



**FALL
2026**



RECREATION PROGRAM

SAINT-JEAN GARRISON SPORTS CENTRE





The Saint-Jean Garrison Sports Centre

The Saint-Jean Garrison Recreation Department offers a range of services to the military community and citizens. Our recreational, artistic, sports, and outdoor activities are designed for the whole family, from children to retirees. In a safe environment with ample parking, everyone is welcome at our facilities!



Come meet us!

The Recreation Department is part of the Personnel Support Programs (PSP). Our mission is to provide community recreation and wellness services to military personnel and their families.

During the week, during working hours, our many facilities are used by military personnel, but we also welcome citizens who wish to come and work out in the gym. In the evenings and on weekends, we offer a variety of classes and activities, as well as the possibility of renting facilities.

Feel free to come and visit us! The sports center reception is located in the green section of the Megastructure.

Table of contents

06 Our facilities

08 Facility rental and organizing special activities

09 Career and job opportunities

10 Recreational clubs

11 Become a PSP cardholder

12 Registration and payment methods

15 Open practice activities

Weightlifting and Cardio Rooms

Free practice gym activities

16 Free climbing

Supervised climbing

Supervised Archery

17 Personalized training

Personalized training plans

Private training sessions

18 Body composition analysis

19 Training and accreditations

Climbing accreditation

Top rope climbing training

20 Lead climbing training

21 Group classes

22 Guided climbing - Autonomy

Guided climbing - Gestuelle

23 Boxing

SpinHIIT - **New!**

Bootcamp

24 Zumba

Weight training

Mobility

25 Stretching & Strengthening - **New!**

26 Step Tonus - **New!**

Yoga Flow - **New!**

27 Outdoor activities

28 Introduction to Fishing

Introduction to Compass Navigation and Geocaching

Hiking

29 Night Hike

Backcountry Hiking with Overnight Stay in a Heated Shelter

Indoor Archery and Rock Climbing Introduction

30 Introduction to Curling

Indoor Archery and Rock Climbing Introduction

31 Chess Activities

34 Activity Schedule

36 Contact us

Our facilities

- A wide choice of accessible facilities. Modern and safe
- Monday to Friday (6:30 a.m. to 9 p.m.)
- Saturday and Sunday (9 a.m. to 6 p.m.)

Indoor facilities

- 1 climbing wall
- 4 exercise rooms
- 5 gymnasiums
- 7 volleyball courts
- 4 basketball courts
- 200-meter indoor running track
- 150-meter running track
- 1 indoor archery curtain

Outdoor facilities

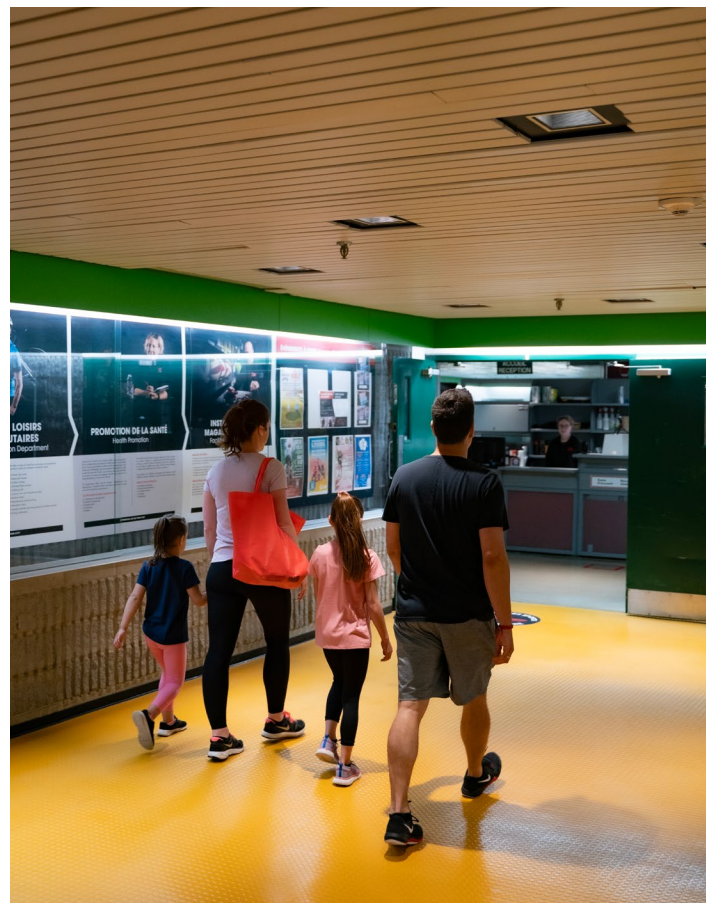
- 3 regulation-size soccer fields and 2 mini soccer fields
- 4 tennis courts
- 1 ball hockey surface
- 1 sand beach volleyball court
- 3 grass beach volleyball courts
- 1 ball hockey surface • 1 400-meter track
- 1 3.25 km obstacle course with training stations
- 1 20-meter swimming pool with a shallow end and a deep end

To get to the Sports Centre

You must enter through the gatehouse located at 25, chemin Grand Bernier Sud.

