

# Winter program 2023

From January 16 to March 3



## Section: Healthy lifestyle/outings

### 1) Ball Hockey Campbell's Bay (4 sessions)

**What :** Youth develop and initiate their full potential playing ball hockey in a fun and inspiring atmosphere.

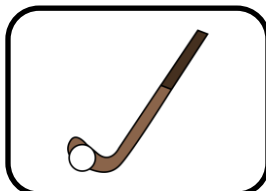
**When :** Monday January 30, February 13, 20 & 27

**Where :** St. John's School gymnasium

**Age :** 6 years to 16 years 6pm to 7 pm

**Cost :** \$5

**Animators :** Allyssa Boughner  
Alix Bertrand



### 2) Ball Hockey Shawville (5 sessions)

**What :** Youth develop and initiate their full potential playing ball hockey in a fun and inspiring atmosphere.

**When :** Monday January 23 & 30, February 13, 20 & 27

**Where :** PHS School gymnasium

**Age :** 6 years to 17 years

**Cost :** \$5

**Animators :** Eden Finan  
Erica Lance

### 3) Basketball (5 sessions)

**When :**

Wednesday January 18 & 25 and February 8, 15 & 22

**Where :** PHS Gym in Shawville

**Age :** 8 years to 17 years from 6pm to 7pm

**Cost :** 5\$

**Animatrice :** Eden Finan



### 4) Outdoor days \*( Pedagogical day)

**What :** Special activity day offered

**When :**

**Monday, January 23rd:**

Planned activity: Skating in Ottawa

**Monday February 6th:**

Planned activities: **Skating in the forest** in Lac des Loups

**Where :** depart from MDJ Mansfield

**Age :** 8 years to 14 years from 8:15am to 4:45pm

**Cost :** 15\$ each day

**Responsible :** Desiree Tremblay

**To Bring :** Lunch and Healthy snacks



## OUTING

### 5) Gatineau Olympiques vs. Saint-John game

**When :** Saturday February 4

**Depart (MDJ Mansfield):** 1pm **Return :** 8:30pm

**Where :** Centre Slush Puppie (Gatineau)

**Age :** 9 year to 17 years

**Cost :** 15,00\$ (limited places)

**Responsible :** Stephane Durocher



Thanks to our partners:

## Hockey Outing:

### 6) Ottawa Senators vs Chicago Black Hawks game

**When :** Friday February 17

**Depart (MDJ Mansfield):** 4pm

**Return:** 11:30pm

**Where :** Ottawa Canadian Tire Center

**Age :** 9 years to 17 years

**Cost :** 20,00\$ (limited places)

**Responsible :** Stéphane Durocher

## Section: Socio-cultural



### 7) Home Alone workshop

**What :** The purpose of this training is to prepare children to fend for themselves, to be protected from problems, to deal with situations that may arise and to deal with them safely and constructively.

**Age :** 10 years and up.

**When :** Wednesday February 15 & 22

**When :** 6pm to 7:30pm

**Where :** Maison de jeune in Campbell's Bay

**Cost :** \$15

**Animator :** Allyssa Boughner,

### 8) Artistic painting course

**What :** Learn to paint on the theme of winter

**Who :** 9 years and older

**When :** Wednesday January 18

MDJ Campbells Bay 4-6pm


Wednesday January 25

MDJ Shawville 4-6pm

**Cost :** Free

Instructor: Suzette Kelly

### 9) Regular opening hours for each centre Winter 2023.

**What:** Under the supervision of the animators, the youth have the opportunity to participate in various indoor and outdoor recreational activities. 

**When :** Starting January 10th

**Shawville:** Monday, Wednesday and Friday  
3pm-7pm

**Campbell's Bay:** Monday from 3 to 5:30 pm  
Wednesday and Thursday from 3-6pm

Friday from 3pm to 8:30pm

**Mansfield:** Tuesday 6:30-8:30 pm

Wednesday 6pm - 8:30pm

Thursday 6pm - 8:30pm

Friday 6pm-9:30pm

\*Opening hours are subject to change.

INFO : 819 683-1044

email : [info@mdjpontiac.com](mailto:info@mdjpontiac.com)



- ✓ Send your form by fax (819 683-2669) or email [info@mdjpontiac.com](mailto:info@mdjpontiac.com).
- ✓ By phone (819 683-1044) or via Facebook by contacting Desiree Tremblay.

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**Mandatory registration form**

Name: \_\_\_\_\_ Age : \_\_\_\_\_

Adresse: \_\_\_\_\_ Email Adresse : \_\_\_\_\_

Parents Names : \_\_\_\_\_

# Tel: \_\_\_\_\_ # Tel. Emergency: \_\_\_\_\_

Allergies: \_\_\_\_\_ # Health card : \_\_\_\_\_

**Choice of activities to check off:**

- 1) Ball Hockey \$5 Campbell's Bay St John's gym \_\_\_\_\_
- 2) Ball Hockey \$5 Shawville PHS Gym \_\_\_\_\_
- 3) Basketball \$5 \_\_\_\_\_
- 4) Outdoor days Skating in Ottawa \$15 \_\_\_\_\_
- Skating in Lac des Loup \$15 \_\_\_\_\_
- 5) Hockey outing Olympiques de Gatineau \$15 \_\_\_\_\_
- 6) Hockey outing Ottawa Senators \$20 \_\_\_\_\_
- 7) Home Alone workshop \$15 \_\_\_\_\_
- 8) Artistic painting class FREEE \_\_\_\_\_
- 9) Free activities (registration not required) \_\_\_\_\_

Amount paid: \_\_\_\_\_\$

\*If paying by cheque please make payable to Les Maisons de jeunes du Pontiac.

I authorize my child \_\_\_\_\_ to participate in activities organized by es Maisons de jeunes du Pontiac. By doing so, I acknowledge that the organization will not be responsible for any injury and/or lost and found during the activities.

I give permission to the MDJ to take a picture of my child during the activities. This photo may be used on the organization's Facebook page and/or other means to promote the organization.

Yes : \_\_\_\_ No : \_\_\_\_

Parent's signature: \_\_\_\_\_ Date : \_\_\_\_\_

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**MY AND/OR MY CHILDREN'S ACTIVITY SCHEDULE TO KEEP ON THE FRIDGE FOR THE DURATION OF THE PROGRAM... TO KEEP. When, time, place of the activity?**

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INFORMATION : [info@mdjpontiac.com](mailto:info@mdjpontiac.com) ou 819 683-1044