



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, Thomas Creek

When: December 28th + 29th

Ages: 7 - 13

Times: 12:00 - 2:00 both days

Total Cost: \$65, for 2 from the same family - \$120

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

To Register: Please fill out this form and send a check for \$65, 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: _____ M-S Skating

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics + Summer Camps– see: www.StrongHockey.com