

Vivre à Laval

**My Winter
Cocoon**
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Laval. Une île d'exceptions.

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My Winter Cocoon

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Cover page

Winter is the season to cuddle! We sit comfortably in our living room... or at the library! The central section of your new *Vivre à Laval* depicts happy moments spent in the Bibliothèques de Laval, as well as the many services and activities they offer. Illustrator Naomie Nadeau represents these moments in her unique style, both serious and playful, but also filled with emotions.

The *Vivre à Laval* municipal magazine is delivered by Canada Post to all residential and commercial addresses in April, June, August and December.

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It is with great pleasure that I present this new winter edition of your municipal magazine, which is also the first number of my second term as mayor. So it is thus with renewed enthusiasm that I invite you to browse through the pages of your *Vivre à Laval*.

Winter is the season for end-of-the year festivities, for outdoor activities, but also to seek warm comfort. Yeah, as soon as the cold hits us, we all feel like cocooning at home, but also in the comfort of our neighbourhood library. To inspire you during the cold season, the central section introduces you to two Laval citizens who invite you to discover their second home: the Bibliothèque Marius-Barbeau.

As usual, the *Vivre à Laval* includes lots of news and relevant information to help you go through the season. As an example, you will find ways to reduce waste in your household, tips on road safety, pictures of the ongoing construction project of the Épicentre-Culturel and an exploration dive in the future Carré Laval pond.

I wish you a Merry Christmas and a Happy New Year 2026.

Health, peace and joy to the whole Laval community!



Stéphane Boyer

📍 laval.ca/maire

👤 Stéphane Boyer, Mayor of Laval



Municipal Agenda

Electronic property tax account

The electronic version of your tax account is free, secure and accessible at all times. Get your tax account upon issuance by registering at laval.ca

🔗 Taxes.

Support and service for the elderly and informal caregivers

Dial 211, or Dial 811, choose option 2, or Go to lavalensante.com/en/care-and-services/list-of-care-and-services/type-of-clientes/elderly/.

Time change and smoke detector verification

Night of March 7 to 8, 2025

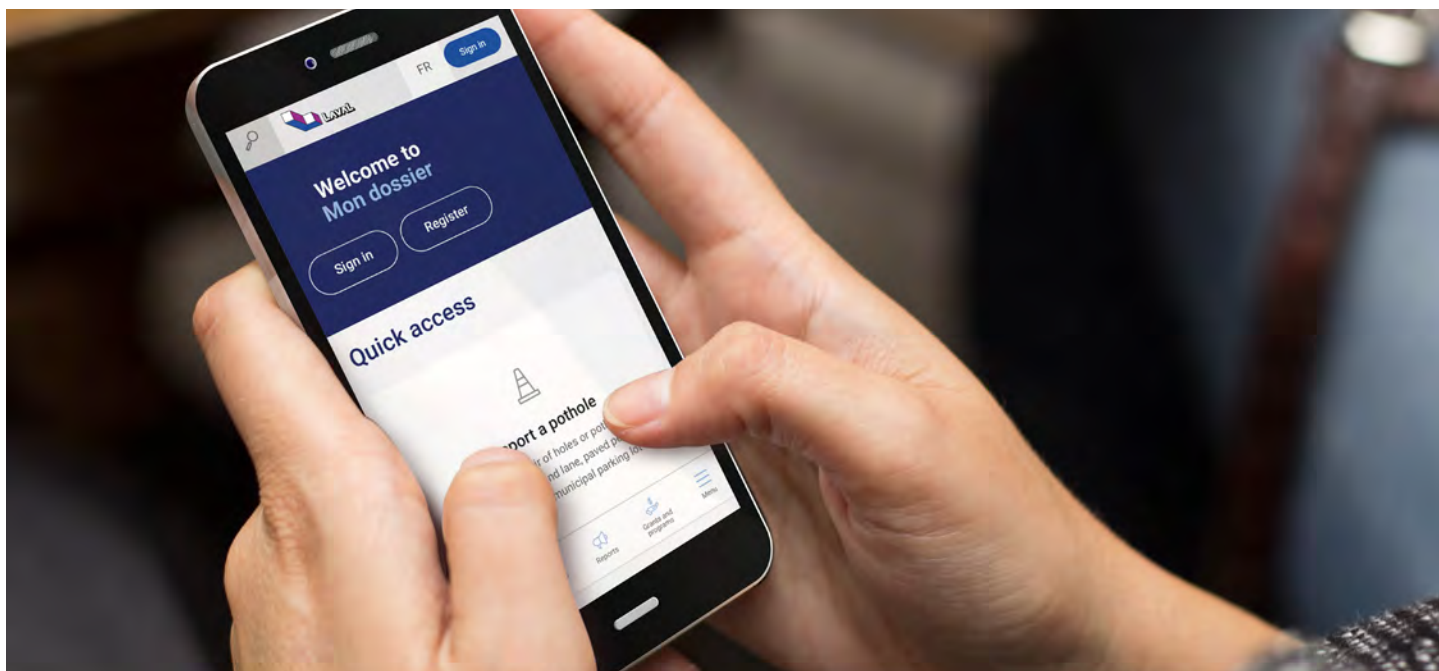
marché de noël de laval

Local artisans, flavours and magic.

On December 5-7 and 12-14

📍 laval.ca/marchedenoeel





Shorter Queues, More Results

The citizen portal Mon dossier continues to develop. Created internally, it ensures that 85.5% of transactional requests (permits, subsidies, statements, etc.) are now done online. This greater autonomy of citizens reduced the administrative burden and allowed municipal teams to focus on value-added tasks.

Over the last year, significant improvements were noticed on the quality of services provided and citizen experience. In particular, the introduction of standardized deadlines, that is the time between taking care of the request and providing a final answer or solution, has optimized the agents' work organization.

Results are concrete! Service to the community is maintained:

- **faster**, with an average waiting time of 63 seconds for the 311 service during the first half of 2025, an improvement of 87% versus 2021;

- **more efficient**, since 81% of requests were dealt with within set deadlines, a 10-point jump versus 2024, despite an increase of 11% of the total number of requests (60,058 received);
- **more accessible**, since it is possible to make a request and always follow it in Mon dossier, and easily and securely pay online

New features to come

As soon as winter 2026, it will be possible to file permits and urban planning requests for residential work online and pay and get all electronic documents online too.

A new tool to make an appointment will be created by spring 2026 that will allow citizens to plan appointments and virtual meetings with municipal staff for certain requests.

🔗 mondossier.laval.ca

Get a job that works for you.

13,000 companies in Laval

🔗 talentlaval.com



An initiative of

laval économique



Laval Celebrates its Volunteers

Each year, on December 5, the International Volunteer Day proclaimed by UNESCO reminds us of the importance of recognizing and valuing volunteer contributions that transform our living environments.

Thousands of volunteers give their time, their energy and their heart to develop the Laval community. Accompanying children, supporting families, conducting activities: these people are the faces of the solidarity and the living together. We met a few of them. They all come from different horizons but have one common motto: volunteering enriches both the giver and the receiver.

For Sophie, volunteer at Nourri-Source Laval, her commitment comes from her own life experience: "I had problems with breastfeeding. Today, I support mothers and let them know they are not alone."

Maryam volunteers in growth activity at Forme ta vie: "It is an experience that allows me to excel and meet amazing people."

By getting involved with the Centre communautaire Val-Martin, Sandra, Rasha, Imane and Nabila talk about a "second family" and a place where they feel useful and proud to contribute to their neighbourhood well-being.

Sara, 17 years old, from Diapason-Jeunesse, is the face of succession: "This commitment allowed me to gain self-confidence and develop a feeling of belonging."

"Helping others makes me feel alive and useful," says 84-year-old Sauveur of the Association régionale de pétanque. For Josée and Éric, of the Association des citoyens et amis du Vieux Sainte-Rose, it is among all "moments of shared pleasure and a unique spirit of community."

The City of Laval warmly thanks all its volunteers, and namely Raymond McIntyre of Triathlon Laval, who won the Dollard-Morin award for its extraordinary commitment.

