

Young Players Skating Clinic

For ages: 5 - 13

... All Levels Welcome!



2 hours of Skating Instruction

From: Strong Hockey, Jim Armstrong and Staff

1 Instructor on-ice for every 6 skaters

We will Focus On:

- **How to Stop and Start**
- **Turning – Improving Balance**
- **Coordinating all of my body in the same direction**
 - **Longer Strides**
 - **Forwards + Backwards**
 - **Carrying the Puck**

Strong Hockey Background: We have been teaching young skaters Skills Improvement for the past 25 years. Visit us at: www.StrongHockey.com

For: Young skaters that want to learn and have fun!

Where: at the Rochester Ice Center

When: March 18th, a Saturday, 10:00 – 11:50 a.m.

Total Cost: \$32, for 2 from the same family \$58

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 \$32 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: _____ Ric YS

Telephone: _____ E-mail: _____

Parents Names: _____