You will be greeted by the Garrison security service, who may ask you why you are visiting the Garrison or where you are going. You may also be asked to present identification or open the trunk of your vehicle. Do not be intimidated. These measures are normal in a military context and are intended to ensure everyone's safety.

HOW
TO GET THERE



Sports and outdoor shop

We rent a variety of outdoor equipment for all seasons: bikes, camping and hiking gear, skis (downhill and cross-country), snowshoes and snow scooters, watercraft, trailers... and more!

CHECK THE RATES



Circonflexe

Thanks to this program from ministère de l'Éducation, du Sport, du Loisir et du Plein air du Québec, we are able to lend various outdoor and sports equipment free of charge to all Quebec residents.

circonflexe

Prêt-pour-bouger

RESERVE YOUR CIRCONFLEXE
EQUIPMENT (INDIVIDUALS AND GROUPS)



DISCOVER CIRCONFLEXE'S
INVENTORY



Facility rental and organizing special activities

Rent our facilities

Whether you are a member of the military, a civilian, or an organization, you can rent our many indoor and outdoor sports facilities.

Social activities

You can also rent our various bars, where our team will serve alcohol if you wish.

We can also organize various events such as children's parties or team-building activities.

What makes us unique

- Safety: our facilities and equipment meet the highest safety standards.
- Expertise: our instructors are qualified and passionate professionals.
- Flexibility: we tailor our services to your needs.

Do you have any questions?

info1oisirst-jean@forces.gc.ca or 450 358-7099 #668 7262.

RENT
A FACILITY



RENT A
RECEPTION ROOM



Career and job opportunities



We are always looking for new talent to join our team:

- Sports center attendants/facility supervisors – casual and part-time positions
- Outdoor specialists (climbing, archery, hiking, outdoor guide) – casual positions
- Group class specialists (functional training, weight training, spinning) – casual positions
- Arts and crafts specialists (choir, performing arts, music) – casual positions

We are also looking for service providers in several areas:

- Dance
- Youth activities
- Activities for seniors
- Tai chi
- Zumba
- Singing
- Music
- Crafts
- Speaker

To apply or for more information:

INFOLOISIRST-JEAN@FORCES.GC.CA





Recreational clubs

The Recreation Department supports three clubs through the contribution of volunteer teams. Each club is managed as a non-profit organization, with a board of directors elected at annual general meetings. Club membership is subject to regulations.

Golf club

Open to all, it allows its members to organize tournaments, enjoy special rates at various golf courses, and hold social gatherings.

Shooting Club

Open to all, its members can practice rifle shooting (handguns and long-range rifles up to 600 meters) at the Farnham military training site, a safe and controlled environment.

Hunting Club

Reserved exclusively for military personnel, this club allows its members to practice their sport (bow or rifle) at the military training sites in Farnham (wild turkey, large and small game) and Saint-Élie d'Orford (small and large game).

Targets are available on site. In Farnham, 3D foam animals are installed along the archery range.

**REGISTRATION AND
INFORMATION**



Parking spaces for recreational vehicles

This service is available to everyone and allows users to rent parking spaces on National Defense properties located at the Farnham training site, the Montreal Garrison, and the Saint-Hubert site.

MORE INFORMATION



Become a PSP cardholder

Taxes extra.
Rates and privileges are subject to change without notice.

Classic PSP card

- 6 or 12-month membership
- Can be paid in installments
- Save between 35%-50% on every paid activity
- Free access to facilities and activities and independent practice, without any supervision
- Get preferential rates on sports and outdoor equipment rentals in our shop

Unlimited PSP card

- 6 or 12-month membership
- Can be paid in installments
- Save between 35%-50% on each paid activity
- Free access to facilities and activities and independent practice, without any supervision
- Get preferential rates on sports and outdoor equipment rentals in our shop
- Access to all group classes at no additional cost
- Access to all outdoor activities at no additional cost*

* Travel, accommodation and food costs are extra.

PSP Card		Classic		Unlimited	
		6 months	12 months	6 months	12 months
Military and veterans*	Individual	\$115	\$200	\$175	\$265
	Family	\$180	\$290	\$250	\$385
Extended Defense Team members*	Individual	\$195	\$350	\$300	\$465
	Family	\$245	\$425	\$360	\$625
Citizens* (regular rate)	Individual	\$290	\$460	\$385	\$705
	Family	\$455	\$785	\$645	\$865

* For a complete list of individuals included in this category, see the [link](#)



Registration and payment methods

You can register:

1. By phone 450-358-7099 ext. 668 7262
2. By going to the sports centre reception, Monday to Friday, between 8 a.m. and 8 p.m. Saturday and Sunday between 9 a.m. and 5 p.m.

Payment can be made by credit card, debit card or cash.

You would like to cancel a service?

You must send us your cancellation request at least 5 business days before the start of the service you have booked and paid for.

Refund: A \$35 administration fee will be deducted from the value of the service you purchased.

Credit note: You will receive a credit note equivalent to 100% of the value of the service you purchased. It will be valid for 12 months on all of our leisure services.

You would like to change a service?

You must send us your change request at least 5 business days before the start of the service you have reserved and paid for.

If places are available: the change will be free of charge.

If the change is not possible: a \$35 administration fee will be deducted from the value of the service you purchased.



