

Adult Learn to Play Hockey

Come and experience the game of hockey like never before! Our staff will instruct the basic skills in a fun, creative, non-competitive and non-contact environment. Each session will include instruction and plenty of game play. This program is designed for both men and women aged 19+ who do not regularly play hockey, but would like to learn. Full gear is required. Drop ins are not permitted. Pre-register for this program.

Beginners ONLY - no hockey experience.

Sundays

8:30-9:45 pm

Sports Centre Arena #2

34342 Dec 6-Feb 21

36343 Feb 28-May 9

\$128.00 for 10 classes

Intermediate Players - these sessions are suitable for those that have some recreational or league experience. Rusty? Come brush up on your skills and learn new ones in a fun, non-competitive and non-contact environment.

Mondays

6:15-7:30 am

Sports Centre Arena #2

36348 Dec 7-Mar 1

Sundays

11:45 am-1 pm

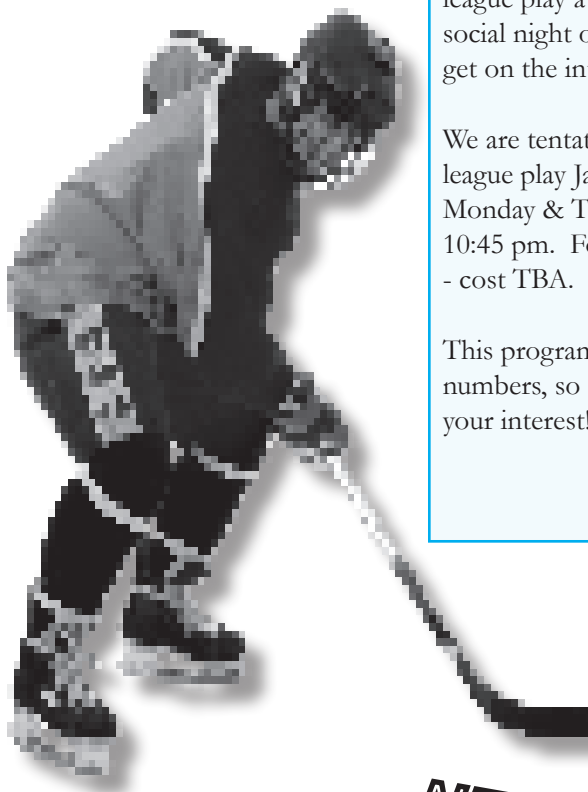
Sports Centre Arena #2

36345 Dec 6-Feb 21

36346 Feb 28-May 9

\$128.00 for 10 classes

No classes during Winter break Dec 21, 2009-Jan 4, 2010



Adult Hockey League

Are you looking to join a team but can't find a spot? Ready to give league play a try? How about a social night out? Then call us to get on the interest list!

We are tentatively scheduling league play January to March, Monday & Thursday nights at 10:45 pm. For ages 18 & over - cost TBA.

This program is dependent upon numbers, so call now to express your interest! 250-334-9622.

NEW!

Recreational Ladies & Mens' Pond Hockey Tournaments

NEW!

Come celebrate pond hockey as part of our Canadian heritage, returning to the grassroots of the game while enjoying exercise and team play!

Ladies - Saturday, Jan 30 - 7-10 pm

Men - Saturday, Feb 6 - 7-10 pm

- Team entry is \$60.00. 4 per team (3 players & 1 spare) - up to 8 teams may register.
- Up to 8 goalies may register at no charge.
- Fee includes use of facility jerseys, referees and prizes!
- Games will be 3 on 3 action with goaltenders and will consist of 3 10 minute rotations.
- Players must be at least 18 years of age as of January 1, 2010.
- The evening starts with a team meeting at 7:00 p.m. in the mezza nine of Arena #2.

Phone 250-334-9622 extension 2 to register your team!