

2010

SUMMER HOCKEY THE RINK SCHOOL



JUNE 28, 2010 THROUGH AUGUST 20, 2010

INTRODUCTORY

Beginner Program
9:00 a.m. – 4:00 p.m.
All Ages
1-1/2 hrs. On-Ice Hockey
Recreational Swim
Field Sports
Go Carts
Lunch Included

Fun for All

SKILLS

Beginner – Intermediate Program
9:00 a.m. – 4:00 p.m.
Ages 5 – 16 years old
3 hrs of On-Ice Hockey Instruction
Recreational Swim
Field Sports
Go Carts
Lunch Included

Challenging

ADVANCED MITE / SQUIRT

Travel Players
7:45 a.m. – 4:30 p.m.
4 hrs. On-Ice Training
Off-Ice Dryland Training
Field Sports
Recreational Swim
Lunch Included

Intense Training

ADVANCED PEEWEE / BANTAM

Travel Players
9:00 a.m. – 4:30 p.m.
4 Hours of Ice per day
20 hrs. On-Ice Training per week
Off-Ice Dryland Training
Recreational Swim
Lunch Included

Intense Training

ADVANCED GOALIE PROGRAM

Specialized goalie training includes 4 Hrs. of On-Ice Instruction with shooters and a Boni puck shooting machine, Dry-land Training and MUCH MORE
Offered during the weeks of July 6 -9 and Aug. 16-20, 2010

CALL FOR INFORMATION 631-232-3222 EXT. 248