

SKATING PROGRAMS

AUGUST HOCKEY PROGRAMS

Registration on now

Xtreme Hockey Conditioning - Private lessons

All ages and levels of hockey, individually customized by our trained professionals. *Please book with our registration services and a program supervisor will contact you with details. Off ice training available upon request. Please call 604-469-4556.

Xtreme Hockey Summer Camp **NEW**

For ages 6-12 years. Your day includes two on-ice training sessions, off-ice conditioning and some fun activities offered mid day. Please bring a lunch, snack and running shoes. *Participants must have completed one year of minor hockey.

AUGUST 10-14, Monday-Friday

#28428 \$350.00/week 9:00 am-3:00 pm

Pond Hockey Training Camp

Developed for returning Pond Hockey Camp participants to prepare players for the fall season. Full equipment required.

AUGUST 10-14, Monday-Friday

#28426 \$110.00/5-one hour sessions 4:15-5:15 pm

AUGUST 24-28, Monday-Friday

#28427 \$110.00/5-one hour sessions 6:15-7:15 pm

'PARTY ON THE ICE!'

Sundays: August 16, 23 & 30
5:00-6:00 pm Party Room • 6:00-7:00 pm On Ice
\$145.00 for 16 children
For ages 4-16
Port Moody Recreation Complex

Xtreme Hockey Training- Hockey 2, 3, 4

For ages 6-8 years. Program focuses on individual skating techniques to prepare players for the upcoming season. Full equipment required.

AUGUST 10-14, Monday-Friday

#28422 \$105.00/5-one hour sessions 6:30-7:30 pm

AUGUST 24-28, Monday-Friday

#28423 \$105.00/5-one hour sessions 3:45-4:45 pm

Xtreme Powerskating **NEW**

Must have completed one season of minor hockey or level 4 of our skate lesson program. Strengthen your stride and expand your power and agility while skating. Full equipment is suggested.

AUGUST 17-21, Monday-Friday

#28433 For ages 8-12 years 4:45-5:45 pm
\$100.00/5-one hour sessions

AUGUST 17-21, Monday-Friday

#28434 For ages 13 -17 years 6:00-7:00 pm
\$100.00/5-one hour sessions

Xtreme Hockey Training-Atom/Pee Wee

For ages 9-12. Increase power and agility in your game. Instructors will emphasize on individual instruction when implementing the hockey drills, and students will increase their skills and cardiovascular endurance.

AUGUST 24-28, Monday-Friday

#28424 \$125.00/5-one hour sessions 5:00-6:00 pm

PRESCHOOL SKATE LESSONS - AUGUST **NEW**

This is a Learn to Skate program delivering preschool levels 3-5. This summer program will also include some fun events on the ice. Please bring your last progress report to the 1st lesson.

AUGUST LESSONS

#30078 Tuesday-Friday, August 4-7 9:00-9:45 am
Arena 2 \$38.00/4 sessions

#30079 Monday- Friday, August 10-14 5:30-6:15 pm
Arena 2 \$48.00/5 sessions

#30089 Mon/Wed/Fri, August 17-28 8:30-9:15 am
Arena 2 \$58.00/6 sessions

#30080 Tues/Thurs, August 18-27 8:30-9:15 am
Arena 2 \$38.00/4 sessions

CHILDREN SKATE LESSONS - AUGUST **NEW**

For ages 6-12 years. Sharpen up those skating skills before the fall! New hockey players and recreational skaters will benefit from this early skating program. This program offers Levels 3-6 from our regular lesson program.

AUGUST LESSONS

#29967 Tuesday-Friday, Aug. 4-Aug. 7 9:00-10:00 am
Arena 2 \$52.00/4 sessions

#29968 Monday-Friday, Aug. 10-Aug. 14 8:30-9:30 am
Arena 2 \$65.00/5 sessions

#29969 Monday-Friday, Aug. 17-Aug. 21 8:30-9:30 am
Arena 2 \$65.00/5 sessions

#29970 Monday-Friday, Aug. 24-Aug. 28 8:30-9:30 am
Arena 2 \$65.00/5 sessions

NEW PUBLIC ICE SKATING Ice in August? Yes! Have fun with the kids skating on ice.

Sundays August 9-30th • Call: Skate Shop 604-469-4555

Family Stick and Puck 4:30-5:30 pm, Family Skate 5:45-7:00 pm, Public Skate 7:15-8:30 pm