

POWER SKATING

Builds strong skating skills including stride technique, edge control, acceleration, stopping, crossovers, backward skating, and transitions to improve balance, speed, and confidence. Full equipment required.

Pre-Requisite: LTS Level 2

Cost: \$220

July 6-10	4:00 - 5:00pm	Ages 5-8
July 13-17	4:00 - 5:00pm	Ages 5-8
July 20-24	4:00 - 5:00pm	Ages 5-8
July 27-31	4:00 - 5:00pm	Ages 5-8
Aug 4-7**	4:00 - 5:00pm	Ages 5-8
Aug 10-14	4:00 - 5:00pm	Ages 5-8
Aug 17-21	4:00 - 5:00pm	Ages 5-8
Aug 24-28	4:00 - 5:00pm	Ages 5-8

SHOOTING & PUCK CONTROL

Develops puck control and scoring skills including stick handling, fakes, shooting technique, and puck protection to improve accuracy, creativity, and confidence.

Pre-Requisite: LTS Level 2

Cost: \$220

July 6-10	5:10 - 6:10pm	Ages 5-8
July 13-17	5:10 - 6:10pm	Ages 5-8
July 20-24	5:10 - 6:10pm	Ages 5-8
July 27-31	5:10 - 6:10pm	Ages 5-8
Aug 4-7**	5:10 - 6:10pm	Ages 5-8
Aug 10-14	5:10 - 6:10pm	Ages 5-8
Aug 17-21	5:10 - 6:10pm	Ages 5-8
Aug 24-28	5:10 - 6:10pm	Ages 5-8

HIGH PERFORMANCE HOCKEY

Refines advanced skills including edge control, explosive acceleration, puck placement, and puck control while promoting speed, precision, and decision-making in a high-intensity environment.

Pre-Requisite: Previous Minor Hockey Experience

Cost: \$220

July 6-10	6:20 - 7:20pm	Ages 8-12
July 13-17	6:20 - 7:20pm	Ages 8-12
July 20-24	6:20 - 7:20pm	Ages 8-12
July 27-31	6:20 - 7:20pm	Ages 8-12
Aug 4-7**	6:20 - 7:20pm	Ages 8-12
Aug 10-14	6:20 - 7:20pm	Ages 8-12
Aug 17-21	6:20 - 7:20pm	Ages 8-12
Aug 24-28	6:20 - 7:20pm	Ages 8-12

TOTS MINI CAMP

Beginner introduction to hockey focusing on skating application, puck control, stick handling, and simple game play in a fun, confidence-building environment. Full equipment required.

Pre-Requisite: LTS Level 2

Cost: \$220

July 20-24	12:30 - 1:30pm	Ages 3-6
July 27-31	12:30 - 1:30pm	Ages 3-6
Aug 4-7**	12:30 - 1:30pm	Ages 3-6
Aug 10-14	12:30 - 1:30pm	Ages 3-6
Aug 17-21	12:30 - 1:30pm	Ages 3-6
Aug 24-28	12:30 - 1:30pm	Ages 3-6

EXPLOSIVE SKATING

Enhances explosive skating through acceleration, agility, edge control, and balance in a high-intensity, performance-focused environment.

Pre-Requisite: Power Skating or equivalent

Cost: \$220

July 20-24	1:40 - 2:40pm	Ages 6-10
Aug 4-7**	1:40 - 2:40pm	Ages 6-10
Aug 17-21	1:40 - 2:40pm	Ages 6-10
Aug 24-28	1:40 - 2:40pm	Ages 6-10

DEFENCE CAMP

Emphasizes defensive play through skating application, positioning, gap control, breakouts, and 1-on-1 situations in a fast-paced setting.

Pre-Requisite: Power Skating or equivalent

Cost: \$220

July 20-24	2:50 - 3:50pm	Ages 8-12
Aug 4-7**	2:50 - 3:50pm	Ages 8-12
Aug 24-28	2:50 - 3:50pm	Ages 8-12

ADVANCED SHOOTING

Focuses on advanced shooting and puck skills including stick handling, fakes, shooting technique, and puck protection to improve accuracy, creativity, and confidence.

Pre-Requisite: Shooting & Puck Control or equivalent

Cost: \$220

July 20-24	4:30 - 5:30pm	Ages 8-12
Aug 10-14	4:30 - 5:30pm	Ages 8-12

****August 4-7: \$176.**
This is a 4-day camp session, and pricing has been prorated accordingly.

All prices include tax

POWER SKATING WITH PUCKS

Enhances skating with the puck through stride technique, edge control, acceleration, stopping, crossovers, and transitions in a high-tempo, skill-focused environment.

Pre-Requisite: Power Skating or Equivalent

Cost: \$220

July 13-17	3:20 - 4:20pm	Ages 8-12
July 20-24	3:20 - 4:20pm	Ages 8-12
July 27-31	3:20 - 4:20pm	Ages 8-12
Aug 4-7**	3:20 - 4:20pm	Ages 8-12
Aug 10-14	3:20 - 4:20pm	Ages 8-12
Aug 17-21	3:20 - 4:20pm	Ages 8-12
Aug 24-28	3:20 - 4:20pm	Ages 8-12

SHOOTING & PUCK CONTROL

Develops puck control and scoring skills including stick handling, fakes, shooting technique, and puck protection to improve accuracy, creativity, and confidence.

Pre-Requisite: LTS Level 2

Cost: \$220

July 6-10	4:30 - 5:30pm	Ages 8-12
July 13-17	4:30 - 5:30pm	Ages 8-12
July 27-31	4:30 - 5:30pm	Ages 8-12
Aug 4-7**	4:30 - 5:30pm	Ages 8-12
Aug 17-21	4:30 - 5:30pm	Ages 8-12
Aug 24-28	4:30 - 5:30pm	Ages 8-12

U11 ATOM/ U13 PEEWEE PREP

Focuses on tryout preparation including explosive skating, advanced stick handling, shooting, and small-area games to enhance speed, confidence, and competitive edge.

Pre-Requisite: Previous Minor Hockey Experience

Cost: \$220

Aug 10-14	5:40 - 6:40pm	Ages 8-13
Aug 17-21	5:40 - 6:40pm	Ages 8-13
Aug 24-28	5:40 - 6:40pm	Ages 8-13

U15 BANTAM/ U18 MIDGET PREP

Focuses on tryout preparation through explosive skating, advanced puck skills, shooting, and small-area games in a fast-paced setting.

Pre-Requisite: Previous Minor Hockey Experience

Cost: \$220

July 6-10	5:40 - 6:40pm	Ages 13-18
July 13-17	5:40 - 6:40pm	Ages 13-18
July 20-24	5:40 - 6:40pm	Ages 13-18
July 27-31	5:40 - 6:40pm	Ages 13-18
Aug 4-7**	5:40 - 6:40pm	Ages 13-18