



2023

PRE-CHRISTMAS
Camp

WESTMINSTER EDITION!

6 HOURS OF THE HIGHEST QUALITY SKATING INSTRUCTION

DECEMBER
22ND, 23RD & 24TH

ICE CENTRE AT
THE PROMENADE

FOR 10U - 15U

UNMATCHED ENERGY
IN AN UNMATCHED
ATMOSPHERE

YOU DO NOT WANT
TO MISS OUT
ON OUR SKATING!



SKATING THE FOUNDATION OF HOCKEY

IF YOU DON'T USE IT, YOU LOSE IT

We all know it. Skating is an art, but it is also a constant work in progress. And it is true, if you don't use it, you lose it. Of course you won't forget how to skate, but it revolves around the importance of getting back to the basics. During the season it feels like there's never enough time for anything, especially slowing it down and focusing on skating and edge work. So, now is your time for a little mid-season refresher with all kinds of skating including the following;

- ✓ **Powerskating & Edge Work**
Forwards & Backwards
- ✓ **Functional Skating**
Crossovers, Stops & Starts, Punch Stops, Lateral Maneuvers, Transitions, Pivots & More
- ✓ **Overspeed**
Pushing Players Past Their Comfort Zones & Finding Another Gear

Hour 1: Powerskating & Edge Work

Hour 2: Powerskating & Edge Work

Hour 3: Powerskating & Edge Work

Hour 4: Powerskating & Edge Work

Hour 5: Nothing But Backwards (Everyone needs this!)

Hour 4: Move Your Feet (Burn them cookies off!)

10U-15U

December 22nd - 8:00-9:00am & 9:15-10:15am

December 23rd - 8:00-9:00am & 9:15-10:15am

December 24th - 8:00-9:00am & 9:15-10:15am

COST \$299
PER SKATER
(GOALIES WELCOME TO JOIN!)

**FEEL THE ENERGY AND THE EXCITEMENT
IN THE ABSOLUTE BEST ATMOSPHERE
FOR YOUR PLAYER'S DEVELOPMENT**

**EXPERIENCE
THE DIFFERENCE**

