



# 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 26<sup>th</sup> + 27<sup>th</sup>

**Ages:** 7 – 13, **Times:** 1:30 - 3:30 both days

**Total Cost:** \$72, for 2 from the same family - \$136

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

**To Register:**

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

or

Fill out this form and send a check for \$72 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

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Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_ M-S Skating

Parents Names: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_