

## **BREAKFAST CLUB: REP/ELITE**

**Day & Time:** Mondays 7:00am-8:00am

**Session Dates:** October 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, November 7<sup>th</sup>, 14<sup>th</sup>

**Ages:** 14, 15, 16

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:** Rob Dymtruk

**Registration Requirements:** Play A/AA/AAA

**Mandatory Equipment:** Full certified hockey equipment

**Objective:** Skaters will jump start their day by developing their skills before school. They will work on a combination of advanced skills such as skating, puck handling/control, passing and shooting. They will learn to stack skills and become an overall better hockey player.

## **BREAKFAST CLUB: PRE-REP/REP**

**Day & Time:** Thursdays 7:00am-8:00am

**Session Dates:** October 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, November 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>

**Ages:** 11, 12, 13

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:** Rob Dymtruk

**Registration Requirements:** A/AA/AAA

**Mandatory Equipment:** Full certified hockey equipment

**Objective:** Skaters will jump start their day by developing their skills before school. They will build a stronger foundation working on a variety of skills such as skating, puck handling/control, passing and shooting. They will learn to combine these skills to become an overall better hockey player.

## **BALANCE AND EDGES: PRE-REP**

**Day & Time:** Wednesdays 4:00Pm – 5:00PM

**Session Dates:** October 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>

**Ages:** 7, 8, 9

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:** Rob Dymtruk

**Registration Requirements:** Skaters must have passed Black Level (Advanced) Discovery Skater Program

**Mandatory & Suggested Equipment:** Full certified hockey equipment

**Objectives:** Skaters will learn to improve their posture, balance and upper body control. They will learn and develop proper stride technique and become more comfortable on their edges making them stronger and better skaters.

## **SKATING & PUCK SKILLS: REP**

**Day & Time:** Tuesdays 4:00pm – 5:00pm

**Session Dates:** October 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

**Ages:** 10, 11

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:**

**Registration Requirements:** Play A/AA

**Mandatory & Suggested Equipment:** Full certified hockey equipment

**Objectives:** Skaters will learn to improve their edges and skating ability as well as develop their stickhandling, puck control and passing. They will learn proper technique and develop into faster and stronger skaters with the puck.

## **ELITE EDGEWORK**

**Day & Time:** Mondays 4:00pm – 5:00pm

**Session Dates:** October 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, November 7<sup>th</sup>, 14<sup>th</sup>

**Ages:** 12, 13

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:** Rob Dymtruk

**Registration Requirements:** Play AA/AAA

**Mandatory & Suggested Equipment:** Full certified hockey equipment

**Objectives:** Players will learn to become smoother and more efficient skaters. This program focuses on posture, balance and upper body control. They will learn and develop the proper stride technique and push their edges to the extreme with advanced edgework.

## **SHOOTING & SCORING: REP**

**Day & Time:** Tuesday 5:00pm – 6:00pm

**Session Dates:** October 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>

**Ages:** 14, 15, 16

**Cost:** \$225 plus HST

**Class Size:** 12 skaters maximum

**Lead Instructor:** Rob Dymtruk

**Registration Requirements:** Play A/AA/AAA

**Mandatory & Suggested Equipment:** Full certified hockey equipment

**Objectives:** Skaters will learn to become an elite shooter and goal scorer. They will learn the proper shooting techniques and mechanics that will give players the knowledge and confidence to implement these skills in practice and games. Learn to shoot in different positions including shooting in stride with a quick release.

## SKATING DISCOVERY GREY LEVEL: NOVICE SKATE AGES 3-5

**Day & Time:** Saturdays 8:00am – 8:30am

**Session Dates:** October 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, (11 weeks)

**Ages:** 3, 4, 5

**Cost:** \$255 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

***THIS IS AN INTRODUCTION TO SKATING DISCOVERY!***

**Registration Requirements:** New skater with little to no experience

**Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Novice Skate Objective:** Skaters will learn the basics of moving forward and backward, falling down and getting up on their own and balance, all while continuing to build confidence on ice. The first session date is evaluation and orientation day.

