

HOCKEY SKILLS & DRILLS

High Performance hockey program
for any current

Atom - Bantam Hockey Players
Customized position specific drills

**Forward & Defence focus on
Puck Control**

Drills, Shooting, Passing

**THURSDAYS
5:30pm - 6:30pm**

- Skills & Drills is a program designed for boys and girls that play hockey and are looking to enhance their current skills.
- Sessions are delivered by experienced, professional instructors from Newbridge Academy. Focus will be on developing individual hockey skills (shooting, passing, puck control, skating techniques, and teamwork).
- Players will be split up and grouped according to skill level and age, ensuring all skaters are challenged appropriately.

NEWBRIDGE ACADEMY
361 John Savage Ave, Dartmouth NS B3B 0J3
902-252-3339

Email registration questions to:
sam@newbridgeacademy.ca

FALL 2018 SESSION
Cost: \$200 for 8 sessions

THURSDAYS

5:30pm-6:30pm

LOCATION: Dartmouth 4 PAD

DATES:

October 11, 18, 25

November 1, 8, 15, 21, 29

* Wednesday

WINTER 2019 SESSION
Cost: \$200 for 8 sessions

THURSDAYS

5:30pm-6:30pm

LOCATION: Dartmouth 4 PAD

DATES:

January 17 & 24

February 7, 14, 21, 28

March 7 & 14

SPRING 2019 SESSION
Cost: \$125 for 5 sessions

THURSDAYS

5:30pm-6:30pm

LOCATION: Dartmouth 4 PAD

DATES:

April 11, 18, 25

May 2 & 9

NEWBRIDGE ACADEMY HOCKEY SKILLS & DRILLS



Registration forms can be found at
www.newbridgeacademy.ca
Look under the athletics tab or visit us at
361 John Savage Avenue, Dartmouth

Email any program questions to
cody.anthony@newbridgeacademy.ca