

1. Schedule

Category		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age	Belt						
Lauren Hill Senior Academy, 2505 boulevard de la Côte-Vertu							
6 to 8 y.o.	White / beginner		18h00 - 19h15		18h00 - 19h15	18h00 - 19h15	9h30 - 10h30
6 to 8 y.o.	Yellow to black	18h00 - 19h15		18h00 - 19h15		18h00 - 19h15	9h30 - 10h30
9 to 12 y.o.	White / beginner		18h00 - 19h15		18h00 - 19h15	18h00 - 19h15	10h30 - 11h45
9 to 12 y.o.	Yellow and orange	18h00 - 19h15		18h00 - 19h15		18h00 - 19h15	10h30 - 11h45
9 to 12 y.o.	Green to black	18h00 - 19h15		18h00 - 19h15		18h00 - 19h15	10h30 - 11h45
13 y.o. and +	White / beginner		19h15 - 20h30		19h15 - 20h30	19h15 - 20h30	10h30 - 11h45
13 y.o. and +	Yellow and orange	19h15 - 20h30		19h15 - 20h30		19h15 - 20h30	10h30 - 11h45
13 y.o. and +	Green to black	19h15 - 20h30		19h15 - 20h30		19h15 - 20h30	10h30 - 12h00

2. Cost and registration period

Session	Begin. date	Ending date	No of weeks	Registration period	Cost \$
Fall	5-Sep-2022	18-Dec-2022	15	August 12 to 27	115 \$
Winter	9-Jan-2023	30-Apr-2023	16	December 1 to 13	115 \$
Spring	1-May-2023	25-Jun-2023	8	April 3 to 15	60 \$
Summer	26-Jun-2023	27-Aug-2023	9	June 5 to 17	60 \$

Included: federation membership (insurance), the exam (9th to 2nd kyu), the belt.

Not included: the uniform (mandatory).

3. Where do we train?

Session	From	To	Address
Fall, winter and spring	6-Sep-22	31-May-23	Académie Lauren Hill - Senior Campus 2505 blvd de la Côte-Vertu Saint-Laurent
Spring and summer	1-Jun-23	25-Aug-23	École Secondaire Saint-Laurent 2395 blvd Thimens (blue building next to the Complexe sportif at 2385 blvd Thimens)

4. How to register?

a) Via Loisirs Montréal (Loisirs.montréal.ca)

- The platform will be available August 12 through August 27
- You must have a valid carte de loisirs (available at the city library).
Each family member must have its own card
- Payment by credit card.

b) Directly with the club

- Return the attached form to info@kiosaintlaurent.com
- Pay by an Interac transfer
 - ✓ Email address : info@kiosaintlaurent.com
 - ✓ Password to use : kio2021

5. Uniform purchase

a) You may buy the uniform with the club – about 45\$ (price may change).

The club sells only mid-range quality uniforms.

We need the height in cm and weight in kilos.

Return our purchase order to: info@kiosaintlaurent.com.

Pay with an Interac transfer to info@kiosaintlaurent.com / password: kio2021.

b) You may purchase the uniform elsewhere. The uniform must be totally white.

You will find uniforms on Amazon or similar platforms.