

HOCKEY PROGRAM DESCRIPTIONS

Learn to Play Hockey/Learn to Skate: In-house program designed to teach 4 to 6 year olds the fundamentals of skating and provide an introduction to the game of hockey. Cross-ice format will be used for most practices. Skaters receive approximately 2 hours of ice time per week.

Mites: In-house and limited travel program for 7 to 8 year olds focusing on the fundamentals of skating and game skills. Teams will play approximately 10 to 15 games including 1 or 2 tournaments that generally begin after the Christmas break. Practices are usually held twice a week for 1 hour.

Squirts: Travel program for 9 to 10 year olds. Teams generally play up to 20-30 games and participate in approximately 3-4 tournaments. Practices are usually held 2-3 times a week for 1 hour.

PeeWees: Travel program for 11 to 12 year olds. Teams generally play up to 30-40 games and participate in approximately 4-6 tournaments. Practices are usually held 2-3 times a week for 1 ½ hours.

Bantams: Travel program for 13 to 14 year olds. Teams generally play up to 30-40 games and participate in 4-6 tournaments. Practices are usually held 2-3 times a week for 1 ½ hours.