

# PRIVATE & TEAM TRAINING

Specialized, specific, and personalized training by ELITE LEVEL INSTRUCTORS

30 Minute Sessions	1 Player	2 Players	3 Players
1 Session	\$75 + HST	\$120 + HST	\$140 + HST
10 Sessions	\$700 + HST	\$1000 + HST	\$1200 + HST
25 Sessions	\$1625 + HST	\$2250 + HST	\$2500 + HST

1 Hour Sessions	1 Player	2 Players	3 Players
1 Session	\$135 + HST	\$190 + HST	\$200 + HST
5 Sessions	\$600 + HST	\$825 + HST	\$900 + HST
10 Sessions	\$1100 + HST	\$1550 + HST	\$1700 + HST
25 Sessions	\$2500 + HST	\$3375 + HST	\$3750 + HST

Team Clinics - \$310 + HST for one hour

# GOALTENDING with RED DOG

Along with Major Junior and Pro playing experience, Greg 'Red Dog' Redquest currently works with the OHL's Owen Sound Attack and brings with him 30+ years of coaching knowledge ranging from teaching basic skating to working with pro and national team athletes.

## WEEKLY GOALIE CLINIC

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

Fridays (6-9 years old)	7:00pm - 8:00pm	\$489 + HST
Fridays (10+ years old)	8:00pm - 9:00pm	\$489 + HST

# PA DAY PROGRAMS

When school is out, bring your kids to us for a day full of on-ice instruction, off-ice games, and lunch.

## TYPICAL PROGRAM CONSISTS OF:

- Drop off at 8:30am & pick-up at 4:30pm.
- Minimum of 3 hours of on-ice drills and instruction.
- Pizza lunch is provided.
- Bowling at Stellar Lanes.

## AVAILABLE DAYS:

- Monday, September 23<sup>rd</sup>, 2019
- Friday, October 21<sup>st</sup>, 2019
- Friday, November 15<sup>th</sup>, 2019

## COST:

- \$99 + HST for 1 day.
- \$188 + HST for 2 days.
- \$275 + HST for 3 days.

## TEAM BUILDING

Team specific or specialty camps are also available.

## NTR GUIDELINES AND POLICIES

- Ice resurfacing is part of the scheduled time.
- Participants may only attend classes on the day they are registered.
- NTR reserves the right to cancel or re-schedule any class due to enrollment.
- NTR reserves the right to move participants to the appropriate class for their skill level.
- Payment in full must be made at time of registration.
- A \$25 returned cheque (NSF) fee will be charged.
- If a participant needs to withdraw from a program for any reason, NTR will provide a full credit that can be used for any NTR activity. If the participant requires a refund there will be a 10% administration fee charged. No refunds will be issued after the third class of any program.
- All programs require participants to wear a helmet with full facial protection. No exceptions.
- NTR is not responsible for lost, stolen, or vandalized items. Items left unattended are done at users' own risk.

# NATIONAL TRAINING RINKS NEWMARKET

"SMALLER ICE, BIGGER SKILLS"



# FALL 2019 PROGRAMS

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# FALL 2019 PROGRAMS START

**SATURDAY, SEPTEMBER 14<sup>TH</sup>, 2019**  
**AND WILL RUN FOR UP TO**  
**15 WEEKS ENDING ON**  
**SUNDAY, DECEMBER 22<sup>ND</sup>, 2019**

## BEGINNER PROGRAMS

### LEARN TO SKATE

**Ages 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. **Please note the Tuesday class starts October 22<sup>nd</sup>, 2019**

Tuesdays	4:15pm-5:15pm	\$249 + HST
Thursdays	4:30pm-5:30pm	\$389 + HST
Thursdays	5:30pm-6:30pm	\$389 + HST
Fridays	4:30pm-5:30pm	\$389 + HST
Saturdays	10:15am-11:15am	\$419 + HST
Saturdays	11:15am-12:15pm	\$419 + HST
Saturdays	12:15pm-1:15pm	\$419 + HST
Sundays	9:30am-10:30am	\$419 + HST
Sundays	10:30am-11:30am	\$419 + HST
Sundays	11:30am-12:30pm	\$419 + HST

### INTRODUCTION TO POWER SKATING

**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.

Wednesdays	4:30pm-5:30pm	\$389 + HST
Fridays	5:30pm-6:30pm	\$389 + HST
Sundays	12:30pm-1:30pm	\$419 + 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!

