

SPRING PROGRAMS 2017

WEEKEND CLASSES START SATURDAY APRIL 22
(runs for 10 weeks) or MAY 6 (runs for 8 weeks)

WEEKDAY CLASSES START MONDAY, MAY 1
AND WILL RUN FOR UP TO 9 WEEKS

INTRODUCTORY PROGRAMS

LEARN TO SKATE

For children 3 years old and up. No experience required. Skaters must wear a hockey helmet with full facial protection. This class consists of 45 minutes of instruction followed by 15 minutes of free time.

Saturdays (10 classes)	8:30am-9:30am	\$260 ^{+ HST}
Saturdays (10 classes)	9:30am-10:30am	\$260 ^{+ HST}
Saturdays (10 classes)	10:30am-11:30am	\$260 ^{+ HST}
Saturdays (10 classes)	11:30am-12:30pm	\$260 ^{+ HST}
Sundays (10 classes)	8:30am-9:30am	\$260 ^{+ HST}
Sundays (10 classes)	9:30am-10:30am	\$260 ^{+ HST}
Tuesdays (9 classes)	4:30pm-5:30pm	\$235 ^{+ HST}
Tuesdays (9 classes)	5:30pm-6:30pm	\$235 ^{+ HST}

LEARN TO SKATE FOR HOCKEY

Ages 4 years old and up. For kids who have received prior learn to skate instruction and show an interest in playing hockey. **Class requires full hockey equipment.**

Saturdays (10 classes)	12:30pm-1:30pm	\$260 ^{+ HST}
Sundays (10 classes)	10:30am-11:30am	\$260 ^{+ HST}
Tuesdays (9 classes)	6:30pm-7:30pm	\$235 ^{+ HST}
Wednesdays (9 classes)	4:30pm-5:30pm	\$235 ^{+ HST}

LEARN TO PLAY HOCKEY LEVEL 1

Ages 5 years old and up. This is an introductory hockey class for those that are able to skate. Fundamental hockey skills such as proper stride, stopping and basic edgework will be taught in this class. Basic puck control, passing and shooting will also be taught. Each class will end with cross ice scrimmages.

Saturdays (10 classes)	1:30pm-2:30pm	\$260 ^{+ HST}
Sundays (10 classes)	9:00am-10:00am	\$260 ^{+ HST}

BEGINNER HOCKEY PROGRAMS

LEARN TO PLAY HOCKEY LEVEL 2

Ages 6 years old and up. Players must have 1 full year of hockey experience. Players will be introduced to more advanced skills such as pivots, crossovers and backwards skating. Proper shooting and passing techniques will be taught. Class will end with a game.

Saturdays (10 classes)	2:30pm-3:30pm	\$260 ^{+ HST}
Sundays (10 classes)	10:00am-11:00am	\$260 ^{+ HST}

RECREATION and BEGINNER

Ages 9 to 14 years old. This program will introduce skating and puck control to those who have chosen to start hockey at a later age. **It's never too late to start!**

Saturdays (10 classes)	3:00pm-4:00pm	\$260 ^{+ HST}
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DEVELOPMENT PROGRAMS

POWER SKATING LEVEL 1

Recommended for ages 6 years old and up. This class will introduce and reinforce basic concepts such as long strides, edge work, crossovers, etc. Players must be able to skate forwards, backwards and stop.

Saturday classes start May 6th and run for 8 weeks.

Saturdays (8 classes)	3:30pm – 4:30pm	\$199 ^{+ HST}
Wednesdays (9 classes)	5:30pm-6:30pm	\$235 ^{+ HST}

POWER SKATING LEVEL 2

Recommended for ages 7 years old and up. More advanced techniques will be taught. Players must be able to cross over forwards and backwards along with all the skills in powerskating 1. **Saturday classes start May 6th and run for 8 weeks.**

Saturdays (8 classes)	4:30pm-5:30pm	\$199 ^{+ HST}
Wednesdays (9 classes)	6:30pm-7:30pm	\$235 ^{+ HST}

ULTIMATE SCORER for YOUNG GUNS

Ages 6 to 9 years old. All aspects of puck handling, puck protection, passing, and shooting will be taught.

For those who have played hockey at least 1-2 years.

Sundays (10 classes)	11:00am-12:00pm	\$260 ^{+ HST}
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DEVELOPMENT PROGRAMS

DANGLES & DEKES

Ages 10 years old and up. Players will be taught techniques to improve their ability to handle the puck at full speed and in tight spaces. Players must have **at least 3 years** of hockey experience prior to taking this class. **Saturday class starts May 6th for 8 weeks.**

Saturdays (8 classes)	5:00pm-6:00pm	\$199 ^{+ HST}
Tuesdays (9 classes)	4:30pm-6:00pm	\$355 ^{+ HST}

SKATE & SHOOT

Ages 7 years old and up. Half powerskating, half shooting, all hockey. This class will focus specifically on a player's ability to skate and shoot, first separately and then at the same time. **No class May 22nd, 2017.**

Mondays (8 classes)	4:30pm-6:00pm	\$310 ^{+ HST}
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AGILITY SKATING & PUCK SKILLS

Ages 10 years old and up. This high tempo class concentrates on the short burst aspect of skating such as balance, acceleration, and edges, and combines them with offensive techniques. **This class starts May 6th and runs for 8 weeks.**

Saturdays (8 classes)	5:30pm-7:00pm	\$299 ^{+ HST}
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POWER SKATING & PUCK CONTROL

Ages 8 years old and up. This program will focus on two of the most important skills of hockey... skating and handling the puck. It will combine stride and quick feet development along with stickhandling and puck possession techniques.

