



CALENDAR FALL/WINTER 2025-2026

Development program U4 to U12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Nun's Island - Gym Multi Fonction - 260 rue Elgar, H3C 1C9, Île des Soeurs							
Mixte U4 (2021) - Girls U5-U6-U7-U8 (2020-2019-2018-2017)						9:00am-10:00am	
Boys U5-U6 (2020-2019)						10:15am-11:15am	
Boys U7-U8 (2018-2017)						11:30am-12:30pm	
Boys U9-U10-U11-U12 (2016-2015-2014-2013)						12:45pm-13:45pm	
Verdun - Gymnase Notre dame de la Paix, 454 rue Caisse, H4G 2C8, Verdun							
Mixte U4 (2021)						9:00am-10:00am	
Girls U5-U6-U7-U8 (2021-2020-2019-2018)						10:15am-11:15am	
Boys U5-U6 (2020-2019)						11:30am-12:30pm	
Boys U7-U8 (2018-2017)						12:45pm-13:45pm	
Girls U9-10-11-12 (2016-2015-2014-2013)						14:00pm-15:00pm	
Boys U9-U10-U11-U12 (2016-2015-2014-2013)						15:15pm-16:15pm	
Competitive program U7 to U18	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Female categories (F)							
FU7-8 Espoirs (2018-2017)				IDS - 6:30pm-8:00pm		TURF 2:00pm-3:00pm	
FU9-U10 (2016-2015)				IDS - 6:30pm-8:00pm		TURF 2:00pm-3:00pm	
FU11-U12 (2014-2013)				VERDUN - 6:30pm-8:00pm		TURF 2:00pm-3:00pm	
FU13-U14 (2012-2011)				VERDUN - 6:30pm-8:00pm		TURF 2:00pm-3:00pm	
Male categories (M)							
MU14-U15 (2011-2010)			VERDUN - 6:30pm-8:00pm			TURF 2:00pm-3:00pm	
MU16-17-U18 (2009-2008-2007)			VERDUN - 6:30pm-8:00pm			TURF 2:00pm-3:00pm	
MU9 D1 (2016)		IDS - 6:30pm-8:00pm				TURF 2:00pm-3:00pm	
MU9 D2 (2016)		VERDUN - 6:30pm-8:00pm				TURF 2:00pm-3:00pm	
MU7-U8 Espoirs Île des Soeurs (2018-2017)		IDS - 6:30pm-8:00pm				TURF 8:00am-9:00am	
MU7-U8 Espoirs Verdun (2018-2017)		VERDUN - 6:30pm-8:00pm				TURF 8:00am-9:00am	
MU10 D1 (2015)		IDS - 6:30pm-8:00pm				TURF 8:00am-9:00am	
MU10 D2 (2015)		VERDUN - 6:30pm-8:00pm				TURF 8:00am-9:00am	
MU10 D3 (2015)			IDS - 6:30pm-8:00pm			TURF 8:00am-9:00am	
MU11 D1 (2014)				IDS - 6:30pm-8:00pm		TURF 9:00am-10:00am	
MU11 D2 (2014)			VERDUN - 6:30pm-8:00pm			TURF 9:00am-10:00am	
MU11 D3 (2014)			VERDUN - 6:30pm-8:00pm			TURF 9:00am-10:00am	
MU12 D1 (2013)			VERDUN - 6:30pm-8:00pm			TURF 9:00am-10:00am	
MU12 D2 (2013)			IDS - 6:30pm-8:00pm			TURF 9:00am-10:00am	
MU12 D3 (2013)	VERDUN - 6:30pm-8:00pm					TURF 9:00am-10:00am	
MU13 (2012)				VERDUN - 6:30pm-8:00pm		TURF 9:00am-10:00am	
Competitive Technical Training Session					IDS - 6:30pm-9:30pm		7:00am - 8:00am

Gyms Nun's Island

Centre Elgar - 260 rue Elgar, Île des Soeurs - H3E 1C9

Vieux Gym école primaire IDS - 530 rue de Gaspé, Île des Soeurs - H3E 1E7

Gymnase École des Marguerite - 100 Boul. De l'Île des Soeurs - H3E 0C7

Turf

Concordia - 7200 rue Sherbrooke Ouest - Montréal - H4B 1R6

Complexe Sportif CN - 8000 Boulevard Leduc, Brossard - J4Y 0E9

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Gyms Verdun

Gymnase Notre Dame de la Paix - 454 Caisse Ave, Verdun - H4G 2C8

Centre d'éducation des adultes Champlain, 1201 rue Argyle, Verdun - H4H 1V4

Riverview Elementary School, 971 rue Riverview, Verdun - H4H 2C3

École primaire des Saules Rieurs, 1050 5e avenue, Verdun - H4G 2Z6