

## OUR ACTIVITIES 2023

**\*\* The following extracurricular activities will take place during our regular free activities \*\***

Find below the description of our main activities within the next four sections:

1. One-Day Visits
2. Music Program
3. Dance Program
4. Recreational Activities and Outings

### HOW TO REGISTER

Refer to your Registration Form to enroll in ... Music lessons  
Dance lessons  
A day in Québec City  
A day in Grosse-Île

## 1. ONE-DAY VISITS

### A day in Grosse-Île

**WHAT:** Located in the middle of the St. Lawrence River, Grosse-Île was a quarantine station for the Port of Québec from 1832 to 1937. At the time, the island was the main point of entry for immigrants coming to Canada. You will be touched by the story of Grosse-Île, a witness to both human tragedy and exceptional dedication. Relive the troubling experience of immigrants who set sail in hopes of a better future, and of those who cared for them upon arrival.

**WHERE:** Grosse-Île and the Irish Memorial National Historic Site of Canada

**COST:** \$125.00

### A day in Québec City

**WHAT:** Québec is the capital city for over 7 million Quebecers. It is both the cradle of French civilization in North America and a major economic center. The very name *Québec* conjures up images of easy living, historical riches, world heritage treasures, and incomparable tourist appeal. Québec City is as unique as they come. It is on Money Magazine's list of North America's top ten tourist destinations. **NEW:** This city tour will end on a four-hour cruise with a live DJ. Be prepared for a lot of fun!

**WHERE:** Québec City

**COST:** \$135.00

## 2. MUSIC PROGRAM

Thanks to teachers from the local music school, we are able to offer both private and group music lessons.

- *The instructor reserves the right to cancel a class for insufficient enrollment.*

### INSTRUMENT RENTAL

The following instruments can be rented:

- Classical guitar
  - Cello
  - Flute
  - Violin
  - Bass guitar
  - Clarinet
- FEE: \$65.00 / instrument**

### PRIVATE LESSONS

#### Guitar

This course is intended for beginning, intermediate or advanced students. Students will get a solid base in techniques (fingering, good positioning of the instrument, etc.) and/or increase in theory. This class will undoubtedly enlarge the student's knowledge of the musical repertoire. Fees include three 90-minute lessons, GST and PST included.

**\$155.00**

#### Cello

This course is intended for beginning, intermediate or advanced students. The offered repertoire is chosen according to each student's needs and expectations. By the end of this course, beginners should be able to play short pieces.

Fees include three 90-minute lessons, GST and PST included.

**\$155.00**

### GROUP LESSONS

#### Choral Singing

Students will develop breathing techniques, phonation, and rudimentary notions of articulation. They will learn how to read a partition and follow a choirmaster. The chosen repertory for this course is composed, among others, of traditional Quebecois and French music. By the end of this course, students should be able to sing a few pieces under the direction of the choirmaster. A minimum of 5 participants is required.

Fees include three 90-minute lessons, GST and PST included.

**\$80.00**

### **Chamber Music**

The chamber orchestra is intended for musicians of intermediate or advanced levels who play string or wind instruments (e.g. violin, cello, flute, clarinet, bassoon, piano, etc.). The chosen repertoire for this course is composed, among others, of classical and movie music. By the end of this course, students should be able to play a few pieces under the direction of the conductor. Fees include three 90-minute lessons, GST and PST included.

**\$80.00**

### **Pop-Rock Combo**

This course is intended for guitarists, bass guitarists, pianists, drummers and singers of intermediate and advanced levels. The chosen repertoire for this course is composed, among others, of popular and rock music. By the end of this course, students should be able to play a few pieces under the direction of the conductor.

Fees include three 90-minute lessons, GST and PST included.

**\$80.00**

### **Guitar Ensemble**

This course is intended for guitarists of intermediate and advanced levels. By the end of this course, students should be able to play a few pieces under the direction of the conductor.

Fees include three 90-minute lessons, GST and PST included.

**\$80.00**

### 3. DANCE PROGRAM

Think you'll need some change after your French class? Thanks to a local instructor, you can get energized while listening to the dance instructions in French. Don't worry if your French skills are limited! Your teacher will add clear examples to her instructions.

- *The instructor reserves the right to cancel a class for insufficient enrollment.*

#### **Contemporary Dance**

Characterized by the fluidity of its moves, contemporary dance is executed on various rhythms. Torso moves and relationship with the ground are specific to this dance style. Participants will therefore execute technical exercises, on the ground or in space, in order to explore the gesture of this beautiful dance style.

Fees include six 60-minute lessons, GST and PST included.

**\$95.00**

#### **Hip-Hop Dance**

Taking its origins in street dancing in black American ghettos, this course will help you develop basic techniques and immerse yourself in hip-hop style. This dance requires strong physical health and good coordination. A dynamic and energizing dance, a street gang dance!

Fees include six 60-minute lessons, GST and PST included.

**\$95.00**

#### **Dance Workout**

Learn to execute aerobic and muscular routines of various intensities in order to improve your physical shape! Participants will execute pre-established workout routine and muscular moves on catchy music, while adapting them to their personal capacity. This class will be split into a cardiovascular part and a muscular part, followed by stretching.

Fees include six 60-minute lessons, GST and PST included.

**\$95.00**

## 4. RECREATIONAL ACTIVITIES AND OUTINGS

### How to register

**The enrollment in the following activities will take place during the first days of the Program. All payments are to be made upon enrollment.**

### FREE SPORTS ACTIVITIES

Soccer, basketball, ultimate Frisbee, football and badminton are organized weekly at no cost to students. A bike trail leading to nearby villages, an inline skating trail and tennis courts are a stone's throw away from the College. If you wish to avail yourself of these sports, you must bring your own bicycle (some are also available for rent), inline skates and tennis equipment. The swimming pool in the residence is available from 1 to 6 p.m. (swimming cap is required).