Unsupervised activities (Non-PSP classic or unlimited cardholder)

- Access to facilities for unsupervised and independent use (gyms, climbing wall, weight and cardio room).
- Available in 10 or 25 entries*
- Saves you time and money when you don't want to have a subscription.
- Usable over a period of 12 months.
- Children aged 0 to 5 have free access to the facilities.

*Payment must be made in a single installment.

Pay-as-you-go rate	Single entry	10 entries*	25 entries*
6-13 years	\$8	\$70	\$150
14-17 years	\$9	\$80	\$175
18 years and over	\$11	\$100	\$225

Drop-in Group Classes

- Access all our group classes whenever you want and according to your availability
- Available for 10 or 25 entries*
- Can be used over a period of 12 months

*Payment must be made in one installment.

Rates for passes	Classic PSP cardholder	Non-Classic PSP cardholder
Single entry	\$11	\$15
10 passes	\$100	\$130
25 passes	\$225	\$300

Rental of climbing equipment

We rent climbing equipment for periods of 4 consecutive hours of use at our facilities. Equipment may not be taken outside the Saint-Jean Garrison Sports Center for use elsewhere.

Equipment prices	Unlimited or classic PSP cardholder	Non-PSP cardholder
Belay system with carabiner and rope (10.3 mm)	\$4	\$6
Harness	\$4	\$6
Slippers	\$4	\$6



Open practice activities

- Available to everyone :
- Experts, instructors and supervisors are not required
- Participants are autonomous and organize themselves
- The sports centre will provide participants with the equipment for the activities
- No registration is required
- Find out more about our available trays by calling 450 358-7099 #668 7262.

Weightlifting and cardio rooms

***14 years and +**

Independent, unsupervised training on our fitness and cardio equipment. The variety of our equipment is impressive. You can practice functional training, weightlifting, cardio, and strength training. You'll find what you're looking for!

Schedule	Dates	Location	Cost	Registration
Monday to Friday 6:30 a.m. to 9 p.m.	At all times	M-220 Depending on time and day:	Classic or unlimited PSP cardholder: FREE	You must report to reception to present your membership or military card to our staff or to pay for your entry.
Saturday and Sunday 9 a.m. to 6 p.m.		FH-105 FH-202 Indoor running tracks (FH and gym)	Non-Classic PSP cardholder: Check our rates on page 13.	

*14-16 year olds must be accompanied by someone aged 18 or over, unless they have taken an introductory weight training class with one of our trainers or have a personalized training plan created by one of our trainers.

Free practice gym activities

***For everyone**

Unsupervised independent sports activities such as; **basketball, volleyball, pickleball, floor hockey, badminton and soccer. Equipment available for borrowing or rental. Inquire at the front desk.**

Schedule**	Dates	Location	Cost	Registration
Monday to Friday 6:30 a.m. to 8 a.m., 11:30 a.m. to 1 p.m. and 4:30 p.m. to 9 p.m.	At all times according to the free activities schedule	Subject to availability of the facilities:	Classic or unlimited PSP cardholder: FREE	You must report to reception to present your membership or military ID card to our staff, or to pay for your entry.
Saturday and Sunday 9 a.m. to 6 p.m. There could be additional availability depending on use of the facilities.		Gym 1 and 2 Palestra FH A-B-C	Non-Classic PSP cardholder: Check our rates on page 13.	

* 15 years old or younger must be accompanied by a person 16 years old or older.

** Due to rentals or organized activities, free activities may be cancelled.

Free climbing

***3 years and +**

Practice your climbing technique in unsupervised open practice. Equipment is available for renting.

Schedule	Dates	Location	Cost	Registration
Monday to Friday between 4:30 p.m. and 9 p.m.	At all times, based on the activities schedule.	Palestra**	Classic or unlimited PSP cardholder or outdoor: FREE	You must report to reception to present your membership card to the staff.
Saturday and Sunday between 9 a.m. and 6 p.m.			Non-Classic PSP cardholder: See our rates on page 13. 3-5 years FREE	

Prerequisite: Have an up-to-date climbing accreditation. It is mandatory to be at least two people to come climbing. A person with accreditation can allow someone without it to climb, but the reverse is prohibited.

*Children aged 3 to 15 must be accompanied by an adult with a valid accreditation.

**For rentals or organized activities, the wall may be unavailable..

Guided climbing - Initiation

circonflexe

***3 years and +**

Introductory sessions to rock climbing and free climbing, supervised by our specialized staff. You are free to arrive and leave at your convenience. Our staff is on hand to ensure your safety. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. to 8:30 p.m.	Effective immediately**	Palestra	Free activity for all!	No registration required.

* 3 to 12 must be accompanied by an adult who may choose to participate in the activity or not.

** Please refer to the current session schedule.

Supervised archery

circonflexe

***8 years and +**

A free introductory archery activity, supervised by our outdoor specialist. You are free to arrive and leave as you wish. Our staff is present to ensure your safety. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Monday between 6 p.m. to 8 p.m.	From September 7 th	Palestra	Free activity for all!	No registration required.

Please contact us before coming to ensure that the activity is taking place.

Personalized training

Personalized training plans

This new program aims to meet the health and wellness needs of our community, offering solutions tailored to each individual, whatever their fitness level, age or goals.

