CULTURAL

Program



Centre du Sablon

SABLON *Cultural*

CULTURAL & COMMUNITY

FLOOR GYMNASTICS							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
3-4 years old	Monday	18h	190$	Emmy	Mini Gym	14 weeks	14/09/2026
5-7 years old	Monday	19h	190$				14/09/2026
8-9 years old	Monday	20h	190$				14/09/2026

Course Description: Participants learn rolls, cartwheels, balances, jumps, and support positions while developing their coordination, flexibility, balance, and confidence on the gymnastics mats.

BALLET-TAP							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
3-6 years old	Sunday	9h05	190$	Michelle	Aerobics Room	14 weeks	20/09/2026
6-9 years old	Sunday	10 h	190$				20/09/2026
10-15 years old (90minutes)	Sunday	11h	231$				20/09/2026

Course Description: This discipline combines the graceful movements of ballet with the rhythmic sounds of tap dance. Participants learn dance steps, footwork, and dance sequences while developing their coordination, musicality, and self-confidence.

CONTEMPORARY DANCE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
4-6 years old	Wednesday	17h	190$	Michelle	Salle d'aérobie	14 weeks	16/09/2026
7-10 years old	Thursday	18h45	190$				17/09/2026
10-15 years old (90minutes)	Thursday	19h45	231$				17/09/2026

Course Description: This discipline explores movement, body expression, and creativity through free-flowing and varied dance sequences. Certified by the British Dance Association, our instructor guides participants in developing their musicality, coordination, and self-confidence.

CHEERLEADING							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
7-9 years old	Saturday	16h	150$	TBD	Combat Room	14 weeks	19/09/2026
10-12 years old	Saturday	17h	150$				19/09/2026
13- 15 ans	Saturday	18h	150$				19/09/2026

Course description: Participants learn the fundamentals of the sport: choreography, motions, jumps, and age-appropriate techniques. They develop coordination, team spirit, confidence, and endurance in a dynamic environment.

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SEWING							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
7-9 years old	Sunday	11h	175$	Camille	Conference room	14 weeks	20/09/2026
10-12 years old	Sunday	12h	175$				20/09/2026
13-15 years old	Sunday	13h	175$				20/09/2026
Course Description: A sewing workshop where participants discover the basics of sewing and learn how to use sewing tools and a sewing machine through creative projects. They develop their fine motor skills, patience, creativity, and self-confidence							

CROCHET							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
7-9 years old	Saturday	11h	175$	Kayla	Conference room	14 weeks	19/09/2026
10-12 years old	Saturday	12h	175$				19/09/2026
13-15 years old	Saturday	13h	175$				19/09/2026
Adultes (90 minutes)	Saturday	13h30	190$	Kayla	The Spot	8 week	16/01/2027
Course Description: A crochet workshop where participants learn basic stitches, how to read patterns, and various techniques through handmade projects. They develop their fine motor skills, patience, creativity, and self-confidence.							

PAINTING							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
5-7 years old	Sunday	10h	150$	Aya	Class 1	14 weeks	20/09/2026
8-10 years old	Sunday	11h					20/09/2026
11-14 years old	Sunday	12h					20/09/2026
Course Description: A painting class for children where participants explore colours, techniques, and different artistic mediums through creative projects. They develop their imagination, fine motor skills, artistic expression, and self-confidence in a fun environment.							

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K-POP DANCE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
4-6 years old	Friday	17h	175$	Anastasia	Aerobics room	14 weeks	18/09/2026
7-10 years old	Friday	18h	175$				18/09/2026
11-15 years old	Friday	19h	175$				18/09/2026
Description du cours: Inspirée de la musique pop coréenne, la K-Pop combine chorégraphies énergiques et styles urbains. Les participants développent leur rythme, leur coordination et leur confiance.							

CHESS							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Begginer (6-12 years old)	Saturday	9h	210$	TBD	The Spot	14 weeks	19/09/2026
Course Description: A chess class where participants learn the fundamentals of the game, including piece movement, control of the centre, openings, and tactics. Guided games help develop strategic thinking and problem-solving skills.							

ITALIAN BEGINNER							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Adultes (60 minutes)	Tuesday	18h30	185$	Mr Makhlouf	The Spot	8 weeks	12/01/2027
Description du cours: Cours d'italien débutant où les participants apprennent les salutations, les présentations et des phrases simples. Ils développent leur capacité à échanger et communiquer en italien dans des situations de base.							

PIANO – PRIVATE CLASSES							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
5 – 99 years old (30 minutes)	Monday or Wednesday	Between 15h00 and 20h00	330$	Tamar	The Spot	12 weeks	4/01/2027
5 – 99 years old (45 minutes)	Monday or Wednesday	Between 15h00 and 20h00	480$				06/01/2027
Course Description: Private piano lessons tailored to all skill levels. Participants develop their musical techniques, learn music theory, and make progress through personalized instruction. In addition, you'll learn music theory from our qualified instructor, who graduated from the prestigious McGill Conservatory.							