- *There are no charges for any of the above-mentioned activities.*

### OPTIONAL RECREATIONAL ACTIVITIES AND OUTINGS

Within the first week of the Program, you will be able to register in other optional sports activities on a first-come-first-served basis. **Payment will be required upon enrollment (please bring money)**. Please note that the approximate costs indicated below may change. If you enroll in the Music School, you will have to make sure your music lessons do not conflict with the sports activities you wish to enroll in.

- *Activities may change without notice when the Program begins.*
- *Prices are subject to change without notice.*

### **SEBKA (Société d'écologie des battures du Kamouraska)**

The SEBKA is a riverside park that provides access to the river and the salty marshes commonly called the “*battures*” (sandbanks). Several installations facilitate access to the exceptional panoramas of the islands of Kamouraska on the Northern Coastline and the Saint-André Bay. On the site, you will find a Reception and Information Pavilion, nine belvederes with a 360 degree view, three observation terraces as well as picnic and relaxation areas.

#### **a) Sea kayaking**

**WHAT:** The SEBKA offers guided excursions around the Kamouraska archipelago on the majestic St. Lawrence River, for periods of time from half a day to 2 to 4 days. It is possible to start at sunset. Please note that departures and arrivals are according to the tides.

**WHERE:** Saint-André-de-Kamouraska

**COST:** \$150.00

#### **b) Climbing**

**WHAT:** When the pleasure of climbing makes the site come to life. Walls, blocks, overhangs, a soft rock, the sea and, in the background, the mountains of the North Shore. What more can you ask for? More and more, climbing amateurs visit the Saint-André sea cliffs looking for excitement. It is true that this corner of our region provides an ideal quantity of rock (quartzite) for those who like to tame nature. This exceptional site has 110 trails on all levels, available to climbers authorized by the SEBKA, thanks to the generosity of the landlords of the Ferme des 3 vents, agricultural producers of Saint-André. This site offers an impregnable view of the river and certain trails are among the highest in Québec.

**WHERE:** Saint-André-de-Kamouraska

**COST:** \$150.00

#### **c) Excursion/Hiking**

**WHAT:** The SEBKA is one of these oases of peace and quietness that revives the souls of all walkers. The six kilometres of pedestrian trails on the site cross the “Monadnock”, which is the rocky mass that overhangs the St. Lawrence River. On these trails, sometimes wooded, sometimes open, you will discover the diversity of fauna and maritime flora. The six kilometres of the trails of the “Amphitheatre” give the hikers the chance to walk through a mixed forest to reach the two belvederes that offer an amazing landscape, a unique panorama, uniting sea and mountain. The graying sun and the caressing breeze are elements which make the paths of the “Monadnock” and the “Amphitheatre” a unique walking experience, making it possible to appreciate the Lower Saint Lawrence to its maximum.

**WHERE:** Saint-André-de-Kamouraska

**COST:** \$30.00

### **Excursions to Kamouraska**

The name of this small 700-people village means “where there is rush by the water” in the Amerindian language. This village, which is part of the Most Beautiful Villages Association, started to welcome people as early as the end of the 17<sup>th</sup> century. The village bears an extremely rich architectural and historic heritage as well as beautiful landscapes.

#### **a) Inflatable dinghy**

**WHAT:** Departing from the municipal quay, discover breathtaking landscapes in your inflatable dinghy! Sail over the St. Lawrence River and among the islands of Kamouraska while observing sea mammals and birds colonies... Unforgettable!

**WHERE:** Kamouraska’s municipal quay

**COST:** \$85.00

#### **b) City tour**

**WHAT:** Walk the magnificent streets and discover museums, shops and beautiful landscapes!

**WHERE:** Kamouraska

**COST:** \$15.00

### **Pohénégamook Beach**

**WHAT:** In a valley carved by time, highlighted by a magnificent lake that sparkles like a diamond, come swimming under the supervision of a professional lifeguard.

**WHERE:** Pohénégamook

**COST:** \$50.00

### **Paintball**

**WHAT:** Located nearby La Pocatière, the Action Paintball Kamouraska centre features 500 000 square feet of playground in wooded fields.

**WHERE:** Saint-Pacôme

**COST:** \$70.00

### Valcartier Vacation Village

**WHAT:** Located nearby Québec City, Valcartier Vacation Village boasts a giant water park, a four-star campground and river excursions. The waterpark features more than 35 waterslides, two theme rivers and a huge wave pool, all heated.

**WHERE:** Saint-Gabriel-de-Valcartier

**COST:** \$90.00

### Arbraska

**WHAT:** Take fun to the highest level and discover your inner Tarzan on unique treetop challenge games and zip lines! Fly across huge zip lines, and climb across balance logs, monkey cables and other unique aerial games that are sure to get your heart pumping! Arbraska is the perfect place to escape to nature and spend an exciting day trying something new.

**WHERE:** Duchesnay

**COST:** \$95.00

### Seigneurie des Aulnaies

**WHAT:** With its Victorian manor (1853), gardens and flour mill (1842), this domain is the most complete seigniorial regime interpretation centre in Québec. Staff in period costumes will teach you about the customs of the time. The miller will give you a tour of his mill, powered by the largest bucket wheel in Québec. Walk along the fascinating gardens in the 2-km wooden trails.

**WHERE:** Saint-Roch-des-Aulnaies

**COST:** \$30.00