



Providing educational, socio-cultural, sports and family activities for all
Strong Families. Strong Community

New Frontiers School Board
Chateauguay Valley Community Learning Centres

clc.nfsb.qc.ca



5 à 7 cocktail hour

17 octobre 2017 : Howick École primaire Saint-Jean | 9, rue Académie
 St-Jean Elementary School

5 décembre 2017 : Huntingdon École primaire Notre-Dame | 15, rue York
 Notre-Dame Elementary School

13 février 2018 : Ormstown École secondaire CVR | 1597, route 138A
 CVR High School

24 avril 2018 : Sainte-Barbe Centre communautaire Carole-Tremblay | 475, chemin
 Carole-Trembay Community Centre de l'Église



bilingual
 everyone is
 welcome

bilingue
 bienvenue
 à tous

free
 spaghetti

spaghetti
 gratuit

halte-garderie
 0-7 ans
 service gratuit

free
 0-7 years
 day care

COMMUNITY

A complimentary evening event for everyone to have fun,
 to be informed, to discover and much more...

COMMUNAUTÉ

Une soirée gratuite pour tous pour avoir du plaisir,
 s'informer, découvrir et plus encore...



Information/questions :
 Lianne Finnie : lfinnie@nfsb.qc.ca
 Kim Wilson : kwilson@nfsb.qc.ca
 Téléphone : 450-264-9276



facebook.com/communautcommunit7



Chateauguay Valley

Community Learning Centres

Strong Families. Strong Communities.

Heidi 450 264-9276 • hniven@nfsb.qc.ca
Huntingdon area

Kim 450 829-2381 ext 245 • kwilson@nfsb.qc.ca
Ormstown area

Lianne 514 463-1135 • lfinnie@nfsb.qc.ca
Hemmingford, Franklin, Ormstown & Howick areas

Brooke 514 378-0164 • bwilson@nfsb.qc.ca
Salaberry-de-Valleyfield area



Community Learning Concepts (CLCs)

Community Learning Centres (CLCs)

Community Learning Centres (CLCs) are community schools that bring together various stakeholders in partnerships for youth development, lifelong learning, community engagement, family support and community health & safety.

Nous avons pour objectif de favoriser le développement global des citoyens et de la communauté de la Vallée de la Chateauguay. Nous offrons des activités éducatives, sociales, et récréatives dans les écoles et centres.

HAECC 24 York Street, Huntingdon

S.T.R.O.N.G. Workout

*Mondays and Wednesdays • Sept 11 to Dec 18
\$196/both nights • \$98/one night*

Sisters Together Reaching Our Next Goal is an all-ladies workout group that combines cardio with strength and core training. With high energy music and a fun-but-challenging environment, this class is open to any age or level.

Contact Heidi
for activities in the
Huntingdon area.
450 264-9276
hniven@nfsb.qc.ca

Drawing & Painting

Tuesdays • 1:00 to 4:00 p.m.

Oct 10 to Nov 28 • 8 weeks

\$150/session • Contact Pat Walsh 450 264-2674 for more info

Photography Club

*Every second Tuesday beginning in September
7:30 to 9:30 p.m. • \$30*

Join a group of passionate photographers who meet to exchange, discuss and critique each other's images. Contact Shelly Maither for info 450 264-2022.

Valley Hatha YOGA

Tuesdays • September 26 to December 12

3:45 to 4:45 p.m. or 6:00 to 7:00 p.m.

\$120 per 12 week session or \$12 drop in

Contact Megan at myvalleyyoga@gmail.com

Heritage 21 King Street, Huntingdon
Elementary

Girl Guides of Canada

Thursdays • September 1 to June 7

6:00 to 7:15 p.m. • Ages 5 to 17 \$140

Girl Guides enables girls to be confident, resourceful, and courageous, and to make a difference in the world! Contact Heather at 450 264-3001

Chateauguay Valley Community Learning Centres



1597 Route 138A, Ormstown

Activities start week of September 11, 2017
Registration will take place the night of the first class.

CLC Sports



7:00 to 9:00 p.m.

Monday **BASKETBALL (indoor & outdoor)**

Tuesday **BADMINTON**

Wednesday **VOLLEYBALL**

Thursday **FLOOR HOCKEY**

Friday **YOUTH BASKETBALL**

1 sport \$35

2 sports \$60

3 sports \$95

4 sports \$130

Drop in: \$3/night

Contact Kim for activities in the Ormstown area.

450 829-2381 ext 245

kwilson@nfsb.qc.ca

Irish Dance

Wednesdays • 6:00 to 7:00 p.m.

September 6 to Dec 13 • 15 weeks

\$150.00/ session.

Contact Janice 514 588-1179 or

youngirishdance@hotmail.com to register



Junior Spartans Basketball

November 17 to April 13 • \$45.00

6:00 to 7:00 p.m. • K to Grade 3

7:00 to 8:00 p.m. • Grades 4 to 6

Registration & First Night: November 17 @ 6:00pm

Ages 6 to 12.

Join our recreational league that will emphasize skill development and sportsmanship in a fun, non-competitive atmosphere. Ideal for both beginners to advanced skill levels. Jerseys and basketballs will be provided. All games will be in the CVR gym. For more information contact Brian Woods at 450 825-2472/ bwoods@nfsb.qc.ca. *Volunteer coaches are welcome!*

Care for a loved one without becoming exhausted

Thursdays 6:00 to 8:30 p.m. • Sept 14 to Nov 16. More and more individuals are becoming family caregivers. These workshops address both the physical and mental strains caregiving can have on a family member.

