

# Cowansville and Dunham

**Representative:** Daniel Galipeau, Principal of St-Leon School,  
450 263-5923

## **5-12 years old**

### **Cooking classes in school**

**Where:** At Cowansville and Dunham's elementary schools

**When:** Classes will start in fall 2009 in most schools

**More information:** ask in the your elementary school

### **Organized sports at lunch and after school:**

**Where:** At Cowansville and Dunham's elementary schools

**When:** Classes will start in fall 2009 in most schools

**More information:** ask in the your elementary school

## **13-17 years old:**

### **Free sports for teenagers: Winter schedule: January 18th to March 30th**

**Who:** Everyone 13 to 17 years old

#### **What and when:**

**Monday** Hip Hop 7pm to 8:30pm

**Monday** and **Tuesday** from 6:30pm to 8:30pm: Your choice of sport\*

**Sunday** from 1:00pm to 5:00pm: Your choice of sport\*

\* Participants will be able to choose what sport they want to play  
(Basketball Floor hockey, soccer...)

**Where:** In the gym at St-Leon school (door #6, facing Terrasse Bellerive)

**Registration:** No need to register, you just need to show up!

**Information:** Alain Dion 450 263-6464 extension 4442

# Sutton

**Representative:** Nathalie Mireault, Town of Sutton, 450 538-2290

## **0-5 years old:**

### **Psychomotricity workshop for toddlers 2 to 5 years-old**

**Who:** Parents are invited to leave their kids at the drop-in center (parents are also welcomed to stay and enjoy the workshop).

**Where:** At the Jardin d'Enfants

**When:** Every Tuesday from 9am to noon

**More information:** Contact Ève Denis, [ressource.famille@bellnet.ca](mailto:ressource.famille@bellnet.ca) or 450 538-1919 to reserve your space

## **5-12 years old:**

### **Cooking classes at the Sutton school (during class):**

**Who:** All the kids attending school in Sutton will be invited to cook with Karen (four hours per child)

**When:** Classes will start November 2009

**Registration:** There is no need to register

**Information:** Manon Lemaire 450 538-2318

### **Cooking classes at the Sutton school for grade 5 and 6 (after class):**

**Who:** All the kids attending grade 5 and 6 at the school in Sutton will be invited to participate in one after school cooking class with Karen (3 to 6 on Monday).

**When:** Classes will start November 2009

**Registration:** You will be invited to register your child to one class

**Information:** Manon Lemaire 450 538-2318

### **Animation in the school yard:**

**Who:** All the kids attending grade the school in Sutton

**Where:** In the school yard (recess and lunch)

**Information:** Manon Lemaire 450 538-2318

## **13-17 years old:**

### **Free sports for teenagers**

**Who:** Everyone 13 to 17 years old

**What:** Sports for teenagers

**Where and when:** Starting February 2<sup>nd</sup>

#### **Sutton school Gym:**

Every Tuesday and Thursday night from 6:30pm to 8:30pm: Your choice of sport\*

#### **Outdoor rink:**

Every Friday and Saturday night from 6:30pm to 8:30pm

\* Participants will be able to choose what sport they want to play (Basketball Floor hockey, soccer...)

**Registration:** No need to register, you just need to show up!

**Information:** Nathalie Mireault, Town of Sutton, 450 538-2290

# Farnham

**Representative:** Jean-François Pomerleau, Maison des jeunes, 450 293-7866

## **0-5 years old:**

**Tandem Rigolo: psychomotricity workshop for toddlers 18 months to 5 years old**

**Who:** Parents and their toddlers are invited to participate in the "Tandem Rigolo" workshop.

**Where:** Art center in Farnham

**When:**

**Sunday** 9am to 9:45am for 1 and 2 years olds

**Sunday** 10am to 10:45am for 2 and 3 years olds

**Sunday** 11am to 11:45am for 4 and 5 years olds

**Registration:** January 17th from 9am to 11:45am or the following Sunday before class

**More information:** Julie Paquette 450 293-3178 extension 311

**Cooking workshop for pregnant women and new mothers**

**Where:** At the Champignoies

**When:** Contact Lucie Bazinet

**Information:** Lucie Bazinet 450 293-2279

**Cooking workshop for 3 to 5 years old:**

**Who:** Kids 3 to 5 years old

**Where:** At the Champignoies

**When:** Contact Lucie Bazinet

**Information:** Lucie Bazinet 450 293-2279

## **5-12 years old:**

**Acti-midi program and school yard animation**

**Who:** All grade 5 and 6 students from St-Romuald and Mgr Douville schools will be invited to participate in the training. They will learn how to plan and lead the school yard.

**Where:** St-Romuald and Mgr Douville

**When:** The training will take place in November 2009

**Information:** Your school principal

## **13-17 years old:**

### **FREE Hip hop line dancing lessons**

**Who:** Everyone 13 to 17 years old

**What:** Come and dance with Chan Lebeuf

**Where:** Maison des jeunes de Farnham

**When:** Thursday from 7pm to 9pm

**Registration:** No need to register, you just need to show up as often as possible!

**Information:** Maison des jeunes de Farnham 450 293-7866

### **FREE cooking lessons**

**Who:** Everyone 13 to 17 years old

**Where:** At the kitchen of the "Maison communautaire de Farnham"

**When:** Every Tuesday from 7pm to 9pm

**Registration:** No need to register, you just need to show up!

**Information:** Maison des jeunes de Farnham 450 293-7866

### **FREE figure skating lessons**

**Who:** Everyone 13 to 17 years old

**Where:** Maison des jeunes de Farnham

**When:** To be confirmed

**Registration:** No need to register, you just need to show up!

**Information:** Maison des jeunes de Farnham 450 293-7866

# Lac Brome

## **Representative:**

Johanne Morin, Director of Lac Brome Recreation and community services

For more information you can contact Nicholas Boisvert 450-242-2020 extension 312 or visit the website

<http://www.ville.lac-brome.qc.ca/loisirs/en>

## **0-5 years old and family**

**Participate in these free activities with your children. The goal is to get the whole family moving while learning to eat healthy!**

**Who:** kids 0-5 years old and their parents

**Where:** Lac-Brome community center

**When:** Saturday 10am to 11:30am

**Registration and cost:** Free, just come and join us!

**Information:** Nicholas Boisvert 450-242-2020 extension 312

## **5-12 ans et familles**

**School yard animation in collaboration with the young leader program**

Wednesday and Friday at lunch: Knowlton Academy

Thursday at lunch and after school: St-Édouard

### **Animation at Lions' Park**

**Who:** kids 5-12 years old and their parents

**Where:** At Lions' park

**When:** Friday evening from 4 to 5:30 PM

**Registration and cost:** Free, just come and join us!

**Information:** Nicholas Boisvert 450-242-2020 extension 312

### **Free family activities**

Come play and spend time as a family

**Who:** kids 5-12 years old and their parents

**Where:** Lac-Brome community center

**When:** Saturday from noon to 1:30pm

**Registration and cost:** Free, just come and join us!

**Information:** Nicholas Boisvert 450-242-2020 extension 312

## **13-17 ans :**

You love sports? You get to choose what sports you want to play : basketball? Floor hockey? Indoor soccer? (put your idea here) Join us and share your ideas!

**Who:** 12-17 years old

**Where and when:**

At la maison des jeunes (or outside)

Wednesday from 6 to 9pm

Saturday from 3 to 5pm

At the St-Edouard school gym

Friday and Saturday from 6 to 9pm

**Registration and cost:** Free, just come and join us!

**Information:** Nicholas Boisvert 450-242-2020 poste 312