, 10-12 years old and 13-16 years old
Dates	July 2, 2025 - August 6, 2025 (6 weeks)
Time	7-9 years old: 5:00 p.m. to 6:00 p.m. 10-12 years old: 6:00 p.m. to 7:00 p.m. 13-16 years old: 7:00 p.m. to 8:30 p.m.
Cost	7-9 years old: \$95 (+tx) - 6 weeks of courses, 1 hour/week 10-12 years old: \$95 (+tx) - 6 weeks of courses, 1 hour/week 13-16 years old: \$115 (+tx) - 6 weeks of courses, 1.5 h/week
Information and registration	On the website <a href="http://www.mrgencepickleball.com">www.mrgencepickleball.com</a>

# WATER ACTIVITIES



Pre-opening: June 14–15, 2025  
 Official opening: Saturday, June 21, 2025  
 Official closing: August 17, 2025

## PRICING

Category	Public Swim / Day Pass	Public swim / 5-entry pass	Season Passes
<b>Non-residents</b>			
Youth (5 years old and under)	Free	Free	N/A
Youth (over 6 years old)	\$7.25	\$36.25	\$45.00
Teen	\$7.25	\$36.25	\$45.00
Adult	\$8.25	\$41.25	\$75.00
Elder	\$7.25	\$36.25	\$45.00
Family	N/A	N/A	\$135.00

**Note: For residents, access is free for all categories.**

## POOL HOURS

Day	Schedule	Description
Monday	11:00 a.m. to 1:00 p.m.	Public swim - relaxation (1 lane)
	1:00 p.m. to 4:50 p.m.	Public swim (1 lane)
	5:00 p.m. to 6:00 p.m.	Public swim reserved for laps (2 lanes)
	6:00 p.m. to 7:50 p.m.	Public swim (1 lane)
Tuesday	11:00 a.m. to 1:00 p.m.	Public swim - relaxation (1 lane)
	1:00 p.m. to 4:50 p.m.	Public swim (1 lane)
	6:00 p.m. to 7:50 p.m.	Public swim (1 lane)
Wednesday	11:00 a.m. to 1:00 p.m.	Public swim - relaxation (1 lane)
	1:00 p.m. to 4:50 p.m.	Public swim (1 lane)
	5:00 p.m. to 6:00 p.m.	Public swim reserved for laps (3 lanes)
	6:00 p.m. to 7:50 p.m.	Public swim (1 lane)
Thursday	11:00 a.m. to 1:00 p.m.	Public swim - relaxation (1 lane)
	1:00 p.m. to 4:50 p.m.	Public swim (1 lane)
	6:00 p.m. to 7:50 p.m.	Public swim (1 lane)
Friday	11:00 a.m. to 1:00 p.m.	Public swim - relaxation (1 lane)
	1:00 p.m. to 4:50 p.m.	Public swim (1 lane)
	5:00 p.m. to 6:00 p.m.	Public swim reserved for laps (4 lanes)
	6:00 p.m. to 7:50 p.m.	Public swim (1 lane)
Saturday	12:00 pm to 7:50 pm	Public swim (1 lane)
Sunday	12:00 pm to 7:50 pm	Public swim (1 lane)

# SPECIALIZED COURSES

## PRICING

Category	Residents	Non-residents
Diving	\$80.00	\$155.00
Panthers 17 years and under (5x/week)	\$150.00	\$220.00
Private lessons: session of 4 classes	\$140.00	\$200.00
Adult swimming lessons		
Adult swimming	\$125.00	\$175.00
Lifeguard	\$125.50	\$175.00
Aquafit	\$100.00	\$150.00
Aqua prenatal	\$100.00	\$150.00
Panther Masters (3x/week)	\$135.00	\$205.00

Course	Description	Duration	Schedule
Aquafit	Aquatic fitness class with music.	8 weeks, from June 24 to August 12	Tuesday: 5 pm to 6 pm
Panthers	Swimming club for age 17 and under, focused on group spirit and the development of swimming techniques.	June 23 to August 15	Monday to Friday from 7:30 a.m. to 8:30 a.m.
Panthers Masters	Swimming lessons for age 18 and over, progress at each person's pace.	June 23 to August 15	Monday, Wednesday and Thursday from 5 pm to 6 pm
Diving	Introduction to the sport of diving for children aged 6 and over.	June 26 to August 14	Thursday from 5 pm to 6 pm



# LIFESAVING COURSE – BECOME A HERO!

## BRONZE MEDALLION

Do you dream of becoming a lifeguard and learning solid lifesaving skills? The Bronze Medallion certification is the ideal first step to start your training! Learn how to master the four fundamental basics of rescue: judgment, knowledge, skills and physical fitness. You'll learn essential techniques such as towing, carrying, defending and disengaging, which prepare you to rescue victims, whether conscious or unconscious, in increasingly complex situations. You can work as an assistant lifeguard at a swimming pool from the age of 15.

### Course details

Dates: Monday, June 23 to Friday, June 27, 8 a.m. to 12 noon

Exam: June 27, 8 a.m. to 11 a.m. (mandatory attendance)

Total duration: 16 hours (excluding final exam)

Mandatory attendance: 80% of classes

### Prerequisite

You are at least 13 years old at the time of the final exam or you already have the Bronze Star certification.

