

BUDS 4 HOCKEY

Basic Understanding & Development Skills for Hockey

July Clinics

PALISADES CENTER ICE RINK

Mondays, July 12, 19, 26 - 5:30-6:30pm

Saturdays, July 10th to 31st 4-5pm

Mites & Squirts

Go online to purchase & reserve your spot.

July and August clinic details will be available soon.

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

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

Please contact activegoalies@gmail.com.

Full equipment required

2021 waiver must be signed for both arenas

PRIVATE LESSONS AVAILABLE

BruceFowler@Optonline.net 845-406-5235