



# Adult Instructional Hockey

**Wednesdays 8:50-10:10pm (No class July 4.)**

Cost \$20 or Punch card for \$175 (10 classes)

Whether you are just starting out and want to learn, or you're an experienced competitor, we've got the program for you. Learn how to play the great game of hockey. Recreational, no-check hockey is great exercise, safe and a lifetime sport. Join any time – sessions go year round. This class features instruction on skating, puck control, passing, shooting, defensive skills, positioning and strategy. Once proficient, you will be able to join a Rec team!



**LEAFS**  
**ICE CENTRE**

**847.844.8700**

[www.leafsicecentre.com](http://www.leafsicecentre.com)

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