Do you know how to swim like a pro and master the techniques of the Bronze Star level? Then you can sign up!

An evaluation will be made before the first class.

### Validity of the certification

Two years if used as a work permit.

Valid for life to register for the Bronze Cross certification.

## HIGHER LEVEL: BRONZE CROSS

Want to hone your skills with learn advanced techniques? The Bronze Cross certification is for you! Learn how to monitor aquatic facilities, and how to respond effectively to rescue a victim with a spinal injury or a submerged victim in cardiorespiratory arrest.

With the Bronze Cross certification, you can work as an assistant lifeguard on a beach starting at 16 years old!

### Course details

Dates: Monday, June 30 to Friday, July 4, 8 a.m. to 12 noon

Exam: July 4, 8 a.m. to 11 a.m. (mandatory attendance)

Total duration: 16 hours (excluding final exam)

Mandatory attendance: 80% of classes

### Prerequisite

You must have the Bronze Medallion certification.

Validity of the certification

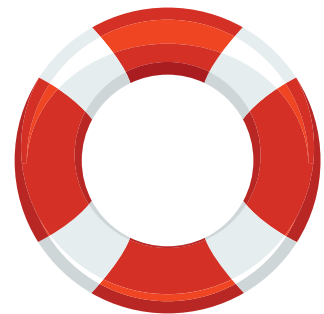
Two years if used as a work permit.

Valid for life to register for the Distinction and National Lifeguard courses.

Two years to register for the Lifesaving Instructor course.

## HIGHER LEVEL

General First Aid (4 hours)



# CHILDREN'S SWIMMING LESSONS

## Pricing

Category	Residents	Non-residents
Children's swimming lessons		
Parent-Child 1-3 (4 to 36 months)	\$55.00	\$105.00
Preschool 1-5 (3 to 5 years old)	\$65.00	\$115.00
Swimmer 1-6 (5 years and older)	\$65.00	\$115.00

## SWIMMING LESSONS

### PARENT AND TOT 1

#### Description

Actively participate in adapting to the aquatic environment with your baby. For Parent and Tot 1, 2, and 3 programs, age determines which level you should enroll your child in. A parent must be in the water for the duration of the course.

Age: 4 to 12 months

Schedule

8 weeks: June 22 to August 10

Sunday: 11:30 a.m. - 12:00 noon

### PARENT-CHILD 2

#### Description

Let's continue the aquatic adventure together! For this level, age determines the level to enroll your child in. A parent must be in the water for the duration of the course to accompany and guide the child.

Age: 1 to 2 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 11:30 a.m. - 12:00 noon

8 weeks: June 24 to August 12

Tuesday: 5:30 p.m. - 6:00 p.m.

### PARENT-CHILD 3

#### Description

The aquatic adventure continues with active participation in the adapted program. A parent must accompany their child in the water throughout the session to ensure their safety and well-being.

Age: 2 to 3 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 11:30 a.m. - 12:00 noon

8 weeks: June 24 to August 12

Tuesday: 5:30 p.m. - 6:00 p.m.

### PRESCHOOL 1

#### Description

Is your child over 3 years old, but has not yet completed the prerequisites for the more advanced levels? If so, Preschool 1 is the right choice!

Age: 3 to 5 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 10:20 a.m. - 10:50 a.m.

8 weeks: June 26 to August 14

Thursday: 5:30 p.m. - 6:00 p.m.

### PRESCHOOL 2

#### Description

Can your child float, glide and move around in shallow water with a personal flotation device (PFD)? If so, it's time to enroll your child in Preschool 2!

Age: 3 to 5 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 10:20 a.m. - 10:50 a.m.

8 weeks: June 26 to August 14

Thursday: 5:30 p.m. - 6:00 p.m.

### PRESCHOOL 3

#### Description

Can your child float and roll over on their stomach and back on their own? They are ready for Preschool 3!

Age: 3 to 5 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 10:55 a.m. - 11:25 a.m.

8 weeks: June 24 to August 12

Tuesday: 5:30 p.m. - 6:00 p.m.

### PRESCHOOL 4

#### Description

Has your child mastered floating, turning and starting to slide? It's time to go to Preschool 4!

Age: 3 to 5 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 10:55 a.m. - 11:25 a.m.

### PRESCHOOL 5

#### Description

Can your child slide on their side, kick their legs and swim the front crawl for 5 meters? If so, they are ready for Preschool 5!

Age: 3 to 5 years old

Schedule

8 weeks: June 22 to August 10

Sunday: 10:55 a.m. - 11:25 a.m.

## SWIMMING COURSES - SWIMMER LEVELS 1 TO 6

### SWIMMER 1

#### Description

Is your child 5 years of age or over with no swimming experience? Swimmer 1 is the perfect level to start! It is an introduction to the aquatic environment for beginners.

Age: 5 to 12 years old

#### Schedule

8 weeks: June 22 to August 10

Sunday: 9:45 a.m. - 10:15 a.m.

8 weeks: June 24 to August 12

Tuesday: 5:00 p.m. - 5:30 p.m.

2 weeks (8 classes): July 7 to July 18

Monday, Tuesday, Thursday, Friday: 9:30 a.m. - 10:00 a.m.

