ACTIVITÉS LIBRES OFFERTES AU CENTRE SPORTIF DE NOTRE-DAME-DE-GRÂCE

/ OPEN ACTIVITIES OFFERED AT NOTRE-DAME-DE-GRÂCE SPORTS CENTER

1. Le coût est de 5 $ par personne et par période de 50 minutes; taxes incluses. Les frais d'inscription sont non-remboursables. / The cost is $5 per person and per 50 minutes period; taxes included. / Registration fees are non-refundable.

2. Une personne ne peut s'inscrire qu'une seule fois par jour. / A person can only register once per day.

3. C'est un jeu simple (1 contre 1) et la distanciation sociale doit être respectée en tout temps. / It's a single game (1 on 1) and social distancing must be observed at all times.

4. Vous devez vous inscrire avec un partenaire de jeu étant donné que c'est une activité sportive libre. / You must register with a play partner as this is an open sports activity.

5. Nous ne prêtons pas d'équipement. / We do not lend equipment.

ACTIVITÉS SPORTIVES LIBRES OFFERTES / OPEN SPORTS ACTIVITIES OFFERED

SEMAINE DU 16 AU 20 NOVEMBRE 2020 / WEEK OF NOVEMBER 16 TO 20, 2020

Badminton (55 ans et +) – 6 personnes maximum pour une période de 50 minutes (3 terrains)

- Mardi 17 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Dimanche 15 novembre-Lundi 16 novembre 2020 de 8h00 à 22h00)
- ~~Jeudi 19 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Mardi 17 novembre-Mercredi 18 novembre 2020 à partir de 8h00 à 22h00)~~

Badminton (55 years old and over) - 6 people maximum for a period of 50 minutes (3 courts)

- Tuesday November 17, 2020 at 12:30 p.m. to 1:20 p.m. / 1:30 p.m. to 2:20 p.m. / 2:30 p.m. to 3:20 p.m. (registration Sunday November 15-Monday November 16, 2020 from 8:00 a.m. to 10:00 p.m.)
- ~~Thursday November 19, 2020 at 12:30 p.m. to 1:20 p.m. / 1:30 p.m. to 2:20 p.m. / 2:30 p.m. to 3:20 p.m. (registration Tuesday November 17-Wednesday November 18, 2020 from 8:00 a.m. to 10:00 p.m.)~~

Pickleball (55 ans et +) – 8 personnes maximum par période de 50 minutes (4 terrains)

- Lundi 16 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Samedi 14 novembre-Dimanche 15 novembre 2020 de 8h00 à 22h00)
- Mercredi 18 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Lundi 16 novembre-Mardi 17 novembre 2020 de 8h00 à 22h00)
- ~~Vendredi 20 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Mercredi 18 novembre-Jeudi 19 novembre 2020 de 8h00 à 22h00)~~

Pickleball (55 years old and more) - 8 people maximum for a period of 50 minutes (4 courts)

- Monday November 16, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Saturday November 14-Sunday November 15, 2020 from 8 a.m. to 10 p.m.)
- Wednesday November 18, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Monday November 16-Tuesday November 17, 2020 from 8 a.m. to 10 p.m.)
- ~~Friday November 20, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Wednesday November 18-Thursday November 19, 2020 from 8 a.m. to 10 p.m.)~~

Tennis de table (55 ans et +) – 8 personnes maximum pour une période de 50 minutes (4 tables)

- Mardi 17 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Dimanche 15 novembre-Lundi 16 novembre 2020 de 8h00 à 22h00)
- ~~Jeudi 19 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Mardi 17 novembre-Mercredi 18 novembre 2020 à partir de 8h00 à 22h00)~~

Ping-pong (55 years old and more) - 8 people maximum for a period of 50 minutes (4 tables)

- Tuesday November 17, 2020 at 12:30 p.m. to 1:20 p.m. / 1:30 p.m. to 2:20 p.m. / 2:30 p.m. to 3:20 p.m. (registration Sunday November 15-Monday November 16, 2020 from 8:00 a.m. to 10:00 p.m.)
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Badminton (8-99 ans) – 12 personnes maximum (6 terrains)