Your plan will be designed by a PSP recreation instructor according to your availability.

Pricing

Classic or Unlimited PSP cardholder	Evaluation + Training Program 1-2 days	Evaluation + Training Program 3+ days	Non-PSP cardholder	Evaluation + Training Program 1-2 days	Evaluation + Training Program 3+ days
1 program	\$100 +tx	\$135 +tx	1 program	\$130 +tx	\$180 +tx
3 programs*	\$280 +tx	\$375 +tx	3 programs*	\$360 +tx	\$510 +tx

*To be used within 12 months of purchase.

Private training sessions

Our coaches now offer you individualized support! Whether it's for an introductory training session, to familiarize yourself with the different equipment, or for an advanced training session, you will benefit from theoretical, technical, and motivational guidance.

Pricing

Classic or unlimited PSP cardholder		Non-PSP cardholder	
1 session	\$50 + tx	1 session	\$65 + tx
10 sessions	\$400 + tx	10 sessions	\$520 +tx

Body composition analysis

We are pleased to add body composition analysis using our InBody devices to our range of services.

Thanks to this cutting-edge technology, you can get an accurate and complete picture of your body composition in just a few seconds:

- Muscle mass
- Fat mass
- Balance between different parts of the body
- Basal metabolic rate and much more!

Pricing

PSP cardholders classic or unlimited	Non-PSP cardholders - Military and veterans	Non-PSP cardholders - Citizens and extended members of the Defense Team
\$30 + tx	\$40 + tx	\$50 + tx

The personalized Hexfit training program is available to everyone: military members, veterans, members of the extended Defence Team and citizens, according to the rates mentioned.

Please note that for active military members, the program is offered free of charge by the Fitness and Sports Department. If an active military member wishes to follow the program with one of our recreation instructors, fees will be applied according to the rates.

To book an appointment, please contact the sports centre reception desk at **450-358-7099 #668 7262**.

FOR MORE INFORMATION



Training and accreditations in climbing

Climbing accreditation

***9 years and +**

Assessment to receive your accreditation on our top rope climbing wall or as lead climber. The assessment lasts 20 minutes, and you must be accompanied by someone who climbs. Equipment provided (top rope) and available for hire (lead climber). Your equipment must be inspected by one of our specialists.

Schedule	Dates	Location	Cost	Registration
Tuesday between 5 p.m. and 8:30 p.m. or by appointment by calling 450-358-7099 #668 7262	Available immediately	Palestra	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$7 Non-Classic PSP cardholder: \$12	You will be contacted by a member of our team if you make the payment online.

Prerequisites: Hold accreditation from another climbing center and/or be able to climb independently.
*9-13 year olds obtain CHILD accreditation, requiring supervision by an accredited person aged 16 or over.
14-15 year olds receive a TEEN accreditation requiring supervision by an accredited person aged 16 or older.

Top rope climbing training

***9 years and +**

A three (3)-hour training session that will provide you with the necessary skills to belay a climbing partner on top rope. The training is followed by an assessment of belaying techniques, communication, and safety, which must take place at least 24 hours after the training. Equipment provided.

Schedule	Dates	Location	Cost	Registration
By appointment at 450-358-7099 #668 7262	Available immediately	Palestra	PSP unlimited or classic: \$55 Non-Classic PSP cardholder: \$70	You will be contacted by a member of our team if you make the payment online.

Unless you fail the accreditation test, following this accreditation, you will be able to climb the wall in pairs when the gym is available. Therefore, we recommend getting accredited in pairs.

Group of 2 to 6 people.

*Children aged 9-13 obtain a CHILD accreditation, requiring them to be belayed by an accredited person aged 16 and up.
Teens aged 14-15 obtain a TEEN accreditation, requiring them to be supervised by an accredited person aged 16 and up.

Lead climbing training

16 years and over

Six hours of training (2 sessions of 3 hours) enabling you to acquire the skills necessary to climb and belay a climbing partner as a lead climber. The training is followed by an assessment of climbing, belaying, falling and safety techniques at least 24 hours after the training. Equipment available for hire.

Prerequisites:

Hold a top-rope accreditation that has been valid for at least 6 months on our wall and be able to easily climb intermediate level routes rated 5.10.

Schedule	Dates	Location	Cost	Registration
By appointment at 450-358-7099 #668 7262	Variable, depending on demand	Palestra	Unlimited or classic PSP cardholder: \$125 Non-PSP cardholder: \$165	You will be contacted by a member of our team if you make the payment online.

Group of 2 to 4 people of the same size (maximum 30 lbs difference)

Unless you fail the accreditation test, after this training you will be able to climb the wall in pairs when the Palestra is available. We therefore advise you to register as a pair.



Group classes

- Activities accessible to everyone
- Activities led and facilitated by specialists
- Group classes are offered in sessions (8, 10, 12, or 14 classes) once a week
- If you have any contraindications, talk to your instructors and make sure to consult your doctor before starting any program.

Our fall program will be in effect from **September 7th to December 4th, 2026**. Our duly trained and qualified staff is ready to welcome you.

Please note that all activities may be canceled due to bad weather conditions, insufficient staff, or a lack of registration.

