



# Spring Clinics

Ages 4-12

Palisades Center Ice Rink

**April 10 thru May 29**

**8 weeks**

**Fridays 5:45 to 6:45 pm**

**I FREE session with discount package**

## **More time on the ice, more improvement**

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

Go online [www.Buds4Hockey.com](http://www.Buds4Hockey.com) to purchase packages and reserve your spot.

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

Full equipment required. 2026 waiver must be signed.

Neck guards are recommended.

Refer to website for any cancellations.