In partnership with the Alzheimer Society

Alzheimer Information Session

Understanding the signs and different types of memory loss

Thursday, Nov 23, 2017 • 6:00 to 8:30 p.m.

To register, contact Debbie Neumann at 450 826-1243

or dneumann@aidantsnaturelshsl.com

FREE
caregiving
workshops
offered by
Les Aidants
Naturels

CVCEC 46 Roy, Ormstown

Contact Kim for activities in the Ormstown area.
450 829-2381 ext 245
kwilson@nfsb.qc.ca

Certified First Aid/CPR

8 hour courses \$85

Oct 23 & 24 • 4:30 to 8:30 p.m.

To register, contact CVCEC 450 829-2396 (spaces limited)

Hatha Yoga

Ten-week session beginning September 11

Mondays & Thursdays - 6:00 to 7:30 p.m. Flow Yoga Experienced students

Wednesday 4:00 to 5:00 p.m. Yoga for Stress Reduction

Wednesday 5:15 to 6:15 p.m. Gentle Hatha Yoga

For more information and to register, contact Julie Gergely at 450 807-8438

Build it Yourself!

CVCEC's "Out of the Woods" Workshop

One evening a week TBD, 6:30 to 8:30 p.m.

\$75 including materials

Maximum 20, minimum 5 participants

Our first project of building adirondack chairs was a success! Another session will take place this Fall. No previous woodworking skills needed. Develop skills and learn to use tools and equipment safely, all while creating a beautiful masterpiece you can call your own. Reserve your spot now!

Franklin 1410, Route 202, Franklin

Child/parent workshops

NFSB is offering 0-3 year-old child/parent workshops in partnership with the Centre de Ressources Familiales (CRF). Approximately 5-10 sessions will be available at Franklin Elementary School in the fall. To register, or for more information, please contact Claudine Paquette from the CRF at 450 264-4598 or rescrf@bellnet.ca.

Gault Institute

17 Gault, Salaberry de Valleyfield

English Second Language

Wednesdays – September 27 to Nov 29 • 7:00 to 8:30 p.m.

Registration: September 20 @ 6:30 to 7:30 p.m. at Gault Institute

\$120.00/10 weeks Beginner to Intermediate

Ameliorer votre communication en Anglais!

Fencing

Wednesdays • Sept 27 to Dec 13 • 6:00 to 7:30 p.m.

Learn the basics of the sport; technique, speed, precision and tactics. Participants will develop skills through play activities, as well as practice physical and mental skills related to fencing. www.escrimeroussillon.ca

Contact: escrime_roussillion@hotmail.com

Karaté

Tuesdays & Thursdays • 6:30 to 8:30 p.m.

Sept 5 to June 21 • Beginner to advanced

Ages 6 and up

Instructor: Denis Plante, head instructor of Plante Karaté Dojo. Learn Shotokan karaté

Contact Denis Plante: 450 288-2490

Jiu Jitsu

September 11 to April 25

Mondays 7:30 to 9:00 p.m. • Wednesdays 6:30 to 9:00

Ages 6 and up Beginner to advanced • Instructed by Gordon Byrd

The Jui Jitsu practices throughout the course are for everyone, beginner to advanced. Contact Gordon Byrd: 514 778-4180

Contact Brooke

for activities in the
Valleyfield area.

514 378-0164

bwilson@nfsb.qc.ca

Gault Institute

Projet Mieux-Être

Tuesdays 5:30-6:45pm September 19 to November 28 (12 weeks)

Taking your health into your own hands. Instructed by a Phys-Ed teacher, the first part of each course focuses on physical conditioning and the second part focuses on your own personalized health plan. Helps you get back into both physical and mental shape. Contact Denyse Griffiths: 450 373-6922

Du Piyo

Tuesdays • Beginning September 5

6:30 to 7:30 p.m. Instructed by a contemporary dance instructor this course is designed to strengthen your core and confidence. A mixture of pilates, yoga and dance. Contact France Lefebvre: 450 377-1988

Jiu Jitsu

ages 6+ with
Gordon Bryd
Wednesdays @
Gault. Fitness,
discipline & fun



Fencing with
Club d'Escrime
Roussillon,
Wednesdays @
Gault!

SOUPER SPAGHETTIS * QUANTITÉ LIMITÉE

JUS, DESSERTS ET CAFÉ

ACTIVITÉS POUR
TOUTE LA FAMILLE

INFORMATIONS SUR
LES DIFFÉRENTS SERVICES
OFFERTS À LA COMMUNAUTÉ

TIRAGE DE PRIX
DE PRÉSENCES

GRATUIT
SANS INSCRIPTION

4 DATES À INSCRIRE À VOTRE AGENDA



LES 5@7 COMMUNAUTAIRES
DE SALABERRY-DE-VALLEYFIELD

26 OCTOBRE 2017
7 DÉCEMBRE 2017
25 JANVIER 2018
29 MARS 2018



Les Vergers Leahy



INFORMATION: PRAQ (Pour un Réseau Actif dans nos Quartiers)
Véronique Gibeault: 450-370-4387 poste:101

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