



X'FIT ★

Age: 18 years +
Duration: September 6th to October 25th
Schedule: Thursday 5:15 to 6:00 p.m.
Location: Parc André-Gagnon
Cost: \$80 for 8 weeks
Info : Monique Gilbert, MSC, Kinesiologist
 438 872-0829 / moniq.gilbert@icloud.com
 5 to 10 participants maximum
 30-minute interval functional training



YOGA

Age: All
Duration: September 13th until November 22nd
Schedule: Thursday 9:00 to 10:15 a.m.
Location: Town Hall
Cost: \$120 / 11 sessions or \$15 drop-in
Info : Marie Garon 450-292-3923
marieg-yoga@hotmail.ca



RETIRED CLUB FOR SENIORS

Age: All
Duration: October 25th until March 28th, 2019
Schedule: Thursday 1:00 to 3:30 p.m.
Location: Saint-Cajetan Church (basement)
Cost: \$10 / year
Info: Christine Caron 450-292-3250
 Cards, Wii, Pool, Shuffleboard



BADMINTON

Age: All
Duration: Mid-October 2018 to mid-April 2019
Schedule: Tuesday and Thursday
 4:30 to 6:30 p.m.
Location: Mansonville Elementary School
Cost: to confirm / 26 weeks
Info: Johanne Dumberry 450 292-3214
jodumberry@gmail.com



TAI-CHI GONG

Age: All
Duration: September 11th until November 13th
 (8 sessions)
Schedule: Tuesday 1:30-3:30 p.m.
Location: Town Hall
Cost: \$195
 Registration : Jean Soumis 450 292-3131
Jeansoumis26@gmail.com
 Information: Lolita Dalpé, certified Instructor,
 450 534-5585 taikigong@gmail.com
 The regular practice of Tai Chi, a Chinese martial art that goes back to ancient China, soothes the nervous system and harmonizes the relationship between mind and body. Come discover this ancient art with us.



PICKLEBALL

Age: All
Duration: September 30th - April 2019
Schedule: Sunday 9:00 a.m. until 2:00 p.m.
Location: Mansonville Elementary School
Cost: to be determined / 26 weeks
Info: Lucie or Rolf Maurer 450 292-4175



ZUMBA

Age: 16 years +
Duration: 14 weeks
 Date: September 17th
 (FREE trial class on September 12th)
Schedule: Monday and Wednesday
 5:00-6:00 p.m.
Location: Mansonville Elementary School
 5 Marion-Atwell
Cost: Once per week \$115 (14 classes) or twice per week \$225 (28 classes) or \$10 drop-in
Info : Geneviève Quintin :
genevieve.quintin@hotmail.com



Leisure Calendar

Fall 2018



NEW ACTIVITIES

IF YOU HAVE NEW ACTIVITIES TO SUGGEST, PLEASE CALL AT 450 292-3313 EXT. 228



CHILDREN'S ACTIVITIES

LEARN ABOUT OUR NEW REIMBURSEMENT POLICY FOR CHILDREN OF 18 AND UNDER [HTTP://POTTON.CA](http://POTTON.CA)



REFER TO REGISTRATION DETAILS LISTED UNDER EACH ACTIVITY



TINY TOTS CIRCLE



Age: 0-5 years old

Duration: October 2018 – June 2019

Schedule & Location: On rotation

Cost: Free

Info and to join the mailing list:

450 292-3313 ext. 228

Activities for children and parents. Calendar of monthly activities available on the website.



YOUTH CENTRE - CABMN -

Age: 5 to 12

Duration: October 2018 to June 2019

Location: 282, rue Principale

Boys (Thursday's) and Girls Group (Friday's)

Schedule: 2:15 to 4:30 p.m.

Cost: \$10.00 per youth per year

"Leadership"

Schedule: Saturday 3:00-4:30 p.m.

Cost: Free

Dance \ Theatre

Duration: October- December & April –June

Schedule: Saturday 1:00-3:00 p.m.

