

TMJ ELITE FITNESS

140 Broadway S. Albert Lea, MN 507-668-4055
www.tmjelitefitness.com

SUMMER HOCKEY STRENGTH AND DEVELOPMENT PROGRAM INCLUDES 20 HOURS OF DRYLAND TRAINING AND FOUR 45-MIN. ON-ICE SESSIONS HELD AT CITY ARENA

- EACH DRYLAND TRAINING SESSION WILL INCLUDE ONE LEAD INSTRUCTOR AND ONE ASSISTANT
- DRYLAND FOCUS WILL BE AGE APPROPRIATE PROGRESSION IN STRENGTH, SPEED, POWER, AND STAMINA; WHILE INCORPORATING HOCKEY-SPECIFIC SKILLS.
- LIMIT OF 10 ATHLETES PER SESSION, RATION OF 1:5 INSTRUCTOR/ATHLETE
- ON-ICE SESSIONS WILL FOCUS ON 1) STRIDE PERFECTION 2) EDGE WORK 3) STICK HANDLING, AND 4) SHOOTING, IN THAT ORDER

- ASK ABOUT OUR SIBLING DISCOUNT
- RECEIVE 10% OFF W/SNAP MEMBERSHIP



COST IS \$240/ATHLETE
20 sessions & 4 on-ice sessions



MITES-
First session: (Jun 4th– July 20th) \$120/athlete
NO ON-ICE SESSIONS)

Second session: (July 23rd– Aug. 24th) \$100/athlete
(NO ON-ICE SESSIONS)

DRYLAND SESSION
OPTIONS:
 Mon/Wed: 1pm – 2pm
 Tues//Fri: 9 am– 10 am

SQUIRTS/U10– (Jun 1st– Aug 24th)
DRYLAND SESSION
OPTIONS:
 Mon/Wed: 11 am – 12 pm
 Mon/Wed: 12 pm – 1 pm
 Mon/Wed: 5 pm – 6 pm
 Tues/Thurs: 12 pm– 1 pm
 Tues/Thurs: 5 pm– 6 pm
ICE TIMES ARE TOGETHER ON THESE DATES:
 Jun 1st– 11 am
 Jun 5th, 12th, 19th– 8 am

PEEWEEES/U12– (Jun 1st– Aug 24th)
DRYLAND SESSION
OPTIONS:
 Mon/Wed: 10 am – 11 am
 Mon/Wed: 6 pm – 7 pm
 Tues/Thurs: 11 pm– 12 pm
 Tues/Thurs: 6 pm– 7 pm
ICE TIMES ARE TOGETHER ON THESE DATES:
 Jun 1st– 10 am
 Jun 6th, 13th, 20th– 8 am

BANTAMS/U15– (Jun 1st– Aug 24th)
DRYLAND SESSION
OPTIONS:
 Mon/Wed: 10 am – 11 am
 Mon/Wed: 7 pm – 8 pm
 Tues/Thurs: 10 am– 11 am
 Tues/Thurs: 7 pm– 8 pm
ICE TIMES ARE TOGETHER ON THESE DATES:
 Jun 1st– 9 am
 Jun 7th, 14th, 21st– 8 am

LIMITED SPACE . SIGN-UP ONLINE @ www.tmjelitefitness.com or call 507-668-4055