You want to become a volunteer?

Go to laval.ca ➡ Become a volunteer



**Get involved
on an advisory
committee.**

Your opinions
and experiences are
treasures to share.

➡ Implicationcitoyenne.laval.ca



To see at the Montmorency Cultural Pole

The Montmorency sector now has a fourth urban indicator. Facing Maison des arts, admire Les Boulbes art pieces, giant shoots that add colour and movement to the landscape.

Stop and discover these temporary facilities halfway between art and design!

To know more about urban indicators, go to laval.ca 📍 Montmorency, a transformative sector

A Year of Rentals, A Thousand Occasions

It has been a year already that citizen can reserve a room in a community centre to hold meetings, activities or family gatherings.

It is always possible to find a polyvalent room for your activities, an office corner in a collaborative work environment or a room for your videoconference meetings. All these spaces are at your disposal.

Rooms are offered by reservation during opening hours. Some charges and conditions could apply.

📍 laval.ca 📞 Rent a room

Priority Subjects to be Audited by the Auditor General in 2025

In addition to auditing the City financial statements, the Auditor General targeted the following subjects linked to its strategic plan:

- Contract award to carry out and follow up on information technology projects;
- The planning of libraries to offer accessible services that meet people's needs;
- The governance and management of investment programs for buildings, parks and public spaces.

📍 laval.ca 📞 Bureau du vérificateur general (in French)

A valuable link between Laval, its citizens and its elected officials!

Ombudsman
de Laval



Contact us
450-978-3699
ombudsmanlaval.ca

Nathalie Blais, Ombudsman
of the City of Laval



Exploration Dive in the Carré Laval Pond

Under the quiet surface of the Carré Laval pond, an unknown world is to be discovered. Since the end of all quarrying activities, the site slowly filled itself with water, revealing an unsuspected natural potential.

To better understand the composition and evolution of this environment, an exploration dive helped to detail the current state of the pond as well as its underwater characteristics. The diver observed the water quality, the layers of materials which have accumulated over time and any signs of biodiversity. These visual and technical observations are part of the first essential step to evaluate the recreational and ecological potential of the site.

Exploring this underwater world engages a reflection on the future of this pond: a space where nature could come to life again and offer Laval's citizens a unique location for relaxation, learning and discovery in the heart of their city.



A Welcome Centre at the Bois De L'Équerre

A welcome chalet is under construction since September at the main entrance of the Bois de L'Équerre in Sainte-Rose. With its 822 square metres, this new sustainable building is beautifully integrated to the landscape and will be managed by the CANOPÉE organization. It will include a reception area, a multifunctional venue and community spaces. This large project will highlight one of the greatest natural gems of Laval and provide all site users with a place for discovery, education and relaxation.

The site remains accessible via the entrance located at 4204 Industriel Boulevard during the work that should end by October 2026.





Your Bus Network During Winter

Hop on the Bus to Support the Rocket

Once again this season, the STL offers free shuttles between the parking lot of 1333 Chomedey Boulevard and Place Bell when there is a hockey game.

Bus rides are also free from two hours before the game until two hours after, for all hockey ticket holders when they show their ticket upon boarding the bus.

Holidays schedules

Several statutory holidays change the regular bus schedules.

December 24: Saturday schedule
 December 25: Reduced Sunday schedule
 December 26: Saturday schedule
 December 31: Saturday schedule
 January 1: Reduced Sunday schedule
 January 2: Saturday schedule

Free travel with the Horizon 65+ pass

Laval citizens aged 65 and over holding a pass can travel freely on the entire STL network. Horizon 65+ is exclusive to the STL, valid at all times. It must primarily be charged with an OPUS card with a picture.

📍 For more information: STLaval.ca/practical-info/seniors

In winter, adapt your travels

Especially during harsh weather conditions allow more time for your travels.

📍 Check the schedules and the network condition at stlaval.ca or call 450 688-6520.

Enhanced Safety

In 2025, efforts continued over the year to make streets safer and encourage active transportation. The road safety squad and the police department prevention squad scaled up their coercive and preventive interventions, paying special consideration to pedestrians, cyclists and electric scooter users.

From January to October, there was a 10% decrease in the number of accidents and a 1% decrease in collisions causing bodily harm, compared to the same period in 2024. As of October 1, 2025, only one fatal accident happened, compared to last three years. A decrease in fatal accidents had also been observed in 2024 versus 2023.

Hundreds of actions were taken in 2025, such as:

- Installation of over 300 speed bumps;
- Addition of 9 raised intersections;
- Installation of pedestrian signals at fifty intersections;
- A hundred rectangular rapid flashing beacons at pedestrian crossings;
- Installation of panels prohibiting to turn right on a red light at more than 10 intersections;
- Better road signage and ground marking near many schools.

Well-Lit Evenings

Since 2021, close to 33,000 lights were converted to LED in the city entire street-light system. During the first phase (2023) over 26,000 Cobra Head lights were replaced. The ongoing second phase will end in December with the replacement of 6,500 decorative lights. This transition to LED provides a greater visibility, more security, a power consumption reduced by up to 75%, lower maintenance costs, a protection of the starry sky and an intelligent management of the network (i.e. more efficiency detection of failures or breakdowns).

Safe Wintertime Travels

Winter calls for alertness and caution on the roads for car drivers, pedestrians and cyclists. Here is some advice to follow:

- Put winter tires on your vehicle and regularly check their condition;
- Keep an emergency kit in your car (blanket, flashlight, boosting cables, first-aid kit);
- Slow down, increase distance between cars and anticipate other people's operations;
- Remove snow and defog all windshields;
- Allow more time for your travels;
- Stay visible when walking or biking by wearing reflecting clothes;
- Use public transport whenever possible, especially during storms and under poor visibility conditions.

Parking: Track Info in Real Time

Complying with road signage contributes to safer streets and helps snow removal. Register to Info-Stationnement to get alerts by email or text message and to know in real time about parking restrictions and snow removing operations.

A vehicle wrongly parked or an obstacle on the street slows the maintenance teams' work and get in the way of emergency vehicles.

Intelligent Parking

A new dynamic parking system is now in effect in Chomedey, Laval-des-Rapides and Pont-Viau to ease car drivers' lives and road maintenance. It improves the efficiency of maintenance operations since cars are removed faster from street parking spots.

Light panels indicate in real time if parking is allowed or not. When they are lit up, a maintenance operation (snow removal, cleaning) is soon to be carried out. Individuals have a few hours to move their vehicle to avoid a parking ticket or towing fees.

Before parking, always check the panels and other restrictions such as those relating to crossroads or specific targeted zones.

As a rule:

Display panel off = parking allowed

Display panel on = move your car before the indicated time deadline.



Let's keep our streets clear.

Sign up for notifications to receive alerts on the latest parking restrictions.

 laval.ca/parking





Fire Prevention: Actions That Make a Difference

During winter, we spend more time at home: make sure you stay safe!

Indoors

- Do not overload electrical outlets and use approved chargers only for your lithium-ion-battery appliances. Cables may overheat and cause electrocution or a fire.
- Fondue dinner? Let the liquid burner cool off before refilling it or use a second one to avoid leaks.
- Keep enough clearance around your heating appliances and avoid drying clothes on them.
- Clear corridors, stairs and exits to ensure a fast evacuation.
- If you use wood to heat your house, have your chimney swept and stock ashes in a tight metal container outside, away from the building. Ashes can remain hot and flammable up to 7 days.

Outdoors

- Remove snow from exits (doors and windows) and from the roof.
- Always keep hydrants accessible. Do not bury them under the snow.
- Make sure your street address is visible to facilitate firefighters' operations if needed.

In case of power outage

- Have an additional heater or a generator but use them with caution.
- Leave any gas appliances and propane tank outside.
- Install a carbon monoxide detector.
- Use approved appliance only.
- Never use a barbecue indoor.

📍 For more tips, go to laval.ca/firefighters

Away From Your Home: Keep It Safe!