Sundays (10 classes)	11:30am-12:30pm	\$260 ^{+ HST}
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DEFENCE SKILLS

Ages 9 years old and up. Exclusively for defensemen, this program will work on positional specific skills such as backward and agility skating, puck control, passing, and shooting. It will also work on positional specific scenarios in the offensive and defensive zones. **Class starts May 6th and runs for 8 weeks.**

Saturdays (8 classes)	4:00pm-5:00pm	\$199 ^{+ HST}
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SKILLS & SCRIMMAGE

Get the best of both worlds by combining 45 mins of skills development with 45 mins devoted to scrimmaging and small space games. The skills portion of each class will be a mix of power skating, puck handling, and shooting. The scrimmage portion will put players in 3-on-3 and game-like situations.

TYKE/NOVICE (5 to 8 yrs)

Saturdays (10 classes)	10:30am-12:00pm	\$390 ^{+ HST}
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NOVICE/ATOM (7 to 10 yrs)

Saturdays (10 classes)	12:00pm-1:30pm	\$390 ^{+ HST}
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ATOM/PEEWEE (9 to 12 yrs)

Saturdays (10 classes)	1:30pm-3:00pm	\$390 ^{+ HST}
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ELITE PROGRAMS

Ages 10 years old and up playing AA or AAA only.

High tempo elite skate ran by Andrew Shorkey. Max of 18 skaters per session. We will focus on advanced edgework and skating, individual skills as well as flow drills and small area games/battles. To sign up for this program email Andrew directly at

andrew@ntrcanada.com. **Program starts Saturday May 6th and runs for 8 consecutive weeks.**

Saturdays (8 classes)	6:00pm-7:30pm	\$299 ^{+ HST}
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GOALTENDING

All goaltending programs at NTR Newmarket are led by Greg Redquest. Greg currently works with the OHL's Owen Sound Attack and brings with him over 30 years of coaching experience.

WEEKLY GOALIE CLINIC

This program is for Rep and House League goalies to improve their skills.

For goalies ages 6 and up – Space is limited

Saturdays (10 classes)	9:30am-10:30am	\$390 ^{+ HST}
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GOALIE PRIVATE LESSONS

Greg offers PRIVATE LESSONS on Wednesdays and Saturdays. Contact Greg directly for details.

Greg 'Red Dog' Redquest 705-322-8401

SPRING / SUMMER YOUTH POND HOCKEY 3-on-3 LEAGUES

NON-STOP ACTION... RAPID LINE CHANGES... IMPROVED SKILLS... INCREASED FUN!

STARTS MONDAY APRIL 24TH, 2017

- Individual or team entries accepted
- Only 9 skaters and 1 goalie allowed to dress per team per game (teams entries can register up to 12 players on a roster)
- Minimum 15-Game Schedule (1 game per week)
- 45-minute games
- NON - CONTACT LEAGUE
- Prize for each participant
- Parent volunteers are welcome to encourage players and open gates for rapid line changes (**All teams must have two adult coaches**)
- Volunteer league conveners welcome to help co-ordinate divisions
- NO DROP-IN PLAYERS OR SUBSTITUTIONS

COSTS and REGISTRATION

Individuals - Full payment required at time of registration . Jersey included (no socks)

1 Player	\$329.00 + HST
2 Players (from the same family)	\$635.00 + HST
3 players (from the same family)	\$945.00 + HST

Teams - Minimum \$1,000 deposit required with application. Full payment due prior to first game

Team Entry (Jerseys not included)	\$2999.00 + HST
Team Jerseys (for full set)	\$199.00 + HST

TEAM REGISTRATION POLICY: All teams must identify a single team representative. **NTR WILL NOT accept or collect portions of team fees from each team member.** Team reps will be responsible for arranging payment and waiver submissions.

AVAILABLE DIVISIONS

- **RECREATIONAL** - HOUSE LEAGUE players only (**new for 2017**) will be combined in the same division within each age group
- **REP** - Select, AE, and A players (**new for 2017**) will be combined in the same division within each age group
- **ELITE** - AA and AAA players will be combined in their own division within each age group

Division	Year Born	Recreation	Competitive	
Tyke	2010/11	Fridays	Fridays	
Division	Year Born	Recreation (House League only)	Rep (Select/AE/A)	Elite (AA/AAA)
Novice	2008/09	Sundays	Sundays	Thursdays
Atom	2006/07	Sundays	Sundays	Thursdays
Pee wee	2004/05	Sundays	Mondays	Thursdays
Bantam	2002/03	Thursdays	Thursdays	Tuesdays or Thursdays
Midget	1999/2000/01	Mondays	Tuesdays	Tuesdays
Division	Year Born	Girls Only	PLEASE NOTE: Teams and individuals register for divisions at their own responsibility regarding level/caliber of play. National Training Rinks reserves the right to balance teams if necessary for the benefit of the entire league.	
Novice/Atom	2006-09	Fridays		
Pee wee/Bantam	2002-05	Fridays		

No games on Friday, Saturday, Sunday, or Monday of holiday weekends (Canada Day, Victoria Day, and Civic Holiday)

“Not Just Another Arena”



National Training Rinks SPRING PROGRAMS and SPRING/SUMMER 3-on-3 LEAGUES 2017

Follow us on Facebook and Instagram @NTRnewmarket for special deals and discounts

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