

RECREATION,  
CULTURE AND  
COMMUNITY

# L'info

OTTERBURN PARK

MARCH 2026



## DAY CAMP, ACTIVITIES, COURSES AND EVENTS

Spring and  
Summer 2026

All registrations are made directly online  
on the Sport-Plus platform, unless otherwise  
specified in the activity description.

**Go to: [opark.ca](https://opark.ca)**

### **Need help signing up?**

Contact us: 450-536-0303

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





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# Spring activities

## Active Brain Workshops – Cognitive Stimulation Workshop **NEW**

Age: 50+ years old

When: Mondays, from 9:30 a.m. to 12 noon from March 30 to June 15 (except April 6 and May 18)

Location: Marcel-Lacoste Centre –  
545 Chemin des Patriotes

Cost: \$30 (workbook)

A dynamic workshop to stimulate memory, concentration and alertness through games and cognitive challenges in a friendly atmosphere.



## Chair Yoga – Vitality and Well-Being

Gentle and easy exercise, ideal for improving mobility, balance and well-being using a chair.

When: Wednesdays, 1:30 p.m. to 2:30 p.m., April 1 to June 3

Location: Marcel-Lacoste Centre

Price: \$100 / 10 classes

For both active and less active seniors and anyone who wants gentle exercise.



## Meditation

Meditation classes inspired by the Himalayan yoga tradition. Through simple steps, participants will learn how to soothe the body and mind and will be introduced to gentle meditation. The course is suitable for all physical conditions.

When: Wednesdays, from 3 p.m. to 4 p.m., from April 1 to June 3

Location: Marcel-Lacoste Centre (545 chemin des Patriotes)

Price: \$100 for 10 classes

## Babysitter Training

Offered by Formations Émilie, in partnership with Atout Plus Inc. Training to learn how to look after children safely and responsibly.

Age: Young people ages 11 to 15

When: Sunday, May 31, from 9 a.m. to 5 p.m.

Location: Notre-Dame school, Pavilion II (11 Helen Road)

Cost: \$65 + taxes / participant

For more information: Émilie Hegedus, Canadian Red Cross instructor, 514-619-9212

# Sports activities

Location: Pointe-Valaine Park

Free, open to all, no registration required!

## Yoga

A gentle and revitalizing activity, ideal for all ages and levels with Daphnée.

Mondays, from June 1 to August 24  
(except August 3 and 10)  
6:30 p.m. to 7:30 p.m.

## Zumba

Dynamic session combining dance and cardio training, led by Focus Studio.

Tuesdays, June 9 to August 25  
6:30 p.m. to 7:30 p.m.

## Stretching

Adapted sessions to improve flexibility and reduce tension with Daphnée.

Wednesdays, from June 3 to August 26 (except August 5 and 12)  
Time: 6:30 p.m. to 7:30 p.m.

## Energy and vitality

Outdoor cardio session led by Focus Studio.

Thursdays, June 11 to August 27  
9:30 a.m. to 10:30 a.m.  
Sharon Park

## Tai Chi, Shibashi Qi Gong

Gentle gymnastics with Michel Major

Saturdays, May 23 to October 3  
8:30 a.m. to 9:30 a.m.: Beginner  
9:30 a.m. to 10:30 a.m.: Intermediate and Advanced

In case of rain: Marcel Lacoste Centre room  
(545 Chemin des Patriotes)

## Tennis courts –

### New way of operating in 2026 (Copping Park)

Starting with the 2026 summer season, the use of the tennis courts will be mainly through online booking on Sports Plus.

#### WITH A RESERVATION

Anyone with a valid reservation has absolute priority on the court at the scheduled time.

#### WITHOUT A RESERVATION

When a court is not reserved and is free, it may be used, without reservation, for the desired duration during opening hours (8 a.m. to 9 p.m.). In the event of the arrival of a person with a reservation, the court must be vacated immediately.

The complete rules are available on the Town's website.

## Junior Pickleball – Wednesday

Introduction and improvement of pickleball skills for young people, in partnership with Mrgence Pickleball.

Location: Edmond-Auclair Park (skating rink)

Dates: July 8 to August 12, 2026

#### Hours

- 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.

Fees: \$100 + taxes (7–12 years old) | \$120 + taxes (13–16 years old)

Registration: [www.mrgencepickleball.com](http://www.mrgencepickleball.com)  
(Not managed by the Town)

# Tous O'Park Summer Thursdays!

Free activities, music, movies, theatre—fun for young and old alike—every Thursday night in the Town's parks.

**Theatre: Diva et catastrophe à la ferme**  
Thursday, June 4, at 7 p.m. – Pointe-Valaine Park

**Music**  
Thursday, June 11, from 7 p.m. to 9 p.m. –Pointe-Valaine Park  
**The students of the Arts-Studies (music) program at Ozias-Leduc high school** invite you to a musical evening highlighting the next generation of artists.

**Music**  
Thursday, June 18, 7:30 p.m. – Pointe-Valaine Park  
**The Cercle Philharmonique de Saint-Jean-sur-Richelieu** will present a John Williams tribute concert.

