

Learn to Skate and Play Ringette!

Register your daughter for a fun session of skating lessons and an introduction to the sport of ringette. Girls aged 4 to 9 living in Beaconsfield, Kirkland, Baie D'Urfe, Senneville and Ste-Anne-de-Bellevue may register. No skating experience necessary and lots of fun to be had!



What is Ringette?

Ringette is a winter sport on ice played by girls and women. There is no body contact allowed which means the superior skaters and smart playmakers can control the game. The sport encourages passing and team play as players must pass the ring over each blue line in order to reach the opponents zone and take a shot on goal. Girls can start playing ringette at 4 years old and continue playing throughout their adult lives.

Why Join this Program?

- * your daughter can learn new skills in an all-girls environment
- * personalized instruction with a 1:4 ratio of instructors to girls
- * learn to skate and play through games and fun activities
- * limited equipment required to join (helmet and facemask, skates and gloves)
- * it's an introduction to a team sport environment
- * low cost and regular schedule for your convenience
- * easy transition onto a team as early as January!



Schedule: Sept 13 to Dec 6, 2009
Sundays at 11:00am
Location: Excellent Ice, on Hymus in Kirkland
Cost: \$90 for twelve 1-hour lessons

For more information or to register please contact
Debbie Frail at 514 235-5576
or by email at
debbie.steve@sympatico.ca.

The courses are taught by experienced instructors from Excellence Ringuette in collaboration with the Beaconsfield/Kirkland Ringette Association.

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www.ringuettebk.ca
www.excellenceringuette.com

