



# Spring Clinics

Ages 4-12

Palisades Center Ice Rink

**Saturdays 10:15am**

March 2 to April 27

**Thursdays 6:35pm**

March 7 to May 2

**\*no clinics April 6 and 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 [www.Buds4Hockey.com](http://www.Buds4Hockey.com) to purchase and reserve.

Packages must be used up by May 2.

**[Buds4HockeyNY@gmail.com](mailto:Buds4HockeyNY@gmail.com) 845-406-5235**

Full equipment required. 2024 waiver must be signed.

Neck guards are recommended.

Refer to website for any cancellations.