



ERIC RAYMENT

514.969.5595

eric@hockeymontreal.com

www.hockeymontreal.com

Depuis/since 1998

MARCH BREAK 2023 SEMAINE DE RELACHE

MARCH 6-10 MARS

When / Quand: March 6-10 Mars (8:30am-15:30pm)

Where/ Ou: LCC arena (4099 Royal Ave., NDG, H4A2M4)

Cout / Cost: \$400.00 (sem/wk) or/ou \$90.00 (per day/par jour)

GROUPE 1: M7 Pre-Novice/MAHG + Gardiens / Goalies

M9 Novice 1-2-3-4 + Gardiens / Goalies

GROUPE 2: M11 Atome AA-BB-A-B-C + Gardiens / Goalies

M13 Pee wee AA-BB-A-B-C + Gardiens / Goalies

HORAIRE / SCHEDULE

<u>GROUPE 1</u>		<u>GROUPE 2</u>	
8:30-8:45am	Arrival	8:45am	Arrival
8:30-9:00am	Dress / Habille pour glace	9:00-10:00am	GYM
9:00-10:00	Power Skating	10:00-10:15am	Snack / Collation
10:00-11:00	Puck Drills / Dribble et lancer	11:00-12:00pm	Power skating
11:00-12:15	GYM / LUNCH	12:00-13:00pm	Puck Drills / Dribble et lancer
13:00-14:00	Scrimmage / Joute	13:00-13:30pm	LUNCH
14:15-15:15	GYM	14:00-15:00pm	Scrimmage / Joute
15:00-15:30	Pick up / fin journee	15:00-15:30pm	Pick up / fin journee

TO REGISTER / POUR S'INSCRIRE SVP contacter:

eric@hockeymontreal.com