2 weeks (8 classes): August 4 to August 15

Monday, Tuesday, Thursday, Friday: 9:30 a.m. - 10:00 a.m.

### SWIMMER 2

#### Description

Does your child know how to slide on their side and kick their legs while on their stomach, back or side? Can they swim the front crawl for 5 m with a personal flotation device (PFD)? If so, Swimmer 2 is the right level for them!

Age: 5 to 12 years old

#### Schedule

8 weeks: June 22 to August 10

Sunday: 9:45 a.m. - 10:15 a.m.

8 weeks: June 25 to August 13

Tuesday: 5:00 p.m. - 5:30 p.m.

8 weeks: June 27 to August 15

Thursday: 5:00 p.m. - 5:30 p.m.

2 weeks (8 classes): July 7 to July 18

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:30 a.m.

2 weeks (8 classes): August 4 to August 15

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:30 a.m.

### SWIMMER 3

#### Description

Can your child swim the crawl and backstroke unaided for 5 m? And perform a whip kick in an upright position? If so, Swimmer 3 is the right choice!

Age: 5 to 12 years old

#### Schedule

8 weeks: June 23 to August 11

Sunday: 8:45 a.m. - 9:30 a.m.

8 weeks: June 27 to August 15

Thursday: 5:00 p.m. - 5:45 p.m.

2 weeks (8 classes): July 7 to July 18

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

2 weeks (8 classes): August 4 to August 15

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

### SWIMMER 4

#### Description

Can your child do the whip kick on their back for 5 m and can they swim the front and back crawl for 15 m? If so, Swimmer 4 is the level to take!

Age: 5 to 12 years old

#### Schedule

8 weeks: June 23 to August 11

Sunday: 8:45 a.m. - 9:30 a.m.

8 weeks: June 27 to August 15

Thursday: 5:00 p.m. - 5:45 p.m.

2 weeks (8 classes): July 7 to July 18

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

2 weeks (8 classes): August 4 to August 15

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

### SWIMMER 5

#### Description

Can your child swim the front crawl and back crawl for 25 m each? Can they return to safety after an accidental fall into the water? Swimmer 5 is the level to make even further progress!

Age: 5 to 12 years old

#### Schedule

8 weeks: June 23 to August 11

Sunday: 8:45 a.m. - 9:30 a.m.

8 weeks: June 27 to August 15

Thursday: 5:00 p.m. - 5:45 p.m.

2 weeks (8 classes): July 7 to July 18

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

2 weeks (8 classes): August 4 to August 15

Monday, Tuesday, Thursday,

Friday: 10:00 a.m. - 10:45 a.m.

### SWIMMER 6

#### Description

Can your child swim the breaststroke for 25m, and the front and back crawl for 50 m each? If so, they are ready for Swimmer 6, the last basic level to learn fundamentals!

Age: 5 to 12 years old

#### Schedule

8 weeks: June 23 to August 11

Sunday: 8:45 a.m. - 9:30 a.m.



# NEW: Swimming Courses for Teens

Price: Resident \$65

Non-resident \$115

## Description

Are you 13 years old or over and want to improve your swimming techniques? Whether it's the front crawl, back crawl or breaststroke, this course is for you! Come and refine your technique and progress at your own pace, with exercises adapted to your intermediate–advanced level.

Age: 13 years and over

## Schedule

8 weeks: June 25 to August 13

Wednesday: 5:00 p.m. - 6:00 p.m.

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## Private and Semi-Private Swimming Courses

### Pricing

Category	Residents	Non-residents
Private pool lessons		
Session of 4 classes	\$140.00	\$200.00
À la carte *	\$30.00	\$50.00
Private lessons at home		
Session of 4 classes	\$200.00	\$280.00
À la carte *	\$45.00	\$60.00
Remark		
* Users must take a prerequisite session of 4 classes.		
Home lessons are only available in our city and in Mont-Saint-Hilaire.		

## Immerse yourself in a unique learning experience at the Ville d'Otterburn Park!

Whether you are a beginner seeking to overcome your fear of water or an advanced swimmer looking to perfect your technique, our certified instructors will guide you through your aquatic journey, at your own pace.

### Why choose private lessons?

**Customization:** Each lesson is designed to meet your specific needs so you can improve your technique, gain confidence or master advanced skills.

**Flexible hours:** Plan your classes according to your schedule! Choose slots in the morning, evening or even on weekends.

**Individual attention:** Enjoy tailored follow-up thanks to an optimal swimmer-instructor ratio. Our instructors focus entirely on you to maximize your progress.

### How does it work?

**Registration:** Book now! Classes are offered in blocks of 4 sessions of 30 minutes. You can add additional à la carte classes later. After you register, our team will contact you to schedule your first class according to your availability.

**Continuous assessment:** Your progress will be monitored regularly and your lesson plans will be adjusted to ensure optimal results.

## BOOK YOUR PRIVATE LESSONS!

Don't miss out on the opportunity to experience a tailor-made water adventure. Sign up today and dive into tailored learning that is just right for you!

### INCREDIBLE NEWS: Private swimming lessons at home!

Learn to swim directly in your own pool without having to leave home!

Our certified instructors come to your home to offer you customized lessons, adapted to your level and your goals. Whether you're a beginner or want to improve your technique, we are here to guide you.

