

Adult Instructional Hockey

➔ \$25 Walk on OR \$120 per session (*Save \$30)

Whether you are just starting out and want to learn, or you're an experienced competitor, we've got the program for you. Learn how to play the great game of hockey. Recreational, no-check hockey is great exercise, safe and a lifetime sport. Join any time - sessions go year round. This class features instruction on skating, puck control, passing, shooting, defensive skills, positioning and strategy. Once we teach you the basic skills, you will be able to join a Rec Draft team!

Instructors: Rafe Aybar & Kristi Lundgren



*****9:10PM – 10:10PM on the following days:*****

Mondays- Novice
Tuedays- Intermediate
Wednesdays- Advanced
Thursdays- Women Only

Session 1: 9/20 – 10/28 Session 5: 3/28 – 5/5
Session 2: 11/1 – 12/6 Session 6: 5/9 – 6/16
Session 3: 1/3 – 2/10 Session 7: 6/20 – 7/28
Session 4: 2/14 – 3/24

www.northshoreicearena.org

