

HOCKEY FITNESS PROGRAMS

- In season and off season training
- Private, group, and team training
- Combined programs that include both on ice skill development and off ice fitness training are available.

Our facility is equipped with a wide range of cardio, plyometric and resistance training equipment. We also have plenty of core, balance, and stability equipment and accessories that are needed for a complete workout.

Hockey Specific Fitness Training will encompass the following:

- Foot speed and agility
- Power and explosiveness
- Core strength
- Overall upper and lower body strengthening
- Body balance, body awareness and stability
- Cardio-vascular training
- Aerobic and anaerobic fitness
- Flexibility training

CONTACT INFORMATION

Rick Crumpton

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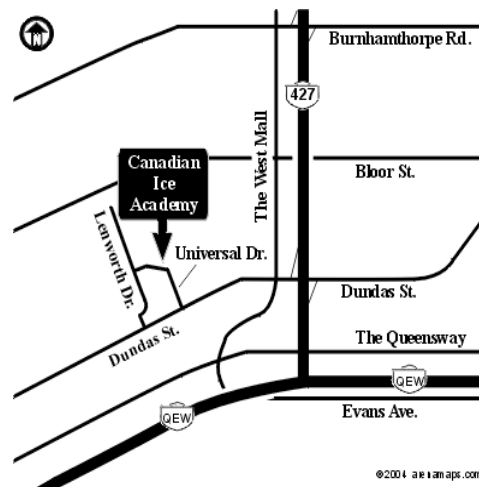
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Fall and Winter Hockey Programs 2007-08



905-625-7528

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AFTER SCHOOL SKILLS DEVELOPMENT

A weekly program specializing in the progression of individual skill development. The program encompasses all hockey skills: skating, puck handling, passing, shooting, body positioning for contact readiness, along with the necessary techniques to improve and enhance game playing capability to elevate your game to the next level. Call the morning of to reserve your spot.

Begins September 5th

Monday 5:15, Wednesday 4:15

Thursday 5:00

(1 hour sessions)

\$23.00 GST Incl. 'pay as you go'.

Package of ten lessons \$207.05 GST Incl.

'CHIPMUNKS' HOCKEY

A program aimed at the aspiring young hockey player aged 3 to 7 years old, emphasizing basic hockey skills development (striding, turning, stopping, stick and puck handling, passing and shooting) in a safe FUN, play-oriented environment.

**Sundays 11:45 – 12:30pm, 12:30 – 1:15pm
1:30 – 2:15pm**

Session 1: September 30 - December 16

\$195 +GST

Session 2: January 6 – March 23 \$195 +GST

Both Sessions (24 weeks) \$345 + GST

SATURDAY SKILL SESSIONS

Begins September 8th, 2007

Maximum 10 players/session

Each Session - \$23.00 GST Incl.

Package of 10 - \$207.05 GST Incl.

Call each Friday or Saturday to register

905-625-7528

SNIPER 101

Weekly sessions on the Studio Rink to improve Shooting and Scoring Skills.

Saturdays

4:45 – 5:45pm

HOCKEY POWER SKATING

Weekly sessions on the Studio Rink focussing on Balance, Mobility, Agility, Lateral Movement, Edge Work, Quick Starts, Long Stride, Crossovers, Pivoting and Acceleration.

Saturdays

5:45 – 6:45pm

THE DEFENSE HOUR

Designed for players who play DEFENSE. Weekly one-hour sessions on the Studio Rink focussing on skills specific to playing DEFENSE; backward skating, reverse pivots, angling gap control, playing the offensive blue line, play in front of the net, etc...

Saturdays

6:45 – 7:45pm

SMALL GROUP SKILL SESSIONS

Customized sessions for groups of 1 to 8 players of similar age and ability designed to maximize development of individual technical and tactical skills. This unique program will focus attention on the finer details of defensive and offensive play to create a more complete hockey player at a readily affordable cost.

CIA TEAM SKILL SESSIONS

Our professional coaching staff will provide a custom-designed, intensive on-ice program for your team, identifying and addressing both the team's immediate and season-long technical and tactical needs. Give your team the CIA edge! Weekly Sessions at the same time through the winter. An hour on the Studio Rink with Instruction.

\$250 + GST per session

PRIVATE/SEMI-PRIVATE LESSONS

Daily year round - Studio Rink Personalized sessions designed for the player(s) who wishes to achieve his/her maximum potential. Programs are customized for forwards, defensemen and goaltenders to challenge all serious players from the beginner to the elite athlete to elevate their game to the next level. Speak to Rick Crumpton to design a personalized program.

SHOOTING RANGE

Improve your shooting and scoring skills in our Shooting Range. Private, semi-private and team sessions available.