- Lundi 16 novembre 2020 à 16h00-16h50 / 17h00-17h50 / 18h00-18h50 / 19h00-19h50 (inscription Samedi 14 novembre-Dimanche 15 novembre 2020 de 8h00 à 22h00)
- Mercredi 18 novembre 2020 à 16h00-16h50 / 17h00-17h50 / 18h00-18h50 / 19h00-19h50 (inscription Lundi 16 novembre-Mardi 17 novembre 2020 de 8h00 à 22h00)
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Badminton (8-99 years old) - 12 people maximum (6 fields)

- Monday November 16, 2020 at 4:00 p.m. - 4:50 p.m. / 5:00 p.m. - 5:50 p.m. / 6:00 p.m. - 6:50 p.m. / 7:00 p.m. - 7:50 p.m. (registration Saturday November 14-Sunday November 15, 2020 from 8 a.m. to 10 p.m.)
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Tennis de table (8-99 ans) – 10 personnes maximum par période de 50 minutes (5 tables)

- Mardi 17 novembre 2020 à 16h00-16h50 / 17h00-17h50 / 18h00-18h50 (inscription Dimanche 15 novembre-Lundi 16 novembre 2020 de 8h00 à 22h00)
- ~~Jeudi 19 novembre 2020 à 16h00-16h50 / 17h00-17h50 / 18h00-18h50 (inscription Mardi 17 novembre-Mercredi 18 novembre 2020 à partir de 8h00 à 22h00)~~

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SEMAINE DU 23 AU 27 NOVEMBRE 2020 / WEEK OF NOVEMBER 23 TO 27, 2020

Badminton (55 ans et +) – 6 personnes maximum pour une période de 50 minutes (3 terrains)

- Mardi 24 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Dimanche 22 novembre-Lundi 23 novembre 2020 de 8h00 à 22h00)
- Jeudi 26 novembre 2020 à 12h30-13h20 / 13h30-14h20 / 14h30-15h20 (inscription Mardi 24 novembre-Mercredi 25 novembre 2020 à partir de 8h00 à 22h00)

Badminton (55 years old and over) - 6 people maximum for a period of 50 minutes (3 courts)

- Tuesday November 24, 2020 at 12:30 p.m. to 1:20 p.m. / 1:30 p.m. to 2:20 p.m. / 2:30 p.m. to 3:20 p.m. (registration Sunday November 22-Monday November 23, 2020 from 8:00 a.m. to 10:00 p.m.)
- Thursday November 26, 2020 at 12:30 p.m. to 1:20 p.m. / 1:30 p.m. to 2:20 p.m. / 2:30 p.m. to 3:20 p.m. (registration Tuesday November 24-Wednesday November 25, 2020 from 8:00 a.m. to 10:00 p.m.)

Pickleball (55 ans et +) – 8 personnes maximum par période de 50 minutes (4 terrains)

- Lundi 23 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Samedi 21 novembre-Dimanche 22 novembre 2020 de 8h00 à 22h00)
- Mercredi 25 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Lundi 23 novembre-Mardi 24 novembre 2020 de 8h00 à 22h00)
- Vendredi 27 novembre 2020 à 09h-09h50 / 10h-10h50 / 11h-11h50 / 12h-12h50 (inscription Mercredi 25 novembre-Jeudi 26 novembre 2020 de 8h00 à 22h00)

Pickleball (55 years old and more) - 8 people maximum for a period of 50 minutes (4 courts)

- Monday November 23, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Saturday November 21-Sunday November 22, 2020 from 8 a.m. to 10 p.m.)
- Wednesday November 25, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Monday November 23-Tuesday November 24, 2020 from 8 a.m. to 10 p.m.)
- Friday November 27, 2020 at 9 a.m. to 9.50 a.m. / 10 a.m. to 10.50 a.m. / 11 a.m. to 11.50 a.m. / 12 p.m. to 12.50 p.m. (registration Wednesday November 25-Thursday November 26, 2020 from 8 a.m. to 10 p.m.)

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Badminton (8-99 ans) – 12 personnes maximum (6 terrains)

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Tennis de table (8-99 ans) – 10 personnes maximum par période de 50 minutes (5 tables)

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Cliquez ICI pour vous inscrire maintenant.

Please click HERE to register now.

L'équipe du Centre sportif de Notre-Dame-de-Grâce

6445, avenue Monkland

Notre-Dame-de-Grâce Sports Center team

6445, Monkland avenue