

September 2019

*Calendar subject to change - please call for correct times. Updated 8/27/2019

STICK TIME - Pick-up scrimmages

May have suggested skill level - 17+ unless otherwise indicated - Full gear

STICK & PUCK - Practice Ice - NOT scrimmage ice

Stick and puck handling - All Ages - Gear required: Helmet, gloves, stick and proper skates - Full gear suggested

ADULT POWER, SKILLS AND DRILLS

New or C/D Level Players - Full Gear -

40 min skills/drills - 50 min scrimmage

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Adult Stick Time 5p - 6p	2 Adult Stick Time 10:10a - 11:10a	3 Adult Power, Skills & Drills 8:40p - 10:10p	4	5	6 Adult Adv. Stick Time 11a-12p Adult Stick Time 7:30p - 8:30p <i>Learn to Play 6p-7:10p Week 4</i>	7
8 Adult Stick Time 6p - 7p	9	10 Adult Power, Skills & Drills 8:40p - 10:10p	11	12	13 Adult Adv. Stick Time 11a-12p Adult C/D Stick Time 7:30p - 8:30p <i>Learn to Play 6p-7:10p Week 5</i>	14
15	16	17 Adult Power, Skills & Drills 8:40p - 10:10p	18	19	20 Adult Adv. Stick Time 11a-12p <i>Learn to Play 6p-7:10p Week 6</i>	21
22 Adult Stick Time 6p - 7p	23	24 Adult Power, Skills & Drills 8:40p - 10:10p	25	26	27 Adult Adv. Stick Time 11a - 12p <i>Learn to Play 6p-7:10p Week 7</i>	28
29	30	<i>October</i>				
		1 Adult Power, Skills & Drills 8:40p - 10:10p	2	3	4 Adult Adv. Stick Time 11a - 12p	5

Prices

Stick Time:
\$11 ea./Hour

Stick & Puck
\$5.50 ea./Half Hour

Adult Power, Skills & Drills:
\$14 ea./Session

COACHING FEES:

\$3.25/30 min.
No daily fees

IMPORTANT

Goalies in lesson must pay
the \$11 hourly fee

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