Fridays	7:30pm-8:30pm	\$389 + HST
Saturdays	3:15pm-4:15pm	\$419 + HST

# DEVELOPMENT PROGRAMS

### LEARN TO PLAY HOCKEY

**Ages 4 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.

Thursdays	4:30pm-5:30pm	\$389 + HST
Saturdays	1:15pm-2:15pm	\$419 + HST
Sundays	1:30pm-2:30pm	\$419 + HST

### POWER SKATING LEVEL 1

**Ages 5 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.

Wednesdays	5:30pm-6:30pm	\$389 + HST
Fridays	6:30pm-7:30pm	\$389 + HST

### ULTIMATE SCORER FOR YOUNG GUNS

**Ages 6 to 9 years old.** All aspects of puck handling, puck protection, passing, and shooting will be the focus. For those who have played hockey at least 1-2 years.

Fridays	5:00pm-6:00pm	\$389 + HST
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### POWER SKATING & PUCK CONTROL

**Ages 6 to 9 years old.** This program will focus on two of the most important skills of hockey, skating and handling the puck.

Saturdays	2:15pm-3:15pm	\$419 + HST
Sundays	2:30pm-3:30pm	\$419 + HST

### DANGLES & DEKES

**Ages 10 years old and up.** Learn how to dominate in 1- on-1 situations. Handle the puck at top speed and in tight spaces. Must have played hockey at least 2-3 years.

Fridays	6:00pm-7:00pm	\$389 + HST
Saturdays	4:00pm-5:00pm	\$419 + HST

### 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.

Saturdays	5:15pm-6:45pm	\$619 + 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.

Tuesdays	5:00pm-6:00pm	\$389 + HST
Saturdays	5:00pm-6:30pm	\$619 + HST

### FULL ICE SKILLS IMPROVEMENT & 3 ON 3

Get the best of both worlds by combining **45 minutes of skills development followed by 45 minutes devoted to FULL ICE 3 ON 3 HOCKEY.** The skills portion of each class will be a combination of power skating, puck handling, and shooting. The scrimmage portion will put the players in game-like situations.

#### 5 to 8 years old

Thursdays	5:30pm-7:00pm	\$579 + HST
Saturdays	1:00pm-2:30pm	\$619 + HST

#### 7 to 10 years old

Saturdays	2:30pm-4:00pm	\$619 + HST
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### ADULT HOCKEY SKILLS

**Minimum age is 15 years old.** No experience required.

These sessions are for adults to work on various areas of hockey. Focus will be on power skating, puck control, and working towards each individual's personal goals.

Sundays (Women)	8:30am-9:30am	\$419 + HST
Fridays (Men)	8:30pm-9:30pm	\$389 + HST

## ELITE PROGRAMS

### ELITE DEFENSE

**Ages 9 years old and up playing A/AA/AAA.**

High tempo elite skate which will focus on advanced edgework and skating, individual skills as well as flow drills and small area games/battles.

Saturdays	6:45pm-8:15pm	\$619 + HST
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### ELITE OFFENCE SKILLS

**Ages 9 years old and up playing A/AA/AAA.**

Elite level offensive skills, puck protection and goal scoring. Individual skill development as well as game situation drills.

Sundays	5:00pm-6:30pm	\$619 + HST
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### ADVANCED POWER SKATING

**Ages 9 years old and up playing A/AA/AAA.**

Advanced power skating focusing on elite level edgework, speed, agility and lateral movement.

Sundays	3:30pm-5:00pm	\$619 + HST
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# SAVE \$100

when you sign up for any 2 elite programs