



RED LIGHT HOCKEY CLINICS

with Darin Vetterl

WINTER 2026



All participants must have passed at least Level 2 of Learn to Skate to register in our hockey programs. All classes are once a week. Prices include all applicable taxes.

TOTS HOCKEY \$315

A perfect first step into the world of hockey for beginner players! Young skaters learn essential skills like balance, passing, and puck-handling in a fun, encouraging environment. Each session focuses on building confidence while introducing teamwork through play.

Full gear required. Pre-requisite: Completed Level 3 of Learn to Skate.

Mondays 10:00 - 10:45AM Jan 5 - March 9 2026 Ages 3 - 6
Mondays 3:15 - 4:00PM Jan 5 - March 9 2026 Ages 3 - 6
Tuesdays 10:00 - 10:45AM Jan 6 - March 10 2026 Ages 3-6
Tuesdays 3:15 - 4:00PM Jan 6 - March 10 2026 Ages 3-6
Wednesdays 10:00 - 10:45AM Jan 7 - March 11 2026 Ages 3-6

LEARN TO PLAY HOCKEY \$300

Learn to Play Hockey is the perfect stepping stone for beginner players transitioning from Learn to Skate and Tots Hockey. This program focuses on foundational hockey skills including puck handling, passing, shooting, and small-area gameplay. Players build confidence while developing teamwork and applying their skating skills in real hockey situations.

Full gear required. Pre-requisite: Completed Level 3 of Learn to Skate

Sundays 2:40 - 3:40PM Jan 11 - March 1 2026 Ages 5-7

FUN HOCKEY \$300

Fun Hockey provides a relaxed, game based learning environment that focuses on skill-building and enjoyment. Suited for beginner to intermediate players, this program includes skating, passing, and puck-handling drills combined with fun mini-games. It's a great way to develop hockey skills while building teamwork, confidence, and a love for the sport.

Sundays 3:50 - 4:50PM Jan 11 - March 1 2026 Ages 8-12

POWER SKATING \$375

Perfect for beginner to intermediate players, this class builds a strong skating foundation with focus on stride technique, balance, and edge control. Players will develop speed, stability, and confidence through fun, focused drills designed to improve every stride. A great confidence-builder for developing skaters ready to strengthen their fundamentals.

Mondays 4:00-5:00PM Jan 5 - March 9 2026 Ages 5-7
Mondays 5:10-6:10PM Jan 5 - March 9 2026 Ages 8-10

POWER SKATING with PUCKS \$375

Designed for intermediate to advanced players, this program adds puck control to high-speed skating drills. Skaters refine balance, edge power, and transitions while handling the puck through game-like challenges that build precision under pressure. A fast-paced class that builds smooth, controlled movement with the puck.

Thursdays 4:00 - 5:00PM Jan 8 - March 12 2026 Ages 6-10

EXPLOSIVE SKATING \$375

Geared toward advanced players, this program challenges skaters to maximize power, precision, and speed in every stride. With a focus on acceleration, agility, and balance, players learn to explode off the line and control their edges with efficiency and strength. Perfect for competitive players looking to dominate with elite-level skating power.

Tuesdays 4:00-5:00PM Jan 6 - March 10 2026 Ages 8-12

SHOOTING PUCK CONTROL \$375 **\$300

This program pushes players to elevate their shooting power, accuracy, and puck-handling control. With a focus on technique, finesse, and quick decision-making, skaters refine their release, improve hand-speed, and learn to protect the puck under pressure. Ideal for players aiming to build confidence and dominate offensively with stronger, more reliable scoring skills.

Sundays 1:30 - 2:30PM Jan 11 - March 1 2026 Ages 8-12**
Thursdays 5:10 - 6:10PM Jan 8 - March 12 2026 Ages 8-12

HIGH PERFORMANCE HOCKEY \$375

Tailored for advanced players ready to take their skills to the next level, this program combines high-intensity skating, shooting, and situational gameplay. Players will challenge themselves with fast-paced drills that improve reaction time, control, and decision-making. A demanding and exciting experience for players striving for elite-level hockey.

Tuesdays 5:10-6:10PM Jan 8 - March 10 2026 Ages 8-12

ADULT INSTRUCTION \$375

Adult Instruction offers a supportive, enjoyable way for adults of beginner to intermediate skill levels to learn or enhance hockey skills. Sessions focus on puck control, passing, and shooting, and each class concludes with a mini-game for practice and fun. This class promotes confidence, fitness, and social connection on the ice.

Mondays 8:40-10:00PM Jan 5 - March 9 2026 Ages 18+

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