



Holiday Clinics Palisades Center Ice Rink

Thanksgiving Nov. 24, 25, 26

8:30 – 9:45am - Ages 4 to 12

Xmas week Dec. 26 to 30

8:00 – 9:00am – Ages 12 and up

9:15 – 10:15am – Ages 4 to 11

More time on the ice, more improvement

- Edging, stopping, transitions, backwards
- Hockey Drills – shooting, stick handling, passing
- Cross-ice scrimmaging, positional play

Registration and discount packages

Go online at www.Buds4Hockey.com to purchase and reserve your spot.

Buds4HockeyNY@gmail.com 845-406-5235

Full equipment required. 2023 waiver must be signed
Refer to website for any cancellations