

## **OPTIMAL FALL CAMPS (AGES 13 – 16's)**

### **Optimal Pre- Try Out Skating and Hockey Skills Camps:**

**PRICE: \$125.00**

**6 Hours of specific on-ice instruction** designed for your son or daughter to prepare them for the upcoming hockey season. This Skating and Hockey Skills camp is designed to prepare you child with all the skills, techniques, and knowledge to help them reach their potential. Teaching includes a combination of power skating and hockey-specific skills. While this camp is not body contact specific, skaters will be taught how to properly give and receive body checks and other various contact techniques.

### **Sessions:**

- 1.** Sunday, August 30<sup>th</sup> @ 6:40 PM (South)
- 2.** Thursday, September 3<sup>rd</sup> @ 6:30 PM (South)
- 3.** Tuesday, September 8<sup>th</sup> @ 7:40 PM (South)
- 4.** Wednesday, September 9<sup>th</sup> @ 7:40 PM (South)
- 5.** Saturday, September 12<sup>th</sup> @ 2:00 PM (North)
- 6.** Sunday, September 13<sup>th</sup> @ 2:00 PM (North)