You are going away on vacation during the holidays or for a longer time during winter? Take certain precautions to protect your house:

- Ask a neighbour or a family member to check your house and pick up your mail;
- Have snow removed from your entrance and sidewalks regularly to comply with municipal regulation and so it looks like the house is not empty;
- Install timers on your indoor and outdoor lights to simulate your presence;
- Check your alarm system and make sure your emergency contact list is up to date;
- Close all doors and windows tightly and keep valuable out of sight;
- Avoid writing about your absence on social media.



The Family Safety Plan: A Good Resolution

The end of the year is the ideal time to set useful resolutions. This year, give yourself peace of mind and take the time to develop your family safety plan. It is important to do so since ensuring your own safety is your responsibility.

What is a family safety plan?

It is a document that contains all essential information to be ready to respond to emergencies and to protect yourself and your family.

What should it include?

- The main risks known in your district.
- Contact details of the person to join in case of an emergency.
- The location of essential equipment in your house (main water valve, electrical panel, floor drain, gas valve, etc.).
- A fire evacuation plan.
- Information to rapidly evacuate or to be independent for the first 72 hours after a disaster.

📄 Download a form to prepare yourself: laval.ca/iprepare.

An Emergency? Receive Alerts Quickly!

Emergencies are more frequent and unforeseeable than ever.

In case of an accident involving hazardous materials, an emergency evacuation, a flood risk or a problem with drinking water, for instance, the City authorities must be able to reach you quickly.



Register online to the City automated system to receive alert messages by phone or text messaging or by email in case of an emergency or a situation requiring your immediate attention.

Roasted bungalow recipe

1	Heat 1L of cooking oil in a large pot.
2	Go do something else for 8 minutes.

A dish to make your family burn with desire.

Always keep an eye on your stove.



Service de
sécurité incendie
de Laval



Giving a Pet as a Gift?

If you wish to give a pet as a gift for the holidays, reflect on the responsibilities that are involved for years in terms of time, care, and costs associated with maintaining its health and well-being. Preferably adopt from a shelter.

Find out more about municipal regulation. A permit and a tag are mandatory for dogs and cats as well as neutering and microchipping.

laval.ca ⓘ Adopter un animal (in French)

Stray Cats: A Pilot Project

Since last fall, a Trap-Neuter-Release-Maintain pilot project for stray cats is being developed in some districts. This program, carried out by the City with the SPCA Lanaudière Basses-Laurentides, aims at reducing the stray cat population but also at promoting the well-being and the coexistence of citizens and these animals.

To avoid any confusion, everyone must comply with the municipal by-law. All domestic cats must be neutered, microchipped, registered and wear a tag.

📍 laval.ca ⓘ Chats errants (in French)



Eco-Friendly Celebrations

A holiday season without excess nor waste? Yes, it is possible! Simple actions can make a real difference.



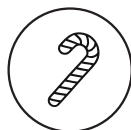
Gifts That Make Sense

Offer homemade food, sustainable local products or non-material gifts. Remember that the waste that pollutes the least is the one that was never made.



Smart Gift Wraps

Choose reusable wraps such as boxes or gift bags, or recyclable materials like newspapers.



A Waste Free Menu

Plan your meal according to the number of guests; make an inventory of your fridge before going shopping for food and use leftovers to create new meals.



A Tree Sent to Compost

After the celebrations, put your natural tree to be collected by the City so it can be composted. Note that an artificial tree is used at least 20 years to be as sustainable as a natural tree.



Sustainable Decorations

Take care of your decorations and use them year after year. If some are broken, repair them to give them a second life.

📌 You want to do more? Refer to RECYC-QUÉBEC *Guide pour un Noël écoresponsable* at recyc-quebec.gouv.qc.ca, under Guide fêtes écoresponsables (in French).



© Vincent Girard

A Street That Collects Rainwater

Over the past few months, a water-permeable paving is being tested on Leclair Street. It is a first in Canada: the paving is specially designed for this short street open to car traffic. Rainwater directly infiltrates the ground, preventing runoff from entering sewer drains. This concrete solution aims at facing heavy rainfalls, preventing urban flooding and alleviates demand on sewer networks.

The Federation of Canadian Municipalities (FCM) finances this pilot project, and the Institut national de la recherche scientifique (INRS) cooperates as a partner. The analyses to be done during the coming years will help improve the methods used to create resilient and sustainable streets, adapted to the specific ground characteristics and to local realities.

📍 laval.ca/conseils 🗣️ Rue éponge (French only)

© Vincent Girard



**When shopping,
my reusable bag
I'm bringing.**



Plastic shopping bags are prohibited in Laval.

📍 laval.ca/reglements

© C. Bland



Isabella, Laval citizen, proud sorter of residual waste

Tips By Isabella, A Proud Sorter

Here is Isabella, who has been taking part in the organic waste collection since her teenage years. Isabella significantly reduces her garbage bag content by efficiently sorting residual waste. She puts each type of waste in the right bin.

🔗 Refer to the *Guide écolo* for tips, games and green fun: laval.ca/astuces-ecolo

According to RECYC-QUÉBEC figures, 78% of residual waste should be put in the brown bin (organic materials) or the blue bin (recyclable materials).

Adopting good composting habits reduces our collective greenhouse gas footprint and enhance the soil and microbial life thanks to nutrients that are essential to good compost.

Isabella's Tips

Organic Materials

- Take part in the collection (brown bin) or use your own compost bin.
- Reduce food waste as much as possible.

Waste Reduction at Source

- Buy in bulk of family size.
- Avoid single-use products as well as unnecessary bags and containers.

Salvage

- Remember that containers, wraps and printed matters only are to be put in the blue bin.
- Lightly clean containers before throwing them.
- Visit the eco-centre so a maximum of materials can be salvaged, recycled and recovered.

Pick-up of natural Christmas trees



**January 5-16
inclusively**

Same day as
recycling
collection

🔗 laval.ca 🔍 Feuilles mortes et végétaux

Biweekly Collection of Brown Bin During Winter

Starting December 1st, the organic waste collection goes back to its winter schedule every other week. To avoid your leftovers and kitchen waste from freezing and remaining at the bottom of the bin, wrap them in a newspaper or a paper bag before throwing them in. A simple way to keep your bin clean all winter long.

Assistance for Replacing Oil Heating

The installation of new oil heating systems has been prohibited in Québec since 2021. Also, replacing them with a heating appliance that uses fossil fuel is no longer allowed since 2023.


If you replaced your oil heating system between September 4, 2017, and December 31, 2025, you could get a subsidy up to \$2000.

🔗 laval.ca 🇫🇷 Mazout (French only)


Reducing waste is a gift that lasts all year long.




Before throwing waste, ask these five questions.

- 


1 Is this a container, a packaging or a printed paper?

Yes. Hup in the blue bin!
No.
- 

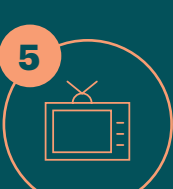
2 Is this food or garden waste?

Yes. Put it in the brown bin.
No.
- 

3 Is this product hazardous or toxic?

Yes. Bring it to the ecocentre.
No.
- 

4 Can it be reused or repaired?

Yes. Give it to a local community organization.
No.
- 

5 Is this an electronic product or a battery?

Yes. On its way to the ecocentre or Serpuariens.

See! Not much daily waste goes in the black bin. Adopt good habits! It is not hard and it makes a real difference.

Throw it away, the right way.



Special Days and Months in 2026

Hooked on school days

From February 16 to 20

This is an invitation to remember the importance of each action we take to support the learning process and promote the success of students around us. Find out more about enriching activities organized by the Laval edition: journeesperseverancescolaire.com/en/rlpre

Black History Month

February

An opportunity to celebrate the richness of diversity and the contribution of the black community to our economic, political, social and cultural life.

📍 Programming to come at laval.ca 🎉 Events and parties

Semaine d'action contre le racisme

End of March

The City and its partners propose activities to raise awareness and fight against prejudice and discrimination. To know more about the programming of the 27th edition, go to sacr.ca (in French).

