

WOMEN'S

Learn to Skate & Play Hockey

6 WEEK SESSION | MELFORT | BEGINNING JANUARY 2018

Looking for something different to add to your workout routine? A challenge and opportunity to build new skills?

The Women's Learn to Skate & Play hockey group is for absolute beginners and those with experience who want to build skills or just want to be on the ice for fun.

Ice time will focus on developing skating and hockey skills along with scrimmages to put everything you've learned into play.

Full hockey equipment is ideal but minimum required will be a helmet, hockey skates, gloves and stick. Once we start scrimmages it would be best to have full equipment.

If you have never skated or are unsure in hockey skates we suggest taking in a couple public skating sessions just to get more comfortable on the ice as it is easier to learn if you're sure footed.

Where Northern Lights Palace

When Mondays 9:45pm to 10:45 pm

Start date January 8, 2018

Program Length 6 weeks

Registration Fee TBD based on number of registrants (will be \$75 each if full registration is reached).

Post dated cheque required to save your spot. Max 16 skaters.

To sign up Call or text 306.921.8990 or email jenweixl@hotmail.com

COACHES/HELPERS WANTED!

If you know of someone interested in running practices, explaining hockey basics or hockey players/students that need volunteer hours and are interested in giving pointers to our skaters please **contact Jen at 306.921.8990.**