**Students Against Destructive Decisions
(SADD) Mansonville Chapter**

Ages: 12 to 18

Schedule: Friday's 6:00-7:00 p.m.

Cost: Free

Friday Drop-in

Ages: 12 +

Schedule: Friday 7:00 – 10:00 p.m.

For more information call:

CABMN 450 292-3114

The Youth Centre 450 292-4886

Visit: www.cabmn.org



DROP-IN - VIACTIVE

Age: 50 +

Duration: September 5th until June 2019

Schedule: Wednesday 10:00 to 11:00 a.m.

Location: Mansonville Elementary School

Cost: Free

Info : Angelle and Monique, CABMN

450 292-3114 ext.103

a.laplume@cabmn.org / m.gilbert@cabmn.org,

www.cabmn.org

Improve your muscle tone, your mobility, endurance and quality of life.



CADENCE SPINNING

Age: All

Duration: ongoing

Schedule: 5 days per week: Monday, Wednesday, and Friday 8:30 a.m. to 9:30 a.m.:

Spinning and weights with Cheryl.

Tuesday and Thursday 5:00-6:00 p.m.:

Spinning with Julie

Location: 241 Vale Perkins, Mansonville until September 7th, after that date, see the Facebook page

Cost: intro class free, \$7.50 per class, \$140 for 20 classes

Info: Cheryl Clinton: 819 640-7848

clinton.cheryl@mail.com or

Julie Zeitlinger 514 886-0717.

9 spinners maximum. Reserve with the 'Doodle' on Facebook page: Cadence Spin Studio (Mansonville)



PÉTANQUE

Age: All

Duration: Until October 2018

Schedule: Thursday 10:00 a.m. to noon

Location: Parc André-Gagnon

Cost: Free

Info: Carole Delaître 450-292-5093

carole.delaitre@gmail.com



PILATES

Age: All

Duration: September 12th to December 12th

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

Location: Town Hall

Cost: \$168 \$ / 14 sessions or 15 \$ drop-in

Info: Monique Gilbert, MSC, Kinesiologist

438 872-0829 / moniq.gilbert@icloud.com

A body and spirit training. The exercises will help you learn to develop your breathing, reorganize your movement habits, strengthen, and rebalance the deep muscles (abdominal and dorsal).



CENTRE KEN JONES

Age: 18 +

Duration: All year

Schedule: Thursday 9:00 a.m.- 3:00 p.m.

Location: Youth Centre

Cost: to be determined

Info: Sheila Samborsky 450 292-4886,

www.cabmn.org

Social Integration, leisure activities for adults with intellectual disabilities and respite for their families.



MEDITATION

Age: All

Duration: September 9th until December 9th

Schedule: Sunday 9:00-10:00 a.m.

Location: Potton Apartments

27 Neil-Armstrong, Mansonville

Cost: Free

Info: Marie Garon 450 292-3923

marieg-yoga@hotmail.ca



COLLECTIVE KITCHEN

Age: All

Duration: October until December

Schedule: to be determined

Location: Le Baluchon Elementary School

Cost: Minimal fee

Info: Must register in advance

Angelle and Monique, CAB Missisquoi-Nord, 450-292-3114 ext. 103

a.laplume@cabmn.org / m.gilbert@cabmn.org



BRIDGE

Age: All

Duration: All year

Schedule: Friday 2:00 p.m.

Location: Town Hall

Cost: Free

Info: John Haberl 450 292-4171 or

Jane McCusker 450 292-5295

Wise Owl's Bridge Club

Novice and experienced players welcome!



TENNIS

Age: 16 +

Duration: Until October

Schedule: Monday and Wednesday 7:00 p.m.

Location: Tennis court Parc André-Gagnon

Cost: Free

Info : Jacques Marcoux, 450-292-3235

j.marcoux1@gmail.com

For more information :

<http://potton.ca/en/recreation-and-culture/activities/>

Autres activités au verso →