**After evaluations, your child may be moved to appropriate level**

## SKATING DISCOVERY GREY LEVEL: NOVICE SKATE AGES 3-5

**Day & Time:** Sundays 8:00am – 8:30am

**Session Dates:** October 9, 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18, (11 weeks)

**Ages:** 3, 4, 5

**Cost:** \$255 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

***THIS IS AN INTRODUCTION TO SKATING DISCOVERY!***

**Registration Requirements:** New skater with little to no experience

**Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Novice Skate Objectives:** Skaters will learn the basics of moving forward and backward, falling down and getting up on their own and balance, all while continuing to build confidence on ice. The first session date is evaluation and orientation day.

**After evaluations, your child may be moved to appropriate level.**

## **SKATING DISCOVERY WHITE LEVEL: Advanced Beginner Ages 4-6**

**Day & Time:** Saturdays 8:30am – 9:15am

**Session Dates:** October 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, (11 weeks)

**Ages:** 4, 5, 6

**Cost:** \$299 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed Grey Level (Novice) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skating forwards and backwards with glides and stops. The first session includes evaluation by NHA instructors.

**After evaluations, your child may be moved to appropriate level.**

## **SKATING DISCOVERY WHITE LEVEL: Advanced Beginner Ages 4-6**

**Day & Time:** Sundays 8:30am – 9:15am

**Session Dates:** October 9, 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18, (11 weeks)

**Ages:** 4, 5, 6

**Cost:** \$299 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed Grey Level (Novice) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skating forwards and backwards with glides and stops. The first session includes evaluation by NHA instructors.

**After evaluations, your child may be moved to appropriate level.**

## **SKATING DISCOVERY RED LEVEL: Intermediate Ages 5-8**

**Day & Time:** Saturdays 9:15am – 10:00am

**Session Dates:** October 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, (11 weeks)

**Ages:** 5, 6, 7, 8

**Cost:** \$299 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed White Level (Advanced Beginner) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skaters will continue to develop their forward and backward skating with the inclusion of “power” in their strides. Skaters will also progress to crossovers and controlled turns and jumps. The first day includes evaluation by NHA instructors.

**After evaluations, your child may be moved to appropriate level.**

## **SKATING DISCOVERY RED LEVEL: Intermediate Ages 5-8**

**Day & Time:** Sundays 9:15am – 10:00am

**Session Dates:** October 9, 16, 23, 30, November 6, 13, 20, 27, December 4, 11, 18, (11 weeks)

**Ages:** 5, 6, 7, 8

**Cost:** \$299 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed White Level (Advanced Beginner) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skaters will continue to develop their forward and backward skating with the inclusion of “power” in their strides. Skaters will also progress to crossovers and controlled turns and jumps. The first day includes evaluation by NHA instructors.

**After evaluations, your child may be moved to appropriate level.**

## SKATING DISCOVERY BLACK LEVEL: Advanced Ages 6-12

**Day & Time:** Sundays 9:15am – 10:00am

**Session Dates:** January 8, 15, 22, 29, February 5, 12, 19, 26, March 5, 26 (10 weeks)

**Ages:** 6,7,8,9,10,11,12

**Cost:** \$249 + HST

**Class Size:** 20 skaters maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed Red Level (Intermediate) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skaters will demonstrate skating around the ice with ease and power. Skaters will engage in powerful skating, crossovers, controlled pivots, jumps and turns while using various obstacles. The first day includes evaluation by NHA instructors.