Reviving Community Life in Chomedey

The Centre communautaire Simonne-Monet-Chartrand (CSMC) was officially inaugurated on September 11. Located in the heart of Chomedey, the building is managed by the Centre communautaire Val-Martin organization that is well established in this district and recognized for its commitment to citizens. The centre is a real meeting point that encourages participation, sharing and solidarity that were fundamental values to the late Simonne Monet-Chartrand.

On November 19, an Open House Day was organized as part of Laval's 60th anniversary. The public was invited to discover this new modern facility and to meet partner organizations. Free activities as well as an exploration of the installations allowed visitors to find out more about the services that will be offered to youngsters, families and residents of Chomedey.



Christmas Basket Campaign

The Centre de bénévolat and Moisson Laval Christmas basket campaign helps over 3,000 Laval families, including 1,800 children.

Identify one of the food drive collection location at: benevolatlaval.qc.ca/en/nos_activites/campagne-de-paniers-de-noel



To donate, scan the QR code (in French).

Let's Go to the Library!

When the cold season is upon us, there is nothing like having a nice evening in the comfort of a library. Of course, we can visit our neighbourhood library to read, to pick up books, to study, to be entertained or to meet people. But we can also make it our warm winter cocoon!

The public library is a place that offers much more than you think. To explore the vital essence of a library, let's follow two Laval experienced specialists from Saint-Vincent-de-Paul when they visit their "second home".



Thursday, end of the afternoon, the school is over. Zina and Charles, proud citizens of Laval, invites us to a perfect evening at the Bibliothèque Marius-Barbeau.



Entering the library always puts you in a good mood. Zina returns the *Grandir en nature* kit she had borrowed.

“I really loved the books and the tool bag too!”

Charles can wait to pick up the video game he reserved online... and Mom never walks fast enough for him!



“We always start with a quick game.”

It is true that there are several table games at the library. Charles and Zina like to sit in the game area to test a few. When a buzz is generated, they either borrow it to play at home or add it to their wish list.



Tell me what I can find in your libraries.

 biblio.laval.ca



Hundreds of thousands free books.



Thousands of books and digital audiobooks.



New additions to the catalogue every week.



Assistance with my search and at the computer station.



At the library, there are areas for conversation and others to sit in silence. The kids explain that sometimes, their mom reads quietly, and sometimes she brings documents to work from a distance.

“She finds this very convenient!”

“We like to look for new games together. Playing together is also fun! Dad doesn’t often win.”

Ha, ha! Time to finally recover the video game reserved online. It seems like browsing on the Bibliothèques de Laval website with Dad is part of the fun.

“Done already! There are still a lot of people here, but we are hungry now.”

Charles and Zina leave with a smile on their face because they know they will come back soon. How about you? Which library is your second home?



Free access to quality resources like *Protégez-vous*.



Relaxing spaces with free Wi-Fi.



And before going, I can even reserve my books and games online.



Workshops and equipment to build robots, and even 3D printers!



Armchairs to read daily newspapers and latest magazines.



J'aime/J'aime pas: **Free and So Easy**

Swipe right and swipe left of your screen to discover all the free activities and services offered by the Bibliothèques de Laval.

The new game online *J'aime/J'aime pas* is an easy way to access an array of learning and entertaining opportunities. Moreover, many of these activities can be carried out in the comfort of your own home.

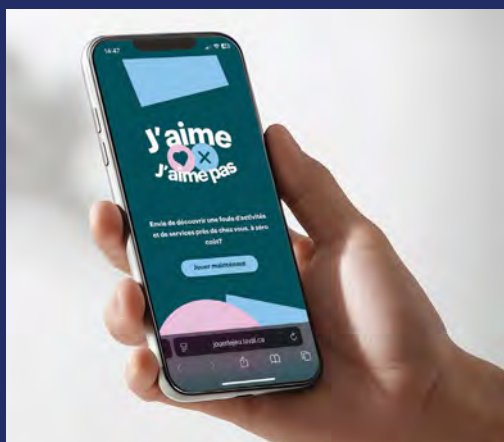
It is easy, user-friendly and custom-made for you! So come and play with us to find out more about all the free activities and services designed especially for you.

Take a look... Let your local libraries inspire you!



To know more about this new game offered by the Bibliothèques de Laval, go to:

 jouerlejeu.laval.ca





More Libraries

The Bibliothèques de Laval network is growing. By 2036, there will be up to 3.5 times more space than in 2024, three times more multi-purpose rooms and twice more documents!

Our neighbourhood libraries will become venues even more attractive, inclusive and inspiring.

 laval.ca/reseaubiblio



-  Libraries currently operating
-  Projects listed in the master plan

The Future Central Library

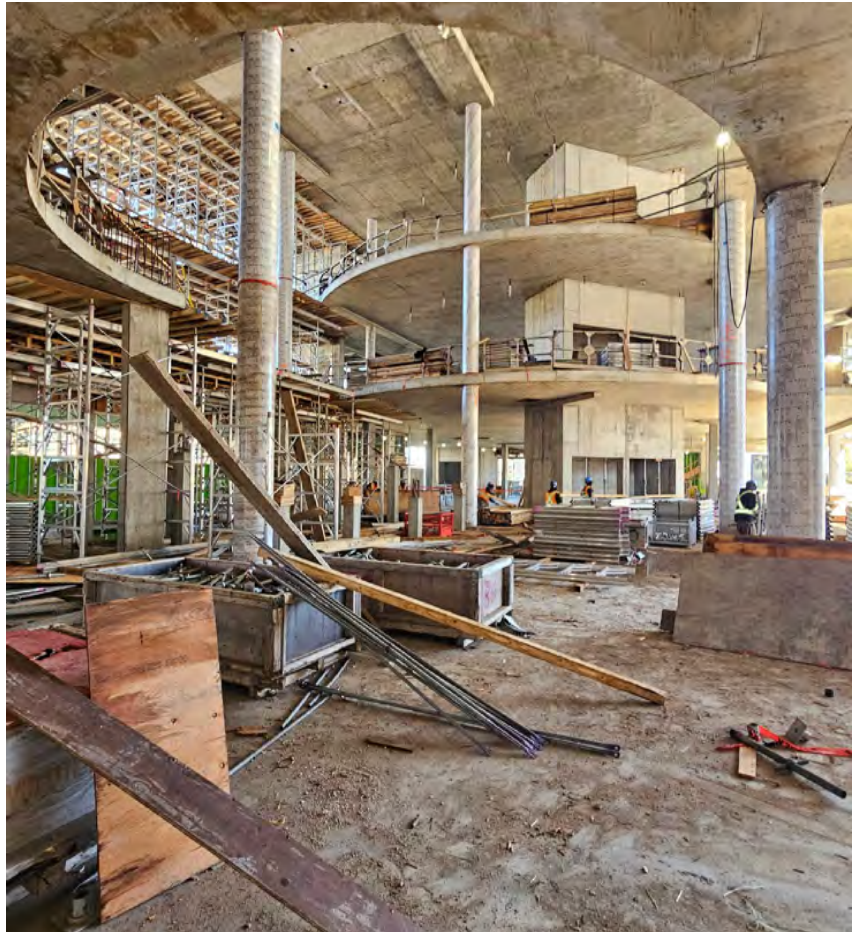
In November, the Bibliothèques de Laval team was present at the Salon du livre de Montréal. It was a great opportunity for Laval to promote the Bibliothèque Anne-Marie Alonzo, that will be integrated with the Épicentre-Culturel. The event allowed cultural actors to meet, to raise public interest for the central library project and remind everyone of the importance of this investment to the cultural life of Laval citizens.

Épicentre-Culturel: Construction Progresses

The Épicentre-Culturel foundations were laid! The structure is completed, the outer shell is being built, and construction work is on schedule. The next steps for this large building site will mainly be indoor: technical facilities, interior design and finishing touches.

When done, the building will be an example of contemporary, sustainable architecture that opens to its urban surroundings.

The future Épicentre-Culturel is already recognized as a key location where innovation, the sharing and the promotion of culture are closely intertwined with service to the community.



