

# SPRING



## BREAKFAST CLUB

APRIL 13 - JUNE 1

**SUBURBANHOCKEY.COM • 248-478-1600**

## ADULT HOCKEY

### Skills and Conditioning Series

*Professional coaching for men  
& women of all ability levels*

**8 WEEKS • 8 CLASSES**

**SUBURBAN ICE - FARMINGTON HILLS**

Thursdays 6:00 - 7:20 AM

**SUBURBAN ICE - ROCHESTER &  
JOHN LINDELL ROYAL OAK**

Thursdays 6:30 - 7:50 AM

**SKATING** - individual skating technique to improve balance, agility, quickness, speed, and control

**HOCKEY SKILLS** - stickhandling, passing, shooting, and stick checking skills

**TEAM CONCEPTS** - offensive and defensive zones, individual and team positional play

**GOALTENDERS** - shots, shots, and more shots in all situations. When do you get a chance to practice? Here's a great chance to refine your skills, receive tips and feedback, and learn more about your position as it relates to the game!

Excellent for youth coaches to learn new drills and how to teach the game.

Players are grouped by experience and skill level and the instruction is tailored to challenge every player to get better

**\$250 per player  
Goaltenders FREE**

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**BAUER**

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REGISTER!**

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**THE PROGRAM**