### Why choose home lessons?

Tailor-made courses: Each session is designed to meet your specific needs.

Learn at home: Enjoy the comfort of your pool, at a time that suits you.

Customized follow-up: A dedicated instructor helps you progress at your own pace, in complete safety.

### How does it work?

Easy booking: Sign up for blocks of 4 classes of 30 minutes. We set the first class at a time that suits you, then the following ones according to your availability.

Assessment and Personalized Plan: After an initial assessment, we create a tailor-made learning plan to help you achieve your goals.

### Book now!

Treat yourself to private lessons at home and make progress in your own pool!

### Semi-Private Lessons at the Pool and at Home

Yes, it is possible! Enjoy personalized learning with a few people. For semi-private lessons, users must reside at the same address.

### Course details

4-class session: Sign up for a block of 4 classes and enjoy custom training.

À la carte: Yes, after taking a session of 4 classes, you can book à la carte classes.

Discount for additional members: +25% discount for each additional member who joins the session.

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## Wow! Tropical Wednesday

**Weekly aquatic entertainment activity for all ages!**

**Free and open to all!**

When?

8 weeks, from June 25 to August 13

Every Wednesday, from 6 p.m. to 7 p.m.

Come and have fun, cool off and enjoy a friendly aquatic experience, ideal for the whole family!

Don't miss out on this fun and free activity!

---

## SPORTY FRIDAY AT THE POOL

**Every Friday from 6 p.m. to 7:50 p.m.**

Come get moving, have fun and end the week in style with our sports evenings at the pool! Equipment is available to discover different aquatic activities each week.

### Program

June 27 – Underwater hockey

July 4 – Obstacle swim

July 11 – Water polo

July 18 – Water volleyball

July 25 – Underwater hockey

August 1 – Water basketball

August 8 – Water volleyball

August 15 – Surprise!

# DAY CAMP

## INFORMATION

[www.opark.ca/loisirs/camp-de-jour](http://www.opark.ca/loisirs/camp-de-jour)

## ONLINE REGISTRATION

APRIL 8 – AS OF 9 A.M.

Day camp will be open from June 25 to August 15, 2025.

CLIENTS: 5 – 12 years old

\*Must be age 5 on September 30

## SCHEDULE

Day camp and specialized camps: 9 a.m. to 4 p.m.

Daycare service: 6:45 a.m. to 9 a.m. and 4 p.m. to 6 p.m.

July 1 – the camp is closed

\*Only Otterburn Park residents may sign up for activities.

Children must live at the same address in the Otterburn Park area.



## MEETING LOCATION: École Mountainview

444 Mountainview Rd., Otterburn Park

You must have a Sport-Plus account! How do you get one? Go to the City's website at [www.opark.ca](http://www.opark.ca).

## CHECK YOUR FILE

Is your health insurance card up to date?

Has your child's health record been properly completed?

Day camp is tax deductible. You must enter your SIN to receive your RL-24 slip in February 2026.

## T-SHIRT

The t-shirt is mandatory for all children. It makes it easier to identify the children attending the camp during special activities and on outings.

Cost \$15

## LA GAZETTE DE FRIMOUSSE

Every week, parents will receive an email setting out the special activities planned for the day camp. It is very important for parents to read the information to avoid missing the special activities.

## DAY CAMP INFORMATION

### MEETING WITH PARENTS AND DELIVERY OF T-SHIRTS

TUESDAY, JUNE 17, 2025 – 6:30 P.M.

MARCEL-LACOSTE ROOM

545 Chemin des Patriotes, Otterburn Park

We are pleased to invite you to an information meeting about the day camp during which we will present all the exciting activities planned for this summer. It will be the ideal opportunity to obtain essential information on the smooth operation of the day camp: afternoons at the pool, special activities, outings, and ask all your questions to ensure that your child will have an unforgettable and enriching summer. After the meeting, the facilitators will hand out the day camp t-shirts, and you can meet the recreational technician and the people in charge.

## PRICING

PACKAGE AVAILABLE BY CHILD	WEEKLY COST REGULAR CAMP NO OUTINGS	WEEKLY COST REGULAR CAMP WITH OUTING	8-WEEK PKG (ALL INCLUDED) *outings and daycare
1st child	\$120	\$145	\$960
2nd child	\$108	\$129	\$864
3rd child	\$87	\$116	\$778

\*You can choose the weeks you need and only pay for them. This year, we are offering several advantageous packages, in addition to one with all included pricing for eight weeks. Please note that the maximum amount payable per child is indicated in the "all included" column. The theme camp prices will be indicated as an addition, in the form of options.

### DAYCARE: \$35/WEEK

Late fees will apply at a rate of \$5 for every 10 minutes

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### DAYCARE SPECIAL ACTIVITIES

#### JUNE 25, 2025 – BIG OPENING PARTY

This large opening party will set the tone for your children's summer. It will include free hotdogs for the kids' lunch, inflatables, entertainment with our team of camp monitors.

### ZOOTHERAPY

Zootherapy has a proven track record, and we intend to offer this service on a sporadic basis in our camp, intended for special needs children.

#### JULY 15, 2025 - SAILING DAY

This exciting day will take place at Pointe-Valaine. Youngsters will have the opportunity to have fun on the riverside and participate in thrilling sailing activities.

