



SPRING 09 CAMP SCHEDULE

NOW TAKING REGISTRATIONS FOR OUR 12 WEEK SPRING CAMPS!
PLEASE CONSULT US ABOUT THE CAMP BEST SUITED FOR YOUR CHILD BEFORE REGISTERING.

12 week camps running now!

VOS POWERSKATING

Learn every technical aspect of skating with efficiency and power from Ralph Vos Jr. Ralph has figure skated, powerskated and played hockey for over 25 years.

Powerskating I	Thurs.	4pm-5pm
Powerskating II	Thurs.	5:15 - 6:15
Powerskating III	Sat.	9:30a -10:15a

(30 min. evaluation session mandatory)

LEMAY SKILL CAMPS

Learn secrets of the game from Stanley Cup winner MOE LEMAY! Reserve your spot now!

Atom	Fri.	630pm - 730pm
Peewee	Fri.	7:45pm - 8:45pm

GEDDES DEFENCE CAMP

Defence Camp	Mon.	8pm - 9pm
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DROP IN POND HOCKEY

Drop-in style 3 on 3 pond hockey is non-contact and monitored for maximum fun! \$10 each.

Initiation	Mondays	330-430pm
	Fridays	4pm - 5pm
Atom	Wed.	4pm - 5pm
	Fridays	515-615pm
Peewee	Wed.	515pm - 615pm
Bantam	Tues.	615pm-715pm

BODYCHECKING CAMPS

Learn how to properly give and receive bodychecks. Don't risk learning the hard way; get prepared and confident!

6 week camp starts May 25th

Peewee	Mondays	4pm - 5pm
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6 WEEK CAMP ONLY

\$150+gst

12 week camps **\$300.00 + gst**

\$100.00 non-refundable deposit required to reserve spot.

Maximum class size of 12 students insures a personal training experience!
Email Ralph Vos for more information or to register. Space is extremely limited.

www.abbotsfordtrainingrink.com

Contact: mandy@abbotsfordtrainingrink.com