



ASSOCIATION DE LA
COMMUNAUTÉ NOIRE DE
CÔTE-DES-NEIGES INC.

CÔTE-DES-NEIGES
BLACK COMMUNITY
ASSOCIATION INC.

COTE-DES-NEIGES BLACK COMMUNITY ASSOCIATION INC. **PROGRAMS**

CHILDREN AND YOUTH

- **After School Program**

Location: CDN BCA center

Hours: Monday to Thursday from 4:00 pm to 6:00 pm

Children receive academic support from qualified staff that helps to complete homework and reinforce classroom learning.

- **Saturday Program**

Location: CDN BCA center

Hours: Saturday 10:00 am to 12:00 pm

Children ages 6-13 years of age participates in a wide variety of recreational, cultural and educational programs that assist them in the development of their cultural minds and bodies of various arts and cultural opportunities



- **Piano**

Location: CDN BCA center

Hours: Saturday 10:00 am

Children are taught basic keyboard technique; reading of music notation and interpretive playing. The aim is to develop awareness of another “international language” and self-confidence through achievement while having “fun”.

- **Steel Pan**

Location: CDN BCA center

Hours: Friday from 5:00 pm to 7:00 pm

Saturday from 1:00 pm to 3:00 pm & 5:00 pm to 7:00 pm

Participants learn musical theory, what the Steel Pan is. Participants learn many compositions from a wide variety of artists and they then have the opportunity to perform for various audiences, concerts, and parties.



- **All-Star Daycamp**

Location: Lavoie & Bill Durnan Arena

Hours: Summer program, please call to find out

Day Camps provide an environment for children that are enlightening, enriching and amusing, in an atmosphere that is safe and enjoyable.

Both day camps follow a fun filled program which includes education, sports activities, arts & craft and outings.



- **Grade 6 Graduates**

- Pre-teen Leadership**

- Location:** CDN BCA center

- Hours:** Special program, please call to find out

Pre-teen Leadership program is primarily focused on the transition from elementary to high school. Pre-teen leadership program help children improve their self-identity and to try to eliminate the stigma of peer group pressure and to provide children with valuable information on how to survive in their new setting.

- **Teen Leadership**

- Location:** CDN BCA center

- Hours:** Special program, please call to find out

Teen leadership provides meaningful and constructive activities for adolescents from 13 to 17 years old. The program consists of black history, video project, personal development, outings, debates, role model projects, job search techniques, creative expression, dance classes, event planning, volunteering, leadership styles, and a one-week sleep-away camping.



- **Mandela Chalet**

- Location:** CDN BCA center

- Hours:** Monday & Friday from 4:00 pm to 9:00 pm

Chalet Teen Recreational Centre offers an alternative in programming for all youth in the Cote-des-Neiges area. The aim of the centre is to strengthen the social development of youths by creating a welcoming environment for adolescents of all cultural backgrounds.

- **Basketball Program**

- Location:** Lavoie

- Hours:** Thursday & Thursday 9:00 pm to 10:45 pm

Mini 8 and 9 years Atom10 and 11 years Bantam13 years and under Midget15 and under Juvenile 17 and under Youth ages 8-13 are placed in divisions according to ages. This program offers a focused and intense training that is essential for learning and improvement of the fundamentals of basketball skills and techniques. They are taught passing, shooting, dribbling, rebounding and defense. This is then demonstrated in expedition games and tournaments. Youths are encouraged to be team players and to practice positive sportsmanship.



ADULT PROGRAMS

• Fitness and Weight training

Location: Bill Durnan Arena, Ecole des Nations & Lavoie

Hours: Fitness Class: Monday & Thursday from 7:00 pm to 9:00 pm

Weight training: Monday to Friday from 4:00 pm to 9:00 pm

The Cote-Des-Neiges Black Community Association Fitness and Weight room program is designed for various age groups and aimed to improve one's overall physical fitness, endurance, conditioning and well-being by providing various exercises and routines that are fun and easy to follow.

The goal is to provide an environment which promotes and maintains a healthier life style and self-esteem among people of different ethnicities.

• Language courses

Location: CDN BCA center

Hours: French Level 1: Monday & Wednesday from 6:30 pm to 8:30 pm

French Level 2: Tuesday & Thursday from 6:30 pm to 8:30 pm

French Level 3: TBA

English: Tuesday & Thursday from 6:30 pm to 8:30 pm

The educational adult programs that are offered by the CDNBCA from level 1 to 3 are put in place to help new and existing immigrants and members of the CDNBCA wide multicultural community learn and improve on a second language whether it is French or English to help individuals better communicate in the community as well as in the work force.

• Strengthening Black Families

Location: CDN BCA center

Hours: Special program, please call to find out

This program provides families with the tools and knowledge to prevent future problems, also to improve on their parenting skills, better family relationships, increase the youth's social and life skills, and to strengthen parent and child bond.



SENIORS

• Seniors Program

Location: CDN BCA center

Hours: Friday 1:00 pm to 4:00 pm

It is a weekly program that keeps seniors motivated and active in a friendly atmosphere by providing them with activities of interest and with helpful and relevant information. Seniors are engaged in a range of social activities such as workshops games, trips, picnics, music, choir, arts and crafts, and lunches.



• Fitness Class

Location: Lavoie

Cote-des-Neiges Senior exercise program provides the basic foundations needed to continue and make everyday activities of daily living easier.

Designed to build muscle mass, strength and flexibility, the program also improves cardiovascular and respiratory function, burns calories and helps maintain a steady weight.

- **Steel Pan**

The Cote-des-Neiges Black Community Association Steel Pan music program is a way to cultivate the seniors' cultural belonging by giving them the opportunity to learn and practise an instrument that was originated from the Caribbean. Participants learn many compositions from a wide variety of artists and they then have the opportunity to perform for various audiences, concerts, and parties.



SPECIAL

- **UIBE**

Location: CDN BCA Center

Office hours: Monday to Friday from 9:00 am to 5:00 pm

The Ujamaa Initiative for Black Entrepreneurship (UIBE) was created to encourage and support English speaking community of Quebec in the start-up of new businesses and the expansion of existing businesses.



