SPORTS

Program



Centre du Sablon

Descriptions

SPORTS

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Soccer
A dynamic activity for kids aged 4 to 14 who want to move, have fun, and improve their soccer skills. Through games, drills, and matches, participants learn to work as a team while developing their ball control, passing, and shooting.

Basketball
A high-energy class for kids aged 4 to 14, where each session turns into a true arena of challenges and team games. Participants learn to anticipate movements, plan strategies with teammates, and take on shooting and dribbling challenges. Through mini-tournaments, relays, and fast-paced games, every player stays active, makes quick decisions, and has fun while developing agility and teamwork skills.

Volleyball
Learn to master your serve, place your passes, and execute smashes. During the class, participants focus on improving volleyball techniques, including passing, receiving, serving, and attacking. Hands-on drills and mini-matches put these skills into practice while developing coordination and teamwork.

Open gym – Basketball
Join our open basketball sessions during scheduled time slots and enjoy the space to practice or play with friends. Whether you want to improve your shooting, passing, or just have a great time, these sessions are designed for you.

Aikido
Aikido is a martial art based on mastering energy and circular movements to neutralize an opponent without relying on brute strength. This course helps develop coordination, flexibility, and concentration while fostering self-control and respect for others.

Badminton Beginners
During the class, participants learn to master their serve, place their shots, and maintain rallies. Sessions combine technical drills, precision games, and mini-matches, helping to develop coordination, speed, and reflexes.

Multisports
Our multisport classes let young children explore a variety of activities while developing their motor skills and coordination. Each session is an opportunity to try new sports like soccer, basketball, volleyball, hockey, and more, all while progressing and having fun. A playful and dynamic way to boost agility, balance, and early motor abilities from a young age.

Pickleball Beginners: NEW!
Our beginner pickleball course is for people who want to discover the sport or improve their fundamentals. With guidance from an instructor, participants will learn the basic rules, techniques, and strategies of pickleball.



Programmation

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AIKIDO							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
(ZONE) 3-5 years							
2x/week	Tues. & Thurs.	18:00 & 18:30	211$	Mr. Mohammed	Combat Room	12 weeks	05/01/2027
1x/week	Saturday	11:00	144$				09/01/2027
6-99 years							
2x/week	Tues. & Sat.	19:00 & 12:00	360$	Mr. Mohammed	Combat Room	12 weeks	05/01/2027
1x/week	Tuesday	19:00	240$				05/01/2027
1x/week	Thursday	19:30	240$				07/01/2027
1x/week	Saturday	12:00	240$				09/01/2027

Course Description: Aikido is a martial art that uses energy and circular movements to neutralize an opponent without relying on brute strength. It helps develop coordination, flexibility, concentration, self-control, and respect for others.

BASKETBALL							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
4-5 years							
1x/week	Friday	17:15	204$	Miles	Gymnasium	12 weeks	08/09/2027
1x/week	Sunday	09:30	187$	Tk		11 weeks	10/01/2027
6-8 years							
1x/week	Friday	18:15	204$	Miles	Gymnasium	12 weeks	08/09/2027
1x/week	Sunday	10:30	187$	Tk		11 weeks	10/01/2027
9-12 years							
1x/week	Friday	19:15	204$	Miles	Gymnasium	12 weeks	08/09/2027
1x/week	Sunday	11:30	187$	Tk		11 weeks	10/01/2027

Course Description: Basketball classes for youth ages 4 to 12 and up, combining skill development, games, challenges, and mini-tournaments. Participants develop their agility, shooting and dribbling skills, teamwork, and decision-making abilities.

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MULTISPORTS							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
3-5 years							
2x/week	Tues. & Sat.	17:00 & 08:00	270$	Lea	Gymnasium	12 weeks	05/01/2027
1x/week	Tuesday	17:00	180$			12 weeks	05/01/2027
1x/week	Saturday	08:00	180$			12 weeks	09/01/2027
6-10 years							
1x/week	Saturday	09:00	180$	Lea	Gymnasium	12 weeks	09/01/2027

Course Description: Our multisport classes introduce young children to a variety of sports (soccer, basketball, volleyball, hockey, etc.) while developing their motor skills, coordination, agility, and balance in a fun and dynamic environment.

SOCCER							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
5-8 years	Wednesday	18:30	204$	Dean	Gymnasium	12 weeks	06/09/2027
9-12 years		19:30	204$				06/09/2027
4-5 years	Saturday	10:00	204$	Melica	Gymnasium	12 weeks	09/01/2027
6-8 years		11:00	204$				09/01/2027
9-12 years		12:00	204$				09/01/2027

Description du cours: Dynamic soccer classes for youth ages 4 to 14, designed to develop their soccer skills. Through games, drills, and matches, participants improve their ball control, passing, shooting, and teamwork.

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VOLLEYBALL							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
9 years and +							
1x/week – level 1	Saturday	14:30	180$	Ashmitha	Gymnasium	12 weeks	09/01/2027
1x/week – level 2	Saturday	15:30	180$				09/01/2027
Course Description: Volleyball classes focused on improving serving, passing, receiving, attacking, and spiking techniques. Drills and mini-matches help develop coordination, technical skills, and teamwork.							

BADMINTON BEGINNERS							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
7 years and +							
1x/week	Saturday	13:15	180$	Jolian	Gymnasium	12 weeks	09/01/2027
Course description: Badminton classes designed to teach participants the different strokes, serving techniques, and footwork on the court. Technical drills, accuracy games, and mini-matches help develop coordination, speed, agility, and reflexes.							

Pickleball Beginners							
Frequency	Day	Time	Cost	Instructor	Space	Weeks	Start Date
15 years and +							
1x/week	Tuesday	13:15	180$	Callum	Gymnasium	12 weeks	05/01/2027
Course Description: Our beginner pickleball course is for people who want to discover the sport or improve their fundamentals. With guidance from an instructor, participants will learn the basic rules, techniques, and strategies of pickleball.							