

# FULL DAY HOCKEY SPORTS CAMP

**For kids ages 6 and up.** Our original Hockey-Sports camp is the one that started it all. It will combine a high level of hockey instruction with a multitude of off-ice sports and activities. Campers will receive a **minimum of 15 hours on the ice** per week focusing on power skating, acceleration, shooting, passing, quick hands, quick feet, and puck protection.

Off-ice activities may include, but are not limited to, bowling, ball hockey, martial arts, gymnastics, and mini stick hockey.

**Drop-off at 8:30am**

**Pick-up between 4:30 and 5:00pm**

## HOCKEY CAMP PRICING

July 2 <sup>th</sup> to July 5 <sup>nd</sup>	Short Week	\$379 + HST
July 8 <sup>th</sup> to July 12 <sup>th</sup>	Full Week	\$449 + HST
July 15 <sup>th</sup> to July 19 <sup>th</sup>	Full Week	\$449 + HST
July 22 <sup>nd</sup> to July 26 <sup>th</sup>	Full Week	\$449 + HST
July 29 <sup>th</sup> to August 2 <sup>nd</sup>	Full Week	\$449 + HST
August 6 <sup>th</sup> to August 9 <sup>th</sup>	Short Week	\$379 + HST
August 12 <sup>th</sup> to August 16 <sup>th</sup>	Full Week	\$449 + HST
August 19 <sup>th</sup> to August 23 <sup>rd</sup>	Full Week	\$449 + HST
August 26 <sup>th</sup> to August 30 <sup>th</sup>	Full Week	\$449 + HST

**Optional Meal Plan add \$50 taxes included per week**

Catering of meals provided by:



**Healthy Now**

CATERING • MEAL PREP • JUICES

## MULTIPLE WEEK PRICING

REGISTER FOR ANY ADDITIONAL WEEKS AND GET

**10% OFF EACH  
ADDITIONAL WEEK**

# FULL DAY HOCKEY GOLF CAMP at SILVER LAKES GOLF & COUNTRY CLUB

**For kids ages 6 and up.** Our Golf-Hockey Camp is our most popular summer camp and will provide kids with high-end golf instruction in the mornings at Silver Lakes Golf & Country Club and on-ice instruction at NTR Newmarket for the afternoon. Each day will consist of **3 hours of on-ice hockey instruction along with 3 hours of golf instruction** and on the range as well as actual course time.

**Drop-off at golf course starts at 8:30am**

**Pick-up at NTR at 5:00pm**

## GOLF / HOCKEY CAMP PRICING

July 29 <sup>th</sup> to August 2 <sup>nd</sup>	Full Week	\$479 + HST
August 26 <sup>th</sup> to August 30 <sup>th</sup>	Full Week	\$479 + HST

Campers will be required to bring both their hockey equipment and golf clubs to the course the first day of camp. After the first day, campers will be allowed to leave their hockey equipment at the arena and their golf clubs at the golf course for the remainder of the week.

**Optional Meal Plan add \$50 taxes included per week**

## MULTIPLE WEEK PRICING

REGISTER FOR ANY ADDITIONAL WEEKS AND GET

**10% OFF EACH  
ADDITIONAL WEEK**

## CAMPERS WILL BE REQUIRED TO BRING THE FOLLOWING EACH DAY:

- Full set of hockey equipment
- Athletic shoes/clothing
- Water bottle or juice
- Peanut-free snack(s)
- Sunscreen and a hat

# FULL DAY GOALIE SUMMER CAMP

All of NTR Newmarket's on-ice goalie instruction is handled by **Greg 'Red Dog' Redquest**. Drawing on his Major Junior and Professional playing careers, Greg brings with him over 30 years of coaching knowledge that ranges from teaching goalie learn to skate classes to working with professional and national team athletes.

Each day campers will receive a **minimum of 2 hours of goalie specific** on-ice training. Off-ice activities may include, but are not limited to, bowling, ball hockey, martial arts, gymnastics, and mini stick hockey.

**This camp will be appropriate for kids ages 6 to 15.**

## AVAILABLE WEEKS AND PRICING AUGUST 2019

August 12 <sup>th</sup> to August 16 <sup>th</sup>	Full Week	\$479 + HST
August 19 <sup>th</sup> to August 23 <sup>rd</sup>	Full Week	\$479 + HST
August 26 <sup>th</sup> to August 30 <sup>th</sup>	Full Week	\$479 + HST

**Optional Meal Plan add \$50 taxes included per week**

Catering of meals provided by  
**HEALTHY NOW**

## NTR GUIDELINES AND POLICIES

- Ice resurfacing (floods) are part of the scheduled time;
- Participants may only attend classes on the day they are registered for;
- NTR reserves the right to cancel or re-schedule any class due to enrollment;
- NTR reserves the right to move participants to an appropriate class for their skill level;
- Payment in full must be made at time of registration. Returned cheques (NSF) will be charged a \$25 fee;
- 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 NTR programs require participants to wear a helmet with full facial protection. All private facility rental users MUST properly wear a CSA approved helmet at all times when on any NTR Ice surface (adults included);
- NTR is not responsible for lost, stolen, or vandalized items. Items left unattended are done at users' own risk.