Winter Reading: A Breath of Cool Air

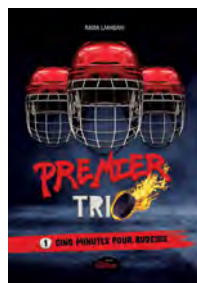
Librarians Annie Candeias, Valérie Kempa and Élisabeth Chiasson do some reading suggestions to celebrate red cheeks season and winter day fun. Make reading a great winter activity!



✿ *Territoires – Hiver : Bonne bouffe et récits de cueillette, de chasse et de pêche sans exagération ou presque*

Fabien Cloutier and Jean-Philippe Leclerc, Éditions de l'Homme, 2025

After a first field trip in spring, here is a winter outing to discover our territory. Snowy landscapes, comfort food and invigorating adventures. A book to read when it is cold outside!



✿ *Premier trio*

9 years and up

Nadia Lakhdari, Les Malins, 2019-série en cours

Discover Les Lynx hockey team where players are ready to do anything to win. This boys team's first line really counts on their star player, Chloé.



✿ *Illuminer décembre*

Benoît Picard, Hurtubise, 2024

There is nothing like responding to a challenge raised by her friend to make Ophélie get out of her winter blues. Hot chocolate, skating and romance all come together and will make her want to celebrate the holidays that she usually avoids. A book that provokes laughter.



Saute, lapin!

From 0 to 6 years

Claudia Rueda, Bayard jeunesse, 2023

An adorable bunny invites the child to help him ski while handling the book: jump, turn, lean, etc. From the author of *Attrape, Lapin!* and *Plouf, Lapin!*

Enquire with library staff to know about these books availability and how to reserve them or refer to our catalogue at biblio.laval.ca.



Genealogy Quebec: Clicks Away from Your Family Tree!

Your digital library is growing! Millions of Quebec, Acadia and American historical documents can be read by clicking on links at Genealogy Quebec.

In addition to birth, marriage and death certificates, Genealogy Quebec includes obituaries, funeral cards, headstones, notarized documents, census, marriage records, parish registers, postcards, directories and newspapers. Given the scope and the type of documents in this database, the period covered is from 1621 to present.

Whether a search expert or not, everyone can make interesting discoveries on their past and their family history. What about yours?

- ❶ To have free access to this resource, use your Avantages Laval card and go to: biblio.laval.ca, under Biblio-numérique (in French). Have a successful search!

© Simon Laroché



A ruche d'art user in the process of creating.

The Ruche d'art Awaits You in December

This welcoming venue located inside the Bibliothèque Joséphine-Marchand (Chomedey) provides citizens with art material so they can let their creative imagination run free. Guided activities are also offered from time to time. Workshops are presently offered.

During fall, the ruche d'art witnessed great cultural and artistic exchanges between the Laval community, organizations and schools working with newcomers and Atikamekw artist Eruoma Awashish and her fellow Vicky Tremblay. Come and see the result of their work and the unveiling of four mystery art pieces on Wednesday, December 10, from 5:00 to 7:00 PM at the Bibliothèque Joséphine-Marchand.

- 📍 Look for the ruche d'art workshops in the activity schedule at biblio.laval.ca (in French only).



A Must-See Iconic Exhibition

What does the Cosmodôme mythical rocket, the scenic Vieux-Sainte-Rose and Laval busy farmer stands have in common?

They belong to a list of 16 iconic locations selected (during the 60th anniversary) by experts, local organizations and citizens, that are showcased in the exhibition *Laval emblématique – Arrêt sur image*.

Discover their stories and secrets by turning the wheel when visiting this fun exhibition that will be touring in several municipal libraries of Laval.

- 📍 Bibliothèque Yves-Thériault:
From November 20, 2025, to January 22, 2026
- 📍 Bibliothèque Émile-Nelligan:
From January 23, 2026, to May 21, 2026
- 📍 Société d'histoire et de généalogie de l'Île Jésus:
From May 22, 2026, to September 17, 2026
- 📍 Bibliothèque Laure-Conan:
From September 18, 2026, to January 21, 2027
- 📍 Bibliothèque Marius-Barbeau (ECC):
From January 22, 2027, to May 20, 2027

The Whole Package in Your Libraries!

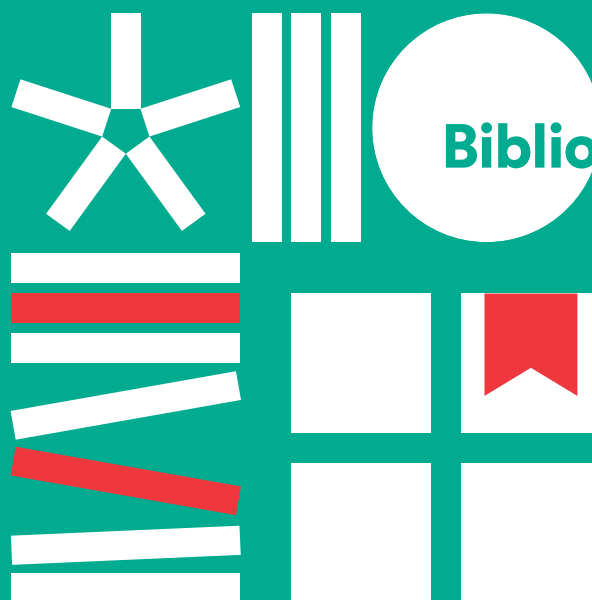
Holiday Special Schedule:

Open

December 27–30
from 12:00 to
5:00 PM

Closed

December 24,
25, 26 and 31
and January
1st and 2nd



📍 biblio.laval.ca

Municipal Programming at the Théâtre des Muses

GENERAL AUDIENCE Shows

THEATRE



© David Ospina

Faire le bien

Co-production by the Théâtre du Rideau Vert and the Théâtre français of the National Arts Centre
December 18, 7:30 PM

Funny, moving, surprising situations where the desire to be fair does not always mix happily with rigidity and competition.

Creation: François Archambault and Gabrielle Chapdelaine
Direction: Claude Poissant

5 À 7 CONTE

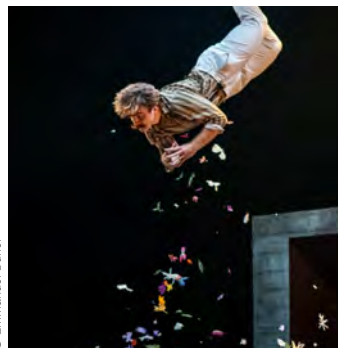
Mythomane – Antique Greek tales and legends

Thomas Hellman
December 20, 5:00 PM

Halfway between theatre, concert and storytelling, Thomas Hellmann reflects on creation and celebrates the human voice over thousands of years.

Direction: Michel Faubert
Multi-instrument musician: Olaf Gundel

CIRCUS



© Emmanuel Buriel

SIX°

FLIP Fabrique | 9 years and up
January 4, 3:00 PM

Join the master joker and his friends in this wonderful circus comedy where the ordinary becomes extraordinary.

Original idea: FLIP Fabrique
Co-creator: Jamie Adkins
Direction: Olivier Lépine

DOCUMENTARY THEATRE

5 balles dans la tête

Théâtre DuBunker
February 5, 7:30 PM

True stories, some funny, some tragic, some fictional that describes the war within.

Text: Roxanne Bouchard
Direction: François Bernier

THEATRE

Fils manqués?

La Tourbière
March 5, 7:30 PM

A breathtaking and funny tale by two great circus performers who turn a father figure absence into an unforgettable journey.

Text and direction: Jean-François Nadeau
Translation: Brett Watson et Yves Morin

YOUNG AUDIENCE Shows

CLOWN MUSICAL SHOW

Circus Opus

L'Aubergine | 5 years and +
December 14, 11:00 AM and 3:00 PM

Attention, a flea circus is in town! Come and praise the achievements of this fantastic talented quartet.

PUPPETS

176 pas

Théâtre de L'œil | 6 years and +
January 25, 2:00 PM

Fear might become a friend... Find out how! A soft tale on the difference faces of anxiety that celebrates the power of friendship.