#### JULY 22, 2025 – DROWNING PREVENTION

The afternoon will aim to raise the children's awareness about drowning. Many activities will be planned related to this theme.

### SHAKE YOUR BOOTY DAYS

A busy day with activities planned such as Zumba and Djamboola led by a certified instructor. These sessions will allow the children to move, burn their energy and dance to the rhythmic music!

#### AUGUST 1, 2025 – ZEN

Youths will be asked to dress in white to participate in a Zen experience outdoors. This activity will be guided by a certified yoga instructor who will teach them to concentrate and to enjoy this moment of calm in their day.

### LARGE GAMES FRIDAY

Every Friday, your children will participate in a big game according to various themes, such as a treasure hunt, Fort Boyard, Olympics. These large group games will allow all the children to solve riddles, work together and learn to help each other.

#### AUGUST 14 AT 6:30 PM – DAY CAMP GALA

The day camp gala is a lively event where children and camp monitors work together to prepare a colourful show full of joy and energy to share all the fun and memories they made during the summer with their parents.

#### AUGUST 15 – DAY CAMP CLOSING PARTY DAY CAMP OUTINGS

##### NINJA FACTORY

##### JULY 2

The Ninja Factory is a sports amusement centre not to be missed where young and old burn off their energy safely in a fun and dynamic environment!

#### GRANBY ZOO – AMAZOO AUGUST 13

Here you will find a fascinating world of exotic and local animals in our animal park for an immersive and educational experience. Without forgetting to dive in the world of Amazoo to cool off.

### BFLY

#### JULY 17

Live the ultimate adventure with the Big Adventure package: learn about the magic butterfly aviary, game module, climbing and walking while suspended in the trees!

### FUNTROPLIS

#### JULY 23

Access to the following activities is included: Ball-O-Cité, labyrinth, zip lines, slides, trampolines, light challenge, laser frenzy, atomic rush and bumper cars. One ride in the Spin Zone per child.

### EXPO AGRICOLE

#### JULY 30

Exciting rides, children's activities, interacting with farm animals and much more for unforgettable times.

**ABRASKA – UPLÀ  
AUGUST 6**

Uplà activity for children age 5 to 7, trampolines suspended in trees and for those age 8 and over, moving between the trees in an exciting adventure.

**SPECIAL THEME CAMPS  
ADVENTURE/SPORT CAMP**

**Ages 9-12**

This camp is designed for young people in search of adventure. Prepare to go on an expedition by bike, on foot or by bus. Live group experiences: fishing, wheelchair basketball, kayaking, golf, hockey, mountain hiking. That's the spirit of our camp. REQUIREMENT: Be able to cycle long distances.

Cost \$145/week

**ART CAMP  
AGES 5-12**

This camp is designed for people who love the arts and want to express their creativity! Painting on canvas, charcoal, kites, sculpture and drawing. Every day, you will explore the art of creating by discovering your talents. REQUIREMENT: No prerequisite, just the desire to create and explore!

Cost \$140/week

**MINI-SPORT CAMP  
AGES 5-8**

This camp is perfect for young people who love to move and learn new sports! Karate, bubble soccer, hockey, mini-golf, baseball. If you want to live an active experience and are full of energy, this camp is for you! REQUIREMENT: No experience required, just want to have fun!

Cost \$140/week

**SCIENCE CAMP  
AGES 7-12**

This camp is ideal for curious young people who want to explore the fascinating world of science. REQUIREMENT: A curious spirit and willingness to explore!

**CIRCUS CAMP  
AGES 5-12**

This camp is intended for youngsters who dream of being in the circus. Magic, juggling, balancing acts and much more. REQUIREMENT: No experience is required, just a willingness to have fun and learn.

**DANCE CAMP  
AGES 5-12**

This camp is for young people who love to dance and want to move to the rhythm of the music. Hip-hop. Jazz, contemporary dance. You will learn new choreographies. REQUIREMENT: No level required, just the willingness to dance and have fun!

**CAMP CALENDAR**

Theme camps: These camps are led by monitors who are talented in facilitating these workshops. The program of activities may include additional material, external professionals or additional outings.

WK 1 June 25-27	WK 2 June 30-July 4	WK 3 July 7-11	WK 4 July 14-18	WK 5 July 21-25	WK 6 July 28-Aug. 1	WK 7 Aug. 4 - 8	WK 8 Aug. 11-15
DAY CAMP	DAY CAMP	DAY CAMP	DAY CAMP	DAY CAMP	DAY CAMP	DAY CAMP	DAY CAMP
	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP	ADVENTURE SPORT CAMP

The young people registered in these camps may also sign up for the following options: Outing: \$25 / Daycare: \$35

WEEK June 30-July 4	WEEK July 7-11	WEEK July 14-18	WEEK Aug. 4-8	WEEK Aug. 11-15
CIRCUS CAMP	CIRCUS CAMP	SKATEBOARD CAMP	SCIENCE CAMP	SCIENCE CAMP
MINI-SPORTS CAMP	MINI-SPORTS CAMP	MINI-SPORTS CAMP	MINI-SPORTS CAMP	MINI-SPORTS CAMP
TENNIS CAMP	ART CAMP	ART CAMP	DANCE CAMP	DANCE CAMP

