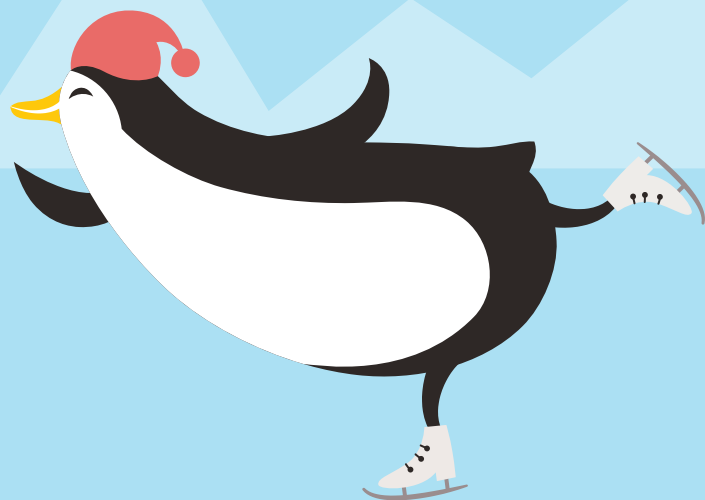


PRE-SCHOOL SKATING 2017-2018

Aréna Raymond-Bourque



Training for Toddlers

Practical exercises to teach 3-5-year-olds to:

- sit down and stand up again
- start off from a "V" stance
- keep their balance with their arms on their hips
- touch their toes while skating and then stand up
- skate frontwards and then snowplow to stop
- skate backwards, while bending their knees and moving their hips

Registration

Two sessions: \$80

Online, starting August 24, 8:30 a.m.

ville.montreal.qc.ca/saint-laurent/loisirsenligne

Schedule

Group 1 – Tuesdays

Fall session: September 26 – November 28

Winter session: January 9 – March 13

10:05 a.m. – 10:55 a.m.

Groups 2, 3 & 4 – Saturdays

Fall session: September 23 – December 2

Winter session: January 6 – March 17

Group 2: 8:40 a.m. – 9:30 a.m.

Group 3: 9:35 a.m. – 10:25 a.m.

Group 4: 10:30 a.m. – 11:20 a.m.

No classes on the following days:

Saturday, November 11: Ringette tournament

Saturday, January 13: Hockey tournament

Saturday, February 24: Jeannot-Bouchard competition

Special Events

Halloween party

Saturday, October 28

9:30 a.m. - 11 a.m.

Disguises required (no mask)

Christmas party

Saturday, December 2

9:30 a.m. - 11 a.m.

Rules and Instructions

1. All children must wear a helmet with a full face mask.
2. Warm, safe clothing is required (mittens or gloves, coat, warm pants).
3. Only skates with laces will be allowed.



4. Skates must be well sharpened. Information at the shop.
5. The skating rink doors will be closed 10 minutes after the start of classes and latecomers may be refused entry.
6. It is prohibited to dress children in the stands. Participants must use the assigned dressing rooms.
7. A parent must be present at all times during the activity.
8. The skaters are asked to leave the ice when told to do so and to follow the supervisors' instructions.
9. Parents are not allowed on the players' benches and around the boards. They must take their place in the stands.
10. The arena's instructions must be followed by all arena users.

Public Skating

September 6 – March 25

Wednesday, 7 p.m. – 8 p.m.: free with a carte-loisirs

Saturday, 7 p.m. – 9 p.m.

Sunday: 2:05 p.m. – 3:15 p.m.

With a carte-loisirs (free card for all residents)

Children: \$2

Adults: \$3

Without a carte-loisirs

Children: \$3

Adults: \$4

Information

Complexe sportif

2385, boulevard Thimens

514 855-6110, ext. 0