

# PRESCHOOL SKATING

Sessions  
**FALL 2015**  
**WINTER 2016**



## PROGRAM OBJECTIVES

Balance	Turning
Starting	Skating backwards
Gliding	Front crossovers
Stopping	Accelerating

## USEFUL EXERCISES FOR CHILDREN

- 1** Sit down then stand up.
- 2** Start off in a penguin or "V" position.
- 3** Stay balanced by holding your arms at your sides so that they are even with your hips.
- 4** While gliding, bend over to touch your feet, then stand up again.
- 5** Skate forwards then stop in the snowplow position.
- 6** Skate backwards by bending your knees and balancing your body weight lightly forward. Skate by twisting your hips from side to side.

## FAMILY FREE SKATING

Aréna Raymond-Bourque

- Wednesday from 7 to 8 p.m
- Saturday from 7 to 8 p.m
- Sunday from 1:30 to 2:30 p.m



### WITH CARTE-LOISIRS

Children . . . . \$2  
Adults . . . . \$3

### WITHOUT CARTE-LOISIRS

Children . . . . \$3  
Adults . . . . \$4

## NOTES

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## COURSE SCHEDULE

### Rink A

#### GROUPS 2, 3 AND 4

FALL

September 26 to December 5, 2015

WINTER

January 9 to March 19, 2016



- **Group 2**  
Saturday from 8:30 to 9:25 a.m.
- **Group 3**  
Saturday from 9:30 to 10:25 a.m.
- **Group 4**  
Saturday from 10:30 to 11:25 a.m.

#### GROUP 1

FALL

September 29 to December 1, 2015

WINTER

January 5 to  
March 8, 2016

- **Group 1**  
Tuesday 10 to 11 a.m.



## CANCELLATION OF COURSES

FALL

### ***Ringuette Tournament***

Saturday, November 14, 2015

WINTER

### ***Hockey tournament***

Saturday, January 16, 2016

## SPECIAL EVENTS

### HALLOWEEN PARTY

Saturday, October 31, 2015

9:30 to 11 a.m.

Costumes are mandatory (no mask)

### CHRISTMAS PARTY FOR ALL

Saturday, December 5, 2015

9:30 to 11 a.m.

**For special events, the four groups are put together.**



## RULES AND GUIDELINES

- 1** Every child must wear a helmet with facemask.
- 2** Warm, safe clothing is mandatory. Mittens, gloves, coat and warm pants, ex: nylon suit.
- 3** Skates like Microns and Devils are not permitted since they do not provide sufficient ankle support and can cause injury to the skater.
- 4** Skates must be well-sharpened.  
*Information available at the boutique.*
- 5** Accompanying parents must respect the expert's instructions.  
*It is forbidden to speed on the ice.*

**6**

The skating rink doors will be closed and latecomers refused 10 minutes after the course begins.

**7**

***It is forbidden to dress your child in the stands.*** Parents must dress the children in the following rooms:

- Saturday 8:30 a.m. .... Room 103 – 104
- Saturday 9:30 a.m. .... Room 101 – 102
- Saturday 10:30 a.m. .... Room 103 – 104
- Tuesday 10 a.m. .... Room 210

**8**

A parent must be present at all times.

**9**

Skaters are asked to leave the ice immediately after the bell rings.

**10**

Skaters registered for the fall and winter sessions will be given priority if they ask to change groups in January.

## INFORMATION

**Louise Gagné**  
Course expert

**Stéphanie Fortin**  
Animatrice – Sports-loisirs  
514 855-6110, poste 4884

**HAVE A GREAT  
SEASON!**