**SPECIALIZED CAMP ACTIVITIES**  
ADVENTURE CAMP FOR AGES 9-12

Week June 30-July 4	Bike safety with police officer -Parks		Ninja factory	Wheelchair basketball	Initiation to baseball
Week July 7-11	Initiation to fishing	Kayak, lunch outdoors	Granby zoo	Hike, Survival in woods	Exploration of weird bugs
Week July 14-18	Paddle board	Initiation to Karate	Futsal Workshop	BFLY	Adventure on the trails of Pied Mont
Week July 21-25	Mountain hiking	Flag football workshop	Funtropolis	Skatepark Mont Saint-Hilaire	Baseball game
Week 6 July 28-Aug. 1	Bubble soccer	Golf	Expo agricole	Tennis	Mini-golf
Week 7 Aug. 4-8	Fishing & Cycling	UQROP	Abraska	Color logo	Water polo Water hockey
Week 8 Aug. 11-15	Bocce Shuffleboard	Ice hockey	Activities with youth centre Karate	Archery	Pumptrack

\*These activities may change. This document constitutes only an overview of the activities offered.

**OPTIONS OFFERED:**

Daycare: \$35/week.

Outing: \$25/WEEK

**SKATEBOARD CAMP FOR AGES 7-12**

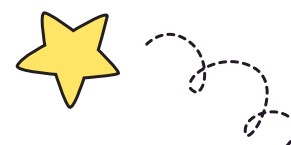
Four half-days of skateboarding from 1 p.m. to 4 p.m. where the skills level will be covered in depth, both in terms of safety and techniques. The approach will be based on progressive learning allowing each participant to progress at their own pace and encouraging each little victory, Young people will be taken charge of by the day camp in the morning.

Cost: \$250/youth BFLY outing: \$25

**TENNIS CAMP FOR AGES 7-12**

The tennis camp will take place over four half-days with a specific focus on perfecting techniques and the importance of safety. The approach will be progressive, allowing each participant to develop skills at their own pace, while celebrating progress. Tennis sessions will be held in the morning.

Cost: \$250/youth ABRASKA outing: \$25



# CULTURAL ACTIVITIES

FREE AND OPEN TO ALL, NO REGISTRATION REQUIRED!

## TAM-TAM - DJEMBE ANIMATION

Come and live a unique musical experience in the heart of African rhythms! Let yourself be carried away by the magic of the djembe and learn to play with us during this outdoor activity. An evening full of fellowship, ideal for all ages and levels.

Location: Rest area

Dates: Early May to mid-September

Schedule: Wednesday from 7 p.m. to 9 p.m.

## THEATRE IN THE PARK!

### “Diva and Catastrophe Kicks Off the Festivities”

Diva and Catastrophe tells the story of a successful singer, Diva, who loses her voice because of stage fright before a big show. Her valet, Catastrophe, clumsily tries to reassure her, but it is by getting angry that she finally finds her note and prepares to go on stage.

Location: Helen Park

Date: Wednesday, June 18

Time: 7 p.m. to 8 p.m.

## THEATRE IN THE PARK!

### Mamady the Lion Trainer

Tells us the captivating story of the child prodigy of Badalabougou, son of the generous sorcerer Waka. Through his many adventures, we discover his life in the village, his joys, fears, talents and secrets. This immersive tale invites children on a musical journey where they can manipulate various percussion instruments, sing and dance to the rhythm of the djembe and balafon. An interactive and bewitching experience that will awaken their senses and imagination!

Location: Helen Park

Date: Thursday, July 17

Time: 7 p.m. to 8 p.m.

### Theatre in the Park!

Organized by Les Diffusions Pointe-Valaine and Arrière Scène

Location: Pointe Valaine Park

Date: Friday, August 15

Time: 7 p.m. to 8 p.m.

## CINEMA IN THE PARK!

Location: Helen Park

Dates: Thursday, July 3, July 24 and August 7

Time: 7 p.m. to 9 p.m.

Three movie nights under the stars! Come and enjoy the magic of the big screen outdoors, with family or friends. Bring your chair, your blanket and make yourself comfortable for a beautiful summer evening. Make your choice of film!

## MUSIC IN THE PARK!

### Country Night

Location: École Notre-Dame 1 (306 Rue du Prince-Albert)

Date: Friday, July 11

Time: 7 p.m. to 8:30 p.m.

Come and enjoy a festive evening under the stars with the best of country! Friendly atmosphere, dancing and fun guaranteed! Bring your chair, your blanket and let yourself be carried away by the upbeat sound of country music. Dress code: Get out your cowboy boots and hats for a total immersion!

### Quebec Yéyé Evening

Location: École Notre-Dame 1 (306 Rue du Prince-Albert)

Date: Friday, August 22

Time: 7 p.m. to 8:30 p.m.

Come and relive the retro atmosphere of the '60s with an outdoor musical evening! Let yourself be carried away by the greatest hits of Quebec Yéyé in a festive and warm atmosphere.

Bring your chair and blanket to comfortably enjoy the show under the stars.

Dress code: Get out your best outfits from the 1950s and 1960s and immerse yourself in the spirit of the times!

An evening not to be missed for music and nostalgia lovers!

