



ERIC RAYMENT

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Depuis/since 1998

MARCH BREAK 2024 SEMAINE DE RELACHE

When / Quand: March 4-8 Mars (8:30am-15:30pm)

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

Cout / Cost: \$450.00 (sem/wk) or/ou \$100.00 (per day/par jour)

INCLUT / INCLUDES: 3 hrs sur glace + gymnase par jour / 3 hrs on ice + gym per day

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 Peewee 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	11:00-12:00	Power skating
11:00-12:15	GYM / LUNCH	12:00-13:00	Puck Drills / Dribble et lancer
13:00-14:00	Scrimmage / Joute	13:00-13:30	LUNCH
14:15-15:15	GYM	14:00-15:00	Scrimmage / Joute
15:00-15:30	Pick up / fin journee	15:00-15:30	Pick up / fin journee

Paiement par transfert electronique / Payment by etransfer:

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mot de passe / password: hockey