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THEATRE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
4-5 years old	Friday	16H	150$	TBD	Class 2	14 weeks	18/09/2026
6-10 years old	Friday	17H	150$	TBD	Class 2		18/09/2026
11-15 years old	Friday	18H	150$	TBD	Class 2		18/09/2026
Course Description: A theatre class where participants explore acting, body language, diction, improvisation, and character portrayal. They develop their self-confidence, creativity, communication skills, and teamwork.							

HIP-HOP DANSE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Beginner (3-5 years old)	Saturday	13h	175$	Solveig	Aerobics room	13 weeks	19/09/2026
6-9 years old	Saturday	14h	175$	Solveig	Aerobics room		19/09/2026
10-15 years old	Saturday	15h	175$	Solveig	Aerobics room		19/09/2026
Course Description: A hip-hop class inspired by urban dance, where young participants develop their rhythm, coordination, and creativity through dynamic and energetic movements.							

DRAWING CLASSES							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
5-7 years old	Saturday	9h	175$	Aya	The Spot	14 weeks	19/09/2026
8-10 years old	Saturday	10h	175$				19/09/2026
11-15 years old	Saturday	11h	175$				19/09/2026
Course Description: A beginner drawing class for adults where participants explore charcoal, pastels, and drawing pencils. They develop their observational skills and learn about proportions, shading, and textures through a creative and progressive approach.							

PEINTURE AQUARELLE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Adultes (90 minutes)	Sunday	10h	205$	Josée Maurice	Poly 2	8 weeks	17/01/2027
Course Description: A watercolor class for adult beginners where participants learn basic techniques, color mixing, brush control, and wash techniques. A step-by-step approach to developing creativity and observational skills in a relaxed atmosphere.							

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ENGLISH CLASS							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
4–6 years old	Thursday	16h30	175$	Nicoletta	The Spot	14 weeks	17/09/2026
7–10 years old	Thursday	17h30	175$	Nicoletta	The Spot	14 weeks	17/09/2026
Course Description: Designed for children aged 4 to 10, this course allows participants to practise their English in a fun and enriching environment. Guided by the instructor, children learn through games, songs, and interactive activities!							

PIROUETTE ET CABRIOLE							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
12–18 months	Sunday	9h30	150$	Darina	Mini-Gym	14 weeks	20/09/2026
18 months–2.5 years old	Sunday	10h30	150$	Darina	Mini-Gym	14 weeks	20/09/2026
2.5–4 years old	Sunday	11h30	150$	Darina	Mini-Gym	14 weeks	20/09/2026
Course Description: Designed for children aged 12 months to 4 years, this class promotes psychomotor development while providing a playful environment for parents and their children. The program helps children develop their motor skills through fun, engaging, and safe interactions!							

MINI EINSTEIN							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
18–24 months	Friday	9h30	286$	Kristina	Class 2	13 weeks	18/09/2026
Course Description: Designed for children aged 18 to 24 months, this class provides an introduction to daycare and preschool. Guided by an experienced instructor, children and their parents participate in fun, interactive, and engaging activities!							

MINI PICASSO							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
24–30months	Monday	9h30	286$	Kristina	Class 2	13 weeks	14/09/2026
Course Description: Designed for children aged 24 to 30 months, this class is a continuation of Mini-Einstein. Children discover new concepts through fun and enriching activities. This program is highly recommended as preparation for preschool!							

THE SPOT – YOUTH CLUB							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
12 – 16 ans	Friday	17H00 à 21h00	185$	Sam	The Spot	10 weeks	22/01/2027
Course Description: The Youth Club is the perfect place to socialize, have fun with friends, and take part in a wide variety of themed activities, outings, and games. As an added bonus, kids get access to the pool and sports facilities at the Centre du Sablon. Check out our photos on our website!							

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ARABIC CLASS (60 mins)							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Adults	Tuesday	19h45	185$	Mr Makhlouf	The Spot	8 weeks	12/01/2027

Course Description: Learn Arabic with an experienced instructor, using an interactive method, in a friendly atmosphere, and at a pace tailored to each student. Beginners are welcome!

BRANDING OF A STARTUP (120 mins)							
Clientele	Day	Hour	Cost	Instructor	Location	Duration	Start date
Adults (120 minutes)	Wednesday	18h00	250$	Mariane Vaillancourt	Centre Communautaire Val-Martin (6 minutes de CDS)	8 weeks	24/03/2027

Course Description: Bring your brand—or future brand—to life!

Do you have a business idea in mind, want to better promote your products or services, or are you simply a creative person who'd like to learn more about the world of branding? This course is for you!

Led by an art director and marketing professional, this course will teach you the basics of branding and guide you in creating a strong, consistent, and memorable brand identity.

Throughout the course, you'll learn how to create a mood board, design a logo, develop your logotype and logomark, choose textures and imagery, and produce professional mockups. You'll also work on developing a brand that stands out, attracts your target audience, and helps you find new customers.

A creative and hands-on course to transform your ideas into a brand with character!