

BUDS4HOCKEY.COM

PALISADES ICE RINK

Mites, Squirts and Peewees – ages 4-12

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

FALL Clinics - 10 weeks on Sundays

Sept. 12 to Nov. 14 – 2:55-3:55 pm

- ✓ 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.

PRIVATE LESSONS AVAILABLE

BruceFowler@Optonline.net 845-406-5235

Go online to purchase & reserve your spot.

Full equipment required. 2021 waiver must be signed.