



Let's Skate

Early Season Skating Clinic

...Get Quicker + Faster!..

Ages 6 – 12

1.5 hours of Expert Instruction + Drills

-We will divide the group up according to ages

From: **Strong Hockey, Jim Armstrong and Staff**

*We Will **Teach** your skater how to skate quicker and faster

We will Focus On:

- **Crossovers + Turning**
- **Quickness + Speed**
- **Agility, Forwards and Backwards**
- **Quicker Stops and Starts**
 . **With Pucks Too**

Where: at the Webster Arena

When: October 12th, Columbus Day

AGES: 6 - 12

Times: 9:00 – 10:25 a.m.

Total Cost: \$29, for 2 from the same family - \$54

- 4 Instructors on-ice with 25+ skaters, a limit of 32 skaters

To Register: Please fill out this form and send a check for \$29, made payable to Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions send to Jim Armstrong's e-mail, jtarm@frontiernet.net

Name of Skater: _____ Age: _____ Web Let's Sk

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics see: www.StrongHockey.com