



Côte-des-Neiges
Notre-Dame-de-Grâce
Montréal 

WINTER 2026

January 5 to March 29

SAINT-RAYMOND COMMUNITY CENTRE



CONTACT

5600 Chemin Upper Lachine, Montréal, Québec H4A 2A6
(514) 872-1765
membres.centrestraymond@gmail.com

Activities for Children (6 to 12 years old)

Dates	Schedule	Cost
After School Program		
January 5 to March 27 <i>*Excluding the week of Spring Break</i>	Weekdays, 3:00 pm - 6:00 pm	\$150 / session or \$60 / January \$60 / February \$45 / March
Open Gym		
January 14 to March 27	Wednesdays, Fridays, 6:00 pm - 7:30 pm	Free
Art Club		
January 14 to March 25	Wednesdays, 6:00 pm - 7:30 pm	Free <i>**Registration required</i>
Soccer (9 to 12 years old)		
January 22 to March 26	Thursdays, 6:00 pm - 7:30 pm	Free <i>**Registration required</i>
Saturday's Children Zone		
January 24 February 7 and 21 March 7 and 21	Every 2 weeks, Saturdays, 1:00 pm - 5:00 pm	Free <i>**Registration required</i>
Movie Nights		
January 30: The Lion King February 27: Inside Out 2 March 27: Turning Red	Last Fridays of the month, 6:00 pm - 8:00 pm	Free <i>**Registration required</i>

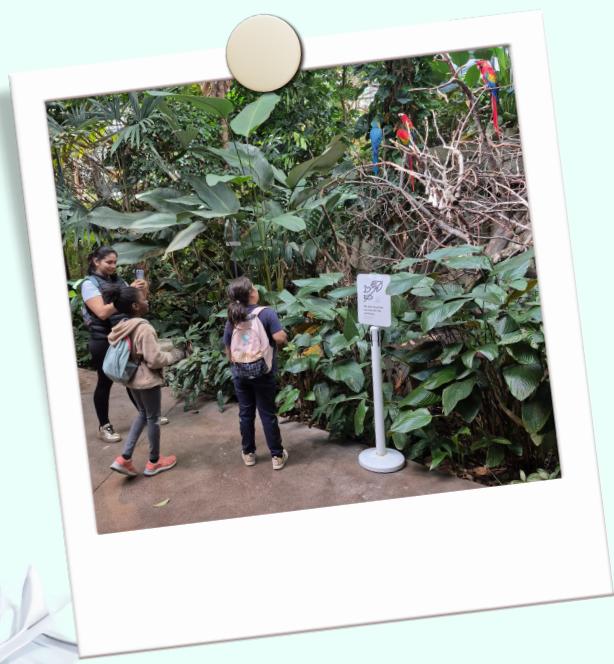
Activities for Adolescents (13 to 17 years old)

Dates	Schedule	Cost
Homework Help		
January 12 to March 26 <i>*Excluding the week of Spring Break</i>	Mondays, Tuesdays, Wednesdays, Thursdays, 4:00 pm - 6:00 pm	Free
Open Sports		
January 13 to March 27	Tuesdays, 6:30 pm - 8:00 pm Fridays, 7:30 pm - 9:00 pm	Free
Girls' Group		
January 13 to March 24	Tuesdays, 6:00 pm - 8:00 pm	Free
Swift Zone		
January 14 to March 27	Wednesdays, Thursdays, Fridays, 6:00 pm - 8:00 pm	Free



Family Activities

Dates	Schedule	Cost
Family Badminton		
January 12 to March 27	Mondays, 6:00 pm - 7:30 pm	Free
Family Fun Time		
January 31 February 14 March 14	Saturdays, once a month ***More information to come	Free <i>**Registration required</i>



Activities for Adults (18+ years old)

Dates	Schedule	Cost
Pickleball		
January 12 to March 23	Mondays, 8:00 pm - 9:30 pm	\$5 / drop-in
Basketball (18 to 25 years old)		
January 13 to March 24	Tuesdays, 8:00 pm - 9:30 pm	Free
Groove with Nadine Joy		
January 13 to March 17 (10 classes)	Tuesdays, 7:00 pm - 8:00 pm	\$85 / session \$10 / drop-in
Flow Yoga with Marie		
February 4 to March 18 (7 classes)	Wednesdays, 7:00 pm - 8:15 pm	\$55 / session \$10 / drop-in
Badminton		
January 15 to March 26	Thursdays, 7:30 pm - 9:00 pm	\$5 / drop-in
Zumba with Raquel		
January 16 to March 20 (9 classes) <i>*Excluding March 6</i>	Fridays, 7:00 pm - 8:00 pm	\$75 / session \$10 / drop-in

Drop-In

Please note that all drop-in programs are payable in cash only.

Activities for Seniors (50+ years old)

Dates	Schedule	Cost
Pickleball		
January 13 - March 24 <i>*Excluding March 3</i>	Tuesdays, 2:30 pm - 4:00 pm	\$5 / drop-in
N.D.G. Communauté Active		
January 14 to March 20 <i>*Excluding March 6</i>	Wednesdays, Fridays, 9:00 am - 10:00 am	Free
Basketball		
January 14 to March 25	Wednesdays, 7:30 pm - 9:30 pm	\$5 / drop-in
La danse en ligne		
January 15 to March 19 (10 classes)	Thursdays, 6:30 pm - 9:00 pm	\$85 / session \$10 / drop-in

Drop-In

Please note that all drop-in programs are payable in cash only.



REGISTRATION HOW THAT WORKS?

**Option 1: scan the QR
code**



Option 2: visit our website or contact

cjndg.org
(514) 872-1765
membres.centrestraymond@gmail.com

**Option (online only) : click on the name of
the activity of your choice or [click here](#)**