### Symphony Orchestra Evening

With the Orchestre à vents Péri-phonique

Location: Pointe-Valaine Park

Date: Friday, September 5

Time: 7:30 p.m. to 8:30 p.m.

Let yourself be transported by the magic of symphonic music in the open air!

Sit back and enjoy a mesmerizing concert where brass, woodwinds and percussion come together to deliver a grand performance. An ideal evening for lovers of classical music and wind orchestras!

Bring your chair or blanket for the most enjoyable experience.

A musical evening not to be missed!

# COMMUNITY ACTIVITIES

## STORYTELLING IN THE PARK

In collaboration with the Mont-Saint-Hilaire library  
Wednesdays in the summer, from 6:30 p.m. to 7:30 p.m.

- July 16 – Sharon Park\*
- July 23 – Helen Park\*
- August 13 – Comtois Park\*
- August 20 – Des Perdrix Park\*

Meeting place

- Sharon Park: Near the Red Slide
- Other parks: around the book box

Come and enjoy a magical moment with your family!

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## OTTERBURN PARK COMMUNITY GARDEN

In collaboration with the Ville d'Otterburn Park

Opening chores at the Community Garden

When? Saturday, May 10, 2025 at 9:30 a.m.

Where? Community garden (located behind the city hall)

Who? Welcome to everyone who wants to get their hands dirty! Bring your wheelbarrow and shovel if you have them, but a nice smile and some elbow grease is even better!

Gardens in containers available A few places will be available for the 2025 season. Are you an Otterburn Park resident and want to join our community of amateur gardeners?

Contact us! Jardincommunautaireop@gmail.com

## WORKSHOP: Sowing, Pest and Disease Management

Facilitated by: Julie Street, Agronomist and Community Garden Member

When? Tuesday, March 11, 2024 at 7:30 p.m.

For whom? The whole family!

Price? Free for all residents of Otterburn Park

Where? Marcel-Lacoste Centre (545 Chemin des Patriotes)

## Bee Awareness Activities

Given the success of this activity last summer and the importance of bees in pollination.

Date to come – stay tuned on our social media channels

Facebook: Otterburn Park Community Garden

## Medicinal plants and women's health workshop

This workshop, scheduled for the end of the season, will address the benefits of medicinal plants for women's health.

Date to come – Stay tuned for more information!

Follow us so you don't miss anything!

Facebook: Otterburn Park Community Garden

Contact: Jardincommunautaireop@gmail.com

## ACCESS TO THE MUNICIPAL RAMP – RESERVE YOUR STICKER AND KEY

online AS OF April 14!

Sailing enthusiasts, it's time to get ready for the 2025 season!

Make sure you have access to the municipal boat launch by reserving your annual permit and key. The installation of the dock depends on the water level. The opening will be announced on social networks.

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## ACTIVITIES FOR TEENAGERS

Free activities for 12–17-year-olds

In collaboration with the Maison des jeunes Ott'Ados

Come and have fun and discover activities specially designed for you! It's free, it's fun, and it's for all teenagers from 12 to 17 years old !

### Saturday, August 16 and Sunday, August 17 – Pumptrack (open to all)

Location: Mountainview School

Come ride and test your skills on the pumptrack!

Saturday, September 6 – BBQ evening

Location: Maison des jeunes Ott'Ados (545 Chemin des Patriotes, Otterburn Park) Discover the program of the Maison des jeunes in a festive atmosphere! On the program: BBQ, games, candy bar and lots of surprises!

### Friday, September 19 – Laser Tag

Challenge your friends to an epic game of Laser Tag! Who will be the champion?

Saturday, October 4 – Special activity to discover!

Location: Maison des jeunes Ott'Ados (545 Chemin des Patriotes, Otterburn Park)

Come and live a unique experience! We have a surprise activity in store for you not to be missed. Bring your friends and get ready to have fun!

Don't miss these events and come and have a good time with us!

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# EVENTS

## FREE EVENTS OPEN TO ALL, NO REGISTRATION REQUIRED!

We are looking for volunteers to help organize all events.

### CYCLING EDUCATION EVENT AT OTTERBURN PARK!

Saturday, May 24

Notre Dame 1 School yard

Time: 9 a.m. to 1 p.m.

Join us for a day highlighting active mobility and road safety! We encourage children and families to come and learn the fundamental rules of bicycle traffic, improve their knowledge of them and learn about best practices for riding safely, in the city as well as in nature.

On the program:

- Educational workshops and activities for young and old
- Introductory courses in safe driving with police officers on bicycles
- Practical exercises: braking, handling, signage
- Bicycle maintenance and repair workshops
- And much more!

An event not to be missed to ride more carefully, efficiently and with confidence!

Bring your bike and helmet!

Free event open to all.

Share and invite your friends!

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### NEIGHBOURHOOD PARTY 2025

The Ville d'Otterburn Park, as an Ambassador Municipality, encourages its residents to submit their projects as part of Fête du voisinage, an initiative led by Espace MUNI aimed to strengthen ties between neighbours and promote fellowship in our community.

Date of the event: Saturday, June 7, 2025

Time: Between 9 a.m. and 10 p.m.

Location: All neighbourhood parties will be listed on the City's website to inform the neighbourhood. Do you have an idea to liven up your neighbourhood? For example, picnics, fun activities, outdoor games, music, cinema under the stars. Tell us about your project!

