

BUDS 4 HOCKEY

Palisades Center Ice Rink

Basic Understanding & Development Skills for Hockey
"There's more to hockey than just skating"

Spring Clinics March 2 – May 25

Saturday mornings – 12 weeks

***no clinic April 6**

Instructional for PeeWees/High School/Adults

from 9:45 am to 10:45 am

Mites & Squirts from 11:00 am to noon

- ✓ **Power skating drills**
- ✓ **Increasing speed with puck**
- ✓ **Puck movement drills**
- ✓ **Stick-handling and shooting**
- ✓ **Cross-Ice Scrimmaging**

All participants must sign a 2019 waiver.

Full equipment required.

Discount Packages available online.

PRIVATE LESSONS AVAILABLE

Contact BruceFowler@Optonline.net 845-406-5235