



SUMMER SKILL CAMPS

NOW TAKING REGISTRATIONS FOR OUR SUMMER CAMPS
STARTING Mar. 31! PLEASE CONSULT US ABOUT THE CAMP BEST
SUITED FOR YOUR CHILD BEFORE REGISTERING.

POWERSKATING

Learn the technical side of skating, with and without the puck. Edging, crossovers, balance, acceleration, stride, explosive starts and correct posture will all be covered by our professional staff.

June 15 - Aug. 17 (10 weeks)

Initiation	Sundays	3:30 - 4:30
Atom	Sundays	4:45 - 5:45
Peewee/Bantam	Sundays	6:00 - 7:00

\$250 + GST

TECHNICAL SKILLS

Skating, passing, deking, correct positioning for forward/defence, bodychecking, puck protection and more!

June 15 - Aug. 17 (10 weeks)

Initiation	Sundays	11:45 - 12:45
Atom	Sundays	2:15 - 3:15
Peewee/Bntm	Wed.	4:15 - 5:15

\$250 + GST

BODYCHECKING

Learn the proper techniques for giving a hit, receiving a hit and physical play.

June 15 - July 13 (5 weeks)

Peewee	Sat.	2:15 - 3:15
Bantam	Sat.	3:30 - 4:30

\$125 + GST

July 20 - Aug. 17 (5 weeks)

Peewee	Sat.	2:15 - 3:15
Bantam	Sat.	3:30 - 4:30

\$125 + GST

DEFENCE CAMP

Learn the defensive skills needed to be a successful defenceman at any level!

June 29 - Aug. 17 (8 weeks)

Birth Year	
2000	Sun. 8am-9am
99-98	Sun. 9:15am-10:15am
97-96	Sun. 10:30am-11:30am

\$200 + GST

Maximum class size of 10 students and two instructors insures a personal training experience! Email Mandy for more information or to register. Space is extremely limited.

www.abbotsfordtrainingrink.com

Contact: mandy@abbotsfordtrainingrink.com