

OUR ACTIVITIES 2024 – FINAL VERSION

**** The following extracurricular activities will take place during our regular free activities. They are all optional. ****

***** It is the students' responsibility to be present at the meeting point for departure. If a student is not present when buses are leaving for the activity, we will consider that he or she no longer wanted to participate. We will not knock on every student's bedroom door. If a student does not show up for the activity, we will not provide a refund. *****

***** If the minimum number of students per bus is not reached, we will issue a full refund. If we need to cancel a bus, we will use a first-come-first-served basis. *****

***** Activities are refundable up to 30 days before the Program takes place, less an administrative fee of \$30. *****

1. ONE-DAY VISITS – **SPRING** AND **SUMMER** PROGRAMS

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 – **SUMMER PROGRAMS ONLY**

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.*

***** If you would like to enroll in private music lessons (guitar, cello or other instruments), but are part of the spring program, please contact us so that we can analyze the possibilities for you. *****

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 repertoire 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 – **SUMMER PROGRAMS ONLY**

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

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 should be also available for rent), inline skates and tennis equipment.

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

OPTIONAL RECREATIONAL ACTIVITIES AND OUTINGS

Seigneurie des Aulnaies – SPRING PROGRAM ONLY

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

Paintball – SPRING AND SUMMER PROGRAMS

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 – SUMMER PROGRAMS ONLY

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

Miller Zoo – SUMMER PROGRAMS ONLY

WHAT: The Miller Zoo is a zoological garden and wildlife rehabilitation center. Visiting there allows you to admire Canadian fauna and learn about many different animal species. Because of their conservation program, you will also get to meet many of their endangered exotic species.

WHERE: Frampton

COST: \$90.00

Pohénégamook Beach - 5 WEEKS SUMMER PROGRAM ONLY

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

Arbraska - 5 WEEKS SUMMER PROGRAM ONLY

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

SEBKA (Société d'écologie des battures du Kamouraska) – SPRING AND 5 WEEKS SUMMER PROGRAMS ONLY (REGISTRATION WILL START LATER – YOU WILL RECEIVE ANOTHER EMAIL)

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 - SPRING AND 5 WEEKS SUMMER PROGRAM ONLY (REGISTRATION WILL START LATER – YOU WILL RECEIVE ANOTHER EMAIL)

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 17th 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

Cirque de la Pointe-Sèche - 5 WEEKS SUMMER PROGRAM ONLY (WAITING LIST – IF WE HAVE ENOUGH STUDENTS INTERESTED, WE WILL START REGISTRATION LATER – YOU WILL RECEIVE ANOTHER EMAIL)

WHAT: The Cirque de la Pointe-Sèche takes its name from an ancient village, Pointe-Sèche, located on the banks of the Saint-Laurent River in the former Seigneurie de l'Islet-du-Portage, today in the municipality of Saint-Germain at Kamouraska. On a 60-foot rock wall, acrobats of all kinds are having fun and inviting you into other universes where all magic and stories are possible! Like the Kamouraska, the Cirque is at the same time this little vertigo, this breath, this wonder that makes you lose your senses thanks to rustic tenderness, raw enthusiasm and intense gusts of joy. The Cirque de la Pointe-Sèche is dedicated to those who fall asleep lulled by their dreams and who wake up to make their dream come true.

WHERE: Saint-Germain-de-Kamouraska

COST: \$80.00