

NEW!

Adult Stick & Puck (18+) Wednesday Mornings at 9:30

Need more ice time? Stick & Puck is an informal skate for players who want to work on the fundamentals of hockey, get some exercise and have some fun on the ice in a casual environment. Stick & Puck is skill development for skaters and shooters. At minimum skates, gloves and helmets must be worn by all participants regardless of age. (CSA approved hockey helmet required).

Cost \$5.00/Skater

Rules and Regulations

- Ages 18+
- All participants on ice must have paid before getting on ice, all those not paid will be asked to leave the ice surface immediately.
- Participants **must wear** (mandatory) skates, gloves and helmet.
- Food or Drinks are **not permitted** on the ice surface
- Pucks & sticks are **permitted**.
- Individuals are **not permitted** on the ice during flooding.
- Slapshots are **not permitted**. Adult will be asked to leave ice surface.
- Headsets, cell phones or hand held electronic devices are **not permitted** on the ice surface.
- No games allowed
- **Schedule subject to change**

Location: Benson Centre

Wednesday January 9 – Wednesday February 27, 2019

Time: 9:30 – 10:20 a.m.

Cost is \$5.00 per skater