

Club de Patinage Artistique Saint-Laurent

Saison 2021-2022

Debut septembre 2021 au debut decembre 2021 (ver 15 aout 2021)

JOUR/DAY	HEURE/TIME	DUREE	SESSION - CATÉGORIE / CATEGORY (2021-2022)	No. places	CODE
Samedi Bonaventure	11h35 - 11h45	10 min	Sanitation+ Flood		
	11h45 - 12h45	60 min	INTER 2	10	21A-INTER2-A
	11h45 - 12h45	60 min	SENIOR	6	21A-SENIOR1
	12h45-12h55	10 min	Sanitation - Boucher les trous		
	12h55 - 13h35	30 min	Cours de groupe STAR	24	21A-CGD1
	13h35-13h45	10 min	Sanitation - Boucher les trous		
	13h45-14h45	60 min	Travail sur STAR 0, 1, 2, 3 Junior (Badge 5 et plus reussi)	9	21A-JUNIOR1
	13h45-14h45	60 min	INTER 1	9	21A-INTER1-A
	14h45 -		Flood		
Dimanche Bonaventure	11h50 - 12h00	10 min	Sanitation+ Flood		
	12h00 - 13h00	60 min	SENIOR	16	21A-SENIOR2
	13h00 - 13h10	10 min	Sanitation - Boucher les trous		
	13h10 - 14h40	30 min	Cours de groupe STAR	24	21A-CGD2
	14h40 - 14h50	10 min	Flood		
	14h50 - 15h50	60 min	INTER 2	16	21A-INTER2-B
	15h50 - 16h00	10 min	Sanitation - Boucher les trous		
	16h00 - 16h30	30 min	Cours de groupe STAR	24	21A-CGD3
	16h30 - 16h40	10 min	Flood		
	16h40 - 17h40	60 min	STAR 3 reussi (INTER 1)	9	21A-INTER1-B
	16h40 - 17h40	60 min	Travail sur STAR 0, 1, 2, 3 Junior (Badge 5 et plus reussi)	9	21A-JUNIOR2
	17h40 - 17h50	10 min	Sanitation - Boucher les trous		
	17h50 - 18h50	60 min	STAR 3 reussi (INTER 1)	9	21A-INTER1-C
	17h50 - 18h50	60 min	Travail sur STAR 0, 1, 2, 3 Junior (Badge 5 et plus reussi)	9	21A-JUNIOR3
	18h50 - 19h00	10 min	Flood		
Mardi CEGEP Stl	17h30 - 17h40	10 min	Sanitation+ Flood		
	17h40 - 17h50	10 min	Stroking	24	
	17h50 - 18h50	60 min	Inter 2 (STAR 4, 5, Senior Bronze reussi)	10	21A-INTER2-C
	17h50 - 18h50	60 min	SENIOR	6	21A-SENIOR3
	18h50 - 19h00	10 min	Flood		
Mercredi CEGEP Stl	19h30 - 19h40	10 min	Sanitation+ Flood		
	19h40 - 20h20	40 min	TOUS	16	21A-TOUS
	20h20 - 20h30	10 min	Sanitation+ Flood		
Jeudi CEGEP Stl	17h00 - 17h10	10 min	Sanitation+ Flood		
	17h10 - 17h55	45 min	STAR 3 reussi (INTER 1)	18	21A-INTER1-D
	17h55 - 18h10	15 min	Sanitation+ Flood		
	18h10 - 18h55	45 min	Inter 2 (STAR 4, 5, Senior Bronze reussi)	16	21A-INTER2-D
	18h55 - 19h00	5 min	Flood		
Vendredi Sportsplexe			STAR 3 reussi (INTER 1)	4	21A-INTER1E
	18h15 - 19h15	55 min	2 Sept	Glace 4	
	19h10 - 19h20	10 min	Sanitation		
	20h30 - 21h25	55 min	24 Sept	Glace 3	
	21h25 - 21h35	10 min	Sanitation		
	19h15 - 20h10	55 min	1 octobre	Glace 3	
	20h10 - 20h20	10 min	Sanitation		
			Seulement un Choix 21A-INTER2E OU 21A-INTER2F		
			Inter 2 (STAR 4, 5, Senior Bronze)	8	21A-INTER2E
	18h15 - 19h15	55 min	2 Sept	Glace 4	
	19h10 - 19h20	10 min	Sanitation		
	20h30 - 21h25	55 min	24-Sep	Glace 3	
	21h25 - 21h35	10 min	Sanitation		
	19h15 - 20h10	55 min	1 octobre	Glace 3	
	20h10 - 20h20	10 min	Sanitation		
			Inter 2 (STAR 4, 5, Senior Bronze)	8	21A-INTER2F
	19h10 - 19h20	10 min	Sanitation		
	19h20 - 20h15	55 min	2 Sept	Glace 4	
	21h25 - 21h35	10 min	Sanitation		
	21h35 - 22h30	55 min	24-Sep	Glace 3	
	20h10 - 20h20	10 min	Sanitation		
	20h20 - 21h15	55 min	1 octobre	Glace 3	
			Senior peut choisir 21A-SENIOR4 et/OU 21A-SENIOR5		
			SENIOR	4	21A-SENIOR4
	18h15 - 19h15	55 min	2 Sept	Glace 4	
	19h10 - 19h20	10 min	Sanitation		
	20h30 - 21h25	55 min	24-Sep	Glace 3	
	21h25 - 21h35	10 min	Sanitation		
	19h15 - 20h10	55 min	1 octobre	Glace 3	
	20h10 - 20h20	10 min	Sanitation		
			SENIOR	4	21A-SENIOR5
	19h10 - 19h20	10 min	Sanitation		
19h20 - 20h15	55 min	2 Sept	Glace 4		
21h25 - 21h35	10 min	Sanitation			
21h35 - 22h30	55 min	24-Sep	Glace 3		
20h10 - 20h20	10 min	Sanitation			
20h20 - 21h15	55 min	1 octobre	Glace 3		

● STAR 3-4 (INTER 1) (Danse ou Hab préliminaire + SL préliminaire) ● STAR 5/JR BR/SR BR (INTER 2) (Danse ou Hab préliminaire + SL JR et SL Sr Bronze)

● SÉNIOR - SL Jr Argent + Jr Bronze en danse ou habilités. Casque de hockey obligatoire jusqu'à Écussion 5. JUNIOR: 5 years; Badge 5 and higher passed; no free style test. ● STAR 3-4 (INTER 1) (Preliminary Dance or Skills + Preliminary FS) ● STAR 5/JR BR/SR BR (INTER 2) (Preliminary Dance or Skills + Jr. et Sr. Bronze FS) ● SENIOR: Jr Silver FS + Jr. Bronze in dance or skills. Hockey Helmet mandatory until Badge 5 has been issued. The Club may update the schedule depending on the number of registrations or club activities (i.e club tests).

Preliminaire/Preliminary = STAR 3; Jr Bronze = STAR 5

NOTE: 1) ANNULATION (Congé férié) CANCELLATION . (Legal holiday).

2) Toutes les sessions peuvent être déplacés et/ou annulés. All sessions may be moved or cancelled. 3) Un patineur ne peut patiner dans une session