

# Hockey Instructional

## Program Descriptions

Mini Hockey Skills	4 to 6 years	A perfect introduction to hockey for your little one – skating, shooting, passing. Participants must be able to skate the length of the ice with speed and be able to glide. Skills will be assessed the first day. FULL HOCKEY EQUIPMENT including a CSA approved hockey helmet and full face mask is required for this program.
Hockey Shooting Training	7 to 9 years, 10 to 13 years	Make every shot count and increase your scoring potential. This class will perfect your shooting technique. Improve your quickness, accuracy and speed in each and every shot. Program will take place on ice and participants are required to wear FULL HOCKEY EQUIPMENT. Must be able to skate forward, perform crossovers and stop.
Hockey Shooting Women / Men	18 +	Make every shot count and increase your scoring potential. This class will perfect your shooting technique. Improve your quickness, accuracy and speed in each and every shot. Program will take place on ice and participants are required to wear FULL HOCKEY EQUIPMENT.
Hockey Conditioning Clinic	7 to 9 years, 10 to 13 years	This program is geared towards the player with previous hockey experience. Develop and perfect basic skills: skating, puck handling, passing, shooting and game play. Previous hockey experience recommended. Participants must be able to skate forward, backward and stop completely. Full equipment is required.
Hockey Pre Season Level 1	7 to 9 years, 10 to 13 years	This program is geared towards the house league player. The program will develop basic skills: skating, puck handling, passing, shooting and game play. Full equipment is required, must be able to skate forward, backward and stop completely.
Hockey Pre Season Level 2	7 to 9 years, 10 to 13 years	This clinic is geared to those players playing red level hockey or higher. Get your game back on track, working on passing, shooting, skating, puck handling, conditioning and game play. Full hockey equipment is required. Must be able to skate forward, backward, cross over and stop completely.
Hockey Skills for Beginners	7 to 9 years, 10 to 13 years	This program is designed for brand new players. The class will focus on skating, shooting, passing, rules and game play. If you have never played organized hockey, this is the program for you! Full equipment and hockey stick are required.
Hockey Men's Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Co-Ed Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Women's Beginner	18 years and older	Prepare to play in an organized hockey league. Learn the rules of hockey, passing, puck handling and shooting. This program will also help improve balance, agility, coordination and speed. Participants must possess a competent level of skating and know how to stop. FULL EQUIPMENT and stick are required.
Hockey Skills and Drills	7 to 12 years	This hockey development program will include 45 minutes of on ice training on the outdoor rink and 30 minutes of dry land training in the gymnasium. On ice instruction will include power skating, puck handling, shooting, passing and more. Dry land training will include drills to increase speed & strength. Please note: full equipment required for on ice training. Participants must be competent at back skating and stopping.
Pre Season Hockey Prep	7 to 12 years	This program is geared towards the beginner and house league player. Develop and perfect basic skills: skating, puck handling, passing, shooting and game play. Previous hockey experience recommended. Participants must be able to skate forward, backward and stop completely. Full equipment is required.
Hockey Goalie Training	7 to 9 years, 10 to 13 years	Sharpen and perfect your goaltending skills. In a small group setting you will work on real game situations to help you improve your technique and skills in the net. Full Hockey Goalie Equipment is required.