



WINTER 09/10 SKILL CAMPS

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

Registrations are now being taken!

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.

Starts January 7th

*Intro Powerskating	Thurs	330pm
Powerskating I	Thurs 430pm + Fri 445pm	
Powerskating II	Thursdays	545pm
Powerskating III	Thursdays	7pm

12 weeks for \$300+gst

**Intro Powerskating is \$250 and a 45min. class*

GOALTENDER CAMP

Work on your goaltending with our professional goalie instructor, **David Kilduff!** Our camps stress the fundamentals of goalkeeping, and having fun!

Camp 1	Wed.	6pm - 7pm
Camp 2	Wed.	715pm-815pm
Camp 3	Sat.	715am-815am
Camp 4	Wed.	445pm-545pm

**Max class size of 6
8 weeks for \$300+gst**

SKILLS CAMP

Work on every aspect of the game from skating to shooting, passing, deking, proper positioning and more! **Starts January**

Initiation	Mon. 4th	445pm-545pm
Atom	Wed. 6th	330pm-430pm

DEFENCE CAMP

Work on your defensive skills in our popular defence camp. Backwards skating, passing positioning and more!

Peewee/Bantam Mondays 8pm-9pm

3 ON 3 ICE RENTAL

Develop team conditioning and chemistry by having your team play 3 on 3! Also increases decision making abilities and team quickness! By playing on a smaller surface, you train your brain to think and act quicker. Plus it's a lot of fun!

**Ice time available weekends!!!
\$120+gst per hour**

XMAS ICE SPECIAL!

Dec.20 - Jan. 2nd \$100+gst!

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

Maximum class size of 12 students insures a personal training experience!

Email Mandy for more information or to register. Space is extremely limited.

www.abbotsfordtrainingrink.com

Contact: mandy@abbotsfordtrainingrink.com