

## **OPTIMAL PRE-TRY OUT POWERSKATING AND HOCKEY SKILLS CAMP (AGES 6 & 7'S)**

PRICE: \$199.00

**8 Hours of specific on-ice instruction designed to prepare your son or daughter for the upcoming tryouts and winter season.**

-THE CLASS IS OPEN TO HOCKEY PLAYERS

-THE CLASS WILL COMBINE POWERSKATING TECHNIQUES AND BASIC HOCKEY SKILLS THAT WILL ENHANCE PLAYERS SKILL LEVEL AND PHYSICAL FITNESS

-CLASSES WILL BE INTENSE, AND PLAYERS SHOULD LEAVE IN SHAPE AND READY FOR THE TRYOUTS OR UPCOMING SEASON

-FREE JERSEY WITH REGISTRATION

- HEAD INSTRUCTOR: ANTHONY KNAPP

### **Sessions:**

- 1. Monday, August 23<sup>rd</sup> @ 5:20pm – Dakota South**
- 2. Wednesday, August 25<sup>th</sup> @ 5:20pm – Dakota South**
- 3. Saturday, August 28<sup>th</sup> @ 8am – Dakota South**
- 4. Sunday, August 29<sup>th</sup> @ 8am – Dakota South**
- 5. Monday, August 30<sup>th</sup> @ 5:20pm – Dakota South**
- 6. Monday, September 6<sup>th</sup> @ 5:10pm – Dakota South**
- 7. Saturday, September 11<sup>th</sup> @ 8am – Dakota South**
- 8. Sunday, September 12<sup>th</sup> @ 8am – Dakota South**