



Let's Skate

Early Season Skating Clinic

...Get Quicker + Faster!

Ages 7 - 13

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 Scottsville Arena

When: October 9th, Columbus Day, a Monday

AGES: 7 - 13

Time: 1:00 – 2:30

Total Cost: \$31, for 2 from the same family - \$58

- 4 Instructors on-ice with 25+ skaters, and more added if need be

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 \$31 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

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

Parents Names: _____

Telephone: _____ E-mail: _____