



# 2020 - 2021 Saturday Hockey Programs

## Tot, Starter, Developmental, Power Skating

**Tot & Starter 8:15 - 9:00 AM** is for players with little skating or hockey experience. Prerequisite is LTS Basic 1 or Tot LTS Hockey. Practices will introduce hockey skating skills, puck handling, passing and shooting. Full equipment is required. COVID protocol requires new skaters to be able to fall down and get up on their own.

**Developmental Hockey 9:00 - 9:45 AM** is designed for the hockey player completing the Starter Hockey Program. USA Hockey ADM curriculum will focus on skating, stick handling, passing and shooting. Small area games and competitions will help the hockey players gain knowledge of the game along with creating a fun competitive atmosphere. Sunday @ 2:45pm Justice League is the perfect add on program to use hockey skills in a game environment.

**Power Skating 9:00 - 9:45 AM** is designed for the hockey player who is currently playing ice hockey with a team or looking to improve their skating technique and skills. Practices will work on the players' quickness, transitions, crossovers, tight turns, backwards skating, proper technique, and edge work. Our goal is to create good habits and proper technique so the players are constantly improving throughout the season.

## 2020-2021 DATES & FEES

**Session 1** September 12 to October 31 8 weeks \$160 includes skate rental if needed. Future sessions to be determined.

## REGISTRATION

Registration will occur on our website ([skateatthepond.com](http://skateatthepond.com)), and there will be a maximum of 30 spots available per session. **Registration is first come first serve!** Please contact Elisa at 440-543-3884 or [Elisa@SkateAtThePond.com](mailto:Elisa@SkateAtThePond.com) with any questions.

Please review our COVID-19 protocol by going to our website, scanning the QR code, or clicking the link below.

If our Hockey programming does not meet your needs, please refer to the Private Lesson tab on our website.

<https://www.skateatthepond.com/>