# NATIONAL TRAINING RINKS NEWMARKET

NOT JUST ANOTHER ARENA



# SUMMER CAMPS & PROGRAMS 2019

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# SUMMER PROGRAMS

**WEEKEND CLASSES START  
SATURDAY, JULY 6<sup>TH</sup>  
(RUNS FOR 8 WEEKS)**

**WEEKDAY CLASSES START  
TUESDAY, JULY 2<sup>ND</sup>  
AND WILL RUN FOR UP TO 9 WEEKS**

**NO CLASSES ON AUGUST 2<sup>ND</sup> OR 5<sup>TH</sup>**

# BEGINNER PROGRAMS

## LEARN TO SKATE

**For 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.

Saturdays (8 classes)	9:00am-10:00am	\$225 + HST
Saturdays (8 classes)	10:00am-11:00am	\$225 + HST
Saturdays (8 classes)	11:00am-12:00pm	\$225 + HST
Sundays (8 classes)	9:00am-10:00am	\$225 + HST
Sundays (8 classes)	10:00am-11:00am	\$225 + HST
Tuesdays (9 classes)	4:30pm-5:30pm	\$249 + HST
Tuesdays (9 classes)	5:30pm-6:30pm	\$249 + HST
Thursdays (9 classes)	4:15pm-5:15pm	\$249 + 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 including a stick.

Saturdays (8 classes)	12:00pm-1:00pm	\$225 + HST
Sundays (8 classes)	11:00am-12:00pm	\$225 + HST
Wednesdays (9 classes)	4:30pm-5:30pm	\$249 + 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 (8 classes)	1:00pm-2:00pm	\$225 + HST
Sundays (8 classes)	9:30am-10:30am	\$225 + HST
Thursdays (9 classes)	4:30pm-5:30pm	\$249 + 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 (8 classes)	2:30pm-3:30pm	\$225 + HST
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# DEVELOPMENT 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 (8 classes)	2:00pm-3:00pm	\$225 + HST
Sundays (8 classes)	10:30am-11:30am	\$225 + HST

## POWER SKATING LEVEL 1

**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.

Wednesdays (9 classes)	5:30pm-6:30pm	\$249 + HST
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## 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 (8 classes)	11:30am-12:30pm	\$225 + HST
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## POWER SKATING & PUCK CONTROL

**Ages 7 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. **No class on Monday, August 5<sup>th</sup>.**

Saturdays (8 classes)	1:30pm-2:30pm	\$225 + HST
Sundays (8 classes)	12:00pm-1:00pm	\$225 + HST
Mondays (7 classes)	5:00pm-6:00pm	\$199 + HST

## 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 (9 classes)	5:00pm-6:00pm	\$249 + HST
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## 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. **No class on Monday, August 5<sup>th</sup>.**

Saturdays (8 classes)	3:00pm-4:15pm	\$249 + HST
Mondays (7 classes)	5:15pm-6:15pm	\$199 + 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 (8 classes)	3:30pm-5:00pm	\$299 + HST
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**NO CLASSES ON  
AUGUST 2<sup>ND</sup> OR 5<sup>TH</sup>**

# SPECIALTY PROGRAMS

## SKILLS IMPROVEMENT & 3-ON-3 HOCKEY

Get the best of both worlds by combining 45 minutes of skill development with 45 minutes 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.

## AGES 5 TO 7 YEARS OLD

Saturdays (8 classes)	10:30am-12:00pm	\$299 + HST
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## AGES 8 TO 10 YEARS OLD

Saturdays (8 classes)	12:00pm-1:30pm	\$299 + HST
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## ADULT PROGRAMS

**Ages 15 years old and up.** No experience required! A great class for beginners or for someone looking for a fun, weekly skate to keep your skills sharp for the winter season! The classes will consist of 60 minutes of skills instruction followed by a 30 minute scrimmage. No class on long weekend Fridays. Sundays will still run long weekends.

## Fridays

Men's (7 classes)	8:00pm-9:30pm	\$249 + HST
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## Sundays

Women's (8 classes)	8:00am-9:30am	\$279 + HST
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# ELITE PROGRAMS

## ADVANCED POWER SKATING & PUCK SKILLS

**Recommended for rep players ages 8 years old and up.** Advanced power skating and edgework along with puck skills. This is not a beginner program and it will be run at a high pace and intensity level!

Wednesdays (9 classes)	5:45pm-6:45pm	\$249 + HST
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## ELITE DEFENSE

**Ages 9 years old and up playing AA or AAA only.** High tempo elite skate focusing on backwards and transitional skating, defense specific puck skills and battles. For AA/AAA players who are born in 2008 or earlier.

Saturdays (8 classes)	5:00pm-6:30pm	\$299 + HST
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## ADVANCED POWER SKATING

**Ages 9 and up playing A/AA/AAA.** More advanced techniques will be taught. High tempo skating incorporating speed, agility and transitions.

Saturdays (8 classes)	4:15pm-5:15pm	\$225 + HST
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## ELITE OFFENSIVE SKILLS

**Ages 9 and up playing A/AA/AAA.** Elite level offensive training. Class will focus on both individual scoring and puck handling skills as well as game situation specific skills.

Saturdays (8 classes)	5:15pm-6:15pm	\$225 + 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 (8 Classes)	9:30am - 10:30am	\$279 + HST
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## GOALIE PRIVATE LESSONS

Greg offers private lessons on Saturday mornings. Please contact Greg directly for more information.

**705-322-8401**