**Cinema**  
Thursday, July 2, at 7 p.m. – Helen Park

**Music**  
Thursday, July 9, at 7 p.m. – Pointe-Valaine Park  
Au Secours, an electro-pop group with jazz influences

**Theatre**  
Thursday, July 16, at 7 p.m. – Pointe-Valaine Park  
**La Machine de L'Arrière Scène**, a street theatre company  
Contre le vent: les aventures de Don Quixote de la Mancha

**Cinema**  
Thursday, August 6, at 7 p.m. – Helen Park

**Music**  
Thursday, August 20, at 7 p.m. – Pointe-Valaine Park  
Yordan & The Cuban Martinez Show

**Cinema**  
Thursday, August 27, at 7 p.m. – Helen Park

**Music**  
Thursday, September 3, at 7:30 p.m. – Pointe-Valaine Park  
With the Orchestre à vents Péri-phonique

**Music**  
Thursday, September 10, at 7:30 p.m. –Pointe-Valaine Park  
Rick Hugues in concert



# Tous O'Park Summer Tuesdays! Bouge O'Park

This summer, come and get moving  
and have fun on Tous O'Park Tuesdays!  
Sports and fun activities for all, to share with family or friends.

- June 30 from 6 p.m. to 8 p.m.  
Ninja Parkour for all – Edmond-Auclair Park
- July 14 from 6 p.m. to 8 p.m.  
Laser Tag for All – Pointe-Valaine Park (next to the play structure)



## Community activities

### **Tam-Tam – Djembé with facilitators**

Come and sway to the sound of African rhythms in this festive musical entertainment activity for everyone! Let yourself be carried away by the magic of the djembe and learn about this emblematic instrument in a friendly atmosphere open to all, regardless of age or experience.

Location: Rest area

Dates: Early May to mid-September

Schedule: Wednesdays, from 7 p.m. to 9 p.m.

A great opportunity to get together, learn new rhythms and enjoy summer evenings with music!

### **O'ParK storytelling**

In collaboration with the Mont-Saint-Hilaire Library

Tuesdays during the summer, 6:30 p.m.

- July 7 – Angélique-Gazaille Road \*
- July 21 – Sharon Park\*
- August 4 – Helen Park\*
- August 18 –Des Perdrix Park\*

Meeting place:

- Sharon Park: Near the red slide
- Other parks: Around the book box

### **Access to the boat launch**

Avid sailors, it's time to get ready for the 2026 season!

Make sure you have access to the municipal boat launch by reserving your annual sticker and recover your key online as of April 13 (residents) and April 27 (non-residents).

Please note :

The installation of the dock depends on the water level. The official opening date will be announced on the Town's social media channels.

The adjacent parking lot may sometimes be used during events organized by Otterburn Park or by partner organizations.

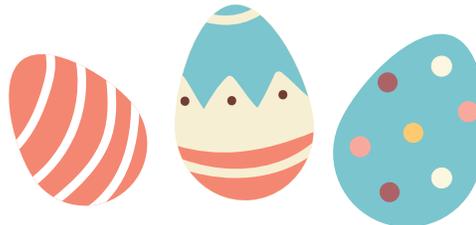
# Tous O'Park, summer events

## SHOW AND EGG HUNT – EASTER

Sunday, April 5

On Easter, come and take part in the traditional chocolate egg hunt, preceded by a children's show!

- 1st show: 9 a.m., followed by the egg hunt
- 2nd show: 10:30 a.m., followed by the egg hunt



Centre culturel de la Pointe-Valaine

For children ages 2 to 12

Online registration required

## DISTRIBUTION OF TREES

Saturday, April 26 | 9 a.m. to 12 noon

Edmond-Auclair Park

A great way to green your land

Online booking

## WELCOME TO NEW RESIDENTS

Saturday, May 9, from 10 a.m. to 12 noon

Marcel-Lacoste Centre room

The Recreation Department invites new residents to a morning welcome meeting including light snacks, a presentation of the services offered and an overview of the annual program.

## PROGRAM – RIDE WITH THE FÉDÉRATION QUÉBÉCOISE DES SPORTS CYCLISTES (FQSC)

Date: Saturday, May 30

Location: Notre-Dame 1 school yard (306 Prince-Albert Road)

The objective of this one-day event, organized in collaboration with the Fédération québécoise des sports cyclistes (FQSC), is to introduce families to safe and fun cycling.

On the agenda:

- Presence of specialized facilitators from the FQSC;
- A trailer with 30 bicycles and 30 helmets;
- Modules;
- A parent-child workshop to learn how to ride a bike;
- Interactive prevention activity with the SAAQ;
- And more.

## NEIGHBOURHOOD PARTY 2026 / JUNE 6TH

The Ville d'Otterburn Park asks residents to suggest an activity as part of the Neighbourhood Party, an initiative of Espace MUNI aimed to strengthen the relationships among neighbours.

Submit your project and liven up your neighborhood!

Financial assistance of up to \$300 is available upon submission of eligible invoices.



## FISHING FESTIVAL

Join us for a pleasant morning with family or friends.

Sunday, June 7 / 9 a.m. to 1 p.m.

Rest area

Introduction to fishing for everyone

Canadian Coast Guard Auxiliary (Quebec) – Unit 16 and COVABAR

