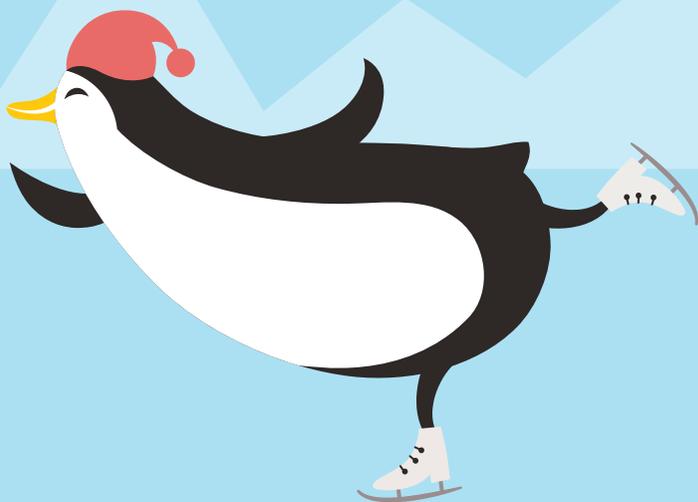


PRE-SCHOOL SKATING 2016-2017

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 27 – November 29

Winter session: January 10 – March 14

10:05 a.m. – 10:55 a.m.

Groups 2, 3 & 4 – Saturdays

Fall session: September 24 – December 3

Winter session: January 7 – March 18

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 12: Ringette tournament

Saturday, January 14: Hockey tournament

Événements spéciaux

Halloween party

Saturday, October 29

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

Disguises required (no mask)

Christmas party

Saturday, December 3

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.
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.
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 7 – March 26

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

Saturday, 7 p.m. – 8 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

Centre des loisirs

1375, rue Grenet

514 855-6110, ext. 0