

FALL

TUESDAYS: OCTOBER 5 - DECEMBER 14
THURSDAYS: OCTOBER 7 - DECEMBER 16
**No skates the week of Thanksgiving, Nov. 23 & 25*

**10 WEEKS
10 CLASSES**



BREAKFAST CLUB

248-478-1600

SUBURBANHOCKEY.COM

ADULT HOCKEY

Skills and Conditioning Series

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

SUBURBAN ICE - FARMINGTON HILLS

Tuesdays 6:00 - 7:20 AM
Thursdays 6:00 - 7:20 AM

SUBURBAN ICE - ROCHESTER

Thursdays 6:30 - 7:50 AM

JOHN LINDELL - ROYAL OAK ICE ARENA

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

\$275 per player
Goaltenders FREE
**Goalies must register*

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**TO
REGISTER!**

Go to suburbanhockey.com