POWER SKATING & SKILL DEVELOPMENT

Pro D Camp – November 27



Register HERE

U7 (2021–2020)	9:00–9:55
U9 (2018/2019)	10:00–11:00
U11 (2016–2017)	11:15–12:15
U13 / U15 (2012–2015)	12:30–1:30

COST: $30 PER PLAYER

Family rates available.



Skating is the foundation of hockey. Players will work on building skating skills through drills and small area games in a fun, challenging environment. Key areas focus are the ABC's, weight transfer, forward & backward, edge work, transitio & speed.

Jen has 30+ years experience coaching skating & working with all levels of hocke players and speed skaters.

alive in motion performance

For More Info:
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