INTERACTIVE PHILOSOPHICAL CABARET



© Sylvain Lussier

Prince Panthère

Le Petit Théâtre de Sherbrooke
10 years and + | February 8, 2:00 PM

In front of a mike, like a stand-up performer, the prince asks questions aloud that are usually asked in a low voice.

THEATRE



© Maxime Paré-Fortin

Histoires pour faire des cauchemars

Théâtre La Bête Humaine
8 years and +
March 22, 2:00 PM

How about playing at frightening one another? A playful insomniac mischievous show about fraternity, darkness and monsters.

For information and programming:

☎ 450 662-4440

Ticket Office: 450 667-2040

🌐 laval.ca/maisondesarts

SPREAD THE CULTURE

20%

off

On all shows
Until December 31 inclusively

🌐 laval.ca/maisondesarts

📍 **Montmorency station**



© Jean-Michel Seminaro

Exposition LR à l'œil et au cœur — Rêver Louise Robert

Exposition LR à l'œil et au cœur — Rêver Louise Robert

Visit before January 4

Admire thirty art pieces by Louise Robert (1941–2022) selected from her 50-year production. This Laval artist catalogue inspired and guided the choice of artwork, writing and archive documents showcased in this exhibition that conveys her passion, emotions, painting fury, sensitivity, turmoil and exaltation. At Salle Alfred-Pellán.

Exposition Alfred Pellán : Un Lavallois d'exception

Visit before January 4

Discover prints by Alfred Pellán (1906–1988) selected from the City of Laval artwork collection that is turning 50 this year. The printed production of this visual artist was mostly made in the 1970s. He designed these prints like a journey that brought him back to his entire artistic career. His artwork is full of freedom and provides an aesthetic experience of childhood *joie de vivre*. At the Foyer of Théâtre des Muses.

Next exhibitions starting January 25

Trames composites

Where experiences intertwine

Karen Trask – Les arbres de Pénélope

Feuille par feuille, maille après maille

At the Foyer of Théâtre des Muses

Holiday season with your loved ones

December 26, 27, 28, 30, 12:00 to 5:00 PM

Take some time off with your family during the holidays to visit exhibitions and discover Louise Robert and Alfred Pellán artwork.

School break with the family

Discover the Parent-médiateur fun interactive activity while visiting the *Trames composites* exhibition.

No reservation required. Available during opening hours.

On March 7, at 1:00 PM, you are invited to make a textile creation during the Atelier d'Alfred. Registration required at sallealfredpellan@laval.ca.

Les jeudis au ralenti

On Thursday night, from 5:00 to 8:00 PM, take the time to create with a cultural mediator: draw, write, read art magazines and sip tea in the relaxing and inspiring atmosphere of the ongoing exhibition at Salle Alfred-Pellán.

Creative Rendez-vous for adults

March 28, 10:00 AM to 4:00 PM

Meet Rythâ Kesselring, one of the artists of the *Trames composites* exhibition. She shows her approach combining textile and sound, movement and lighting technologies. Bring a piece of fabric or garment that you will transform into an interactive sculpture by adding electronic components to it.

Registration required:
sallealfredpellan@laval.ca

Information

450 662-4440 or sallealfredpellan@laval.ca

📍 laval.ca 📍 Expositions

📍 laval.ca 📍 Médiation artistique

© Gabriel Fournier



Orchestre symphonique de Laval

Cultural Calendar

Performing Arts

Orchestre symphonique de Laval

📍 Salle André-Mathieu
📞 osl.ca
📞 450 667-2040

The Patenaude family invites you

December 10, 7:30 PM

Celebrate Laval musical traditions with Gilbert Patenaude.

Concert Bébé musique

February 1, 10:00 AM

Designed for children from 0 to 5 years old, this event is a great opportunity to attend a rehearsal by the Orchestra.

Chœur : comme un air d'opéra

February 1, 3:00 PM

The Chœur de Laval joins the Orchestra for a program dedicated to major pieces of the lyrical repertoire.

Retrouvailles : Johnson et Lemelin, un dialogue musical

March 11, 7:30 PM

From Beethoven to Shostakovich, the OSL invites you to a concert created by Adam Johnson.

Caller dancing with musicians

Danseurs et Musiciens de l'Île-Jésus

📍 Pavillon D'Argenteuil
430, 5^e Rue
December 12, from 5:00 to 10:00 PM
Dance and music. Free.
Potluck style.

New Year Afternoon and Evening

📍 Pavillon du bois Papineau
3235, boulevard Saint-Martin
January 10, 3:00 to 9:30 PM
Dance, music and meal.

Déjeuners Croissant-musique

Laval Arts and Concerts

📍 Maison des arts
📞 450 667-2040

Intimate concerts preceded by a pastry snack with coffee and drinks. Snacks at 10:00 AM, concert at 11:00 AM.

Félix et Georges

January 11 and 18, and February 1

Les Coups de Cœur de Lorraine Desmarais

March 1, 15 and 29

Cafés-concerts

Enjoy a relaxing concert, followed by coffee and conversations with the musicians.

Buzz Cuivres Christmas

December 7, 11:00 AM

Échos d'amour

December 7, 11:00 AM

Vivace et cie!

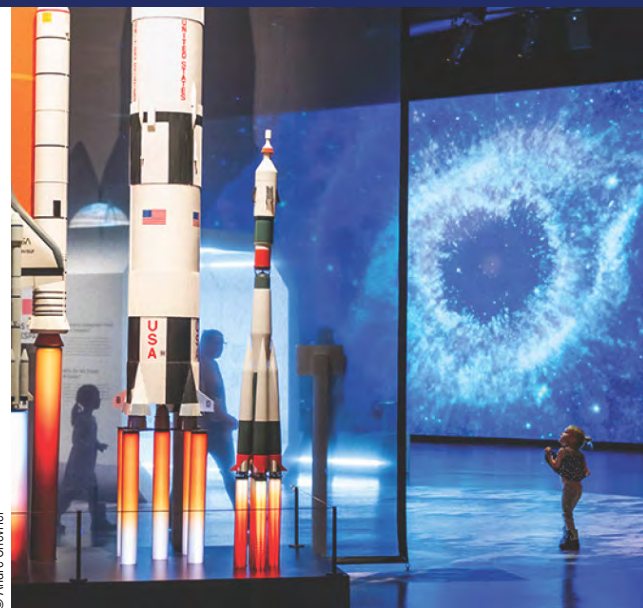
Harmonie Laval

📍 Théâtre Marcellin-Champagnat
📞 harmonielaval.org
📞 450 667-2040

February 1, in the afternoon

Harmonie Vivace presents a colourful show where music meets performing arts: circus, dance and much more!

© André Chevrier



Scientific Culture

Centre d'interprétation de l'eau

📍 12, rue Hotte
📞 cieau.org

Visit the website to find out about the Holiday season programming.

Rivière Rivière, projection immersive du chemin d'une goutte d'eau

During March school break

Cosmodôme

📍 2150, autoroute des Laurentides
📞 450 978-3600
📞 cosmodome.org

Destination: Space

With this immersive and interactive space journey, explore the mysteries of the universe and life beyond Earth. For the whole family with an exploring itinerary for children under five years old.

Musée de la santé Armand-Frappier

📍 2150, autoroute des Laurentides
📞 450 686-5641
📞 museefrappier.org

Bouger!

An interactive experience that features the benefits of physical activity on both the human body and mind.

4, 3, 2, 1... Santé!

Discover concrete actions to be done to maintain your health and the well-being of other people and of the planet.

Kermesse sportive

From December 20 to January 4 (except on December 24, 25 and 31 and January 1).

Move around and have fun at the great kermesse sportive!

