



2012 SPRING Instructionals

604-576-0009

15000 - 54A Avenue Surrey

www.excellentice.com

SPRING INSTRUCTIONAL CLASSES #2



POWER SKATING COST: \$151.79 plus tax

This instructional is designed to improve and enhance your skating skills. All the important skating dynamics are taught, including balance, forward and backward strides, crossovers, start and stop, as well as acceleration techniques.

Mondays	4:00 – 5:00pm	Ages 5 – 7 yrs old	May 14th 2012 – June 18th 2012
Mondays	5:10 – 6:10pm	Ages 8 – 10 yrs old	May 14th 2012 – June 18th 2012
Thursdays	4:00 – 5:00pm	Ages 5 – 7yrs old	May 17th 2012– June 21st 2012
Thursdays	5:10 – 6:10pm	Ages 11 – 14yrs old	May 17th 2012– June 21st 2012

SHOOTING & PUCK CONTROL COST: \$151.79 plus tax

This program is designed to improve and enhance your shooting and puck control. These classes concentrate on skill development, technique and fundamentals. The class breaks down each type of shot: Wrist, Slap, Snap and Backhand and teaches proper puck handling as well as passing.

Tuesdays	4:00 – 5:00pm	Ages 6 – 10 yrs old	May 15th 2012– June 19th 2012
Tuesdays	5:10 – 6:10pm	Ages 11 – 14 yrs old	May 15th 2012– June 19th 2012

FUN HOCKEY COST: \$151.79 plus tax

This instructional is designed for players 8-14 yrs old looking to Learn How to Play Hockey in a fun and safe environment. Instructors will focus on 30 minutes of POWER SKATING and PUCK CONTROL, SHOOTING and a 30 minute SCRIMMAGE. Great way to get started before the season starts!

Fridays	4:00 – 5:00pm	Ages 6 – 10 yrs old	May 18th 2012 – June 22nd 2012
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TOTS HOCKEY COST: \$129.46 plus tax

TOTS HOCKEY CLASSES ARE TWICE-A-WEEK FOR FORTY-FIVE MINUTES, FOR A 6-WEEK DURATION.

Have a toddler who's interested in playing hockey? Tots hockey is perfect for children who want to play hockey! It allows them to explore the world of hockey, in full gear, and get a feel for the puck. It's perfect for the beginner hockey player. Ages 4-6 years old.

Pre Requisite: Child must have passed at least Learn to Skate Level 4

Mondays & Wednesdays	10:45 – 11:30am	Ages 4 – 6 yrs old	May 14th 2012 – June 20th 2012
Mondays & Wednesdays	12:30 – 1:15pm	Ages 4 – 6 yrs old	May 14th 2012– June 20th 2012
Mondays & Wednesdays	1:15 – 2:00pm	Ages 4 – 6 yrs old	May 14th 2012 – June 20th 2012
Mondays & Wednesdays	3:15 – 4:00pm	Ages 4 – 6 yrs old	May 14th 2012– June 20th 2012