**After evaluations, you may be moved to appropriate level.**

## SKATING DISCOVERY BLACK LEVEL: Advanced Ages 6-12

**Day & Time:** Saturdays 9:15am – 10:00am

**Session Dates:** January 7, 14, 21, 28, February 4, 11, 18, 25, March 4, 25 (10 weeks)

**Ages:** 6,7,8,9,10,11,12

**Cost:** \$249 + HST

**Class Size:** 20 Skater maximum

**Lead Instructor:** Daniela Cotesta

**Registration Requirements:** Skaters must have passed Red Level (Intermediate) Discovery Skater Program

### **Mandatory & Suggested Equipment:**

- Helmet with a face mask (mandatory)
- Hockey Skates or Figure Skates
- Knee / Elbow protection is recommended
- Hand Protection from scrapes or cold ex. Gloves / Mittens
- Warm non restrictive lower and upper body clothing ex. Jacket and snow pants

**Advanced Beginner Skate Objectives:** Skaters will demonstrate skating around the ice with ease and power. Skaters will engage in powerful skating, crossovers, controlled pivots, jumps and turns while using various obstacles. The first day includes evaluation by NHA instructors.

**After evaluations, your may be moved to appropriate level.**

## Goaltender In-season Training Program.

***Learn, improve and perfect your skills 365 days a year!***

**In-season Goaltending Program Objective:** Working with our professionally qualified instructors, goaltenders will have the opportunity to learn, improve and perfect the skills necessary to be successful at any level. Our in-season goaltender program has been developed by NHA's goaltending director Al Valiquette (Sudbury Wolves goaltending coach) and Scott Murray (Washington Capitals goaltending coach) and includes both on-ice drills as well as video sessions and feedback.

**Ages:** 9+

**Cost:** \$1399 (14 sessions)

**Class Size:** 8 goalies/session (total of 80 spots available)

**Lead Instructor:** Al Valiquette

### **Days & Time:**

#### ***Cohort 1 (Week 1)***

Wednesday 5pm to 6pm - Oct. 12, 26, Nov. 9,23, Dec. 7, 21, Jan. 11, 25, Feb. 8, 22, Mar. 8, 22, Apr. 5, 19

Wednesday 6pm to 7pm - Oct. 12, 26, Nov. 9,23, Dec. 7, 21, Jan. 11, 25, Feb. 8, 22, Mar. 8, 22, Apr. 5, 19

Wednesday 7pm to 8pm - Oct. 12, 26, Nov. 9,23, Dec. 7, 21, Jan. 11, 25, Feb. 8, 22, Mar. 8, 22, Apr. 5, 19

Sunday 3pm to 4pm – Oct. 9, 23, Nov. 6, 20, Dec. 4, 18, Jan. 15, 29, Feb. 12, 26, Mar. 12, 26, Apr. 9, 23

Sunday 4pm to 5pm – Oct. 9, 23, Nov. 6, 20, Dec. 4, 18, Jan. 15, 29, Feb. 12, 26, Mar. 12, 26, Apr. 9, 23

#### ***Cohort 2 (Week 2)***

Wednesday 5pm to 6pm – Oct. 19, Nov. 2, 16, 30, Dec. 14, Jan. 4, 18, Feb. 1, 15, Mar. 1, 15, 29, Apr. 12, 26

Wednesday 6pm to 7pm - Oct. 19, Nov. 2, 16, 30, Dec. 14, Jan. 4, 18, Feb. 1, 15, Mar. 1, 15, 29, Apr. 12, 26

Wednesday 7pm to 8pm - Oct. 19, Nov. 2, 16, 30, Dec. 14, Jan. 4, 18, Feb. 1, 15, Mar. 1, 15, 29, Apr. 12, 26

Sunday 3pm to 4pm – Oct. 16, 30, Nov. 13, 30, Dec. 11, Jan. 8, 22, Feb. 5, 19, Mar. 5, 19, Apr. 2, 16, 30

Sunday 4pm to 5pm – Oct. 16, 30, Nov. 13, 30, Dec. 11, Jan. 8, 22, Feb. 5, 19, Mar. 5, 19, Apr. 2, 16, 30

### **Mandatory & Suggested Equipment:**

- Goalie Mask/Helmet
- Goalie Leg Pads
- Goalie Blocker
- Goalie Glove
- Goalie Chest Protector
- Goalie Pants
- Goalie Stick
- Goalie Skates
- Goalie Cups/Jills
- Neck guard
- Jersey
- Knee guards (recommended)