Registration procedure

1. Online:

REGISTRATION



- ### 2. On-site:
- At the Sports Centre reception
Monday to Friday between 8 a.m. and 8 p.m.
Saturday and Sunday between 9 a.m. and 5 p.m.

To register online:

- If you already have an account, enter your username and password
- If you don't have an account, click on My account/Create a new account*

* If you are not yet a PSP cardholder (Classic, Unlimited), after completing your online registration, you must go to the sports centre reception upon your first visit in order to complete your membership.

Active military members without a PSP card (classic or unlimited)

- Group classes (related to military training, such as: spinning, bootcamp, boxing, yoga, Zumba, and weight training) are available for free Monday to Friday, between 6:30 a.m. and 4:30 p.m.*
- For free and independent practice, present your military ID at the sports centre reception.

*Outside of these hours, group classes are chargeable.

Registration period for the fall session

August 17th, 2026: Priority for military members and veterans

August 24th, 2026: Members of the extended Defence Team and citizens.

Guided climbing - Autonomy

*9 years and +

Develop your belaying techniques under the supervision and guidance of our specialists. This activity is designed to help you become self-sufficient in top-roping. Equipment provided.

Schedule	Dates	Location	Cost	Registration
Friday 4:30 p.m. to 5:45 p.m.	September 11 to December 4	Palestra	Unlimited PSP cardholder: FREE Classic or Outdoor PSP cardholder: \$70 Non-Classic PSP cardholder: \$120	Before September 2

*Children 9-12 years old must be accompanied by an adult who may choose to participate in the activity or not.

Guided climbing - Gestuelle

*9 years and +

Climbing activity aimed at improving top-rope climbing techniques and progressing in the sport, under the supervision and guidance of our specialists. This activity can be repeated if the participant wishes to further improve his or her climbing techniques.

Prerequisites: Hold a valid accreditation on our wall and be able to climb routes rated 5.9

Schedule	Dates	Location	Cost	Registration
Friday 6:00 p.m. to 8:30 p.m.	September 11 to December 4	Palestra	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-PSP cardholder: \$120 Equipment provided.	Before September 2

*9-12 years must be accompanied by an adult (supervision).



Boxing

16 years and +

Complete boxing training developing power, endurance, speed, agility, reflex and coordination. With a combination of this combat sport and functional training, come and improve your physical condition while surpassing yourself without any contact

Schedule	Dates	Location	Cost	Registration
Monday 11:45 a.m. to 12:45 p.m.	September 7 to November 30	Gym 1	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before September 2

SpinHIIT

New !

16 years and +

Energy, Intensity, and Challenge Yourself! Pedal to the beat of motivating music and take on a workout that combines indoor cycling, HIIT intervals, and core strengthening exercises. Alternate between sprints, hill climbs, and targeted exercises designed to build your endurance, strength, and cardiovascular fitness. An energizing class that will push your limits while keeping you motivated and having fun!

Schedule	Dates	Location	Cost	Registration
Monday 4:30 p.m. to 5:30 p.m.	September 7 to November 30	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before September 2
Friday 11:45 a.m. to 12:45 p.m.	September 11 to December 4			

Bootcamp

16 years and +

Group circuit training, often called crossfit, designed to improve muscular endurance as well as aerobic capacity.

*Tuesday lunchtime classes will allow you to further improve your technique by offering you the opportunity to participate in a clinic focused on a specific movement or continue your regular class. And that's not all: we are doubling our service with at least two trainers instead of one!

Schedule	Dates	Location	Cost	Registration
Tuesday* 11:45 a.m. to 12:45 p.m.	September 8 to December 1	FH-A	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before September 2
Tuesday 4:30 p.m. to 5:30 p.m.				
Thursday 11:45 a.m. to 12:45 p.m.	September 10 to December 3			

Zumba

16 years and +

Inspired by Latin rhythms, Zumba combines cardio, muscle toning, balance, and flexibility in an energetic and festive atmosphere. No dance experience is required—simply follow the instructor and let yourself be carried away by the music. Move, smile, and dance!

Schedule	Dates	Location	Cost	Registration
Wednesday 4:30 p.m. to 5:30 p.m.	September 9 to December 2	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	Before September 2

Weight training

16 years and +

Functional strength training in a group setting. It aims to develop all the muscles in the body and teach proper movement techniques.

Schedule	Dates	Location	Cost	Registration
Monday 11:45 a.m. to 12:45 p.m. 4:30 p.m. to 5:30 p.m.	September 7 to November 30	FH-202	Unlimited PSP cardholder: FREE	Before September 2
Wednesday 11:45 a.m. to 12:45 p.m. 4:30 p.m. to 5:30 p.m.	September 9 to December 2		Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	
Friday 11:45 a.m. to 12:45 p.m.	September 11 to December 4			

Mobility

18 years and +

This class combines stretching, joint mobility exercises, and functional movements to improve your flexibility, posture, balance, and ability to move with ease. Whether in your daily life or during workouts, it will help you reduce muscle tension, prevent injuries, and optimize your performance so you can feel your best. A more mobile body makes everyday life easier!

Schedule	Dates	Location	Cost	Registration
Wednesday 11:45 a.m. to 12:45 p.m.	September 9 to December 2	FH-202	Unlimited PSP cardholder: FREE	Before September 2
Thursday 4:30 p.m. to 5:30 p.m.	September 10 to December 3		Classic PSP cardholder: \$70 Non-Classic PSP cardholder: \$110	

Stretching & Strengthening (Pilates-Inspired)

New !