Exhibitions

Quartier des Arts du Cheval Blanc

Centre Accès
6500, boulevard Arthur-Sauvé
quartierdesartsduchevalblanc.com

Retrospective on a 30-year career

Lucie Lucas solo exhibition
Until December 13

Collectif des membres du QACB

From December 13 to January 17

Expo-Concours

The nicest artwork ever exhibited
From January 17 to February 14

Les couleurs selon ZET

Suzanne Savard solo exhibition
From February 14 to March 14

Exhibition of Normand Jacques's students

From March 14 to April 18

Centre d'art Sainte-Rose, La Vieille Caserne

Corporation Rose-Art
216, boulevard Sainte-Rose
roseart.ca

Réjouissance

Until December 27

L'éphémère et le blanc

From January 3 to February 14

Couleurs et formes

From February 21 to April 4

Centre d'art Sainte-Rose

214, boulevard Sainte-Rose
roseart.ca

Exhibitions by the Collectif des membres de Rose-Art

Symphonie visuelle

Large size art pieces
From January 6 to 31

Coup de cœur

Art exhibition contest
From February 6 to 15

Regards d'artistes

Exhibition-contest
From March 2 to 10

CULTURAL LEISURE SEEKING TALENTS

Lift up your life, one cultural hobby at a time

To sing in a choir, to play in a band or to take part in dancing evenings are not only entertaining. These activities strengthen one's memory, stimulate body coordination and maintain vitality. Find out what community organizations offer to live an inspiring and active winter.

Chœur Chanterelle du Collège Laval

This four-part harmony for adults rehearses on Wednesday evening at Collège Laval. Auditions in January.

choeurchanterelle.ca

La Troupe Fantasia Inc.

This company is looking for new members (men and women, 10 years and up) for its next production. Song rehearsals on Fridays from 7:00 to 9:30 PM and play and dance rehearsals on Saturdays from 9:00 AM to 4:00 PM. Auditions by appointment.

514 701-8766

info@troupefantasia.com

Give your child an unforgettable introduction to music

Clarinet, ukulele, percussions: 3 instruments, 10 classes and lots of fun! This is a fun way to develop a musical ear, breath and a sense of rhythm. Session starts in January and classes are on Sunday mornings. Instruments are included.

info@harmonielaual.org

Les Voix d'Elles recruit

This choir for girls eight years old and up recruits new singers. The program includes repertoire pieces, classic songs as well as the lyrics of a great opera. Auditions on December 4 and January 8, by appointment.

514 573-7430

info@lesvoixdelles.qc.ca

Let the music play!

Among the shows that will be presented soon in the new concert hall of the Espace citoyen des Confluents, here are two must-see musical events.



Marianne Trudel and Karen Young *Portraits: Joni Mitchell songs*

February 26, 7:30 PM

A concert that beautifully revisits folk singer Joni Mitchell's career.



LiKouri

ZIYA | March 26, 7:30 PM

With five musicians, singer LiKouri offers a show that combines French songs, tales and chamber music.

Information and complete programming:

Ticket office: 450 667-2040

laval.ca Espace citoyen des Confluents

THIS WINTER, THE MAGIC OF CULTURE
IS EVERYWHERE IN LAVAL!

FIND EVEN MORE
CULTURAL EVENTS AT

SIGNELAVAL.COM

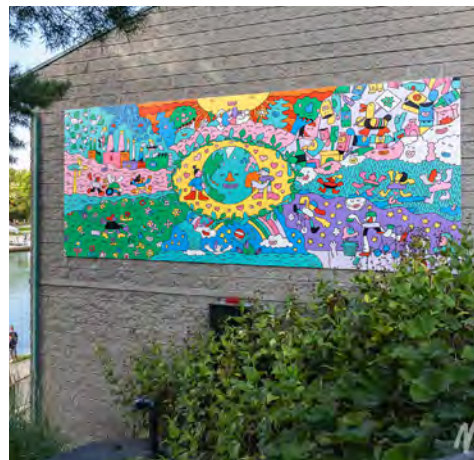
© Olivier Bousquet, MU



Collective Murals on Children's Rights, Kezna Dalz, *Libre de s'amuser*, 2025



Collective Murals on Children's Rights, Doras, *Sculpteurs / Carvers (détail)*, 2025



Collective Murals on Children's Rights, Guillaume Perreault, *Sans titre*, 2025

Public Art Invades the City

Over the past few months, close to ten new art pieces were added to the City of Laval Public Art Collection and installed in different neighbourhoods. Did you know that there are over a hundred public art pieces in the city?

- 📍 To discover them, plan your itinerary using the location map at laval.ca
- 📍 Public Art Collection

A Sculpture Honouring Science

Julie Roch-Cuerrier's contemplative work *Éclipse en Do#*, located on the Cosmodôme and Musée de la santé Armand-Frappier terrace creates a conversation between science and art via two bronze discs. One reminds us of the Milky Way and the other of the DNA double helix. Tuned in C sharp, the sculpture is inspired by the total eclipse of the sun of April 8, 2024, and pays tribute to the musical passion of the late Dr. Armand-Frappier.



© Studio Lux

Julie Roch-Cuerrier, *Éclipse en Do#*, 2025



Collective Murals on Children's Rights

The large participative art project *La force du rêve*, at the Centre de la nature, highlights children's rights. Murals were created in cooperation with the MU organization and young people voted for the one of their choice.

- 📍 To find out about the artist creation process, go to laval.ca
- 📍 Muraux au Centre de la nature (in French)



© Studio Lux

Florence Rivest, *Le milieu, au centre*, 2025

Celebrating the Cultural and Natural Wealth of our Neighbourhoods

The mural *Là où l'on sème, nos âmes fleurissent*, located at the Accès community centre was created by Wendy-Alexina Vancol. It pays tribute to the cultural diversity and the sense of solidarity that distinguishes Laval-Ouest. The national flower symbols represent the homeland of the different communities of this neighbourhood.

The large mural *Le milieu, au centre*, by artist Florence Rivest, immerses us into the local flora and fauna, with an emphasis on wetlands, that reminds us of the geological environment of Saint-François.



© Studio Lux

Wendy-Alexina Vancol, *Là où l'on sème, nos âmes fleurissent* (détail), 2025

2nd Edition:
Programme
d'art mural dans
les quartiers



Submit a mural project to beautify your neighbourhood.

Application deadline: February 2



laval.ca

Q Programme d'art mural

Addition of 22 New Art Pieces

The City of Laval Art Collection has grown with 22 new pieces. They can be seen online or admired in some municipal buildings.

Among the new additions, a strange painting by David Gagnon represents a headstone, bearing a necklace but no inscription, around which arrows seem to be floating out of a computer monitor.

Pastel-coloured painting by Muriel Ahmarani Jaouichmet represents mythical birds echoing those of ancient Egypt. The art piece tells the story of the artist Armenian family migration from Egypt to Canada.

Karen Tam's artwork tells a personal story with its bird cutouts (predator and prey) that reminds us of traditional Chinese paintings.

Finally, photographer Pilar Macias wrapped herself in spruce branches under the warm sun of the day to subtly impersonate winter.

🔊 To find out more about the new art pieces, go to laval.ca 📍 Collection d'œuvres d'art de la Ville de Laval



© Paul Litherland/Studio Lux

Muriel Ahmarani Jaouichmet
The fall of the Empire (La chute de l'empire) (détail), 2023
Oil on canvas
City of Laval Art Collection



Karen Tam
I May Flirt a Little, But I'm No Yellow Peril (Chinese Fever), 2009
Hand cut gold vinyl
City of Laval Art Collection



David Gagnon
Sans titre, 2025
Oil on marouflaged canvas wood
City of Laval Art Collection



Pilar Macias
Habillée en hiver (detail), 2024
Photography
City of Laval Art Collection

© Vincent Girard



The house that won the Conservation et préservation du patrimoine ancien Award, located in Pont-Viau.

Feedback on Heritage Awards

During the Mon patrimoine à cœur: une île, son histoire Forum, the City awarded heritage awards. These prizes highlight the remarkable work done by citizens, organizations and craftspeople who contribute to the enhancement and the transmission of our local history. The award ceremony took place as part of Laval 60th anniversary activities.

Congratulations to all winners!

- Louise Guy and Guy Turcotte, for the exceptional protection of their house in Pont-Viau.
- La Société d'histoire et de généalogie de l'Île Jésus, for its awareness-raising actions.
- L'Atelier de ferblanterie MBR, for its unique know-how.

