



Mid-Season Skating

4 Hours of Skating

Is Your Child Skating Enough in Practice?

Ages 7 – 13; Using Fun Games + Relays

We will divide them 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**
- **With Pucks Too**

Where: at the Rochester Ice Center

When: December 28th + 29th

Ages: 7 – 13, **Times:** 1:00 - 3:00 both days

Total Cost: \$68, for 2 from the same family - \$130

- 4 Instructors on-ice with 28+ skaters, will add proportionally

To Register:

Send Jim an e-mail to pre-register at: jtarm19@gmail.com; then pay thru Venmo at: Jim-Armstrong-46

or

Fill out this form and send a check for \$68 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: _____ M-S Skating

Parents Names: _____

Telephone: _____ E-mail: _____