16 years and +

Discover the power of mindful movement. Inspired by the principles of Pilates, this low-impact class combines core strengthening, balance training, mobility work, and restorative stretching to help you improve your posture, move with greater ease, and feel stronger from the inside out. Build stability, flexibility, and body awareness through controlled, purposeful movement in a welcoming environment suitable for all fitness levels. Leave feeling more mobile, strong, and balanced.

Schedule	Dates	Location	Cost	Registration
Monday 11:45 a.m. to 12:45 p.m.	September 7 to November 30	M-211	Unlimited PSP cardholder: FREE	Before September 2
			Classic PSP cardholder: \$50	
			Non-Classic PSP cardholder: \$85	



Step Tonus

New !

16 years and +

Turn up the music, step up, and get your heart pumping! This energetic class will keep you moving to the beat with simple, fun, and challenging step combinations. Build cardiovascular endurance, improve coordination, and develop total- body muscular endurance through a mix of step training and strengthening exercises, all in a motivating and upbeat atmosphere. A complete workout that will leave you feeling stronger, more confident, and full of energy.

Schedule	Dates	Location	Cost	Registration
Tuesday 11:45 a.m. to 12:45 p.m.	September 8 to December 1	M-211	Unlimited PSP cardholder: FREE Classic PSP cardholder: \$50 Non-Classic PSP cardholder: \$85	Before September 2

Yoga Flow (Hatha Vinyasa Yoga)

New !

16 years and +

A dynamic and accessible yoga class that harmonizes movement and breath to create a fluid, continuous practice. Through a variety of poses and sequences, you'll build strength, flexibility, balance, and mobility, while improving your concentration and reducing stress. The class progresses at a comfortable pace, allowing you to explore each pose with mindfulness, control, and precision. Yoga Flow offers an energizing and soothing practice. Beginners and experienced practitioners alike will leave feeling relaxed, centered, and revitalized!

Schedule	Dates	Location	Cost	Registration
Tuesday 4:30 p.m. to 5:30 p.m.	September 8 to December 1	M-211	Unlimited PSP cardholder: FREE	Before September 2
Wednesday 7:00 a.m. to 7:45 a.m.	September 9 to December 2	M-211 or outside	Classic PSP cardholder: \$50	
Thursday 11:45 a.m. to 12:45 p.m.	September 10 to December 3	M-211	Non-Classic PSP cardholder: \$85	



Outdoor activities



Outdoor activities at low cost!

Funded by the ministère de l'Éducation, du Sport, du Loisir et du Plein air du Québec, the Circonflexe Prêt-pour-bouger program enables Garrison Saint-Jean recreation services to offer free activities to residents of the Montérégie region and to lend equipment to all Quebec residents.

A wide range of equipment

There is a wide range of equipment available free of charge thanks to Circonflexe Prêt-pour-bouger! Fat bikes, paddleboards, skis, and snow scooters are just a few examples.

The sports center also has a sports and outdoor store where you can rent various sports and outdoor equipment, as well as marquees, event accessories, and trailers.

A variety of activities

In this program, look for the Circonflexe logo to quickly find our free outdoor activities for Montérégie residents. Non-residents of Montérégie can also participate for a fee and subject to availability.

Please note that at the time of registration, a deposit of \$20 per person is required for a one-day activity and \$50 per person for activities lasting more than one day. This deposit is fully refunded to participants who complete the activity. If a participant is unable to attend and notifies the sports center at least 5 days before the activity, their deposit will also be refunded. If the sports center has to cancel an activity, all registered participants will be refunded.

ABOUT
CIRCONFLEXE



Introduction to Fishing

circonflexe

Come have fun while learning how to fish in a stocked pond where you are guaranteed to catch fish. Success guaranteed! Fishing rods, hooks, bait, and all necessary equipment are provided. All we need is you! At the end of the activity, participants may take their catch home or, with the assistance of our instructor, cook it on-site and enjoy it. Please bring your lunch.

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Sept 19	Écopêche 834 Rang Chartier (Route 104 East) Mont-Saint-Grégoire, QC J0J 1K0	None	Open to all (family- friendly)	11 a.m. to 2 p.m.	3 h	Participants must travel to the activity site on their own.	Before Sept 14

Introduction to Compass Navigation and Geocaching



circonflexe

Learn the basics of navigation and compass use while searching for hidden objects. Rediscover the fun of a treasure hunt! Compass and map provided free of charge.

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Sept 19	Parc régional St-Bernard 219 Rang Saint- André, Saint- Bernard-de-Lacolle, QC J0J 1V0	None	Open to all (family- friendly)	1 p.m. to 4 p.m.	3 h	Participants must make their own way to the activity.	Before Sept 14

Hiking

circonflexe

Guided hike at Mont Saint-Hilaire. Walking poles and gaiters are available free of charge. Please bring your lunch, as we will eat during the hike. With the help of two guides, participants may choose between two routes: a more challenging trail leading to the summit, or an easier route for a more relaxed experience.

