

# BUDS4HOCKEY.COM

## PALISADES CENTER ICE RINK

Mites, Squirts and Peewees – ages 4-12

Players will be separated into groups by age and level of play.

**AUGUST Clinics - Get ready 4 season!!**

**Mondays, Aug. 2, 9, 16 - 5:30 to 6:30pm**

**Saturdays, Aug. 7, 14, 21 4:00 to 5:00 pm**

**FALL Clinics - 10 weeks on Sundays**

**Sept. 12 to Nov. 14 – 2:55 to 3:55pm**

- ✓ Power skating, increase speed with puck
- ✓ Passing and puck movement drills
- ✓ Stick-handling and shooting
- ✓ Cross-Ice Scrimmaging

Goalie training is available through our partner *Active Goalies*.

Please contact [activegoalies@gmail.com](mailto:activegoalies@gmail.com).

**PRIVATE LESSONS AVAILABLE**

**[BruceFowler@Optonline.net](mailto:BruceFowler@Optonline.net) 845-406-5235**

**Go online to purchase & reserve your spot.**

Full equipment required. 2021 waiver must be signed.