

SNO-KING ICE ARENAS

LEARN TO PLAY

ADULT

SESSIONS

ADULT HOCKEY 1

Jan 7 - Mar 3

4:15pm-5:15pm

No Class Date: 2/18

PROGRAM INFORMATION:

- 8 Week Sessions
- Players can join at anytime
- At least 30 minutes of each hour will focus on skating
- Designed for players to practice their skills at their own pace.
- Registration does not include equipment.



Adult Learn to Play Hockey 1 is for adults ages 18+ who have never played hockey before or for those who have very little experience. This class is the first step to entering an Adult Hockey league. Each week participants will progress on the basics of the forward and backward skating stride, stopping, puck control, passing and shooting.

Prerequisites: No skating or hockey experience required.

AGES 18+

READY TO GET STARTED?

KIRKLAND

www.snokingicearenas.com/Kirkland



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