Dates	Locationx	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Oct 3	Centre de la Nature Mont Saint-Hilaire 422 Chemin des Moulins, Mont-Saint-Hilaire, QC J3G 4S6	Participants must be able to walk 7 km on forest trails.	Open to all (family- friendly)	10 a.m. to 3 p.m.	5 h	Participants must make their own way to the activity.	Before Sept 28

Night Hike

circonflexe

Enjoy a 4 km nighttime hike through a marsh featuring boardwalks. The stars, moon, and headlamps will help light the way. Experienced guides will accompany participants throughout the activity. Walking poles, gaiters, and headlamps are available free of charge.

Date	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Oct 17	Île Saint-Bernard 480 Boulevard D'Youville, Châteauguay, QC J6J 5T9	None	Ages 10 and up	7 p.m. to 9 p.m.	2 h	Participants must make their own way to the activity.	Before Oct 12

Backcountry Hiking with Overnight Stay in a Heated Shelter

circonflexe

Introduction to fall hiking with one overnight stay in a heated shelter. Enjoy beautiful trails and outdoor spaces with breathtaking views of Mount Orford. Walking poles, gaiters, backpacks, mess kits, sleeping bags, sleeping pads, and headlamps are available free of charge. This activity takes place over two days: departure Saturday and return Sunday.

A mandatory Teams information session will be held on October 29, 2026, at 7:00 p.m.

Dates	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday, November 7 and Sunday, November 8	Centre de Plein Air L'Estacade 64, 13 ^e Avenue, Île-aux-Noix, Québec, J0J 1G0	Participants must be able to hike 6 km per day while carrying a backpack containing personal belongings and food.	Ages 13 and up	Saturday 10:00 a.m. to Sunday 11:00 a.m.	24 h	Participants must make their own way to the activity.	Before Oct 19

Indoor Archery and Rock Climbing Introduction

 **circonflexe**

Test your focus and accuracy with archery equipment on one side of our gymnasium. On the other side, try indoor rock climbing. Participants may choose one activity or both. Registration is available for either the morning or afternoon session.

Dates	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Nov 21	Sports Centre, Saint-Jean Garrison 25 Chemin du Grand- Bernier Sud, Saint- Jean-sur-Richelieu, QC J3B 8R8	None	Ages 8 and up	Morning Session: 9:30 a.m. – 12:00 p.m. Afternoon Session: 1:00 p.m. – 3:30 p.m.	5 h	Participants must make their own way to the activity.	Before Nov 16

Introduction to Curling

circonflexe

Discover the sport of curling! Enjoy a guided introductory experience led by qualified instructors. All necessary equipment is provided.

Dates	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Sunday Dec 6	Royal Canadian Legion Hall 318 Rue Connaught, Otterburn Park, QC J3H 1J1	None	Ages 12 and up	1:00 p.m. to 4:00 p.m.	3 h	Participants must make their own way to the activity.	Before Nov 26

Indoor Archery and Rock Climbing Introduction

circonflexe

Test your focus and accuracy with archery equipment on one side of our gymnasium. On the other side, try indoor rock climbing. Participants may choose one activity or both. Registration is available for either the morning or afternoon session.

Dates	Location	Prerequisites	Customer	Schedule	Duration	Transport	Registration deadline
Saturday Dec 19	Sports Centre, Saint-Jean Garrison 25 Chemin du Grand-Bernier Sud, Saint-Jean-sur-Richelieu, QC J3B 8R8	None	Ages 8 and up	Morning Session: 9:30 a.m. – 12:00 p.m. Afternoon Session: 1:00 p.m. – 3:30 p.m.	5 h	Participants must make their own way to the activity.	Before Dec 14



CHESS ACTIVITIES

SEPTEMBER TO DECEMBER 2026



Thanks to a partnership with the Saint-Jean-sur-Richelieu Chess Club, PSP Classic and Unlimited cardholders, military personnel, veterans, and their families have special access to the club's activities at a discounted rate.

Take advantage of this partnership to learn how to play chess or, for experienced players, to meet fellow enthusiasts and enjoy friendly games in a welcoming environment.

INFORMATION AND REGISTRATION



Activity Locations

Saint-Jean-sur-Richelieu Chess Club
28 Saint-Georges Street, Saint-Jean-sur-Richelieu
Free parking available for members

Resto-Bar L'Oasis
420 Grand-Bernier North Boulevard,
Saint-Jean-sur-Richelieu
Located near Canadian Forces Base Saint-Jean

Membership

A membership is required to participate in regular Club activities and provides access to all activities through December 2026.

Preferred Membership Rate: \$30 per person
(Military members, their families, and veterans)

Beginner Chess Lessons (10 sessions)

Date	Location	Prerequisites	Customer	Schedule	Fee
Monday Sept 7 to Nov 9	Chess Club Location	None	Ages 7 and up	6:00 p.m. to 7:15 p.m.	\$100 (includes Club membership)

Casual Games and Occasional Tournaments

Date	Location	Prerequisites	Schedule
Monday	Chess Club Location	Membership required	7:15 p.m. to 10:30 p.m.

Casual Games

Date	Location	Prerequisites	Schedule
Wednesday	Resto-Bar L'Oasis	Membership required	6:30 p.m. to 10:30 p.m.
Saturday	Chess Club Location	Membership required	2:00 p.m. to 5:00 p.m.