Financial assistance: Support of up to \$300 is available upon presentation of eligible invoices (food, entertainment, equipment, etc.).

How to participate?

Submit your project and help make this day a warm and unforgettable moment for your neighbourhood! Together, let's celebrate living together in Otterburn Park!

<https://forms.office.com/r/N5hf8TZ2gR>

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### FISHING FESTIVAL –

#### A day of activities and fun by the water!

Dear nature enthusiasts and fishing enthusiasts, join us for an unforgettable day with family or friends!

Date: Sunday, June 8

Time: 9 a.m. to 1 p.m.

Location: Rest area

Introduction to fishing – Accessible to all levels!

Presence of the Canadian Coast Guard Auxiliary (Quebec) Unit 16 : Learn about their search and rescue mission on the water and take advantage of their valuable tips for safe fishing!

Come and enjoy the great outdoors and share a pleasant moment by the water!

Free event – Bring your own equipment or come and discover it on site!

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### SENIORS' PICNIC – BBQ OFFERED!

Dear seniors, City Council and volunteers invite you to attend a festive outdoor picnic, with a BBQ offered in collaboration with FADOQ!

Date: Sunday, June 15

Time: 11:30 a.m.

Location: Pointe-Valaine Park

Come and enjoy a pleasant meal prepared by your elected officials and volunteers, while discovering information booths on subjects that concern you.

In case of rain, the event will be at 85 Oxford Street, Otterburn Park.

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### LET'S CELEBRATE QUEBEC'S FÊTE NATIONALE (NATIONAL HOLIDAY) TOGETHER!

Join us on June 24 from 1 p.m. to 5 p.m. at Pointe-Valaine Parc for a festive afternoon in blue and white!

On the program

Music and entertainment (2 p.m. to 4 p.m. Les Malcommodes)

Activities for the whole family (dinosaur theme) Snacks and fun guaranteed!

Come celebrate our beautiful Quebec culture in a friendly and warm atmosphere!

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### POINTE-VALAINE PARK

June 24 | 1 p.m. - 5 p.m.

## **POOL CLOSING EVENT**

**Enjoy refreshing entertainment on Friday, August 15 from 1 p.m. to 6 p.m.!**

Come celebrate the end of the summer season with us! Activities, water games and fun guaranteed for the whole family. Don't miss this last opportunity to enjoy the pool before it closes!

Join us for a memorable day!

## **GRANDE FÊTE CITOYENNE – A WEEKEND OF ACTIVITIES FOR ALL!**

**Saturday, August 16 and Sunday, August 17**

10 a.m. to 5 p.m.

Mountainview School yard (444 Mountainview Street)

### **Pumptrack & Mobile Climbing Wall – Challenge yourself and have fun with the family!**

Musical evening – Saturday, August 16, from 6 p.m. to 7:30 p.m.

Kiosks and Local Artisans – Discover the talents of our beautiful region and support local artisans!

A festive weekend not to be missed! Come in large numbers!

Party at the Village des Tam-Tams

### **Join us for a festive day at Pointe-Valaine Park on Saturday, September 13!**

Come and dance to the rhythm of the tam-tams, and enjoy a warm and friendly atmosphere for the whole family.

On the program: Playing of percussion instruments and interactive activities

Dance and festive atmosphere

### **Picnic and relaxation area**

Don't miss this great opportunity to celebrate music, sharing and community together!

Pointe-Valaine Park

### **Saturday, September 13**

Schedule to come. Stay tuned for more details!

# **DIRECTORY OF ORGANIZATIONS**

## **OBC CANOE CLUB**

**OBC camps (8-18 years old):** 1, 2 or 8 weeks (June 23 – August 15). 400 places. Prices according to program.

<https://clubobc.com/prog-jeunes/>

**Adult Programs (18+):** Dragon Boat, Canoeing, SUP. June-August (8-12 weeks). \$150-\$400. Possible with child.

<https://clubobc.com/programme-pour-adultes/>

**Rental (June-Sept.):** Kayak & SUP, 9 a.m.- 4 p.m. \$19/h, \$10/h extra □ <https://clubobc.com/location-dembarcations/>

**Community Day (June 14):** Free tryouts + race for elected officials. 9 a.m. to 4 p.m., at Pointe-Valaine. Free! □ <https://clubobc.com/inscriptions/>

## **La Récolte**

### **A MOBILE MARKETPLACE AT THE SERVICE OF THE COMMUNITY!**

Have you noticed in the last four years a trailer transformed into a grocery store that travels through our beautiful region? It's the mobile market filled with local food, dedicated to the Vallée-du-Richelieu community! Its mission is to facilitate access to food while supporting local producers. La Récolte Agri-Food Market is active from June to October, and starting this year in Otterburn Park (schedule and location to come) so stay tuned.

In this market, you will of course find exceptionally fresh fruits and vegetables, but also a variety of delicious processed local products, such as fresh bakery breads, local meats, cheeses, meat pies, prepared meals, jams, maple and honey products, spices, and much more!

La Récolte is currently looking for two seasonal employees to assist in the sale of food at its kiosk as well as for the transportation of its trailer. Are you interested? Do not hesitate to consult the career section at

<https://marchelarecolte.ca/carriere/>.