© Vincent Girard



Maison Forget

Two Laval Heritage Gems Protected

Two high-historical value buildings are now protected as a heritage resource which is the highest status a City can give a heritage building. These unique built heritage elements of Laval history will remain protected for future generations.

The meticulously restored Maison Forget, built around 1715, is an important witness of the ancient architecture on the island. The Maison Goyer, built around 1860, and its cellar have a unique style and are remarkably preserved.

Résidence de création Marcel-Saint-Pierre

The house located at 765 Des Patriotes Street where late painter Marcel Saint-Pierre lived for 45 years maintains its artistic and cultural mission. As early as fall 2026, a residency program will welcome professional artists from Laval, Québec, Canada and abroad to create in this inspiring location. The Laval community will also be invited to discover the house. Stay tuned for more details in 2026.

A Protected Heritage

The house located on the Mille-Îles river waterfront was built near 1729 and extended around 1770. Classified as one of the oldest heritage houses in île Jésus, it underwent major restoration work by the City of Laval and the financial support of the gouvernement du Québec.

The work that ended last summer on schedule and on budget gave a second life to several original features such as stonework, woodwork, windows and chimney. Thanks to a meticulous restoration, this heritage house gained back its authenticity and unique character.



A window into Laval's culture and history.

**maison
andré-benjamin-
papineau**

Exhibitions and
immersive activities

 maisonabp.ca

For a Memorable Winter

Engage in one of the many outdoor activities offered in Laval during winter! Have a look at what awaits you in the woods, riverbanks and parks!

	Recreational skating rink	Snow slide	Groomed trails: walking and/or snowshoeing	Groomed trails: cross-country skiing	Groomed trails: oversized tire bikes (fat biking)	For all details and the complete list of services and activities
Berge aux Quatre-Vents	✓	✓	✓			laval.ca 📍 Berge aux Quatre-Vents
Berge des Baigneurs*		✓	✓			laval.ca 📍 Berge des Baigneurs
Berge du Garrot	✓	✓	✓		✓	parc-mille-iles.qc.ca
Bois Armand-Frappier Bois de la Source Bois de l'Équerre Bois Papineau Bois Sainte-Dorothée			✓			reseaucanopee.org
Bois Duvernay				✓		coureursdeboises.com 📍
Centre de la nature	✓ + skating rink on the lake	✓	✓	✓		centredelanature.laval.ca
Some neighbourhood parks	✓	✓				laval.ca 📍 Patinoires or Buttes de glisse
Parc Bernard-Landry	✓	✓	✓	✓	✓	laval.ca 📍 Parc Bernard-Landry

* Work in progress to restore the land, the welcome pavilion and the permanent stage.

Plenty of Activities in the Woods

The CANOPÉE network trails will also be busy. Participate in many free activities for the whole family.

📍 reseaucanopee.org/activites

Free Equipment Rental

The Circonflexe Prêt-pour-bouger service, in partnership with Sports Laval, is available at several sites. Children and adults may borrow for free different winter sports equipment such as snowshoes, walking sticks, ice traction cleats, oversized tire bikes (fat bikes), sleds, adapted sleds for mobility-impaired persons, etc.

📍 sportslaval.qc.ca/prel-dequipement

© Vincent Girard



New Tag Project in Laval Woodlands

Have you noticed the new tags installed throughout the Armand-Frappier, Île Locas, De la Source and Du Souvenir woods? These tags have a unique identification that will soon be connected to emergency services, allowing a person's location to be quickly transmitted in case of need.

Other tags will progressively be installed, with respect for the environment, in other woodlands open to the public during the years to come. Besides their practical function, these tags also invite people to remain in the official paths.

Tons of outdoor winter fun

Get moving in your parks and woods. All nearby and free!

📍 laval.ca/dehors

laval en blanc



Here, winter is celebrated.

January 23-24-25
Centre de la nature

Fireworks, shows, obstacle race,
via ferrata and many more free activities!

 laval.ca/lavalenblanc

Different School Holidays

In community centres, a special free programming will be offered to Laval families during the holiday season.

Certain gyms and rooms will also be accessible to practise different sports or participate in special activities.

This festive programming is offered from December 27 to 30 and January 2 to 4. Note that all activities require prior registration.

- 📍 To find out more about the programming, to register and to get the addresses of the participating community centres, go to laval.ca
- 🗓️ Temps des fêtes (in French)

Return of the Winter Baseball Tournament

Baseball will be back at the Centre de la nature on February 14. Some ten 13U teams will play outdoors, following special rules adapted to the weather. Organized by Baseball Laval-Est, the event will feature exciting baseball games in the snow but in a warm atmosphere, despite the cold season.

📍 baseball-laval-est.com

The 2026 Laval Open International Table Tennis

The table tennis tournament Laval Open international will be back at Collège Letendre on February 7 and 8, 2026.

Organized by the Club Réflexe Laval, this tournament is open to all levels and ages.

With international attendees, this high-profile event promises to be an exciting show for local table tennis players and the public. Attend all games and follow to results on the Club Réflexe Laval Facebook page. Free admission.

📍 clubreflexe.com/compétitions



Keep Moving at Bleu Blanc Bouge

The refrigerated skating rink Bleu Blanc Bouge, at Émile Park, is back with a free programming for skaters, both beginners and experts.

On location, a sports equipment loan service offers skates, helmets, hockey sticks and skating aid supports.

Do not forget to make a reservation for free hockey icetime; it is necessary because of the high demand: laval.ca/patinoires, under patinoires extérieures.

In addition to skating and free hockey, special events will be organized during winter.

Winning Conditions to Open Outdoor Skating Rinks

The opening of skating rinks depends on the weather. Everything is put in place to make them accessible as early as December, but some essential conditions must be met to do so.

Work may start when the weather remains at -5 °C for at least seven days in a row and if the snow cover is at least fifteen centimetres thick.

The time necessary to prepare the ice takes a few days and the weather must be cold enough. During crack sealing operations with snow and regular watering (from two to three times a day for approximately five days), skating rinks will not be available.

Indoor Skating

During the holidays, all municipal arenas will be opened, and a special programming will be offered to the whole family. To enjoy activities and ensure a fun experience to all, registration will be required during this period.

📍 Reserve your spot now at laval.ca 🗓️ Skating rinks and arenas

Zumba, yoga, judo or photo.



Register for winter session

📍 laval.ca/loisirs

City Council



Stéphane Boyer
Mayor

450 662-4140
bdm.laval@laval.ca
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Live broadcast (in French):
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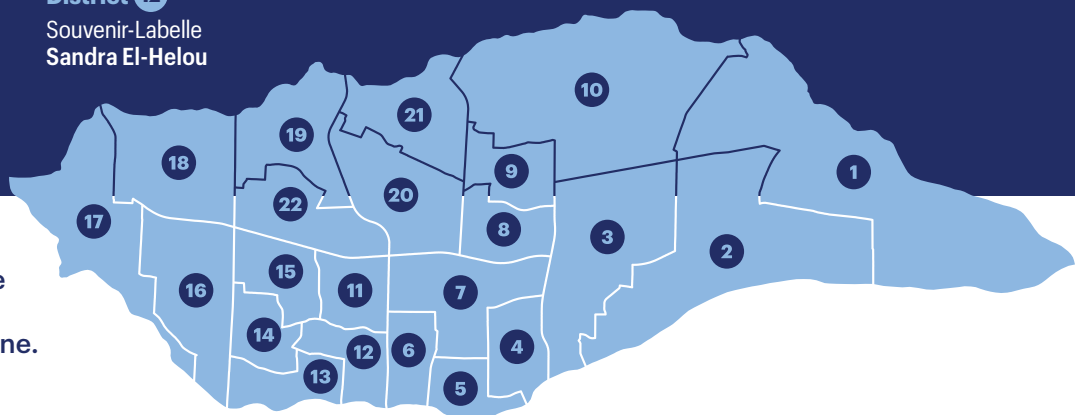
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Haven't seen the free activities to enjoy winter?

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