SEMAINE D'ESSAIS GRATUITS!



FREE TRIAL WEEK!



Garnison Saint-Jean / Saint-Jean Garrison
COURS DE GROUPE | GROUP CLASSES

DU 31 AOÛT AU 4 SEPTEMBRE
FROM AUGUST 31ST TO SEPTEMBER 4TH



**GRATUIT POUR TOUS, AUCUNE
INSCRIPTION REQUISE**

**FREE FOR EVERYONE,
NO REGISTRATION REQUIRED**



Consultez la programmation de la semaine
Consult the week's program



WELCOME PARTY

Saint-Jean Garrison

September 12th, 2026

From 10:00 a.m. to 2 p.m.

Montreal Garrison

September 17th, 2026

From 10:00 a.m. to 2 p.m.

Thanks to our partner

BMO



REGISTRATION ONLY
FOR THE SAINT-JEAN
GARRISON



Come discover a variety of games and activities, and enjoy a free delicious meal. **For military members and veterans, their families, and the Extended Defence Team**



Canada

ACTIVITY S

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 A.M. TO 7:45 P.M.			• Yoga Vinyasa (Outside or M-211)	
11:45 A.M. TO 12:45 P.M.	• Weight training (FH-202) • Boxing (Gym 1) • Stretching & Strengthening (M-211)	• Bootcamp (FH-A) • Step Tonus (M-211)	• Weight training (FH-202) • Mobility (M-211)	• Boxing (Gym 1) • Yoga Vinyasa (M-211)
4:30 P.M. TO 5:30 P.M.	• Weight training (FH-A) • SpinHIIT (M-211)	• Bootcamp (FH-A) • Yoga Vinyasa (M-211)	• Weight training (FH-202) • Zumba (M-211)	• Boxing (Gym 1) • Yoga Vinyasa (M-211)
5:30 P.M. TO 6:30 P.M.		• 5:00p.m. to 8:30 p.m. Climbing Accreditation (Palestra) • 5:00 p.m. to 8:30 p.m. Guided Climbing - Initiation (Palestra) circonflexe		
STARTING AT 6:00 P.M.	• 6:00 p.m. to 8:00 p.m. Supervised archery (Palestra) circonflexe			

SCHEDULE

THURSDAY	FRIDAY
Bootcamp (FH-A) Yoga Vinyasa (M-211)	• Weight training (FH-202) • SpinHIIT (M-211)
Mobility (M-211)	• 4:30p.m. to 5:45 p.m. Guided Climbing - Autonomy (Palestra)
	• 6:00 p.m. to 8:30 p.m. Guided Climbing - Gestuelle (Palestra)

OUTDOOR ACTIVITIES

- Introduction to Fishing
September 19 | 11 a.m. to 2 p.m. **circonflexe**
- Introduction to Compass Navigation and Geocaching
September 19 | 1 p.m. to 4 p.m.
ARC circonflexe
- Hiking
October 3 | 10 a.m. to 3 p.m. **circonflexe**
- Night Hike
October 17 | 7 p.m. to 9 p.m. **circonflexe**
- Backcountry Hiking with Overnight Stay
in a Heated Shelter
November 7 and 8 | 10 a.m. (Saturday) to 11 a.m.
(Sunday) **circonflexe**
- Indoor Archery and Rock Climbing Introduction
November 21 | 9:30 a.m. to 12 p.m. or 1 p.m. to 3:30 p.m.
ARC circonflexe
- Introduction to Curling
December 6 | 1 p.m. to 4:00 p.m. **circonflexe**
- Indoor Archery and Rock Climbing Introduction
December 19 | 9:30 a.m. to 12 p.m. or 1 p.m. to 3:30 p.m.
circonflexe



You would like to contact us?

Pierre Desmarteaux

Community Recreation Manager

✉ pierre.desmarteaux@forces.gc.ca

Pierre Brasseur

Sports and outdoor store and
Circonflexe Program (equipment rentals)

✉ pierre.brasseur2@forces.gc.ca

Marie-Josée Bouchard

Group classes and outdoor activities

✉ marie-josée.bouchard2@forces.gc.ca

Samuel Senécal

Personal training program

✉ samuel.senecal@forces.gc.ca

Gabrielle Sexton

Day camp and recreation clubs

✉ gabrielle.sexton@forces.gc.ca

Claudia De Florio

Facility reservations and rentals

✉ claudia.deflorio@forces.gc.ca



Information and contact info

Saint-Jean Garrison Sports Centre

25, chemin du Grand-Bernier Sud
Saint-Jean-sur-Richelieu J0J 1R0

Sports Centre Reception

Mega building (green sector)
450-358-7099 # 7262
infofoisirst-jean@forces.gc.ca

Sports and Outdoor Store

svcopsboutiquesportsetpleinair@forces.gc.ca

Facility Rentals

External Organizations and Citizens
infofoisirst-jean@forces.gc.ca

Circonflexe Equipment Rental

SvcOpsPSPGarnisonSaint-JeanCirconflexe@forces.gc.ca

Sports Centre Hours

Monday to Friday
6:30 a.m. to 9 p.m.

Saturday and Sunday
9 a.m. to 6 p.m.

Our partners

